

# Hockey Practice Plan

**Objectives:** Flow and high tempo practice

**Date:** \_\_\_\_\_

**Practice #24** \_\_\_\_\_

**Level:** 14-and-Under (Bantam)

16-and-Under (Midget)

18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input checked="" type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 3	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards	<input checked="" type="checkbox"/> 5 on 5	<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches; follow the leader	Mirror partner
10 mins.	2. Full ice progression; 1 on 0; 1 on 1; 2 on 1; 3 on 1; 4 on 0	Combat skills - 1 on 1, 2 on 1, 3 on 1; Attack zone - 1 on 0, 2 on 1, 3 on 1, 4 on 0
8 mins.	3. 2 on 2 half-ice	D - support and communicate F - attack net
10 mins.	4. Cycling patterns	Movement, keep triangle pattern
10 mins.	5. 3 on 2 with 3 backcheckers; 5 on 5 defensive zone	pick up open players
6 mins.	6. Small game 1 on 1 progression	Competition

## Drill #1 — Warm-Up; Follow The Leader

A.

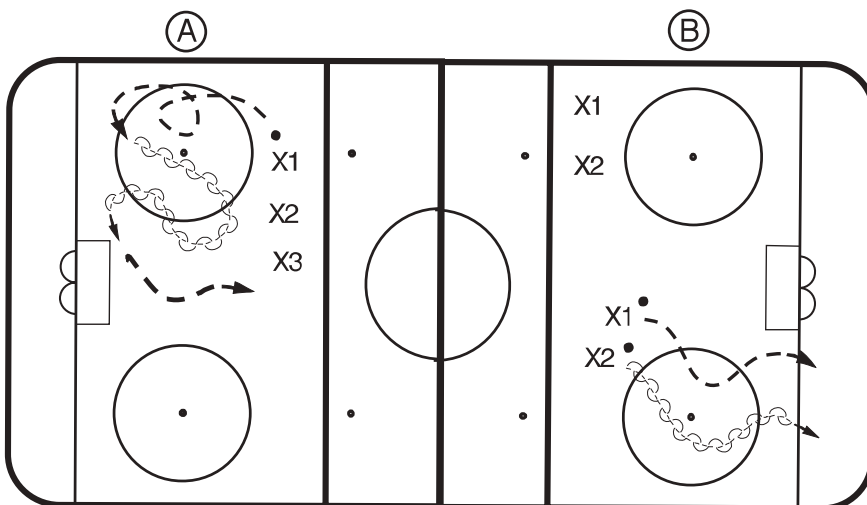
- Put players in groups of three, each having a puck.

- X1 can do anything forward or backward. The other two players must imitate moves.

B.

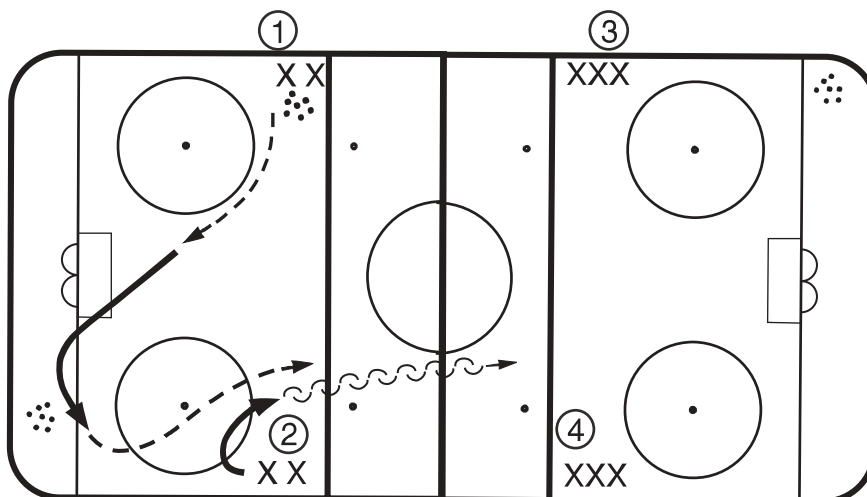
- X1 skates forward with puck. X2 must do same moves skating backwards.

- X2 mirrors X1's moves.



## Drill #2 — Full-Ice Progression; 1 on 0, 1 on 1, 2 on 1, 3 on 1, 4 on 0

- X1 starts drill by taking a shot on net, then picks up a puck in corner.
- X2 steps out and plays X1 1 on 1.
- After 1 on 1, X1 and X2 pick up puck in corner. X3 steps out to play the 2 on 1.
- After shot, X1, X2 and X3 pick up puck in corner. X4 steps out to play 3 on 1.
- After shot, X1 - X4 pick up puck and go 4 on 0.

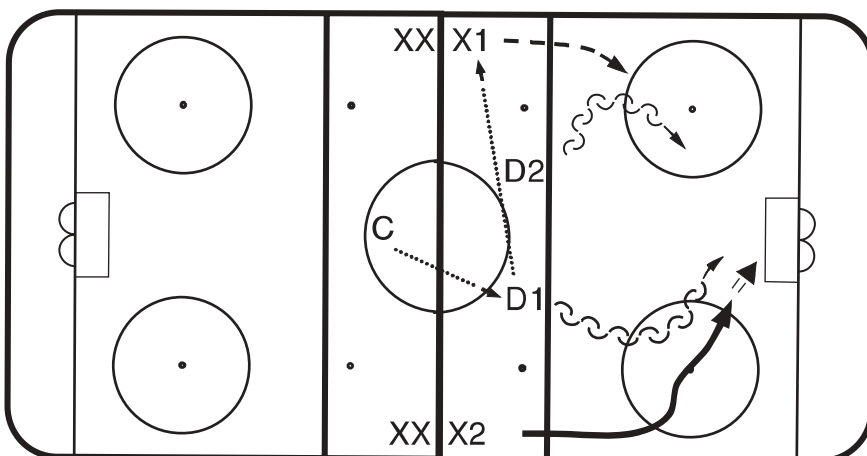


**Notes/Comments:** Do both directions, players rotate lines

## Drill #3 — 2 on 2 Half-Ice

- Coach starts drill by passing to D1 or D2.
- The D then passes to X1 or X2.
- X1 and X2 attack D1 and D2, 2 on 2. (D must start in middle of ice. F can attack anyway they like).

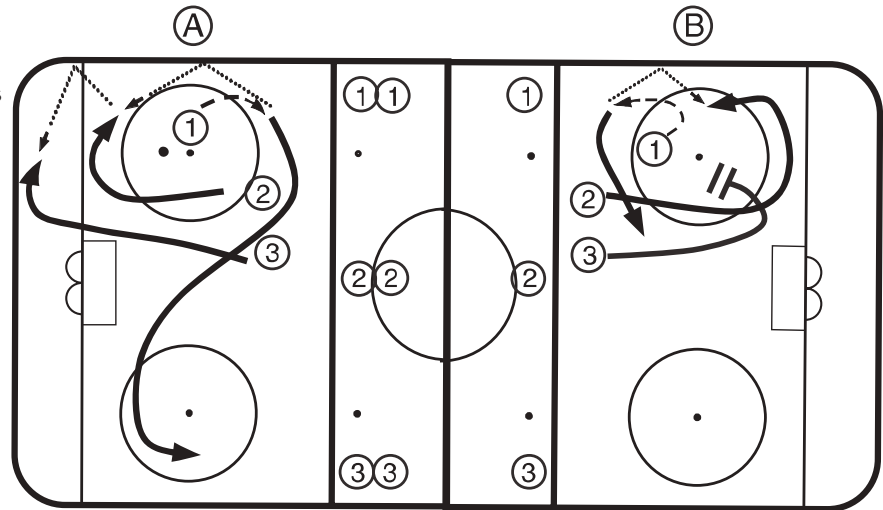
Variations - Start both forwards on same side of ice, D stay in middle. Add another defender so forwards attack 2 on 3.



**Notes/Comments:** D - must support each other. F - must attack quickly, full speed.

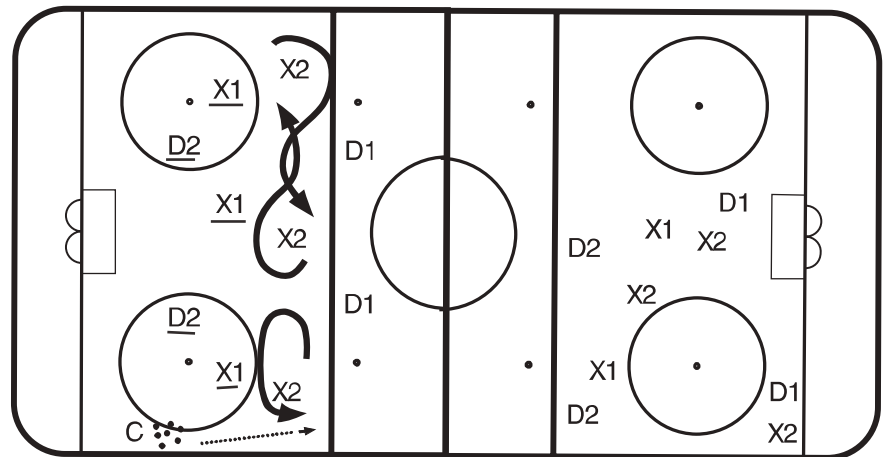
## Drill #4 — Cycling Patters

- Three players skate the circle. Player 1 picks up puck and bumps puck off sideboards and continues. Player 2 picks up puck and bumps to Player 3. After three bumps, they skate to other circle and repeat.
- Player 1 picks up puck and bumps to player 2. Player 2 picks up puck and has three options:
  1. Skate to top of circle and shoot
  2. Pass back to player 1, now in high slot
  3. Pass to player 3 stopped by net



## Drill #5 — 3 on 2 With Three Backcheckers; 5 on 5 Defensive Zone

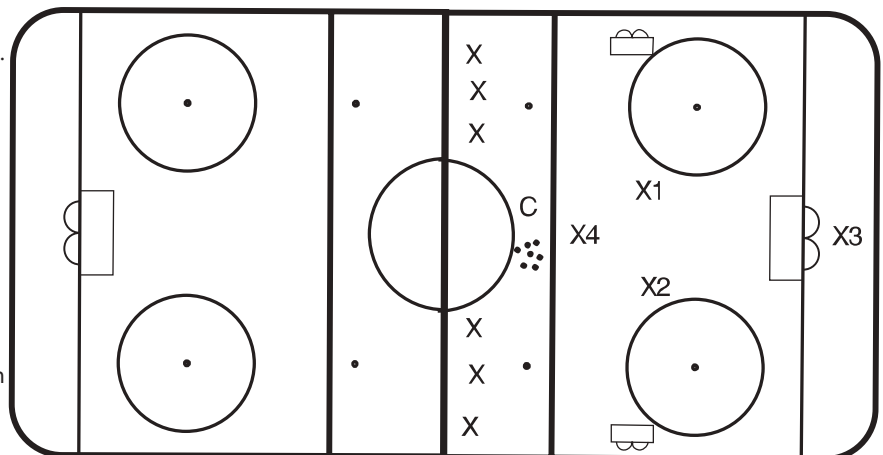
- X2s weave back and forth in zone.
- X1s and D2s are on one knee below the top of circles.
- Coach starts drill by passing to X2s who attack D1s, 3 on 2.
- At same time, X1s get up and backcheck.
- D2s also get up and follow play.
- After shot or when play is broken up, coach blows whistle and dumps puck in zone. X1s and D1s try to break out. X2s and D2s try to score goal (5 on 5).



## Drill #6 — Small Game 1 on 1 Progression

- Coach starts drill by throwing puck in zone.
- X1 and X2 play 1 on 1.
- X3 and X4 are passing outlets.
- When X1 and X2 have passed twice to same outlet that player may join them.

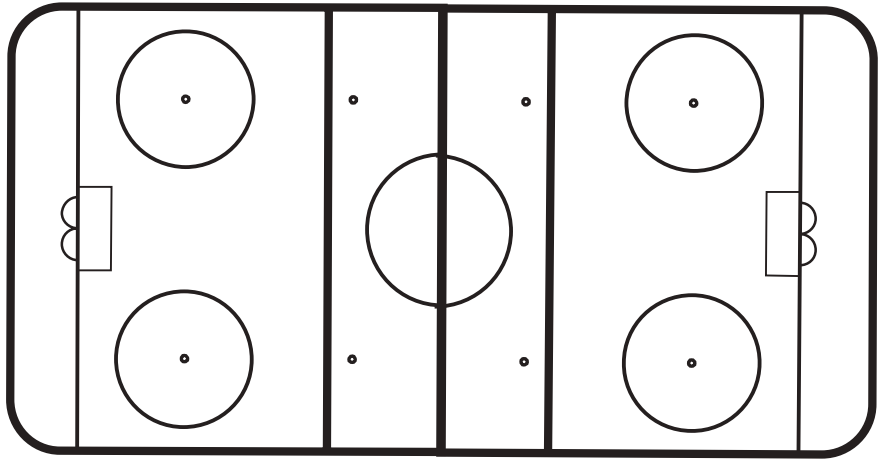
**Example:** X1 makes 2 passes to X3. X1 and X3 now play 2 on 1 against X2. If X2 makes 2 passes to X4, X4 joins X2 for 2 on 2. If X1 and X3 make 2 passes to X4, becomes 3 on 1.



System/Drill \_\_\_\_\_

Description \_\_\_\_\_

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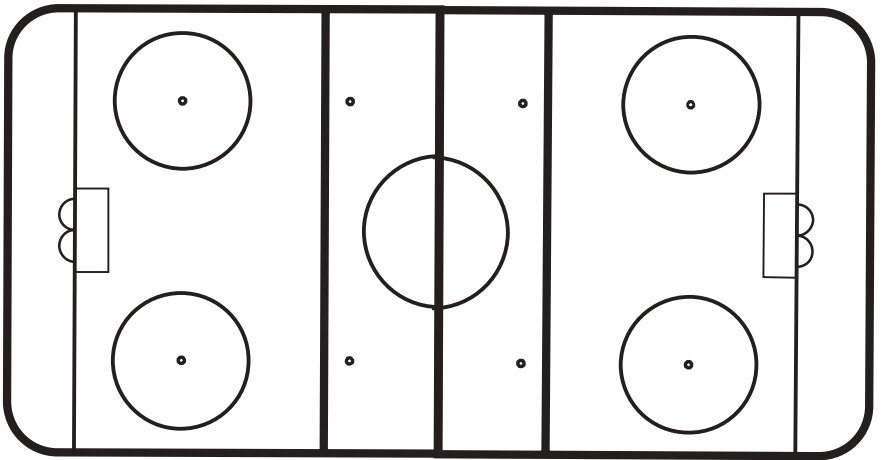


Notes/Comments \_\_\_\_\_

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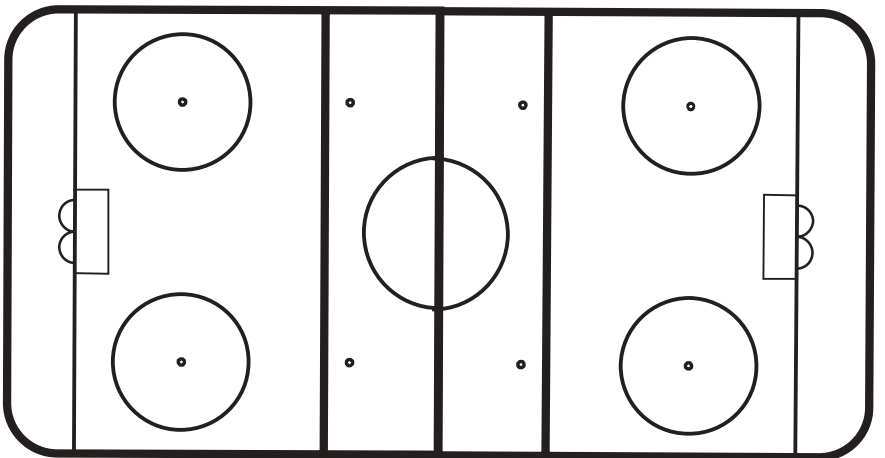


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Notes/Comments \_\_\_\_\_

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