

Hockey Practice Plan

Objectives: To learn, practice and reinforce passing skills

Date: _____

Practice #3 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

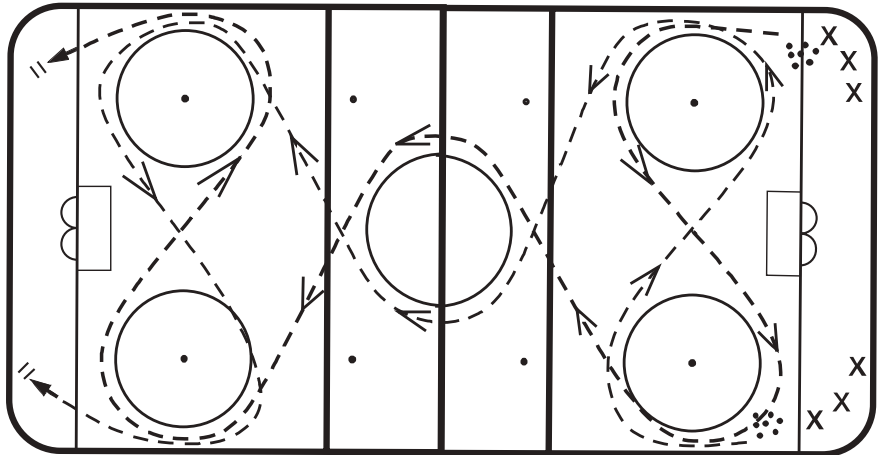
18-and-Under (Midget)

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

Time	Drill	Emphasis
5 mins.	1. Warm-up - stretch; skate circles with pucks	Head up
5 mins.	2. Four Lines - warm-up goaltenders	
7 mins.	3. Snake Drill	Keep feet moving
7 mins.	4. Flin Flon - double pass	
7 mins.	5. 2 on 0	Go up ice together
7 mins.	6. 1 on 1 out of corner	Forwards - create space, moves; Defense - stay between player and goal
7 mins.	7. 3 on 0 weave	Head up, keep feet moving
5 mins.	8. Improvisation	Creativity

Drill #1 — Warm-Up

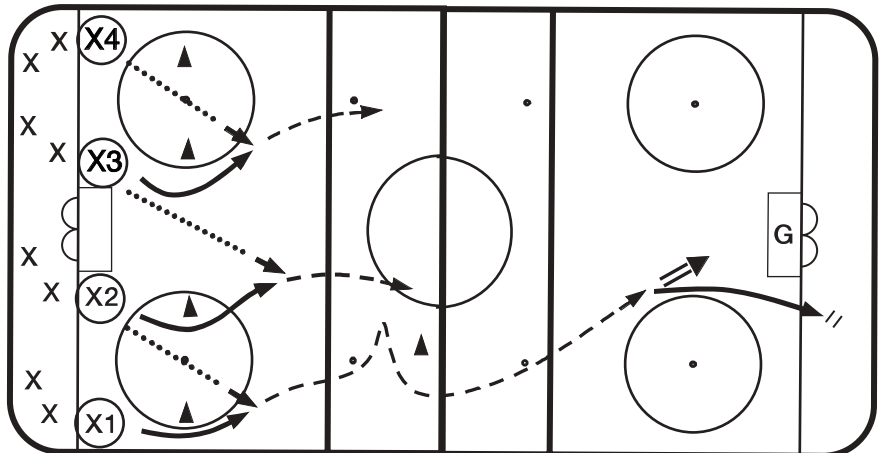
- After stretch, skate circles with pucks, work on speed and full crossovers.
- Do forward and backward.



Notes/Comments: Skate circles; keep head up; crossovers; full speed

Drill #2 — Four Lines

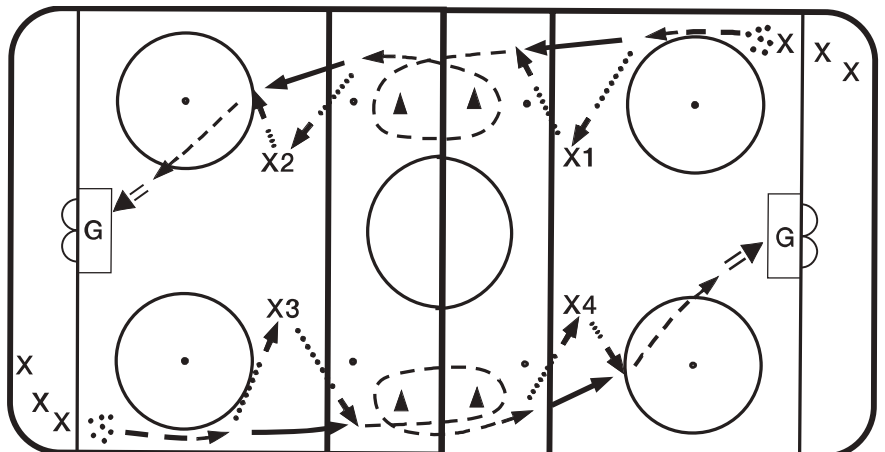
- All lines start with pucks.
- X1 starts and makes tight turn around cone; after turn, X1 gets a pass from X2.
- X1 continues with puck; makes a wide move on cone at center ice and takes a long shot on goal.
- After X2 makes pass, he makes tight turn and receives pass from X3.
- Continue down line; X4 gets pass from X1 line.



Notes/Comments: Four lines; Warm-Up goalies; accelerate out of turn and after wide move

Drill #3 — Snake Drill

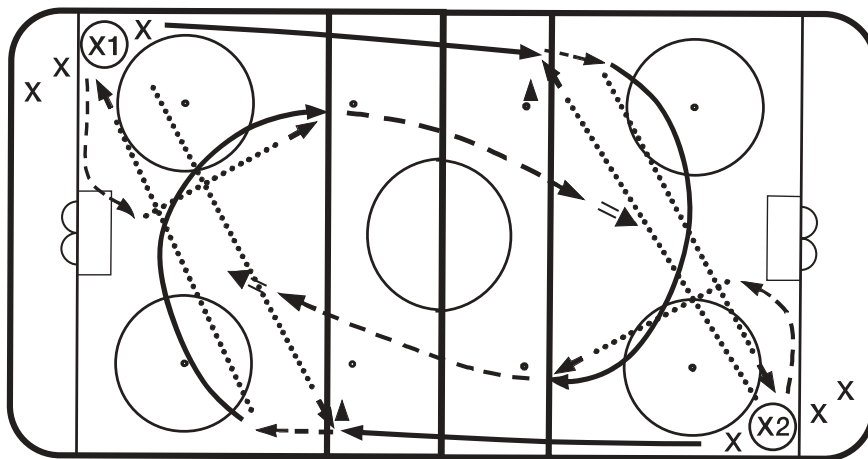
- Players start opposite corners with pucks. Position players and or coaches at X1, X2, X3, X4 positions
- Player skates out of corner with puck and passes to X1. X1 gives player a return pass. Player skates around cones and gives X2 a pass. X2 gives a return pass. Player takes a shot on goal.
- Next player in line starts when first player hits red line



Notes/Comments: Break to space to get pass; crossover around cones; switch corners to crossover and pass in both directions

Drill #4 — Flin Flon

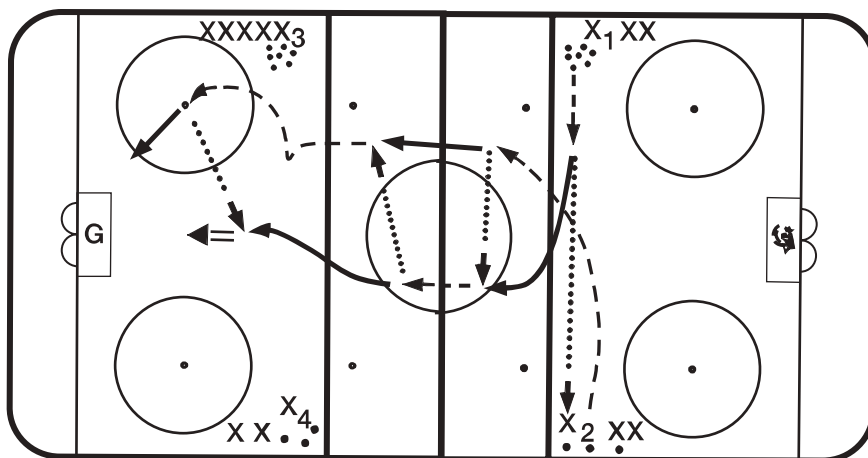
- First players in line skate without puck to far cone.
- When player hits red line, X1 and X2 pass the puck.
- Player immediately passes puck back to X1 or X2 and swings to top of circle.
- X1 and X2 receive pass, step to the middle of the ice and make a pass back to player.
- Player skates with puck and shoots.
- X1 and X2 skate without puck to far corner.



Notes/Comments: Double pass; player must touch top of circle when swinging

Drill #5 — 2 on 0

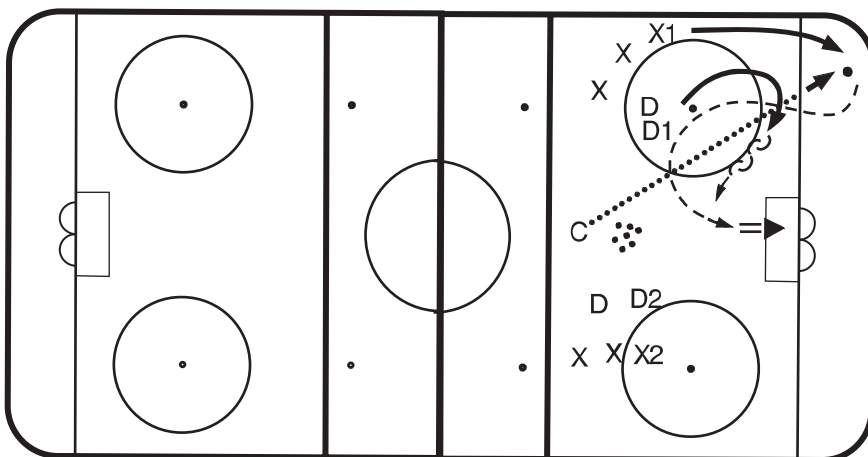
- Players start at all four corners of the blue lines with pucks.
- X1 starts drill by making pass to X2.
- X1 and X2 skate toward each other (not up ice) and cross in middle of ice.
- After X1 and X2 cross, they head up ice passing the puck. When crossed far blue line, the player with puck makes a wide move to outside then passes puck to trailing player. Trailer shoots on goal.
- When X1 and X2 cross blue line, X3 and X4 go other direction.



Notes/Comments: Trailer must slow up to high slot; after player passes to trailer, he/she goes to net for rebound

Drill #6 — 1 on 1

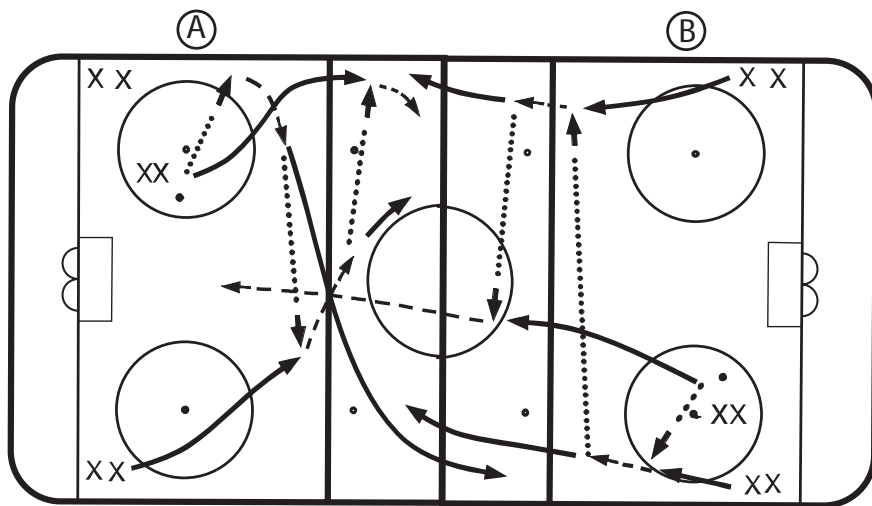
- Coach dumps puck into corner.
- X1 picks up puck in corner then tries to score a goal.
- When X1 crosses goal line, D1 skates to play X1 coming out of corner with puck.
- Drill goes until X1 takes shot or D1 takes puck away.
- Coach then dumps puck in other corner for X2 and D2.



Notes/Comments: Forward makes wide move to create space; defense keeps self between player and goal

Drill #7 — 3 on 0 With Weave

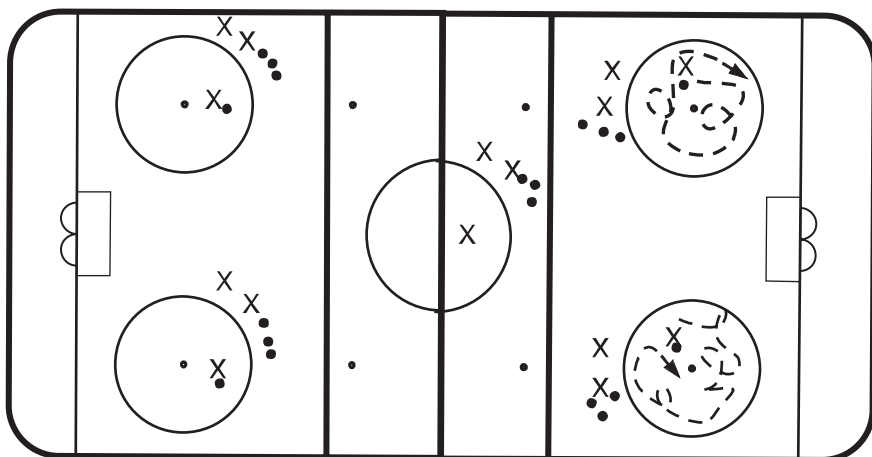
- Players form three lines at each end.
- Group A starts, three players pass puck up ice and take a shot on goal. When group A crosses far blue line, group B starts.
- Variation: instead of going straight up ice, players follow their pass (weave) as they go up ice.



Notes/Comments: Heads up; look at target; skate full speed

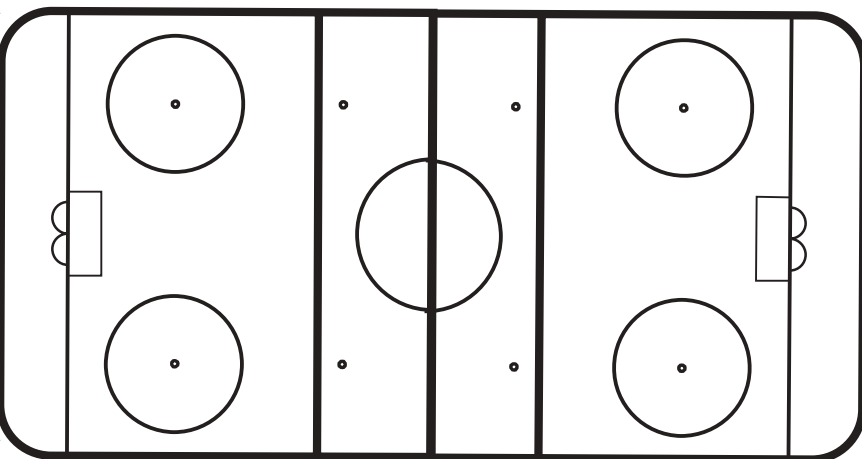
Drill #8 — Improvisation

- Players inside circles with puck. Other players stay outside circles.
- On whistle, player inside makes any moves they want. If they lose the puck, players outside give them a new one.
- After 30 seconds, change players



Notes/Comments: Be creative

Description _____



Notes/Comments _____
