

Hockey Practice Plan

Objectives: To learn, practice and reinforce starts and 2 on 1 concept

Date: _____

Practice #4

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

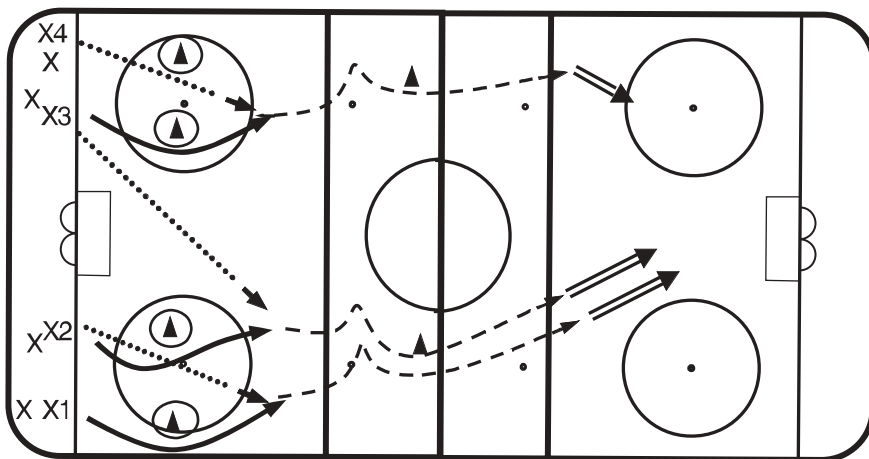
18-and-Under (Midget)

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

Time	Drill	Emphasis
7 mins.	1. Warm-Up - stretches; four lines to warm-up goaltenders	
5 mins.	2. Flip passing; goaltenders work on movement and angles	
7 mins.	3. Starts; flip pass; shoot	Accelerate, concentrate on target when passing and shooting
10 mins.	4. Split up; Forwards - 2 on 1 concept; Defense - 2 on 1	Forwards - create good shot Defense - eliminate good shot
7 mins.	5. 2 on 0; 2 on 1	Works on concepts
7 mins.	6. Start and Stop; shooting	Accelerate; look at target
7 mins.	7. 3 on 0 race drill	Teamwork

Drill #1 — Warm-Up Goaltenders

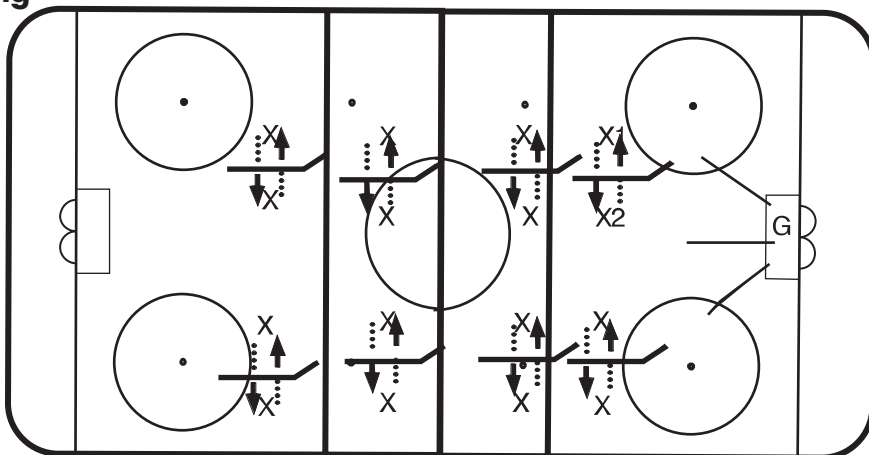
- After stretch, make four lines. All lines have pucks.
- X1 starts, makes tight turn around cone, receives a pass from X2, continues and makes a wide move on neutral ice cone and shoots around goal.
- X2 starts when X1 hits the blue line.
- X4 gets pass from X1 line.



Notes/Comments: Accelerate around cones and after wide move; full speed

Drill #2 — Stationary Flip Passing

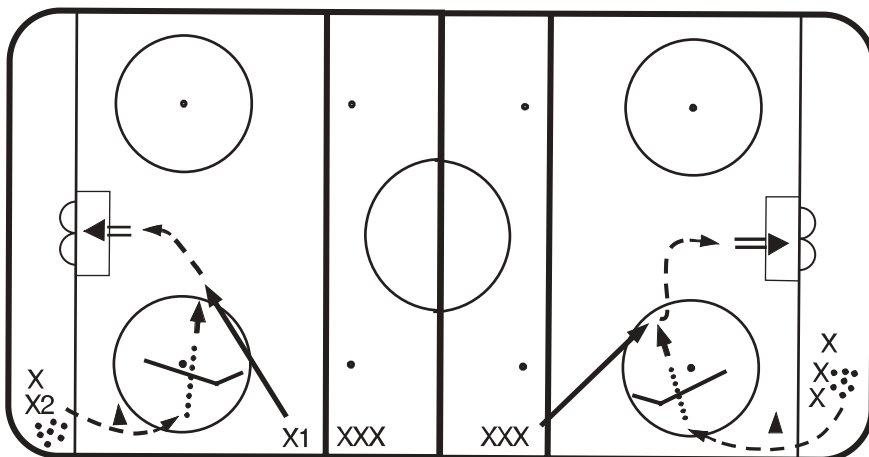
- Players get partners and lay extra stick between them.
- They are approximately three to four stick lengths apart.
- Players make heel to toe passes, lifting puck over stick so it lands flat on the other side of stick.
- Have players pass forward and backward.
- Goaltenders work on angles; movement with coach.



Notes/Comments: Work forehand and backhand passes

Drill #3 — Starts, Flip Pass, Shoot

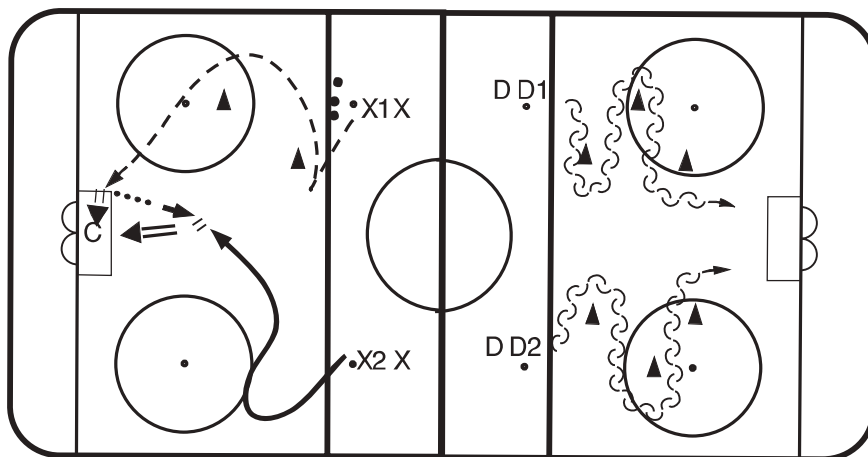
- On whistle, X1 performs a running start and skates to slot.
- At same time, X2 skates with puck to cone.
- When X2 reaches cone, X2 makes a flip pass over sticks on ice to X1.
- X1 receives pass and shoots on goal; players switch lines



Notes/Comments: Perform both sides of ice, flip passes forehand and backhand

Drill #4 — 2 on 1; Split Up

- Forwards - X1 makes wide move on cone, accelerates around and drives to net.
- At the same time, X2 skates and delays so he/she is in high slot.
- X1 may shoot puck or pass to X2 in high slot, X2 then shoots while X1 goes to net.
- Defense - D1 and D2 start backward at same time. They skate around cones as shown, working on lateral movement.
- They force forward with puck wide, then come back to middle to take away pass to high slot.

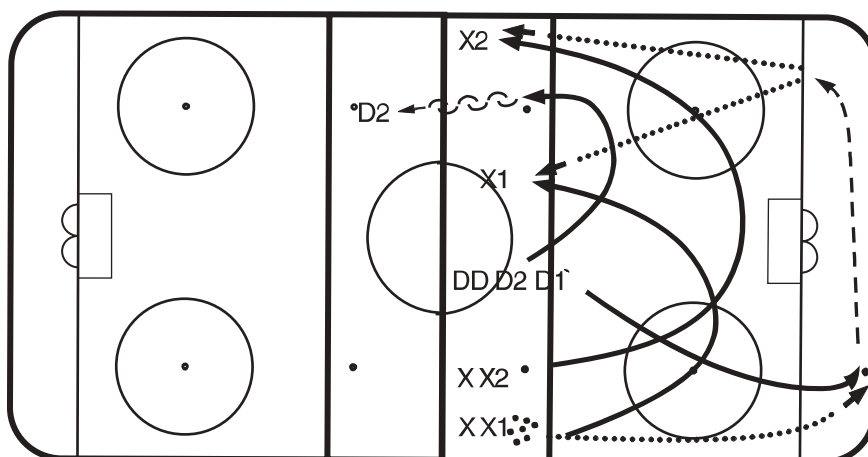


Notes/Comments: Forwards - Create good shot; Defense - eliminate good shot

Drill #5 — 2 on 0; 2 on 1

- X1 starts drill by dumping puck in corner. X1 and X2 swing as shown.
- D1 skates, picks up puck and skates behind net.
- D1 then makes a pass to X1 or X2.
- D2 steps out to play the 2 on 1.

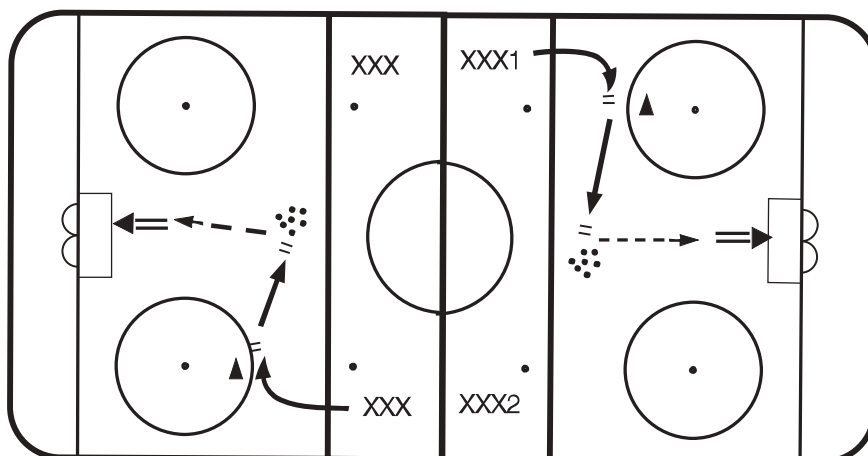
Variation - don't have D2 step out and have X1 and X2 go 2 on 0; switch sides after several minutes.



Notes/Comments: Forwards and defense work on concepts in previous drill.

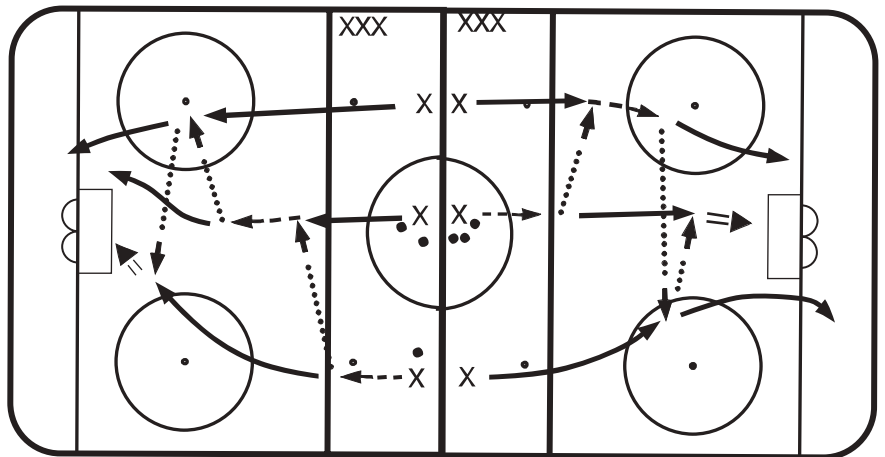
Drill #6 — Start and Stop - Shooting

- X1 does running start and skates to cone and stops facing pucks. X1 then does crossover start, skates to pucks and stops. X1 then does a crossover start the other direction and takes a shot on goal.
- X2 starts when X1 stops and picks up a puck.



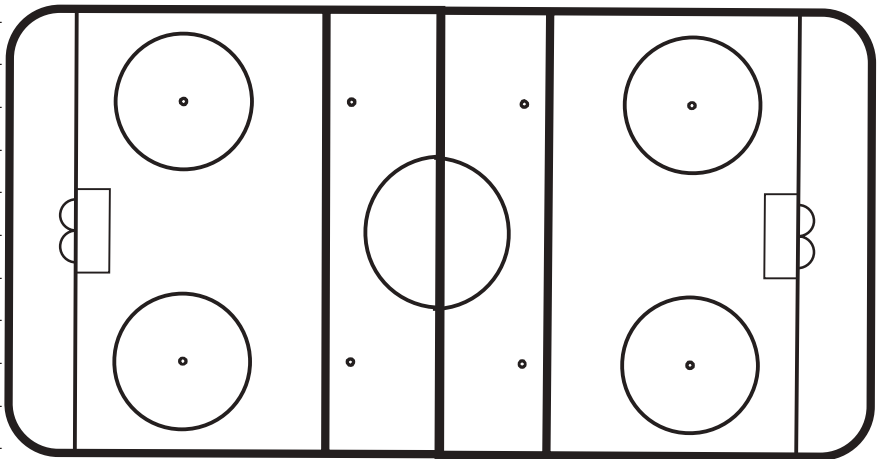
Drill #7 — 3 on 0 Race Drill

- Groups of three start on either side of red line with three pucks.
- On whistle, players go 3 on 0 to score a goal. They must make three passes before they can shoot.
- After they score, they all must go outside the blue line and pick up the second puck.
- The team that scores three goals first, wins. The losers do 20 push-ups.



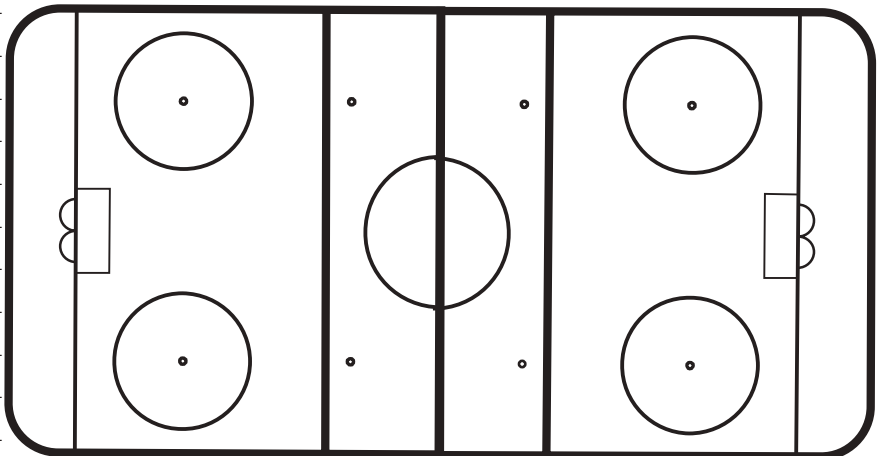
Notes/Comments: Three passes before shot; go until score with puck; all players must cross blue line after each goal

Description _____



Notes/Comments _____

Description _____



Notes/Comments _____