

Hockey Practice Plan

Objectives: To learn, practice and reinforce passing, 1 on 1 and shooting skills

Date: _____

Practice #5

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

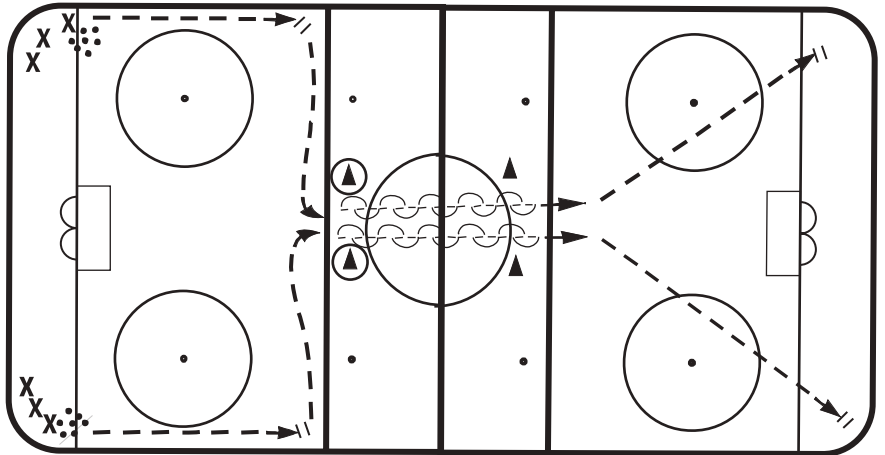
18-and-Under (Midget)

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

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches (goalies stretch); defense reaction drill	Puck control; full speed
5 mins.	2. Out of corner pass - both ends	Keep feet moving
6 mins.	3. Shooting - out of corner; goaltender skate saves	Head up; shoot to corner
4 mins.	4. 1 on 1 - defense no sticks	D-skate to forward, don't lunge F-wide move; drive to net
4 mins.	5. 1 on 1 - defense sticks	D-force forward wide F-look for weakness to attack
6 mins.	6. Double pass in tight; 2 on 0; goaltender stack pads	One touch pass and shot
7 mins.	7. Tip drill - 2 on 1	Timing on tip; 2 on 1 concept review
5 mins.	8. Stationary wrist shots; backhand	Practice form and accuracy
6 mins.	9. Zone games - 2 on 2	Have fun

Drill #1 — Warm-Up Defense Reaction Drill

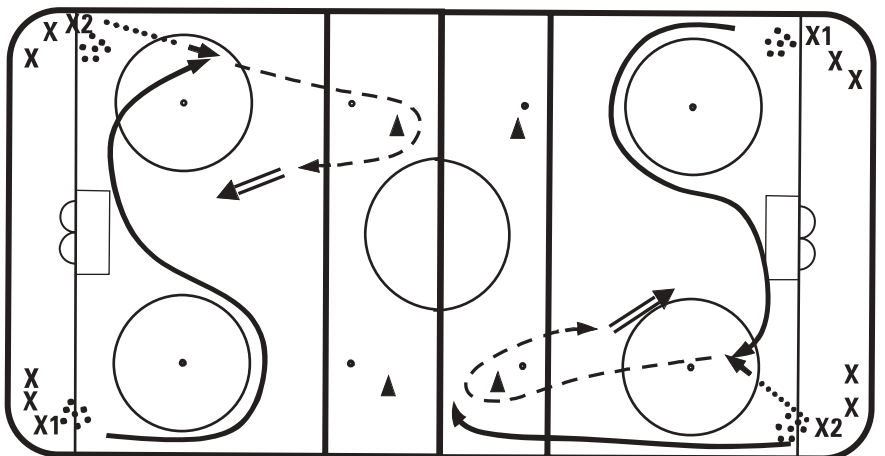
- Players start in each corner. When first player gets to near blue line, the next player in line starts.
- Player skates forward with puck to blue line, stops and skates to middle of ice.
- When player reaches cone A, player pivots and skates backward with puck to far blue line.
- At far blue line, player turns to outside and skates forward to the corner.



Notes/Comments: Puck control and agility

Drill #2 — Out of Corner Pass

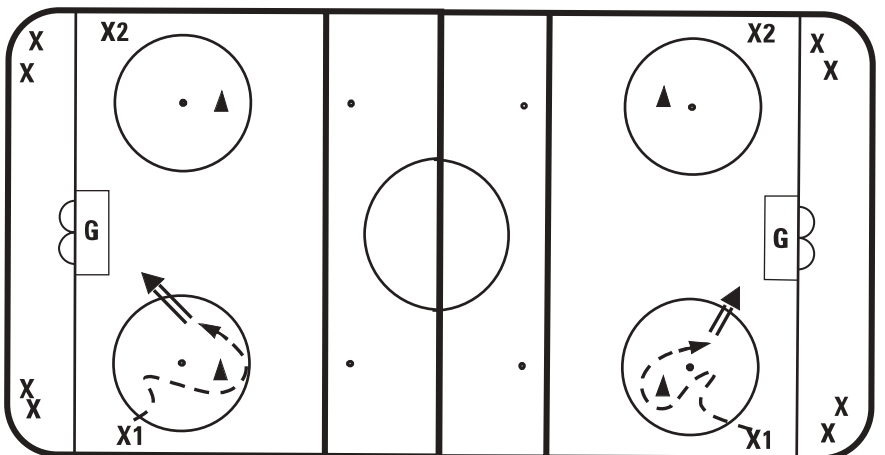
- X1 skates without puck as shown and receives pass from X2.
- After receiving pass, X1 skates with puck around cone and takes a long shot on goaltender.
- After making pass, X2 starts around circle without puck.
- After shot, continue for rebound.



Notes/Comments: Keep feet moving; take long shot on goaltender

Drill #3 — Shooting Out of Corner

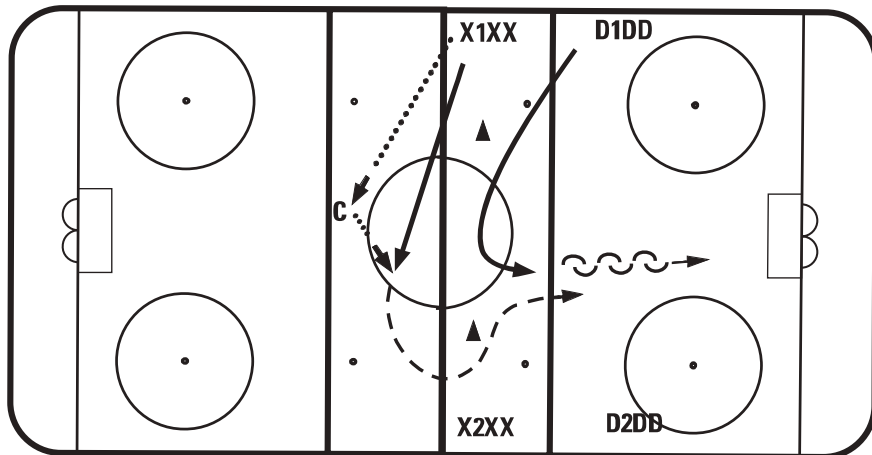
- X1 skates with puck and makes a fake inside to net.
- After fake, X1 accelerates outside to cone.
- When X1 reaches cone, X1 shoots on ice to far corner. Goaltender makes skate save or stick deflection to corner.
- After goaltender is set, X2 starts.



Notes/Comments: F - shoot to far corner; G - practice skate saves

Drill #4 — 1 on 1

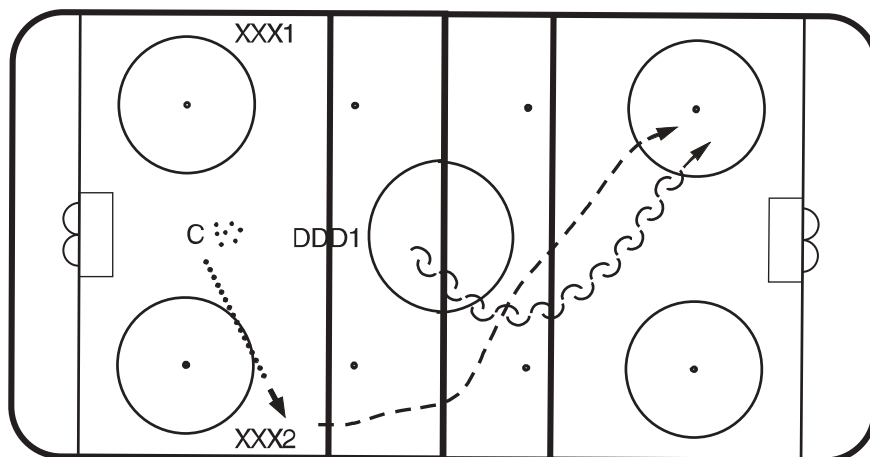
- X1 starts by passing to coach.
- X1 then skates to far cone, coach gives X1 pass back.
- When X1 starts to skate, D1 follows X1 across ice, keeping correct gap.
- X1 receives pass from coach and skates around cone.
- D1 pivots backwards after X1 receives pass and plays X1 1 on 1.
- When 1st group crosses blue line, X2 and D2 start.



Notes/Comments: Defense no sticks; D - keep gap, don't lunge at forward; F - make wide move and drive to net

Drill #5 — 1 on 1

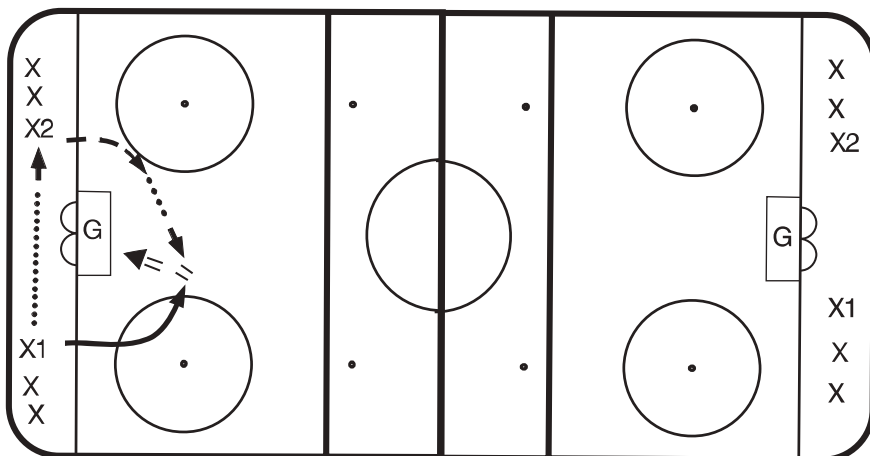
- Coach starts with pucks and either passes to X1 or X2.
- D start just outside blue line; after pass, D1 must react to either side.
- X2 looks for weakness in D1 position.
- D1 must establish gap and force X2 outside.
- After group 1 crosses for blue line, coach makes another pass.



Notes/Comments: Defense with sticks; D - force forward wide, no shot; F - look for weakness to attack

Drill #6 — 2 on 0

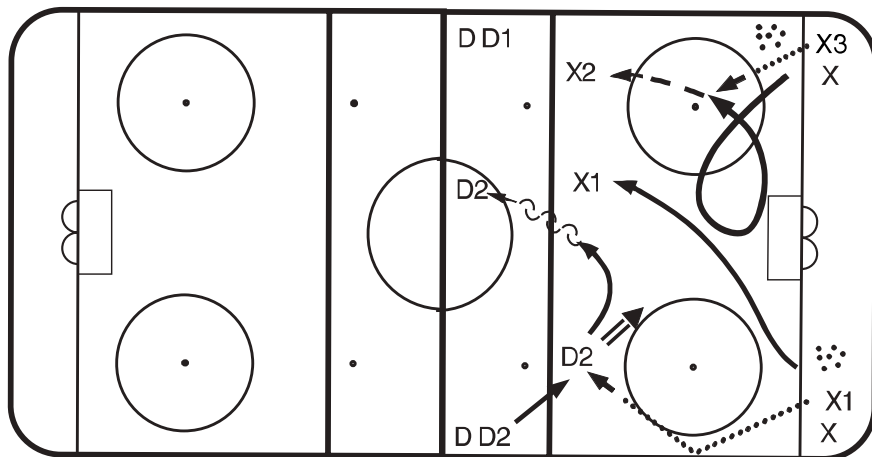
- X1 starts by passing puck to X2.
- X1 skates to corner of crease and stops.
- X2 skates with puck across goal line, makes pass to X1.
- X1 shoots off pass.
- Goaltender either deflects pass if puck is close or stacks pads to block shot.
- Switch pucks to other line half way through drill.



Notes/Comments: Double pass in tight - 2 on 0; goaltender stack pads

Drill #7 — Tip Drill 2 on 1

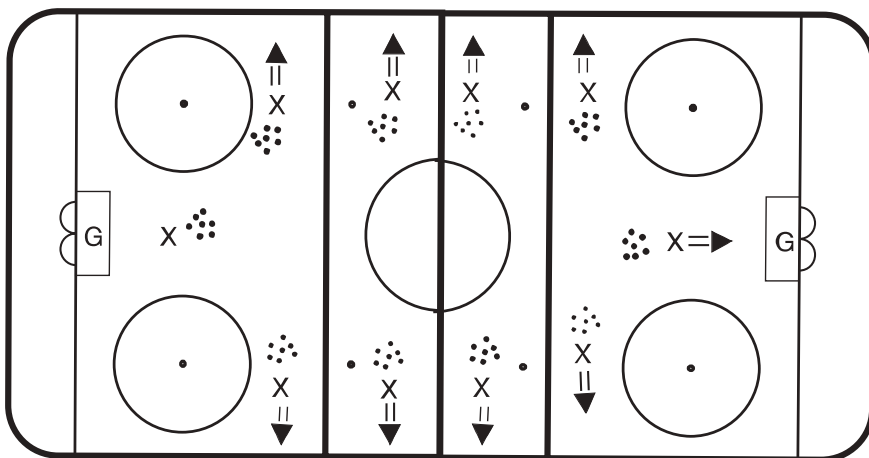
- X1 passes to D1 or D2; may pass direct to stick, off boards, in air, etc.
- X1 and X2 skate to slot and positions themselves for a tip.
- D2 shoots on ice then gets into position for 2 on 1.
- After X1 group tips shot, they break, get a pass from X3 and continue up ice 2 on 1 on D2.



Notes/Comments: F - timing on tip, not too deep, 2 on 1 concept; D - work on gap and 2 on 1 concept

Drill #8 — Stationary Wrist Shots and Backhands

- Players line up around ice with pucks.
- Players pick spots boards and work on wrist shots and backhands.

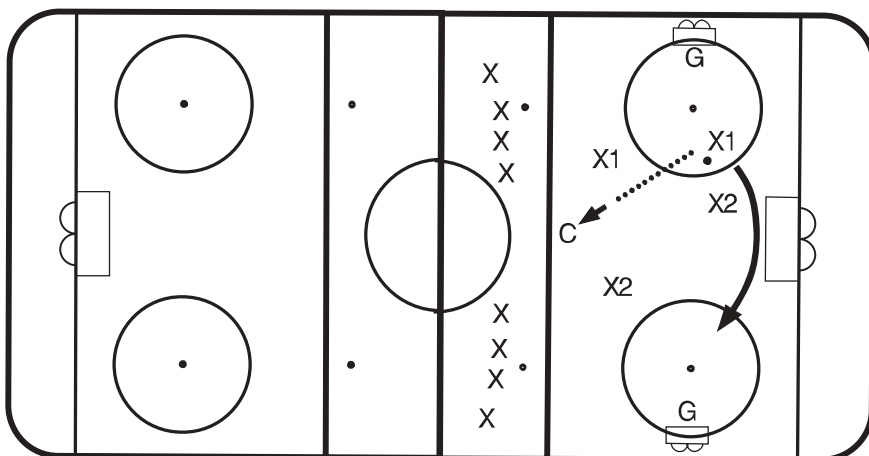


Notes/Comments: Work on form, power, accuracy.

Drill #9 — Zone Games - 2 on 2

- Put both nets in one zone. Put teams together and let them play 2 on 2.

Variation - after gaining possession puck, they must pass to coach and get open for return pass.



Notes/Comments: Have fun.