

Hockey Practice Plan

Objectives: To learn, practice and reinforce body contact and playing angles
To review Heads Up Hockey program

Date: _____

Practice #6

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

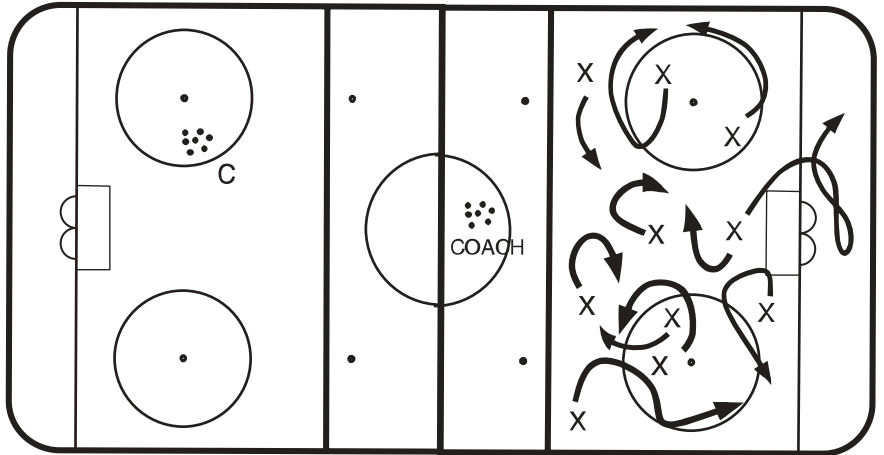
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input type="checkbox"/> Passing/Receiving	<input 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 type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input type="checkbox"/> Misc.
<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
6 mins.	1. Warm-Up: stretches (goalies stretch); fish in the pond	Competition
9 mins.	2. Three stations - stickhandling/puck control; three minutes each station	Heads up; keep feet moving
5 mins.	3. Skating and puck control with shot	Full speed
10 mins.	4. Body contact along boards	Body positioning; angles
6 mins.	5. Forecheck angling; body contact	Angles; timing
7 mins.	6. 3 on 0 below top of circles	Triangle movement
7 mins.	7. Pom-pom drill; two-hand touch	Agility; skating

Drill #1 — Warm-Up: Fish in the Pond

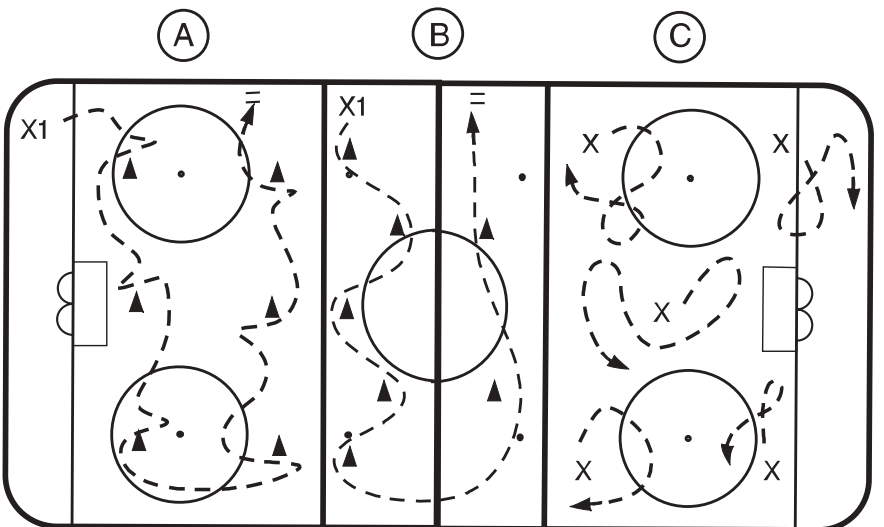
- Everyone starts in one zone.
- Coach dumps three pucks in zone.
- On whistle, players try to gain control of puck and keep it away from everyone else.
- Go for 30 seconds, then blow whistle. Anyone without a puck does 5-10 push-ups.
- Rest for 45 seconds. During rest, dump 2-3 more pucks in.



Notes/Comments: Goaltenders work on skate saves and stacking pads with assistant

Drill #2 — Three Stations - Stickhandling and Puck Control

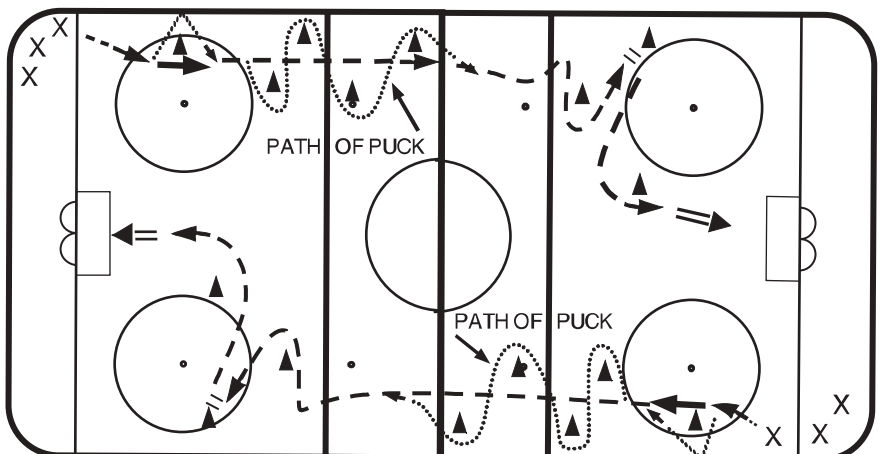
- A makes wide move, forehand, backhand.
- B skates through cones, tight turn.
- C improvises - player makes up moves and stays in confined area.
- All stations use pucks.
- Blow whistle to start and stop, each player goes through each station twice.



Notes/Comments: Head up; keep feet moving

Drill #3 — Skating and Puck Control with Shot

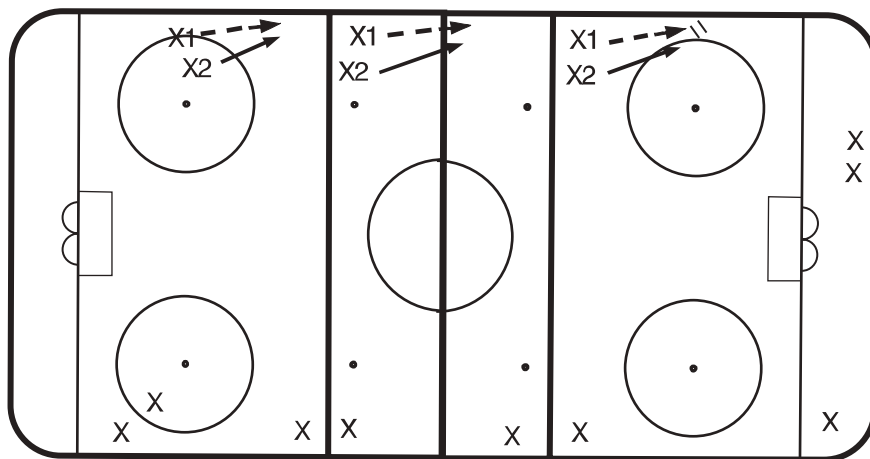
- Players start in corners with pucks. Player starts drill by passing off boards (around cone) to self.
- Player then skates down middle of cones while reaching puck wide to forehand and backhand around cones.
- Player makes move to next cone, skates to outside, stops at next cone, heads to slot and takes shot on goaltender.
- Do drill both directions.



Notes/Comments: Full speed; head up

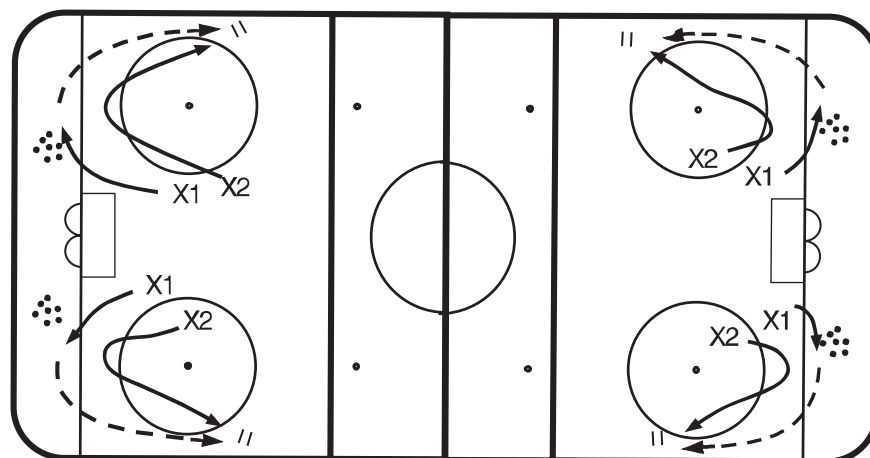
Drill #4 — Body Contact Along Boards

- Before starting drill, demonstrate how to check along boards and defend oneself from check stress.
- A - body position; wide base, knee bent, stick on ice.
- B - Angling X2 approaches X1 so X1 cannot cut back or drive to the net.
- C - Defending: brace self for impact, wide base, don't turn back on player.
- Players pair off and proceed around ice as shown. Switch roles and do both directions.



Drill #5 — Forecheck Angling - Body Contact

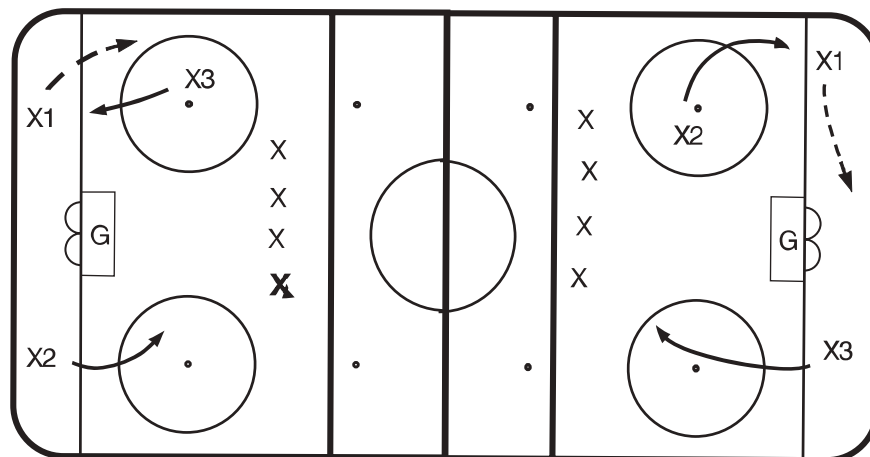
- X1 starts, picks up a puck and heads up the ice.
- When X1 crosses goal line, X2 starts.
- X2 must angle X1 to boards and body check along boards stopping X1's momentum.
- X1 may cut back or accelerate out of zone.
- X2 must position self correctly and time acceleration.



Notes/Comments: Work on timing; review Heads Up Hockey program

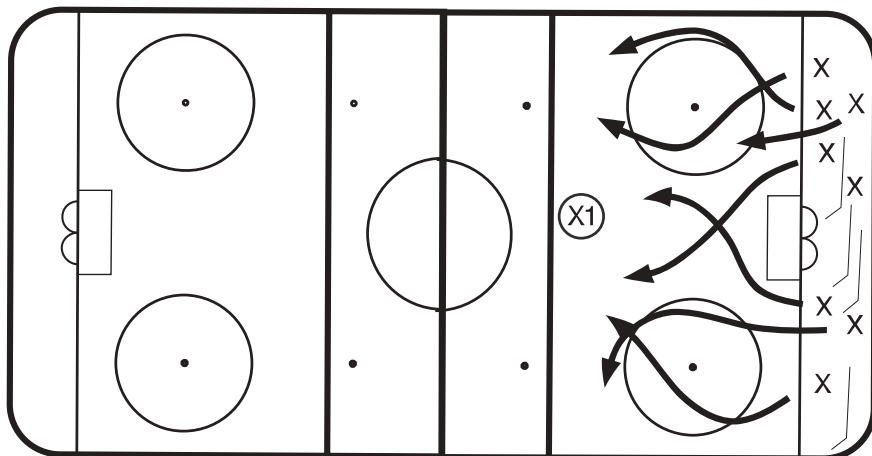
Drill #6 — 3 on 0 - Below top of Circle

- X1, X2, X3 must move puck around below top of circles keeping a triangle relation.
- When coach blows whistle, they start. Whistle blows again, they take a shot.
- Stress creativity, keeping triangle, keeping feet moving and talking to each other.



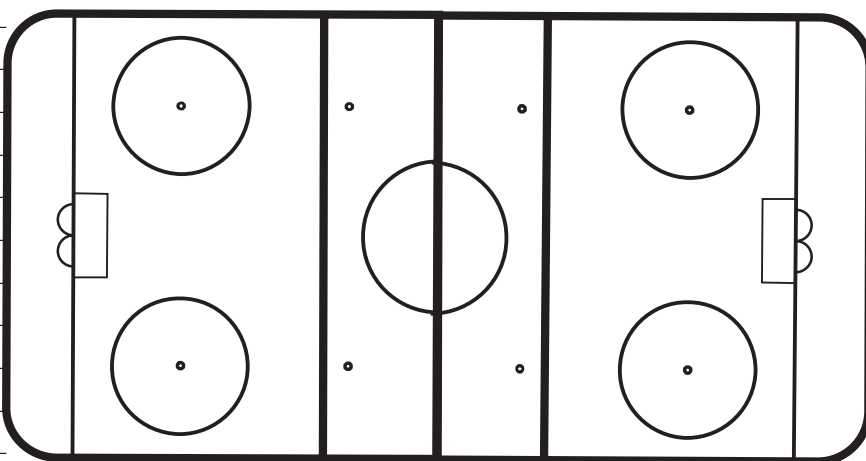
Drill #7 — Pom-Pom - 2 Hand Touch

- X1 calls out pom-pom. All other players try to skate to other end without getting touched (two hands) by X1 before crossing far goal line.
- Whoever X1 touches, those players stay in middle and help X1 next time back.
- Last player wins.



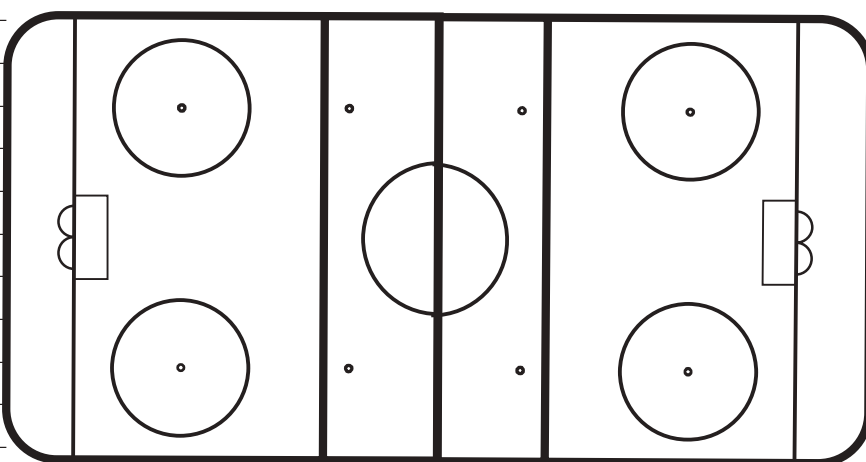
Notes/Comments: Skating agility - reading and reacting

Description _____



Notes/Comments _____

Description _____



Notes/Comments _____