

Hockey Practice Plan

Objectives: To learn, practice and reinforce shooting skills and body positioning

Date: _____

Practice # 7

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

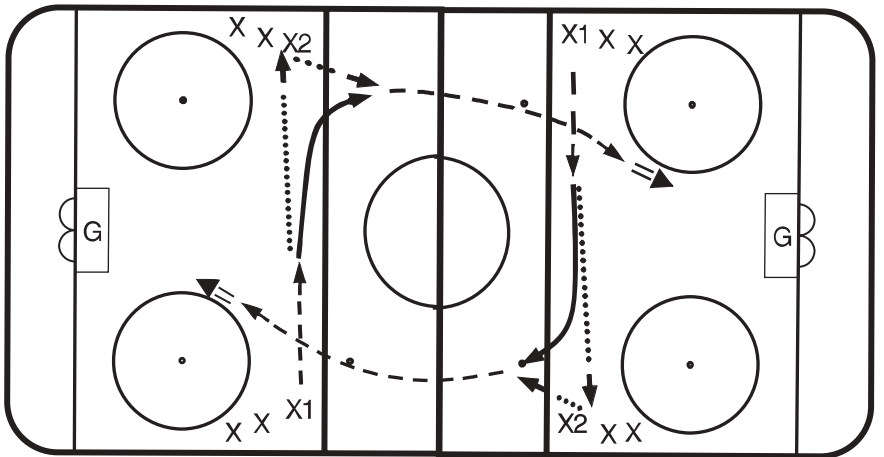
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input 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 type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" 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 checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input checked="" type="checkbox"/> 3 on 3	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches; four blue line shooting	Passing; long shots
6 mins.	2. Passing Drill - Tic Tac Toe	Quick passes
7 mins.	3. Pivot Shoot - pivot pass drill	Read and shoot or pass
10 mins.	4. 2 on 1; 2 on 1 with backcheck drill	Offense - 2 on 1 with pressure Defense - communicate, body position
10 mins.	5. 3 on 2; 3 on 3 low	Offense - triangle with pressure Defense - body position
5 mins.	6. Three shot drill	Goaltender work
5 mins.	7. Agility race	Competition

Drill #1 — Warm-Up: Four Blue Line Shooting

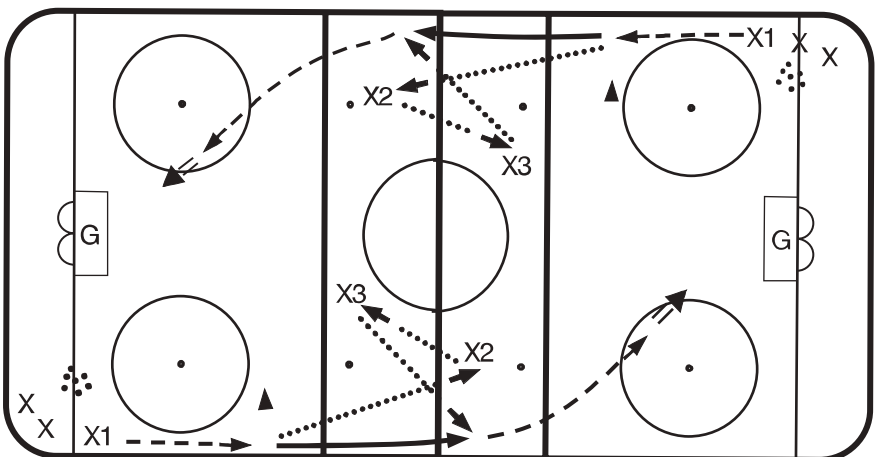
- All 4 lines have pucks.
- On whistle, X1's skate several strides with puck then pass to X2 across ice.
- X1 continues skating, swings up ice and gets a return pass from X2.
- X1 skates with puck and takes a long shot.
- After X1 crosses blue line, X2 starts skating with puck, passes to X1 line and swings up ice.



Notes/Comments: Take long shots

Drill #2 — Passing Drill - Tic, Tac, Toe

- X1 skates with puck to cone and then passes to X2.
- X2 one touch passes to X3.
- X3 one touch passes back to X1.
- X1 takes shot on goal.

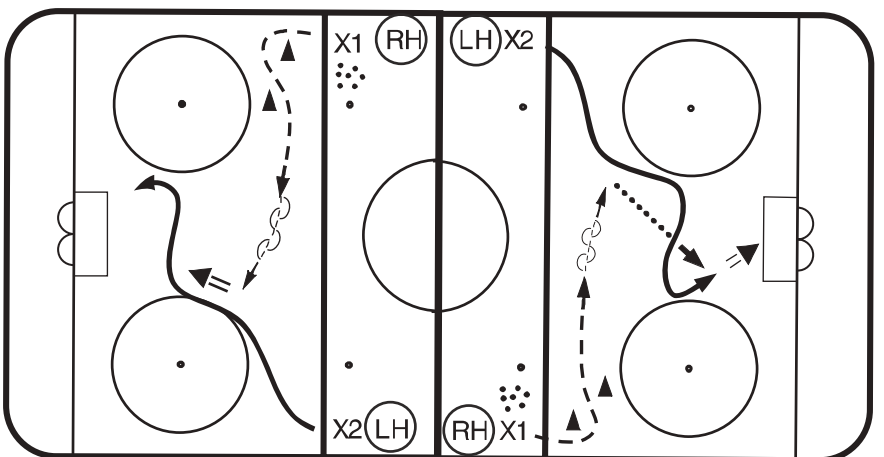


Notes/Comments: Quick passes

Drill #3 — Pivot Shoot; Pivot Pass

RH - right-handed players
LH - left-handed players

- X1's start with pucks and skate through cones. When X1 reaches middle of ice, X1 turns and skates backwards with puck.
- At same time, X2 crosses with X1 and gets open.
- A - X1 may shoot puck with X2 going for rebound.
- B - X1 may fake shot and pass to X2.



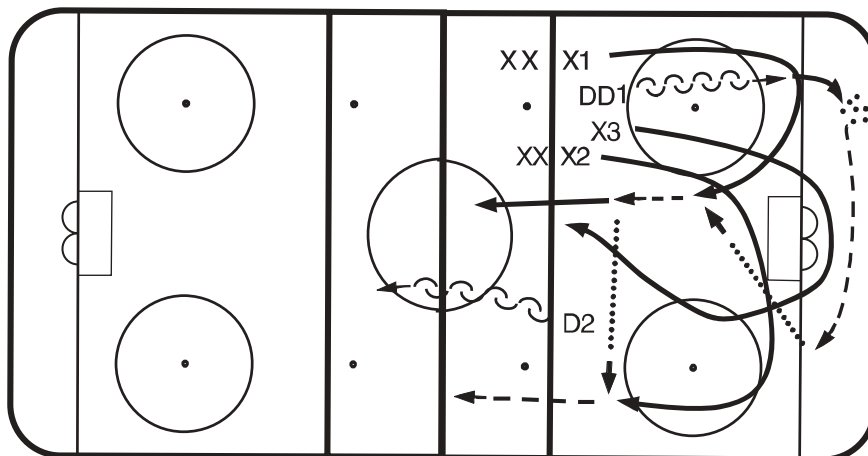
Notes/Comments: Read play and shoot or pass

Drill #4 — 2 on 1; 2 on 1 With Backcheck

- D1 skates backward, turns and picks up a puck.
- At same time, X1 and X2 skate as shown.
- D1 skates behind net and passes to X1 or X2 who proceed 2 on 1 on D2.

Variation - (2 on 1 backchecker) X3 skates at same time behind net and backchecks picking up either X1 or X2.

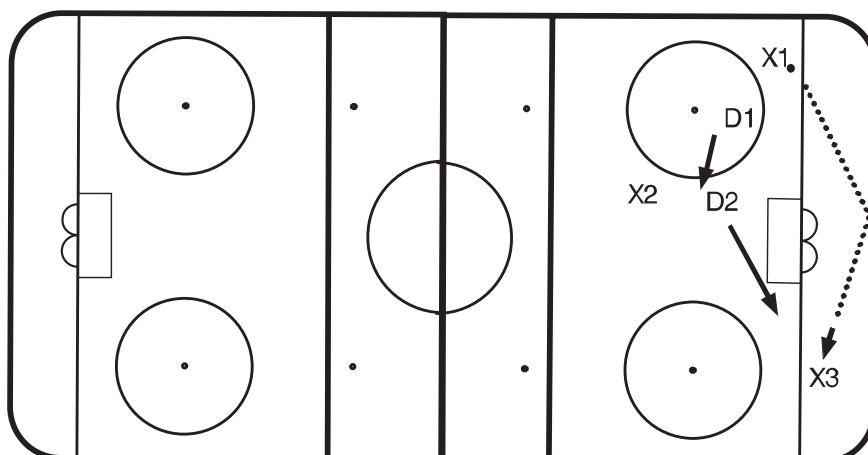
- Switch sides half-way through.



Drill #5 — 3 on 2; 3 on 3 Low

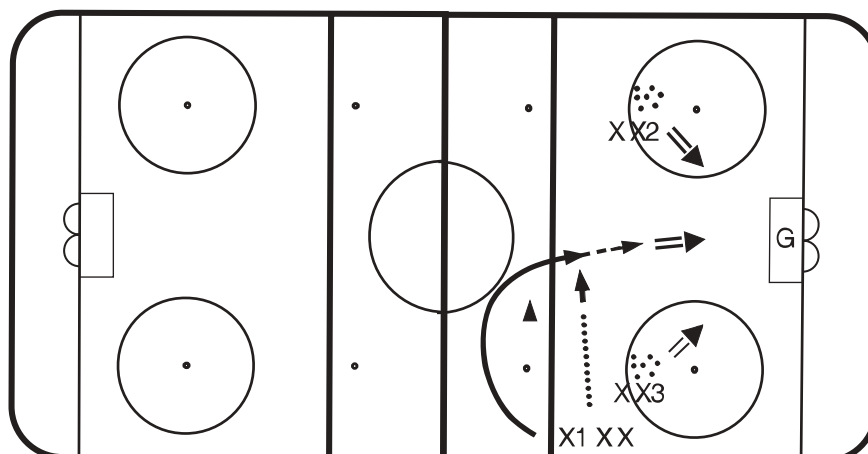
- Puck is dumped in corner.
- X1, X2, X3 work puck below the top of circles while D1 and D2 defend.
- X1, X2, X3 must work triangle for shot.
- D1 and D2 must not give a shot from slot.

Variation - (3 on 3) Put in X4 who helps D1 and D2.



Drill #6 — Three Shot Drill

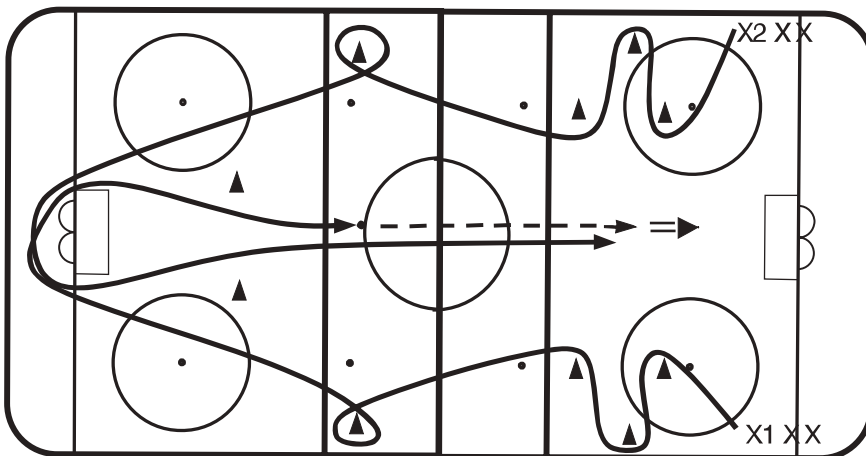
- X1 skates around cone, gets pass from next player in line and shoots.
- When puck hits goaltender, X2 shoots.
- When puck from X2 hits goaltender, X3 shoots.
- Goaltender must react quickly to all shots.
- Do drill at both ends and switch sides for X1 line.



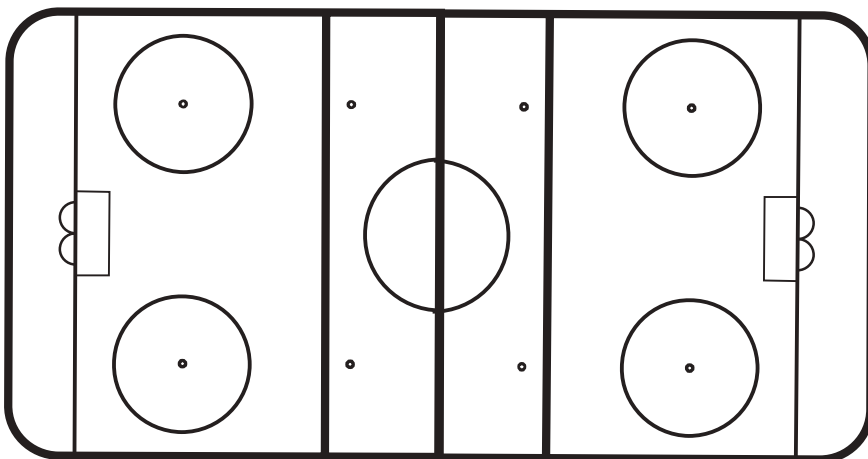
Notes/Comments: Goaltender work

Drill #7 — Agility Race for Puck

- X1 and X2 start on whistle and skate as shown.
- First player to reach puck at neutral ice tries to score.
- Second player backchecks.

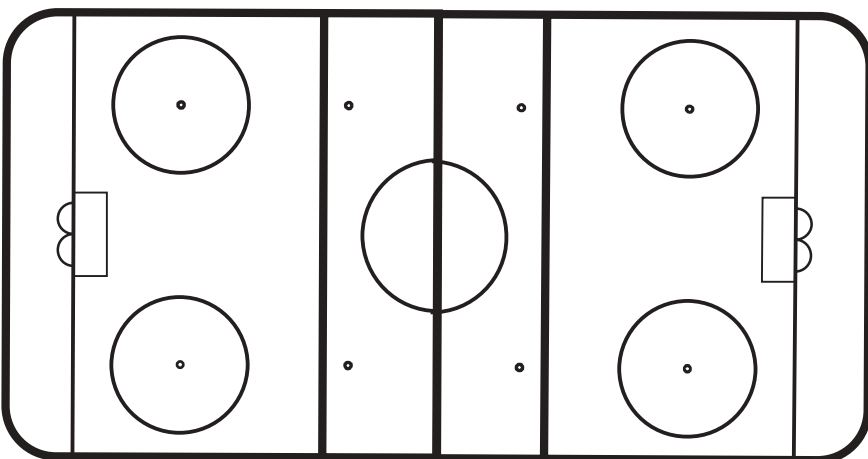


Description _____



Notes/Comments _____

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