

Hockey Practice Plan

Objectives: To learn, practice the breakout

Date: _____

Practice #8 _____

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

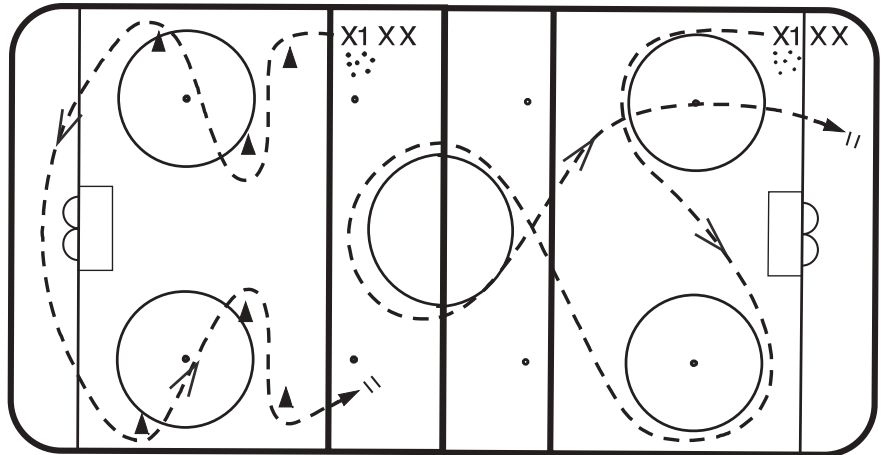
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Defensive Zone	<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 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 checked="" type="checkbox"/> Breakouts	<input checked="" 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>block shots</i>
<input checked="" type="checkbox"/> Goaltending	<input 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; backward with puck	Speed; quickness
6 mins.	2. Defense reaction drill - modified	
6 mins.	3. Czech passing drill	One-touch passes
10 mins.	4. Split up: Defense - breakout drills; Forwards - breakout drills	Defense - look before get to puck Forwards - always face puck
6 mins.	5. Simple Breakout (Option: with forecheckers)	Good passes
6 mins.	6. Fake shot drill	Strong fake, acceleration after fake
5 mins.	7. Rebound drill	Forwards - shot on ice Goalie - direct shots away from forwards
5 mins.	8. 1 on 1 Battle keep away	

Drill #1 — Warm-Up: Backward With Puck

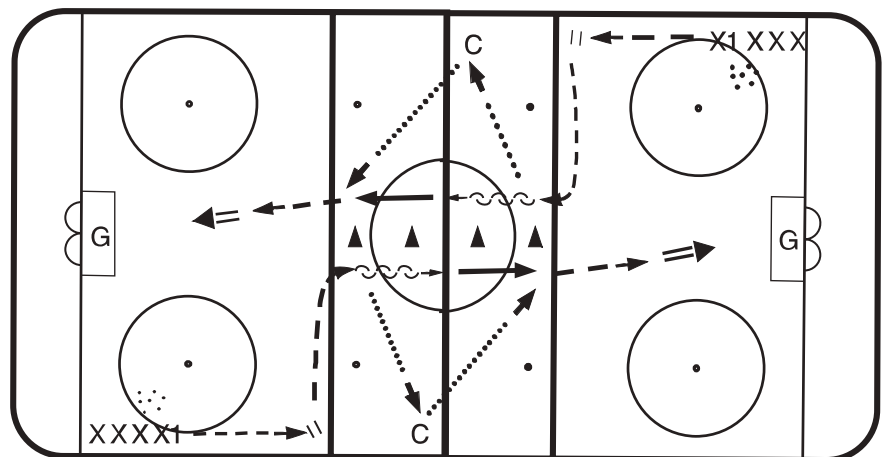
- Pick two drills. Have each player go through each drill twice, using pucks.
- A - work on quick direction changes; backwards with pucks.
- B - work on speed backward crossovers with pucks. Switch corners on this drill.



Notes/Comments: Quickness, speed

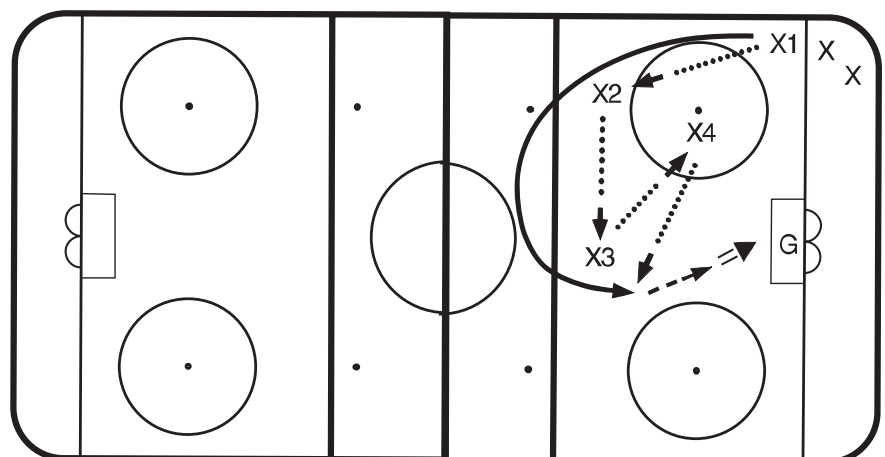
Drill #2 — Defense Reaction Drill - Modified

- X1 skates with puck to blue line, stops and skates along blue line.
- When X1 reaches cones, he pivots backward and passes to coach.
- X1 continues backward until red line, then turns and skates forward.
- X1 receives a return pass from coach and takes a long shot on goal. Switch corners half-way through.



Drill #3 — Czech Passing Drill

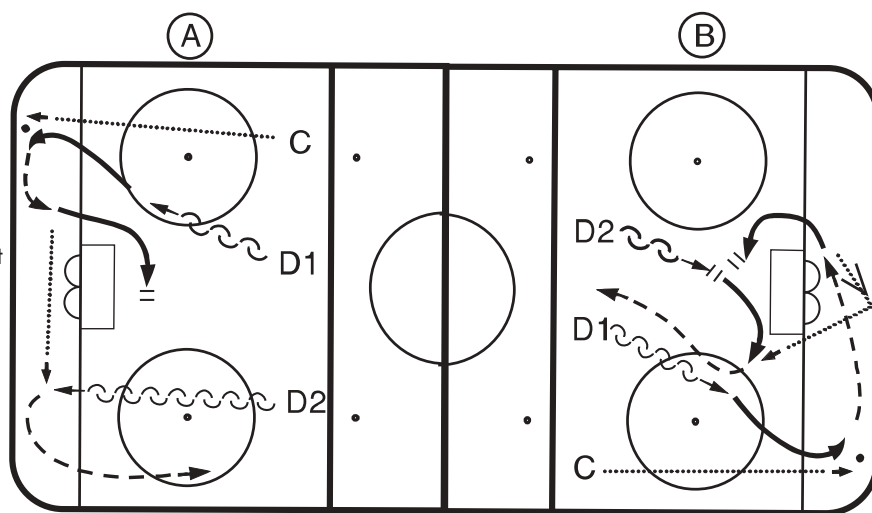
- X1 starts by passing to X2. X1 then skates as shown.
- Meanwhile X2 passes to X3 and X3 passes to X4.
- X4 then looks for X1 entering zone. X4 passes to X1 who takes a shot on goal.
- Switch corners half-way through.



Notes/Comments: One-touch passing

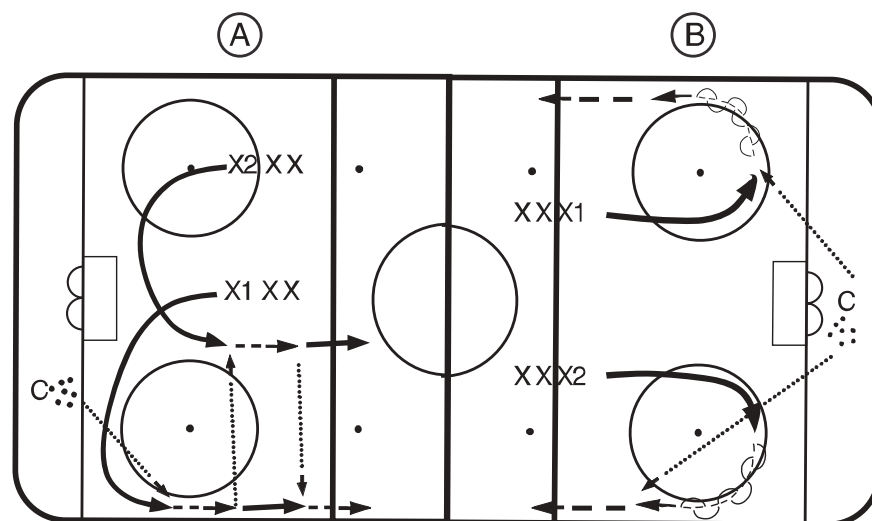
Drill #4 — Split Up - Defense

- Defense should always look back before getting to puck and stay inside dots when making passes so they have better passing angles.
- A - coach dumps puck in corner. D start out backwards. D1 turns, picks up puck and makes pass to D2. D2 receives pass and skates up ice. D1 goes to front of net.
- B - coach dumps puck in corner. D1 turns, picks up puck and skates behind net and reverses puck off boards. D2 skates backwards and stops in front of net. D2 picks up puck when reversed and head up ice.



Drill #4 — Split Up - Forwards

- A - X1 and X2 swing as shown. Coach passes to either X1 or X2. X1 and X2 pass puck until blue line. Switch sides halfway through.
- B - X1 skates deep, pivots around bottom of circle (always facing puck) and receives a pass from coach.
 - coach may pass direct or off boards
 - X2 starts when X1 reaches bottom of circle

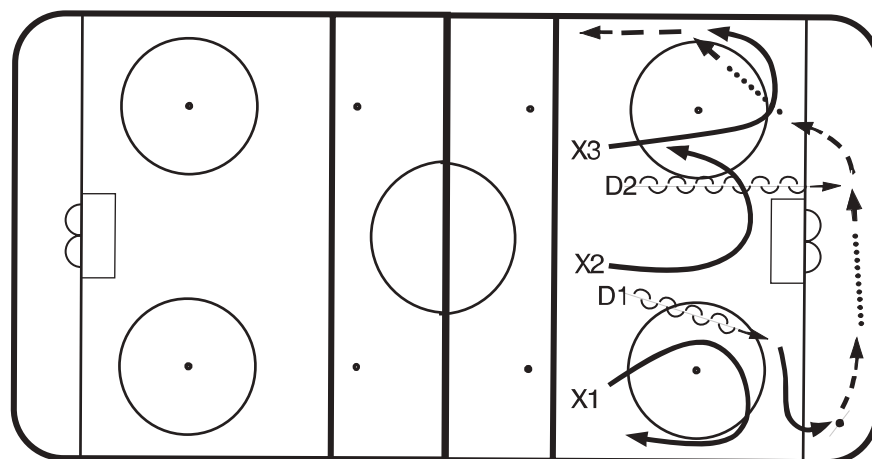


Notes/Comments: A - Swing Drill; B - Pivot Drill

Drill #5 — Simple Breakout

- Start all players just inside blue line.
- Puck is dumped into either corner.
- Defense perform D to D or reverse pass.
- Forwards stay in their own lanes and swing as shown.

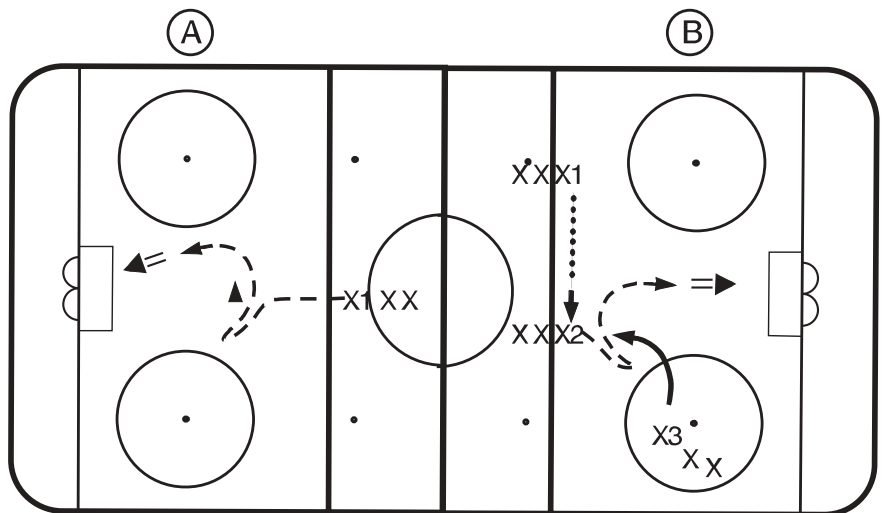
Options: can do drill half ice or continue full ice 5 on 0. You can also add 2-3 forecheckers.



Notes/Comments: Defense - stay inside dots, look before get to puck; Forwards - use pivots, face puck

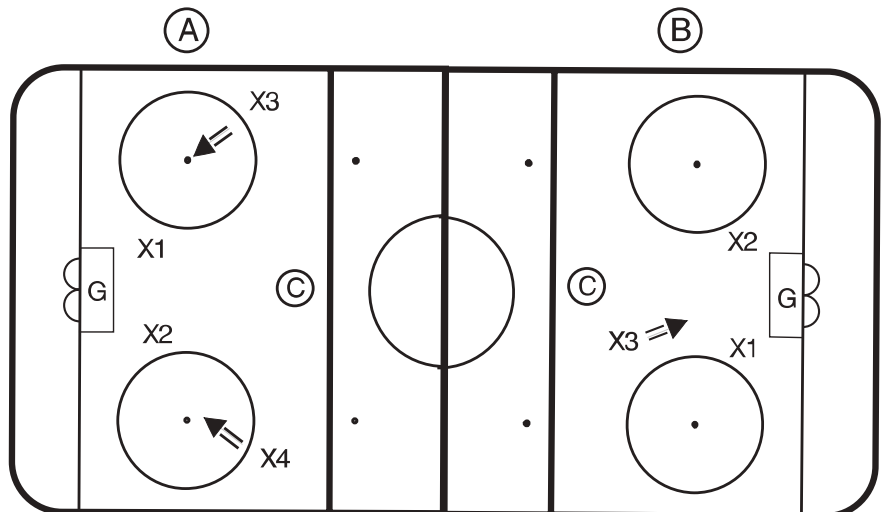
Drill #6 — Fake Shot Drill

- A - X1 skates full speed to cone, fakes shot and continues for a shot on goal.
- B - X1 starts drill by passing to X2.
 - X3 heads for X2 after pass is made, going down to block shot
 - X2 must fake shot forehand or back-hand and continue for a shot on goal
 - X3 tries to stop X2 after fake.



Drill #7 — Rebound Drill

- A - X1 and X2 position themselves in front of goaltender, not too deep.
 - X3 and X4 alternate shots.
 - G must direct shots to corner or away from X1 and X2.
- B - X1 and X2 position in front, not too deep.
 - X3 takes shots
 - goaltender must direct shots away from X1 and X2.
- Coach keeps track of how many rebounds, second shots.



Drill #8 — 1 on 1 Battle Keep Away

- Players pair up and find a restricted area.
- On whistle, they play keep away.
- After 30-45 seconds, coach blows whistle. Whoever doesn't have puck does 10 push-ups.

