

# Hockey Practice Plan

**Objectives:** Varied Skill Work

**Date:** \_\_\_\_\_

**Practice #9** \_\_\_\_\_

**Level:** 14-and-Under (Bantam)

16-and-Under (Midget)

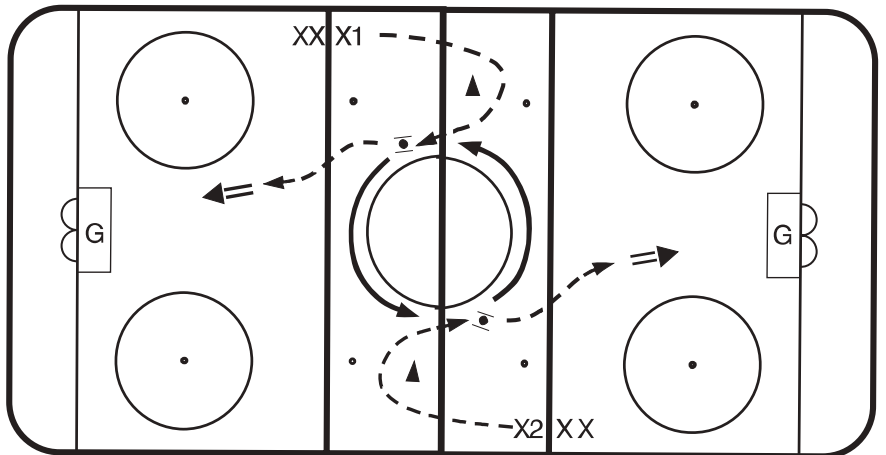
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input 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 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 type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Body Contact	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Body Position	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulation/Cycling	<input checked="" type="checkbox"/> Misc. - puck wars
<input 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
7 mins.	1. Warm-Up: Stretches Crossover shooting drill	Crossovers, drop pass
8 mins.	2. Give and Go Drill	One-touch passes
5 mins.	3. Tip in Drill: D - Shot on ice; F - Stay high slot	
9 mins.	4. Puck Handling - 3 stations	Wide movements
8 mins.	5. 1 on 1 with breakout pass: D - move up with play; F - attack defensive weaknesses	
7 mins.	6. Checking - three stations	Use legs
6 mins.	7. Puck wars	Competition

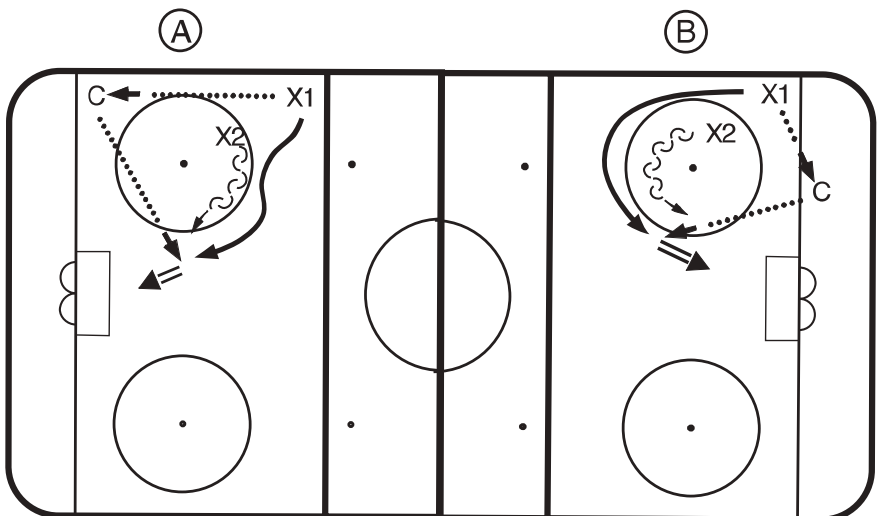
## Drill #1 — Warm-Up: Crossover Shooting Drill

- X1 and X2 start at same time.
- X1 skates with puck around cone, crossing over.
- X1 then skates to center circle hash marks and makes a drop pass, leaving puck in hash marks.
- X2 skates same pattern.
- X1 continues around center circle, crossing over and picks up puck (opposite hash marks) left by X2.
- X1 skates and takes long shot on goal.
- X2 does same.



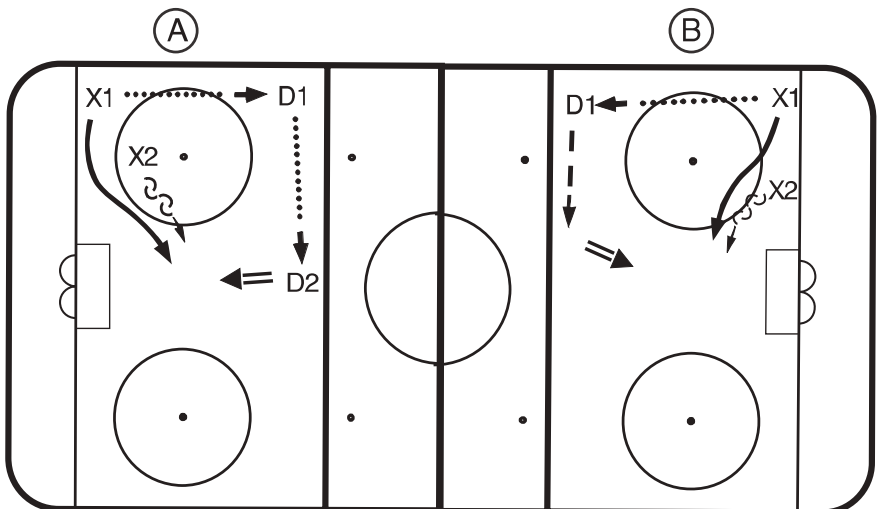
## Drill #2 — Give and Go Drill

- A.
- X1 starts with puck and makes pass (forehand, backhand or flip) to coach.
  - X1 then breaks to get open, receives a return pass and shoots off pass.
  - Option - add X2 who must cover X1 after X1 makes pass to coach.
  - Do drill both sides.
- B.
- X1 makes pass to coach (forward, backward, flip) and breaks around top of circle.
  - X1 receives pass and shoots.
  - Option - add X2 to cover X1.



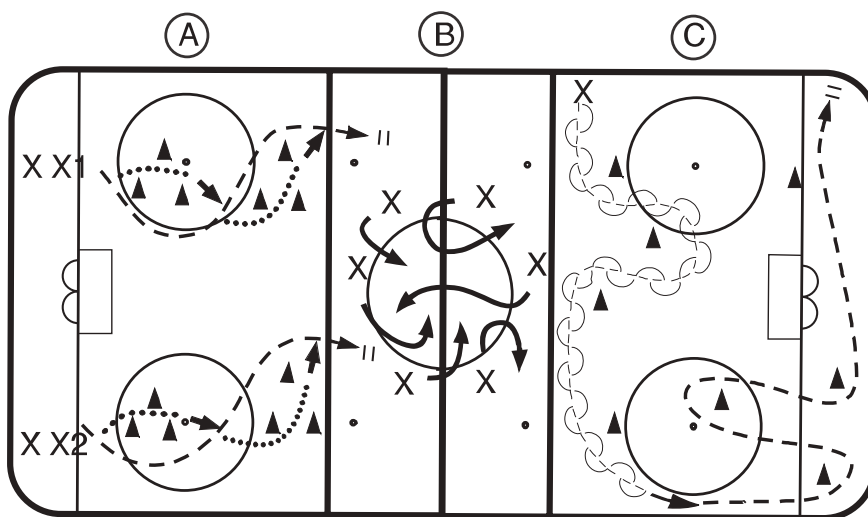
## Drill #3 — Tip In Drill

- A.
- X1 makes pass to D1 and skates to slot for tip.
  - D1 passes to D2, who shoots.
  - Option - add X2 who covers X1 after pass is made.
- B.
- X1 passes to D1 and goes to slot for tip.
  - D1 skates to middle of ice and takes shot.
  - Option - add X2 to cover X1 after pass



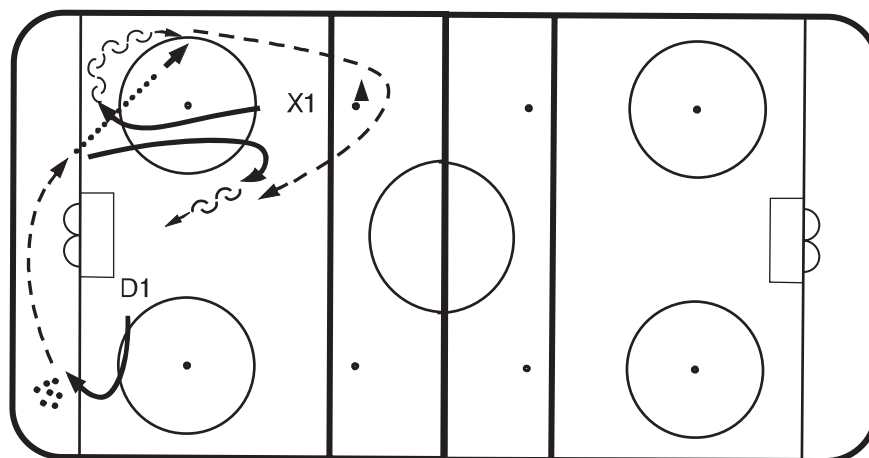
## Drill #4 — Puckhandling Three Stations

- A. • Players approach three cones (pretending cones are a defenseman's stick) and skates triangle.
- B. • Players skate full speed, making up moves, avoiding each other.
- C. • Players skate backward with puck through cones then pivot forward and skate forward through cones.
- Rotate after three minutes.



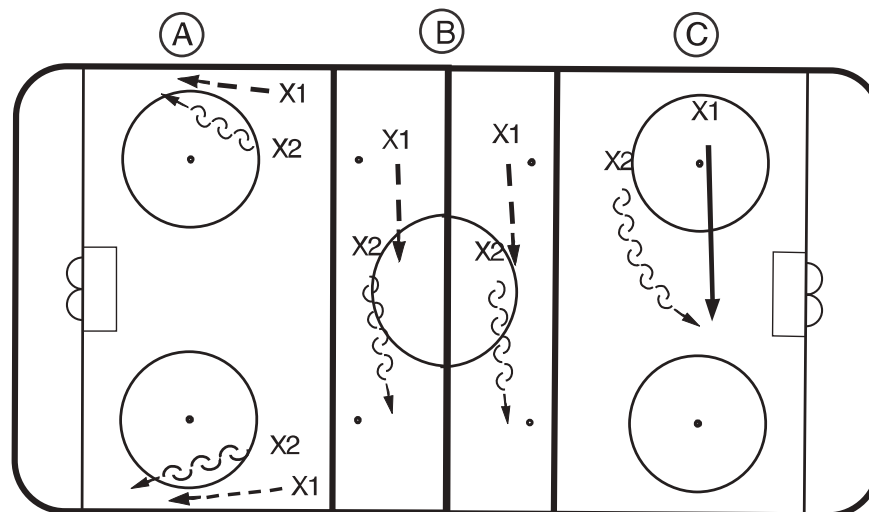
## Drill #5 — 1 on 1 With Breakout Pass

- On whistle, D1 and X1 shoot.
- D1 skates to corner, picks up puck, skates behind net and makes pass to X1.
- X1 skates low, pivots facing D1 and receives pass.
- X1 then skates around cone and heads back into zone.
- After D1 makes pass, D1 must move up to blue line and play X1 one on one.



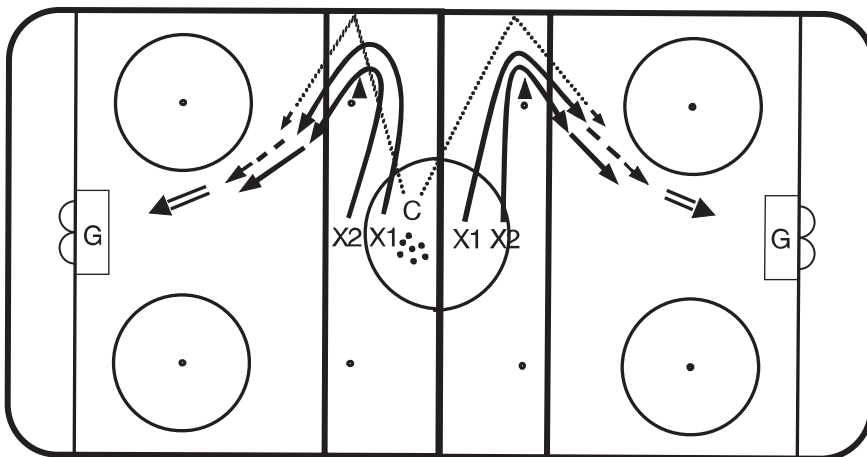
## Drill #6 — Checking 3 Stations

- A. • X1 skates forward with puck.
- X2 skates backward.
- X2 must shoulder check X1 and pin X1 against boards.
- B. • X1 skates toward X2 with puck (X2-backward).
- X2 must poke check puck, stop and get puck.
- C. • X1 skates in straight line 3/4 speed.
- X2 skates backwards four feet away.
- X2 must hip check X1, staying low and accelerate.



## Drill #7 — Puck Wars

- Coach starts at center ice with pucks and passes puck off boards around cone.
- X1 and X2 skate around cone and battle for puck.
- The first player to puck tries to score a goal and the other player tries to defend.



Description \_\_\_\_\_

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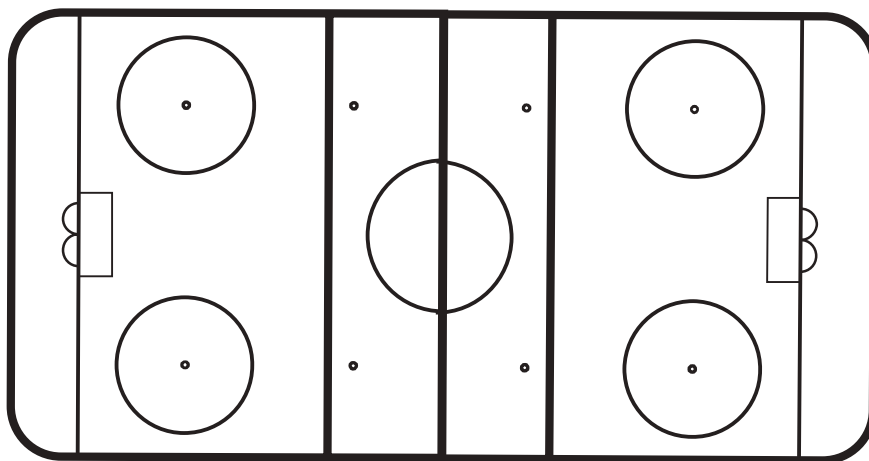
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Notes/Comments \_\_\_\_\_

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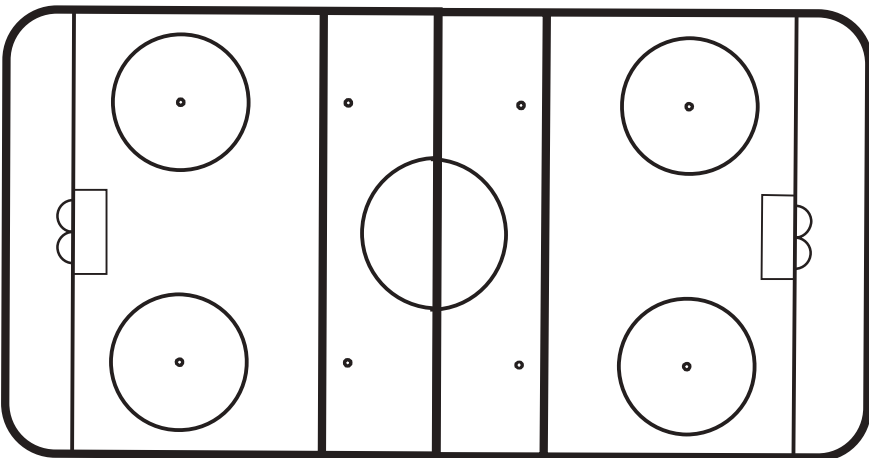
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