

Hockey Practice Plan

Objectives: Stretching is very important: 10 minutes off-ice then five minutes on-ice
Inside and outside edges, ready position power stroke slide
and stride sequence, compass drill, forward stopping, control
turning, forward crossovers, puck control, shooting.

Date: _____

Practice: #1

Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
_____ Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
<input checked="" type="checkbox"/> Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
<input checked="" type="checkbox"/> Goaltending		_____ Face-offs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Stretching off-ice warm-up; neck exercises	
5 mins.	Moving stretches in lines; legs, back, shoulders, waist, wrist, ready position, in and outs, S-drill, railroader, hurdler, knee ups, high kick, ostrich	Slow and Easy
5 mins.	Edges: inside, outside, three cone triangle, Big C, six cone rhythm skate, continuous crossovers with long coast	Push and Pull
5 mins.	Ready position, power stroke, slide and stride sequence push-touch-coast sequence, stopping, control turns, crossover compass	
5 mins.	Stickhandling - carry puck in shooting position, push puck with top hand for speed, normal striding with puck	Go with the flow
10 mins.	Yo-yo pull, yo-yo L and reverse L, yo-yo T, compass with puck	Heads up, Don't Duck drill
10 mins.	Shooting - sweep wrist shot forehand and backhand on boards, shoot backhand close to boards	
5 mins.	Close to boards pull it back with toe of stick, flip it up	
10 mins.	Shoot moving - move in from top of circle, shoot, get rebound, go to forehand or backhand, shoot	Keep feet moving
5 mins.	Shoot moving - move in from top of circle, shoot, get rebound	
10 mins.	Skate left six feet, skate right six feet, skate left six feet, skate right six feet, then shoot at a spot on boards	

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Drill Diagrams

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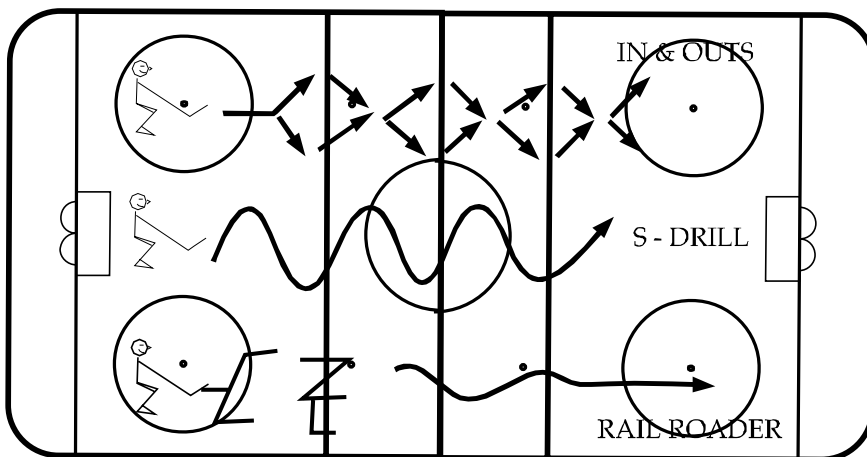
READY POSITION

Drill — Ready Position

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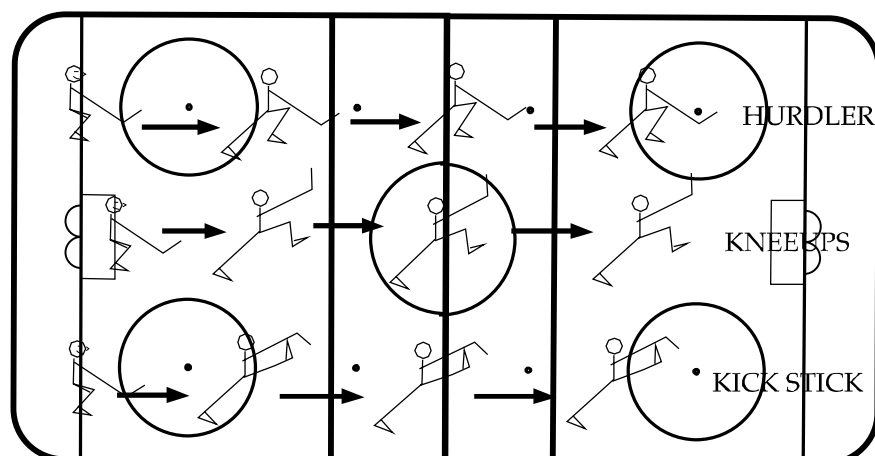
Drill — Ready Position

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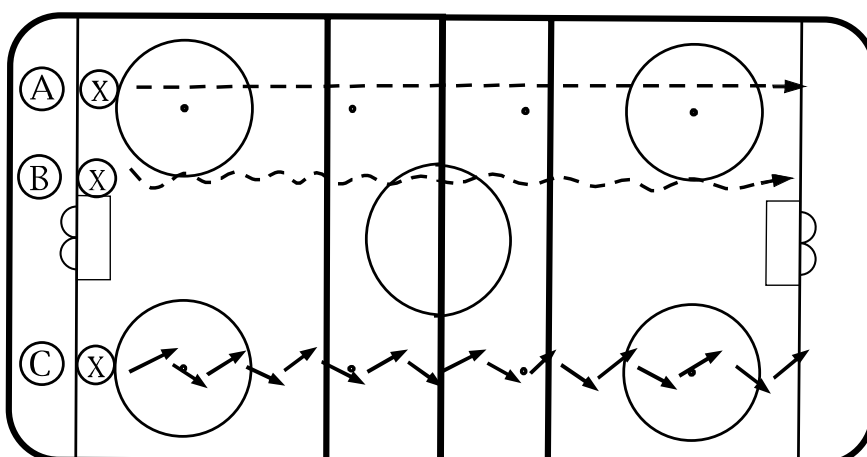


OSTRICH



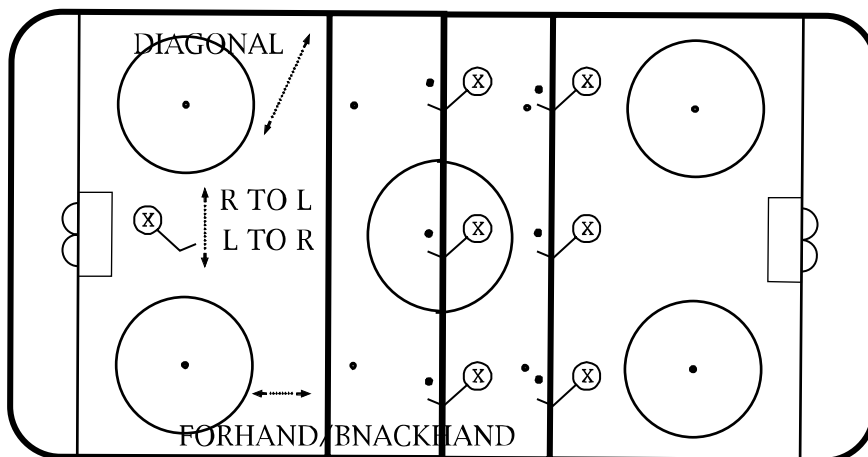
Drill — Stickhandle With Puck In Shooting Position

- A. Skate down full rink with puck in shooting position
- B. Puck in front of player - push puck with rotation of stick; blade flip-flop
- C. Stride with puck



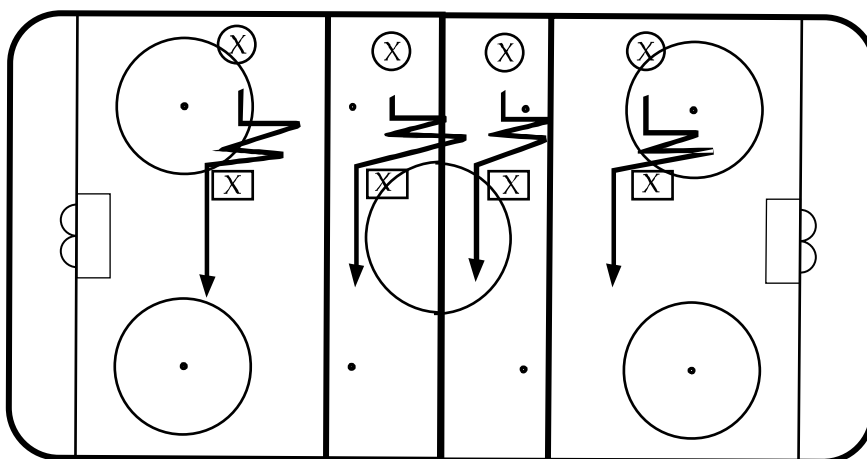
Drill — Buddy Up - Triangle on Stick Moves

- Head or shoulder fake, change pace go around
- Slip around, skate other side
- Slip across from backhand to forehand
- Slip through legs, go around, fake slip, fake wrist, go to forehand side
- Fake wrist, fake slap shot, pull to forehand



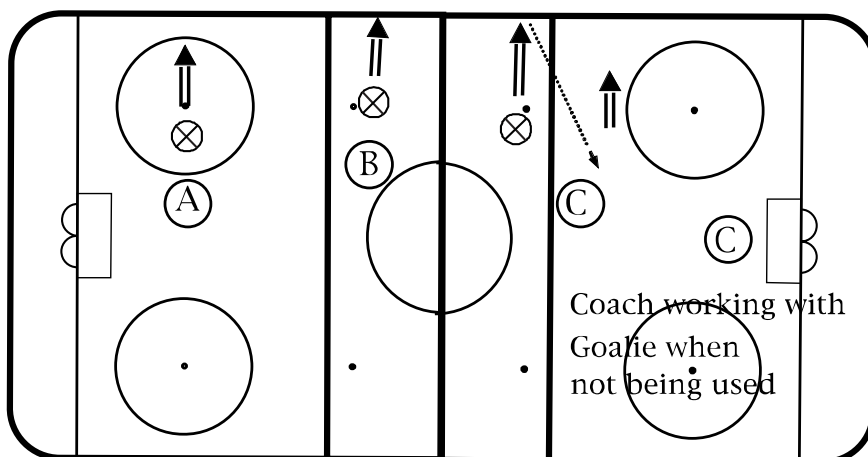
Drill — Stick in Air Wrist Roll

- Stick on ice, wrist roll
- One hand - top hand - with puck -wrist roll
- Stepping left to right, right to left, side to side on skates passing to self, sliding puck left to right, right to left
- Same with puck forward then pull backward



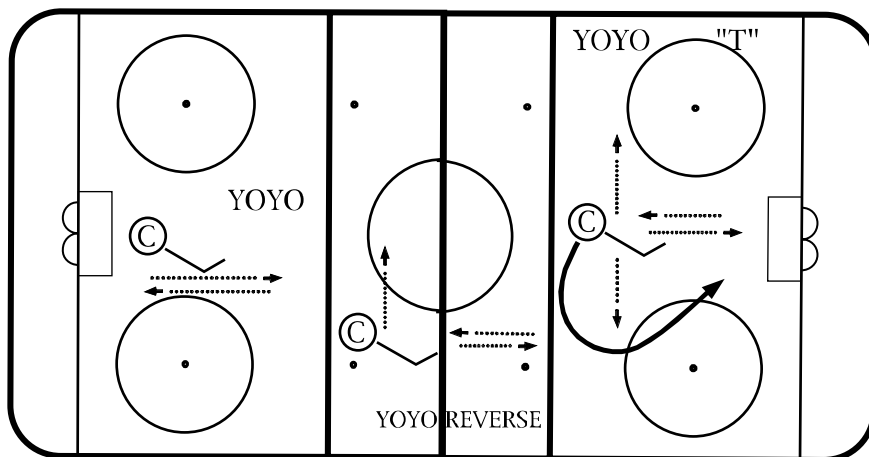
Drill — Sweep Wrist Shot on Forehand and Backhand

- Sweep wrist shot both on forehand and backhand 20 feet from boards
- On side stationary position - shoot backhand, get rebound
- Pull back, flip, shoot



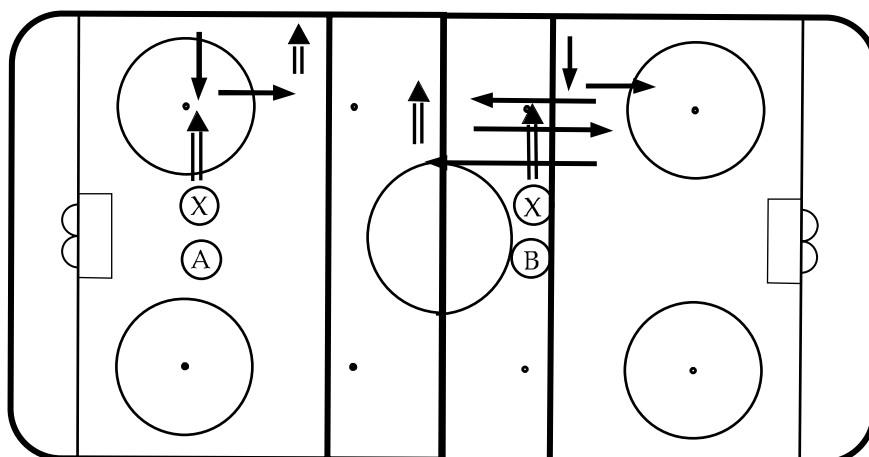
Drill — Yo-Yo Push Puck Out in Front

- Yo-Yo push puck out in front of you, pull it back with stick toe
- Same with step out to either side
- Yo-Yo out - pull back with toe, do reverse L to backhand side, pull across to forehand side and step out



Drill — Sweepwrist Shot

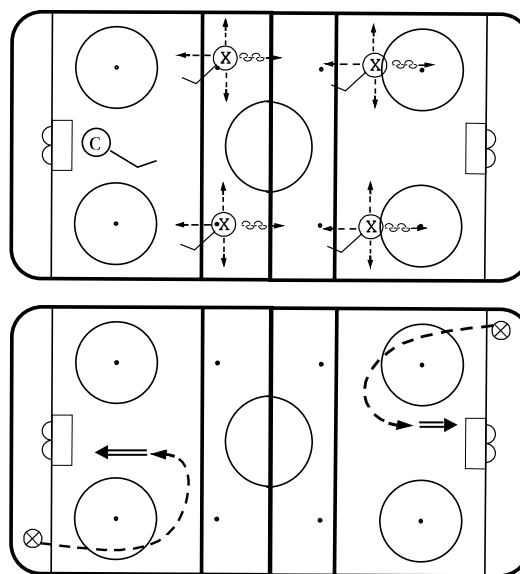
- Sweepwrist, get rebound, shoot rebound
- Sweepwrist shot, get rebound, step out to right six feet, step out to left six feet; do this two times, then shoot



SKATE TO BOARDS - SHOOT GET REBOUND

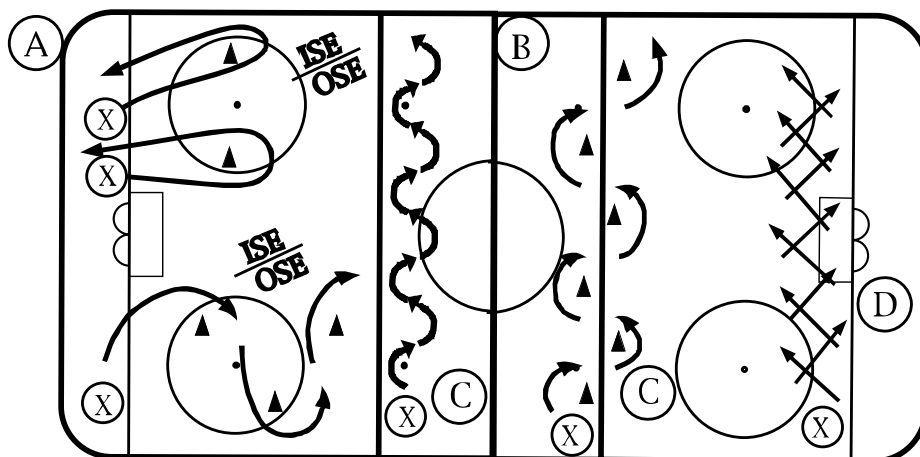
Drill — Compass With Puck

- Coach points with stick forward, backward, left, right
- To get off ice, must shoot puck into empty net



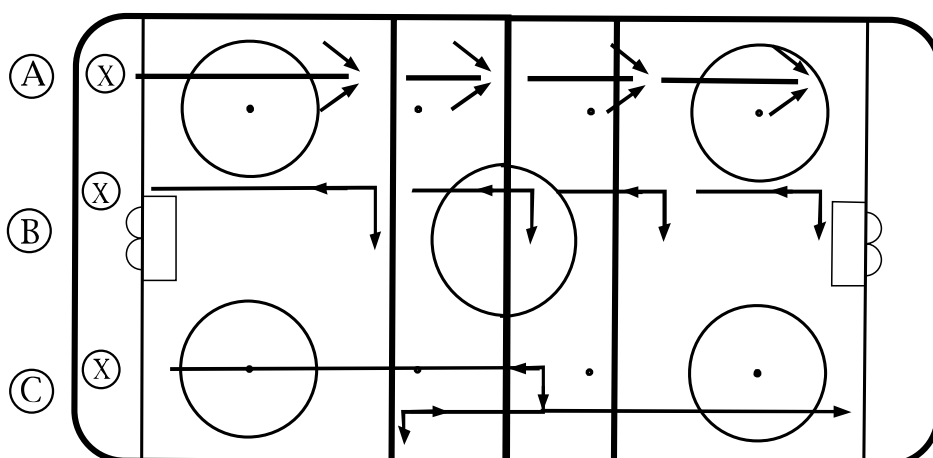
Drill — Edges

- One cone - four turns with inside edge of outside foot, then outside edge of inside foot
- Big C with inside edge of outside foot
- Natural rhythm skating
- Continuous crossovers with long balance on outside edge



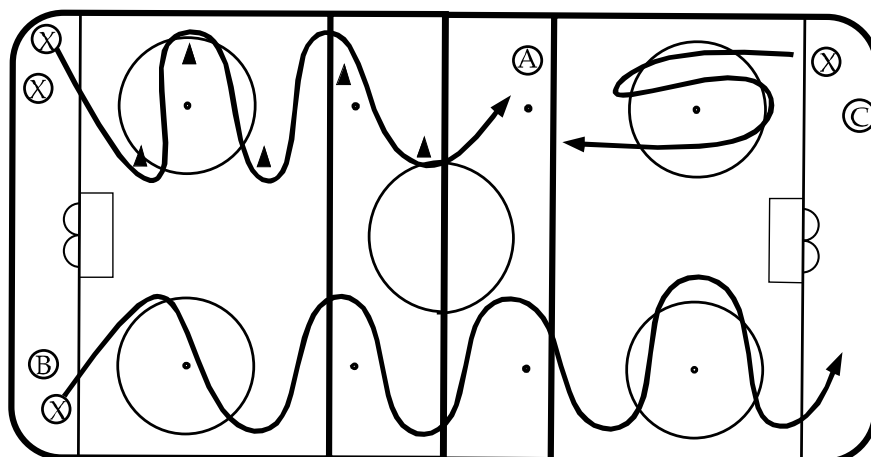
Drill — Snow Plow Stop

- One leg drag stop
- One foot inside edge, stop and balance, touch heel to heel - point other toe the way you want to go



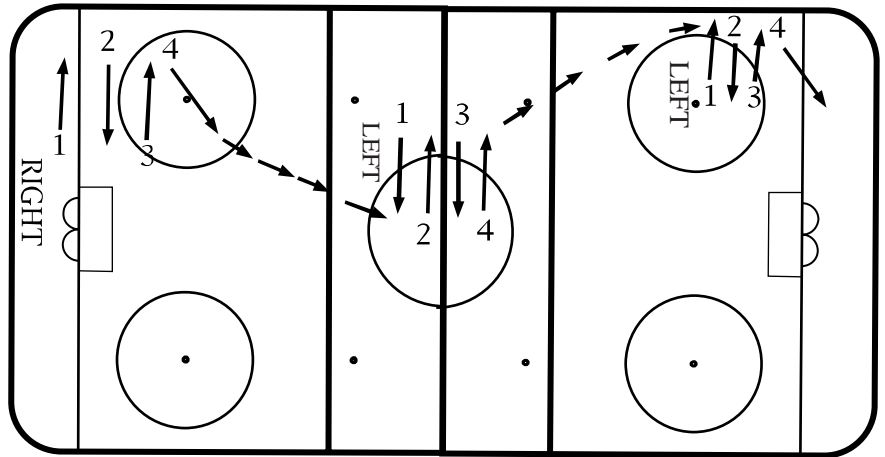
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Drill — Control Turns



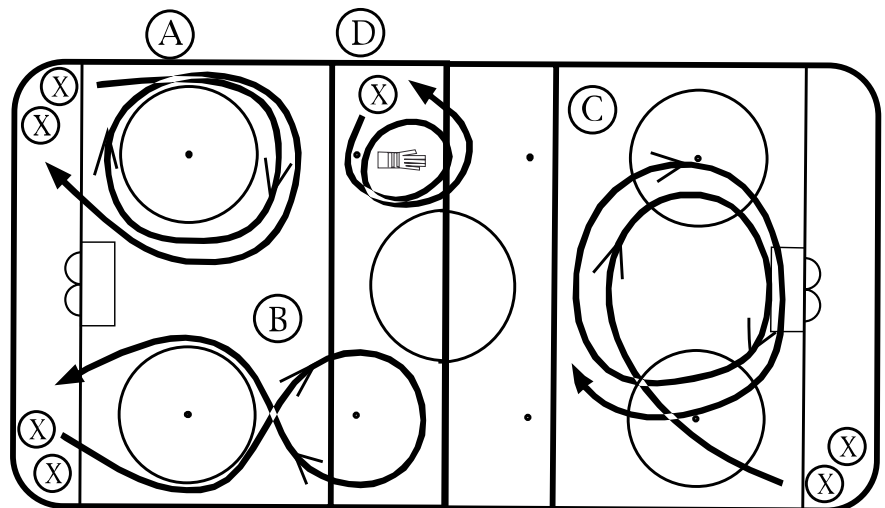
Drill — Power Stroke Slide and Stride Sequence

- Four slides and four strides - if you want to go right, balance on right foot and stop out on four strides



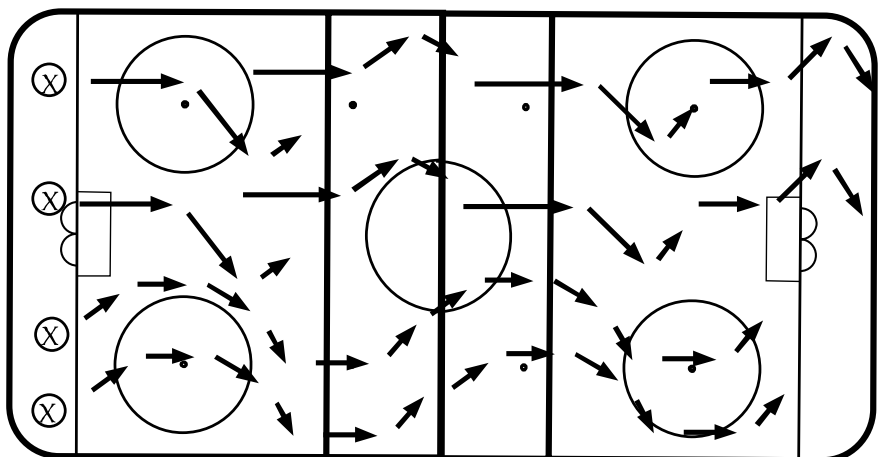
Drill — Forward Crossovers on Circles

- A. Crossover circle
- B. Figure 8 crossovers
- C. Twice around big circles
- D. Crossovers on gloves



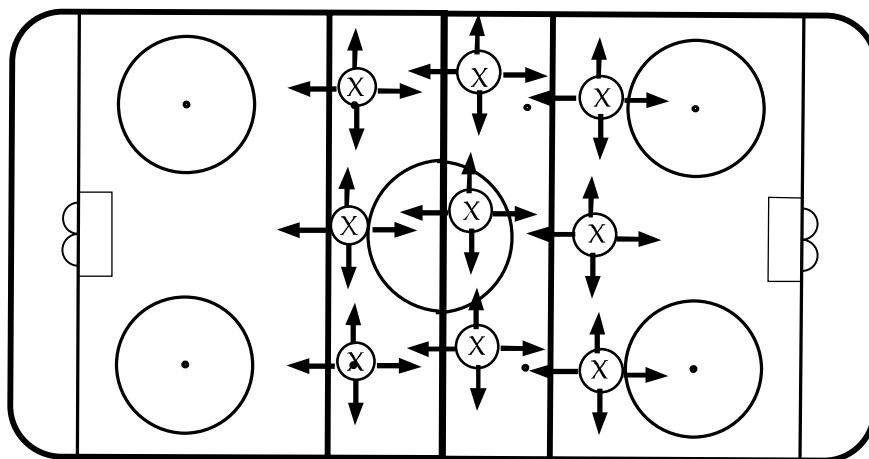
Drill — Push - Touch - Coast

- Push - touch - coast
- Push - touch
- Push - almost touch
- Fast

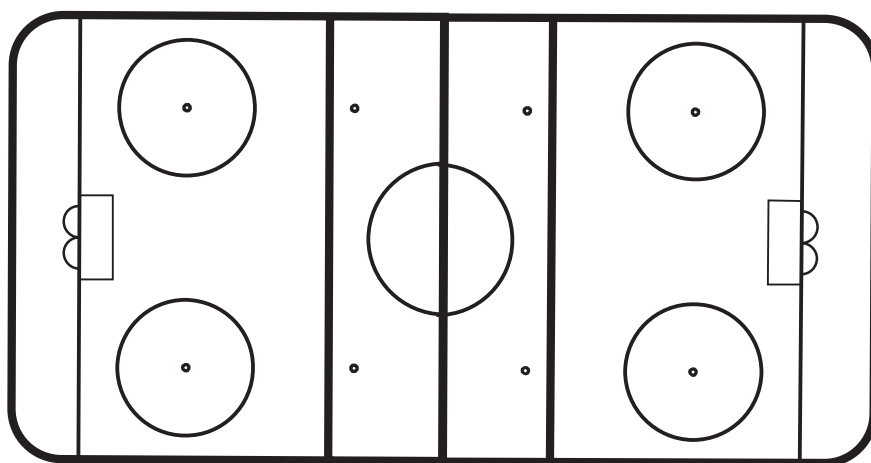


Drill — The Compass

- Coach points direction he/she wants players to skate - forward, backward, crossover/left, crossover/right, stepouts

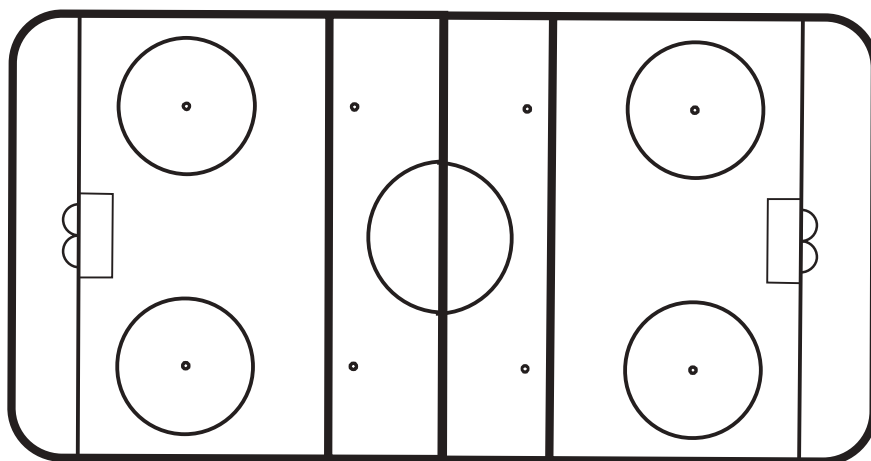


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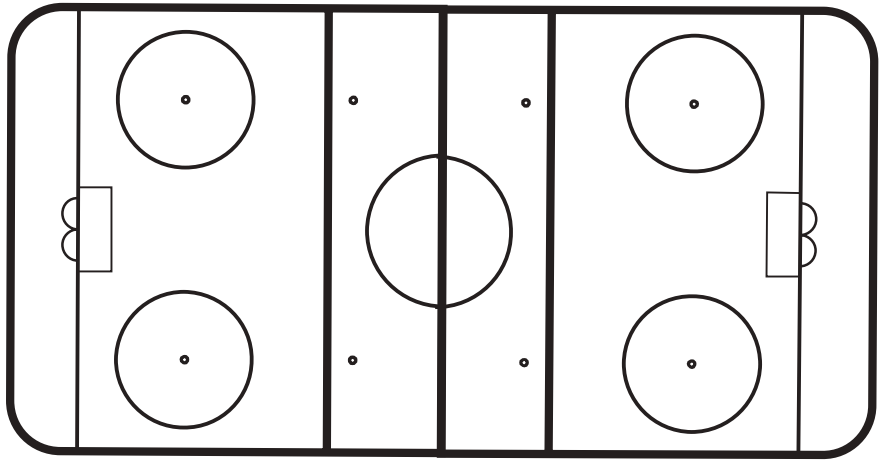
Notes/Comments

Description



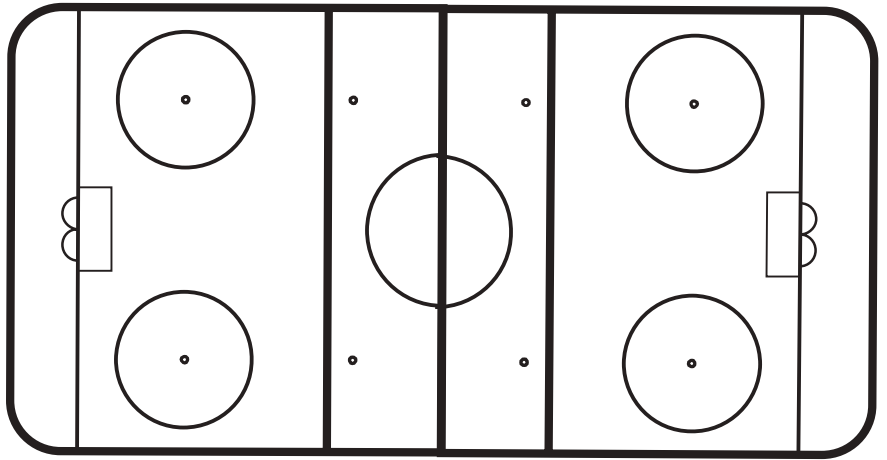
Notes/Comments

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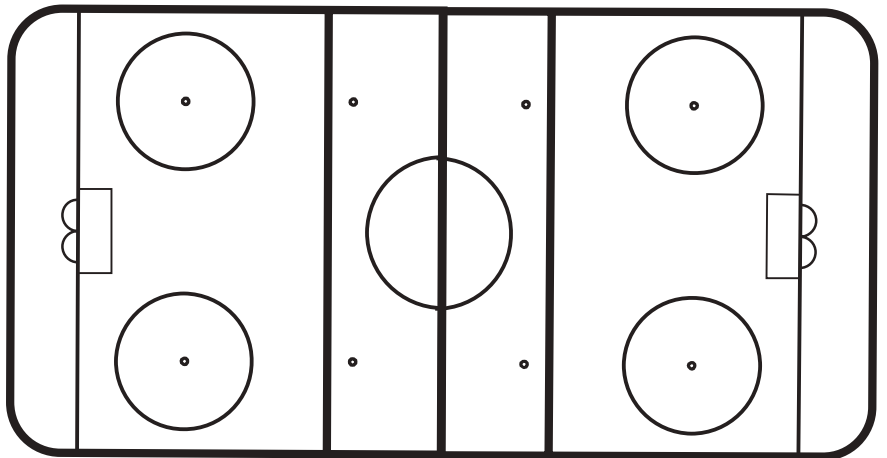
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