

Hockey Practice Plan

Objectives: Teaching right angle mohawk skating;
Agility skating;
Offensive concepts.

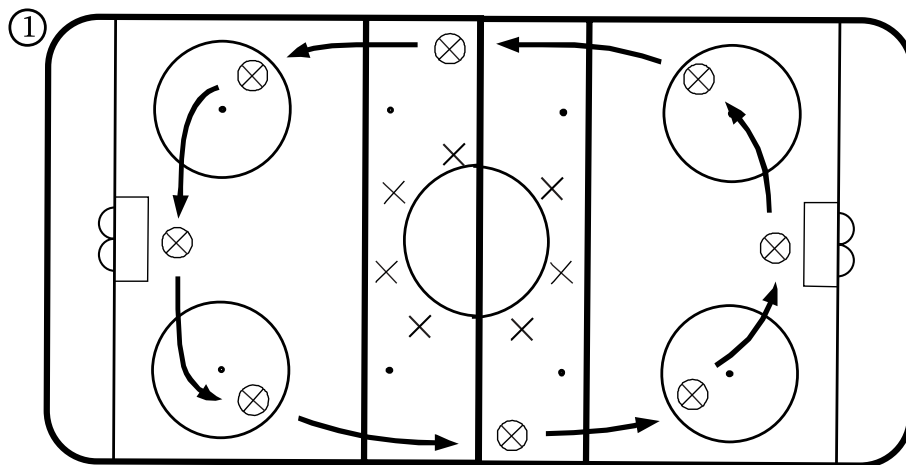
Date: _____
Practice: #11
Level: 12-and-Under (Pee Wee)

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	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	<input checked="" type="checkbox"/> Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	_____ Skills Testing
<input checked="" type="checkbox"/> Agility Work	_____ 3 on 2	<input checked="" type="checkbox"/> Triangulization/Cycling	_____ Misc.
_____ Goaltending	<input checked="" type="checkbox"/> 3 on 0	_____ Face-offs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch, neck exercises, Heads Up, Don't Duck drill	Off-ice
5 mins.	1. Stretch around middle circle, leader in middle of circle, butterfly stretch exercises	
5 mins.	2. Warm-up skate	
5 mins.	3. Right angle step-out mohawk skating	Good form
5 mins.	4. Agility: skate, face the flag, control turns on face-off dots	Quick feet
5 mins.	5. Puckhandling	Heads up
5 mins.	6. Shooting: backhand, reverse, forehand, different angles, power station shooting	Hit the net
5 mins.	7. Offensive zone shooting: follow your pass, four patterns	Quickness
5 mins.	8. Three zone passing: three five player units	Tape to tape
5 mins.	9. Stretch pass breakout then 1 on 1, counter	
10 mins.	10. 3 on 3 small game	Be competitive

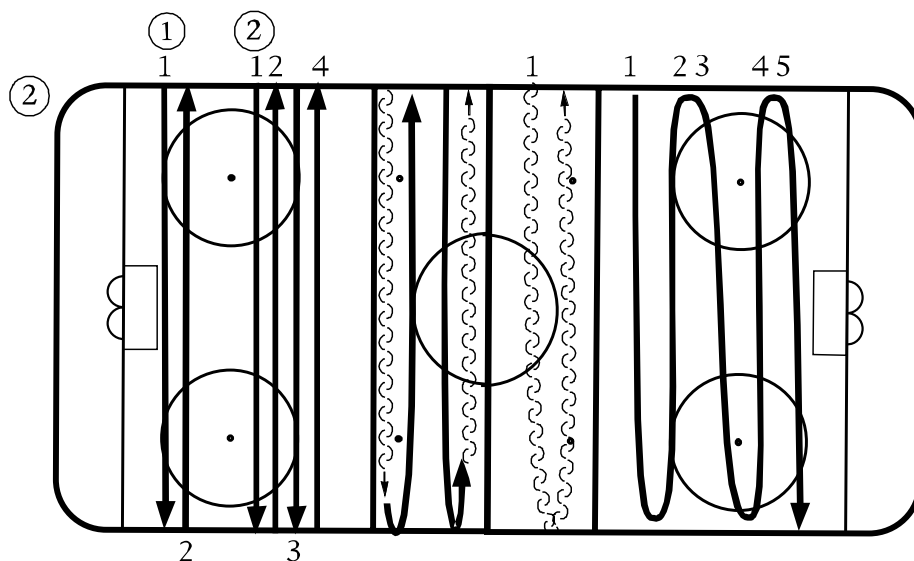
Drill — Stretching

- Middle circle stretch - butterfly stretch



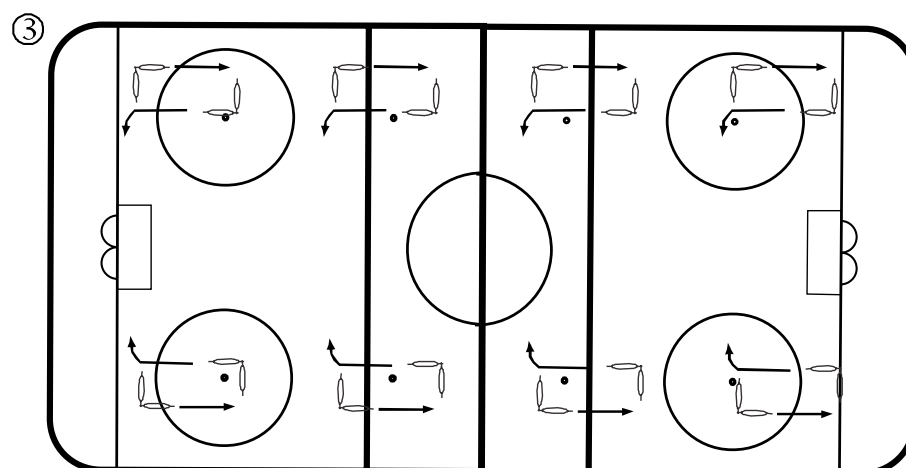
Drill — Skating

- Over and back
- Backward-forward, forward-backward, backward, over and back control turns



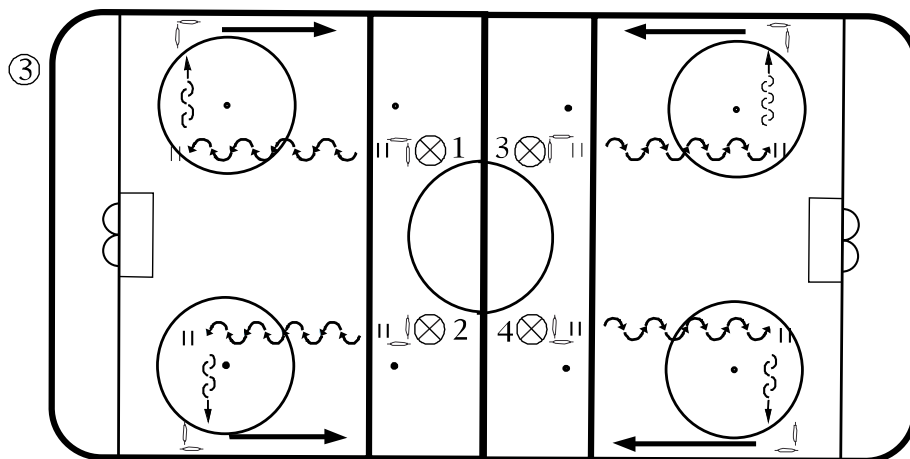
Drill — Skating

- Stops and starts along boards
- Heel to heel point the toe the way you want to go, push-coast-turn, do over, open hip starts along boards



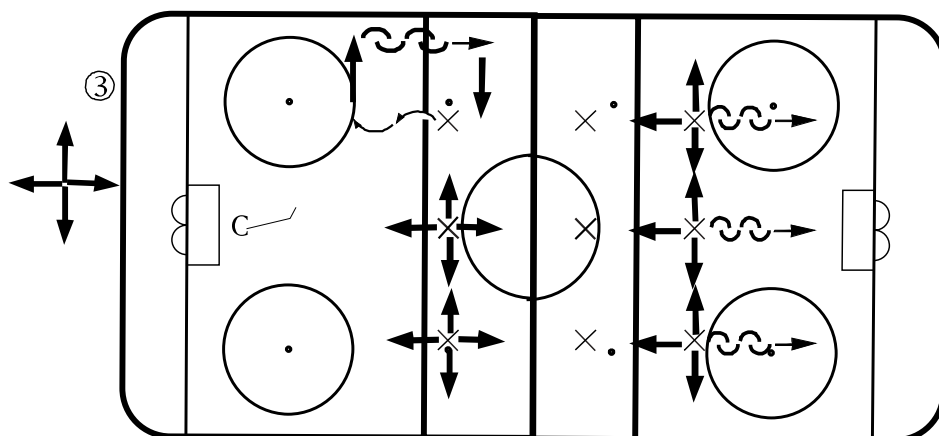
Drill — Skating

- Four lines in the neutral zone, start on dots, start with open hip, start turn facing middle with flip hip, sliding stop with inside edge of outside skate, point backside, swizzle backward to boards - heel to heel point toe the way you want to go - skate to blue line



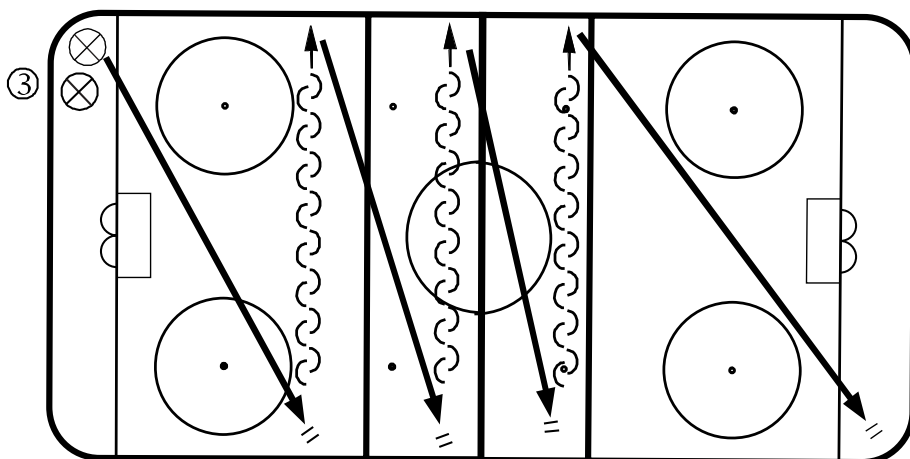
Drill — Skating

- Compass
- Coach points with stick forward, backward, left, right



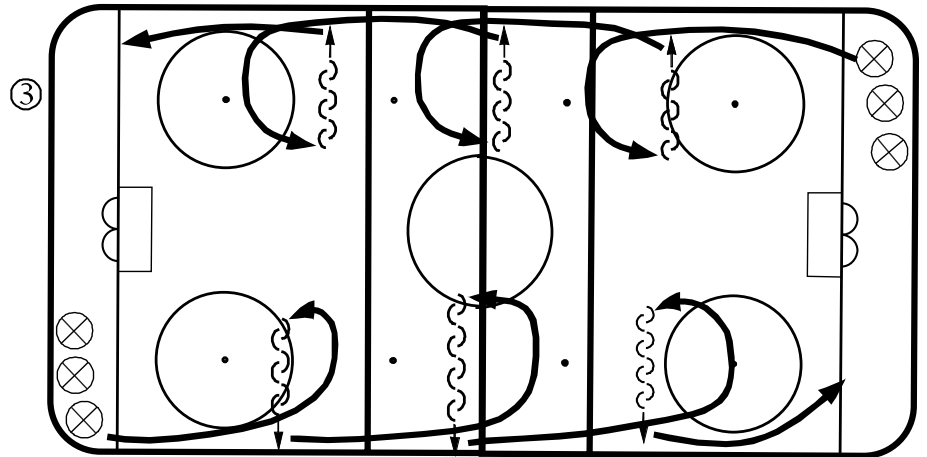
Drill — Skating

- Skating forward - sliding stop on inside edge of outside skate, going into backward swizzles



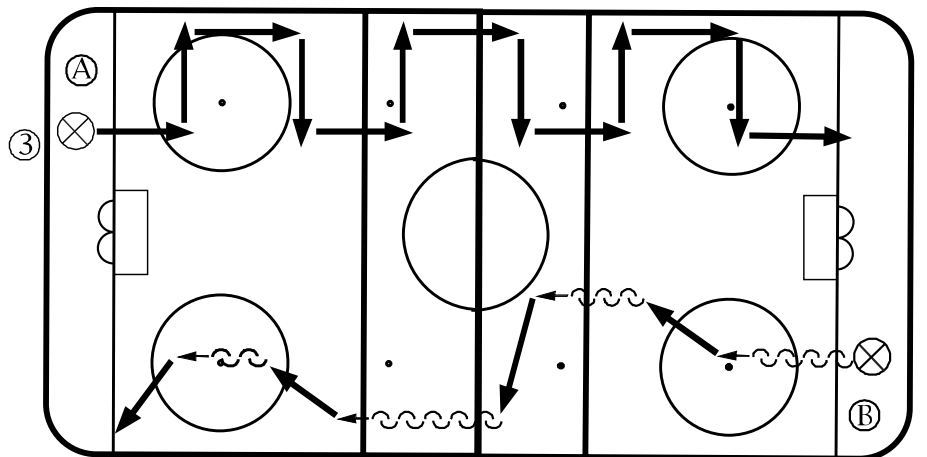
Drill — Skating

- Skate forward to blue-red-blue, do a control turn at lines - flip hip - swizzle backward to boards then heel to heel, point the front toe the way you want to go



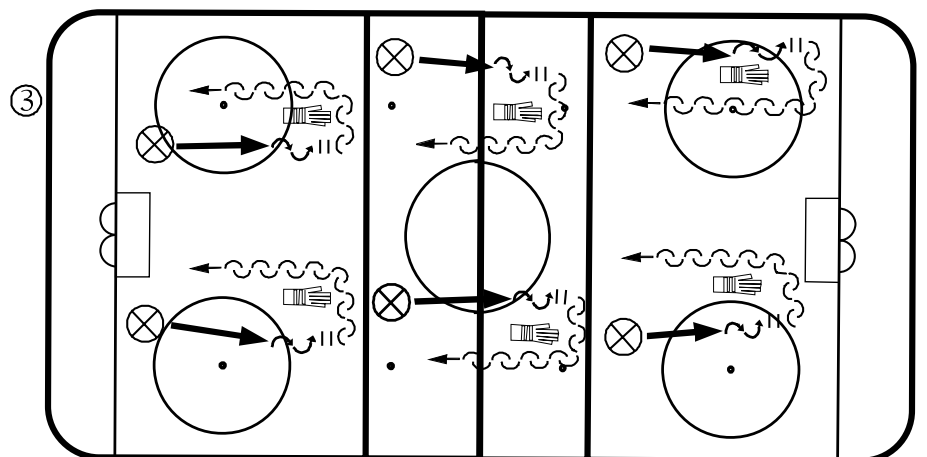
Drill — Skating

- Skate forward, heel to heel right angle mohawk, skate laterally heel to heel right angle mohawk, continue
- Skate backward mohawk - step out forward



Drill — Skating

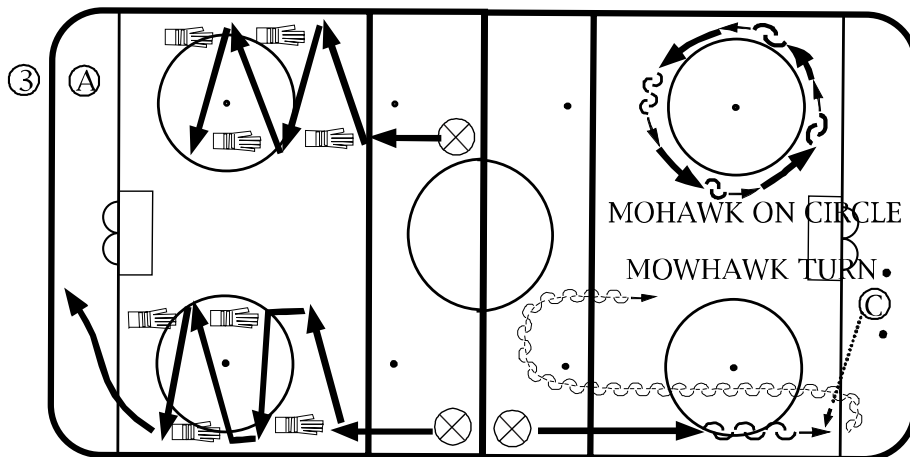
- Skate forward to glove, make sliding stop with inside edge of outside skate, swizzle backward around glove



3 STRIDES CHANGE DIRECTION

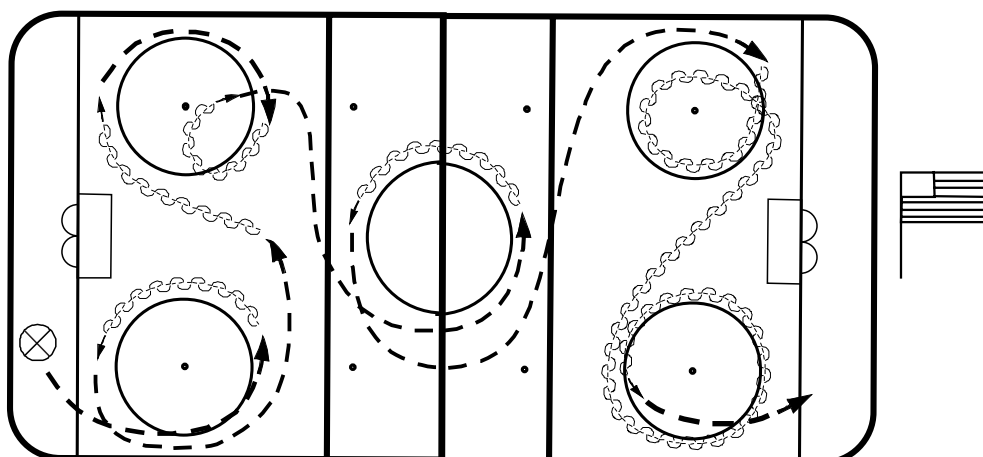
Drill — Skating

- Lateral skating with mohawk step-outs



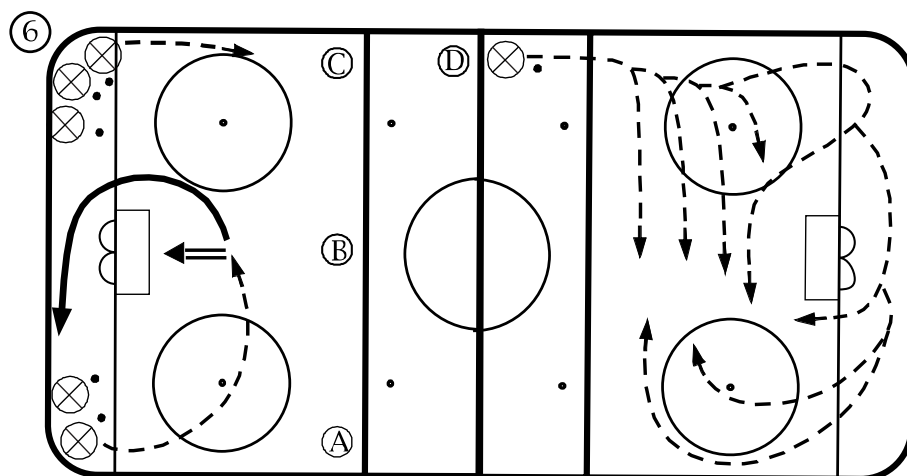
Drill — Agility

- Face the flag drill with puck ④
- Can do this drill with or without puck



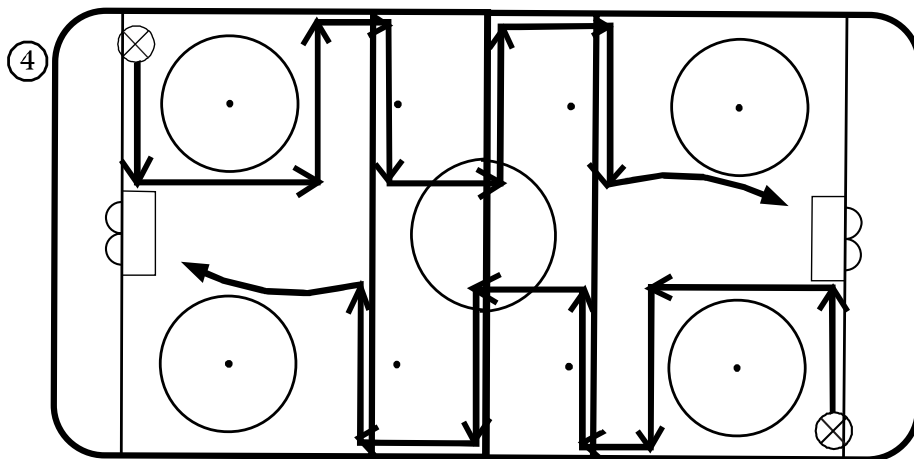
Drill — Shooting

- Backhand
- Reverse from backhand to forehand
- Forehand - fast feet
- Different angle shooting



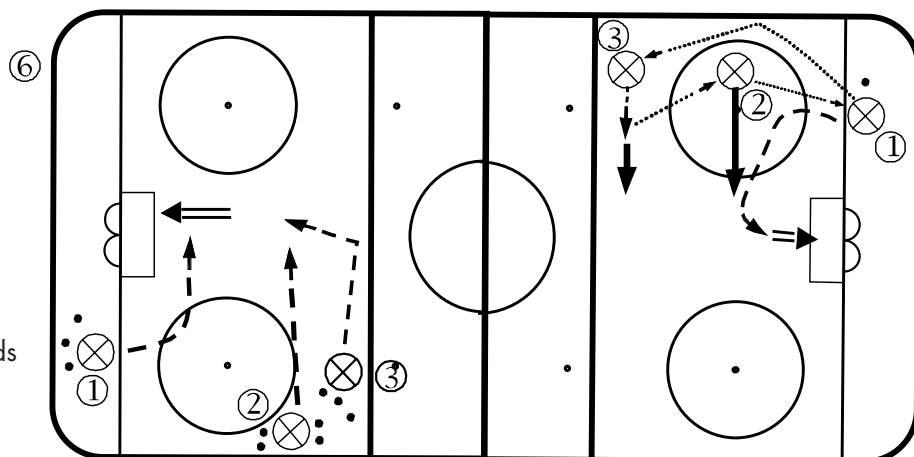
Drill — Skating

- Quick strides
- Quick stops
- Quick starts
- Use mohawk step outs



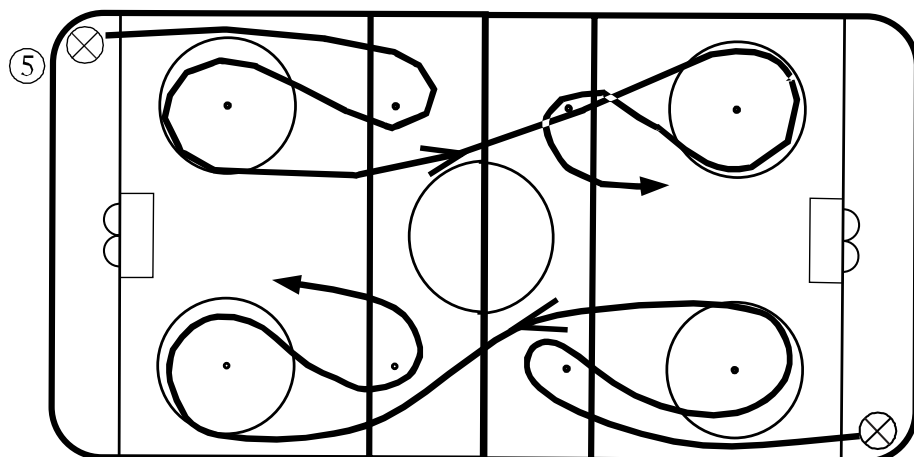
Drill — Shooting

- 2 zone drill
- Hit the net
- Walk outs
- Skate across
- Shoot on goal and look for rebounds



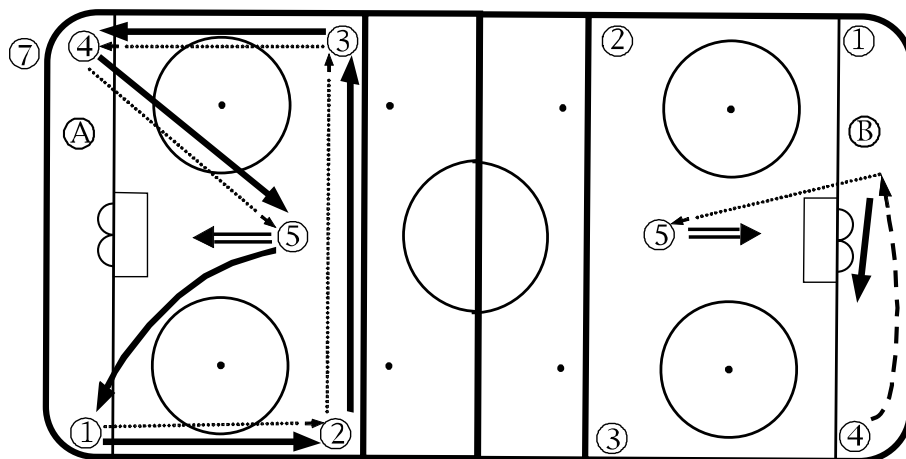
Drill — Skating

- Control turns around face-off dots
- Quick feet



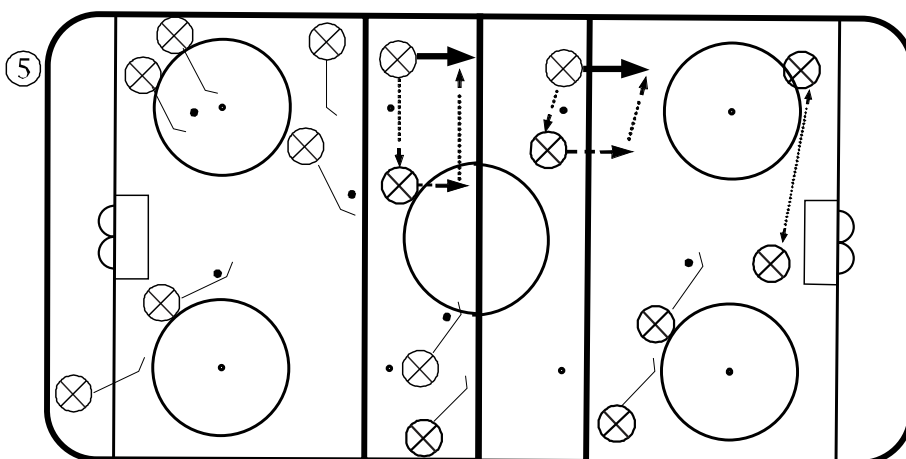
Drill — Passing

- Follow your pass
- Player #5 shoots on goal and looks for rebound



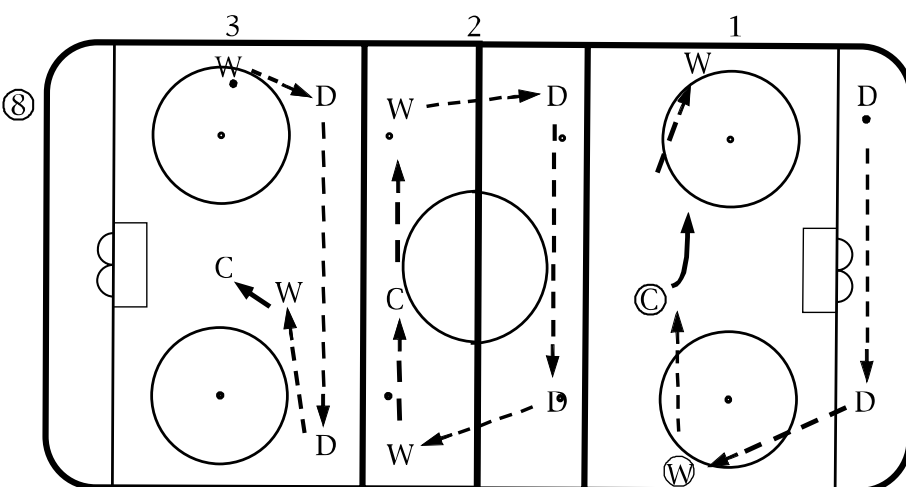
Drill — Passing

- Pair up
- Pass to each other
- Play keep away - on whistle



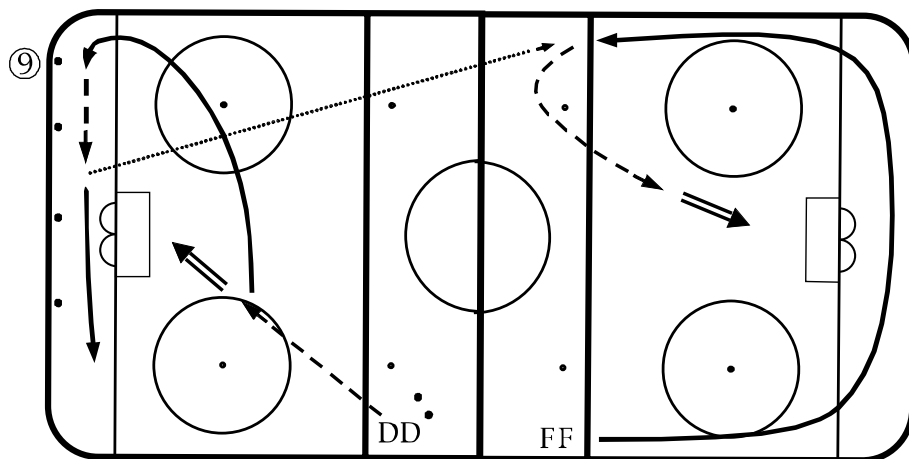
Drill — Passing

- Three zone pass
- Start on 1
- On whistle, 1 moves to 2 and five new players go - 1 and next whistle 2 moves to 3 - now all zones are full



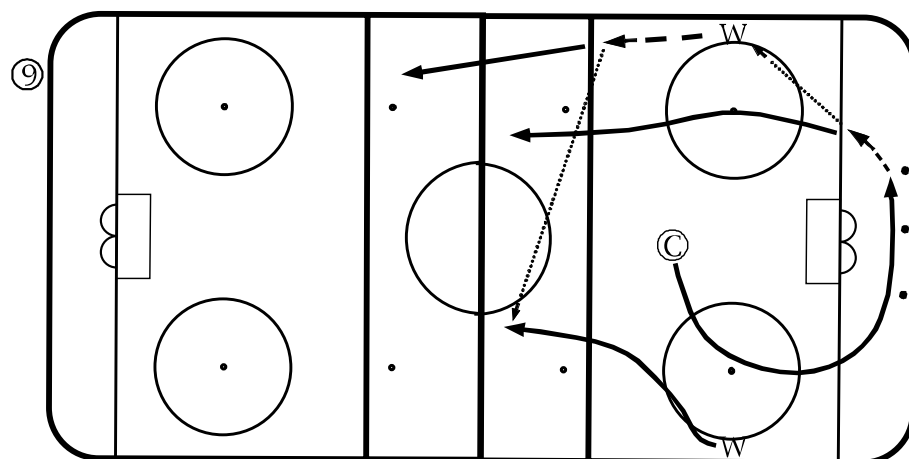
Drill — Passing

- Defenseman drives towards net and shoots on goal. After the shot is taken, the defenseman skates to the corner, picks up a puck and makes a long pass to the forward who is stretching
- The forward drives toward the net and shoots on goal



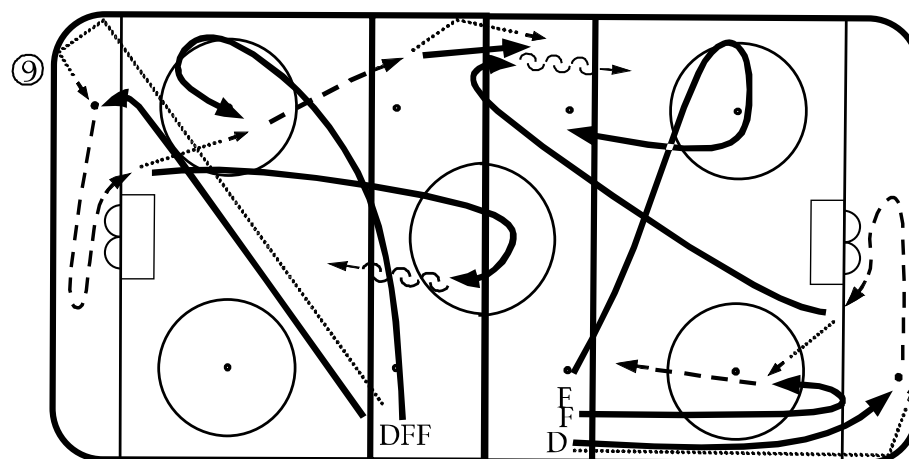
Drill — Breakouts

- The center skates around the net, picks up a puck and makes a pass the winger at the hash marks along the boards
- Breakout and attack 3 on 0



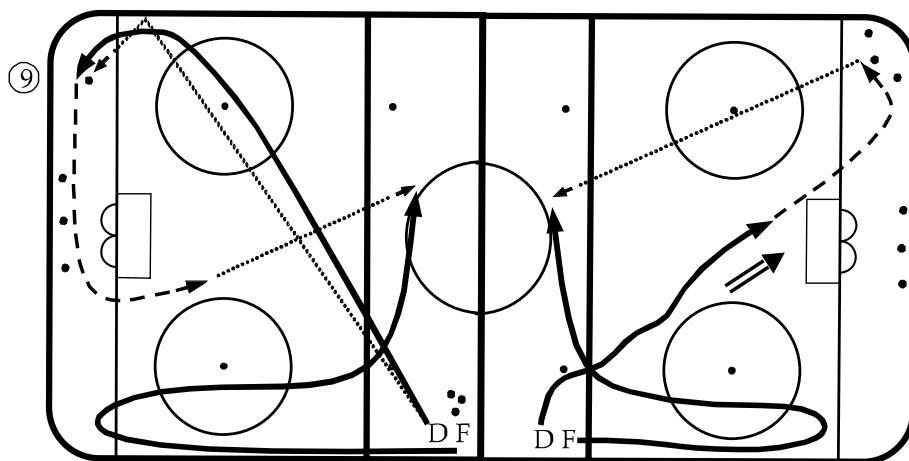
Drill — Passing

- Breakout counter, then 2 on 1
- Defenseman dumps puck into corner then picks up puck and counters behind net - makes a pass to wing who boards passes to the other forward coming across the ice - both forwards go down ice, defense skates to neutral zone for oncoming 2 on 1



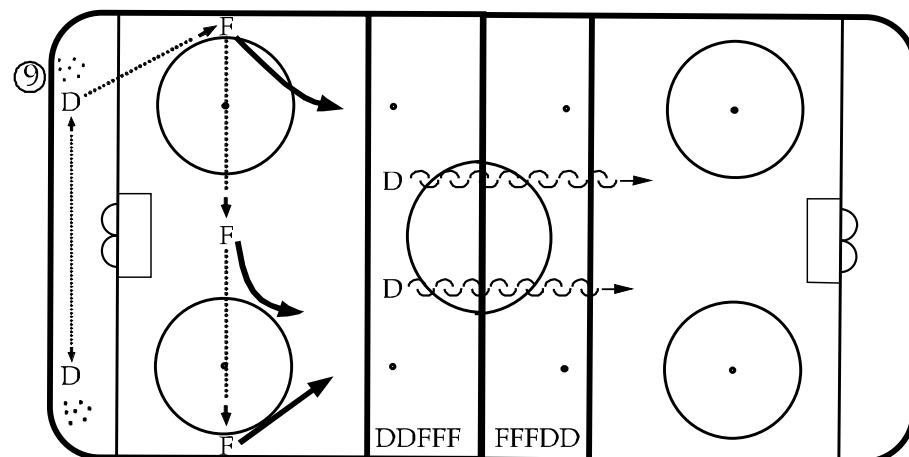
Drill — Passing

- Stretch pass - defense can move up with forward for pass out or move up to neutral zone for a 1 on 1



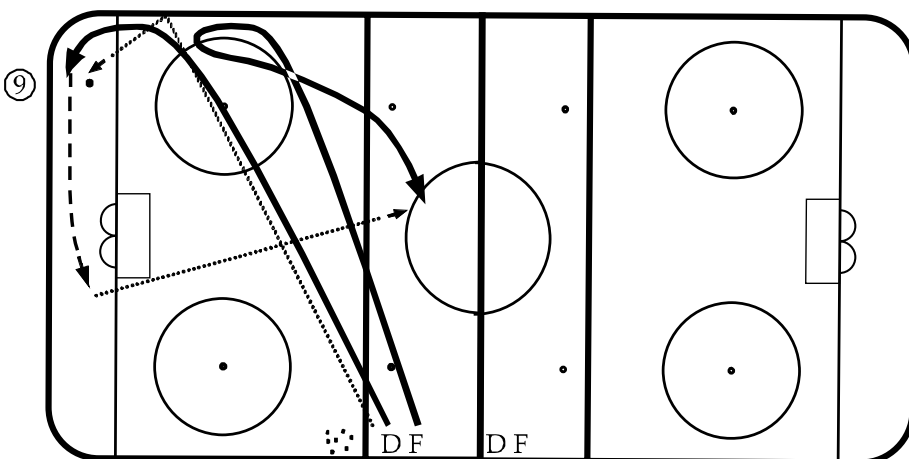
Drill — Breakout

- Breakout with D to D pass into 3 on 2
- Alternate ends

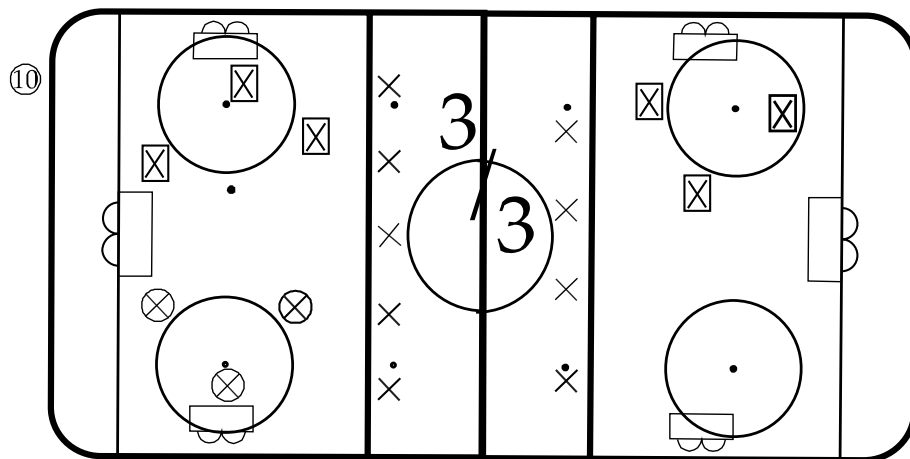
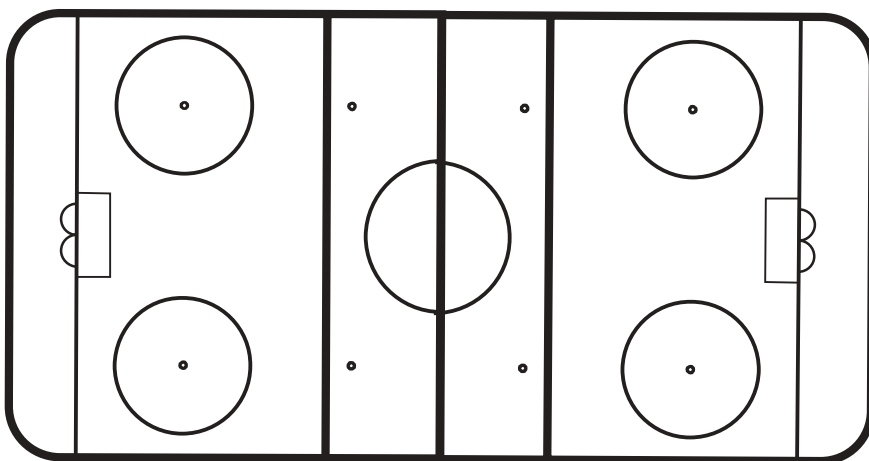


Drill — Passing

- Stretch pass



- Small game 3 on 3

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