

Hockey Practice Plan

Objectives: Passing, shooting, tape to tape passing, offensive play options, support (help) the puck carrier.

Date: _____

Practice: #12

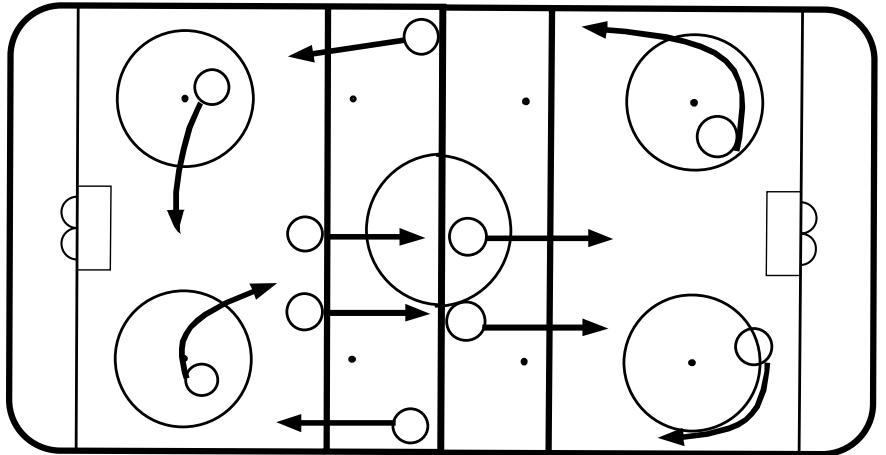
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Easy
5 mins.	1. Butterfly warm-up with skating	Slow
10 mins.	2. Shooting: wrist shot one puck, two pucks, three pucks - backhand, backhand with reverse to forehand - player carries puck out of corner upon coming to three cone shaped triangle, pulls back to forehand or backhand - angle shoot behind net play, walk-out, amigo one player shoots, two rebound	Hit the net
5 mins.	3. Providence: 1 on 1	Gap control
10 mins.	4. Play options: diagonal back pass, board back pass, center through off-wing trailer, center trailer, drop with loop de loop, drop pass, ring arounds	Read, react
10 mins.	5. Passing and shooting	Be alert
15 mins.	6. 3 on 3, 4 on 4, 5 on 5 scrimmage, 45 second shifts - on whistle leave puck	Fun

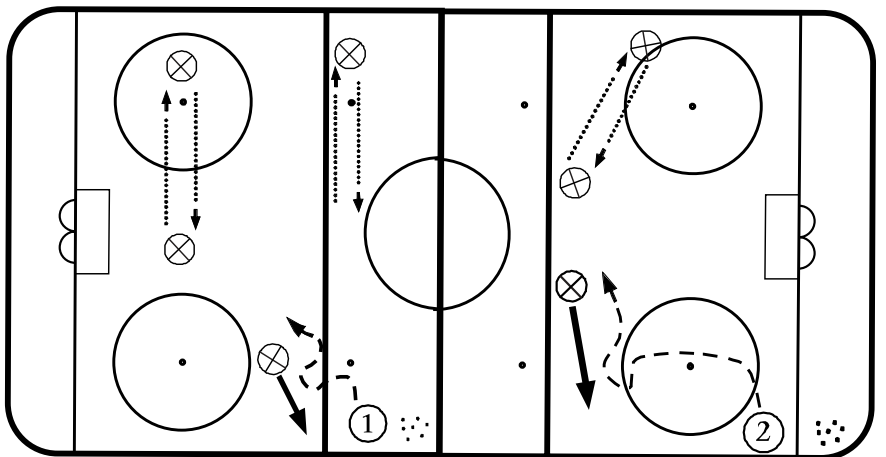
Drill — Stretch

- Butterfly moving stretch



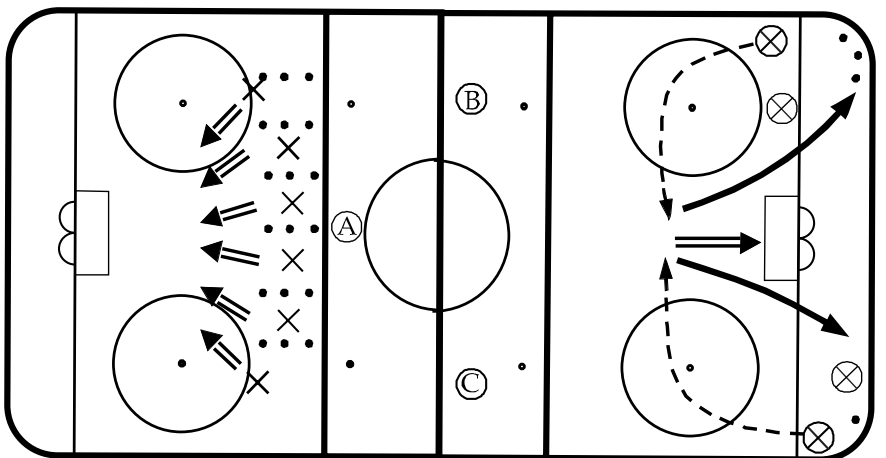
Drill — Warm Up

- Partner pass - 30 feet away - on whistle, play keep away, then on whistle start passing again



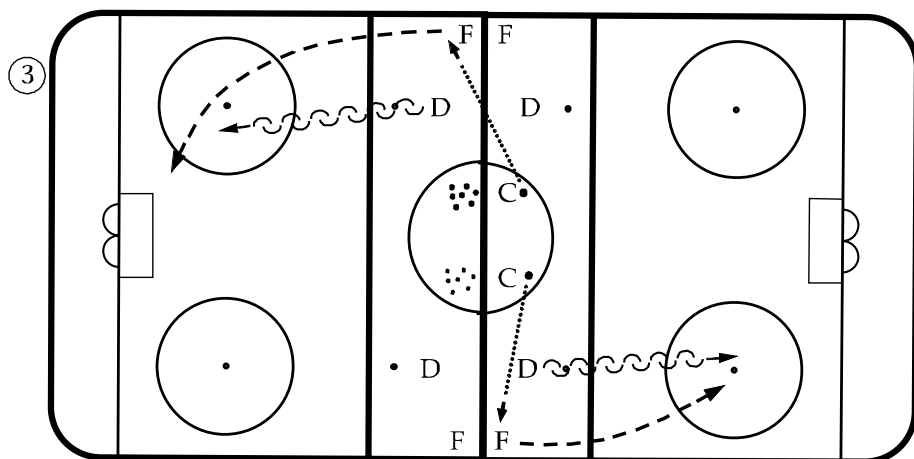
Drill — Shooting

- Wrist shot - one puck, two pucks
- Backhand
- On backhand - reverse to forehand



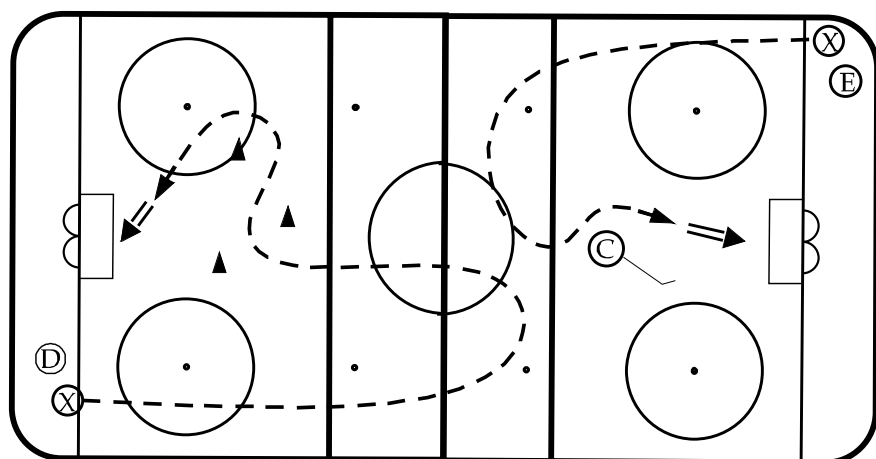
Drill — Providence 1 on 1

- Coach in middle of center ice circle
- make pass to F, at the time F receives pass, D starts swizzling backwards playing 1 on 1, F tries to cut in on D



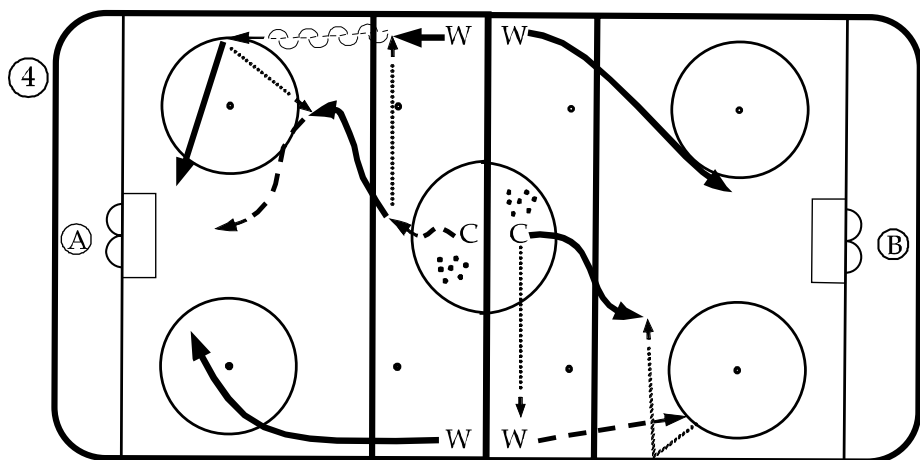
Drill — Play Options

- Player carries puck through cones, either on forehand or backhand
- Coach points to go to either forehand or backhand



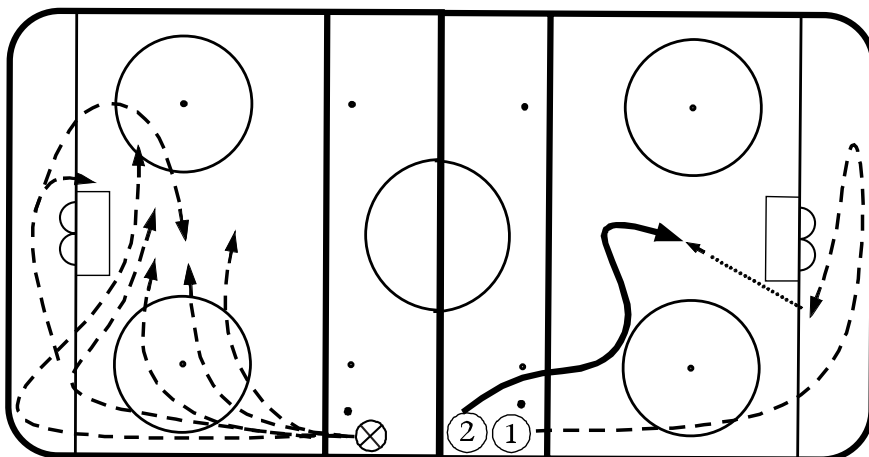
Drill — Play Options

- Center passes to wing along boards
- Wing makes a diagonal back pass or board back pass
- Center shoots on goal, winger and center look for rebound
- Center can also pass back to wing



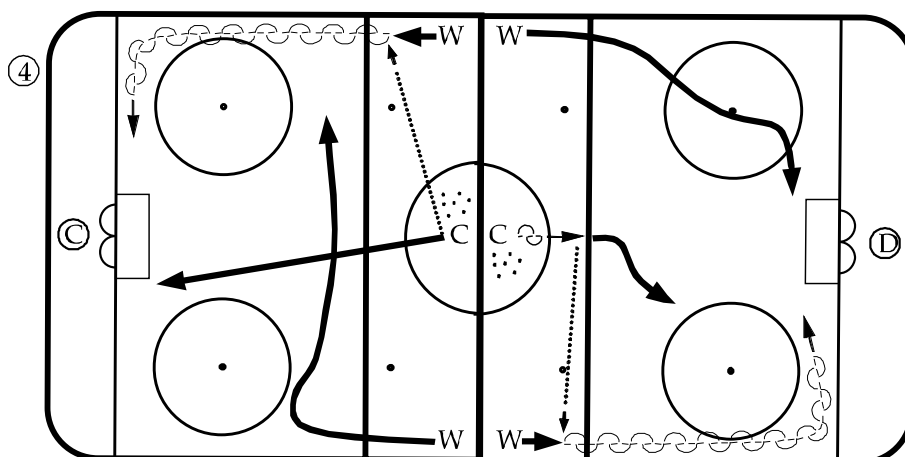
Drill — Shooting

- Angle shooting
- Different angles
- Counter behind net and pass out



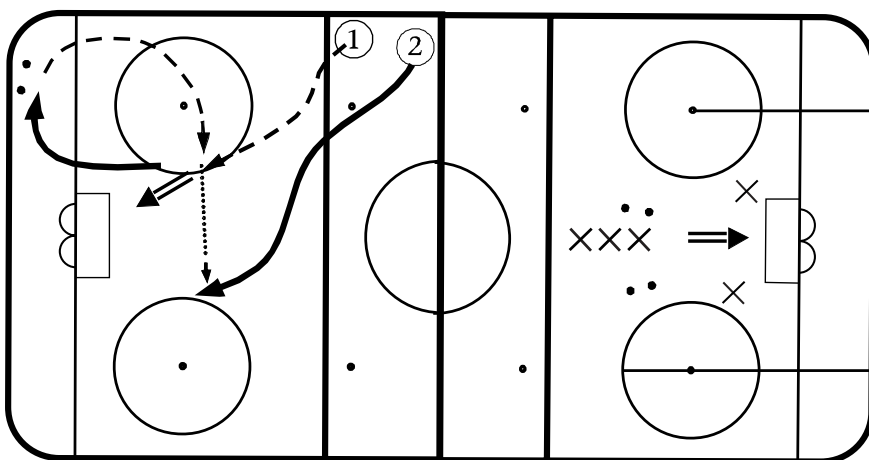
Drill — Play Options

- Center through off-wing trailer
- Center trailer



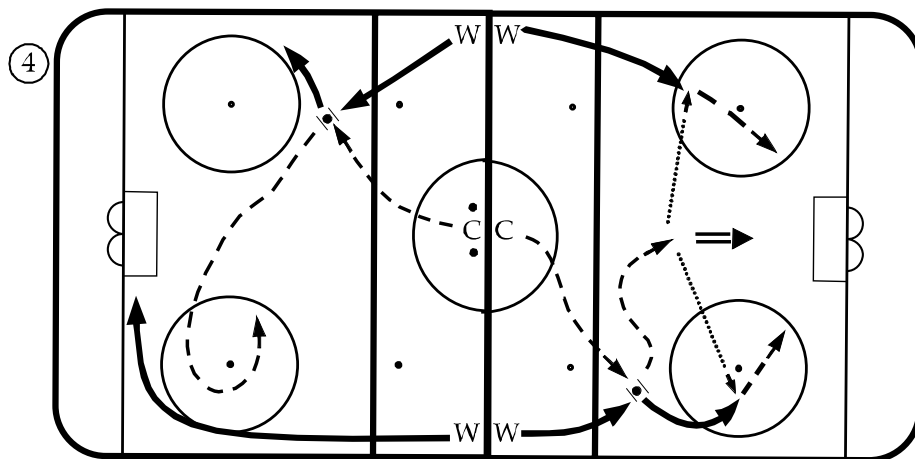
Drill — Shooting

- Player 1 drives to net and shoots on goal, then picks up a puck in the corner and passes out to player #2 who is skating to the net
- Amigo - shooting - one player shoots, two players rebound



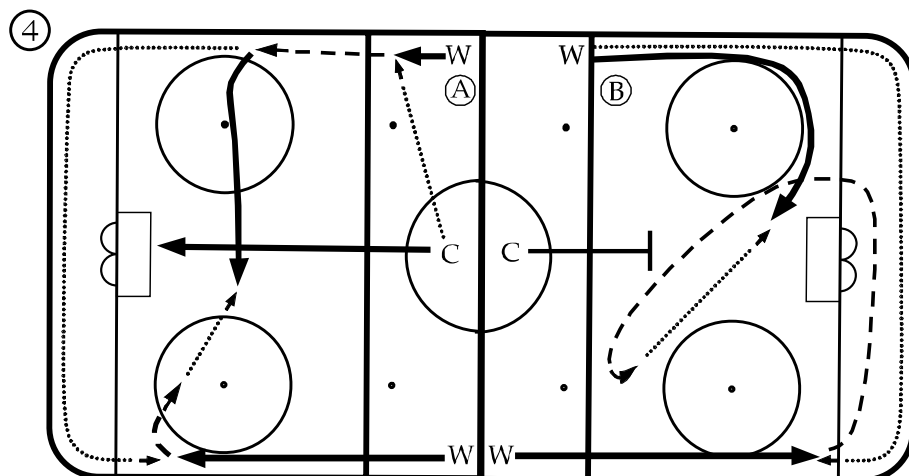
Drill — Play Options

- Drop with loop de loop
- Drop pass with shot or pass



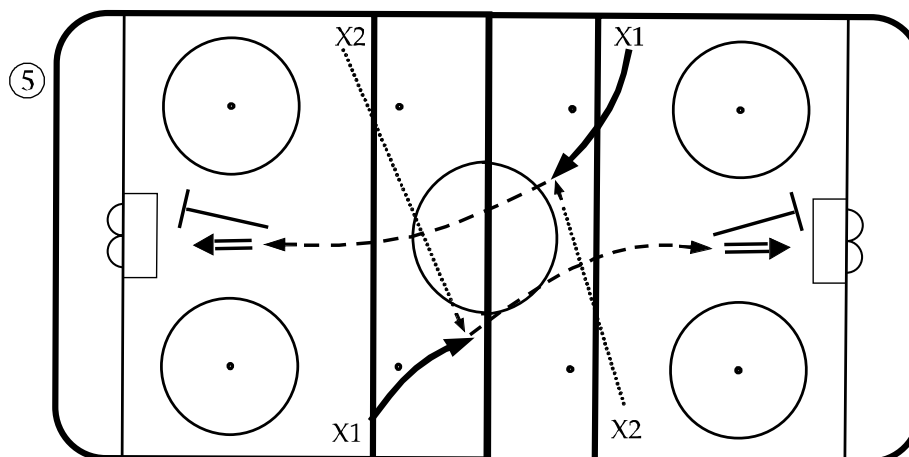
Drill — Play Options

- Ring arounds
- Ring arounds with trailer
- Skate around with trailer



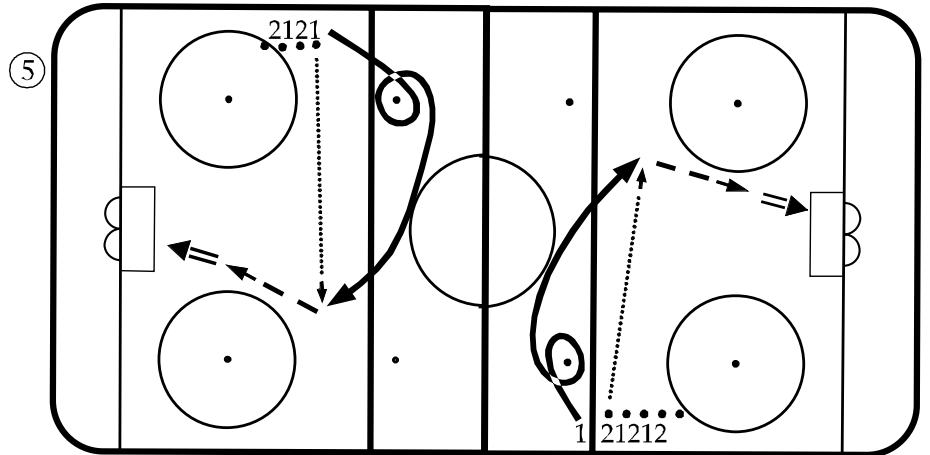
Drill — Passing and Shooting

- X1 receives a pass from X2. X1 drives to net, shoots on goal and looks for rebound
- Alternate sides



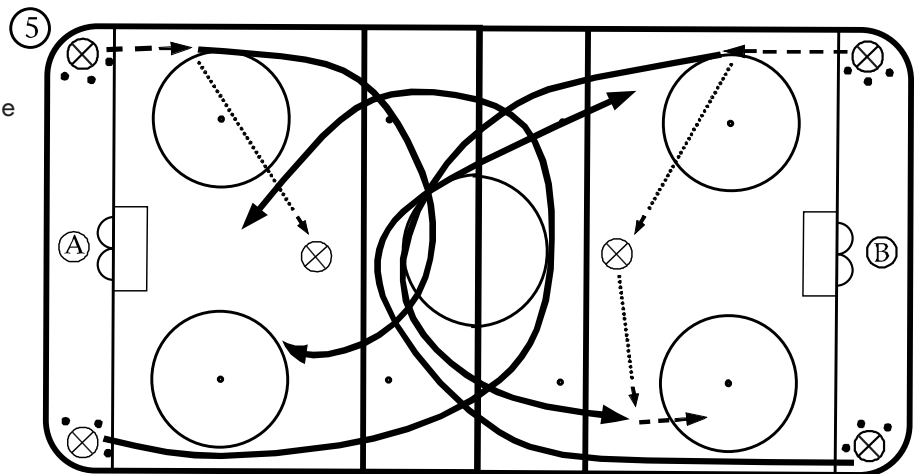
Drill — Passing

- Player 1 skates around face-off dot then across to middle of rink
- Player 2 makes a pass to player 1 who then shoots on goal



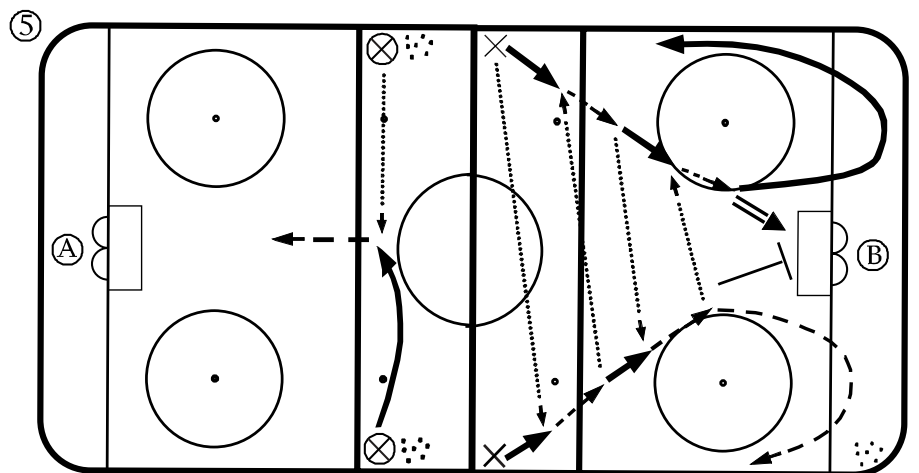
Drill — Passing

- 2 on 0, one pass to player in middle of zone, who selectively passes to the forehand of one of the players
- Same, but middle player passes to backhand and that player reverses to forehand



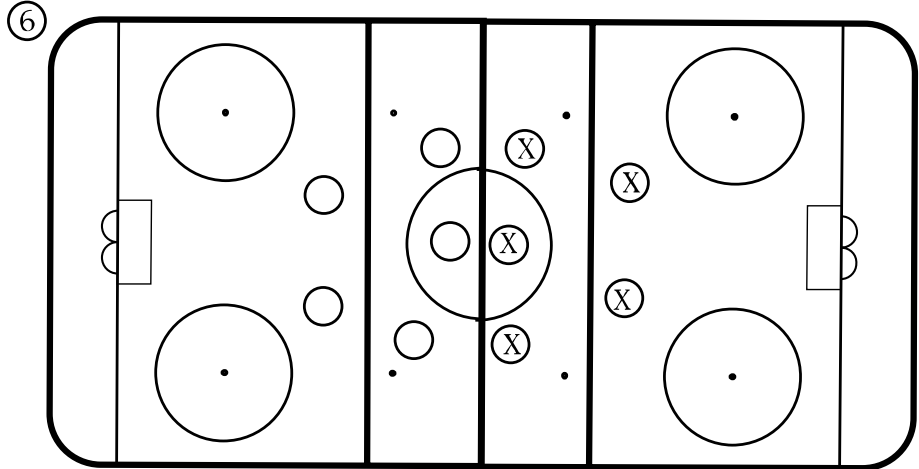
Drill — Passing

- Give and go laterally receive a pass from opposite line, skate in and shoot
- 2 on 0 funnel - progressively make one pass - shoot - rebound, two passes - shoot - rebound, four passes - shoot - rebound



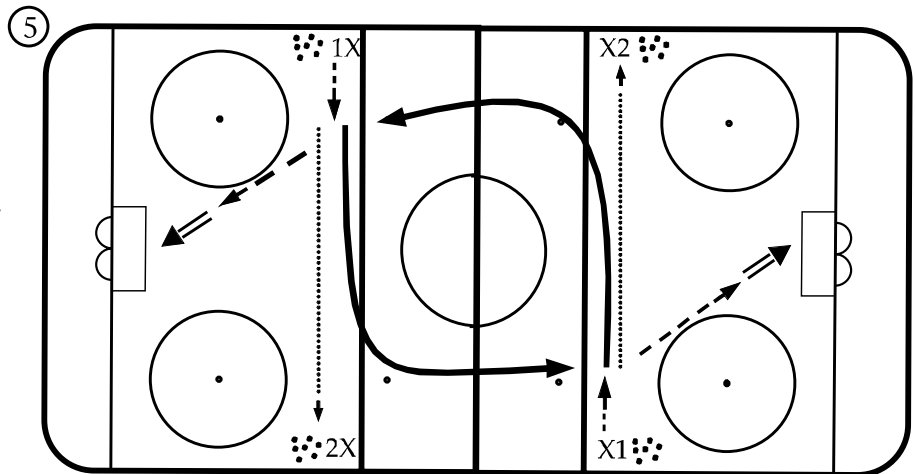
Drill — Scrimmage

- 3 on 3, 4 on 4, 5 on 5 - 45 second shifts

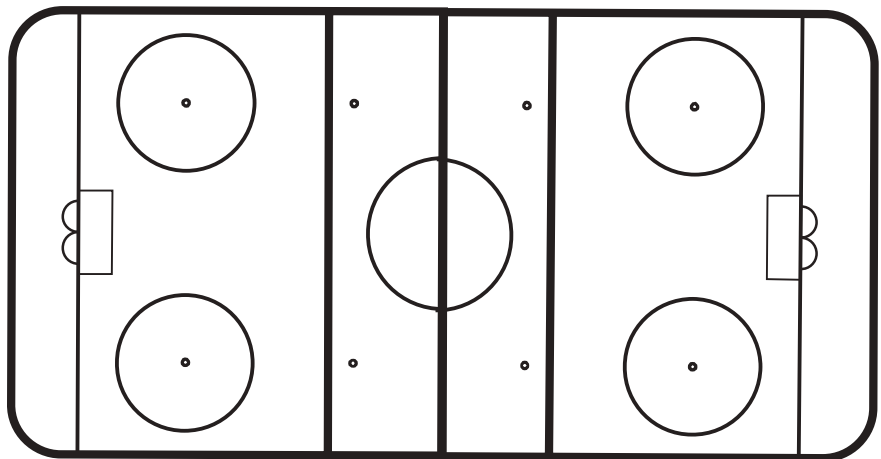


Drill — Passing

- Montreal - two pass - four pass - six pass - eight pass - X1s and X2s alternate passing and following passes, can pass to one, two, three, or all four lines at each blue line



Description _____



Notes/Comments _____
