Hockey Practice Plan

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

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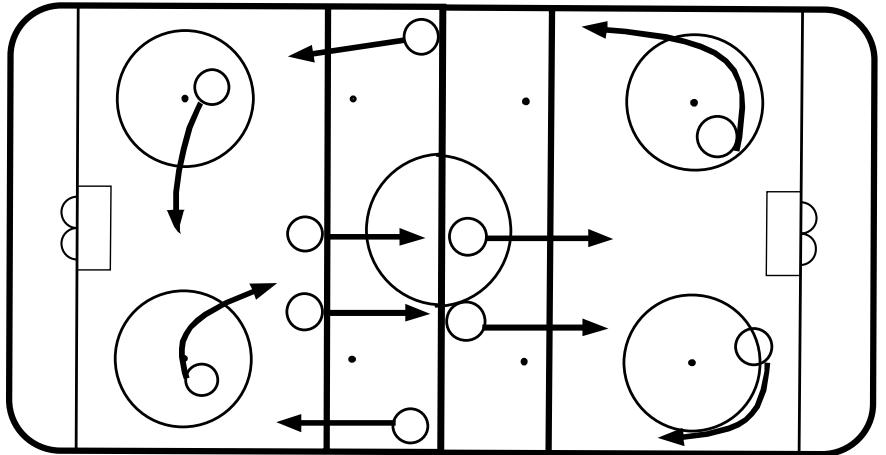
Practice: #12

Level: 12-and-Under (Pee Wee)

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

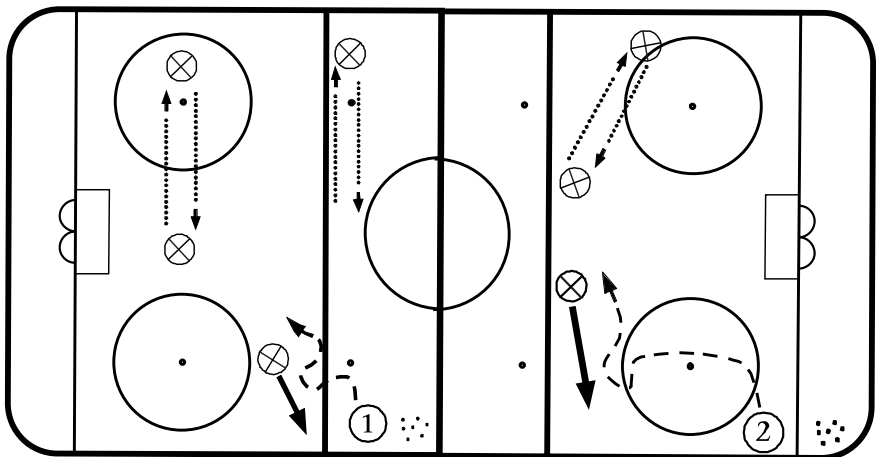| Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Easy
5 mins.	1. Butterfly warm-up with skating	Slow
10 mins.	2. Shooting: wrist shot one puck, two pucks, three pucks - backhand, backhand with reverse to forehand - player carries puck out of corner upon coming to three cone shaped triangle, 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

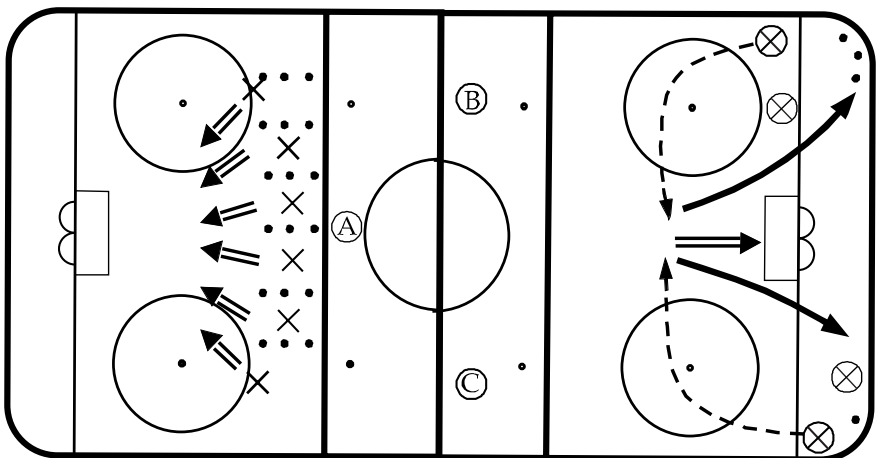## Drill — Stretch

• Butterfly moving stretch

Drill — Warm Up

• Partner pass - 30 feet away - on whistle, play keep away, then on whistle start passing again
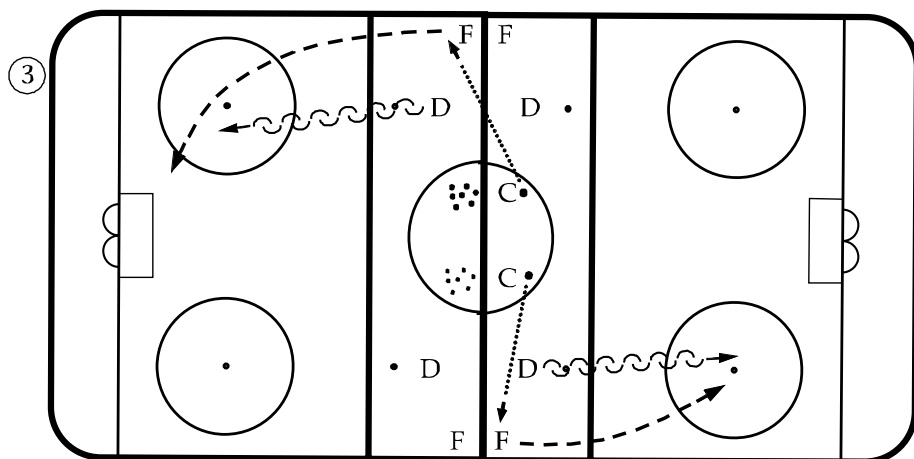
Drill — Shooting

• Wrist shot - one puck, two pucks

• Backhand
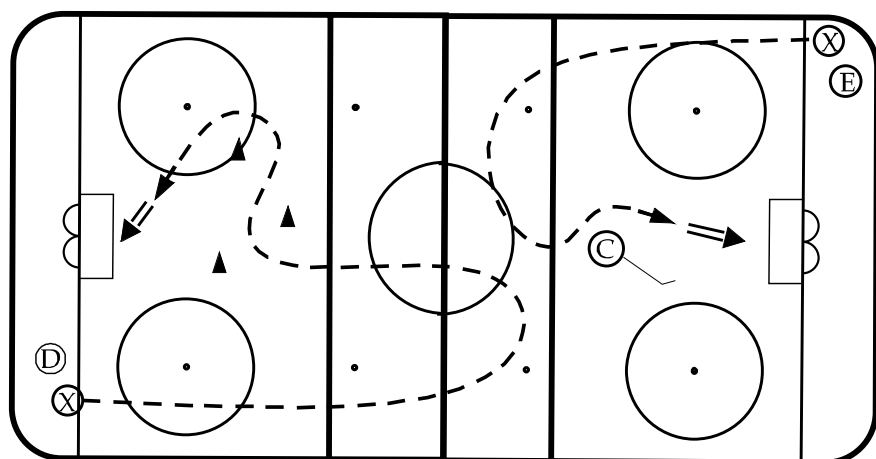
• On backhand - reverse to forehand

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
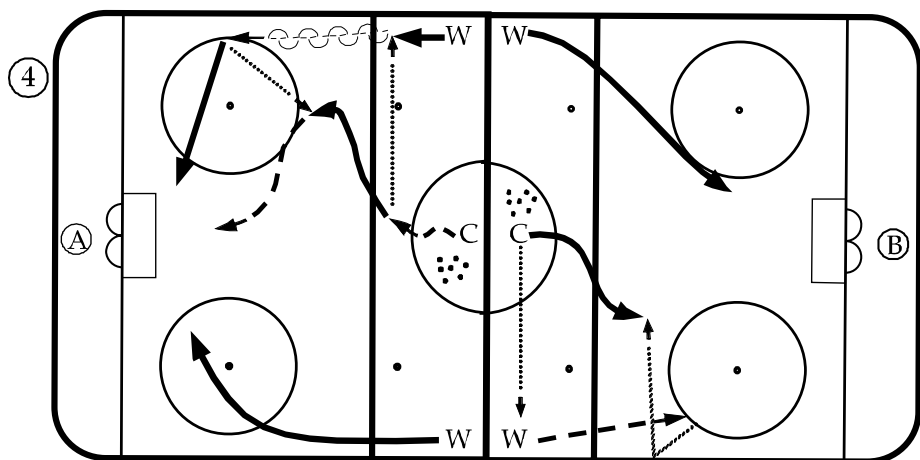
Drill — Play Options

- Player carries puck through cones, either on forehand or backhand

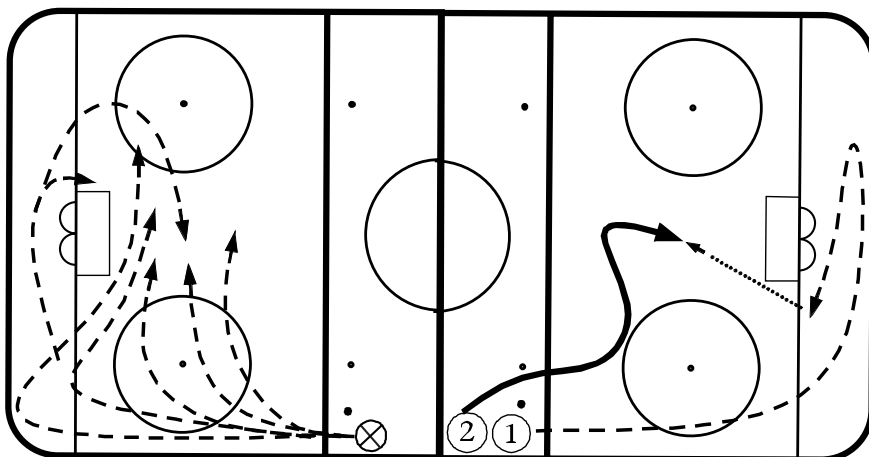- Coach points to go to either forehand or backhand

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
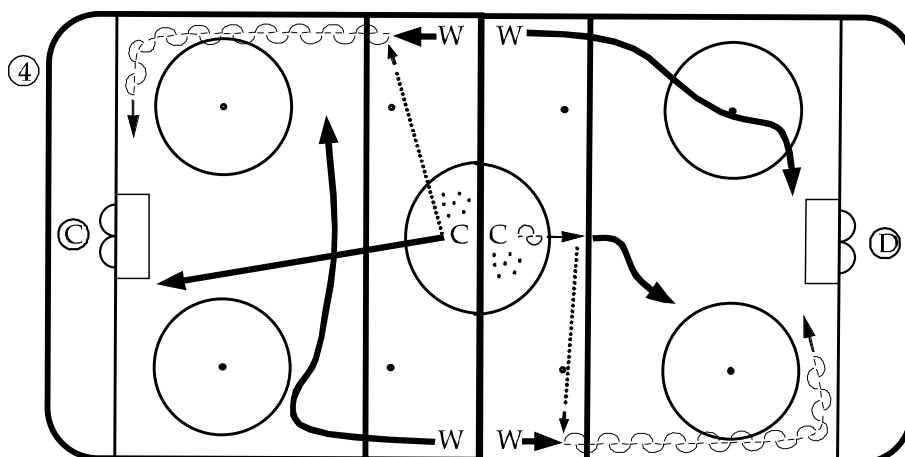
- Center can also pass back to wing

Drill — Shooting

- Angle shooting

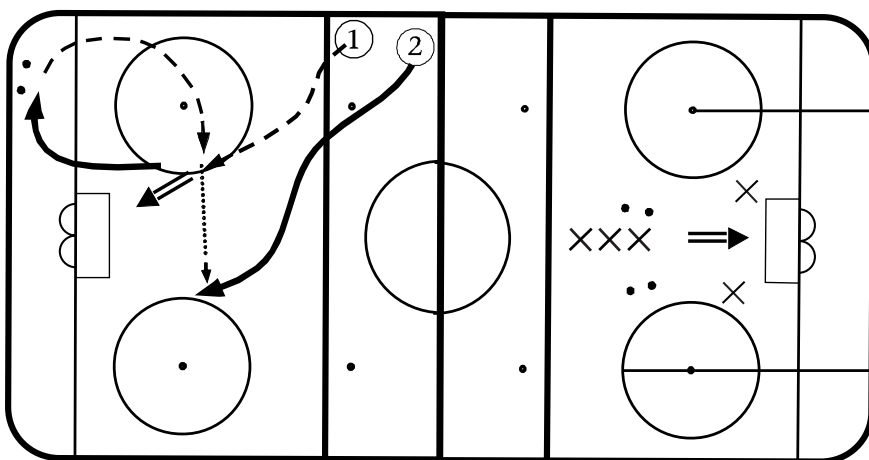- Different angles

- Counter behind net and pass out

Drill — Play Options

- Center through off-wing trailer
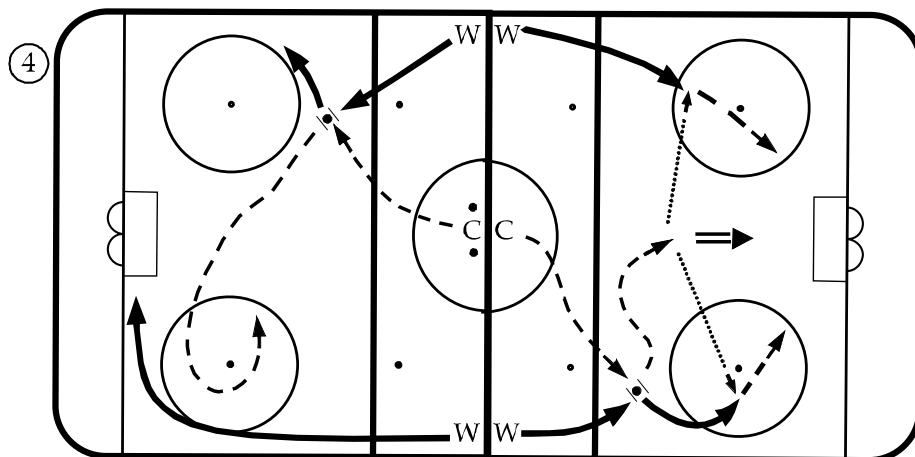
- Center trailer

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

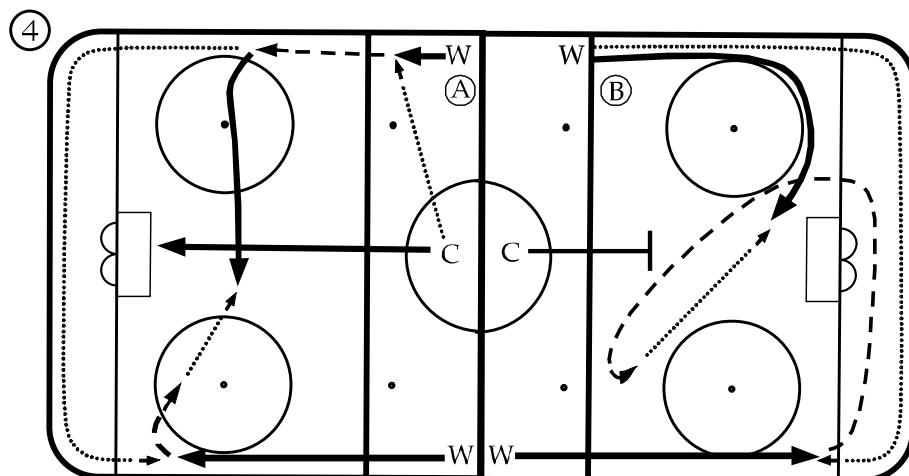- Amigo - shooting - one player shoots, two players rebound

Drill — Play Options

- Drop with loop de loop

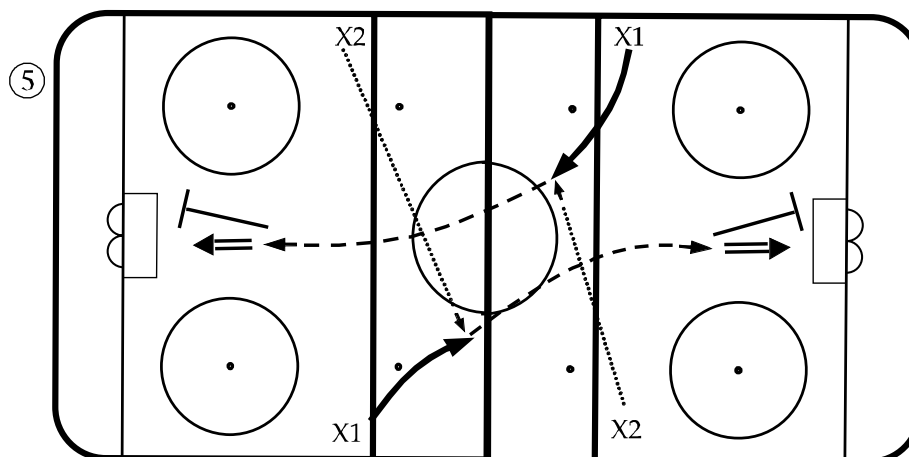- Drop pass with shot or pass

Drill — Play Options

- Ring arounds

- Ring arounds with trailer
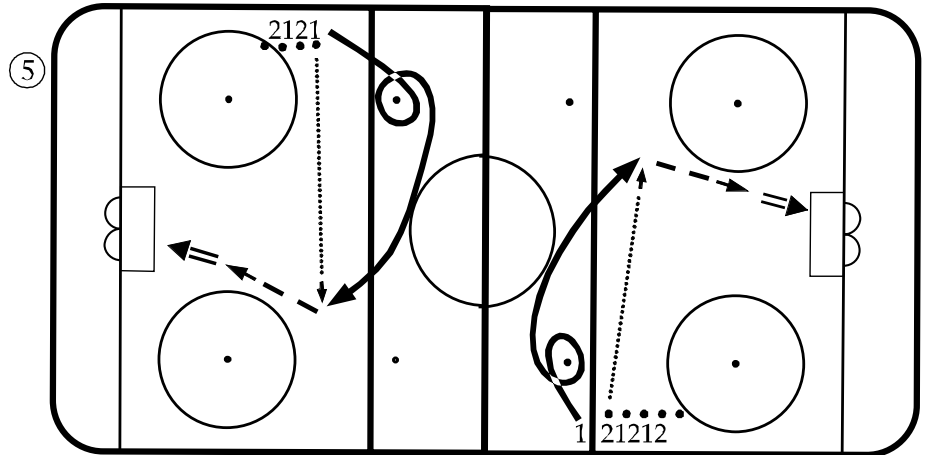
- Skate around with trailer

Drill — Passing and Shooting

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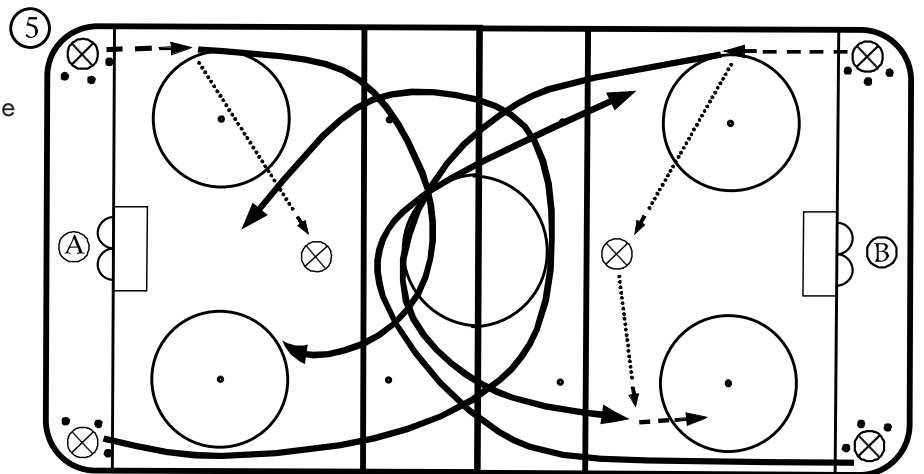
- Alternate sides

Drill — Passing

- Player 1 skates around face-off dot then across to middle of rink

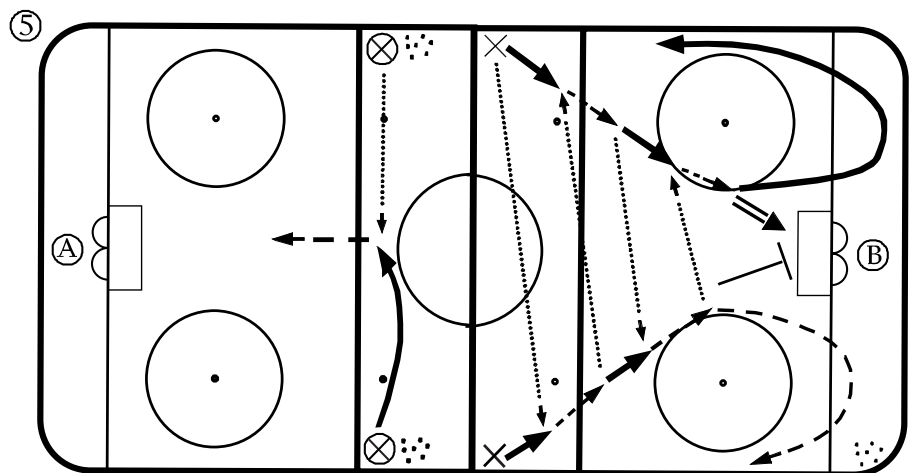- Player 2 makes a pass to player 1 who then shoots on goal

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
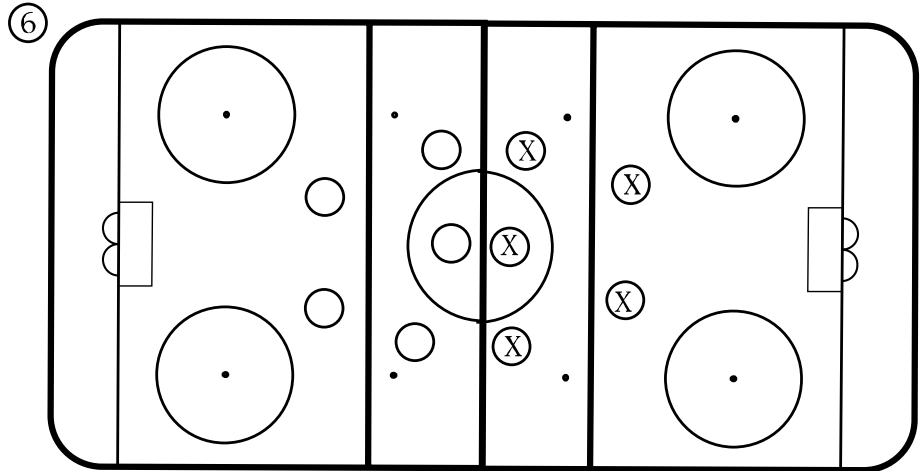
Drill — Passing

- 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
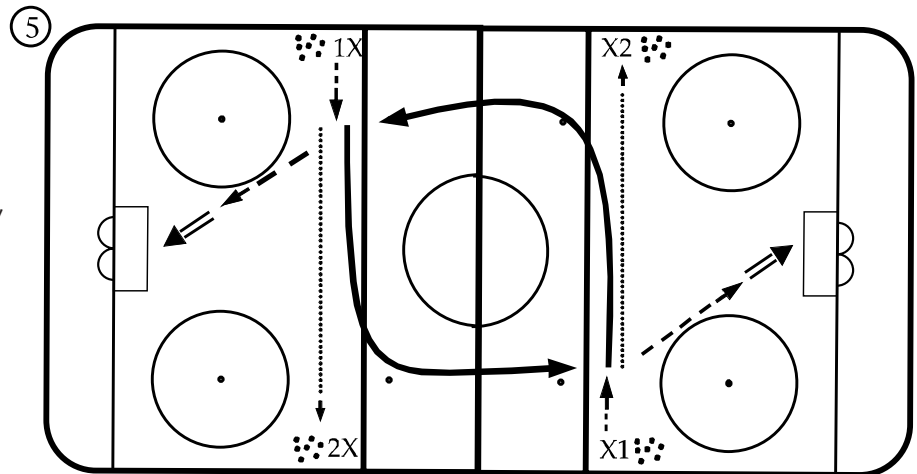
Drill — Scrimmage
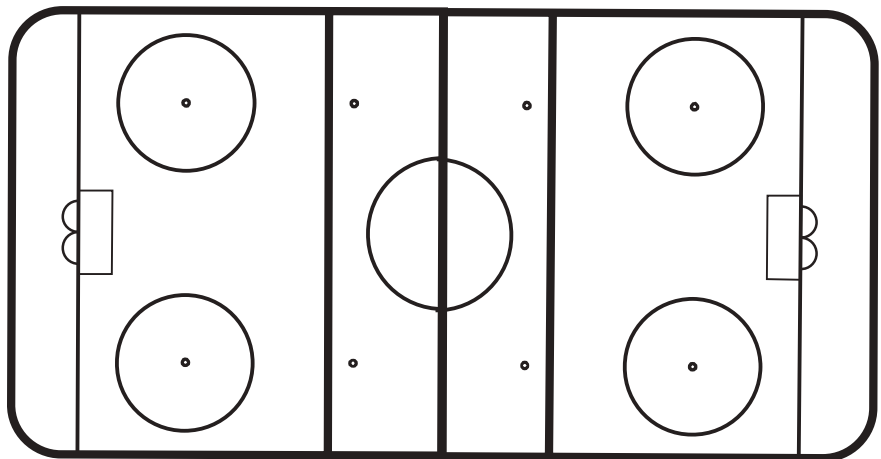
- 3 on 3, 4 on 4, 5 on 5 - 45 second shifts

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
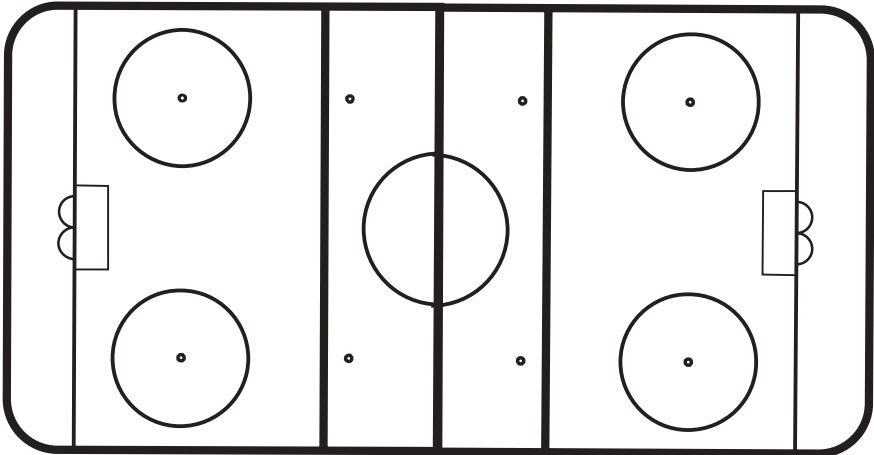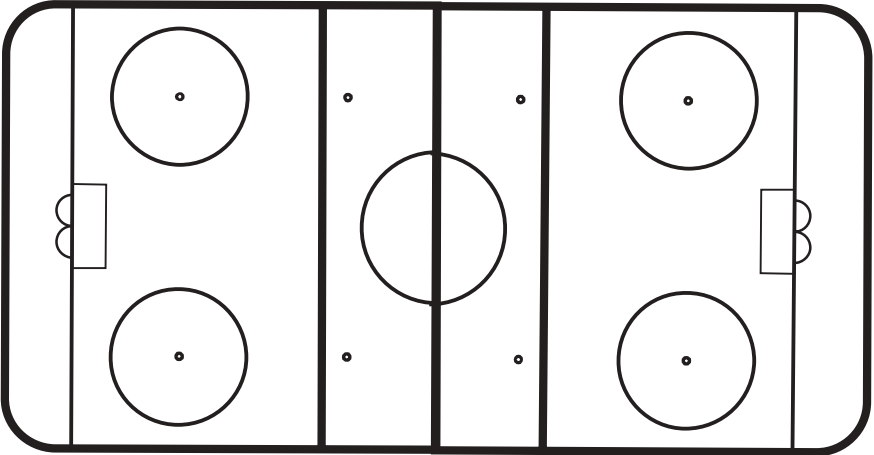

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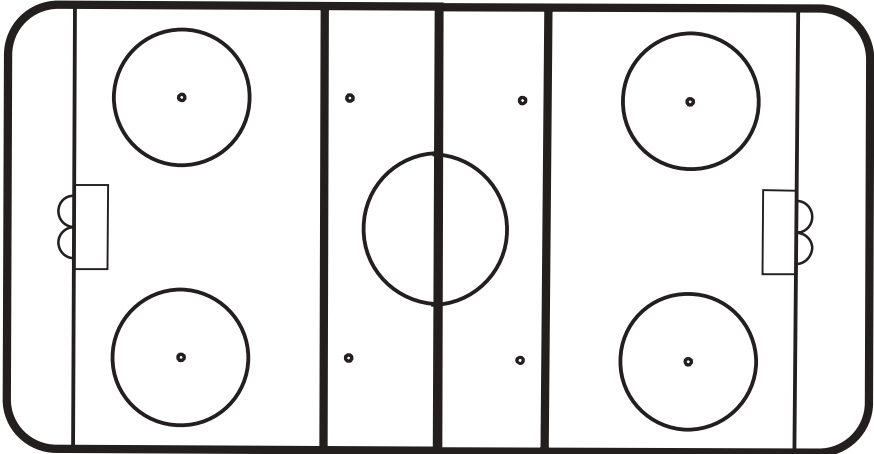_____
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