

Hockey Practice Plan

Objectives: Refine and expand the fundamentals: edge work, skating, puckhandling, shooting, passing and combination of timing, passing and shooting drills, and pressure shooting.

Date: _____

Practice: #13

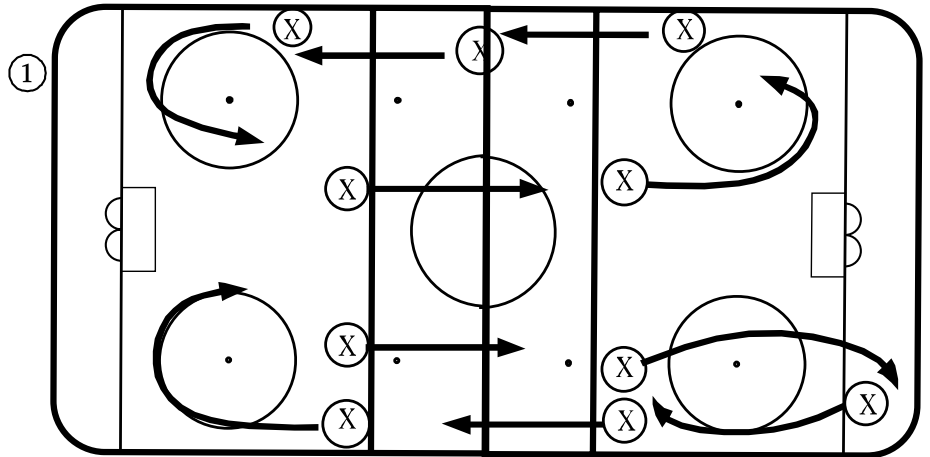
Level: 12-and-Under (Pee Wee)

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 checked="" type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input checked="" type="checkbox"/> Goaltending	<input checked="" 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
5 mins.	Off-ice stretch - neck exercises	Off-ice
10 mins.	1. Butterfly stretches: in and outs, S-drill, slide and stride, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, backward crossovers, blue-red-blue, forward-backward-forward, pointer	Slow stretches
10 mins.	2. Puckhandling: stationary, circle Figure 8, freestyle all over rink - partner up, dekes on partner, keep away on partner, partner pass 20 feet, 30 feet, 60 feet - forehand-backhand-flip pass - alley oop pass	Good form, eyes up, good technique
5 mins.	3. Skating: skate with pucks, circle around dots with crossovers, crossovers then control turns around dots, mohawks around circle - on turning always face with chest on dots, control turns - pick up puck	Work hard, fast feet
10 mins.	4. Shooting: different angle shooting, defense shooting - Montreal six pass, Montreal half rink six pass, Devils eight pass with walk-out, Boston pass and timing, Buffalo 3 on 0 drill, Buffalo 2 on 1 drill, Davos 2 on 0, 2 on 1, 1 on 0, 1 on 1	Hit the net
5 mins.	5. 1 on 1 loop de loop, 2 on 1 loop de loop, 2 on 2 loop de loop, Hornets 1 on 1, Hornets 2 on 2	Gap control
10 mins.	6. Pressure showdown right, center left sides	

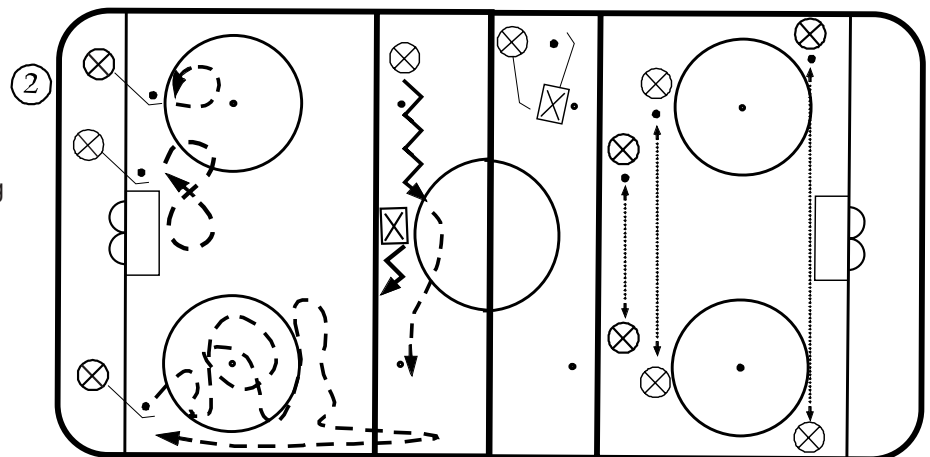
Drill — Stretching

- Butterfly stretches: in and outs, S-drill, slide and stride, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, backward crossovers at blue-red-blue, forward-backward-forward, pointer



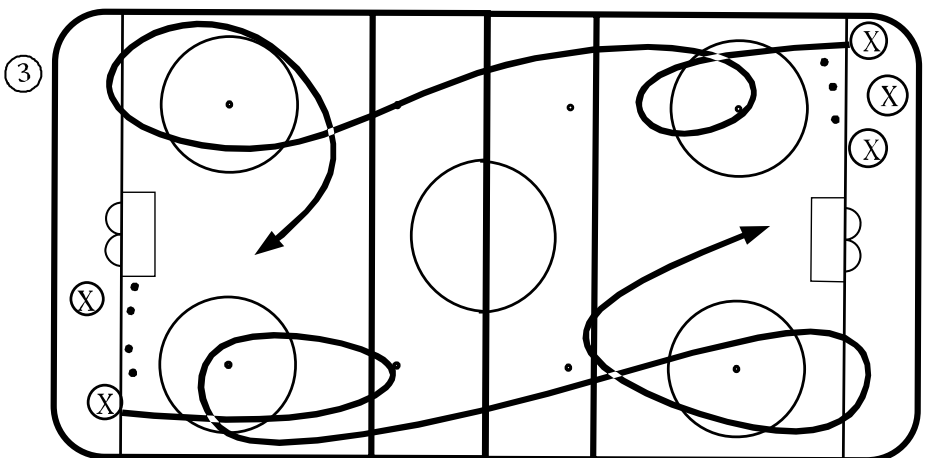
Drill — Puckhandling

- Stationary circles, Figure 8, freestyle all over rink, partner up - practice dekes on partner, keep away from partner, partner passing - one touch passing



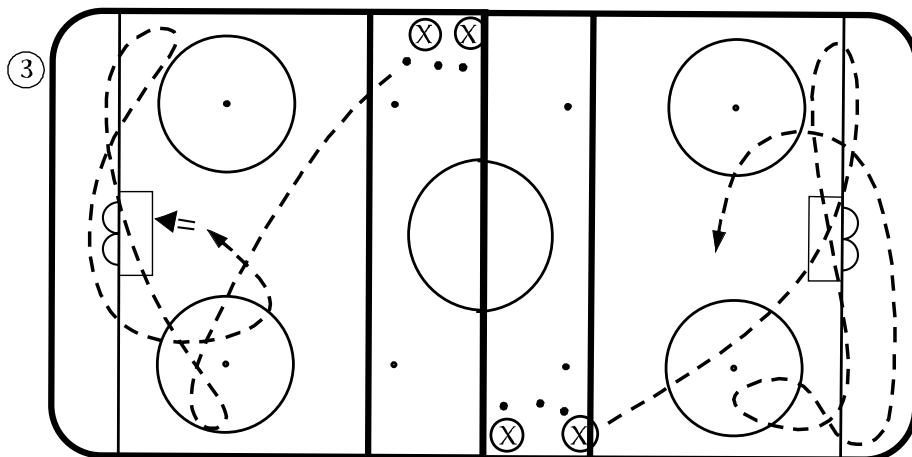
Drill — Skating

- Skate with puck around the face-off dots



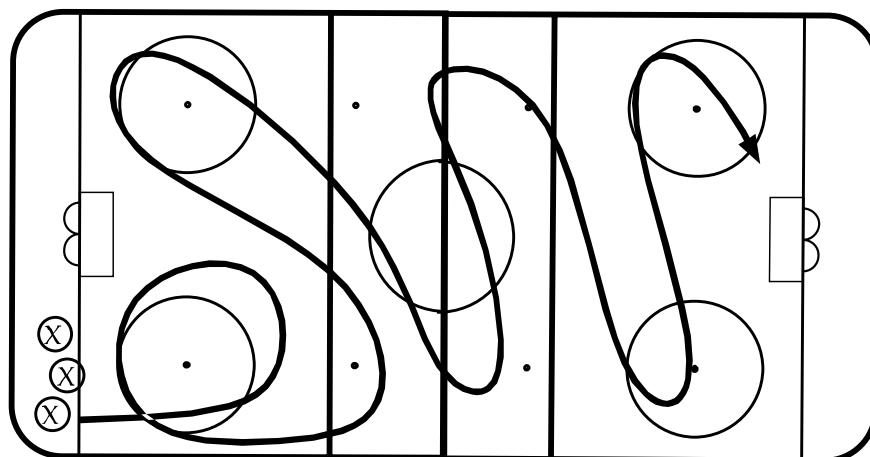
Drill — Skating

- Control turns
- Be creative



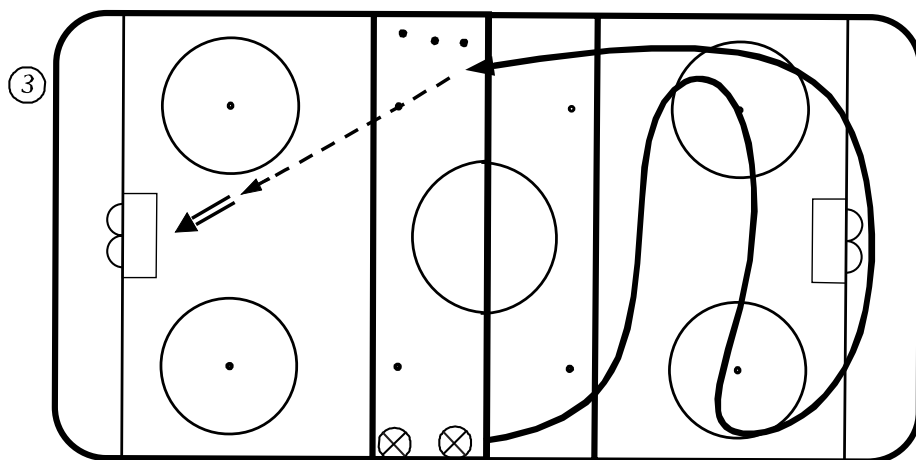
Drill — Skating

- Skate the dots with crossovers then control turns



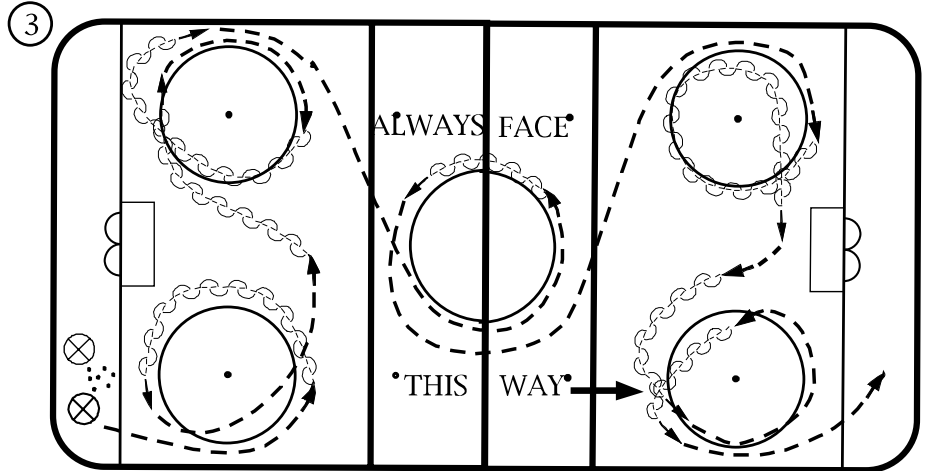
Drill — Skating

- Control turns
- Drive to net and shoot on goal



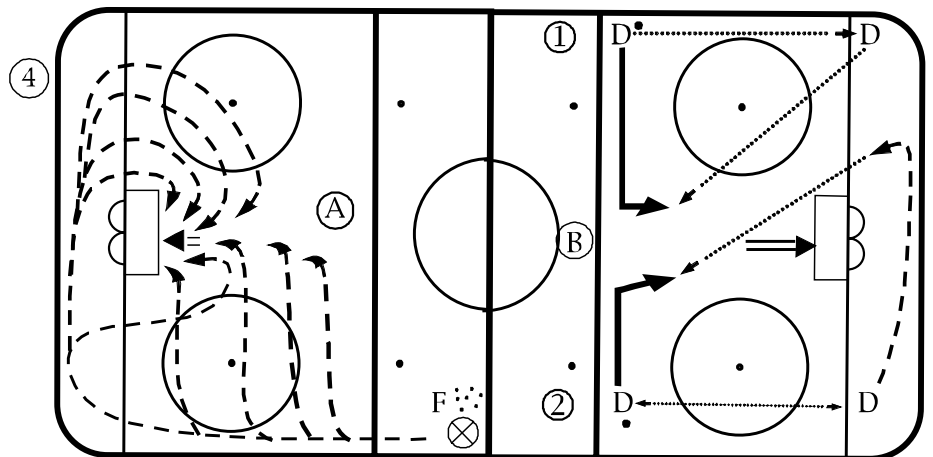
Drill — Skating

- Skate the circles with puck, mohawk turning - always have chest facing up ice



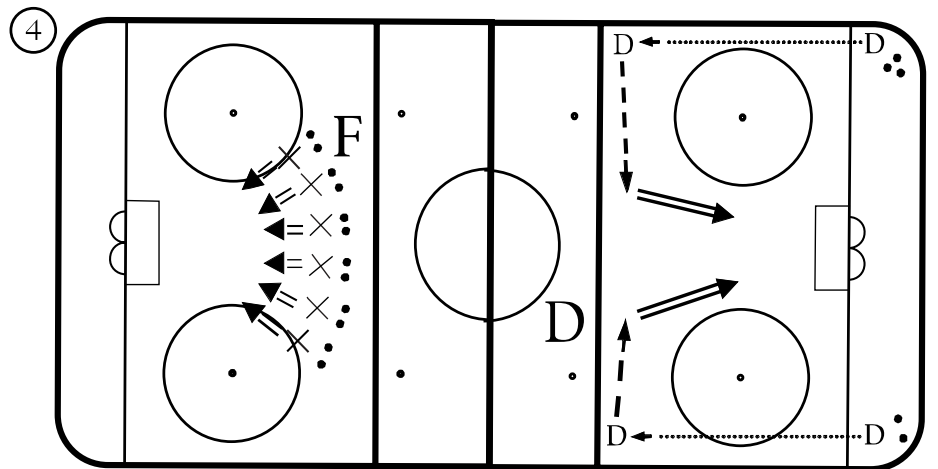
Drill — Shooting

- Angle shooting
- Defenseman shooting



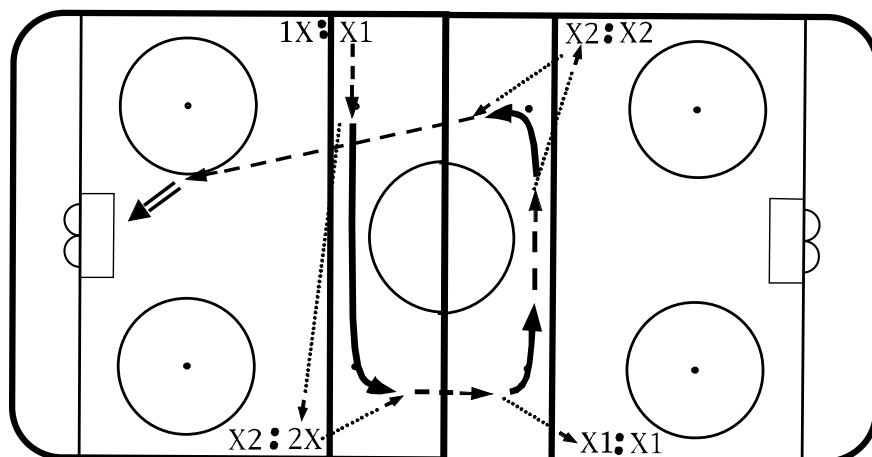
Drill — Shooting

- Forwards two puck shooting
- Defenseman Defenseman blue line shooting



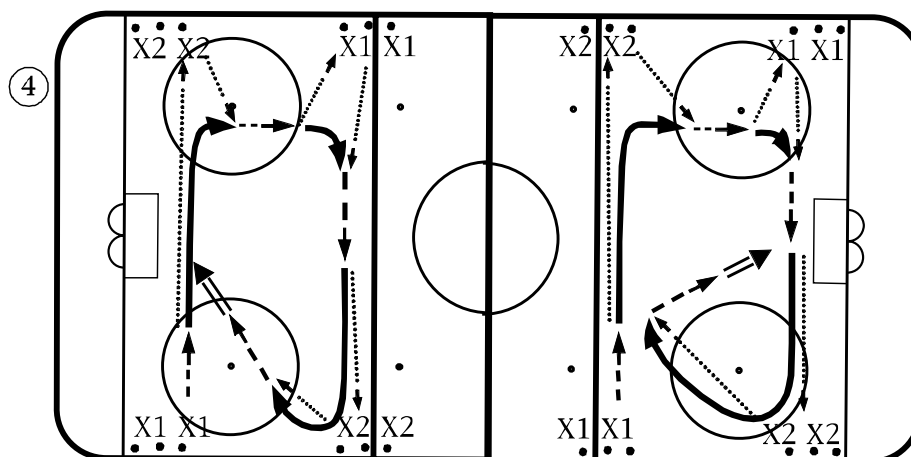
Drill — Shooting

- Montreal - full ice: X1 with puck takes three to four strides - passes to X2, X2 then skates in on goal and shoots



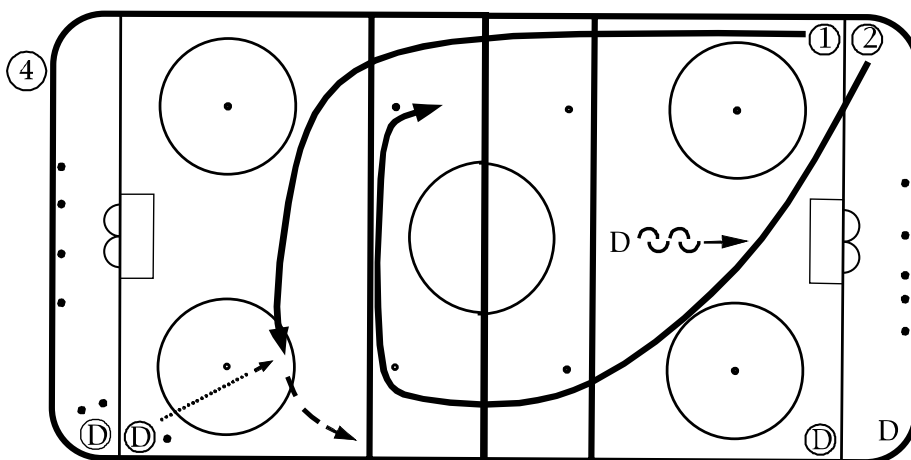
Drill — Shooting

- Montreal half ice: X1 the corner of the drill box that has been formed alternately pass and receives pass and, after making full circle, shoots



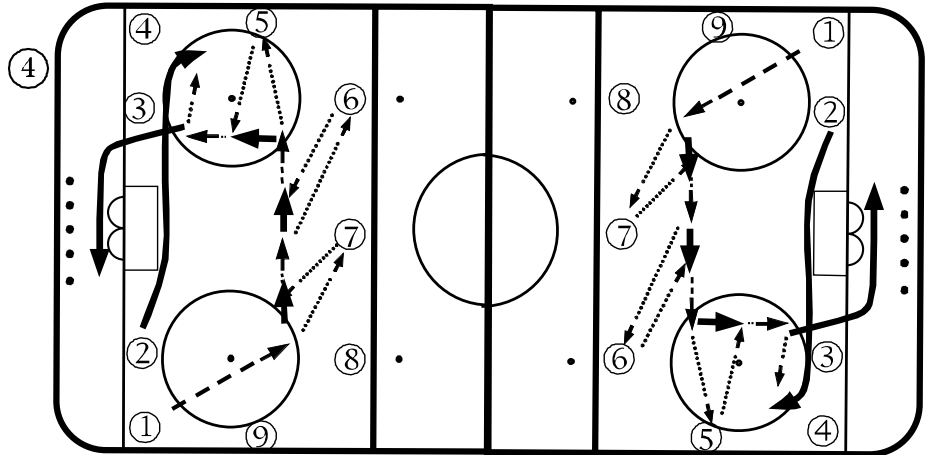
Drill — Shooting

- Buffalo 2 on 1 drill
- Players 1 and 2 criss cross at far end and receive a pass from the line in the corner
- Defenseman plays 2 on 1



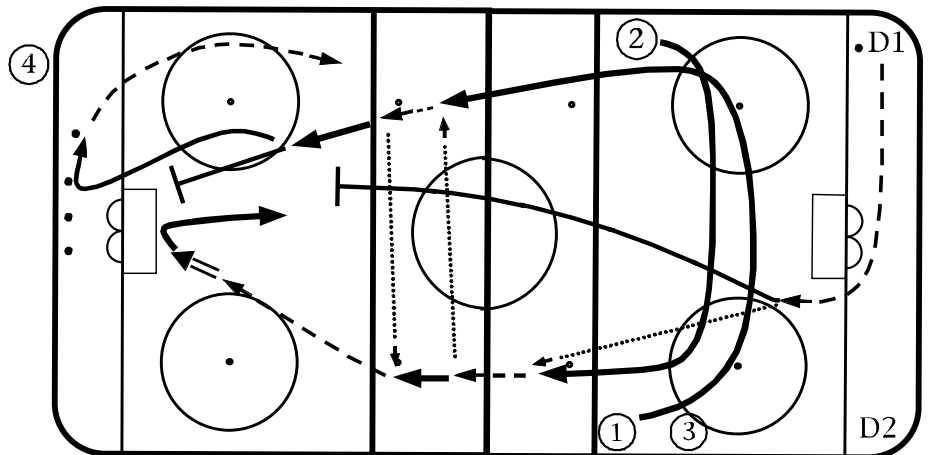
Drill — Passing

- Devils passing: one, two or three pass drill - pass puck selectively to three players around the ice



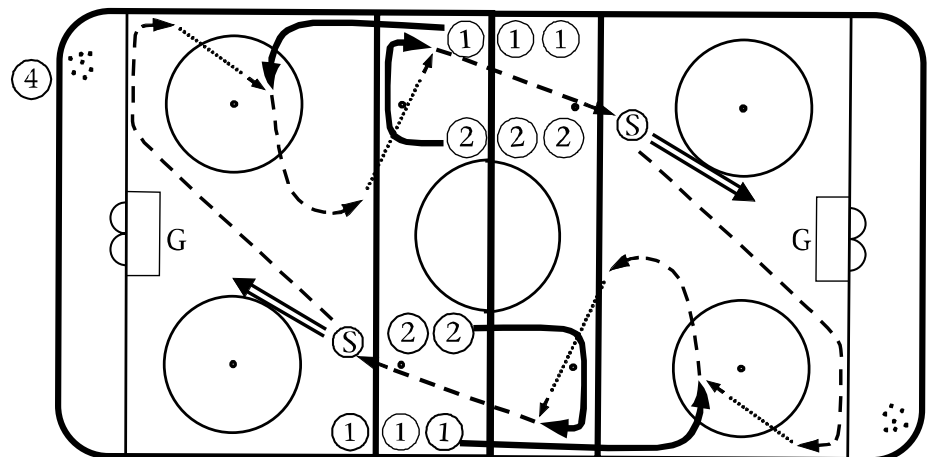
Drill — Passing

- Davos 2 on 0, 2 on 1, 1 on 0, 1 on 1: D1 breaks out around net and passes to either 1 or 2 then goes 2 on 0 to other end and picks up puck to come back 2 on 1



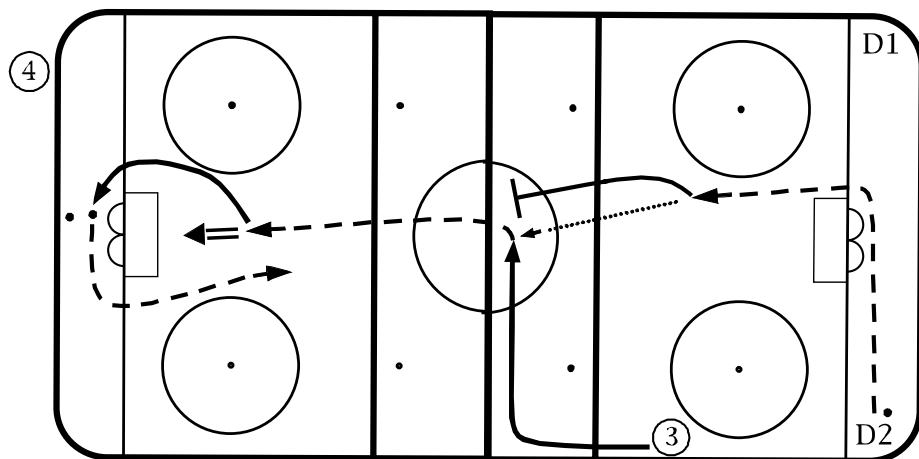
Drill — Passing

- Boston passing and timing drill: Shooter shoots on goaltender, picks up puck in corner, passes to 1 who has curled at top of circle, 1 then passes to 2 who has curled across top of blue line then goes in to shoot and continue drill
- Do not turn your back to the puck



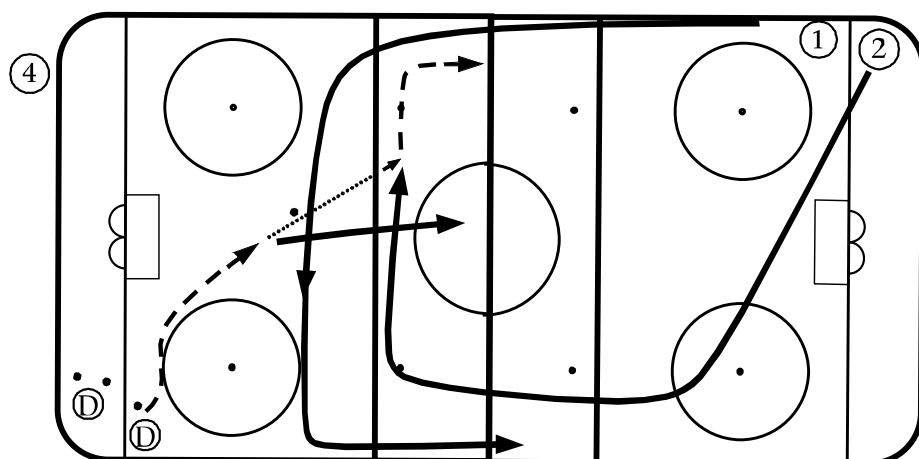
Drill — Passing

- Davos 2 on 0, 2 on 1, 1 on 0: D2 skates around the net and makes a stretch pass to 3 who goes in 1 on 0 then picks up puck and comes back 1 on 1



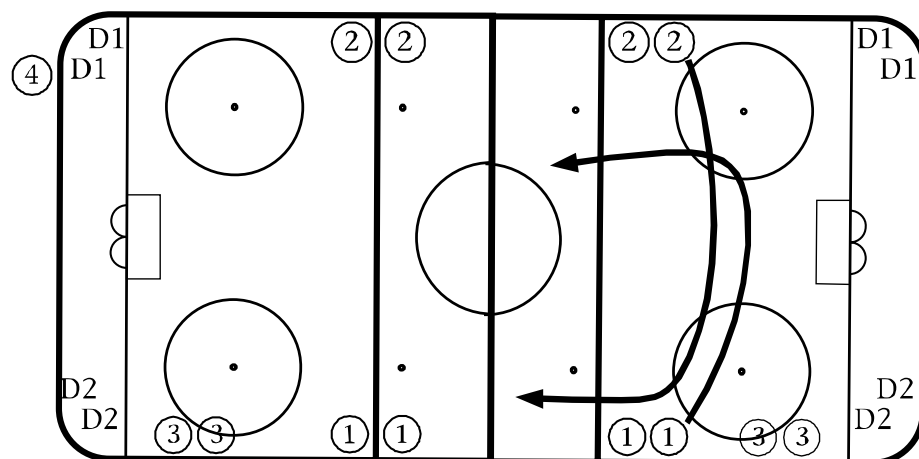
Drill — Passing

- Buffalo 3 on 0 drill: Forward 1 skates up near side forward 2 goes up far side, either forward 1 or forward 2 receives pass from defenseman who joins in the attack



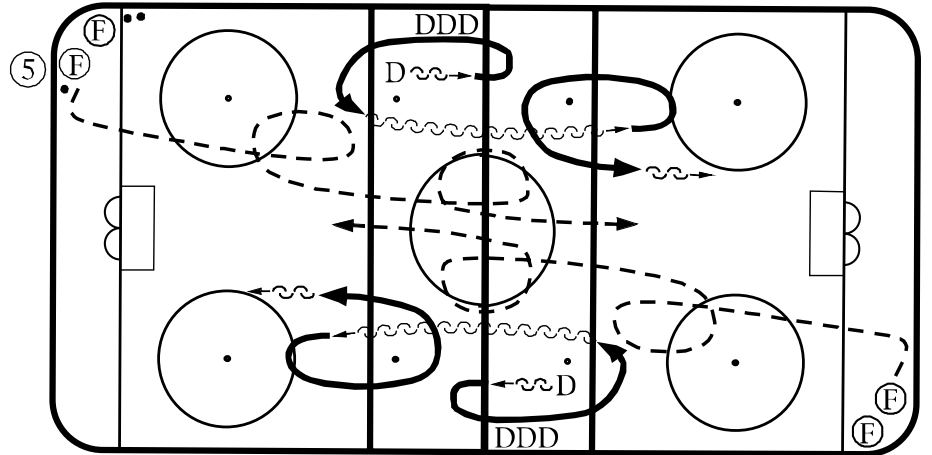
Drill — Passing

- Davos - both ways



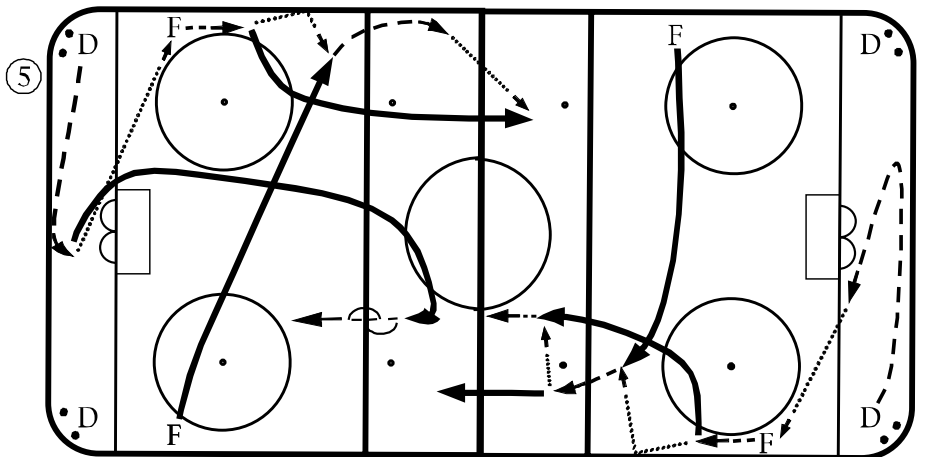
Drill — Skating

- 1 on 1 loop de loop: forward with the puck goes 1 on 1 against defenseman, on whistle forward turns and skates a circle, defenseman skates forward, and then pivots backward
- Gap control
- Coach blows whistle two or three times



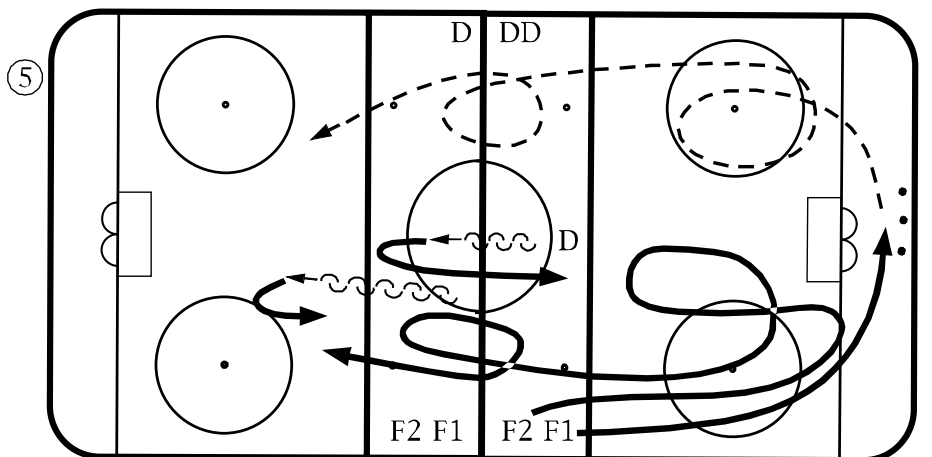
Drill — Skating

- Hornets 2 on 1, second forward comes across ice for board pass and two forwards go down ice for 2 on 1
- Defenseman plays 2 on 1 from opposite end



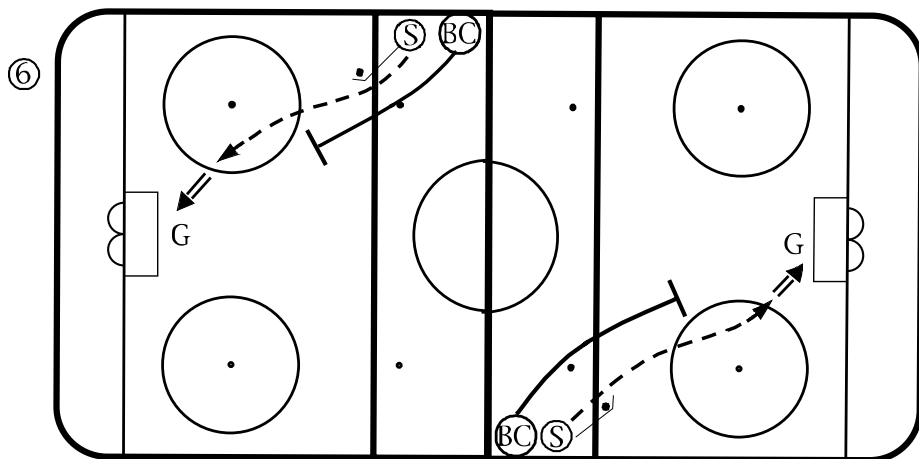
Drill — Skating

- 2 on 1 loop de loop: same as above
- Defenseman – gap control



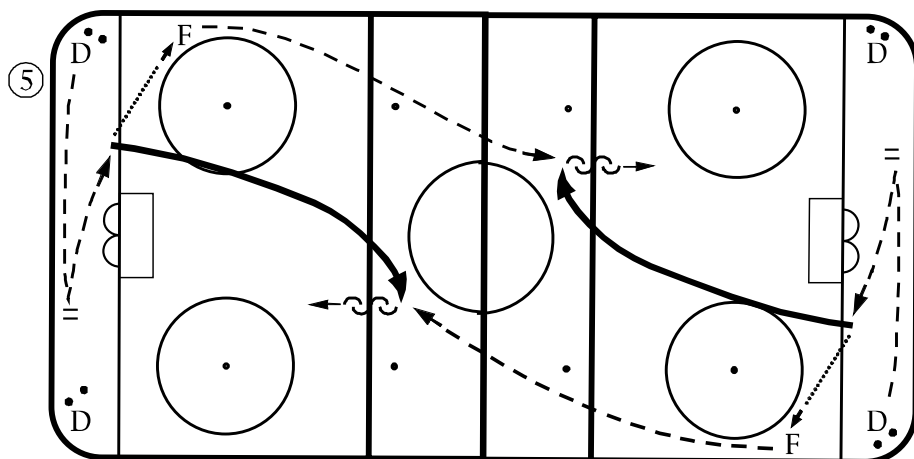
Drill — Showdown

- Pressure showdown - shooter goes in on goaltender with backchecker in pursuit

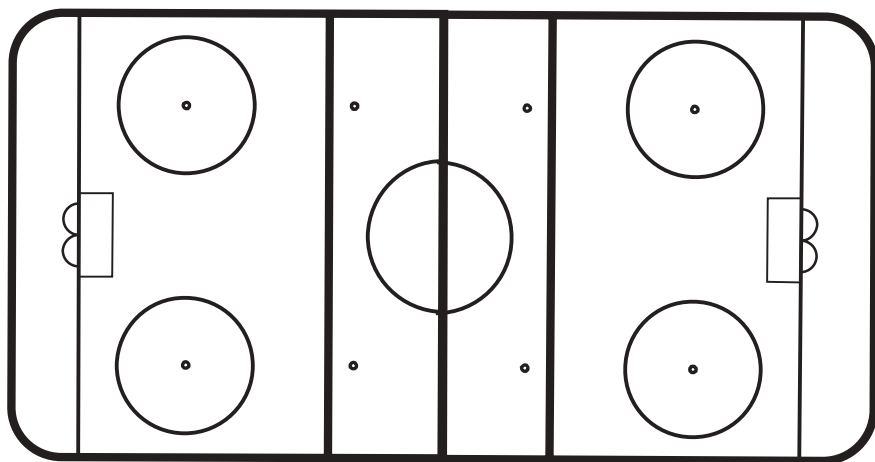


Drill — Skating

- Hornets 1 on 1: defenseman with puck does a counter breakout and passes to forward along the boards, the forward skates down the ice for a 1 on 1, who has done the same thing at the other end
- Defenseman plays 1 on 1 from opposite end

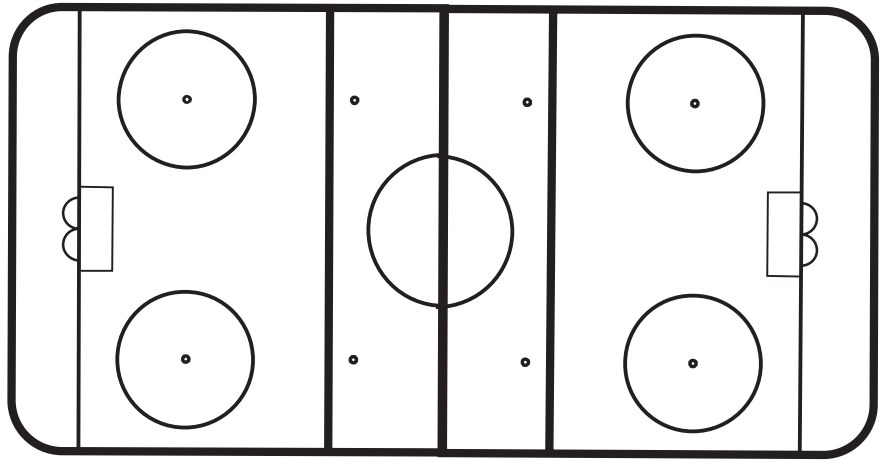


Description _____



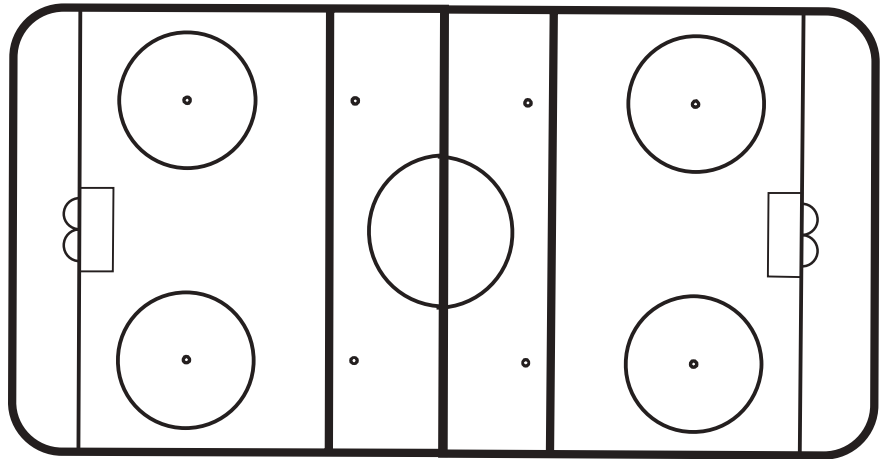
Notes/Comments _____

Description _____



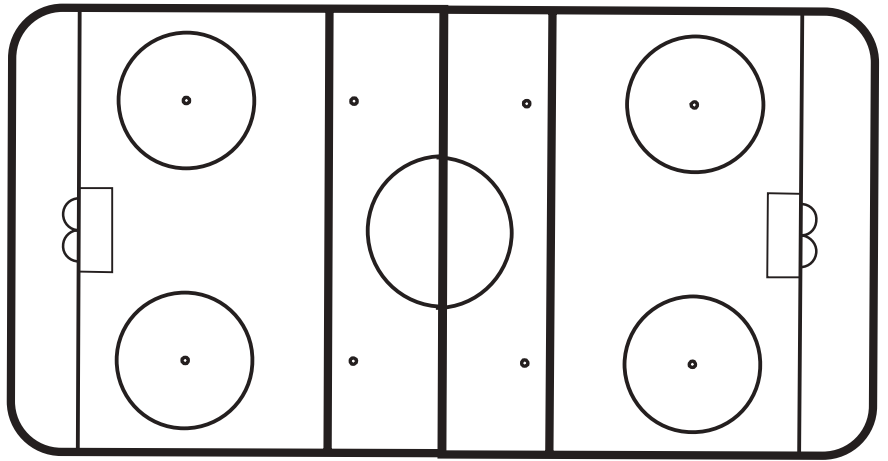
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