

Hockey Practice Plan

Objectives: Down low in defensive end - pack it in tight.

Date: _____

Practice: #14

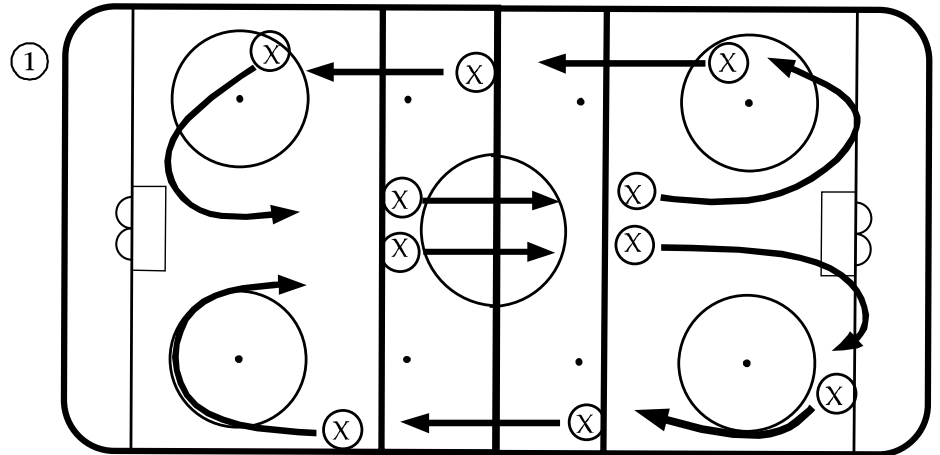
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input type="checkbox"/> Puck Control	<input 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 checked="" 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 checked="" type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Face-offs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	On own
5 mins.	1. Butterfly stretches: in and outs, S-drill, hurdler, ostrich, Big C, continuous crossovers, sprints, blue to red, blue to blue, forward and backward	Slow and easy
10 mins.	2. Puckhandling: width wise - push puck - puckhandle skating backward, skating crossovers, skating stepouts, skating with puck backward then skating forward, skating with puck doing escapes	Heads up
5 mins.	3. Shooting: board shooting by forwards, defensemen, goaltender works with goaltender coach, defensemen shooting half ice, forwards shooting half ice	Hit the net
10 mins.	4. 1 on 1 down low out of corner, 2 on 1 down low out of corner, 2 on 2 down low, 3 on 3 down low out of corner	Good puck protection
5 mins.	5. Around the horn pass and follow pass: give and go passing from player in deep corner to mid-board player	Tape to tape
5 mins.	6. Boston passing drill	Be a good receiver
5 mins.	7. Breakout - attack - setup defense against two forecheckers	
10 mins.	8. Team showdown	Fun

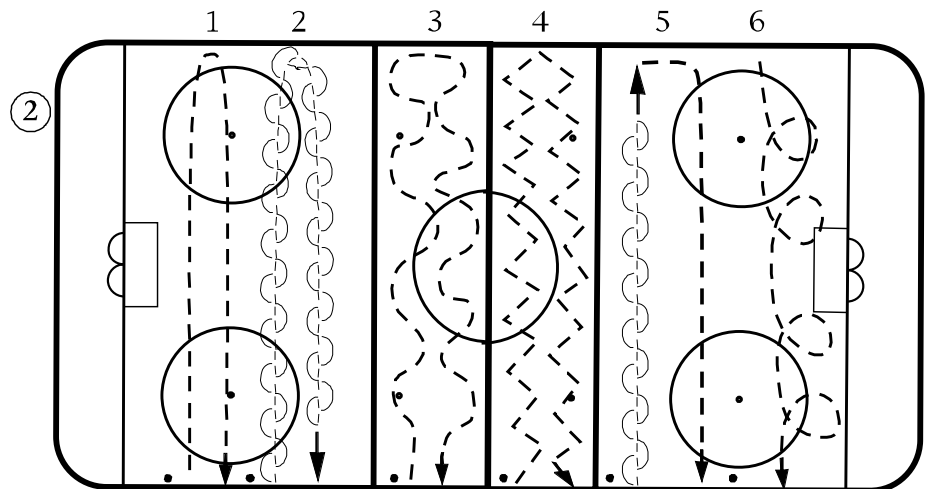
Drill — Stretching

- Butterfly stretches: in and outs, S-drill, hurdler, ostrich, Big C, continuous crossovers, sprint blue to red - blue to blue, forward and backward



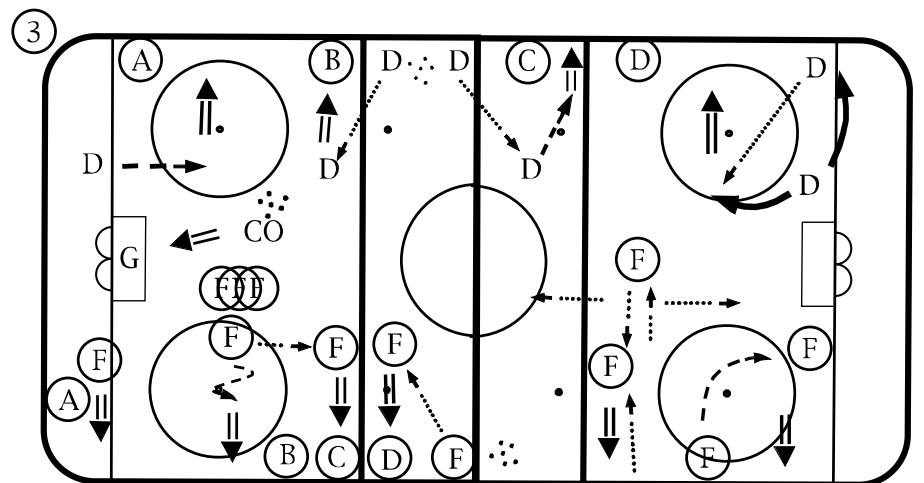
Drill — Puckhandling

- Push puck over and back
- Skate backward handling puck
- Puckhandle doing crossovers
- Four stride right angle step-outs, puckhandle backward then forward
- With puck escapes



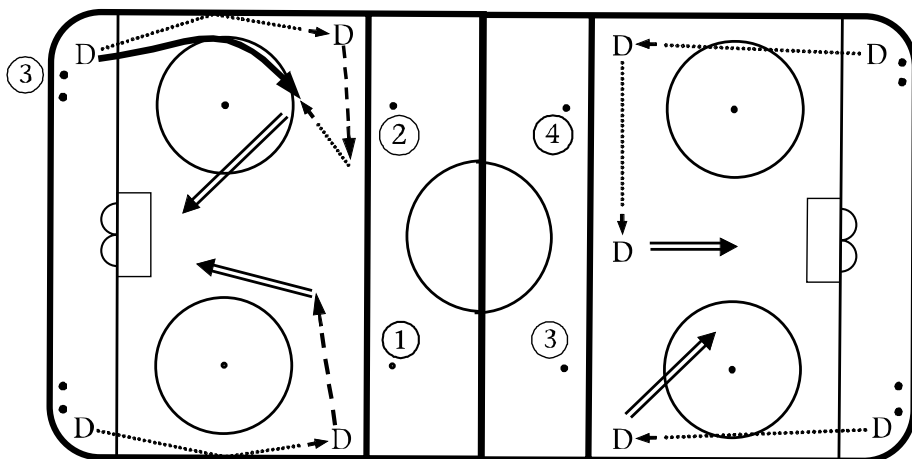
Drill — Shooting

- On board shooting: defense shoot drag shot, shoot off of pass, passout-drag shot, pass-return-pass drag shot, forward sweep shot, moving sweep shot, pull in shoot, shoot off pass, pull back shot, counter shooting



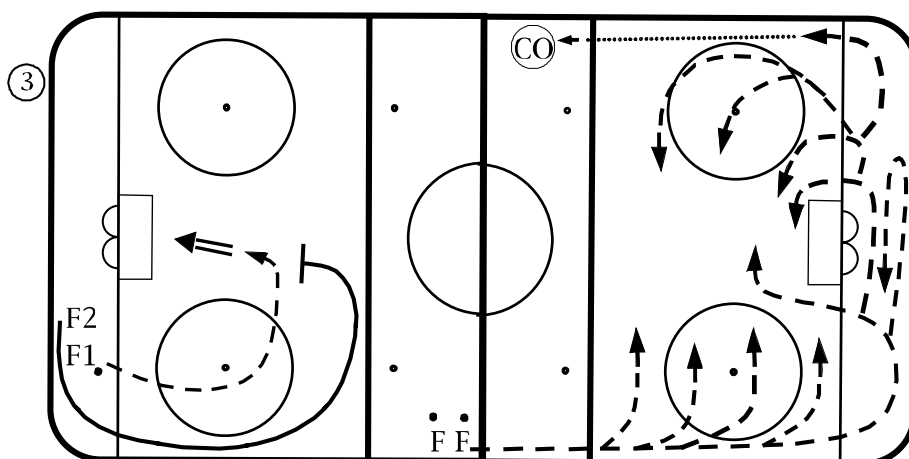
Drill — Shooting

- Defense shooting
- Hit the net
- Move puck quickly
- Quick release



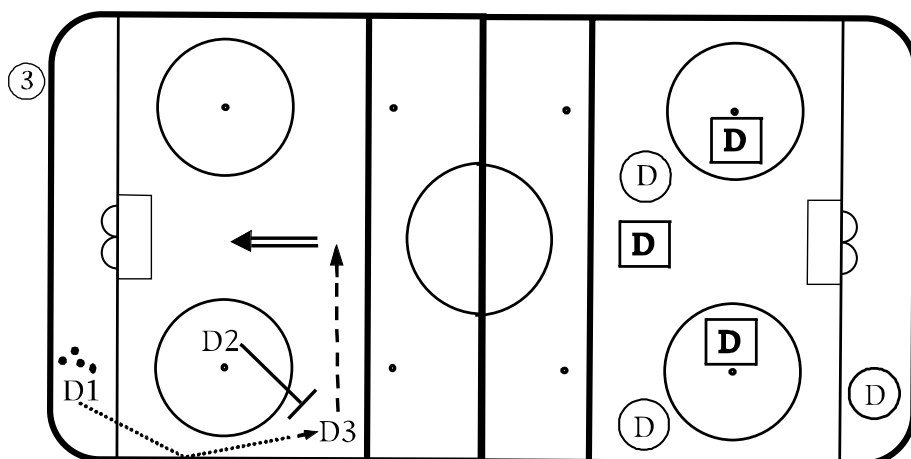
Drill — Shooting

- Forward with fast feet skates around face-off dot and shoots, F2 skates behind by 30 feet and goes for rebound
- Skate with puck and shoot in stride
- Take a different angle every time



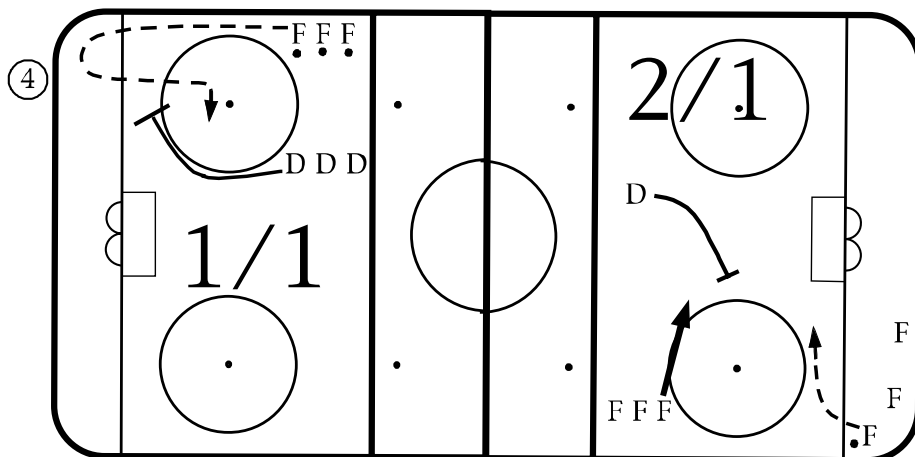
Drill — Shooting

- Defense: 1, 2, 3 blocking shots and evading blocker
- Defense: slot coverage - 3 on 3 all with defensemen



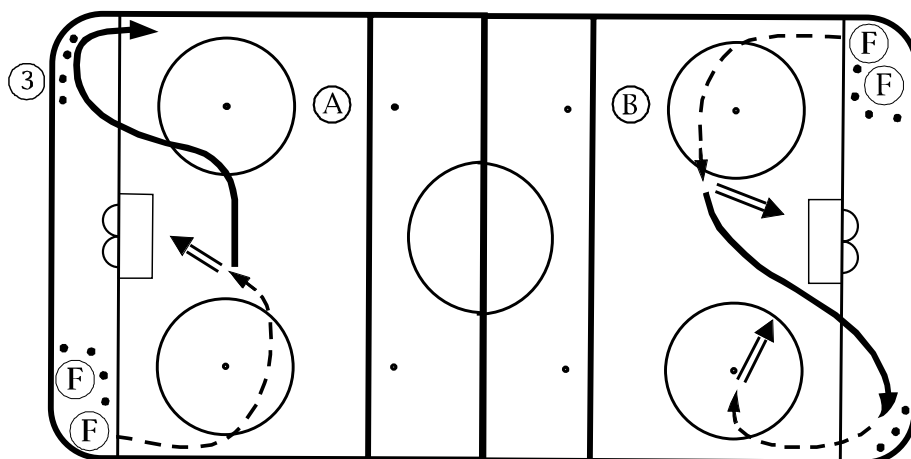
Drill — Skating

- 1 on 1 down low out of corner
- 2 on 1 down low out of corner



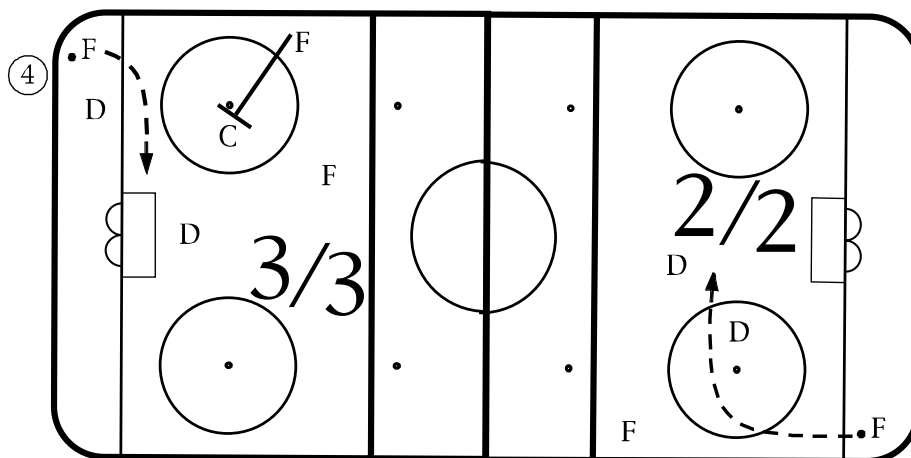
Drill — Shooting

- Forwards: curl around face-off dot and shoot on net
- Double curl, double shot



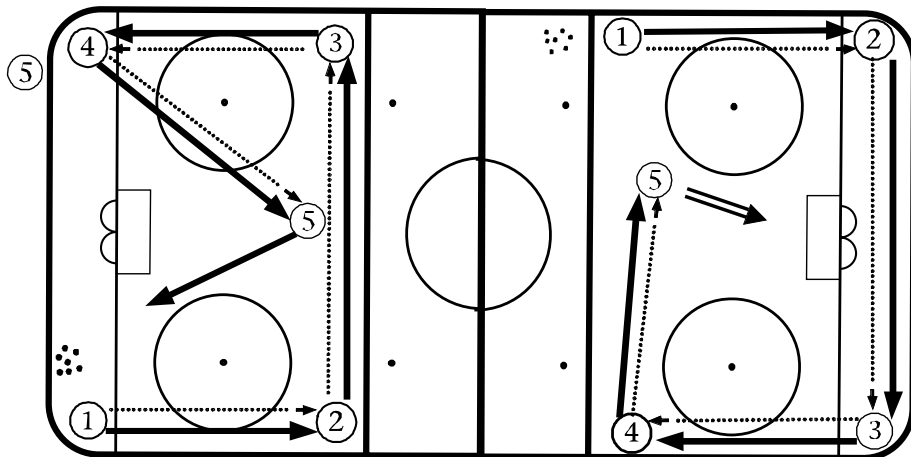
Drill — Skating

- 3 on 3 down low out of corner
- 2 on 2 down low out of corner



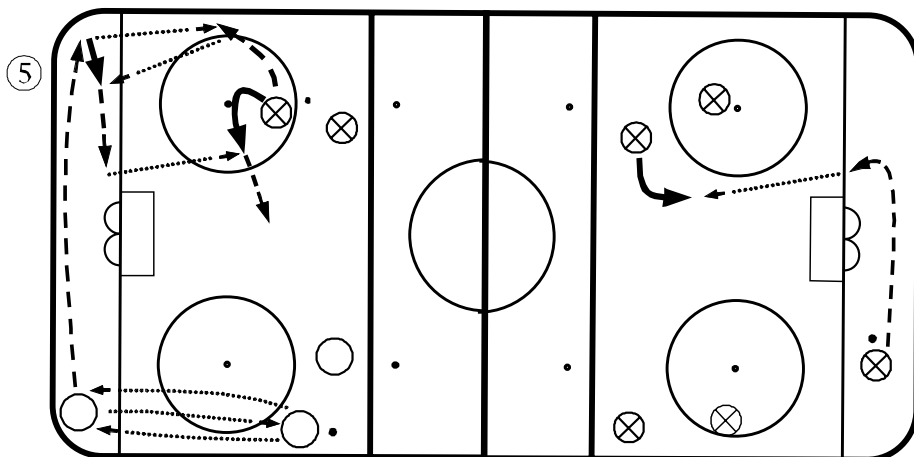
Drill — Passing

- Around the horn - pass and follow pass
- Player #5 shoots on goal



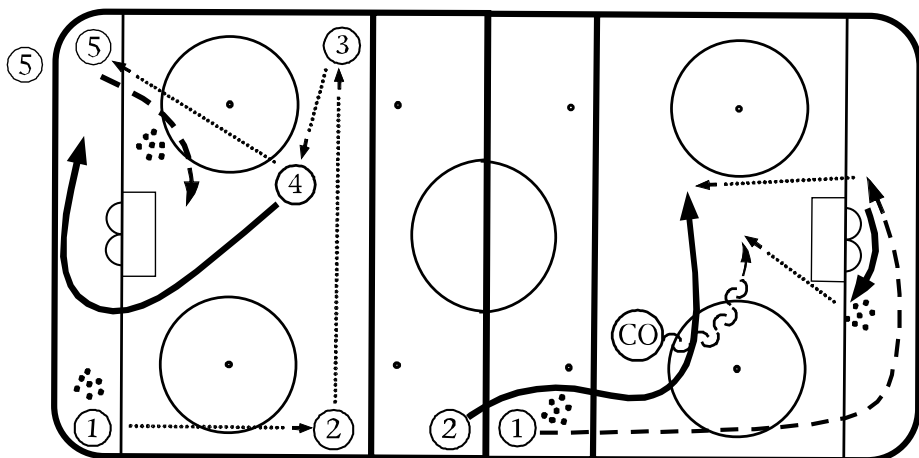
Drill — Passing

- Three pass down-up-down, carry around, three pass up-down-up
- Pass-out or carry



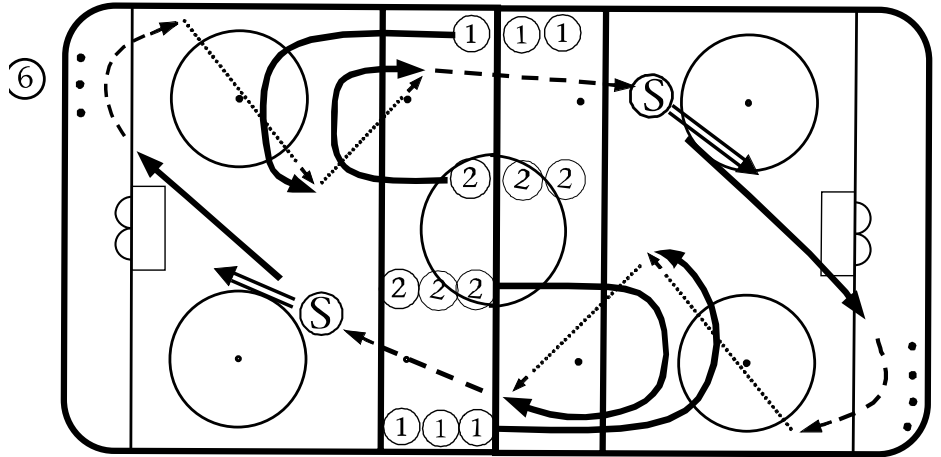
Drill — Passing

- Around the horn with walk-out.
- 1 carries and drives board side lane and passes out from behind net to 2, coach plays defense



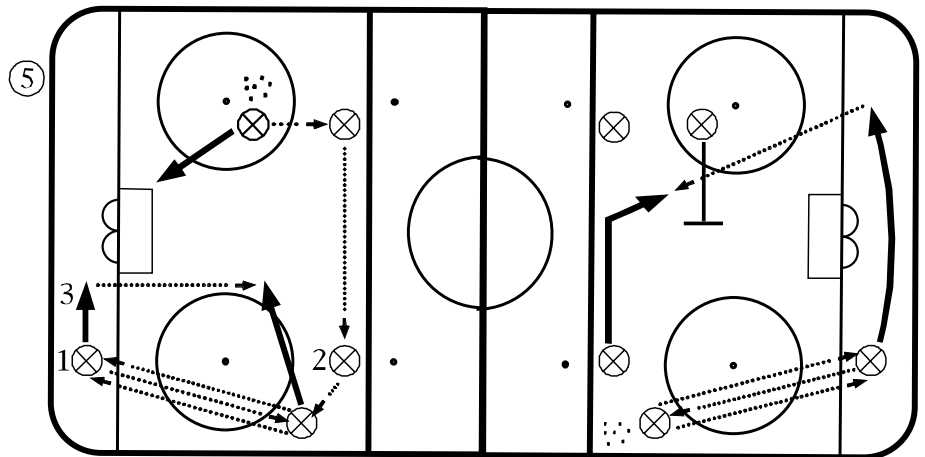
Drill — Passing

- Shooter starts and skates in to top of circle, shoots, picks up puck in corner and skates up boards, passes to 1 who has curled - 1 passes to 2 who has curled, 2 is now the shooter
- Do not turn your back to the puck



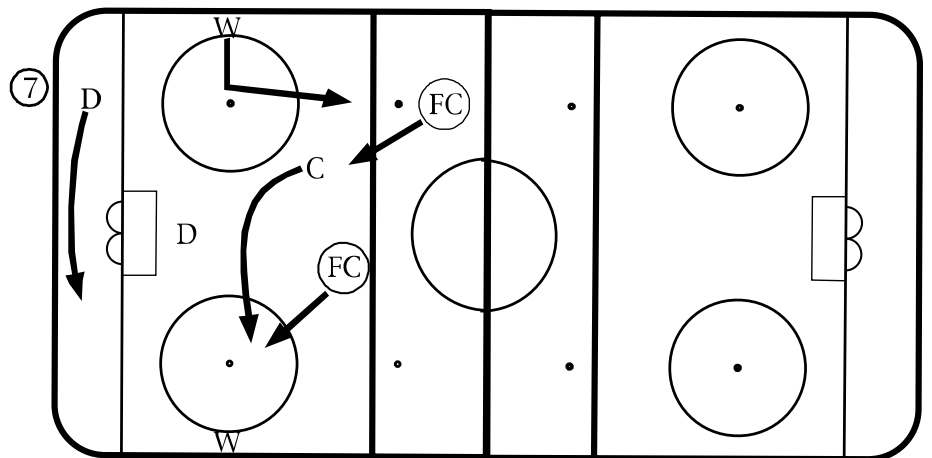
Drill — Passing

- Three pass up-down-up
- Three pass down-up-down-around



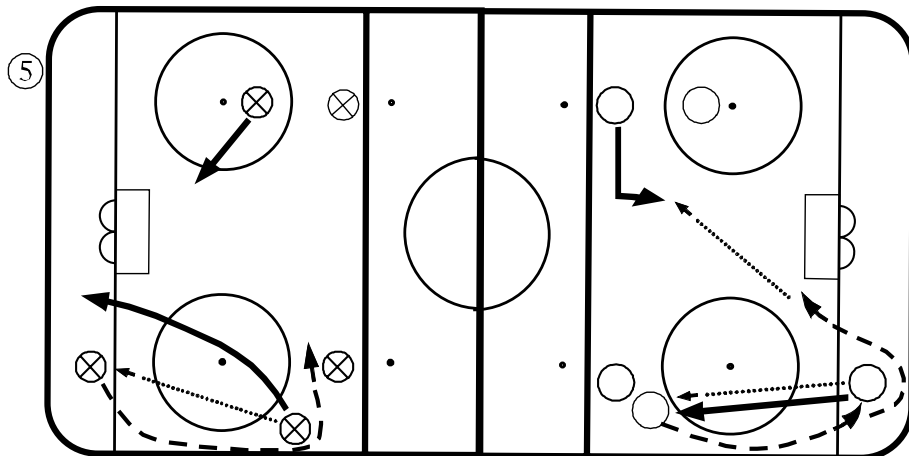
Drill — Skating

- Breakout, attack, set up offense, against two forecheckers

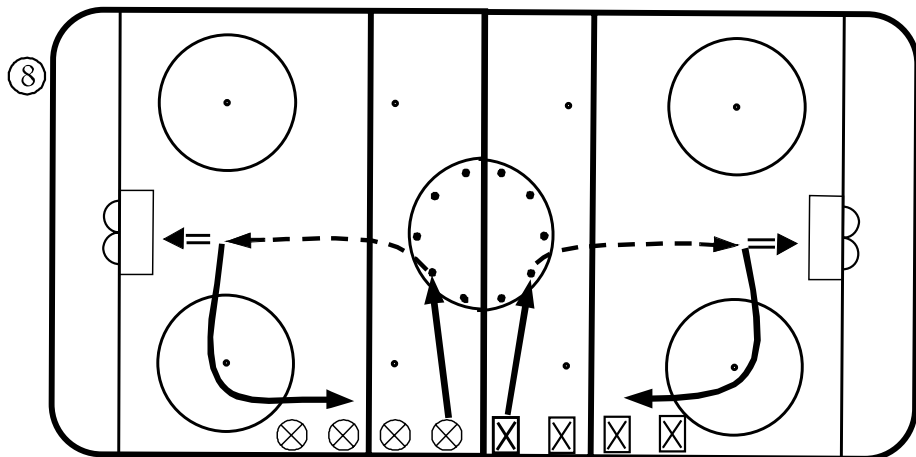


Drill — Puckhandling

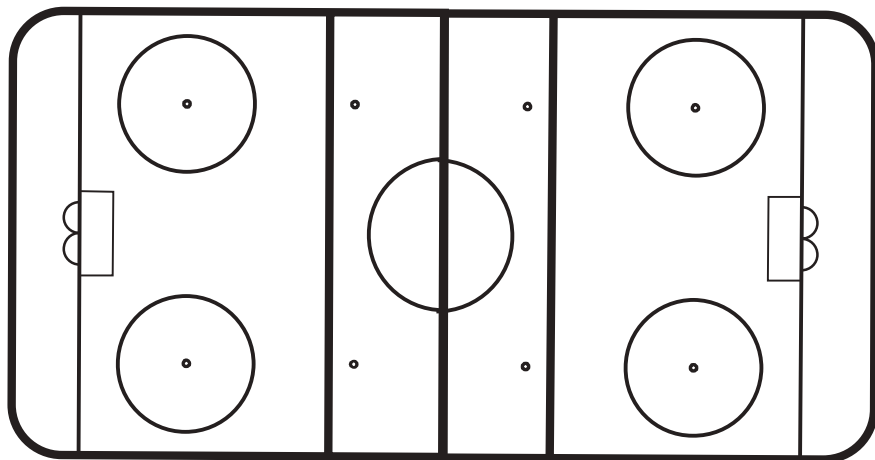
- Down - switch - carry up
- Up - switch - carry down



Drill — Team Showdown



Description _____



Notes/Comments _____
