

Hockey Practice Plan

Objectives: Practice passing.

Date: _____

Practice: #15

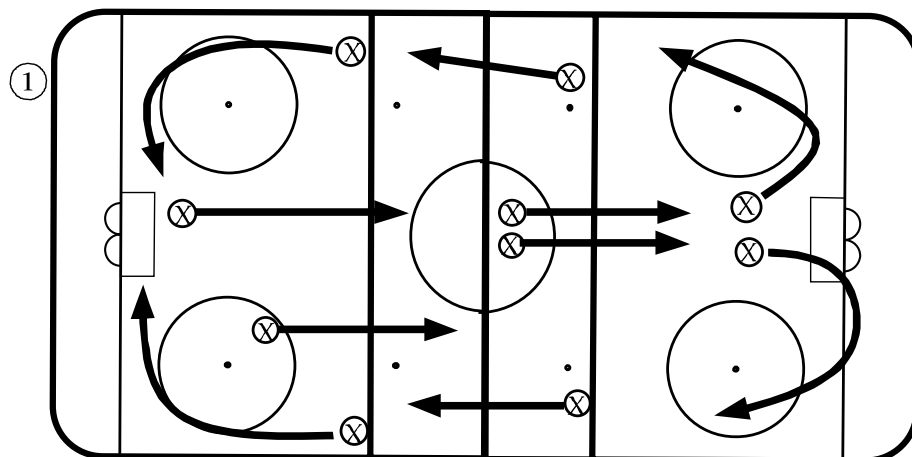
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises	Off
10 mins.	1. Butterfly stretches: in and outs, S-drill, behind back twister, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, sprints blue to red, blue to blue, forward and backward	Slow stretch
10 mins.	2. Puckhandling: peanut, jam full ice, jam half ice, jam mid-zone push puck for breakaway, escapes, backward swizzles, skate two hands on stick, control turns with puck, dekes at blue-red-blue, zig-zag right angle	Quick hands
10 mins.	3. Passing/Shooting: 1 on 0 with chaser, 1 on 0 with pass, 1 on 0 with board pass, 3 on 0 with board pass, 2 on 0 breakout pass, return pass, stretch pass, pass out with tip, 12 pass lateral passing, half ice 2 on 0	Tape to tape Be a good receiver
5 mins.	4. Competition A and B	
5 mins.	5. Half ice two forwards, two defense passing: 5 on 2 half ice. Breakout, regroup, attack, full ice breakouts one way or both ways, breakout to red line with four to five passes, dump over red line, breakout from defensive positions	Gap control
15 mins.	6. Two half ice 2 on 2 or 3 on 3 scrimmages	Fun - work hard

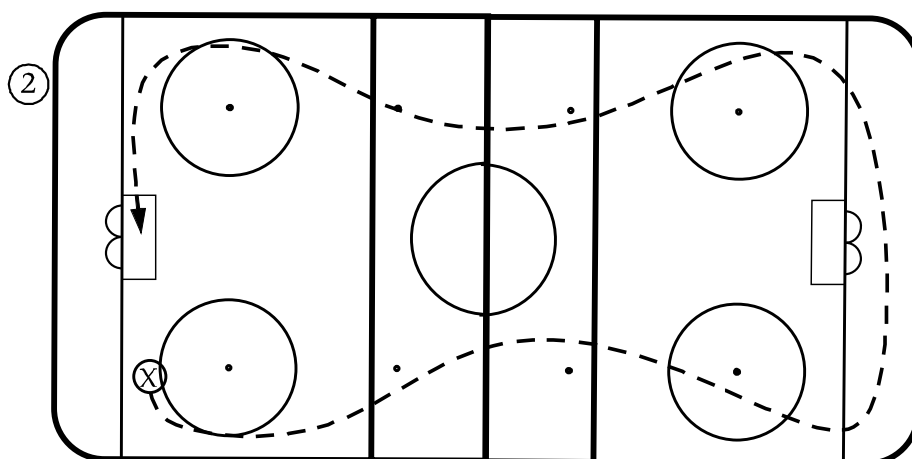
Drill — Stretching

- Butterfly stretch



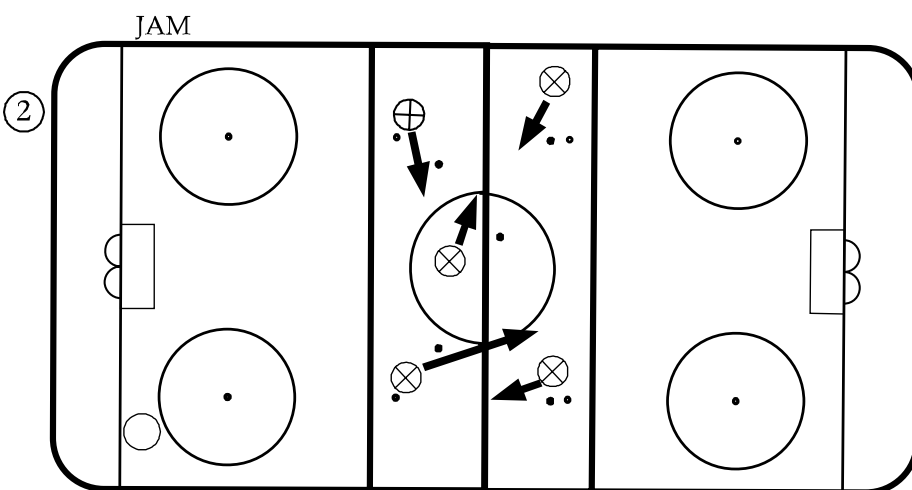
Drill — Puckhandling

- Peanut with puck forward then backward



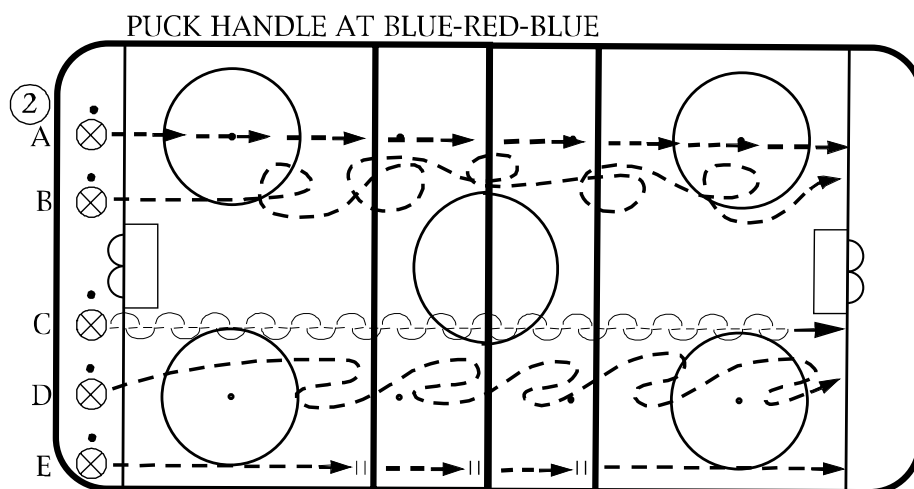
Drill — Puckhandling

- Jam - freestyle all over the rink
- Jam - 2/3 rink
- Jam the middle between blue lines - now partner goes all over rink - passing only to partner



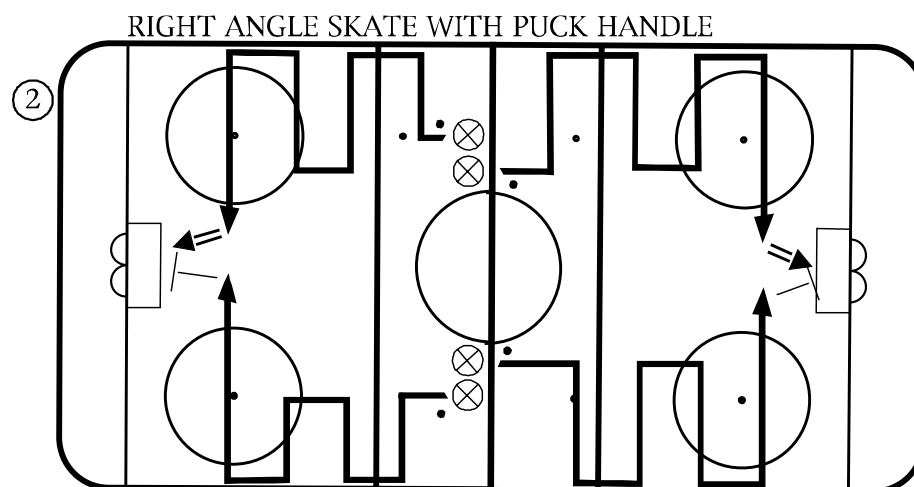
Drill — Puckhandling

- Puckhandle at blue-red-blue
- Push puck breakaway
- Escapes
- Two hands backward puckhandle
- Control turns
- Fake shot - pulls double shift



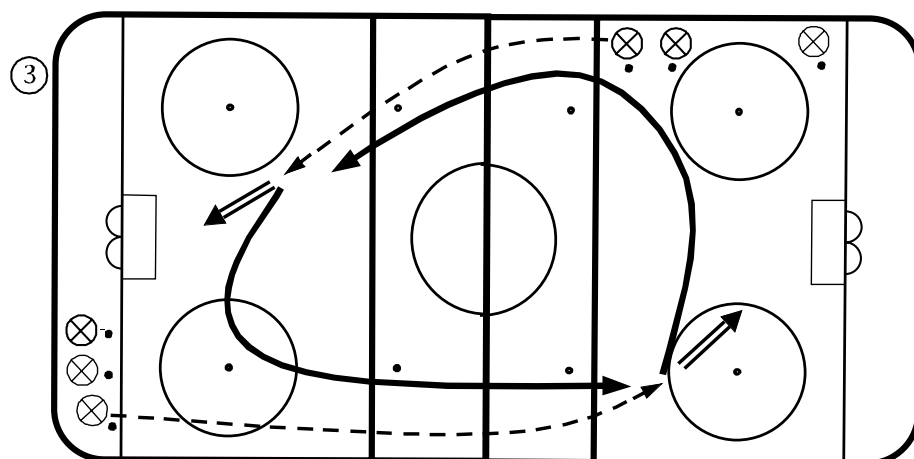
Drill — Puckhandling

- Right angle skate with puckhandling
- Zig-zag right angle puckhandle, shoot, rebound



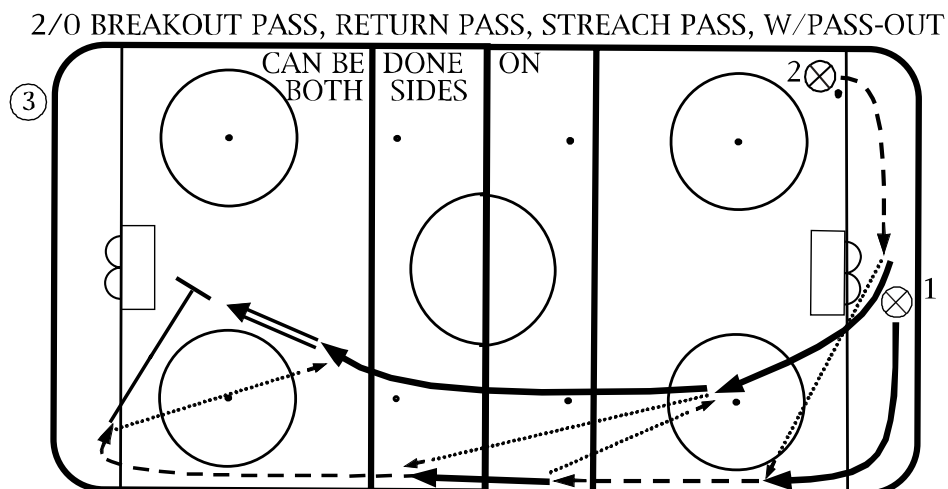
Drill — Passing and Shooting

- 1 on 0 with chaser
- Shooter becomes chaser



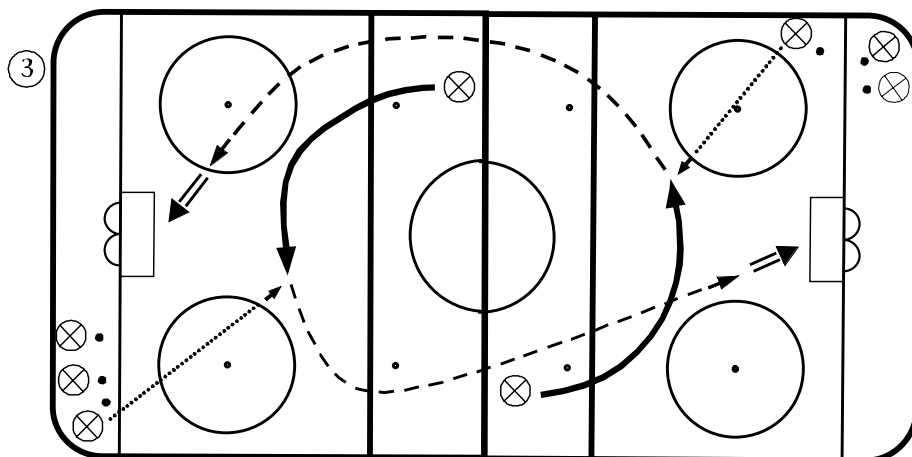
Drill — Passing and Shooting

- 2 on 0 breakout pass, return pass, stretch pass with pass out
- Two players: 1 goes, keep 30 feet between player 2 - player 2 passes to 1 at hash marks - player 1 makes return pass to 2 - player 1 skates over red line, gives good angle, receives, drive then passes back for shot on goal and look for rebound
- Can be done both sides



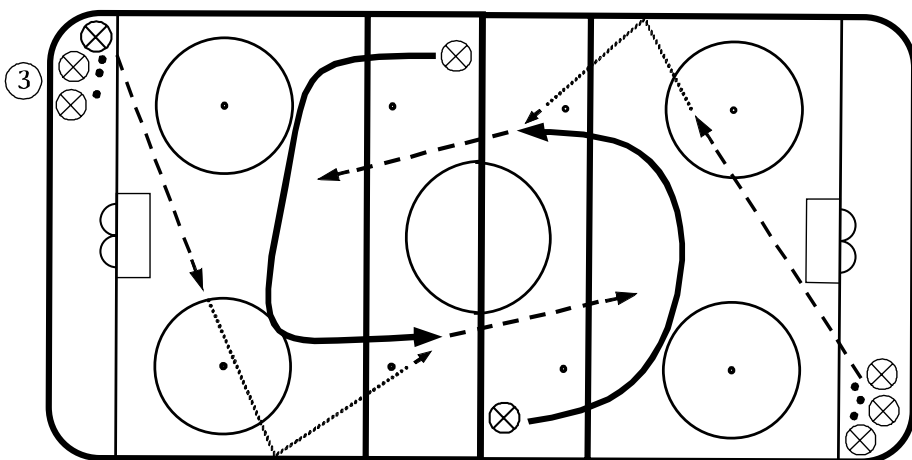
Drill — Passing

- 1 on 0 with pass



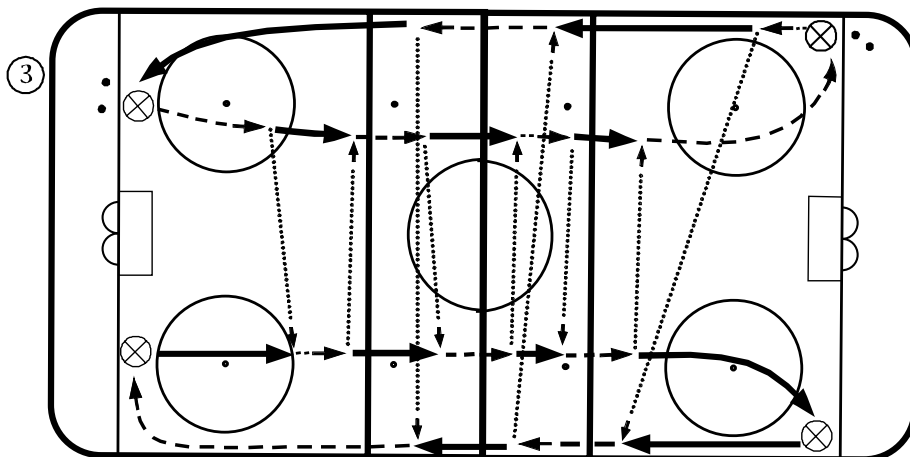
Drill — Passing

- 1 on 0 with board pass



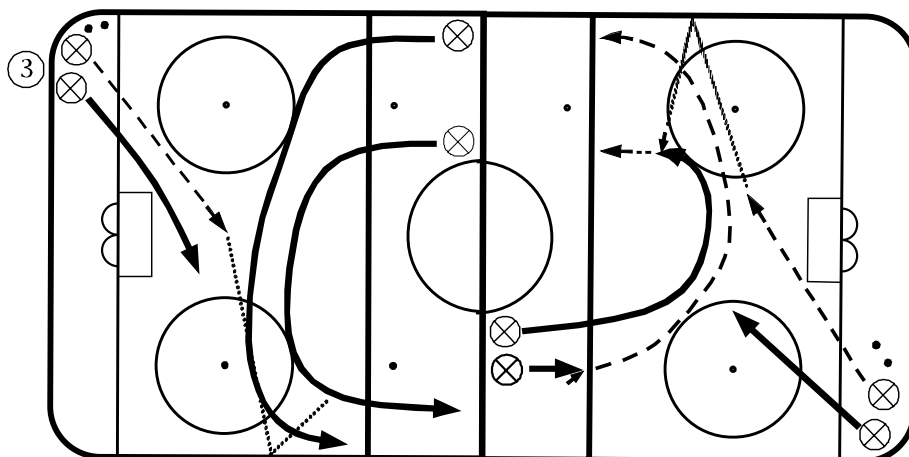
Drill — Passing

- Lateral passing - 12 pass circuit
- Passing wide and narrow



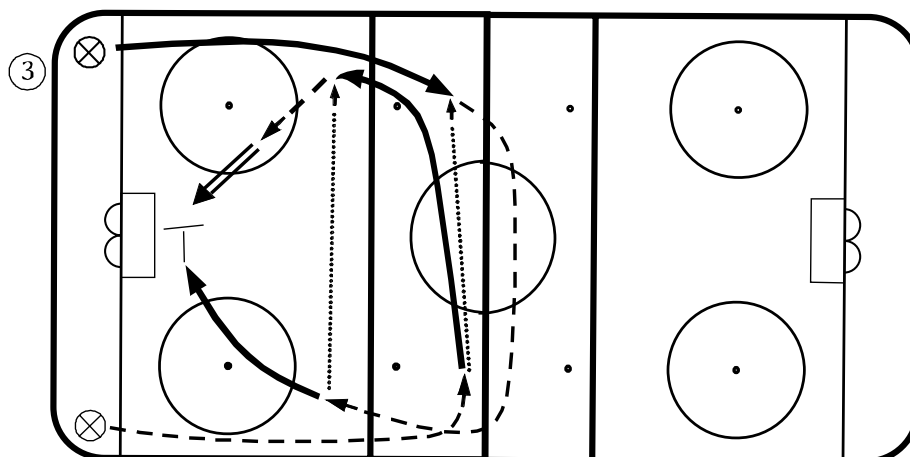
Drill — Passing

- 2 on 0 with board pass



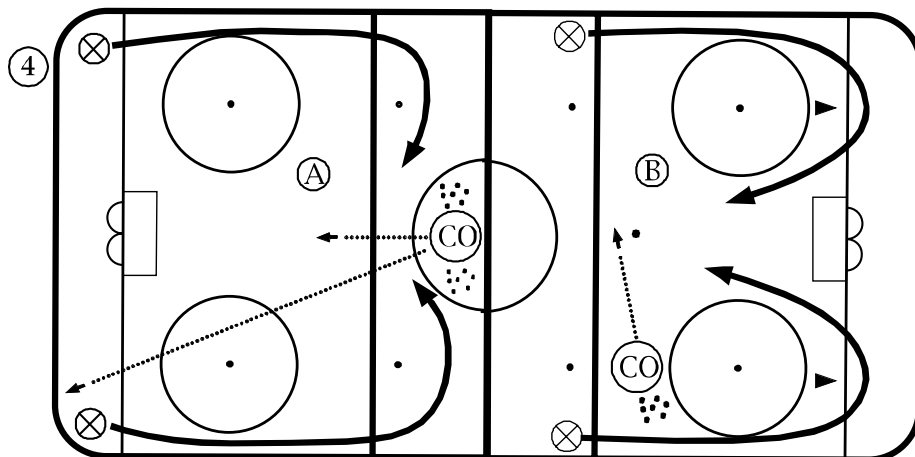
Drill — Passing

- Half ice - 2 on 0
- Players criss cross at center ice
- Players drive to net and shoot on goal
- Both players stop at net and look for rebound



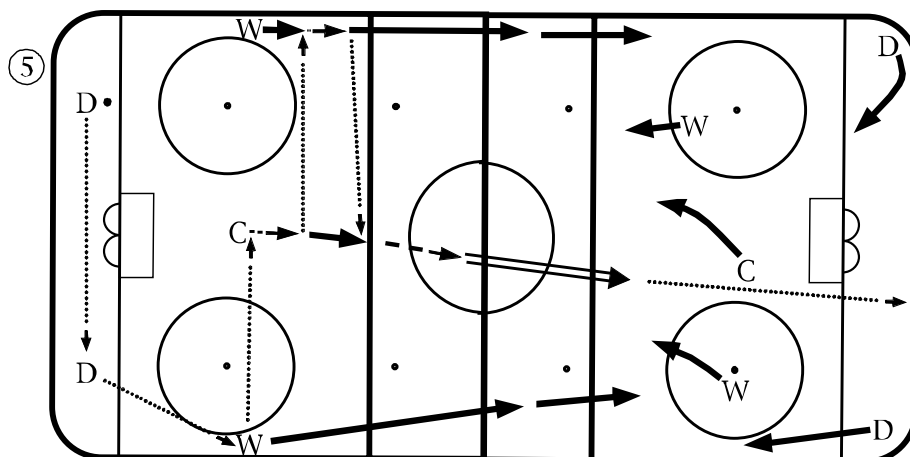
Drill — Competition

- Coach has pucks in middle circle, coach dumps puck just over blue line or in the corner - players compete for puck
- Cones at bottom of circle



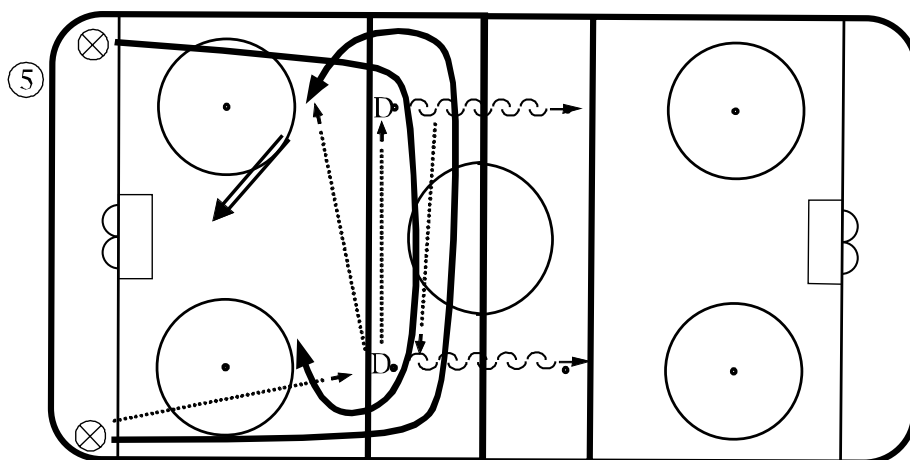
Drill — Breakout

- Alternate breakout to red line - dump in to far boards



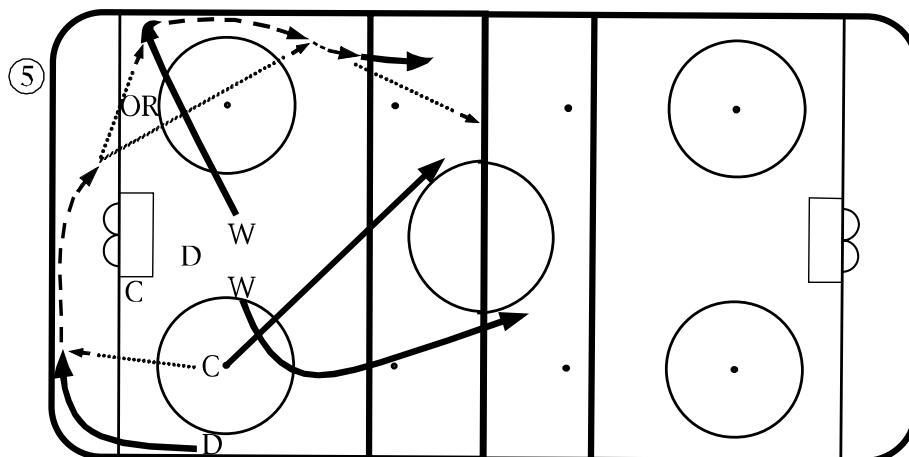
Drill — Passing

- Half ice - two forwards passing, two defensemen passing while skating backwards



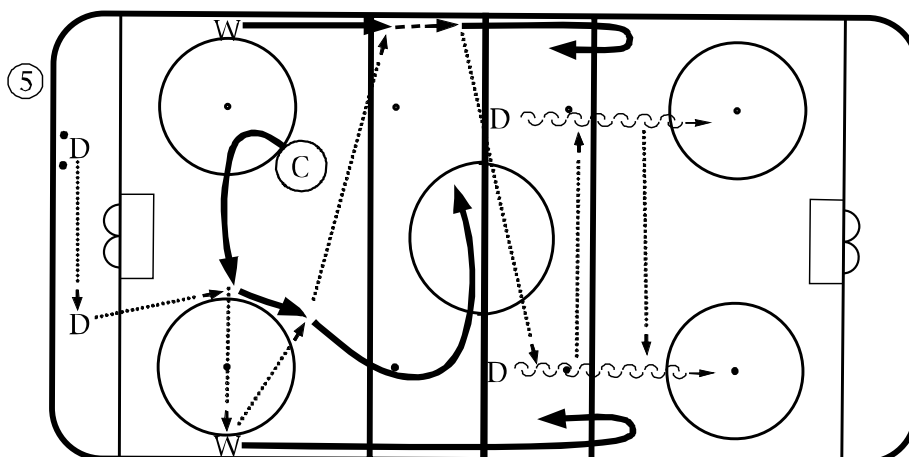
Drill — Breakout

- Breakout from defensive face-off position



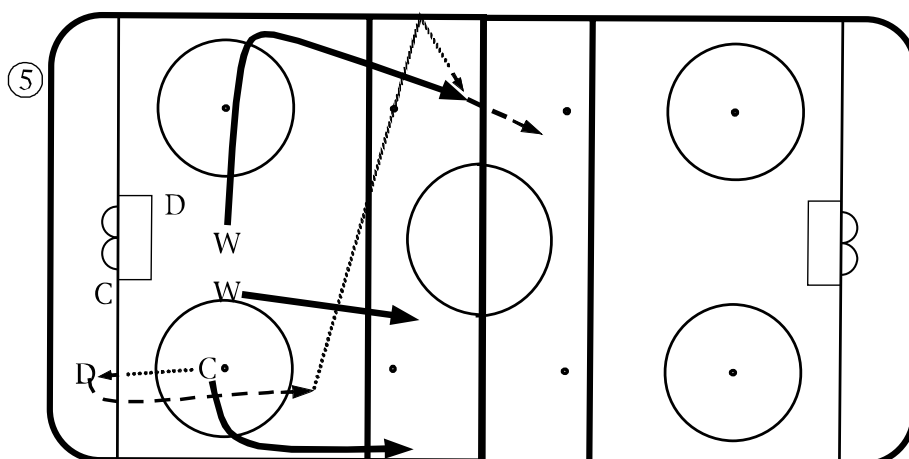
Drill — Breakout

- 5 on 2 half ice - 5 on 0 breakout - pass at blue line to far defenseman at second blue line, fill the lanes or regroup in neutral zone for pass from defenseman, then attack 3 on 2

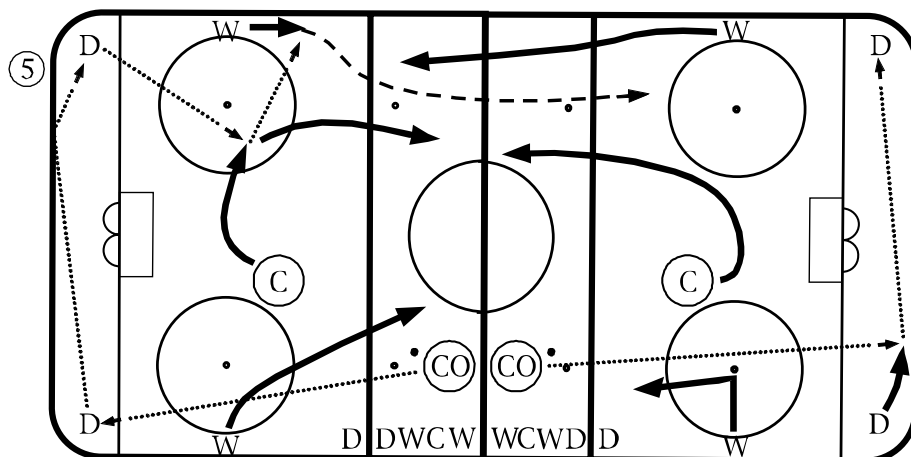


Drill — Breakout

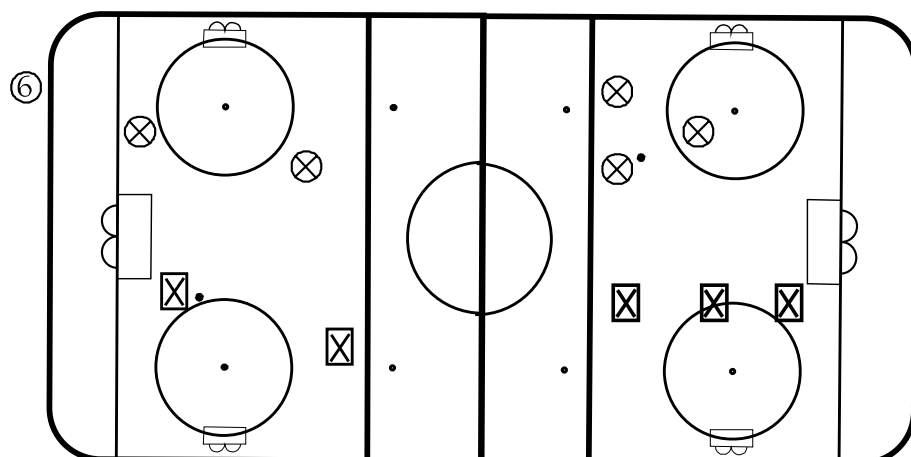
- Breakout from defensive face-off position



- Both ways: run all breakouts the players know. Two coaches dump pucks to opposite end of rinks. Groups of five breakout of each end. Can alternate breakouts or at the same time. When entering offensive zone, do play option.



- Two half ice scrimmages - 2 on 2 and 3 on 3

[illegible]