

# Hockey Practice Plan

**Objectives:** Offensive skills with high tempo.

**Date:** \_\_\_\_\_

**Practice:** #16

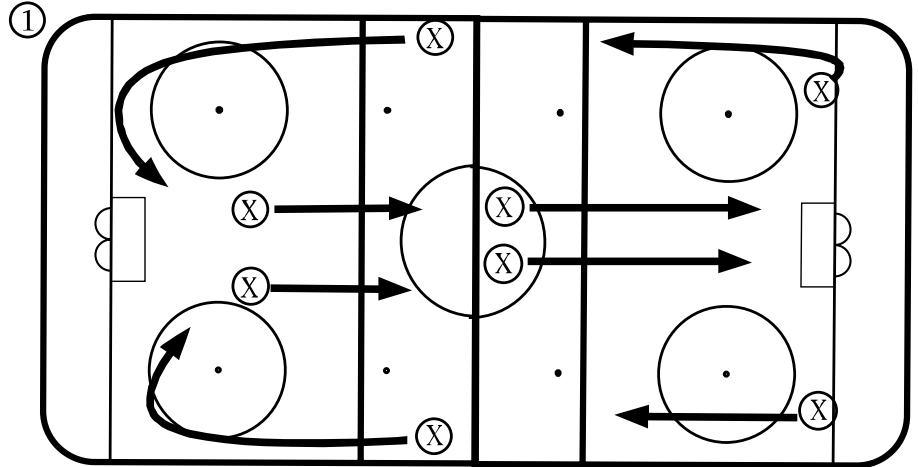
**Level:** 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	On your own
5 mins.	1. Butterfly stretches - hurdler, ostrich, touch ice with stick, stick behind back twister, in and outs, S-drill, continuous crossovers, on whistle control turns toward boards, sprint forward then backward between blue lines, blue to red, blue to blue	Slow and easy
5 mins.	2. Puckhandling: stationary, circles, Figure 8, side to side, forward to backward L pull, T pull, yo-yo, peanut, middle circle Figure 8, Olympic four man stickhandle	Quick hands Protect the puck
5 mins.	3. Olympic four man pass, circle pass, all over partner pass	Tape to tape
5 mins.	4. Half ice give and go pass, shoot, pass to forehand shoot, one on one tip, 3 on 0 around net weave	Good flow
5 mins.	5. Five pass dump, breakout variety	Read and react
5 mins.	6. Regroup - regroup attack - regroup scramble	Quick transition
5 mins.	7. face-off: offense, neutral zone, defensive zone	
5 mins.	8. Forward: 3 on 1 cycle, defense, breakout options, shoot and shot blocking	Compete hard
15 mins.	9. 3 on 3 full ice scrimmage	Fun

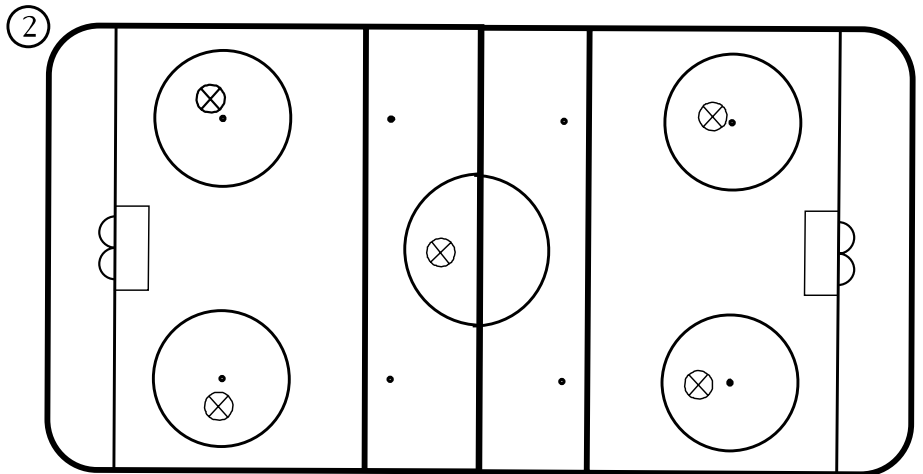
## Drill — Warm Up

- Butterfly warm up stretch: hurdler, ostrich, touch ice with stick straight knees, stick behind back twister, in and outs, S-drill, continuous crossovers, on whistle control turn to boards, sprints forward and backward between blue lines, blue to red sprints, blue to blue sprints



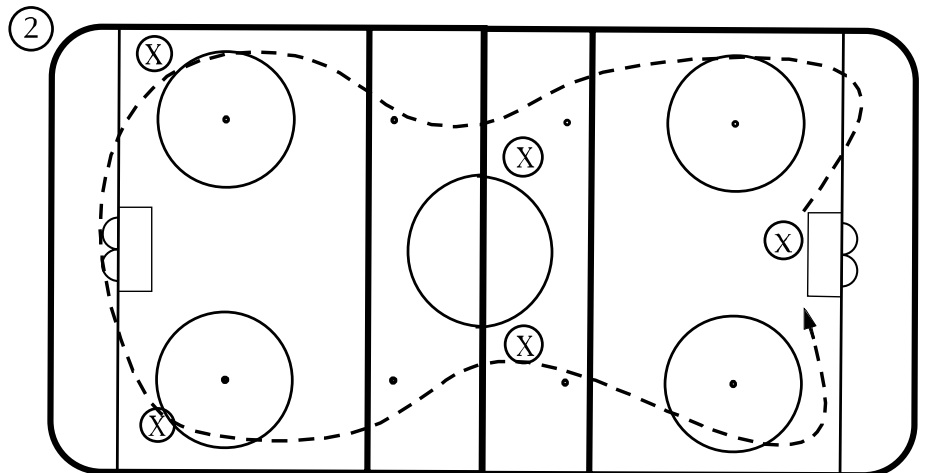
## Drill — Puckhandling

- Stationary, circles, Figure 8, side to side, forward to backward, L pulls, T pulls, yo-yo, forward to backward



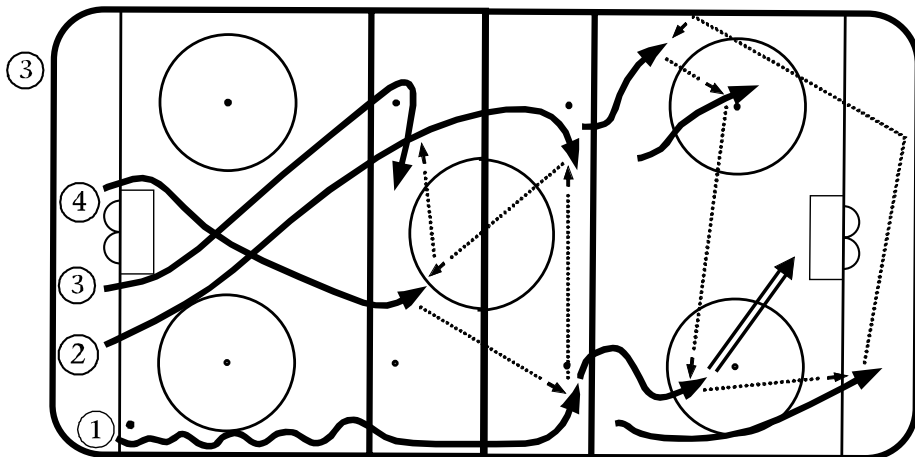
## Drill — Puckhandling

- Peanut forward, backward with puck



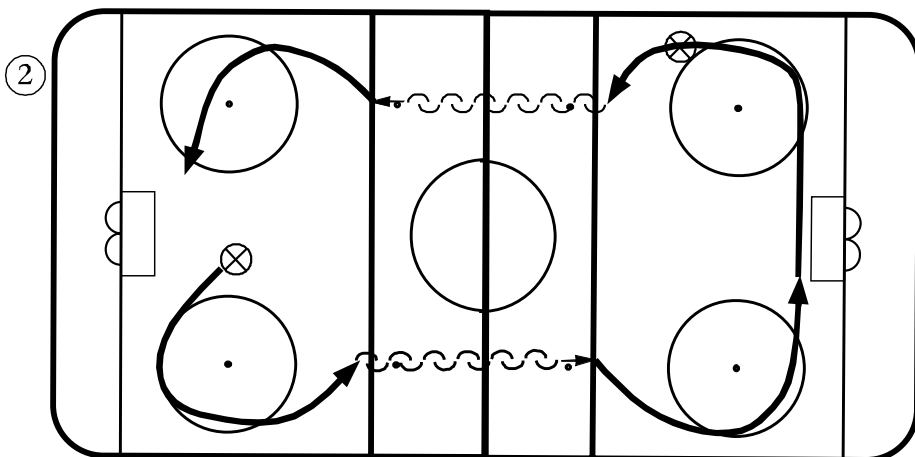
## Drill — Passing/Shooting

- Olympic Four Player Pass
- Four players go with one puck to the neutral zone and pass. All players have chest toward the puck, then all drive the net - pass and shoot on goal, looking for a rebound



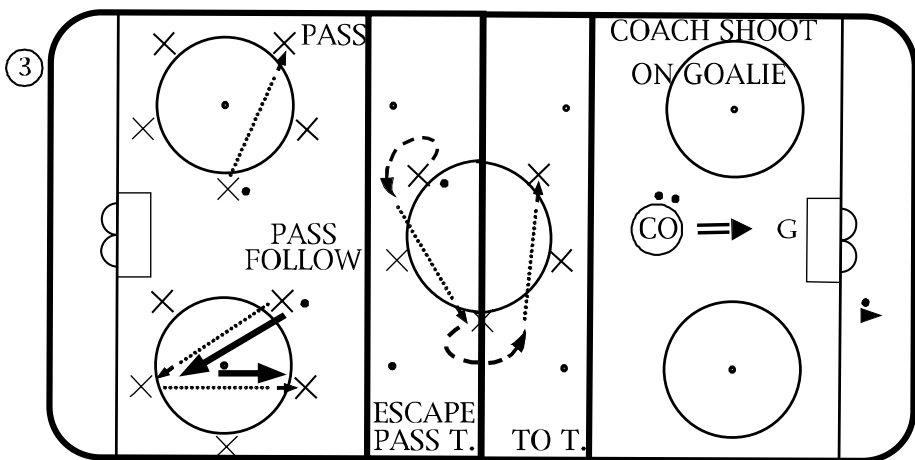
## Drill — Puckhandling

- Peanut Drill
- Backward in between blue lines



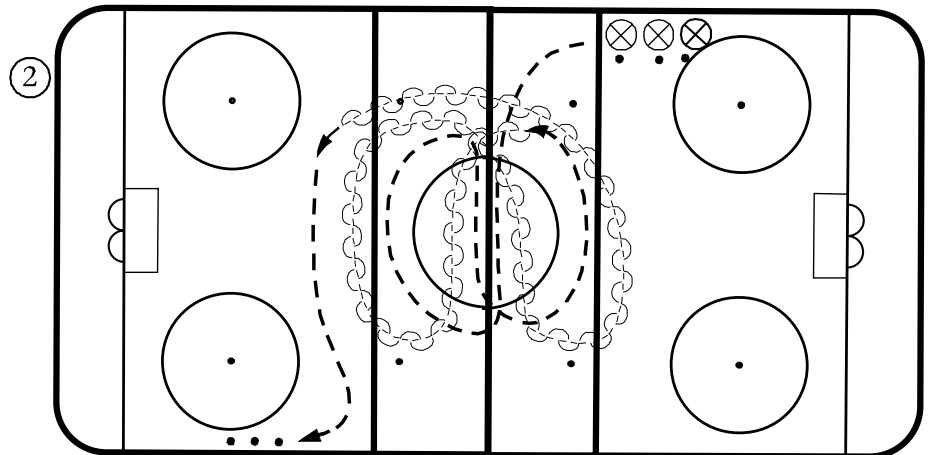
## Drill — Passing

- Five players on circle
- Pass
- Pass and follow pass
- Escape and pass tape to tape
- Coach shoots on goalie



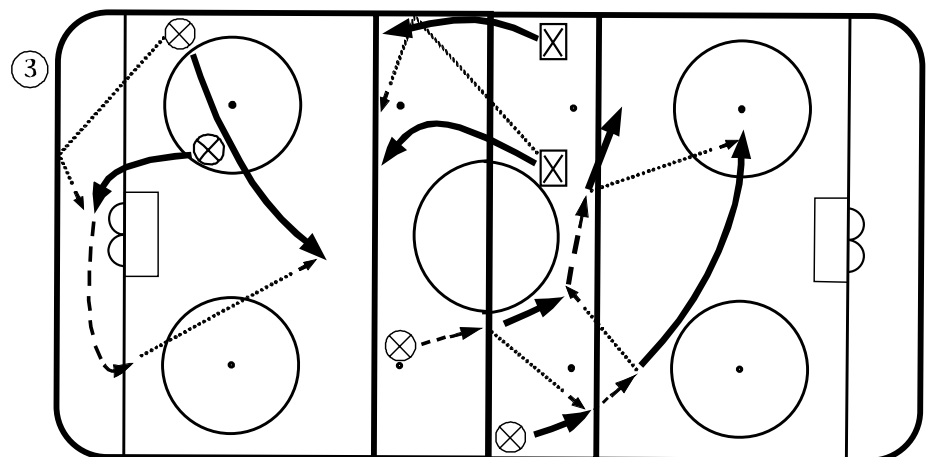
## Drill — Puckhandling

- Middle circle Figure 8 with puck forward then backward



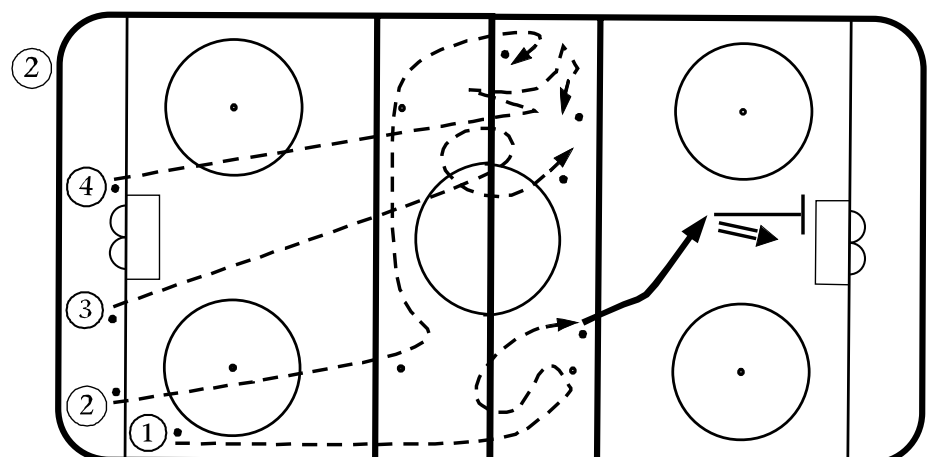
## Drill — Passing

- Pass all over ice to partner: off boards, forehand and backhand



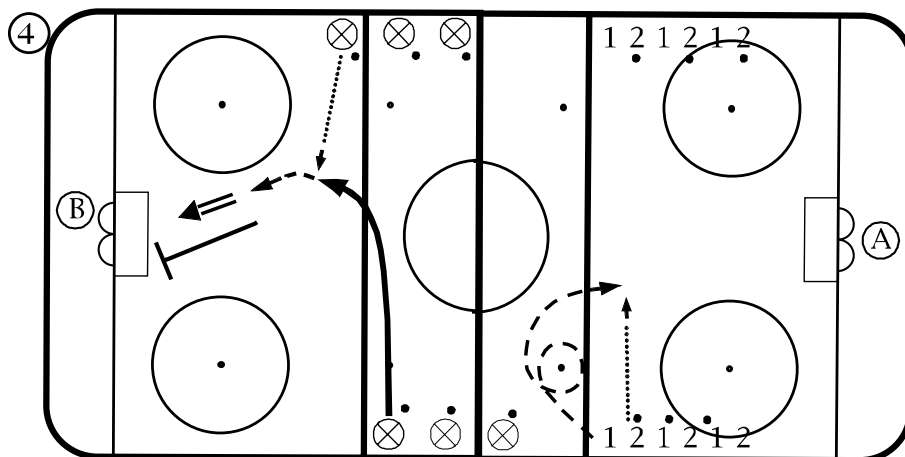
## Drill — Shooting

- Olympic Four Player Freestyle
- All players have pucks
- All players skate to neutral ice
- Player #1 shoots
- Player #2 shoots
- Player #3 shoots
- Player #4 shoots
- Look for rebound



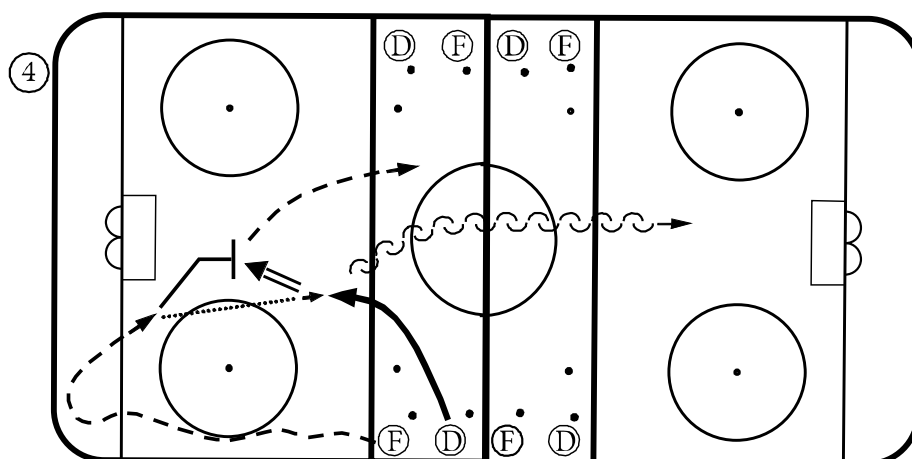
## Drill — Shooting

- Skate around dot then to middle to receive pass - wrist shot - rebound
- Alternate give and go



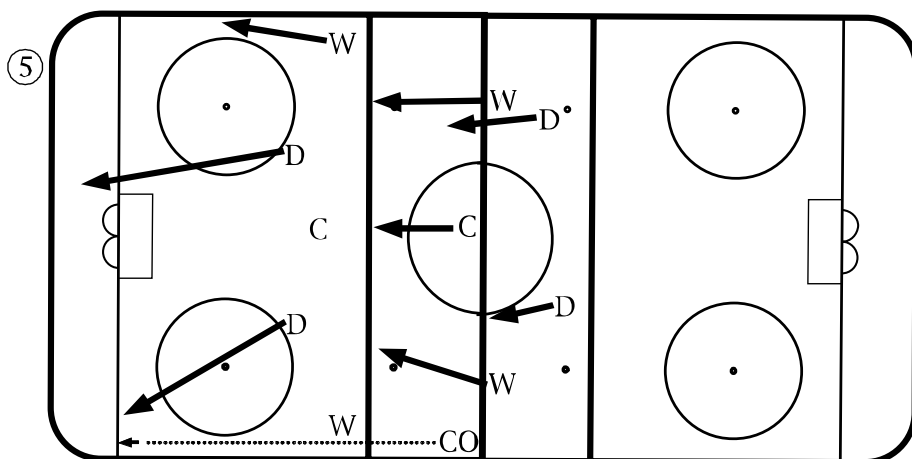
## Drill — Skating

- One way: alternate both ways
- 1 on 1: forward skates with puck to corner, pass out to defenseman who shoots, the forward looks for tip and rebound then go 1 on 1

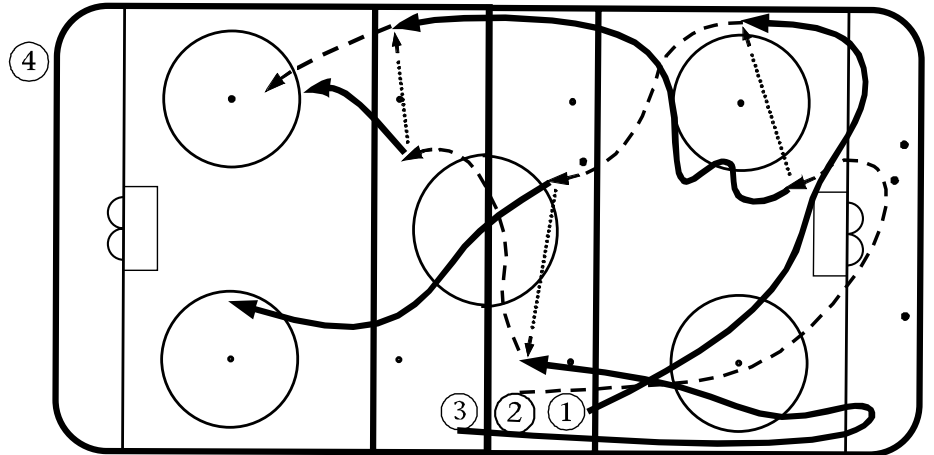


## Drill — Breakout

- 5 on 5 breakout and forecheck drill: Coach dumps the puck in the corner five players breakout and the second five forecheck: when the five breakout to the center red line, coach dumps in another puck - start sequence all over again

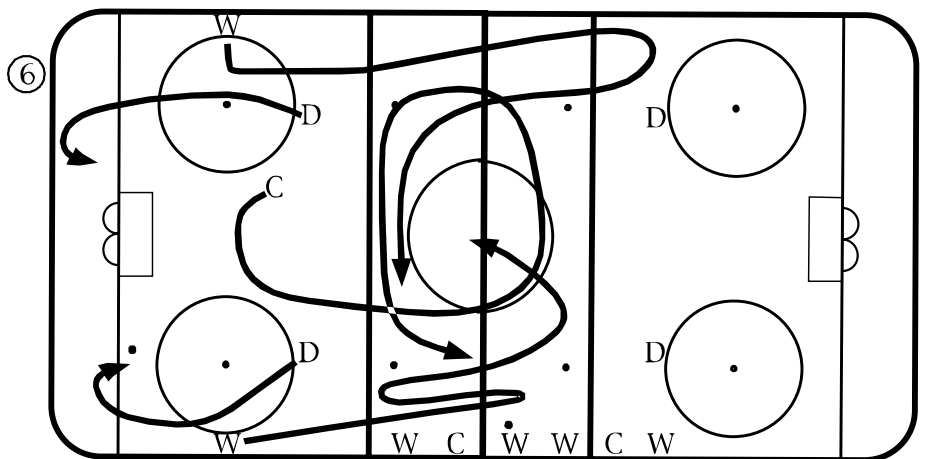


### Drill — 3 on 0 Weave



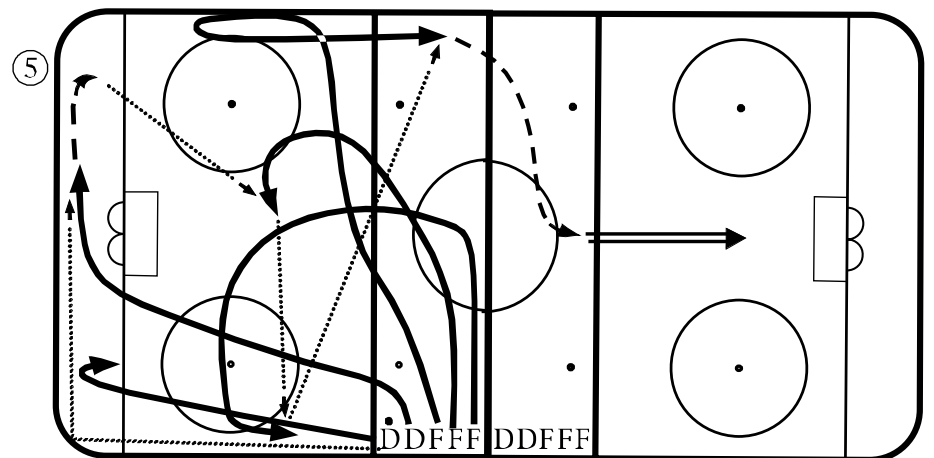
### Drill — Regroup

- Breakout and regroup in neutral ice
- Regroup with far defensemen, attack the defensemen 3 on 2 that initiated the breakout



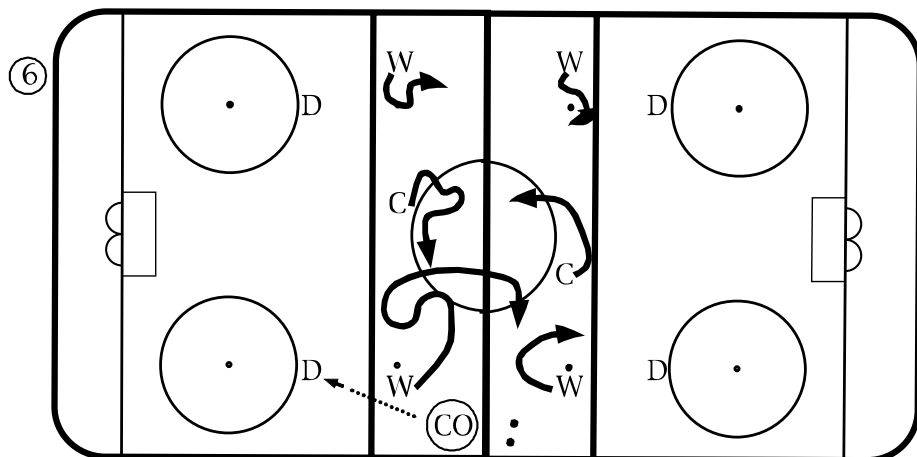
### Drill — Five Pass Dump

- D passes to D, D passes to C, C passes to wing, wing passes to center, center passes to other wing, other wing dumps over red line into other end



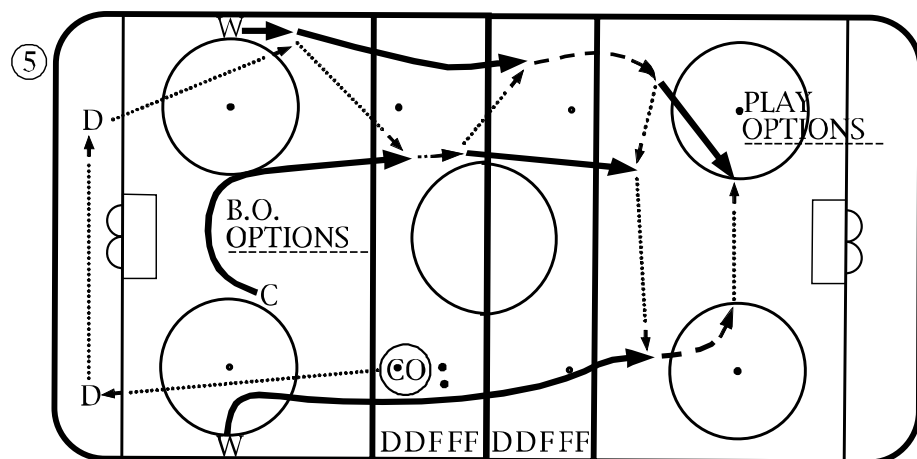
## Drill — Regroup Scramble

- Two lines of forwards scramble - skate in neutral zone: when coach passes to one pair of defense their forwards regroup, the other line forechecks



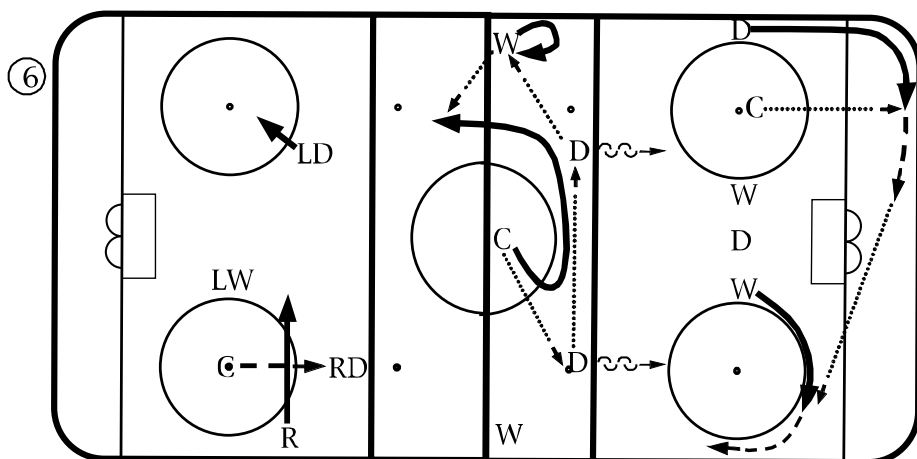
## Drill — Breakout Variety

- One way breakout: D carries direct, D carries around, D to D to center, D around to wing, D counter to C or wing, C swings, D around pass to wing, wing returns pass back to D



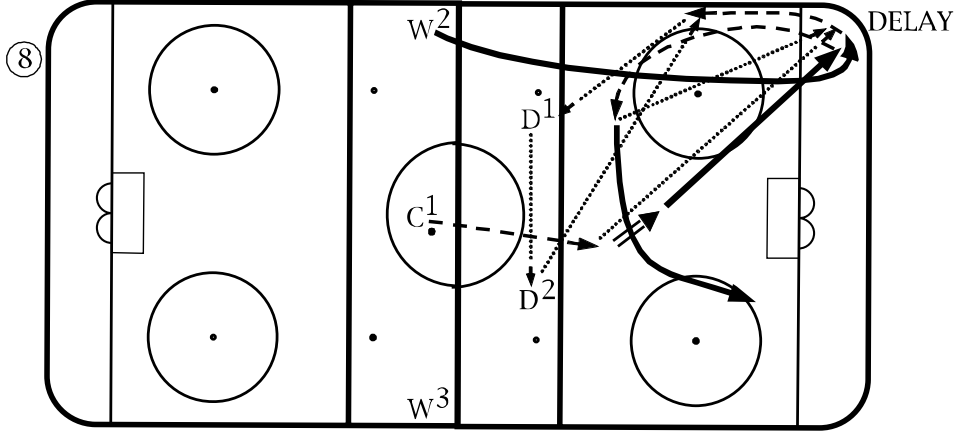
## Drill — Skating

- Defensive agility skating



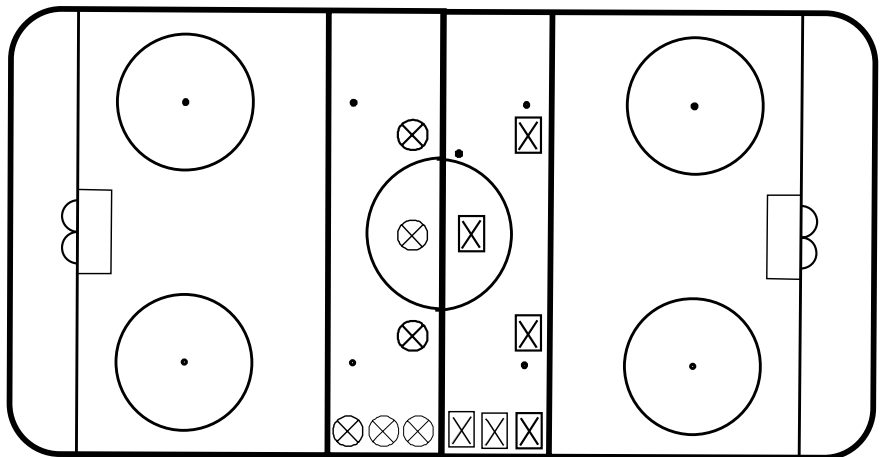
### Drill — Cycling Options

- Wisconsin Z with delay: puck is dumped into the corner, W2 retrieves, pass out to D, D pass to D then pass back to W2 for a shot on goal

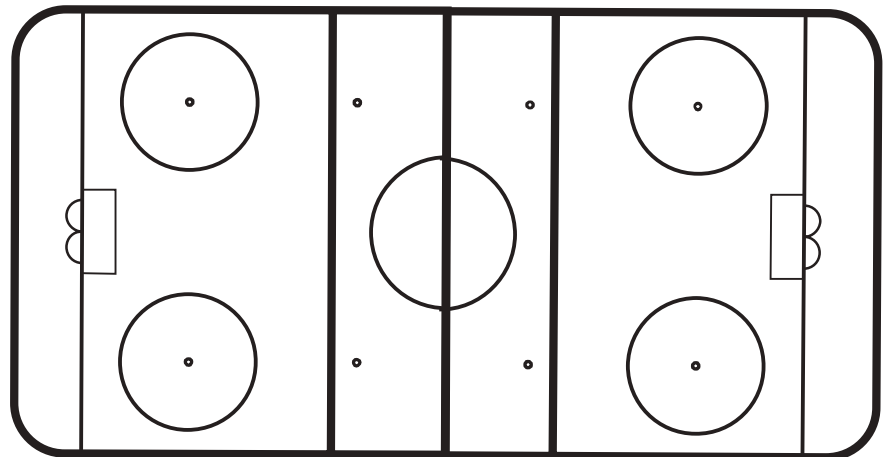


### Drill — Scrimmage

- 3 on 3 fun scrimmage



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