

# Hockey Practice Plan

**Objectives:** Transition practice.

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

**Practice:** #17

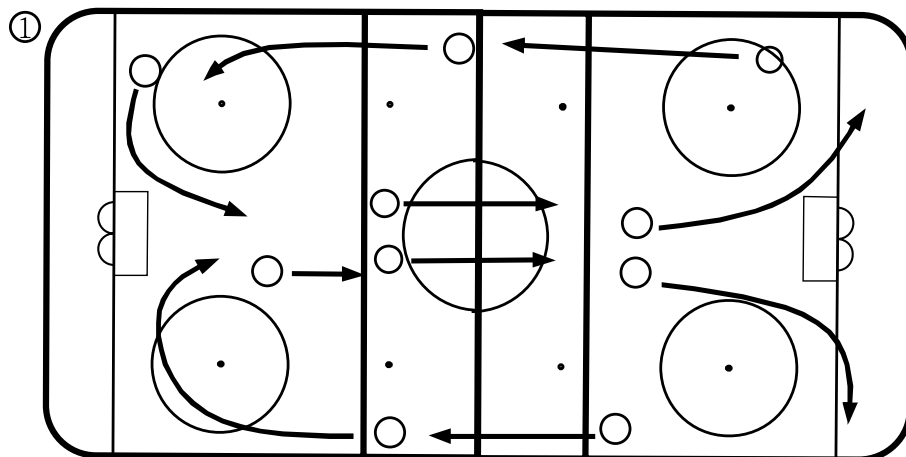
**Level:** 12-and-Under (Pee Wee)

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 checked="" 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 checked="" type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input checked="" type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input checked="" 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, Heads Up, Don't Duck drills	Off-ice
5 mins.	1. Butterfly stretch: Big C, continuous crossovers, in and outs, S-drill, scooter, hurdler, ostrich, backward swizzles, backward crossovers, on whistle control turns to boards, sprints forward, backward, points, stops and starts	
5 mins.	2. Puckhandling: three in a circle, Olympic puckhandling	
5 mins.	3. Warm up skate pass shot: Swedish warm up, Swedish board	
5 mins.	4. Warm up 1 on 0, 2 on 0: St. Moritz 1 on 1, loop de loop 2 on 2, North Dakota 2 on 2, 3 on 1 continuous	Good flow Good speed
10 mins.	5. 5 on 0 in zone behind net, go to weak side and pass out to defense	Good speed Good passing
10 mins.	6. 5 on 0 in zone behind net, go to weak side and pass out to defense	Head man the puck
5 mins.	7. 5 on 3 chasers	Swarm the puck
5 mins.	8. Regroup - breakout regroup - regroup, attack	Quick transition
5 mins.	9. Survival 1 on 1	Fun

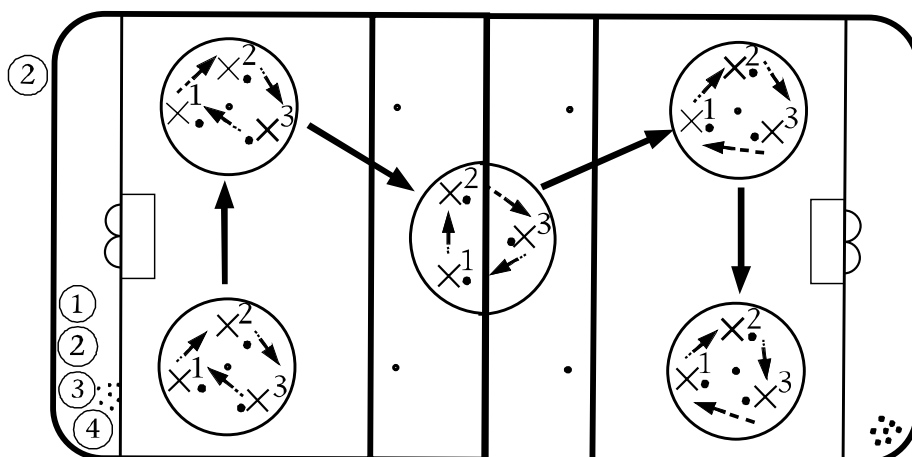
## Drill — Stretch Exercises

- Big C, continuous crossovers, in and outs, S-drill, scooter, hurdler, ostrich, backward swizzles, backward crossovers, on whistle control turns to boards, sprints forward, backward, pointer, stop and starts



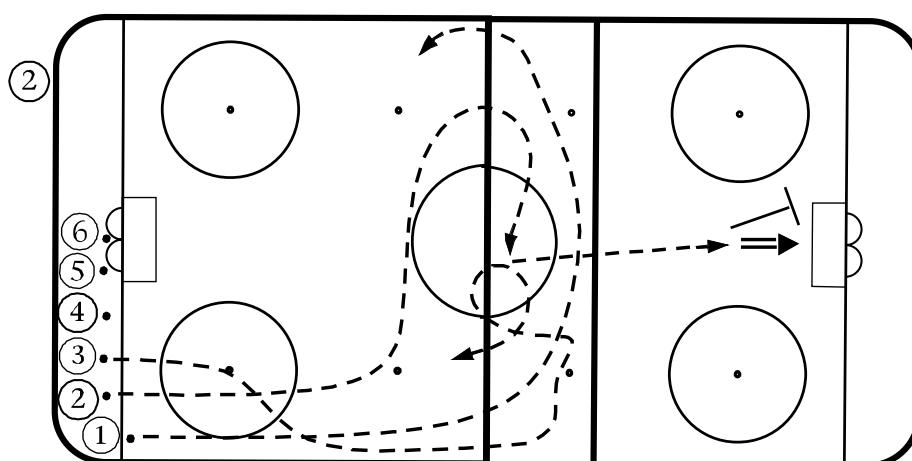
## Drill — Puckhandling

- Three players each with a puck - puckhandle inside circle, on whistle move to next circle



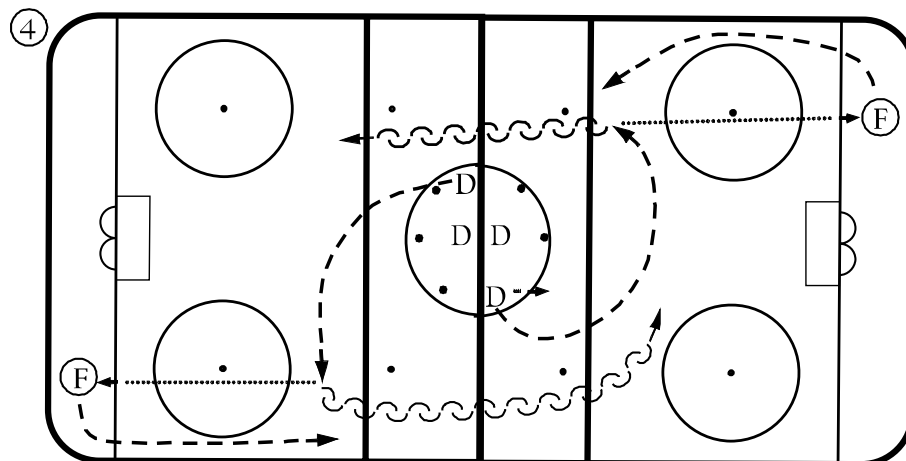
## Drill — Puckhandling

- Olympic puckhandling - shoot and rebound
- Three, four or five players go to middle, puckhandle, then go in on whistle, shoot and rebound



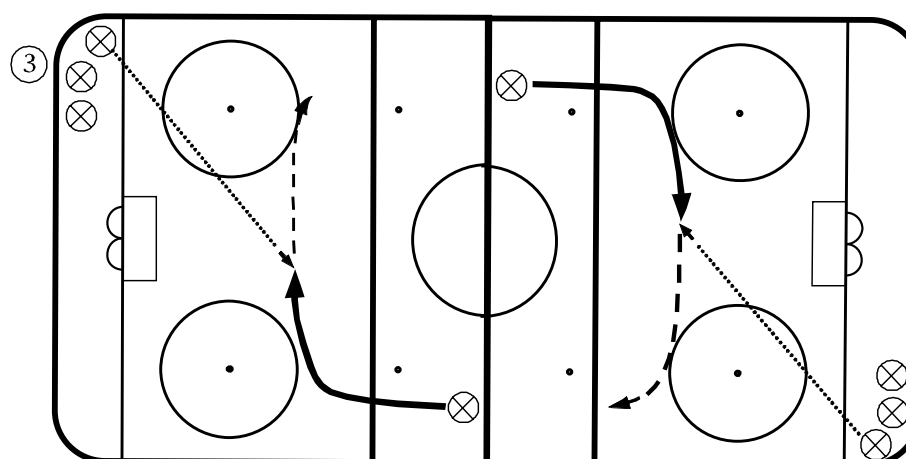
## Drill — Warm Up

- St. Moritz - 1 on 1 - 2 on 1
- Defense in middle circle skates with puck over blue line by ten feet, passes to forward who receives puck then goes 1 on 1



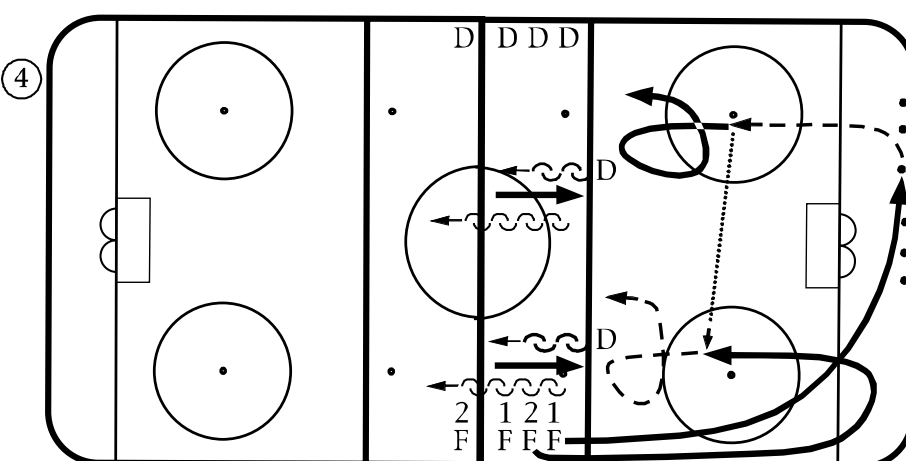
## Drill — Swedish Warm Up

- 1 on 0 pass out - go in and shoot, then follow receiver



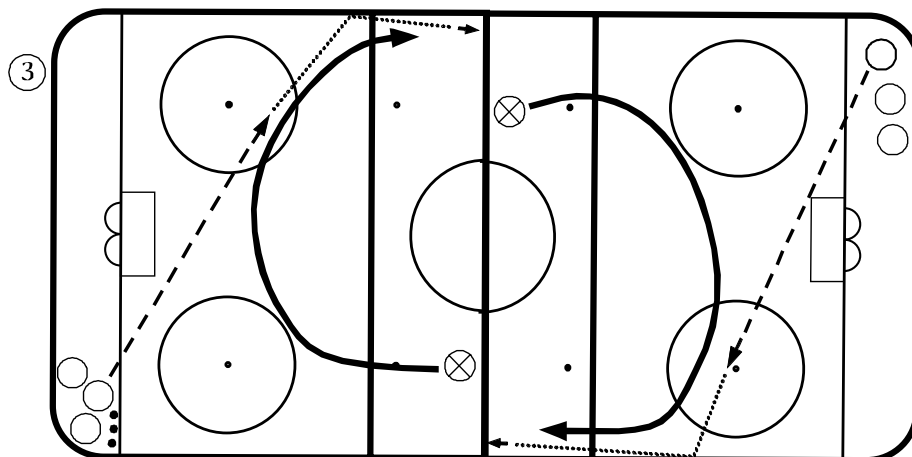
## Drill — Loop De Loop

- 2 on 2
- On the whistle, make a controlled turn and continue 2 on 2 up ice
- Defensemen keep good gap control



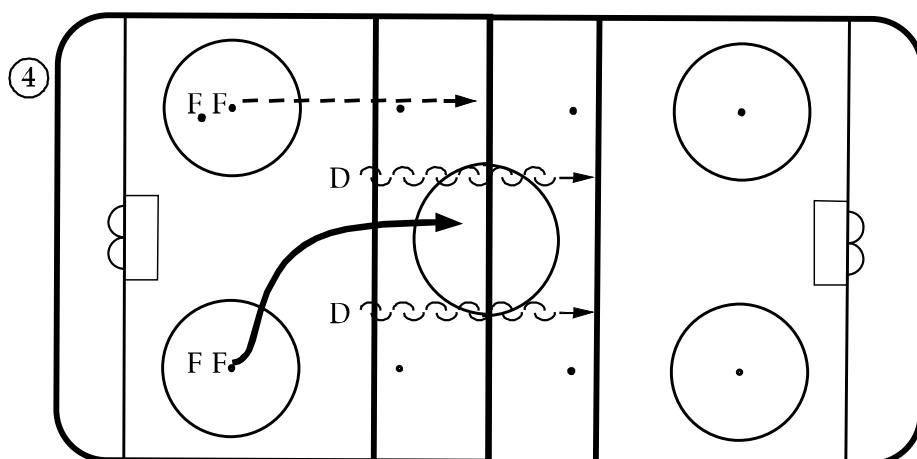
## Drill — Swedish Board Pass

- 1 on 0
- Pass off boards



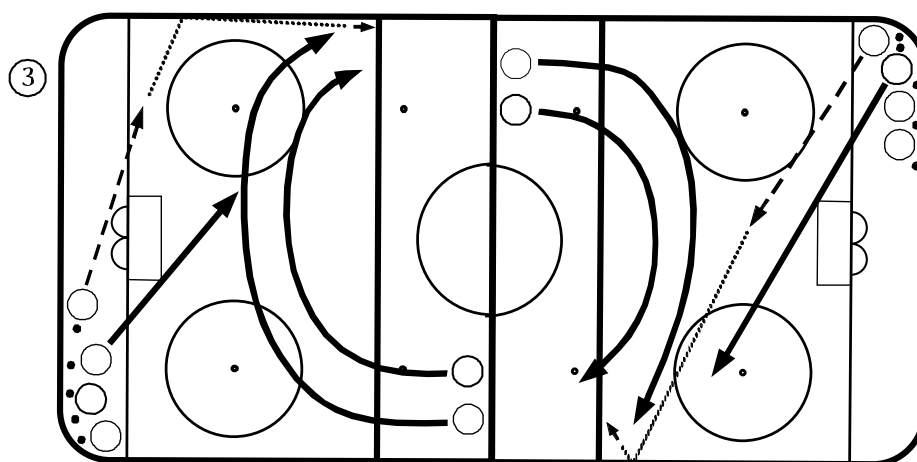
## Drill — North Dakota

- 2 on 2
- Defense position themselves 10 feet inside blue line, forwards at opposite face-off dots - on pass from F to F, defensemen skate backward and play 2 on 2



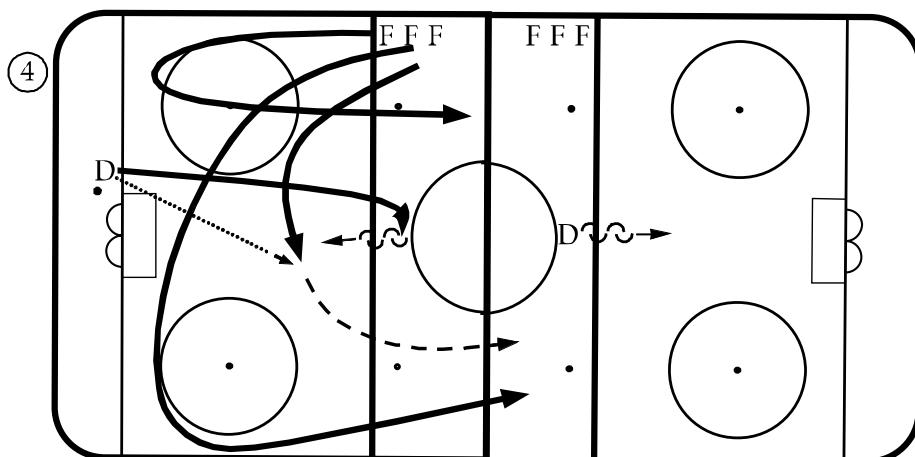
## Drill — Swedish Board Pass

- 2 on 0
- Pass off boards



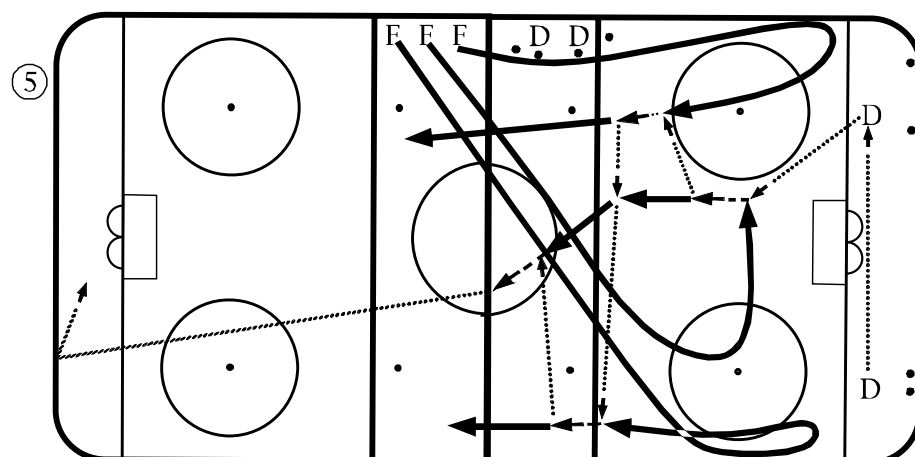
## Drill — Skating

- 3 on 1 continuous
- 3 on 2 continuous



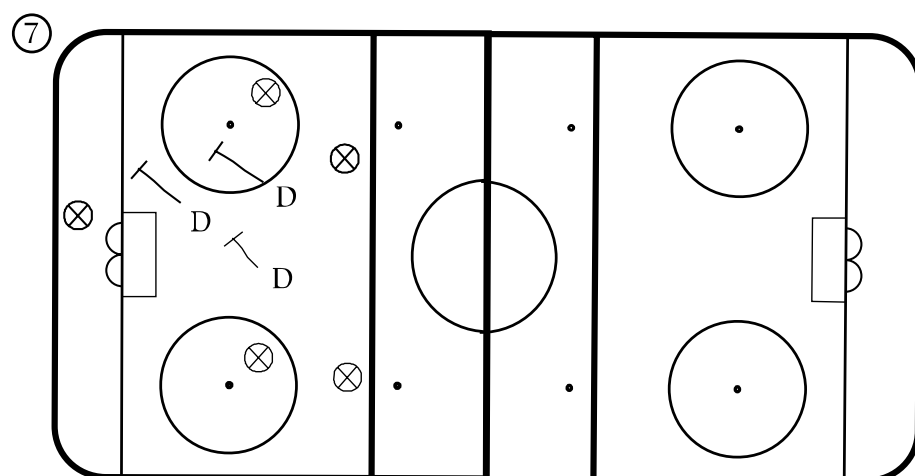
## Drill — Five Pass Dump

- D to D to C to W to W to C and dump in



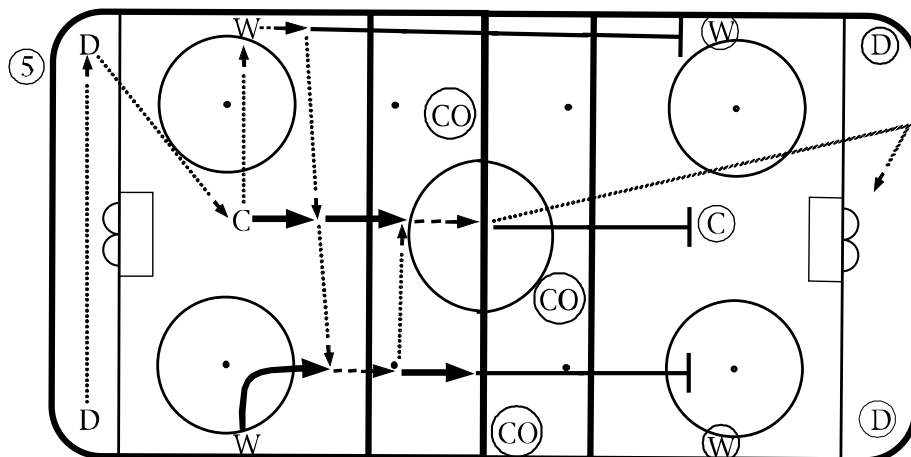
## Drill — Offensive Zone Play

- 5 on 3 in offensive zone chaser
- Three forechecking chasers



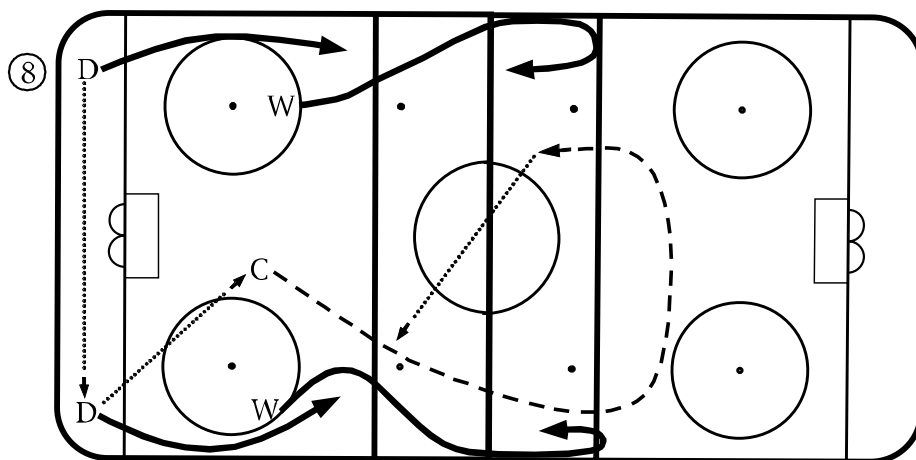
## Drill — Notre Dame Dump

- Breakout
- Coaches apply pressure in neutral zone
- Dump into zone
- Continuous breakouts and dump in zone



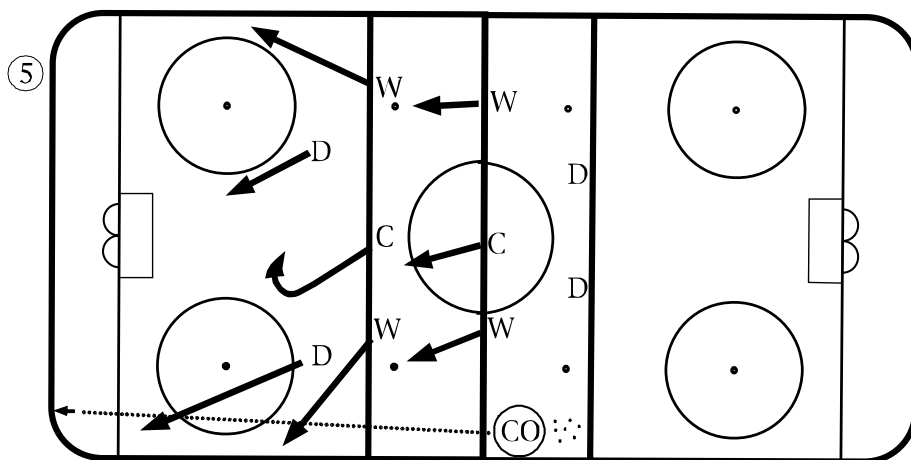
## Drill — Regroup

- Breakout - regroup - attack



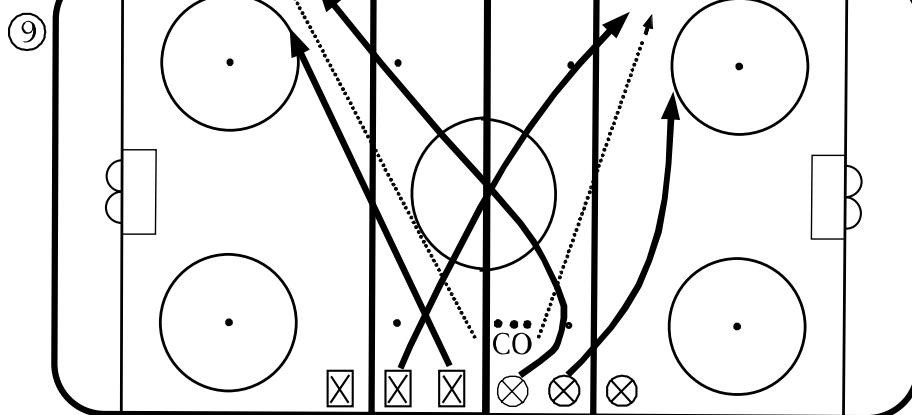
## Drill — 5 on 5 Breakout - Forechecking Drill

- Try to breakout with over to center, carry around, throw up, throw back, over throw up, throw back, reverse to center
- Coach dumps puck into corner
- Try to breakout against 5 player forecheck
- Read options available



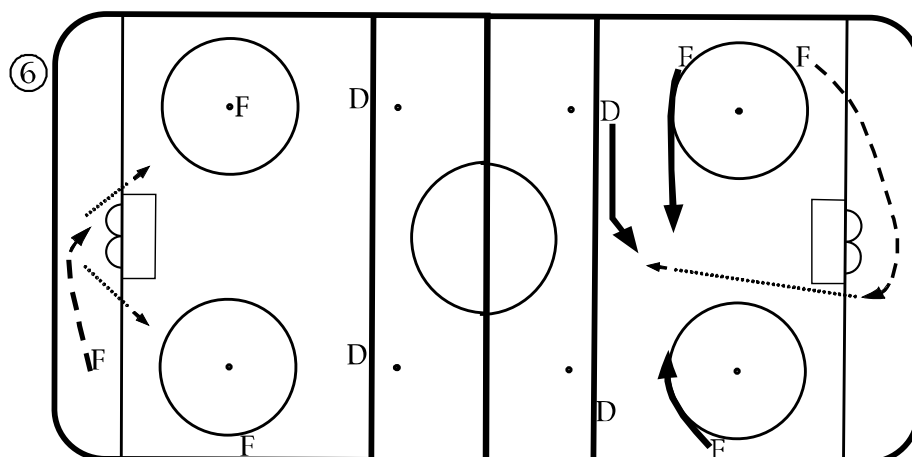
## Drill — Survival 1 on 1

- Play until you score one



## Drill — Passing

- 5 on 0 offensive passing movement inside zone: set up behind net, pass around or go to weak side and pass out to either weak or strong side to defensemen



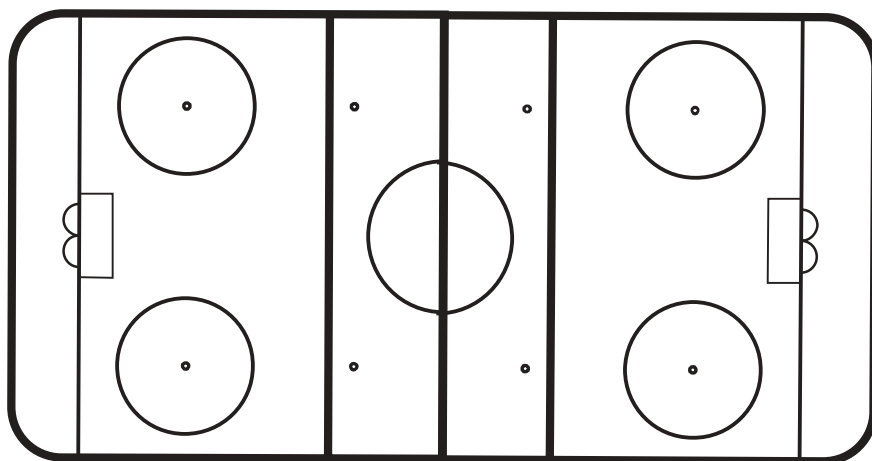
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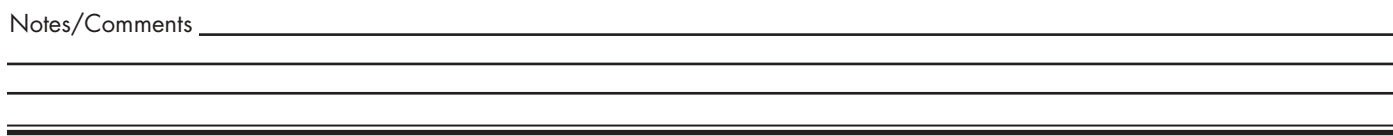
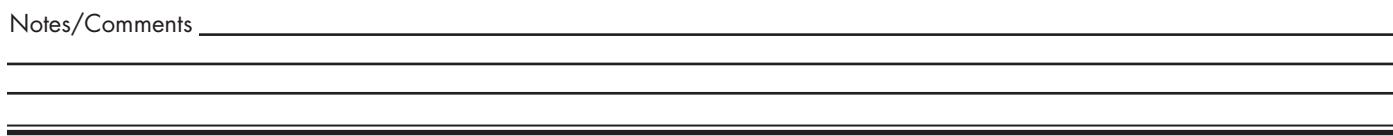
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Notes/Comments

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