

# Hockey Practice Plan

**Objectives:** 3 on 0 options - read and react, power play concept, power play options, cycling concept, cycling options, power play breakout.

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

**Practice:** #18

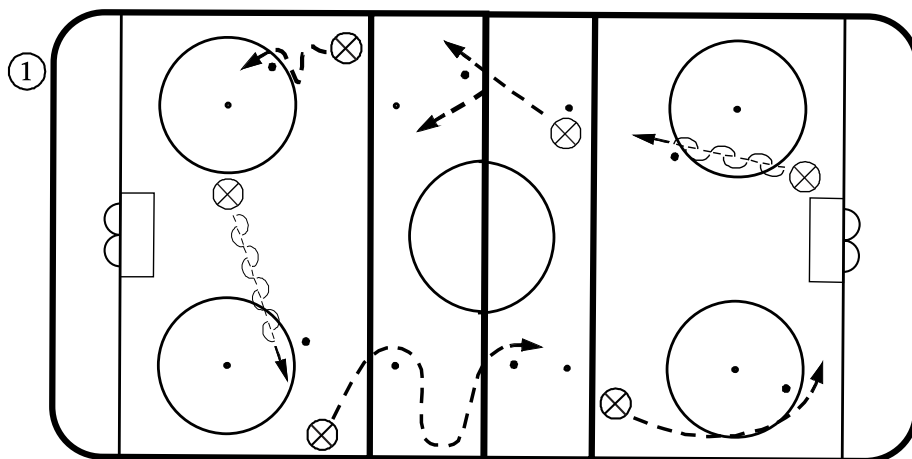
**Level:** 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	_____ Short Work - Quickness
_____ Puck Control	_____ 2 on 0	_____ Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	<input checked="" type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
_____ 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	_____ Face-offs	
_____ Def./Forwards		<input checked="" type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	
3 mins.	1. Skate around the rink with puck	Easy
3 mins.	2. 3 on 0 enter around net, play options, one way then both ways	Be creative
5 mins.	3. Power play concept, power play options	Read
5 mins.	4. Cycling concept, cycling options	Good flow
3 mins.	5. Clearing rebounds, defending slot, offensive movement between forwards and defense	Bear down on the puck
5 mins.	6. Regroup	Transition
5 mins.	7. More offensive movement between forward and defense	
5 mins.	8. Power play breakout	
5 mins.	9. Stretch passing	Tape to tape
10 mins.	10. Team showdown	Fun

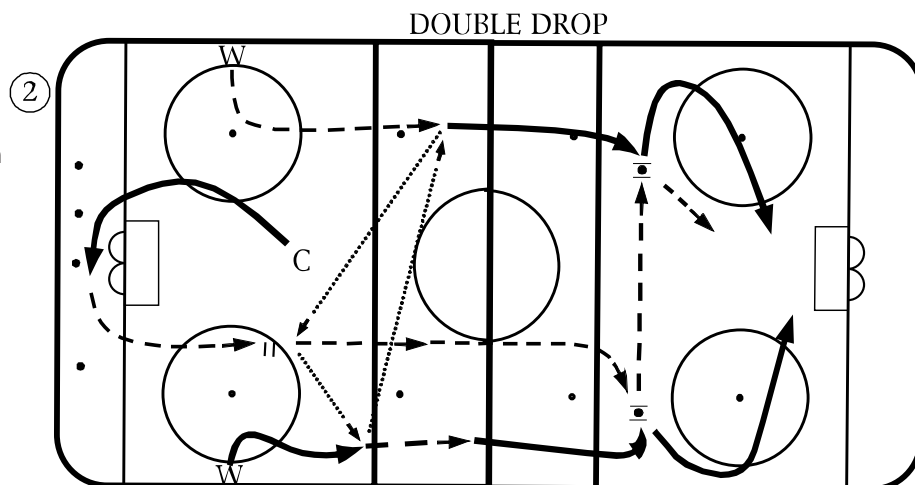
## Drill — Skating

- Stay close to boards: skate with puck at blue-red-blue, one knee, two knees, hurdler, scooter, Big C, continuous crossovers, in sprints push the puck, backward with pucks, crossovers



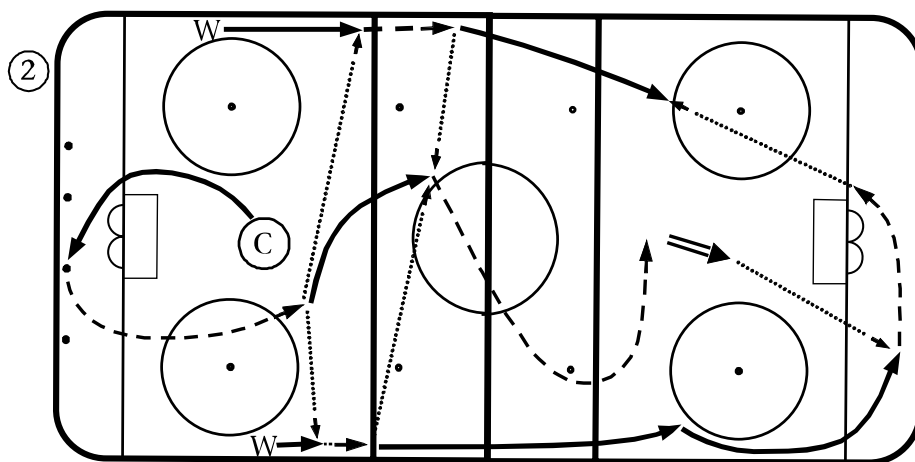
## Drill — 3 on 0 Around Net

- Play options: drive speed, diagonal back pass, diagonal back pass with return, off wing trailer, center trailer, board pass, drop pass, double drop



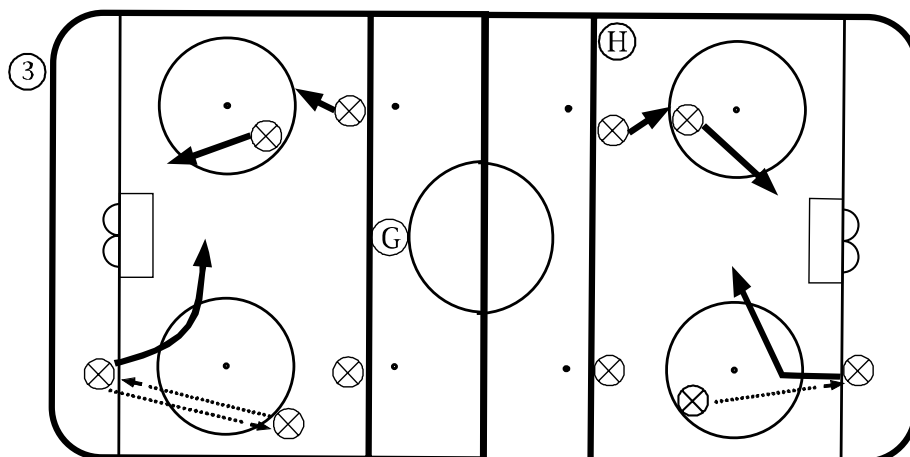
## Drill — 3 on 0 Around Net

- Play options and then cycle with two options on two different circles then backcheck to slot



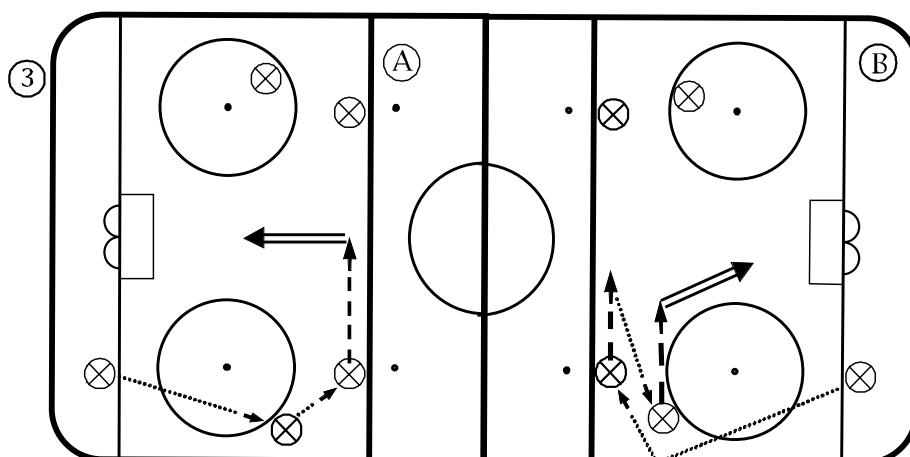
## Drill — Power Play

- Up - down walk out
- Down walk out



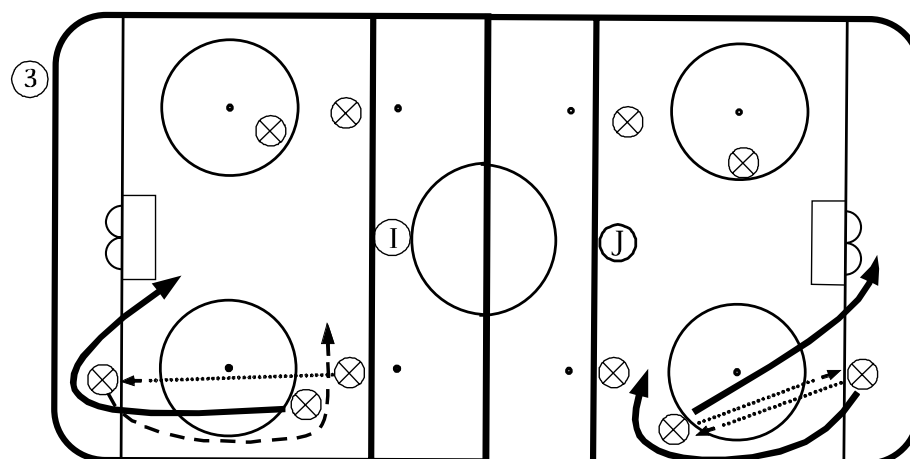
## Drill — Power Play

- D walks and shoots
- D walks, passes to player at mid-board
- Mid-board player shoots on net



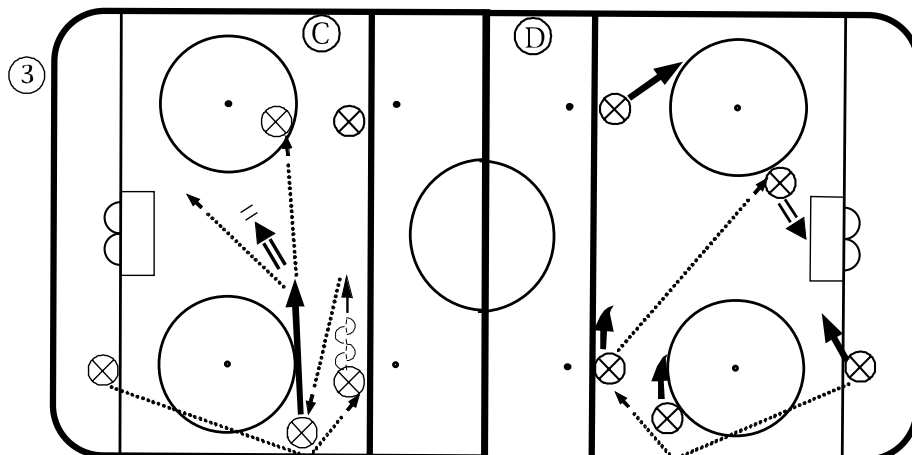
## Drill — Power Play

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



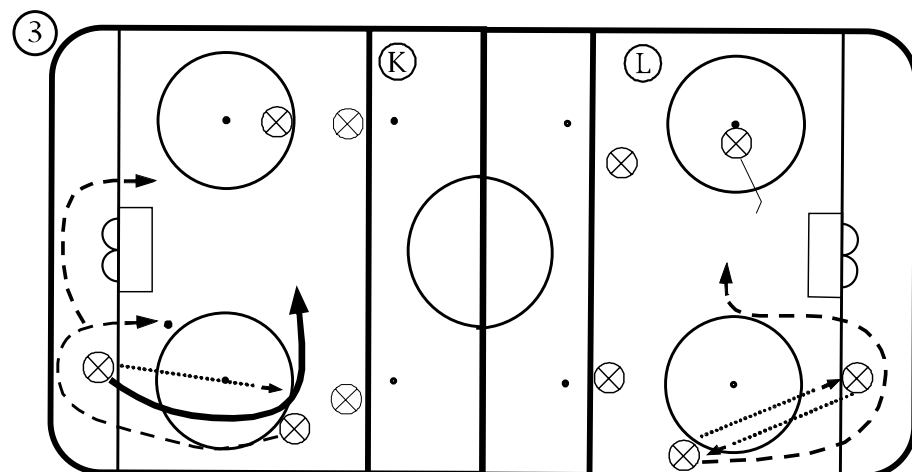
### Drill — Power Play

- D walks, passes to mid-board player who walks out, shoots, fakes shot or passes
- D passes low weak side, shoots or passes across



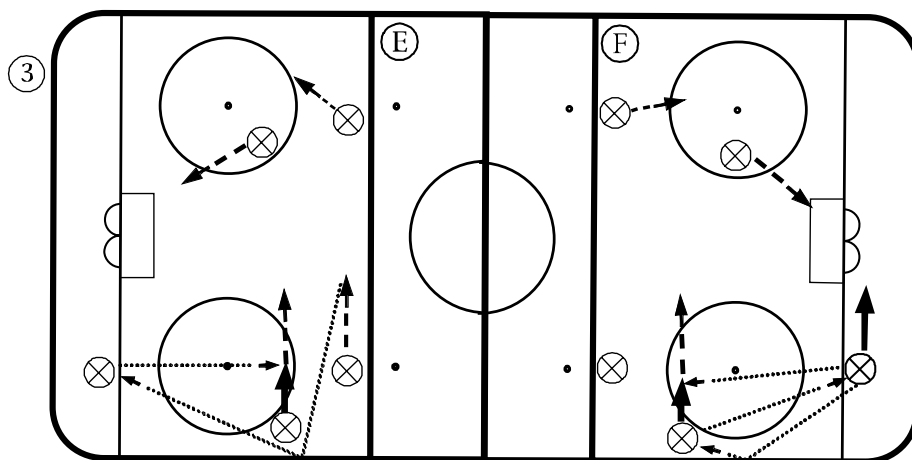
### Drill — Power Play

- Up switch carry down around or walk out
- Down - up switch carry around or walk out



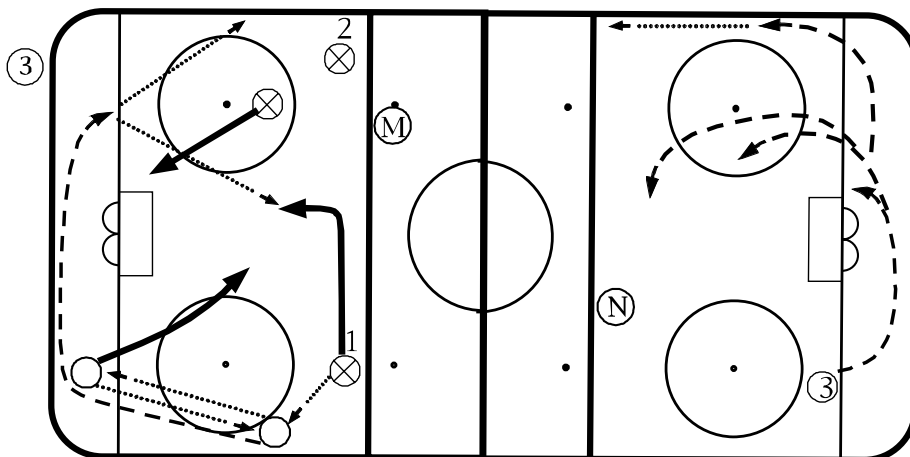
### Drill — Power Play

- D walks, passes to mid-board player
- Down - up mid-board and walk out
- Up - down - up three pass mid-board and walk out



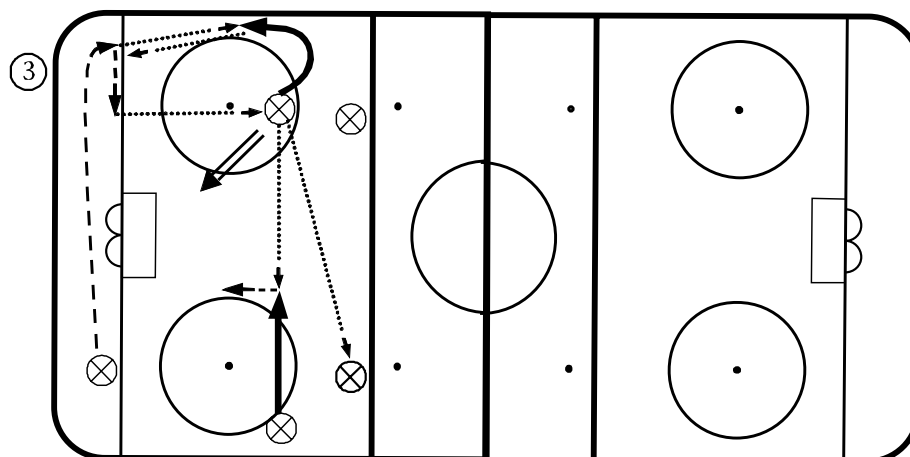
## Drill — Power Play

- Montreal down - up switch carry around: first options - 1D and 2D
- Wrap around, come around low, come around high, come around with pass out to D



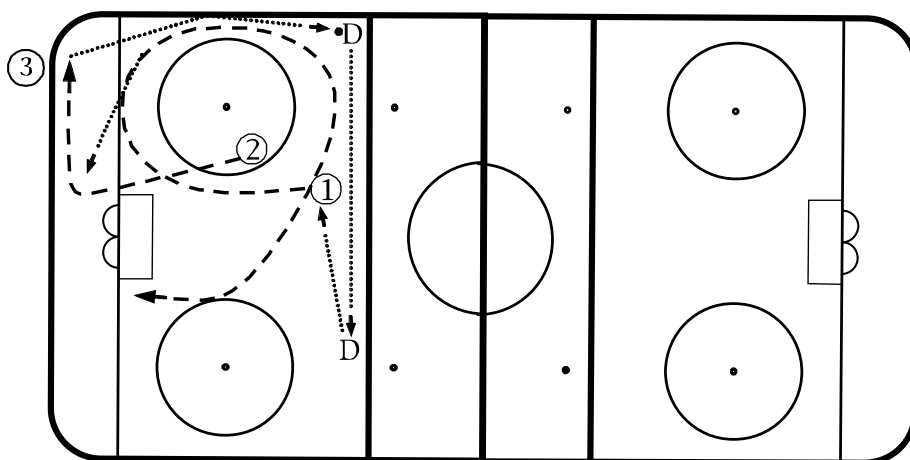
## Drill — Power Play

- King of Prussia carry around - up - down - up, three pass - shoot or pass



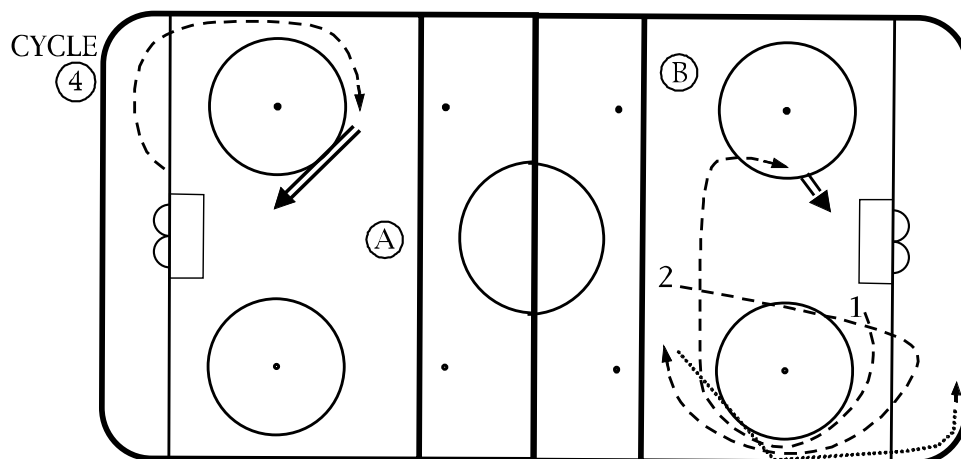
## Drill — Cycling

- Curl circle, bump pass, pass from deep in corner for Wisconsin Z



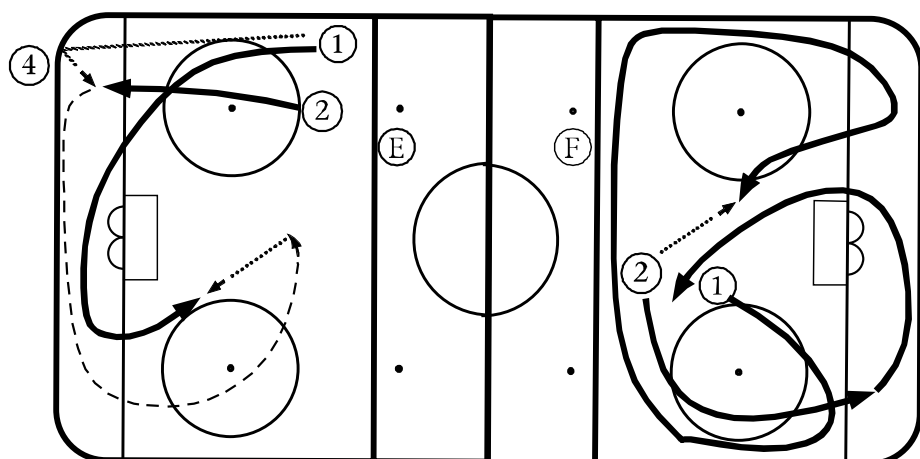
## Drill — Cycling

- Curl, shoot
- Double curl, shoot pass



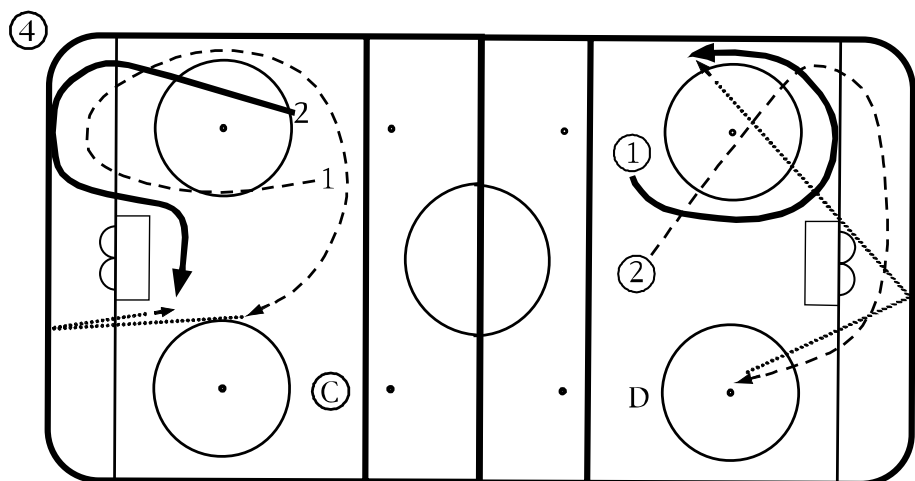
## Drill — Cycling

- Come around with trailer
- Come around with off-wing trailer



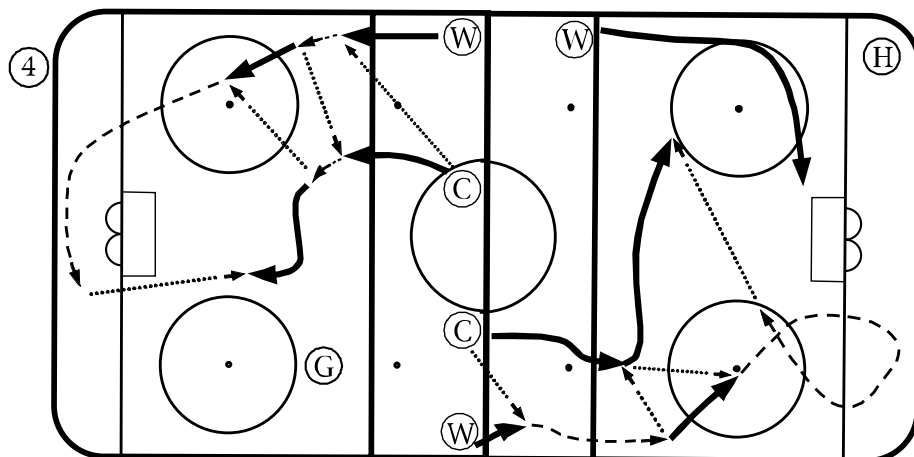
## Drill — Cycling

- Curl, bump pass, walk out
- Curl circle, go behind net with reverse pass



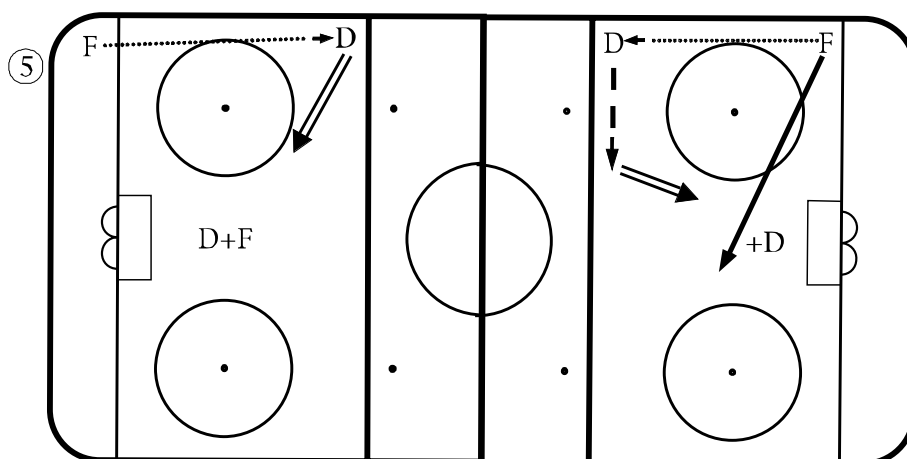
## Drill — Cycling

- Behind net pass out
- Three pass diagonal return passes with escape and pass



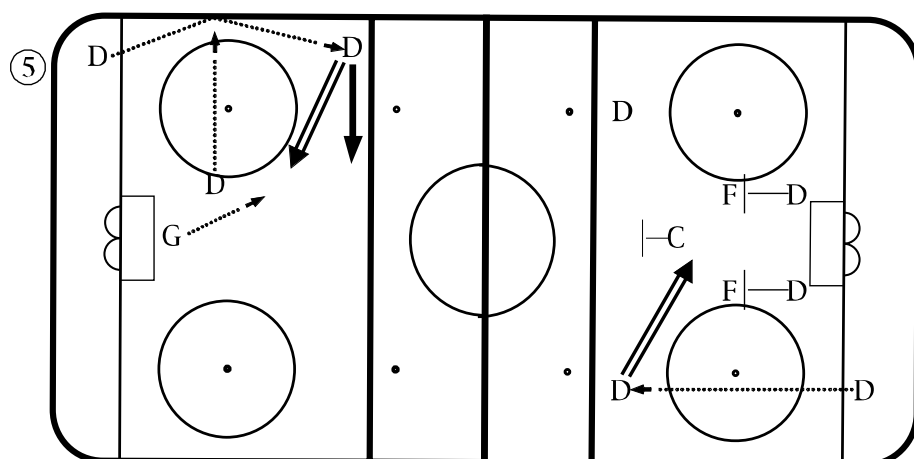
## Drill — Defending Slot

- Forward passes to defenseman
- Defense shoots from the blue line
- Forward in front of net tries to screen and tip



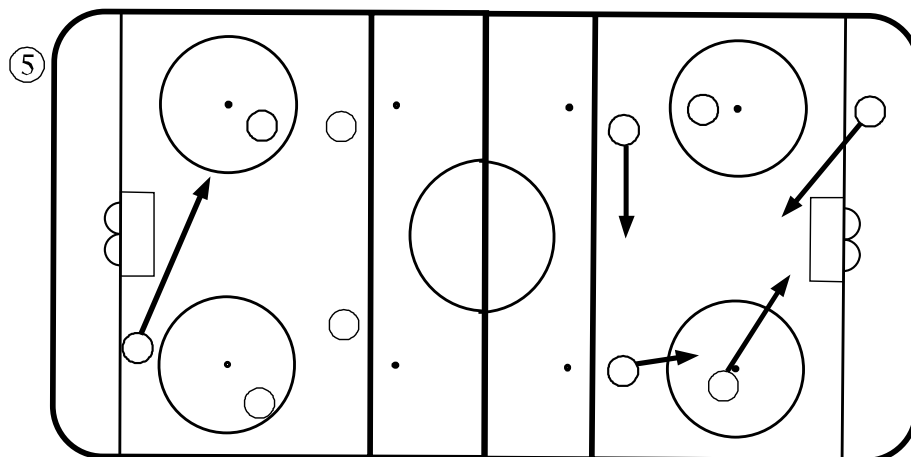
## Drill — Clearing Rebounds

- Defenseman passes out to defenseman at blue line for shot on goal
- Defenseman clears puck to boards
- Defensive players clear puck to boards



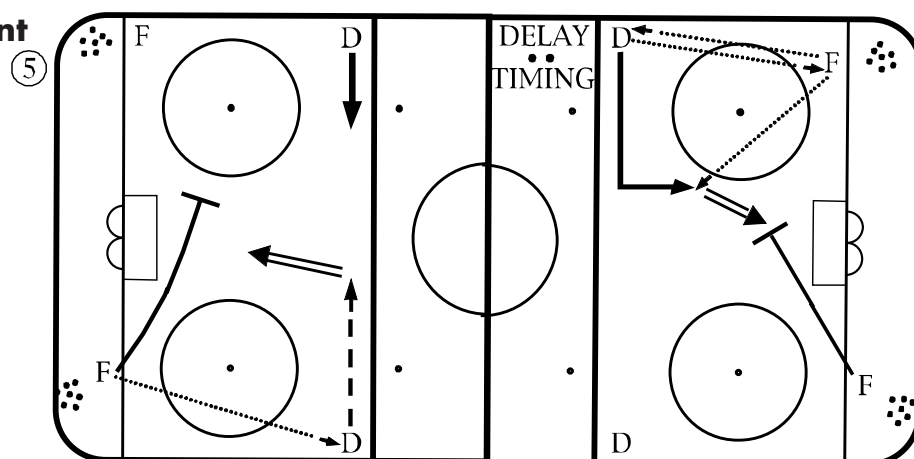
## Drill — Power Play

- Transition from formations, transition from overload to house to church



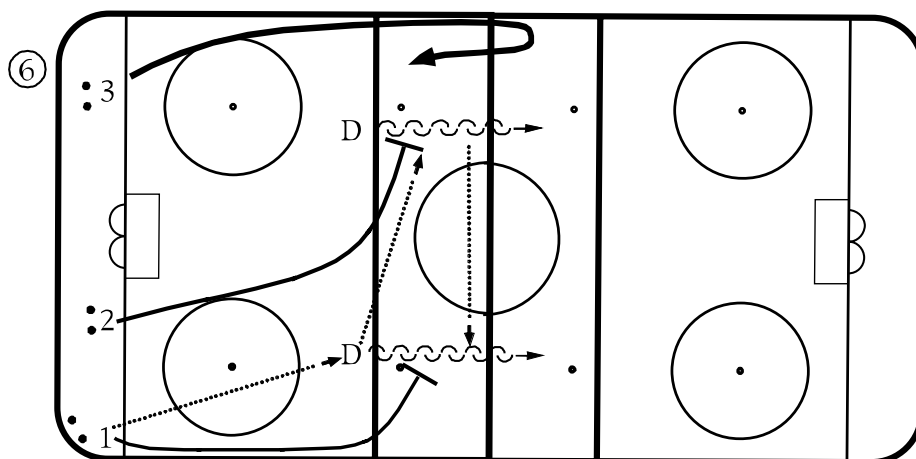
## Drill — Offensive Movement

- 2 zone drill
- Pass out to defenseman
- Walks out and shoots
- Forward looks for tip and rebound



## Drill — Regroup

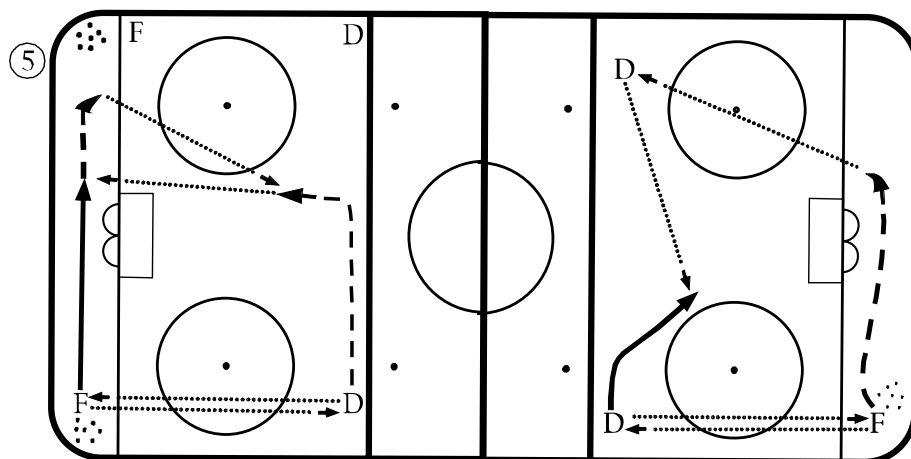
- Regroup and attack the same net
- Be creative





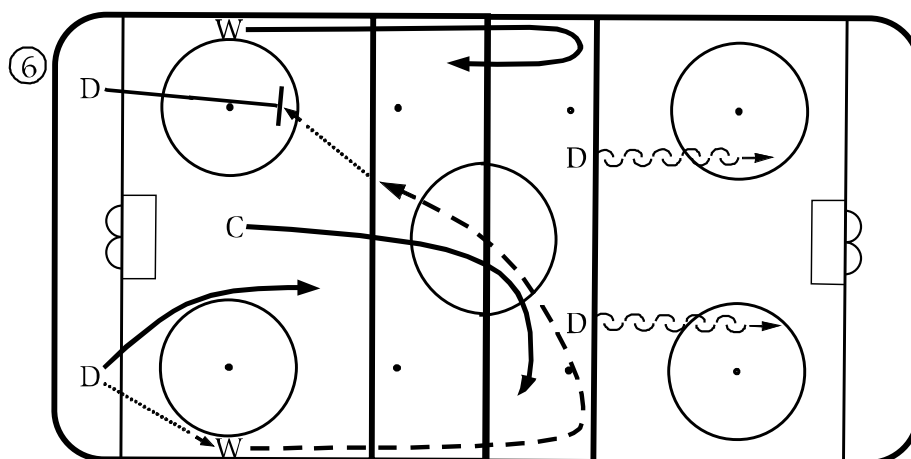
## Drill — Offensive Movement

- Move the puck around



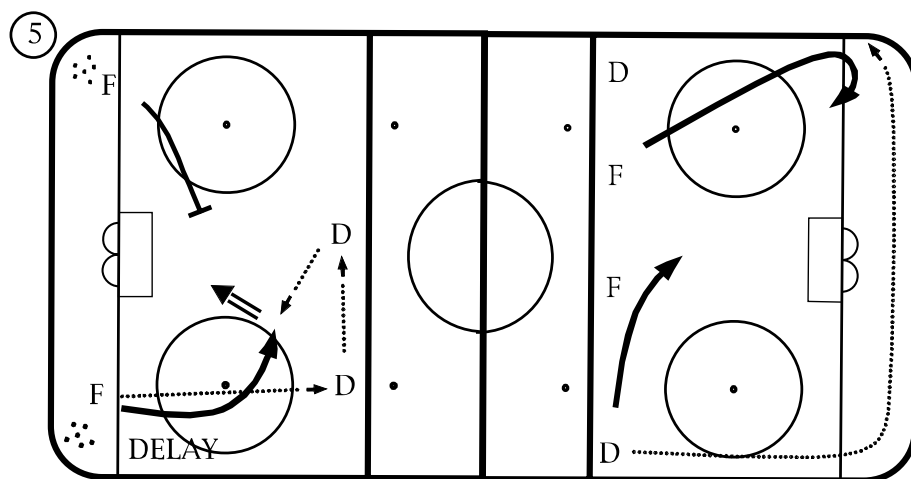
## Drill — Regroup

- Breakout, regroup with original D, regroup with far D, attack



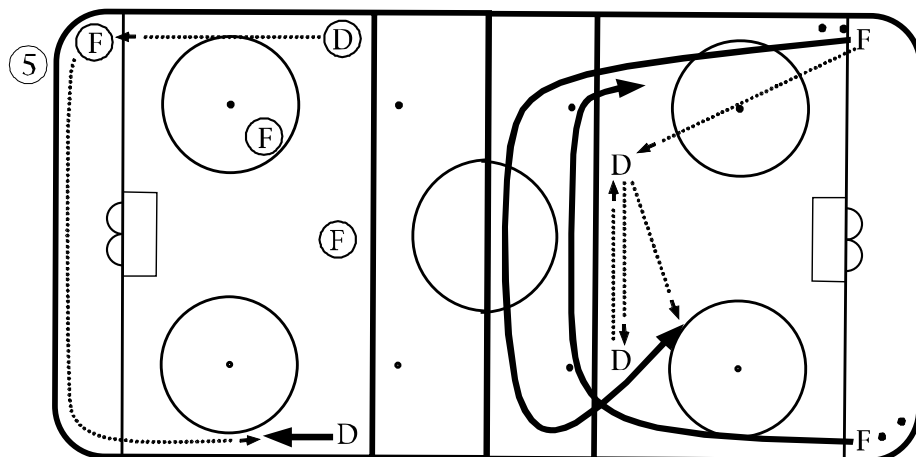
## Drill — Wisconsin Z

- Forwards in both corners
- Pass out to defenseman
- Defenseman pass D to D
- Defenseman passes back to forward for shot on net. Both forwards look for rebound



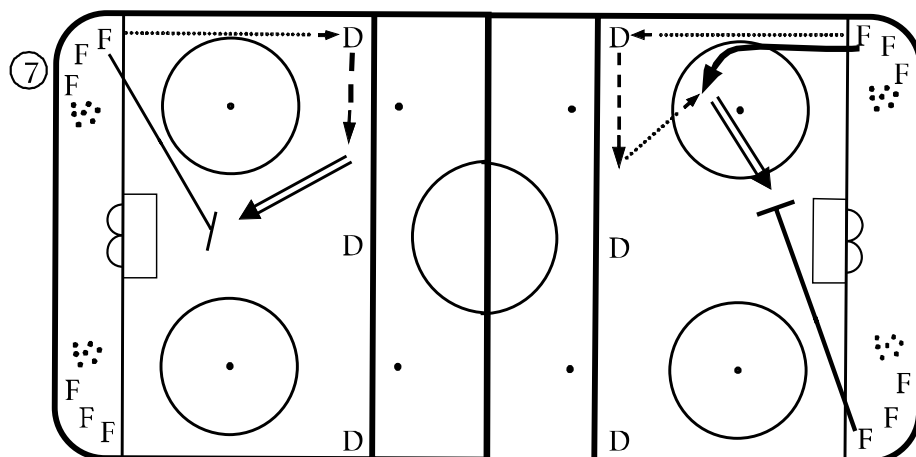
## Drill — Shooting

- Pass to any player for shot
- Forward passes puck to defenseman
- Defenseman pass D to D
- Forwards criss cross and receive pass back from defenseman
- Skate in 2 on 0 for shot on goal and look for rebound



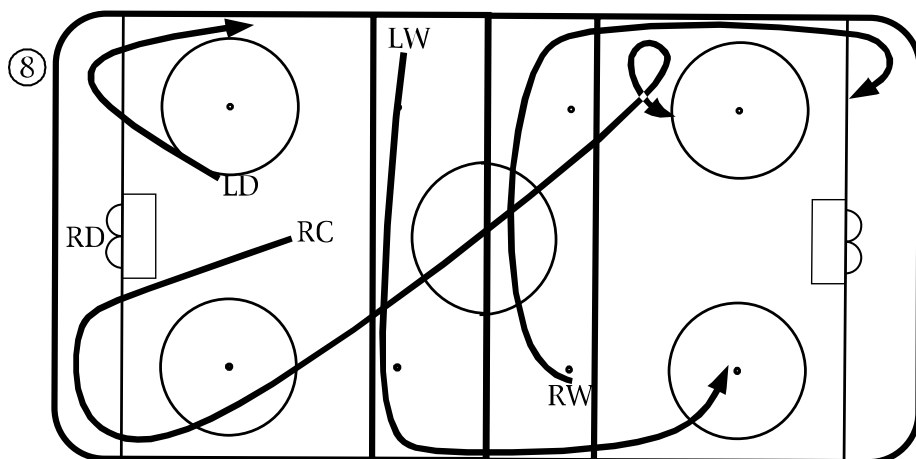
## Drill — Offensive Movement

- Forward passes out to defenseman at blue line
- Defenseman walks out and shoots on net
- Forward looks for tip and rebound



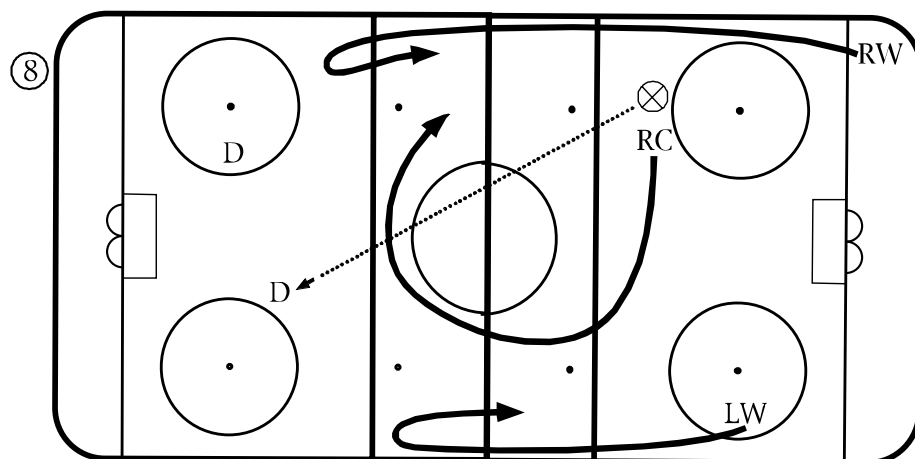
## Drill — Power Play Breakout

- Right center curl - power play breakout



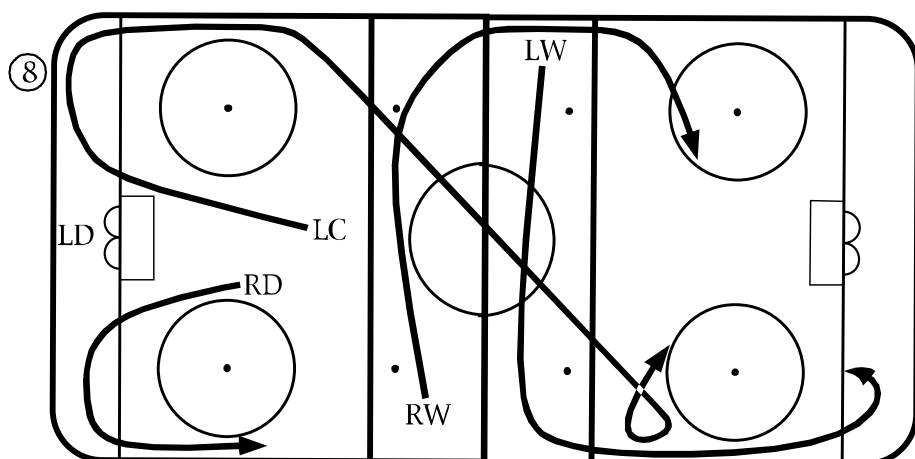
## Drill — Power Play Regroup

- Regroup on clearing
- Pass for power play



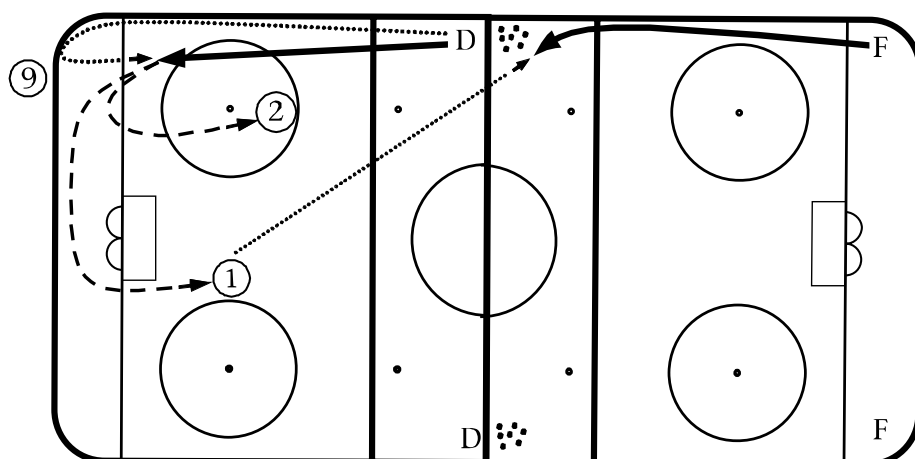
## Drill — Power Play Breakout

- Left center curl, power play breakout



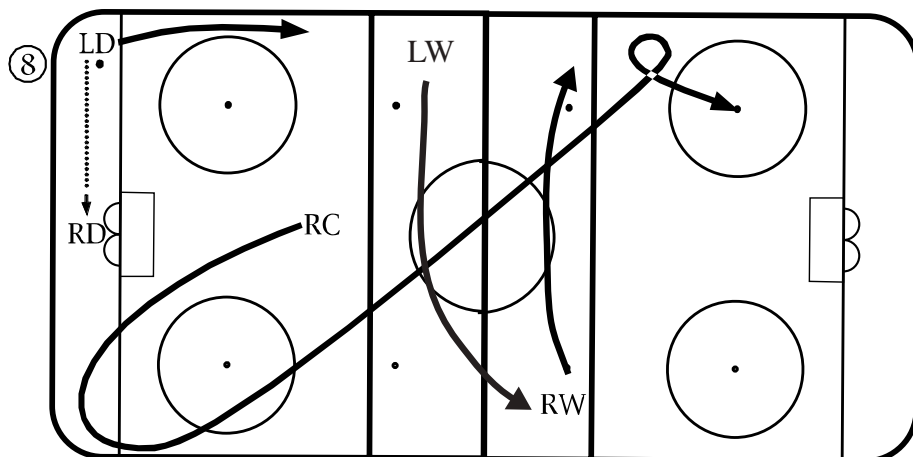
## Drill — Stretch Passing

- Defenseman dumps the puck into the corner and retrieves it
- Can skate behind the net or turn up right away
- Make long pass to forward coming out of zone



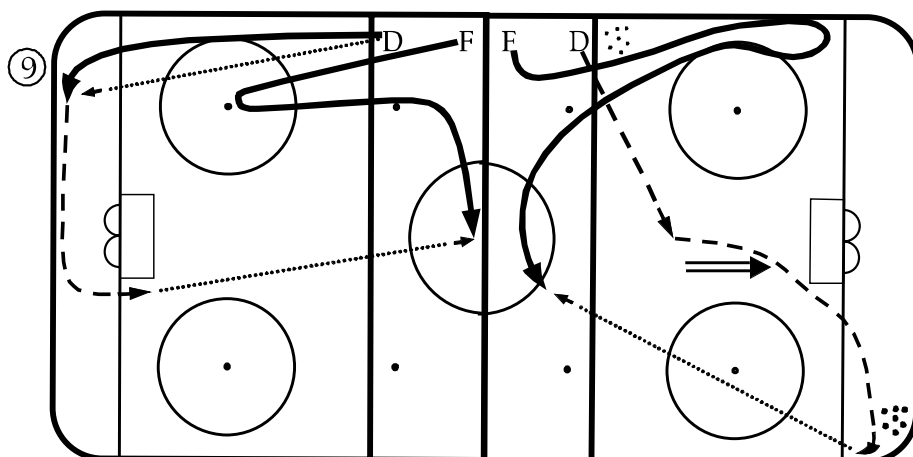
### Drill — Power Play Breakout

- Defensemen begin breakout



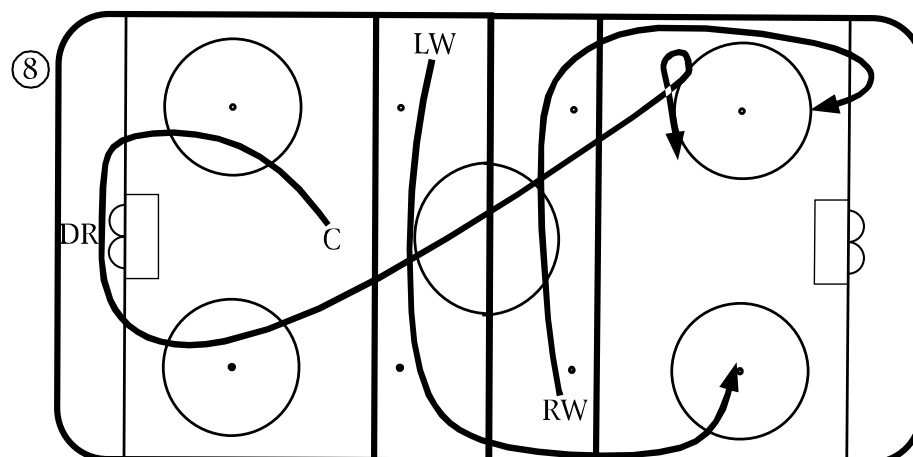
### Drill — Stretch Passing

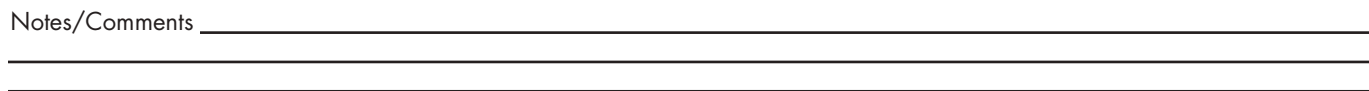
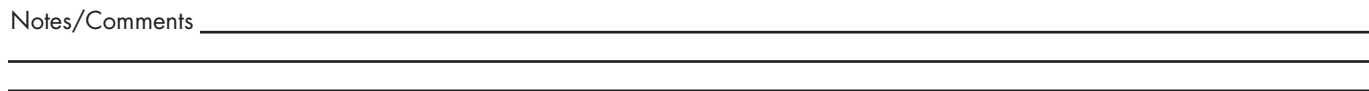
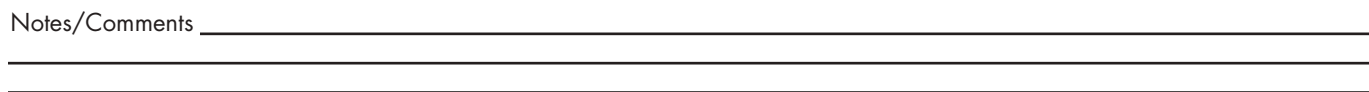
- Defenseman dumps puck in corner and skates around net with puck after retrieving it
- Defenseman makes pass to forward skating through the neutral ice
- Variation and defenseman can shoot on net

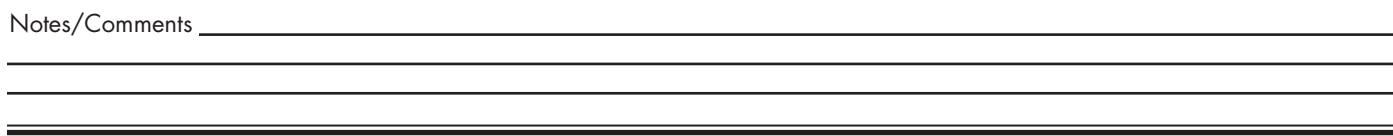
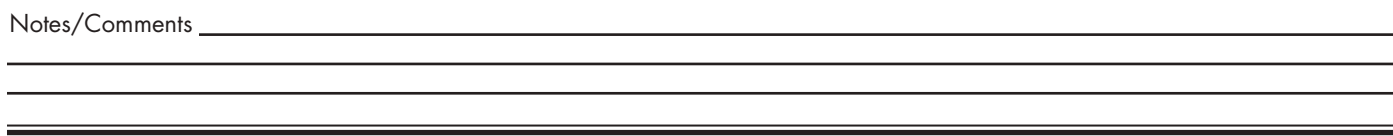


### Drill — Power Play Breakout

- Center skates behind net and picks up puck from defenseman



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