

Hockey Practice Plan

Objectives: Refine breakout and power play.

Date: _____

Practice: #19

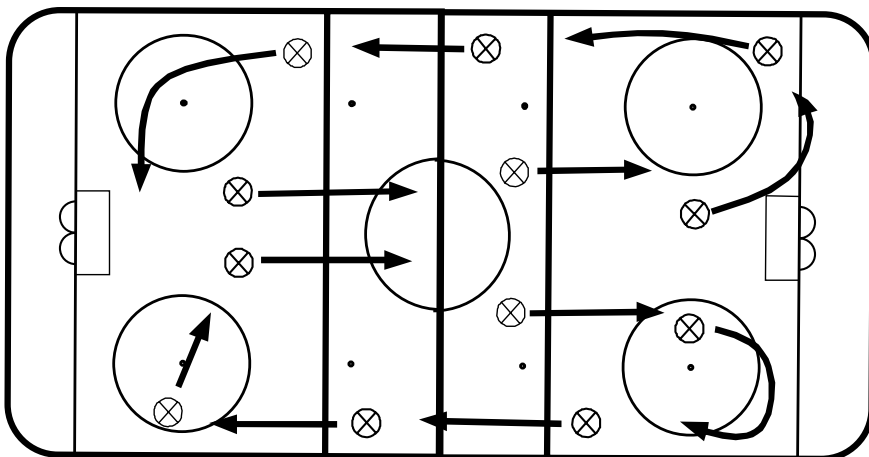
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	
5 mins.	1. Butterfly warm-up	
5 mins.	2. Puckhandle: three in a circle	Let them go
5 mins.	3. Passing: circle passing, Montreal 6 pass	Quick passes
10 mins.	4. 1 on 1 defenseman shot - tip 1 on 1, 2 on 2 North Dakota	Puck protection
10 mins.	5. Breakout: 3 on 0 around net use play entering zone, 3 on 2 on net quick breakout 911, breakout 5 pass dump, breakout Notre Dame dump, F.L. breakout-forecheck	Good flow
10 mins.	6. Power play breakout, setup, regroup, setup	
10 mins.	7. Showdown: quality, anticipate, creative execution	Fun

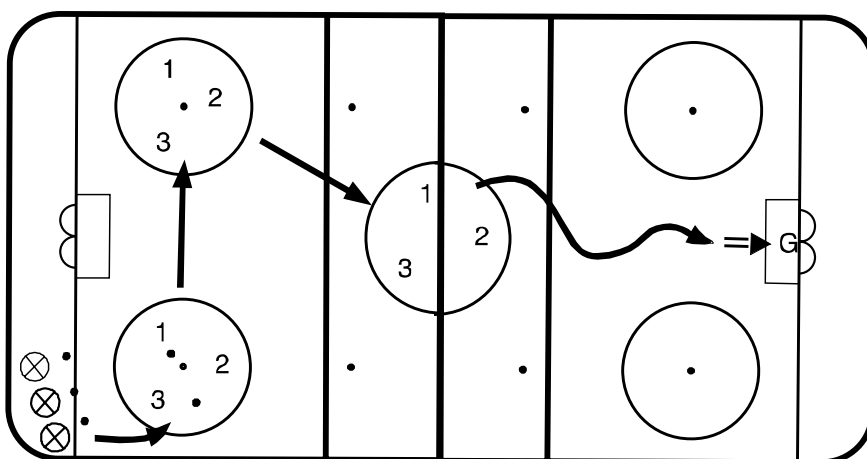
Drill — Warm Up

- Butterfly: in and outs, S-drill, scooter, hurdler, ostrich, Big C, continuous crossovers, slide and stride between blue lines, sprint forward then backward blue-red and blue to blue, peanut with puck



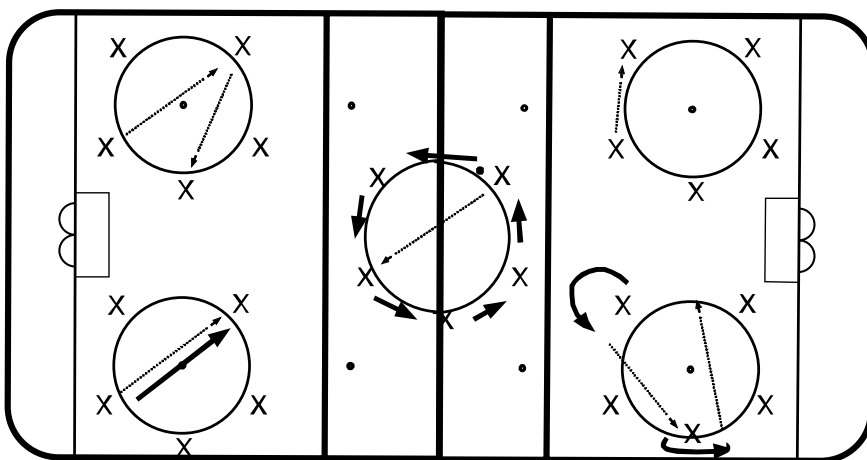
Drill — Puckhandling

- Three in a circle puckhandling, on whistle go to next circle after middle circle on coach's whistle go one at a time to shoot on net



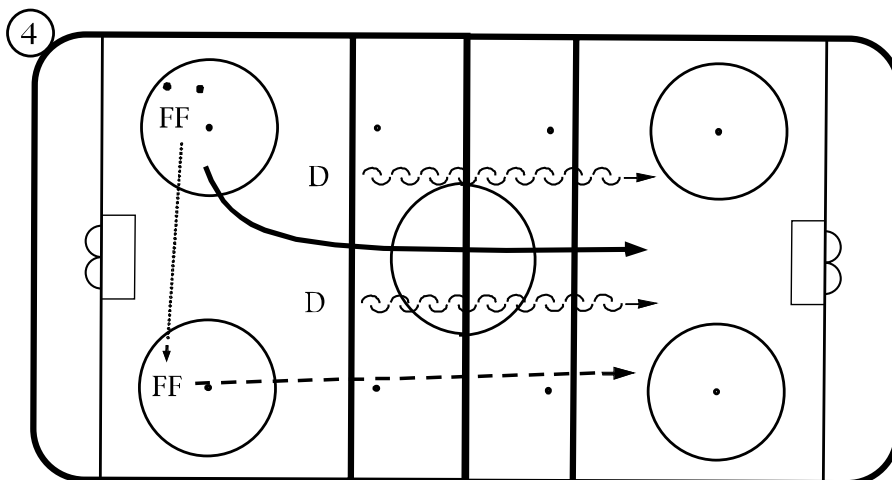
Drill — Passing

- Circle pass: pass across circle, follow pass around circle, move around in circle passing, monkey in middle passing, escape then pass



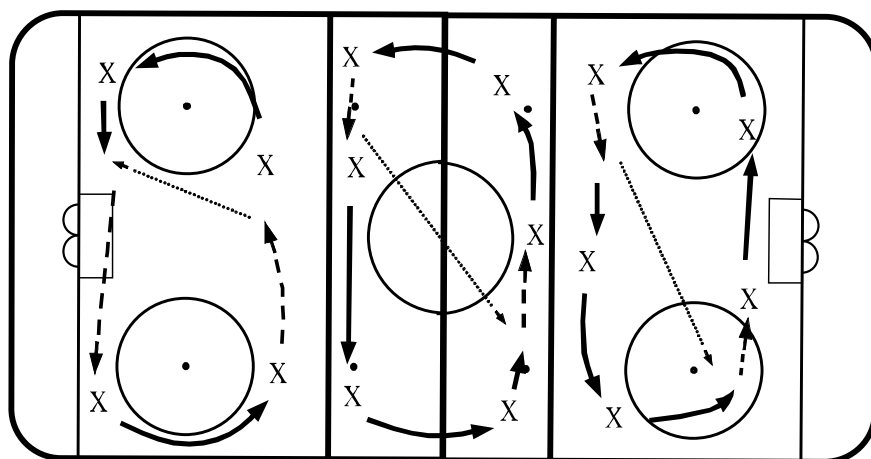
Drill — North Dakota

- 2 on 2
- Forward passes across to the other forward
- Play 2 on 2 with defenseman



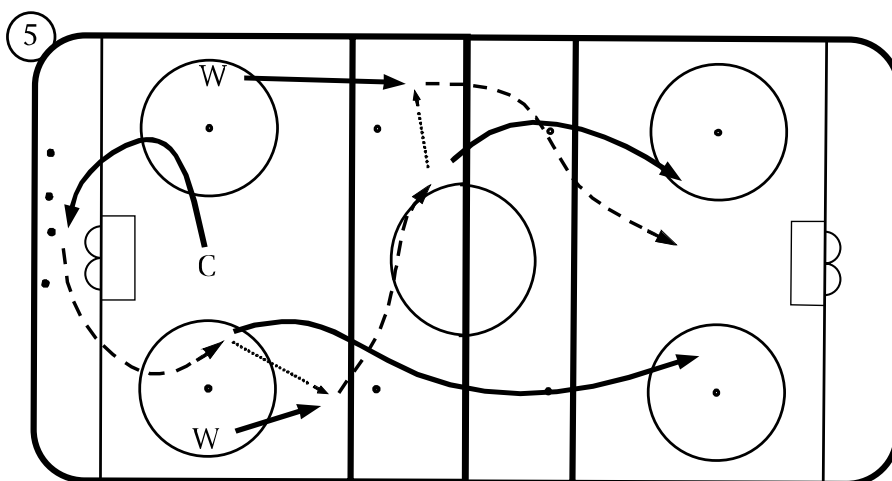
Drill — Passing

- Big circle passing
- One touch passes



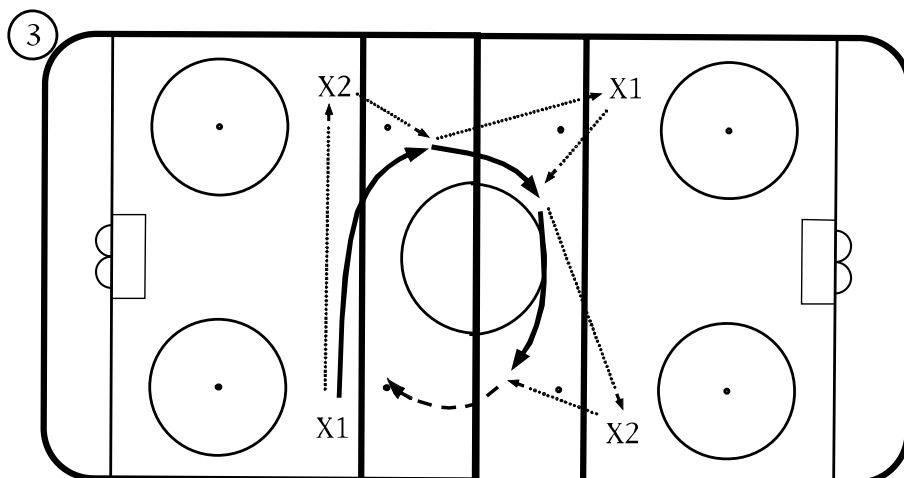
Drill — Breakout

- 3 on 0 around net, use play options: drop pass, trailer pass, diagonal back passing
- One touch
- Be creative



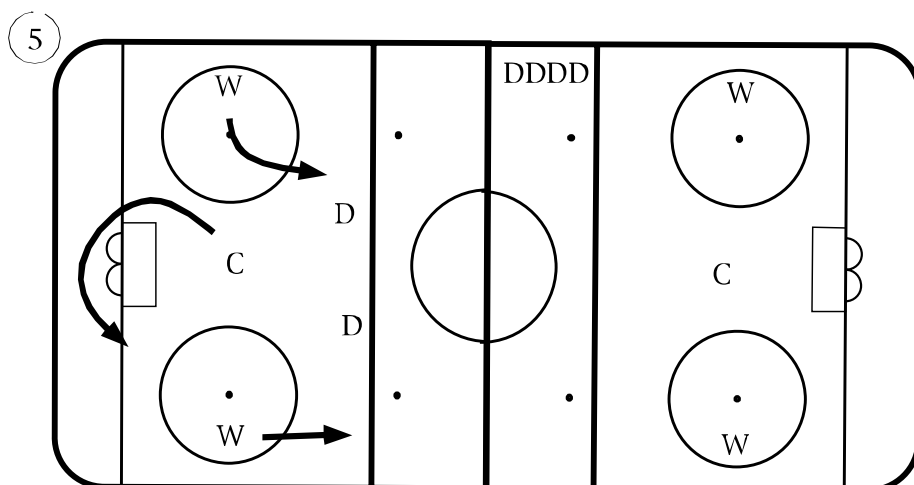
Drill — Passing

- Montreal 6 pass
- Give and go passing around neutral zone circle



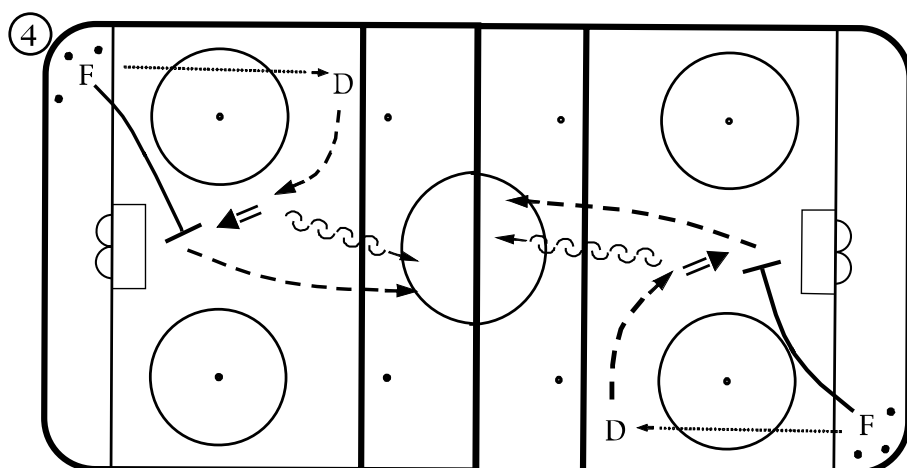
Drill — Breakout

- 3 on 2 - center skates around the net after and picks up puck
- 3 on 2 rush down ice, shoot, rebound, coach blows whistle and another line picks up a puck and goes back the other direction 3 on 2



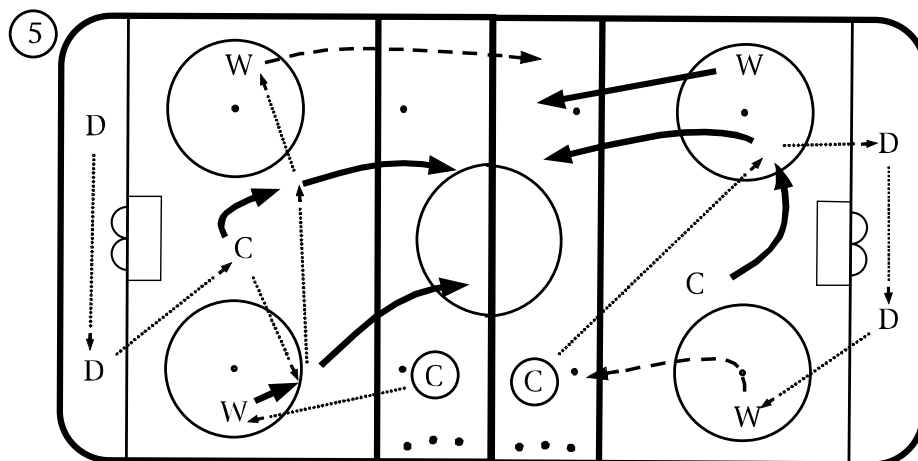
Drill — Shooting

- Forward passes out to the defenseman at the blue line
- The defenseman walks out and shoots on goal
- The forward looks for a tip and a rebound
- The forward heads up ice 1 on 1 on the defenseman



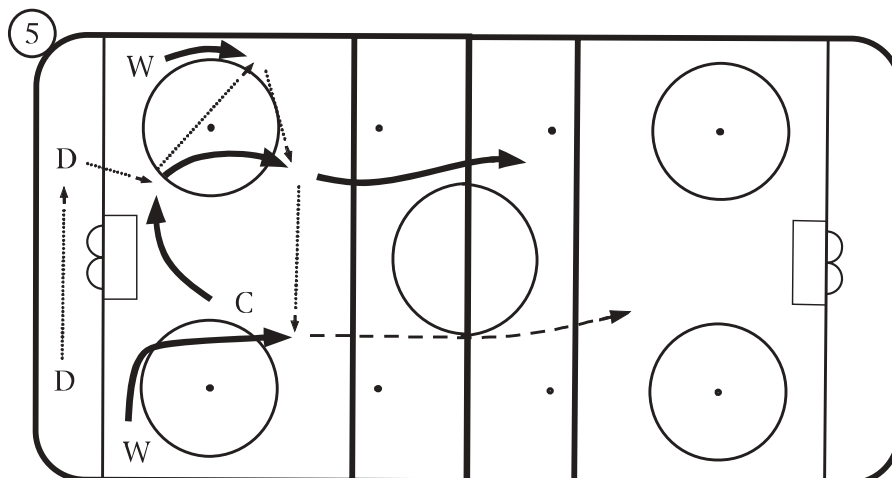
Drill — Breakout

- Both ways
- At the same time



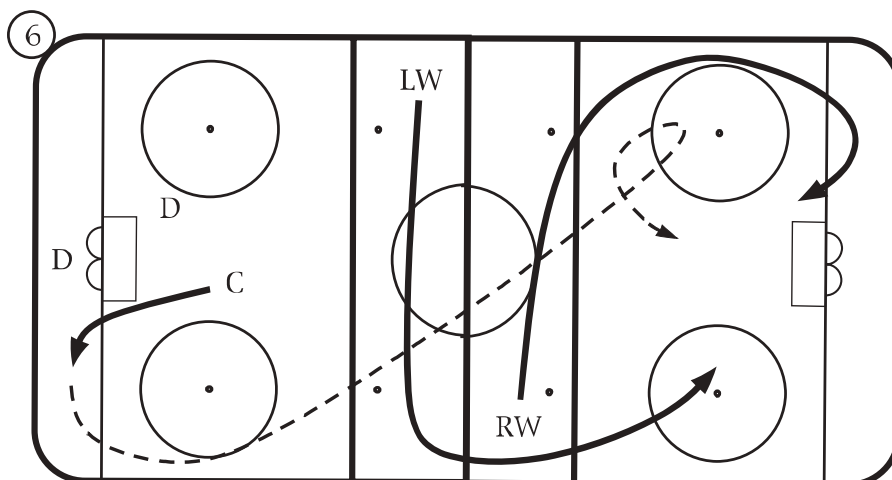
Drill — Breakout

- Make 5 passes and dump into corner



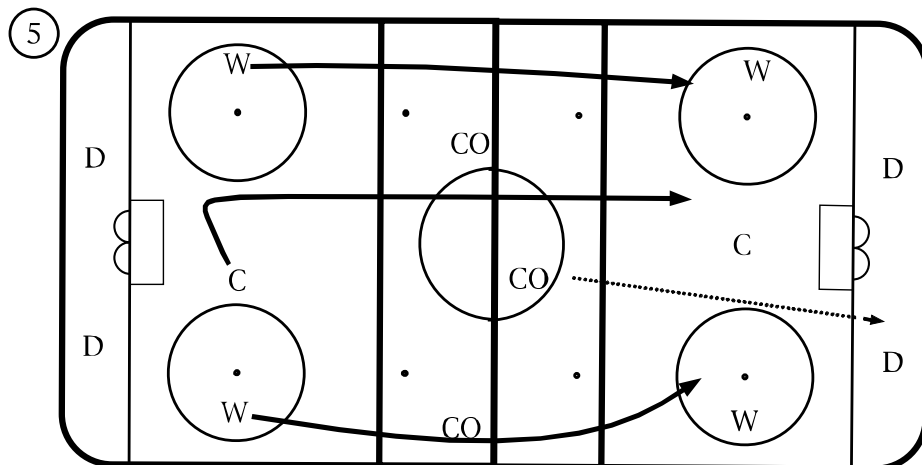
Drill — Power Play

- Breakout, setup, regroup, setup
- Pass the puck around



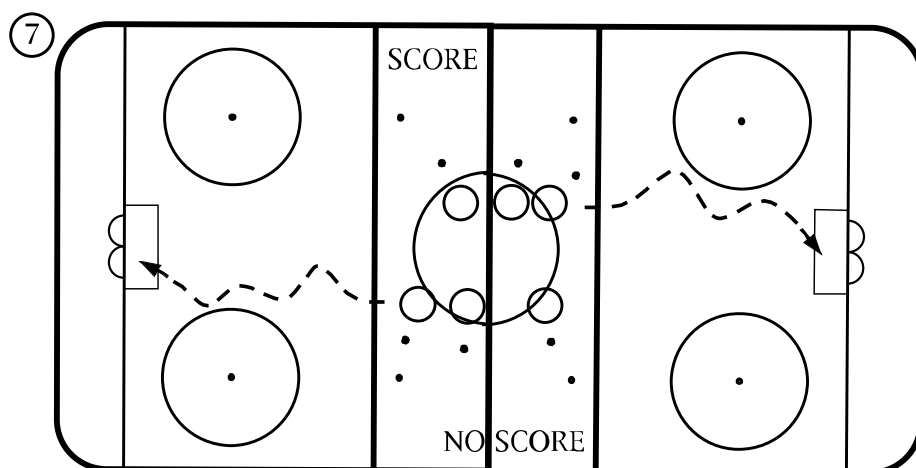
Drill — Breakout

- Notre Dame dump with coaches pressuring in the neutral zone



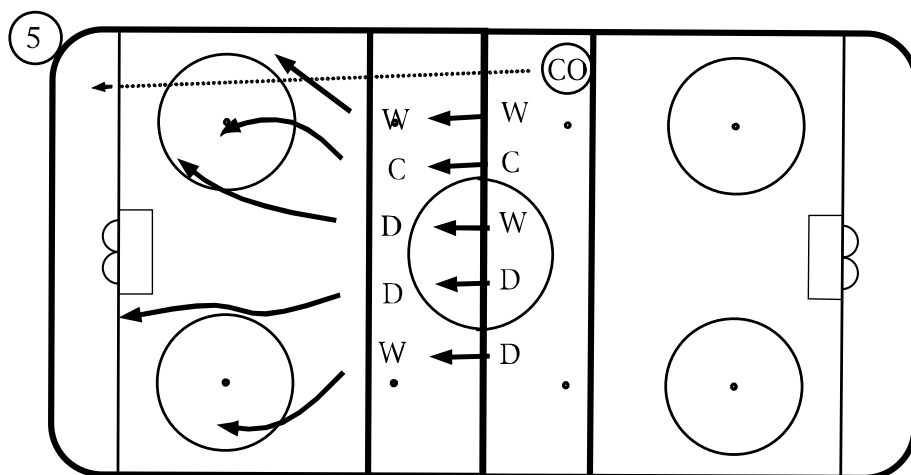
Drill — Showdown

- Practice
- Contest



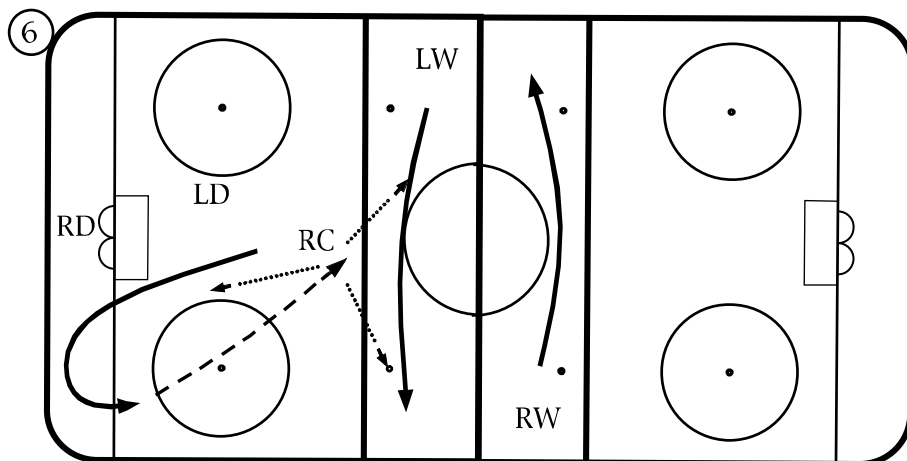
Drill — Breakout

- Coach dumps puck into the corner
- 5 players breakout
- 5 players forecheck

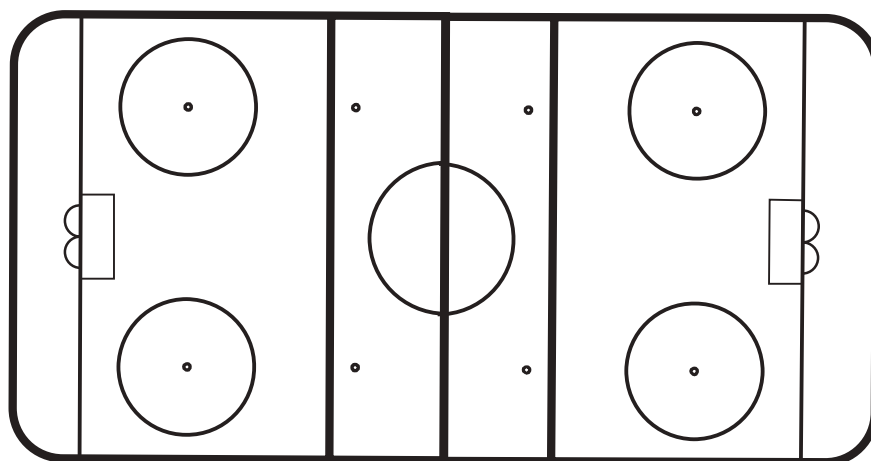


Drill — Power Play Breakout Options

- D passes to prime receiver center
- C passes off boards to left wing
- C passes off boards to right wing
- Right D carries
- Right D passes to left D

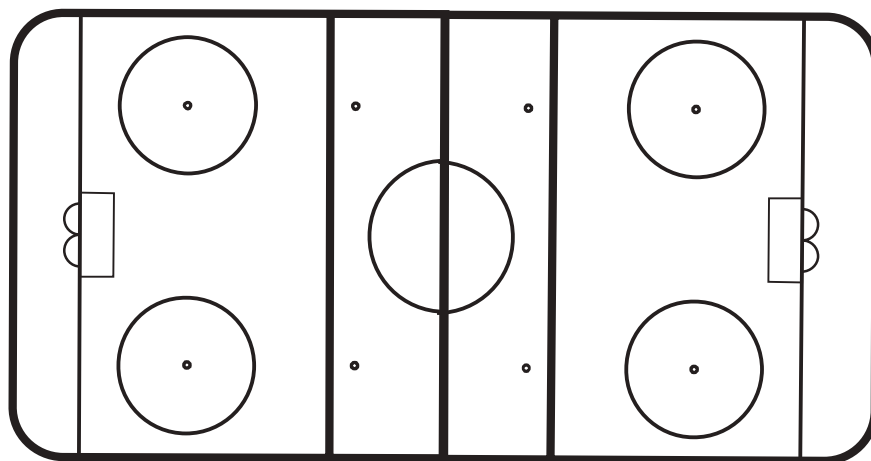


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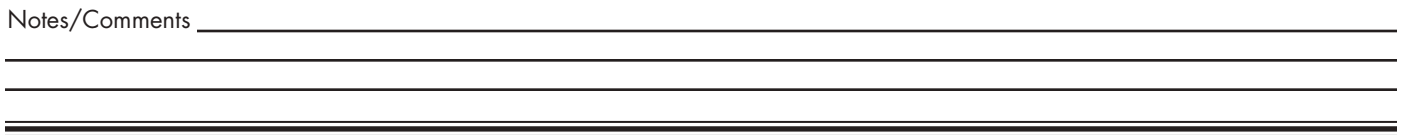
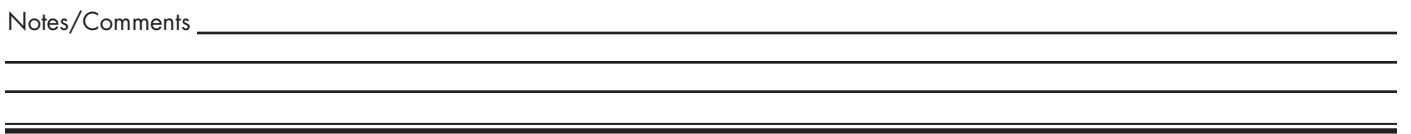


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