

# Hockey Practice Plan

**Objectives:** Refine breakout and power play.

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

**Practice:** #19

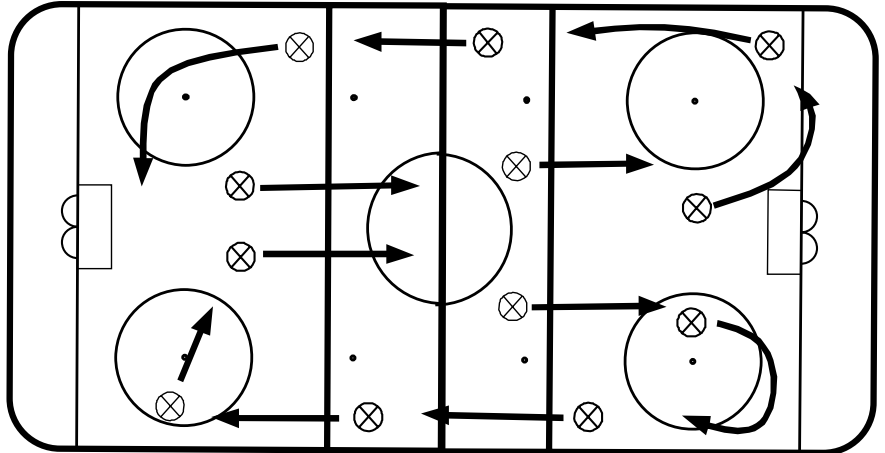
**Level:** 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<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 type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input 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 checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input checked="" type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Face-offs	
<input type="checkbox"/> Def./Forwards		<input checked="" type="checkbox"/> 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

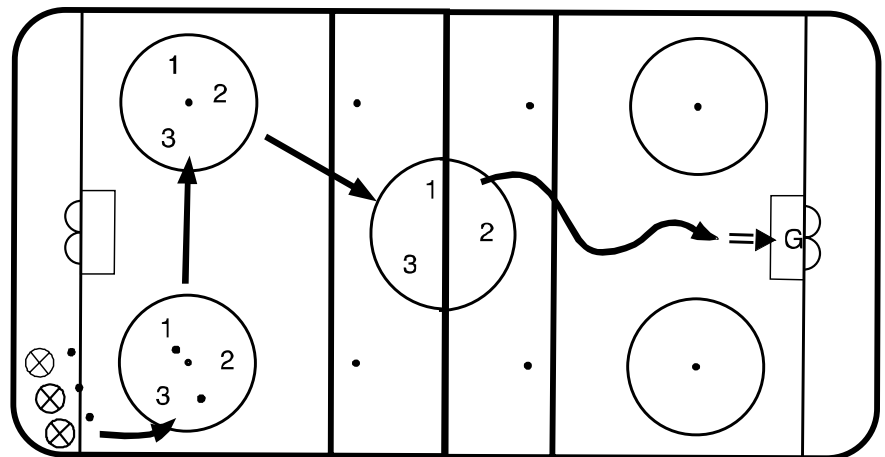
## Drill — Warm Up

- 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



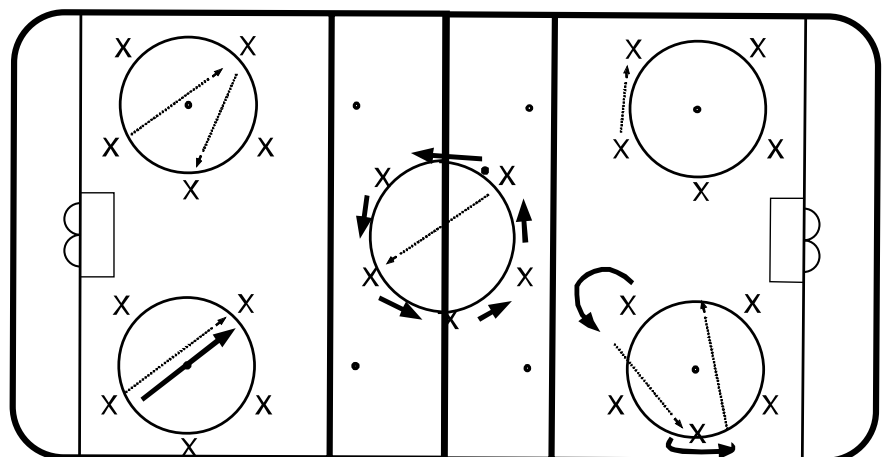
## Drill — Puckhandling

- 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



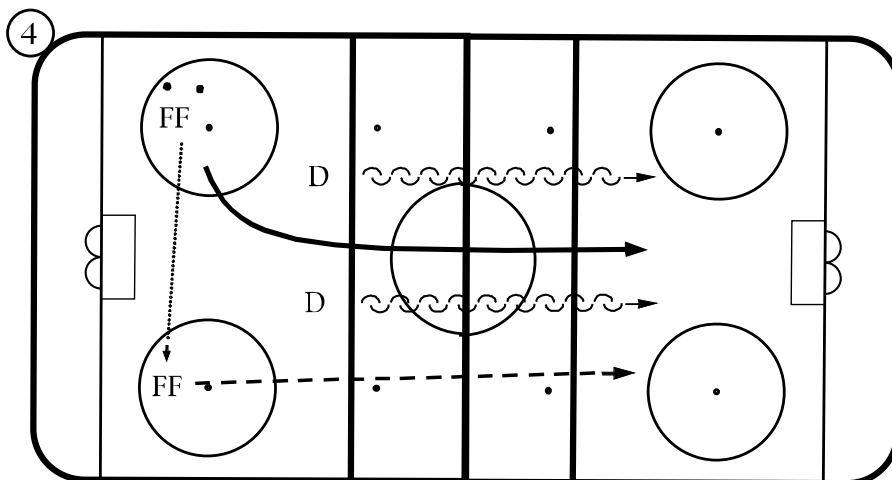
## Drill — Passing

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



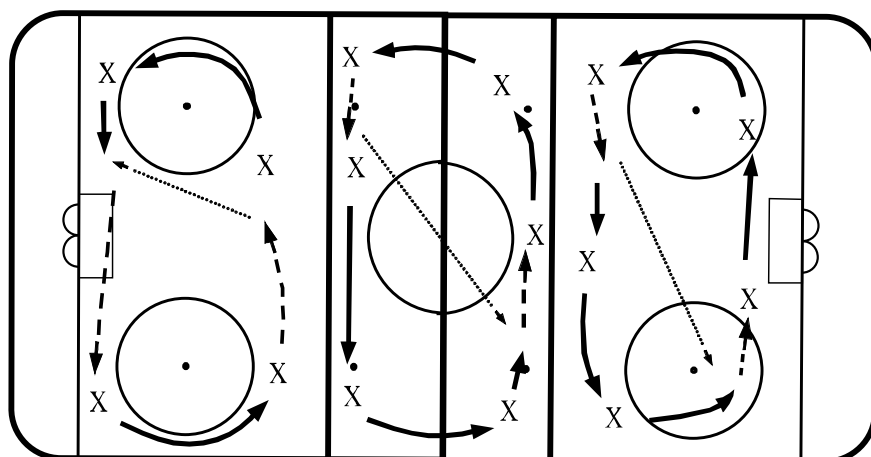
## Drill — North Dakota

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



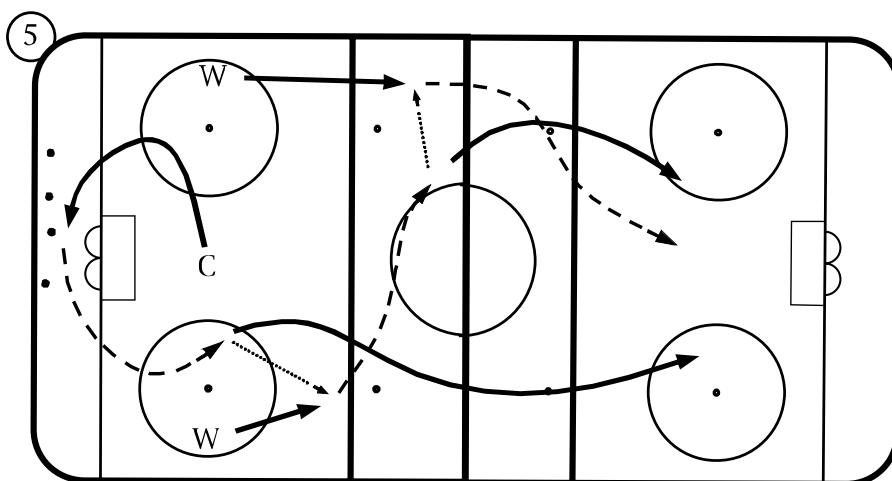
## Drill — Passing

- Big circle passing
- One touch passes



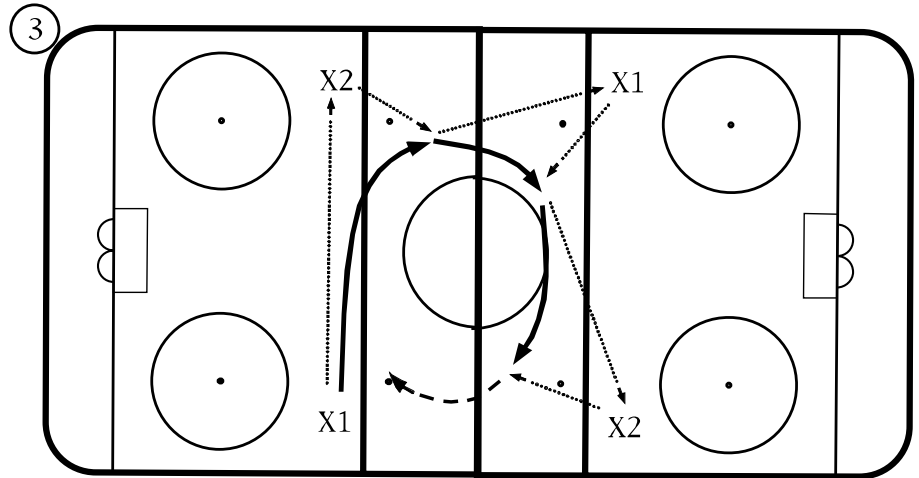
## Drill — Breakout

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



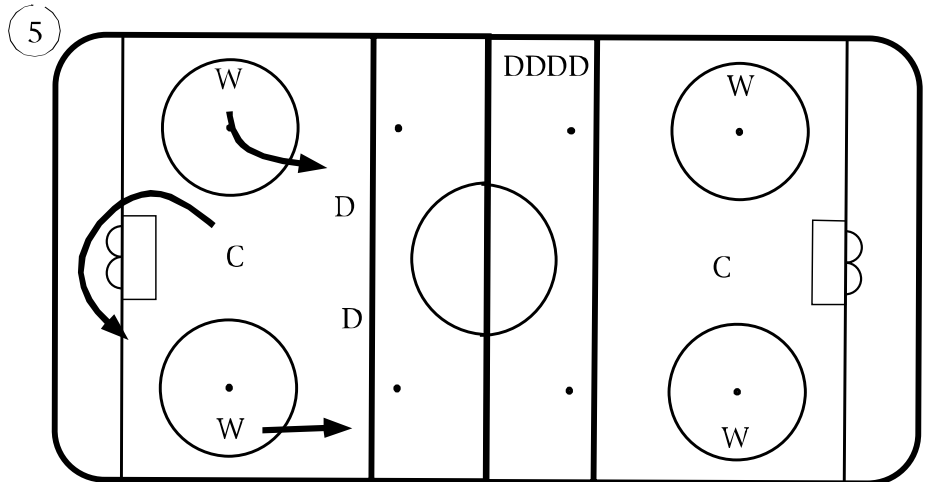
### Drill — Passing

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



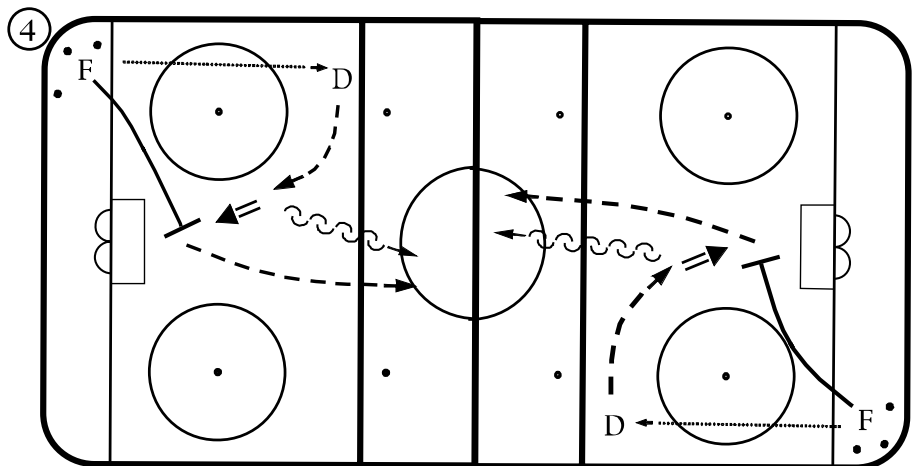
### Drill — Breakout

- 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



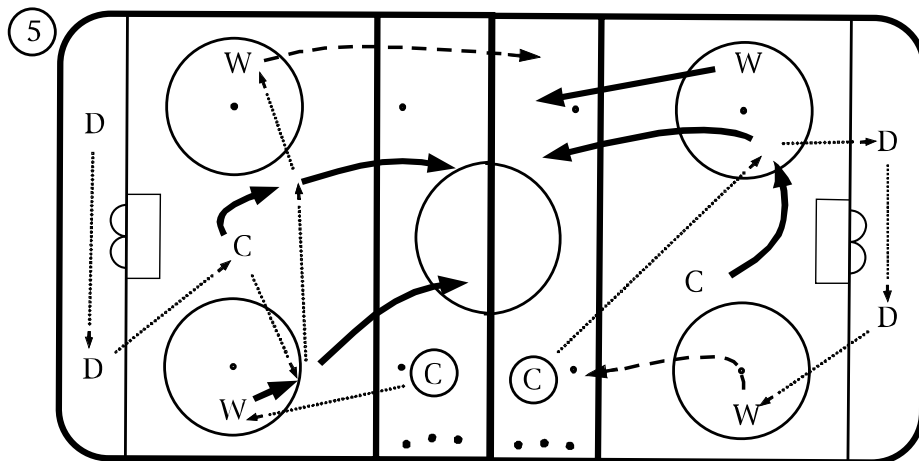
### Drill — Shooting

- 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



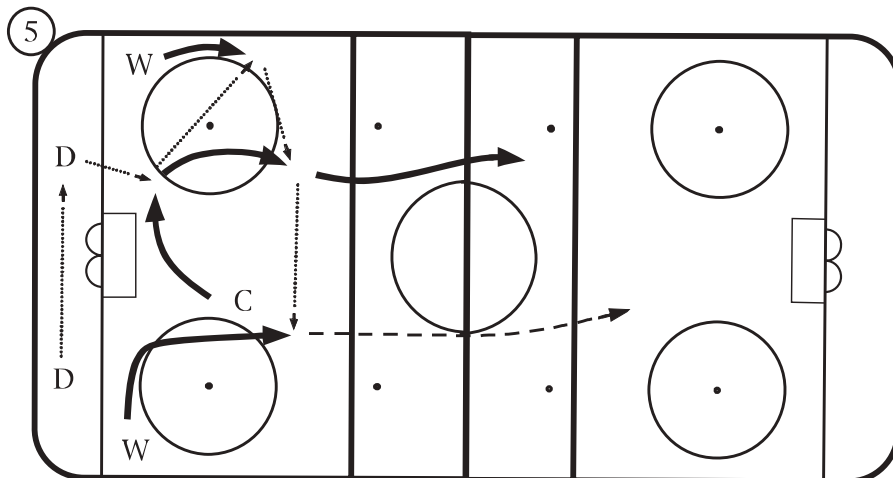
### Drill — Breakout

- Both ways
- At the same time



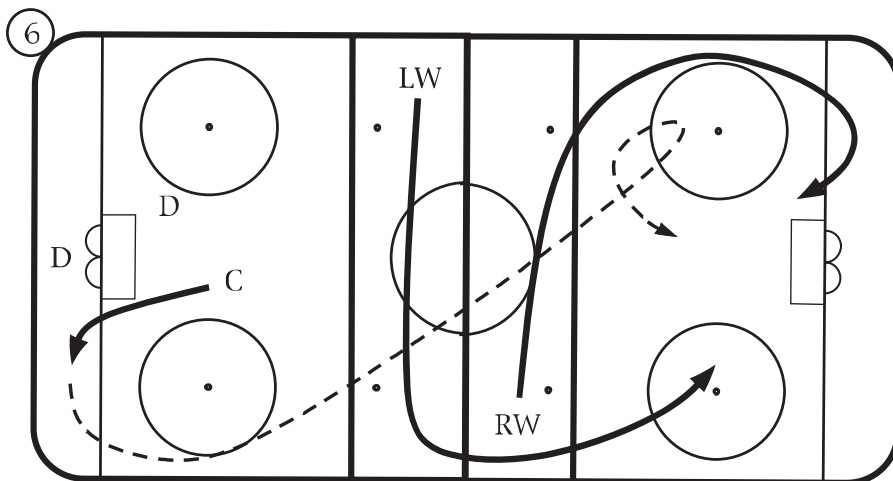
### Drill — Breakout

- Make 5 passes and dump into corner



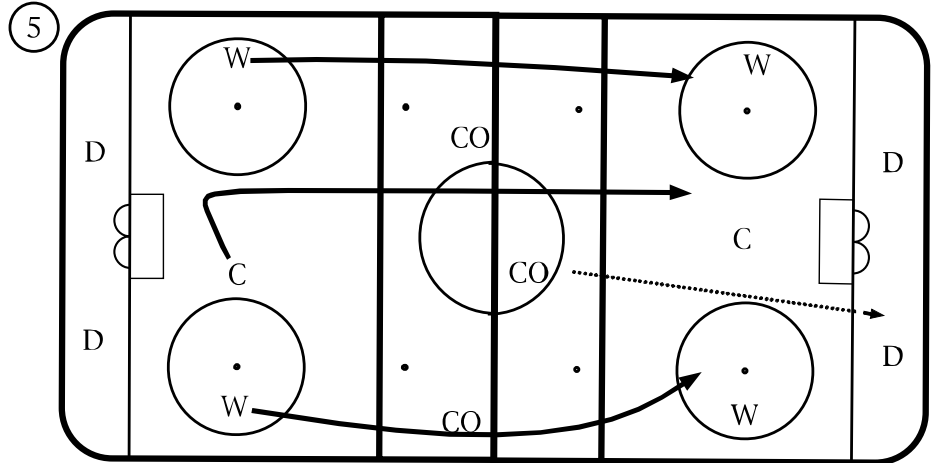
### Drill — Power Play

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



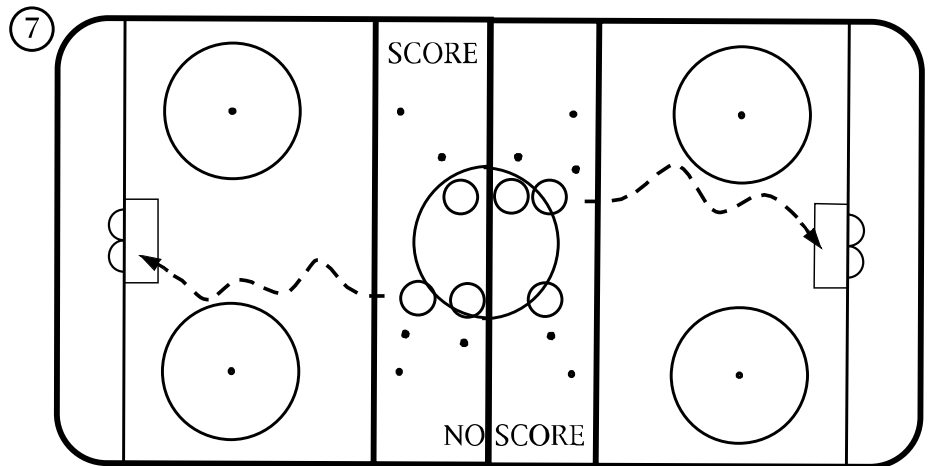
### Drill — Breakout

- 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

