

Hockey Practice Plan

Objectives: Building a strong foundation in the fundamentals so team play will be easier.

Date: _____

Practice: #2

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	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
<input checked="" type="checkbox"/> Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
<input checked="" type="checkbox"/> Goaltending		_____ Face-offs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Stretching off-ice warm-up including neck exercises	
10 mins.	1. Moving stretches on lines: a. easy position in and outs, width of rink; b. drill; c. railroad tracks; d. hurdler, etc. from first practice, knee ups, high kick, skate to blue line, between blue lines slide on knees, slide on backside, slide on stomach, stick, hands, arms out in front, do heads up don't duck drills	Slow and constant stretch
10 mins.	2. Skating: a. Big C; b. continuous crossovers; c. push - touch - coast sequence; d. normal strides with good technique - increase tempo from comfortable to very fast, then follow with weight shifting, power slide and stride; e. control turns; f.-g. forward crossovers; h.-l. backward skating; m.-q. mohawking - turn from forward to backward to forward	Keep players focused
10 mins.	3. Puckhandling	Quickness
10 mins.	4. Shooting	Follow through
10 mins.	5. Passing	Hit the target
5 mins.	6. Cool down	Have fun

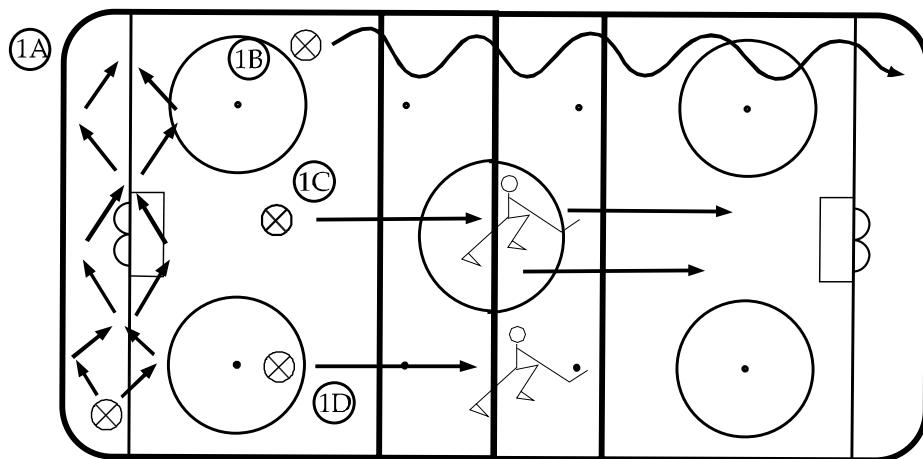
Stretching Drills

1A. In ready position - width of rink
– in and outs

1B. S-drill - throw heel and hip to a
straight leg and keep other bent
at knee

1C. Railroad tracks — weight
shifting

1D. Hurdler - stretch leg



Skating Drills

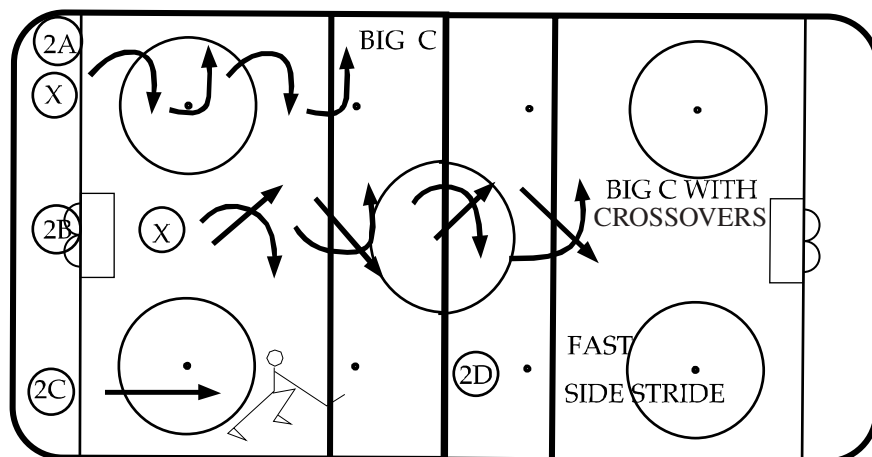
2A. Big C

2B. Balance on back leg - step out with
front inside edge

2C. Continuous crossovers with coasting

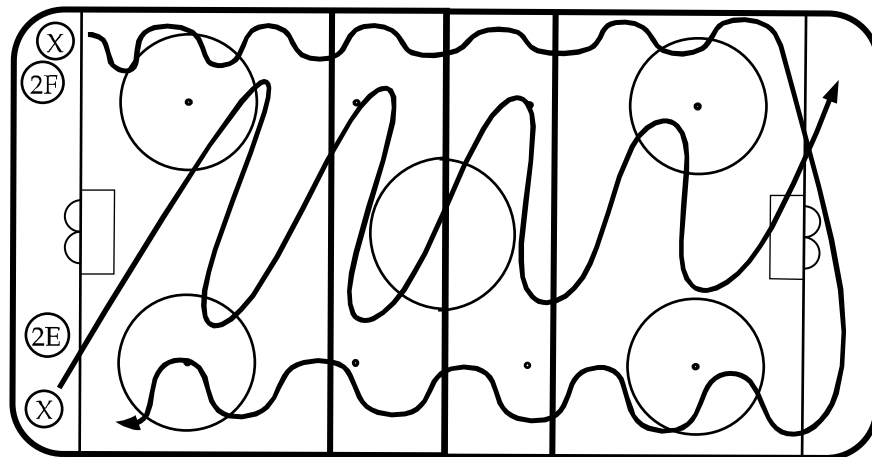
2D. Push - touch - coast sequence

- Normal stride with good technique -
increase tempo from comfortable to
very fast - next sequence - weight
shifting with power slide and stride



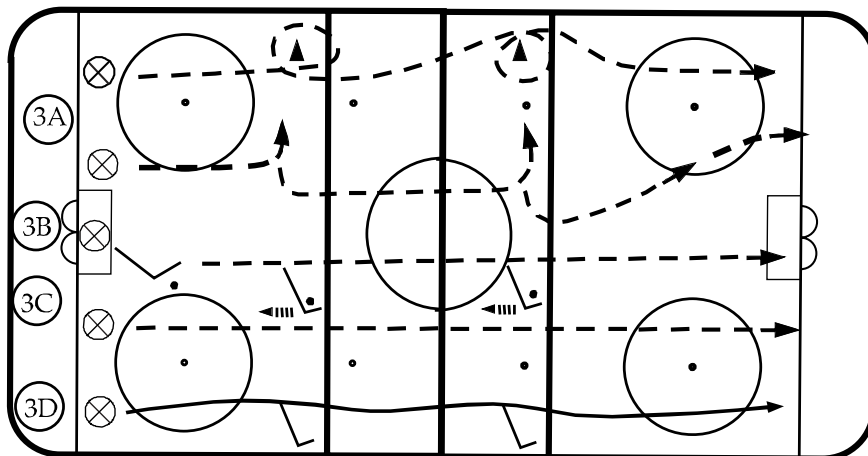
Drill — Skating - Control Turns

- Control turns around rink
- Control turns on spots



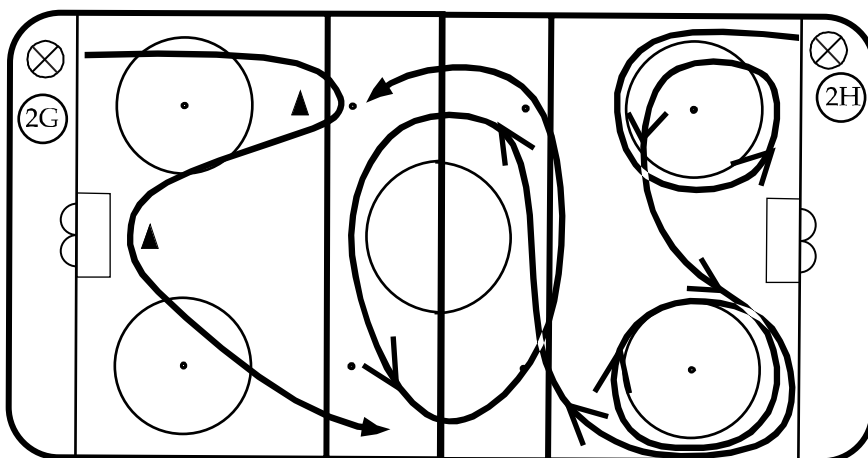
Drill — Puckhandling

- Controlled turn around cone
- Head or shoulder fake
- Carry in shooting position
- Fake wrist or slap shot



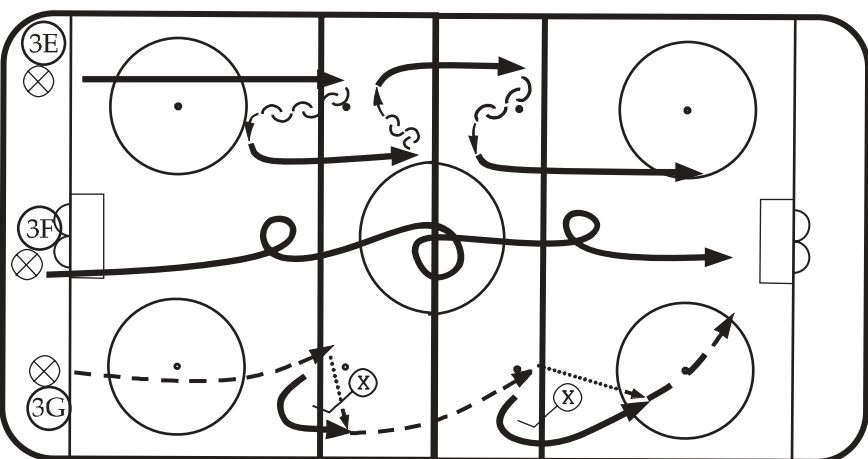
Drill — Puckhandling

- Two cone crossovers
- 360 degree circle on two low circle - one big 360 degree circle in middle with crossovers



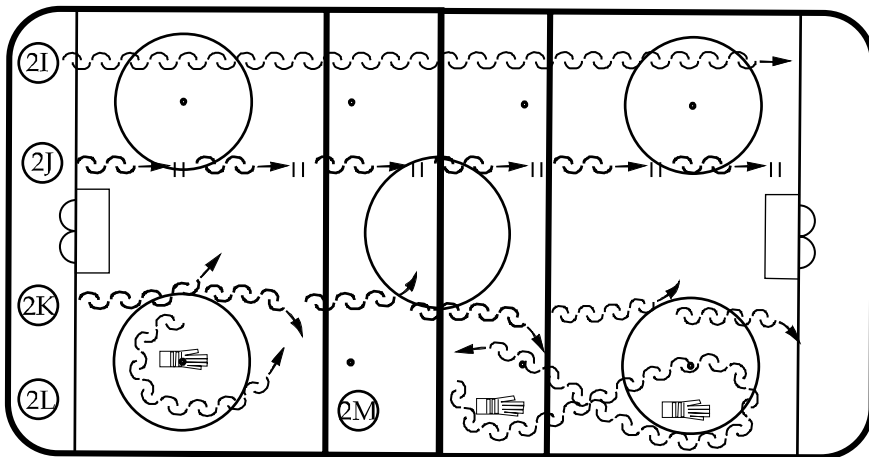
Drill — Puckhandling

- Forward - backward - forward
- Escape either control turn, pivot or crossovers



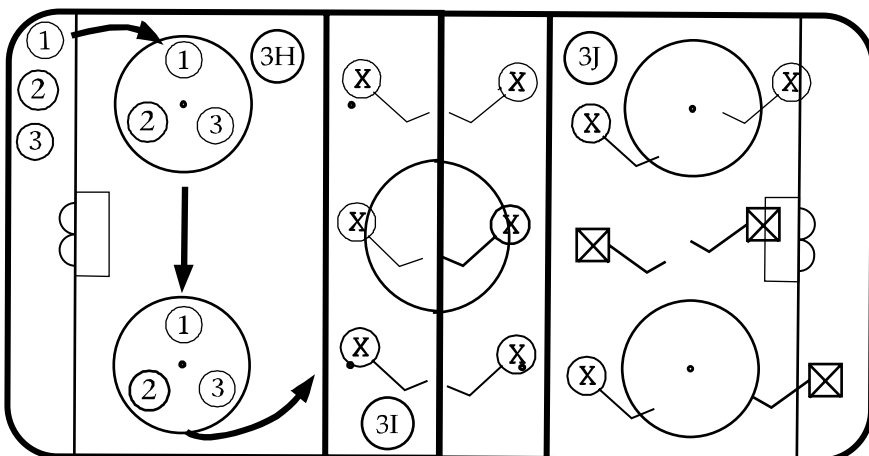
Drill — Backward Swizzles

- Inside edges
- Backward stops - side stop
- Backward pumps - push and recover
- Backward crossover on glove
- Backward crossover - two gloves - Figure 8



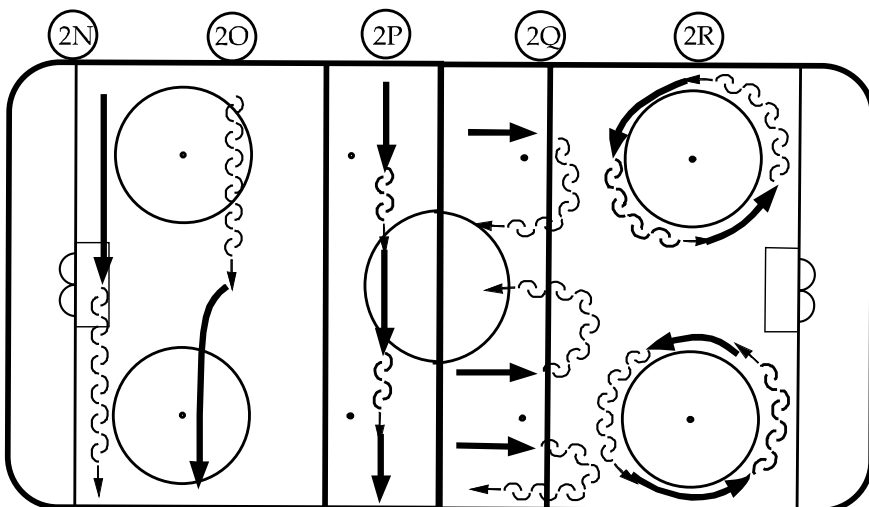
Drill — Puckhandling

- Three players with puck stickhandle in circle
- All players with pucks jam neutral zone
- Three players with pucks keep away from three players without pucks



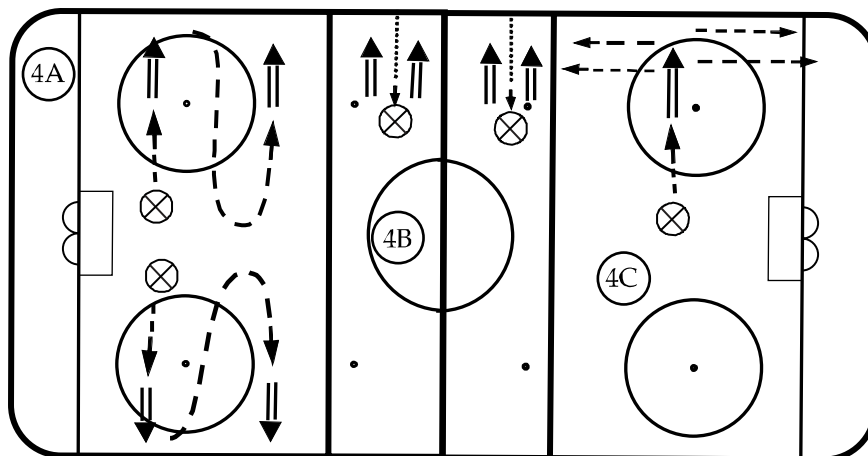
Drill — Mohawking

- Forward turn backward
- Backward turn forward
- Forward - backward - forward
- Forward - turn hips - point backside backward
- Always turn to center of circle forward - backward - forward - backward



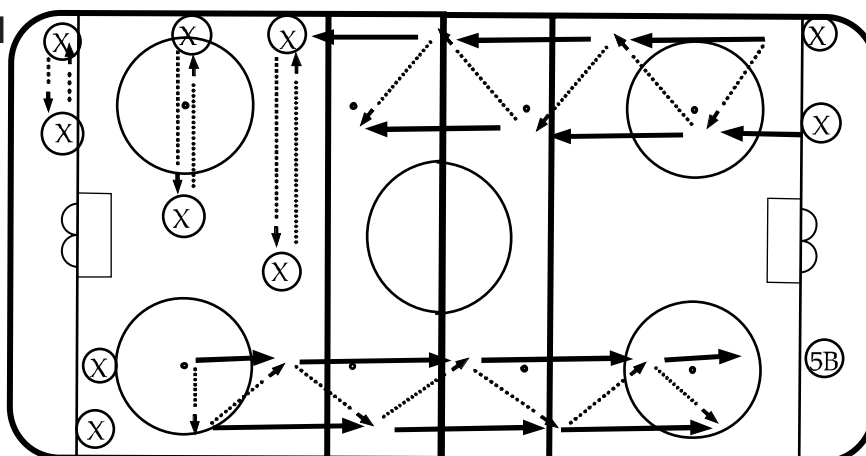
Drill — Shooting

- Shooting forehand and backhand - start 30 feet out, practice carrying in and shooting, then in puckhandling position, then pull to shooting position - pick up rebound
- Shoot stationary at boards 15 feet out - pull back - rebound - flip it up
- Puckhandle - shoot - rebound left - right - left - right and shoot



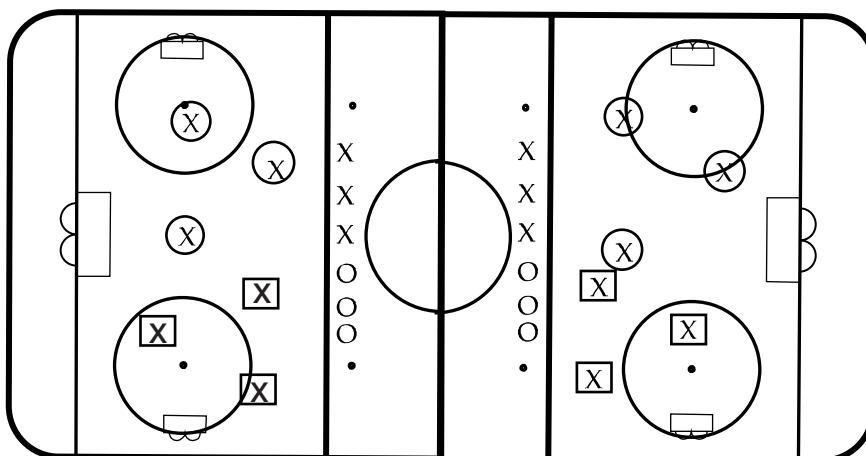
Drill — Buddy Pass - Forehand and Backhand Pass

- Two stick lengths away
- 30 feet away
- 40 feet away
- Ten forehand - ten backhand at each distance - quality passes - raise stick when finished
- Moving buddy passes upon forehand, back on backhand to make 10 good passes



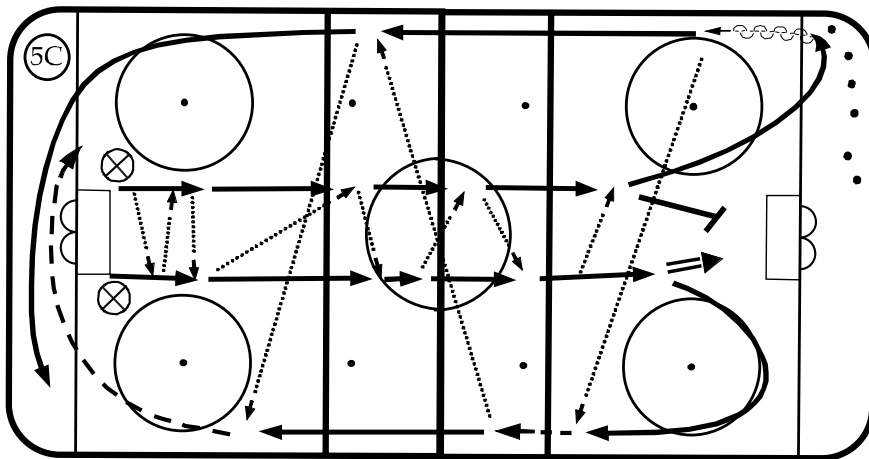
Drill — 3 on 3

- 30 second shifts



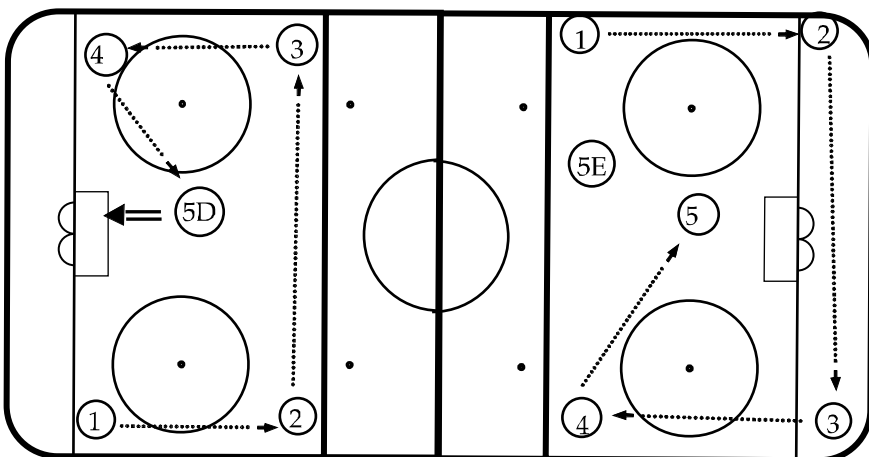
Drill — Flyer Pass

- Buddy up two lines - 30 feet apart - pucks start on right - three stationary passes, must make good quality passes to top of circle, then can shoot. Player of left then picks up puck, long passes back
- Switch lines



Drill — Follow Your Pass

- Follow your pass
- Remedial review of basic skill - a goaltender coach should be working with goaltender



Drill — Follow Pass With Walkout

- Goalie movement drills
- Post to post
- Around the arc
- V-drill
- X-drill
- Y-drill

