

Hockey Practice Plan

Objectives: Almost no puck practice.

Date: _____

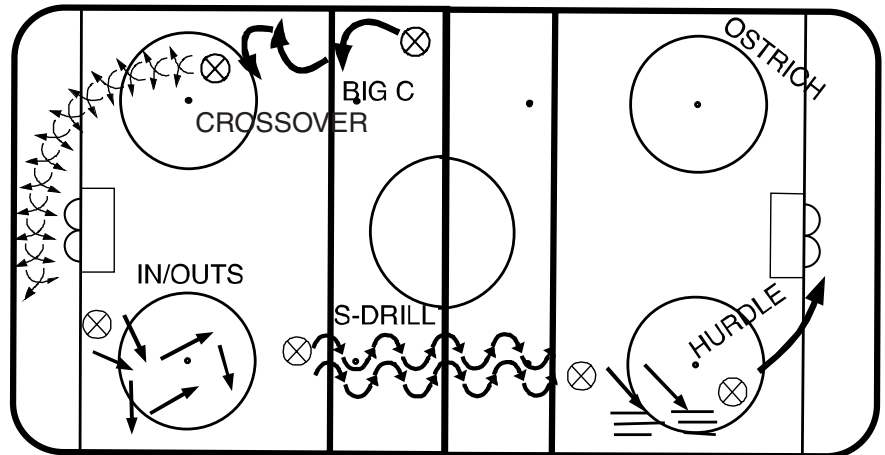
Practice: #20

Level: 12-and-Under (Pee Wee)

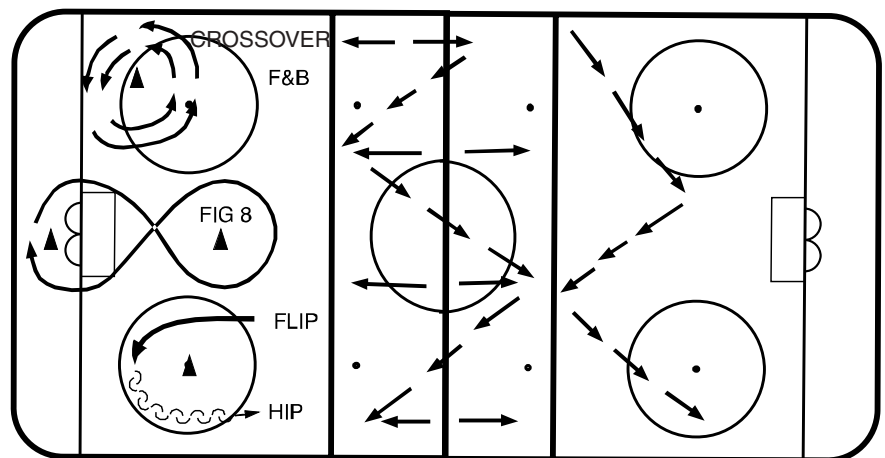
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input 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 type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input 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	
50 mins.	1. Moving stretch the length of rink: Big C, continuous crossovers, in and outs, S drill, scooter, hurdler, ostrich, around gloves crossovers forward and backward, Figure 8 control turns, flip hip point backside, go backward from forward, slide and stride 4 on 3, Gretzky step-out 3 on 3, sprints blue line to red line and blue line to blue line, crossovers around ends, backward between blue lines, go forward, backward, forward, backward, control turns top circle blue line-red line-blue line, top circle heel to heel, point the way you want to go, stopping agility warm-up eagles, compass, long strides	Work hard and stick with it

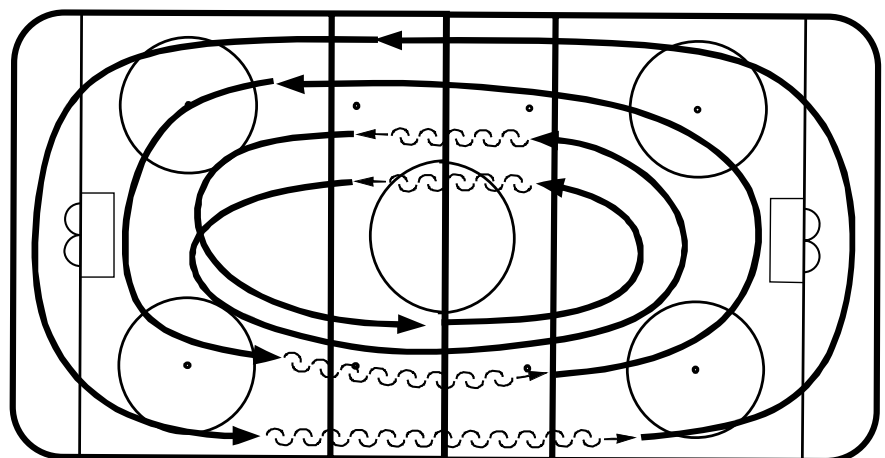
Drill — A



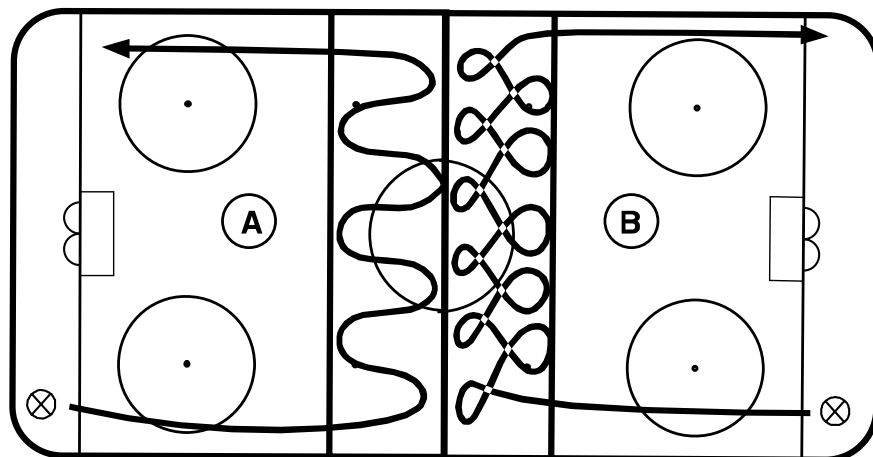
Drill — B



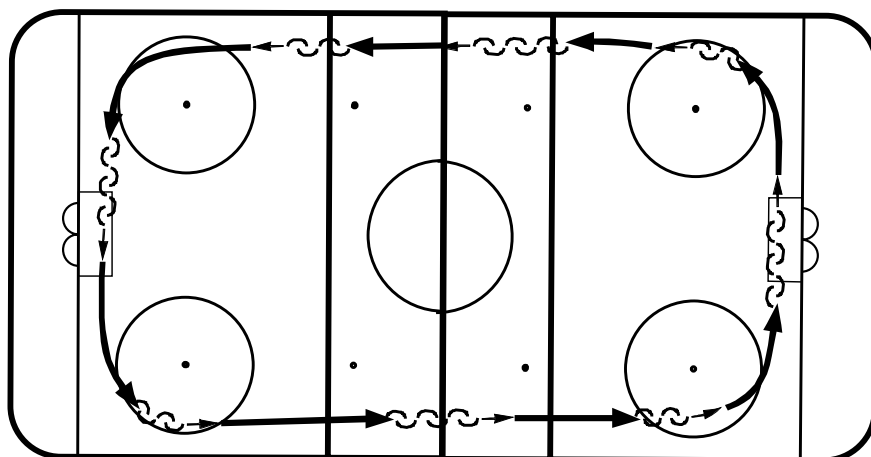
Drill — C



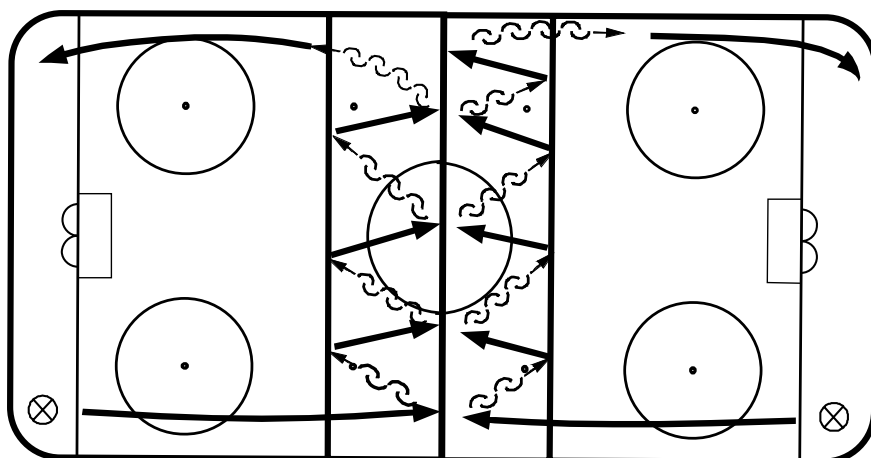
Drill — D



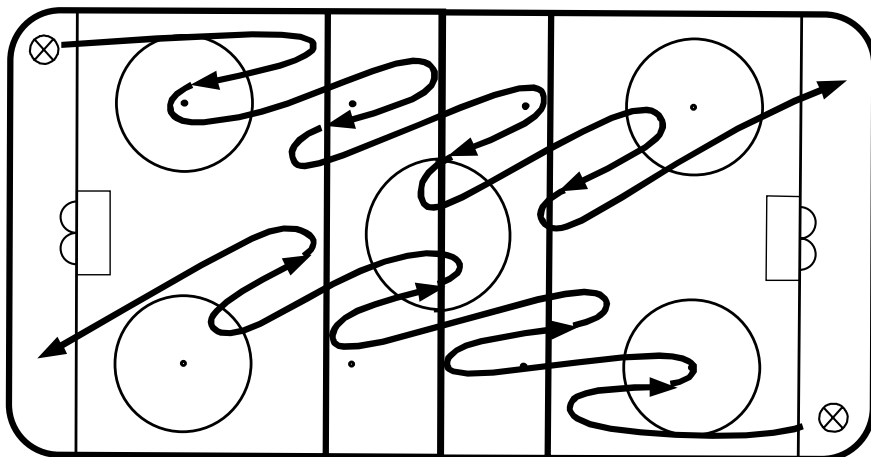
Drill — E



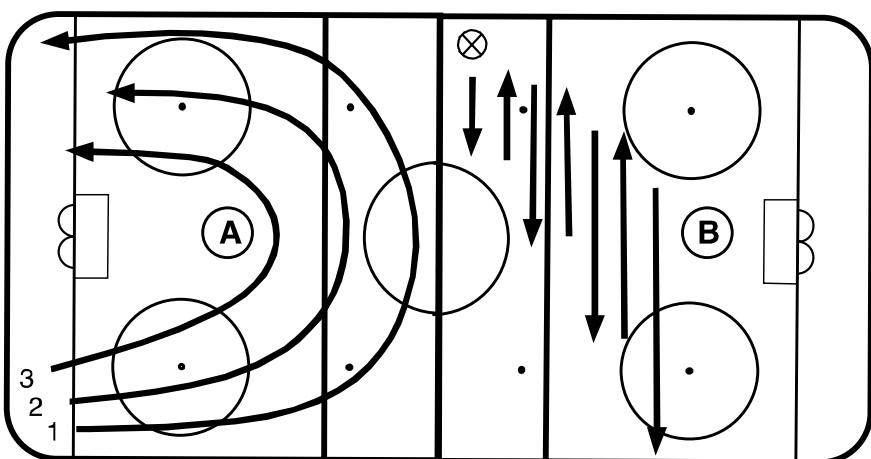
Drill — F



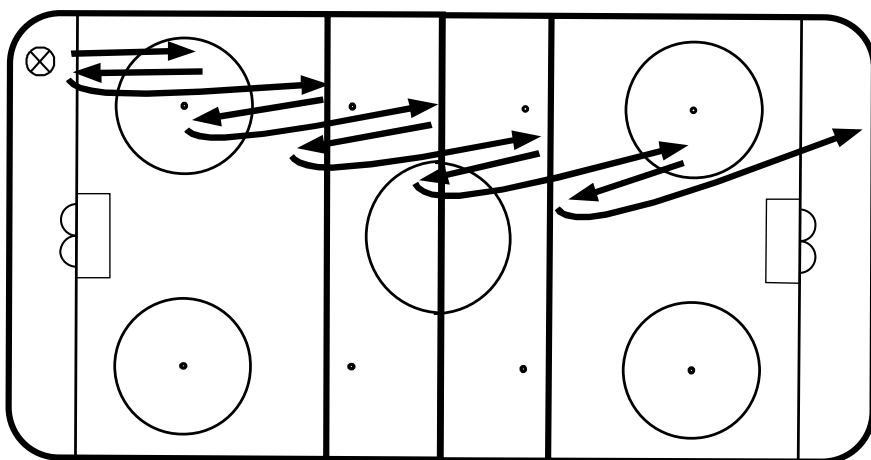
Drill — G



Drill — H

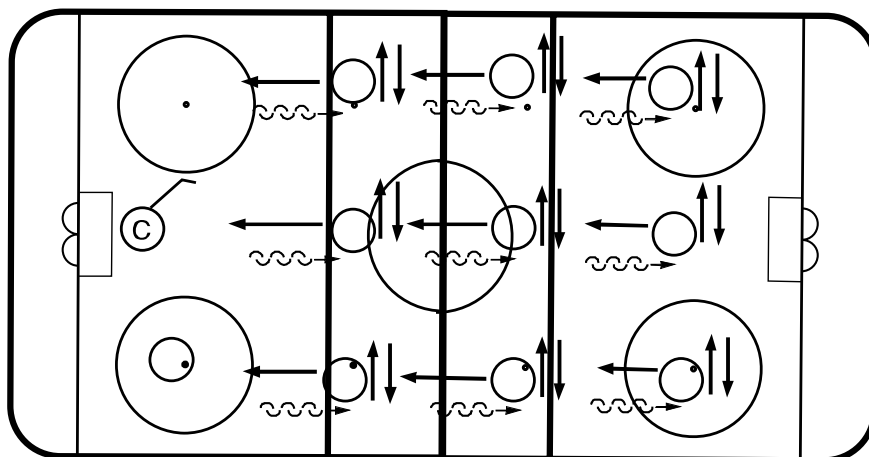


Drill — I



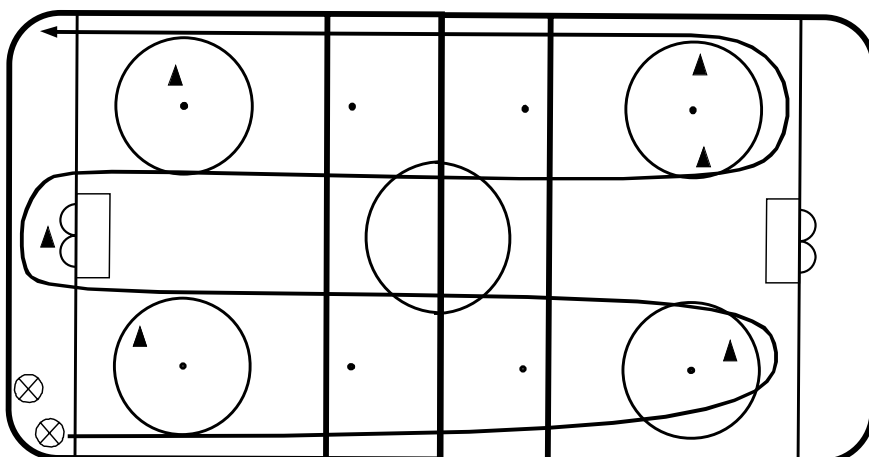
Drill — Compass

- Follow coach's stick: skate forward, skate backward, step out heel to heel, point toe the way you want to go, skate left then right

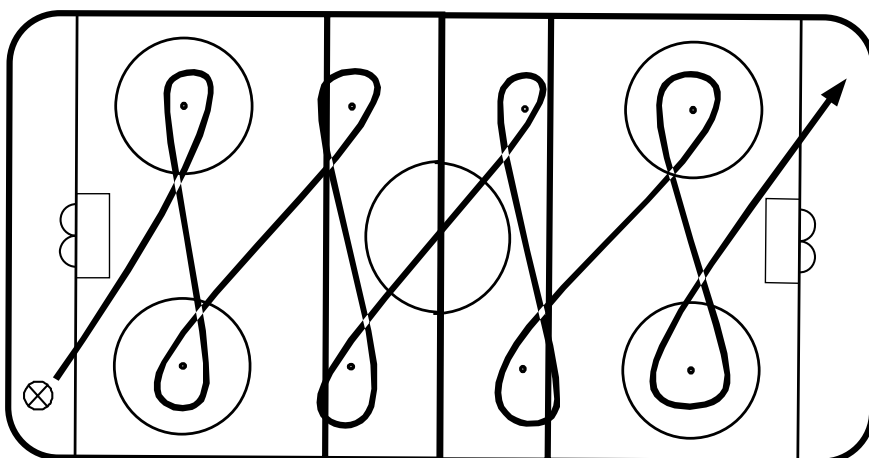


Drill — Striding

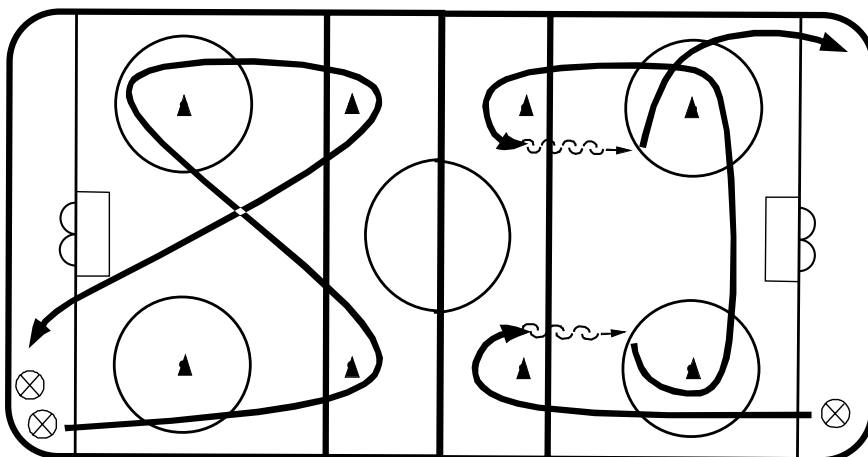
- Long strides



Drill — Escapes

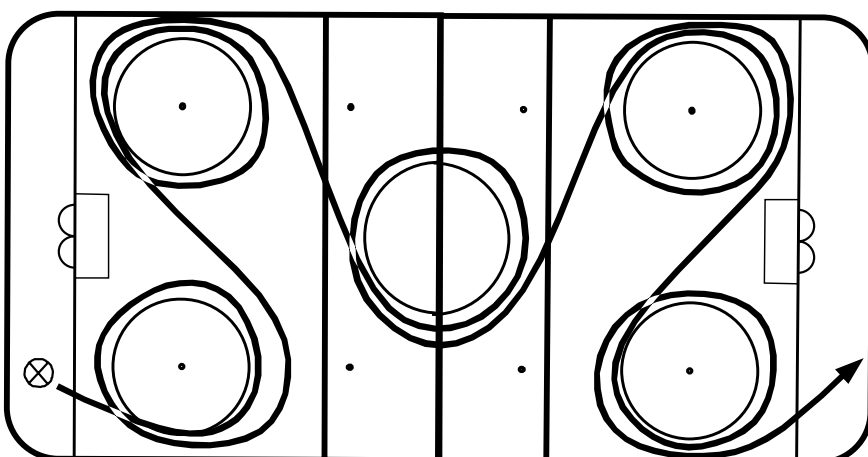


Drill — Skate the Box



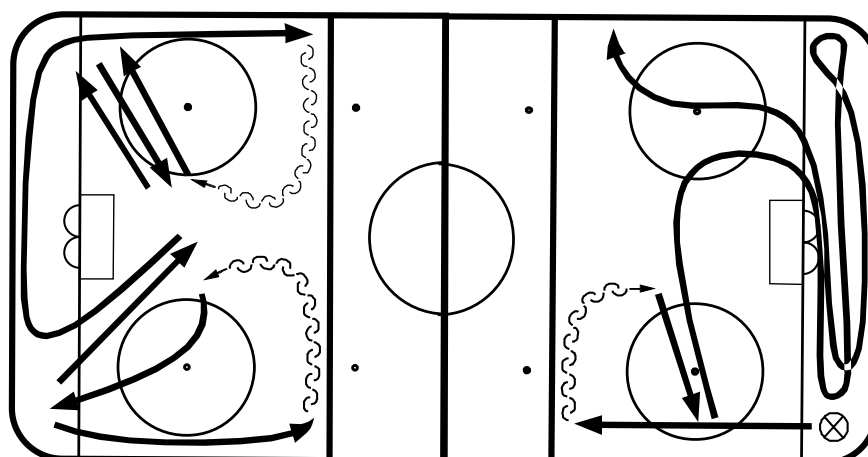
Drill — Russian Circles

- Russian circles 360 degrees
- Russian circles 180 degrees

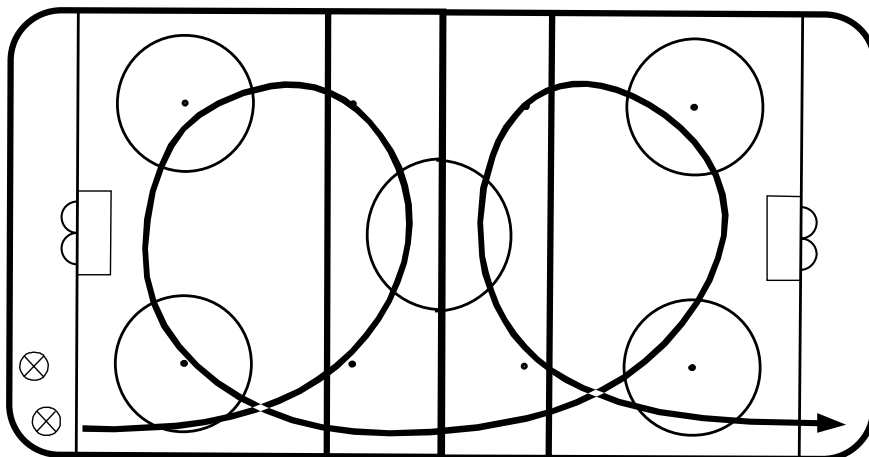


Drill — Agility Skate

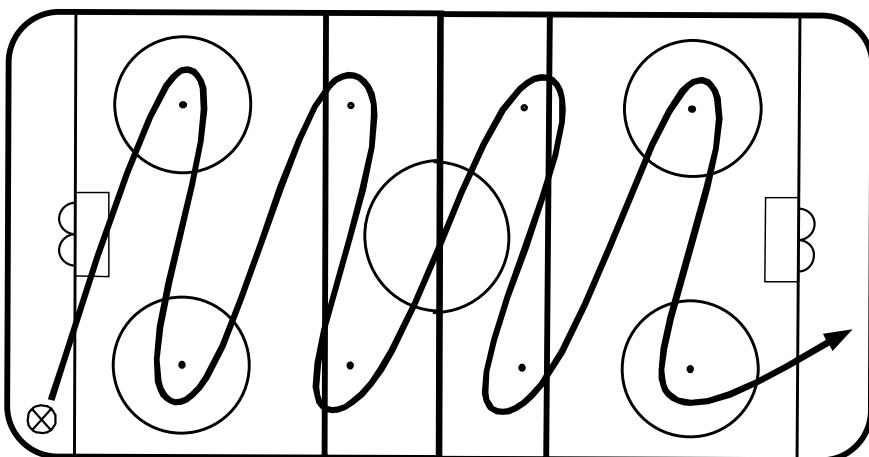
- Feel the corners



Drill — J

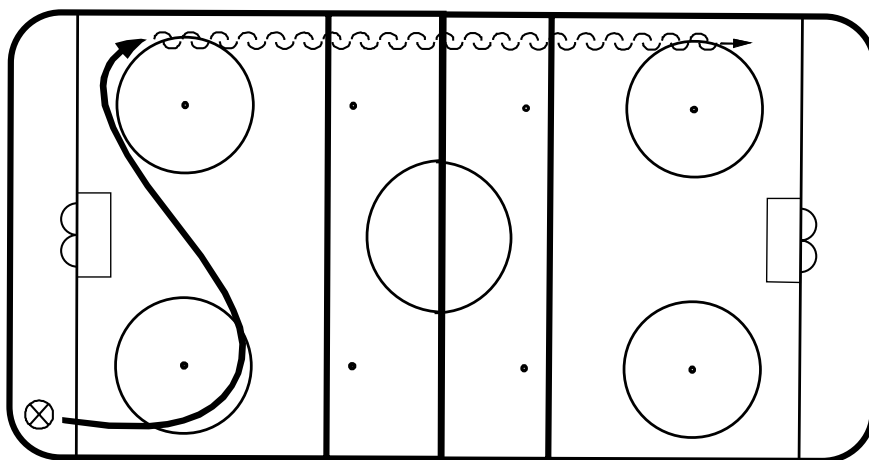


Drill — Control Turns



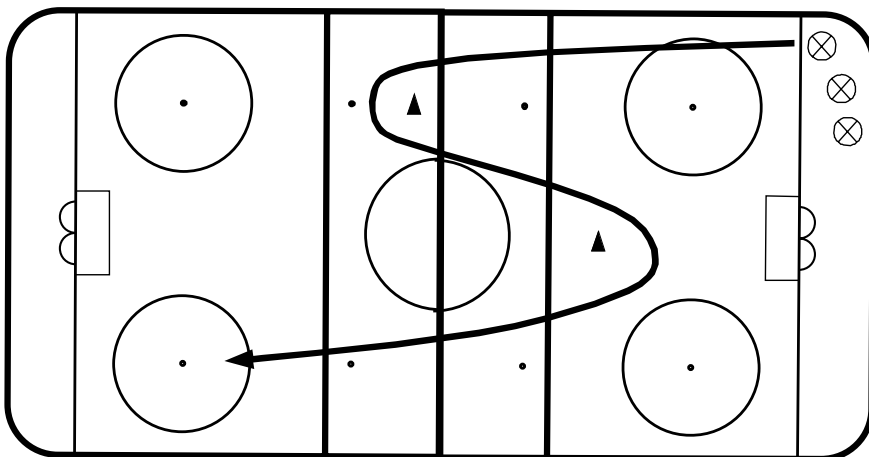
Drill — Forward Flip Hip

- Do backward



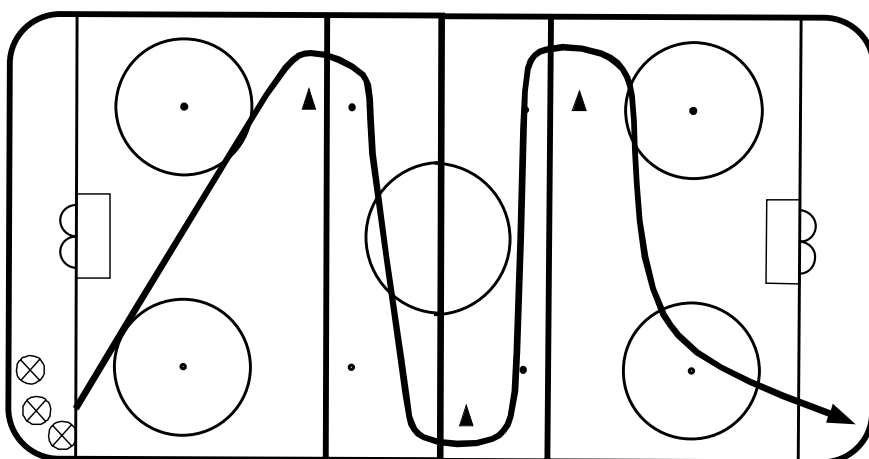
Drill — Skating

- Two cones for skating crossovers



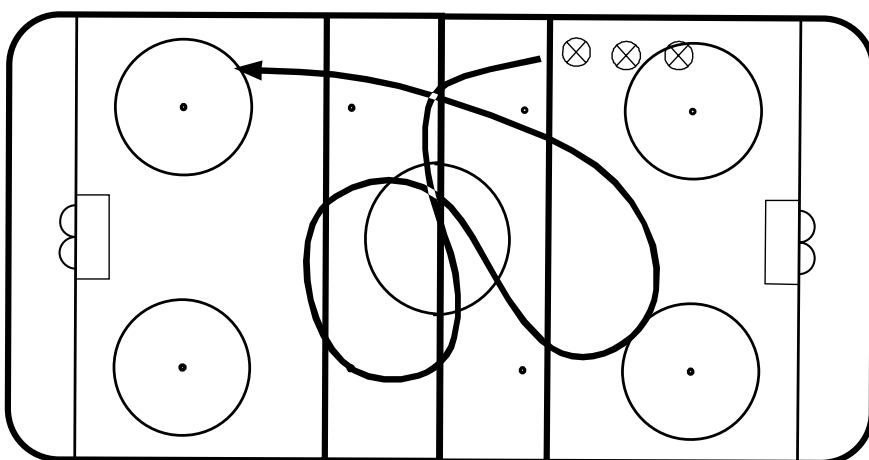
Drill — Three Cone M

- Skate crossovers

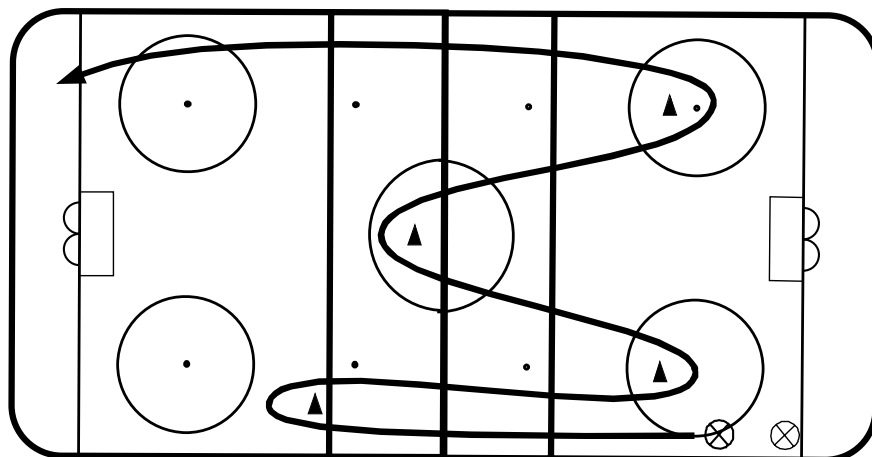


Drill — Skating

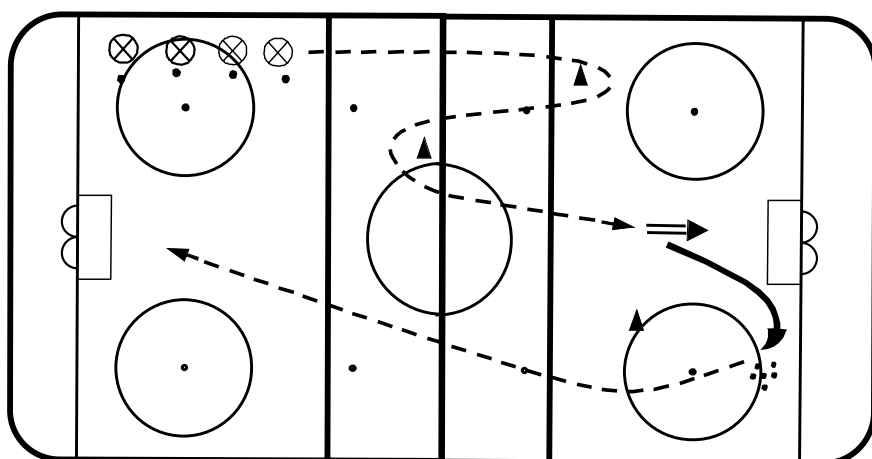
- Neutral zone figure 8 forward and backward



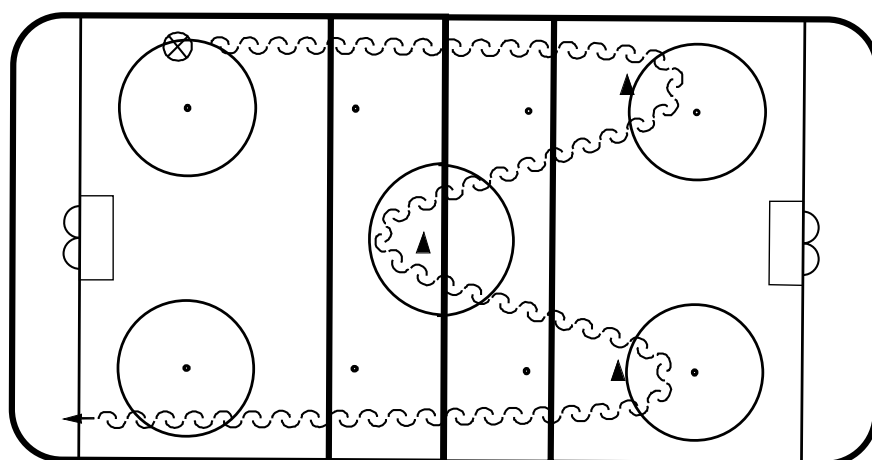
Drill — Fast Feet



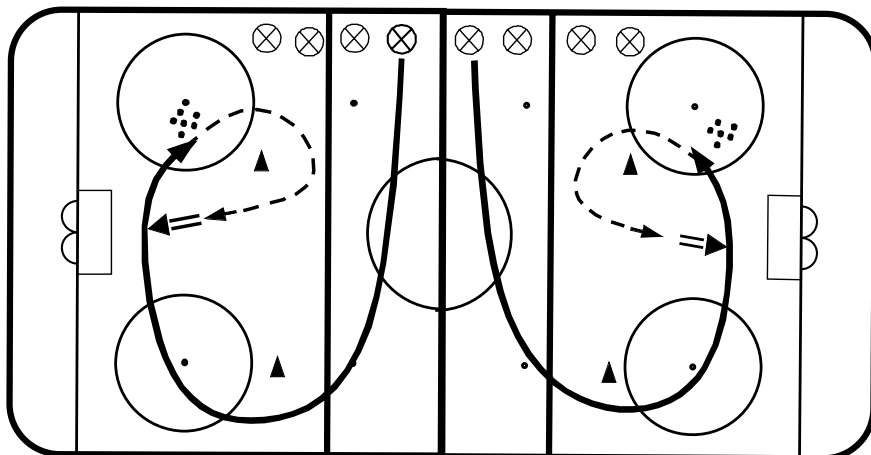
Drill — L



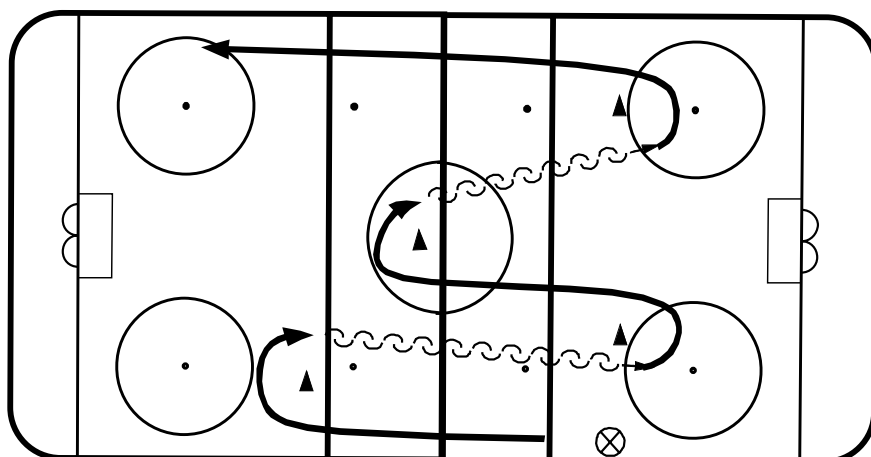
Drill — M



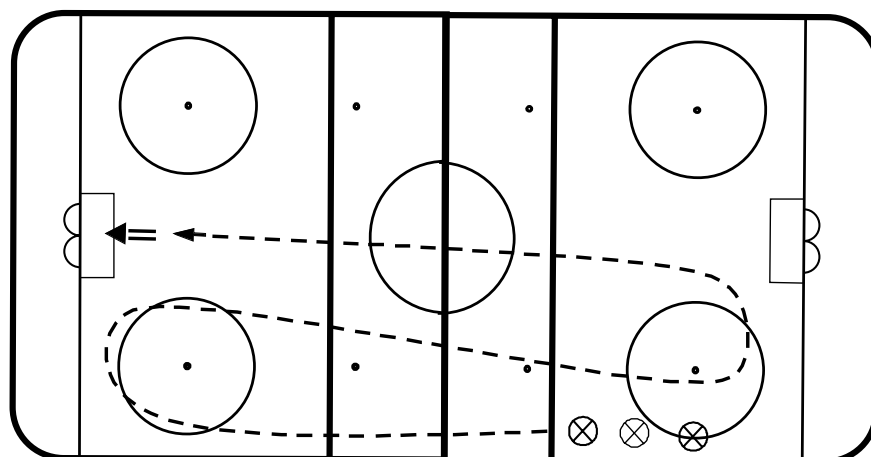
Drill — N



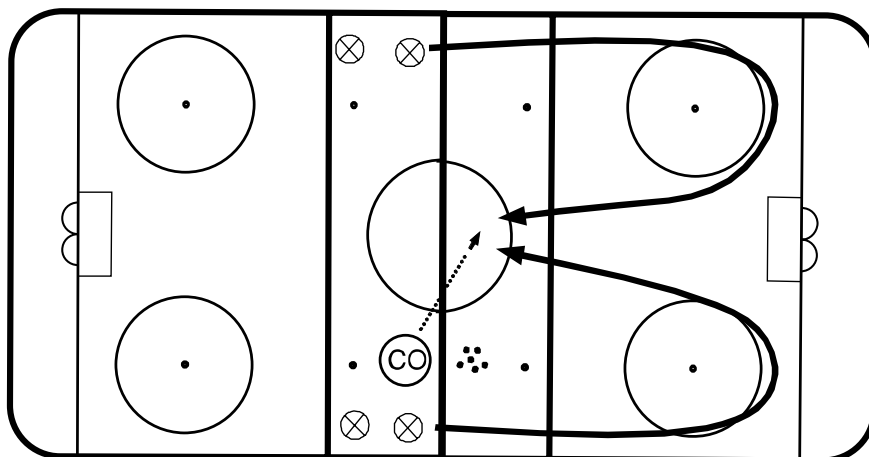
Drill — O



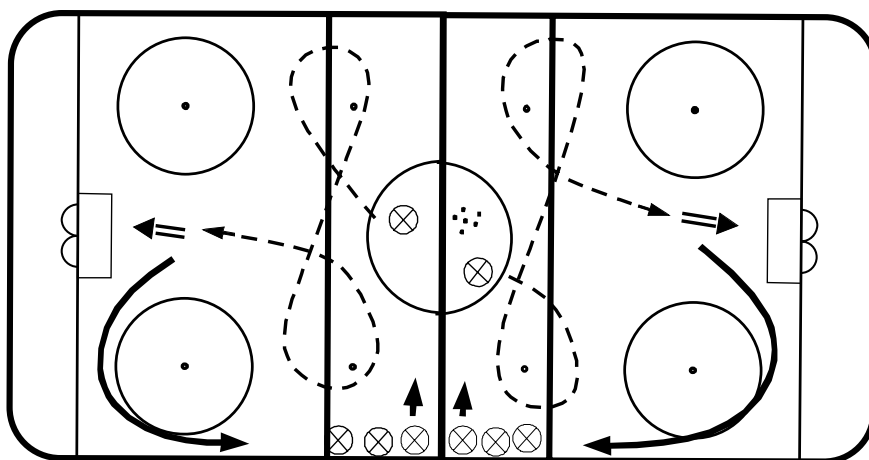
Drill — P



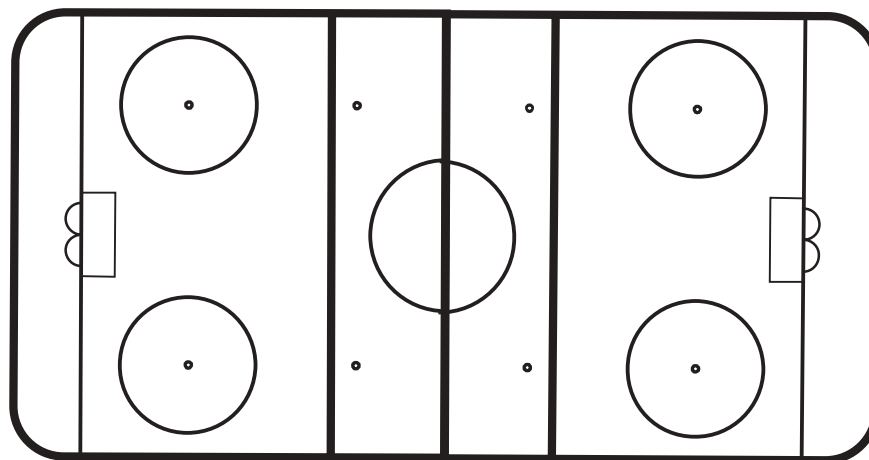
Drill — Q



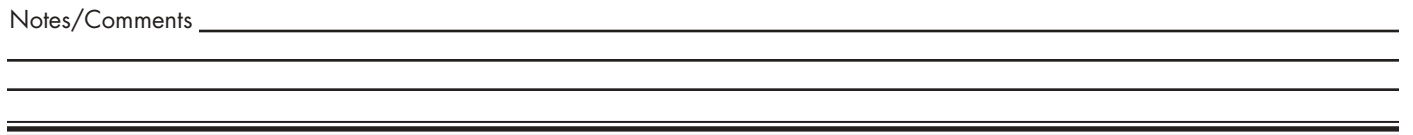
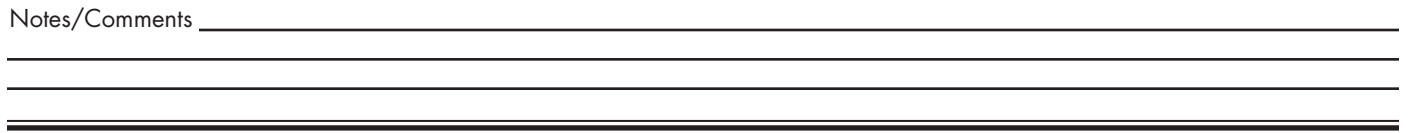
Drill — Figure 8 Showdown



Description_



Notes/Comments

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