

Hockey Practice Plan

Objectives: Down low in defensive end - pack it in tight.

Date: _____

Practice: #21

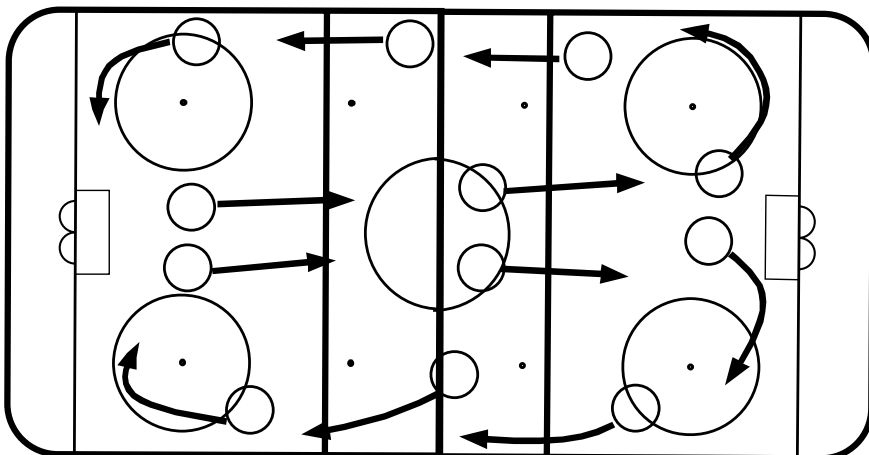
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises	
5 mins.	1. Butterfly warm-up	
5 mins.	2. Puckhandling: forehand pointer, Green Bay warm-up, 2 on coach	
10 mins.	3. 1 on 1 shot - tip attack, 2 on 1 alternate sides, 2 on 2 alternate sides, double JJ stretch pass, Bowling Green warm-up, Olympic 3 on 1 six pass, regroup, attack	Puck protection Gap control
10 mins.	4. face-off breakouts, face-off center ice attack	Bear down
10 mins.	5. DZC pointer	
5 mins.	6. Stretch passing	Use good sense
10 mins.	7. Pressure showdown; team showdown	
5 mins.	8. Three goal blitz	Fun

Drill — Warm Up

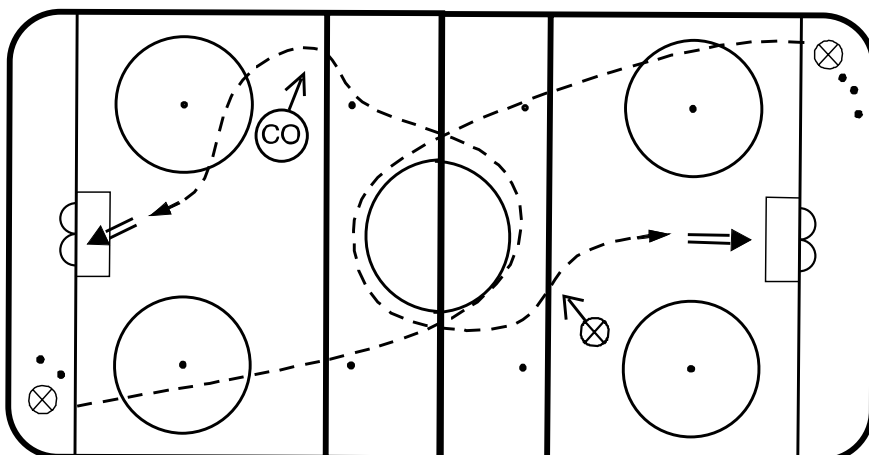
- Butterfly warm up: hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, scooter, backward and forward crossovers around ends then turn backward between blue lines



Drill — Puckhandling

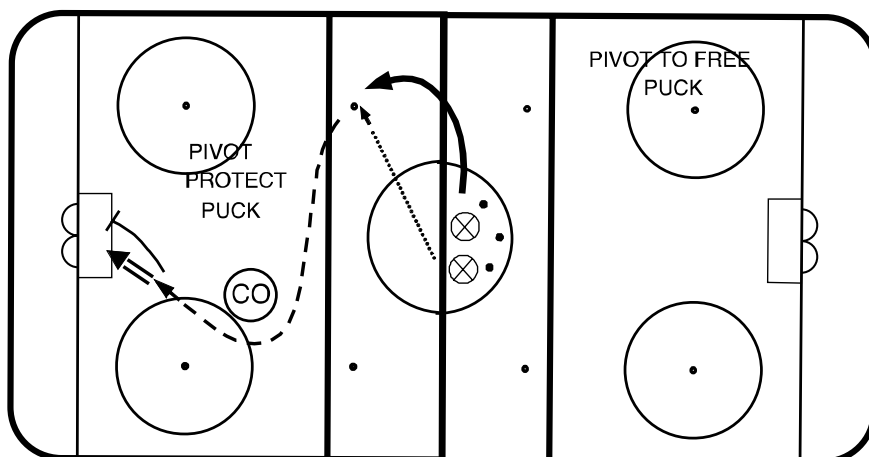
- Player carries puck out of corner and around neutral zone circle, goes in on coach, coach points the direction he/she wants the player to pull and go; coach mostly points to players forehand side

FOREHAND SIDE POINTER



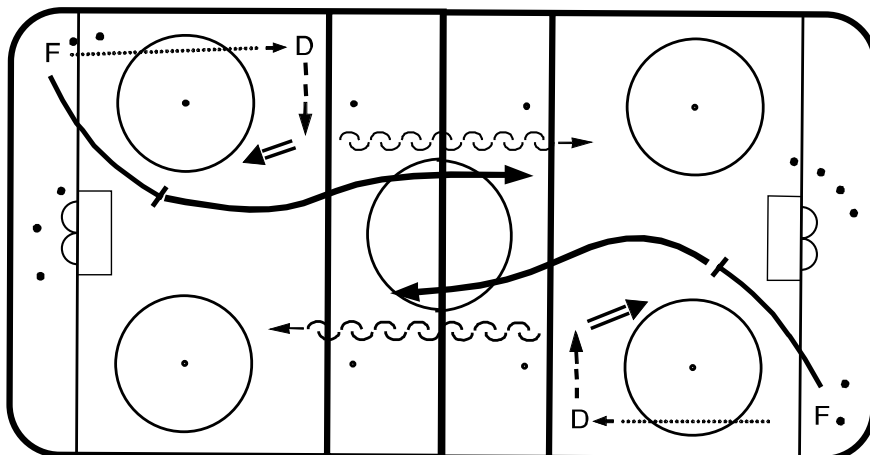
Drill — Puckhandling

- Both ways - Green Bay warm up



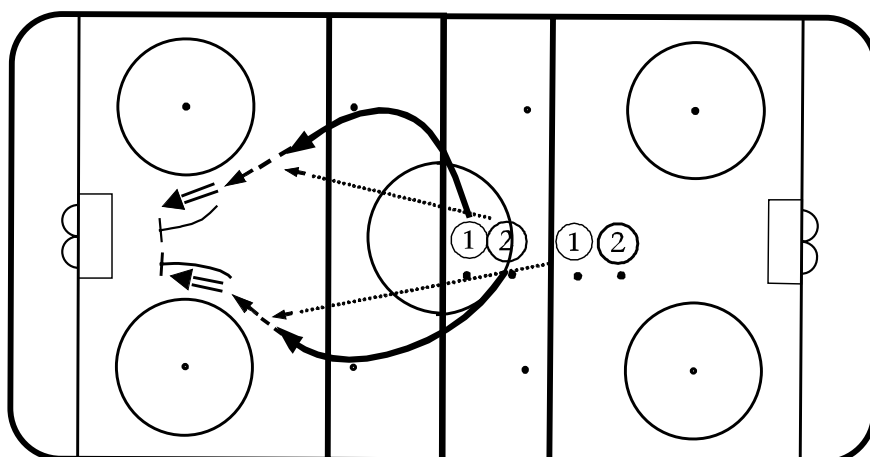
Drill — Shooting

- Forward passes out to the defenseman at the blue line. The defenseman walks out and shoots on net. The forward skates in front of the net and looks for a tip
- The forward plays a 1 on 1 with the defenseman up the ice



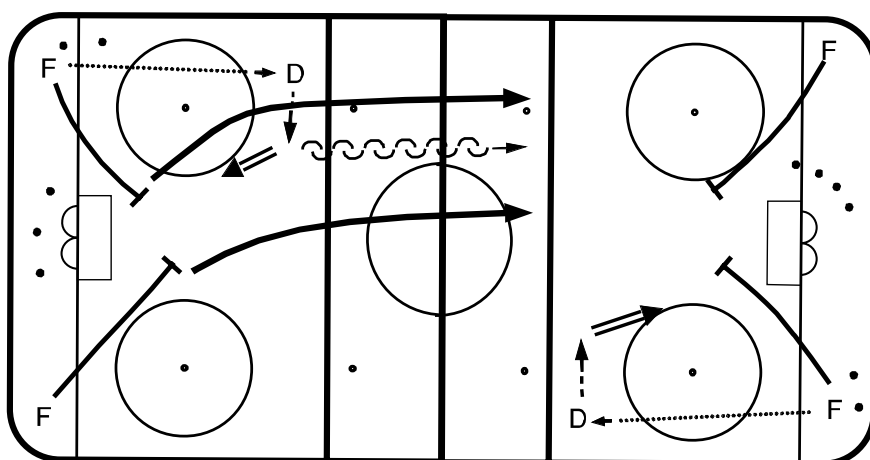
Drill — Puckhandling

- Player #1 receives a pass from player #2. Player #1 skates around face-off dot, drives toward the net, shoots on goal and looks for rebound
- Player #2 then takes a turn



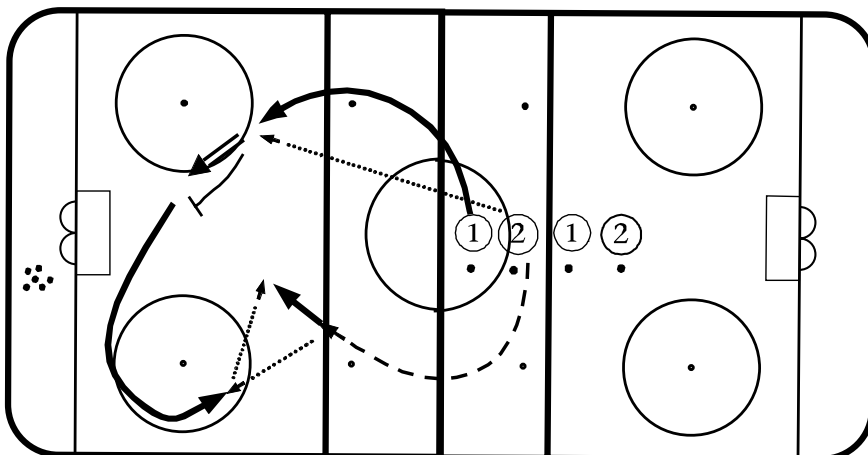
Drill — Shooting

- Forward passes out to the defenseman at the blue line. The defenseman walks out and shoots on net. The forwards in each corner skate in front of the net and look to tip the puck on goal
- The two forwards play a 2 on 1 with the defenseman up the ice



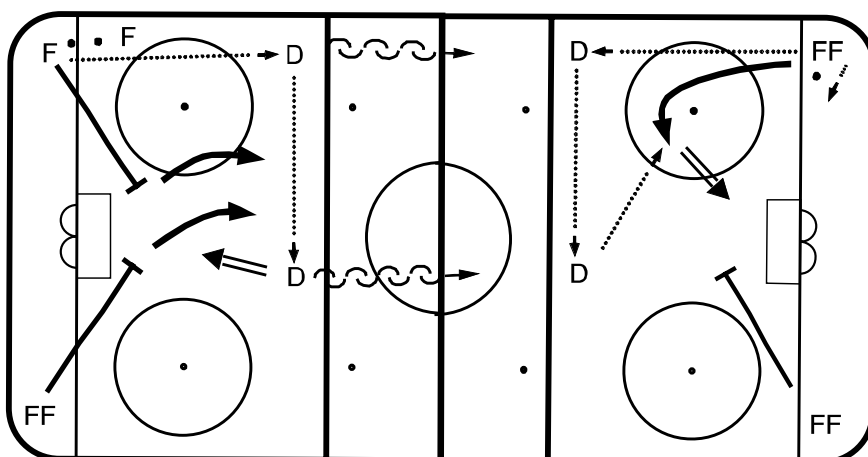
Drill — Puckhandling

- Warm up and with give and go pass



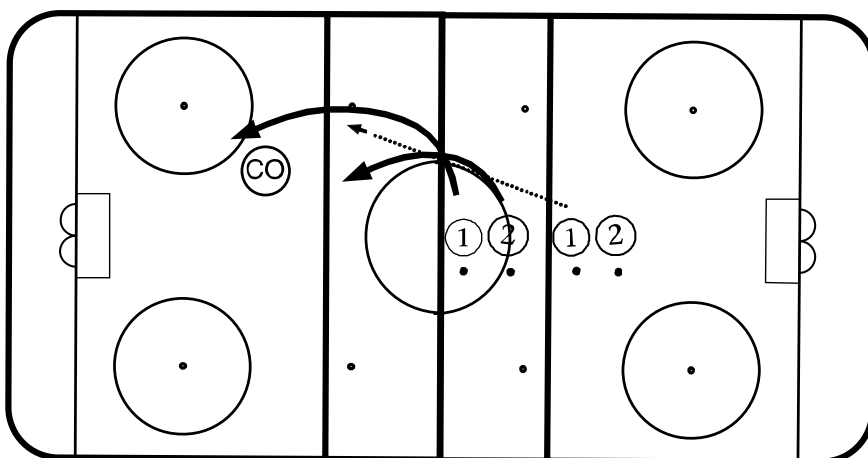
Drill — 2 on 2

- Forward passes out to the defenseman at the blue line. The defenseman passes D to D and shoots on goal. The two forwards skate in front of the net and look to tip the puck on goal.
- The two forwards play 2 on 2 against the two defensemen up ice



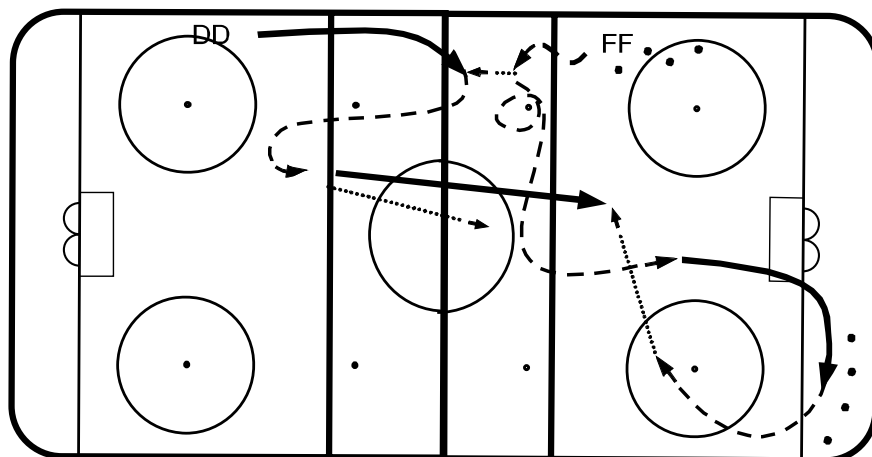
Drill — Puckhandling

- 2 on 0 around coach - use speed with rebound trailer, pass return pass or diagonal back pass



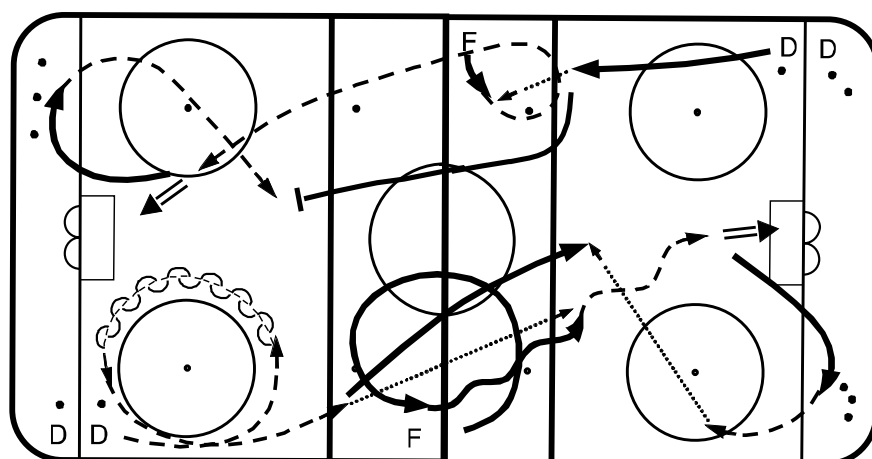
Drill — Puckhandling

- Alternate both sides, double JJ stretch pass
- The forward passes to the defenseman who passes back to the forward
- The forward drives toward the net and shoots on goal
- The forward picks up a puck in the corner and passes to the defenseman for a shot on goal



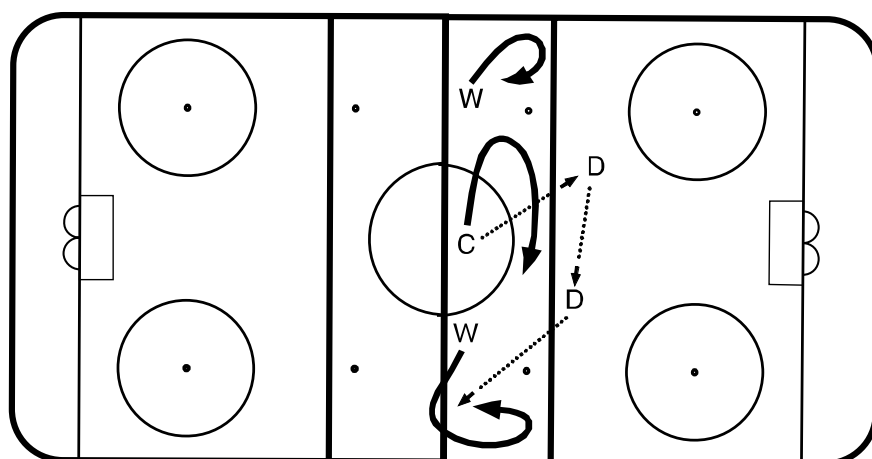
Drill — Bowling Green Warm Up

- D passes to F who circles from red line to blue line towards the boards, receives a pass from D, goes in and shoots, curls out, gets second puck to pass out to D for a shot on goal



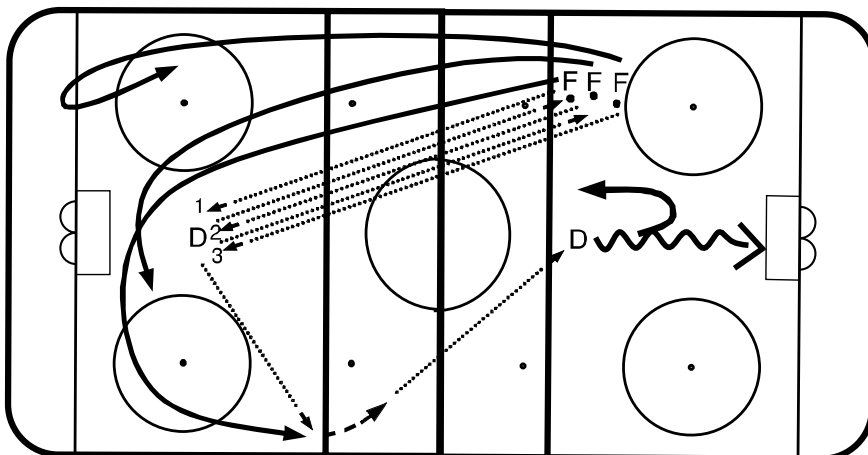
Drill — face-off Attack

- Center ice
- Neutral zone pattern
- Center pulls the puck back to the defenseman. The defenseman passes the puck D to D. The defenseman passes to the winger.
- Attack 5 on 0



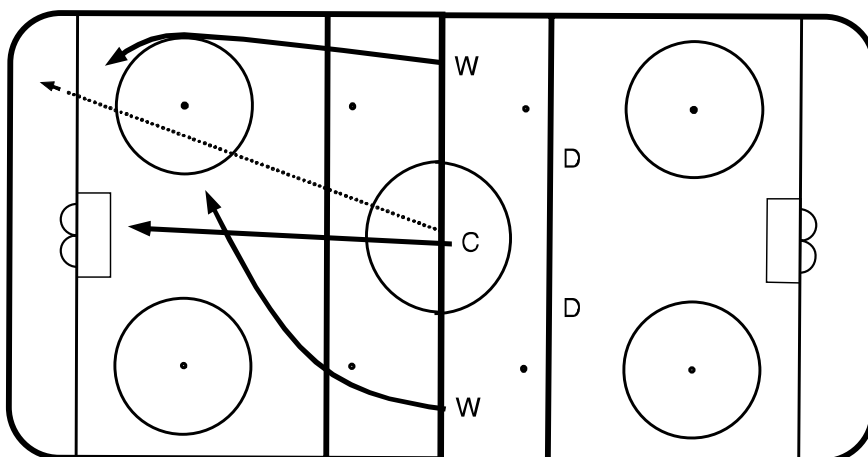
Drill — Passing

- 3 on 1 Olympic
- Six pass regroup
- Attack 3 on 1



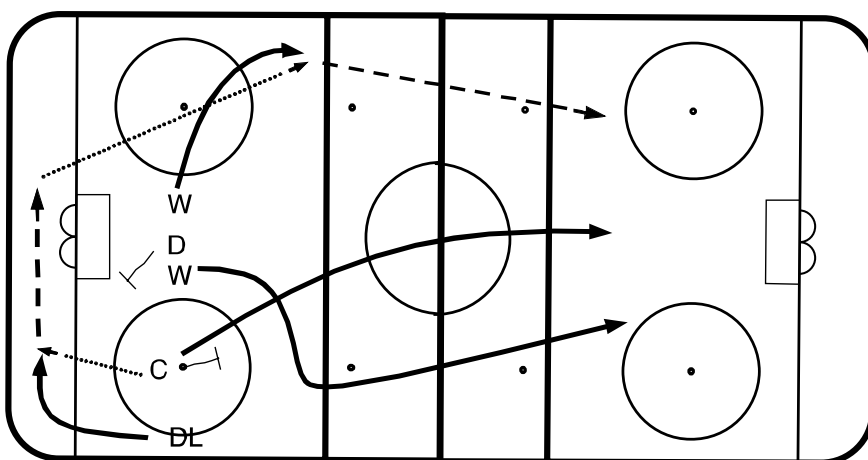
Drill — face-off

- Center ice
- Dump the puck in the corner
- Offensive zone play



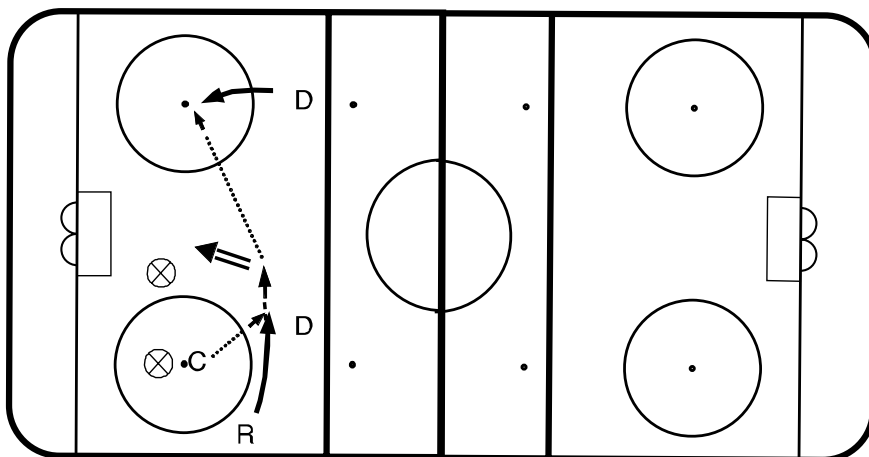
Drill — face-off Breakout

- All five move up and pass in offensive movement



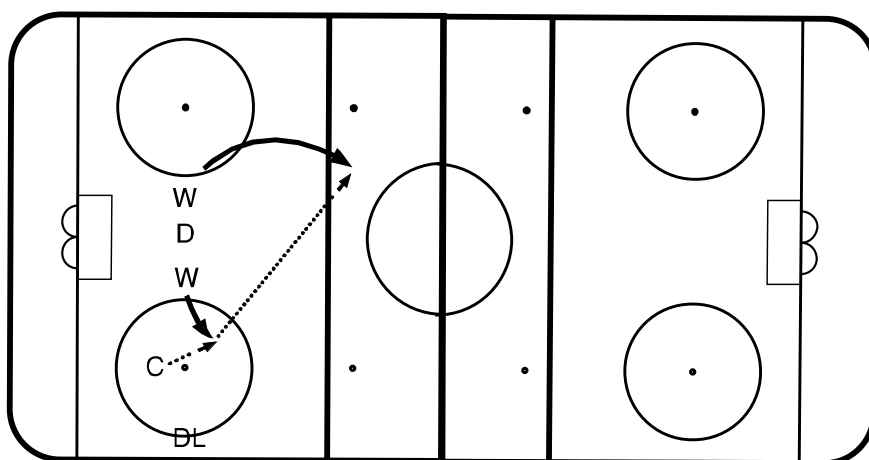
Drill — face-off

- Offensive zone



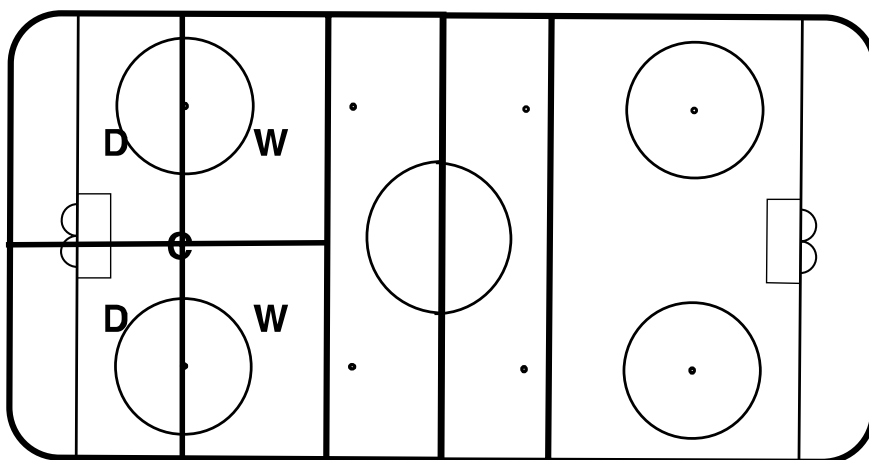
Drill — face-off Breakout

- Defensive zone



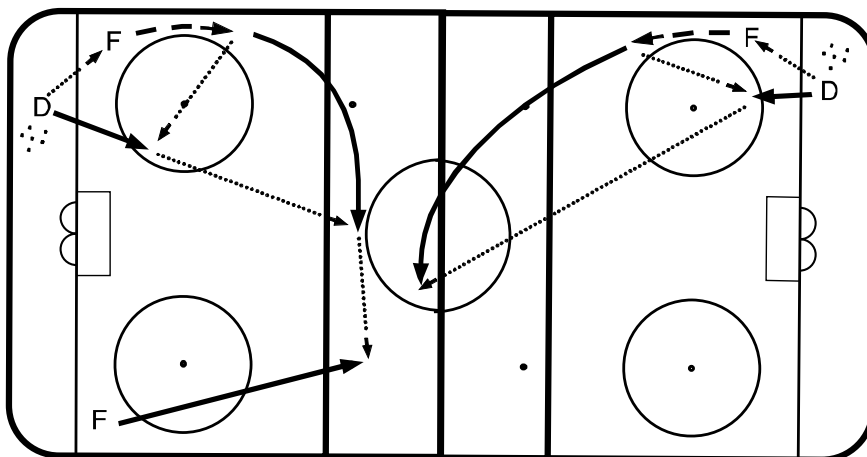
Drill — DZC Pointer

- Defensive zone coverage
- The coach points to one of the four areas
- The players rotate to their defensive zone responsibilities



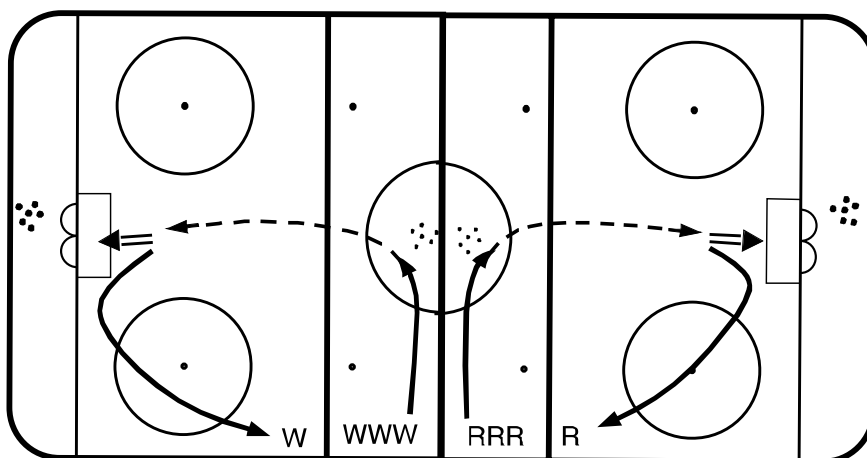
Drill — Stretch Passing

- Forward receives pass from the defenseman. The forward passes back to the defenseman. The forward skates laterally through the neutral ice and receives a long pass from the defenseman.
- The forward skates in on goal for a shot on the net.



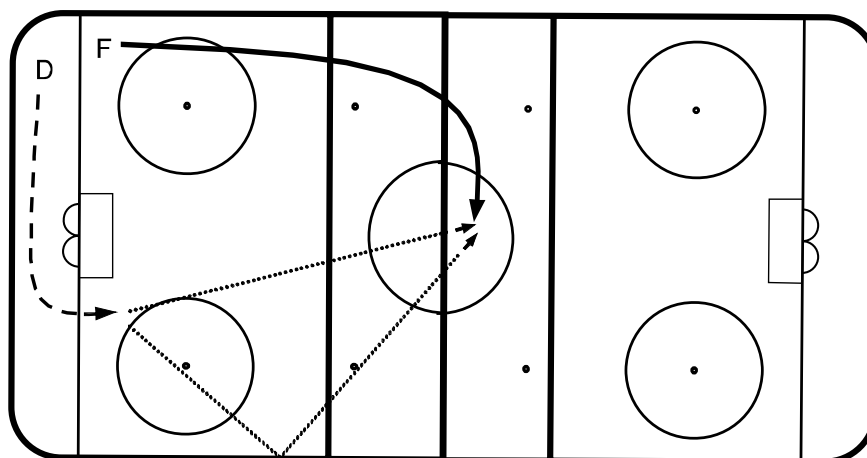
Drill — Team Showdown

- Pick up puck in the center ice circle skate in on net for a shot on goal



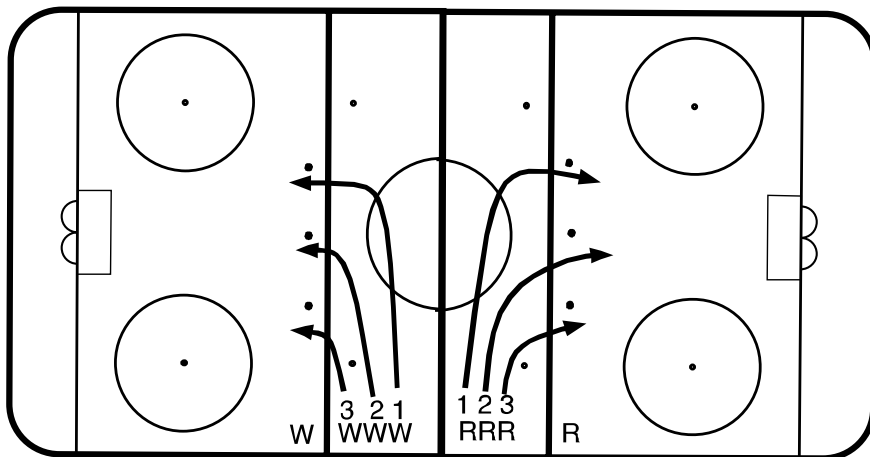
Drill — Stretch Passing

- On the whistle, the defenseman skates behind the net with a puck and passes out to a forward who is skating through the neutral ice



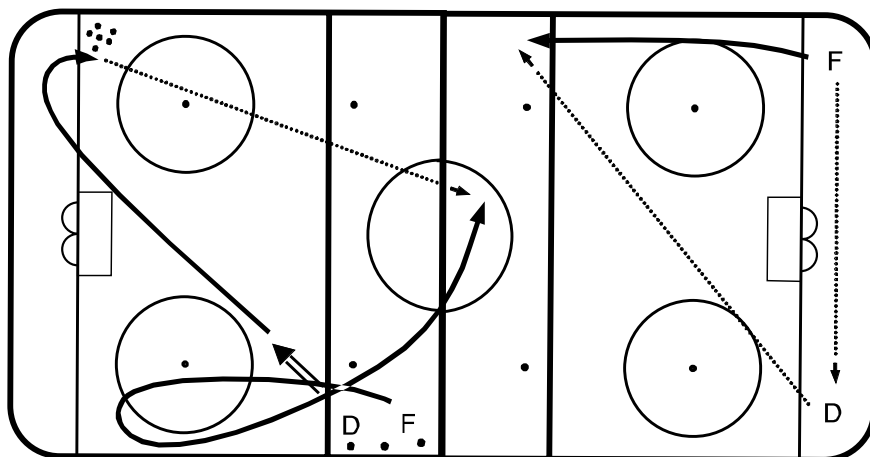
Drill — Three Goal Blitz

- Fastest scoring three goals with three pucks; all three players must touch the puck before shooting on goal



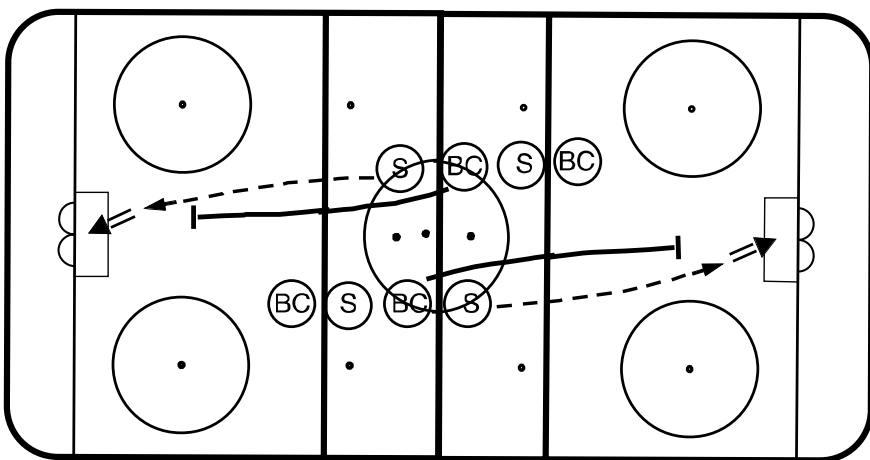
Drill — Stretch Passing

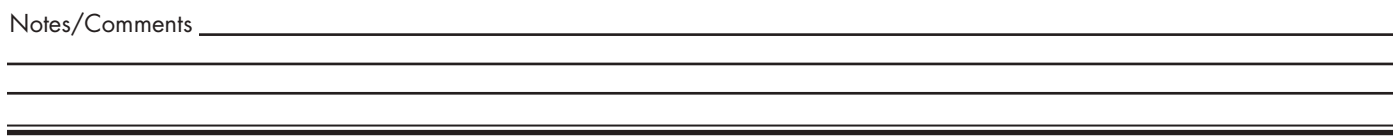
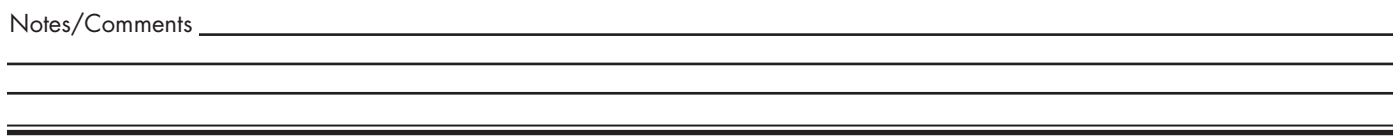
- The defenseman skates to the corner and picks up a puck
- The forward skates through the neutral zone and receives a long pass from the defenseman



Drill — Pressure Showdown

- The shooter drives to the net for a shot on goal
- The back checker chases the shooter putting pressure on the shooter



[illegible][illegible][illegible]