

Hockey Practice Plan

Objectives: Full sequence of game drills.

Date: _____

Practice: #22

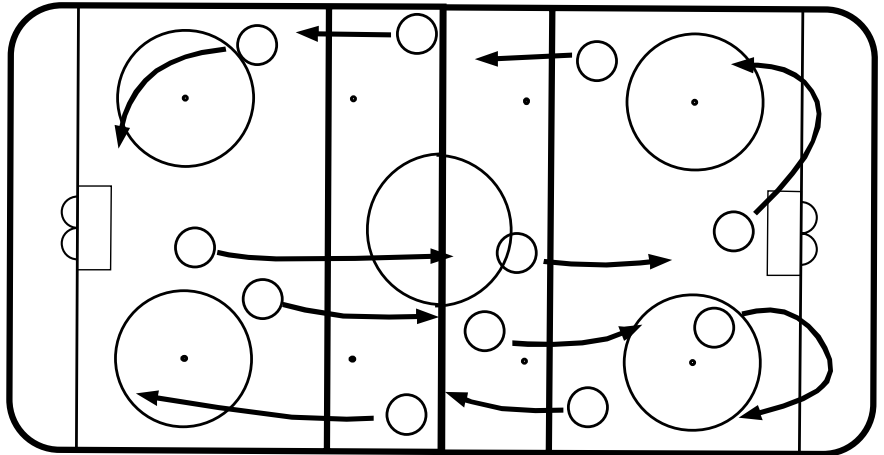
Level: 12-and-Under (Pee Wee)

| 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 | <input checked="" type="checkbox"/> Backcheck | <input checked="" type="checkbox"/> Small Ice Modified Games |
| <input checked="" type="checkbox"/> Passing/Receiving | <input checked="" type="checkbox"/> 2 on 1 | <input checked="" type="checkbox"/> Forecheck | <input checked="" type="checkbox"/> Full Ice Modified Games |
| <input checked="" type="checkbox"/> Shooting | ___ 2 on 2 | <input checked="" type="checkbox"/> Breakouts | <input checked="" type="checkbox"/> FUN - Relay Contests |
| <input checked="" type="checkbox"/> Checking | ___ 3 on 1 | <input checked="" type="checkbox"/> Entering Attack Zone | ___ Skills Testing |
| ___ Agility Work | ___ 3 on 2 | <input checked="" type="checkbox"/> Triangulization/Cycling | ___ Misc. |
| ___ Goaltending | ___ 3 on 0 | ___ Face-offs | |
| <input checked="" type="checkbox"/> Def./Forwards | | ___ Power Play/Penalty Kill | |

| Time | Drill | Emphasis |
|----------|---|-----------|
| 5 mins. | Off-ice stretch - neck exercises | |
| 10 mins. | 1. Butterfly stretch, sprints, board pointer, open ice pointer, power slide and stride, push-touch long strides | Easy |
| 10 mins. | 2. Stationary puckhandling: circles Figure 8, left-right-forward-backward, width side over-back, crossovers, control turns forward and backward, 1 -11 puckhandle | One Touch |
| 5 mins. | 3. Pass, shoot | Focus |
| 10 mins. | 4. 2 on 1 breakouts, 2 on 1 forechecking, 1 on 2 backcheck | Contact |
| 10 mins. | 5. Breakout drills | |
| 15 mins. | 6. Full cycle game drills | Fun |

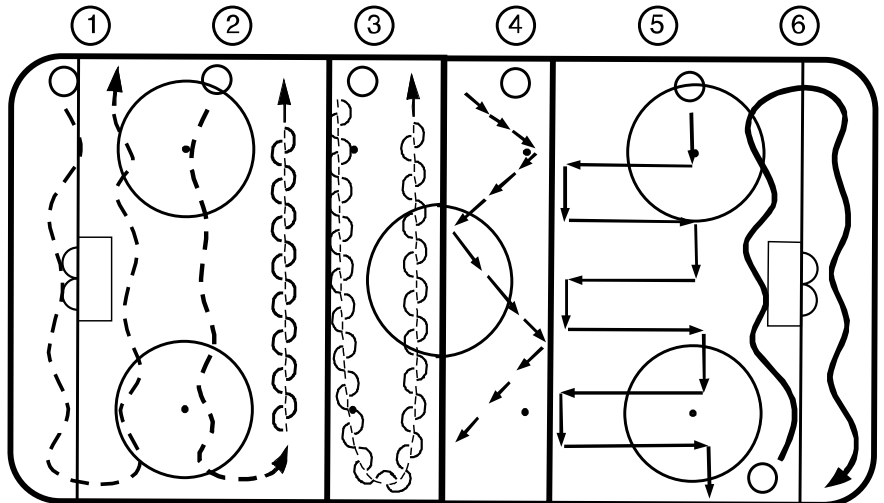
Drill — Warm Up

- Butterfly warm up stretch



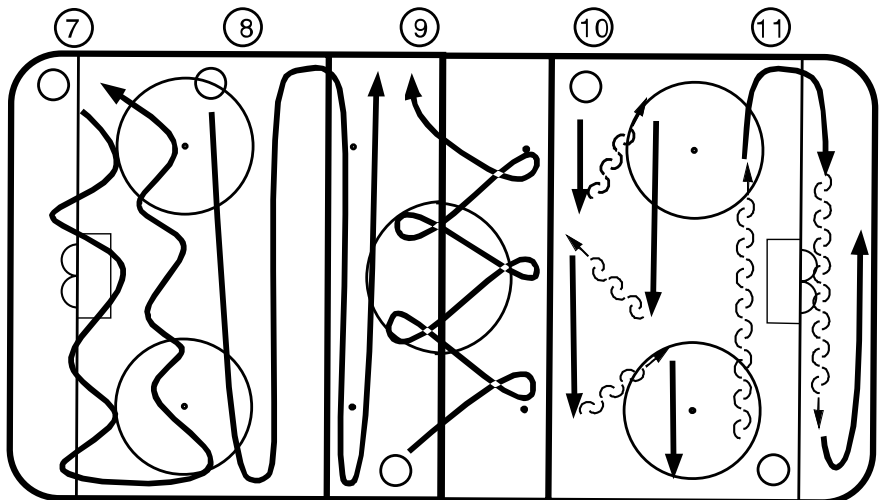
Drill — Puckhandling

- Natural stride, two forward and backward, three backward
- Zig-zag
- Right angle stepouts
- Control turns
- Crossovers
- Speed over back control turns
- Escapes
- Pull backs
- Backward with escape to forward



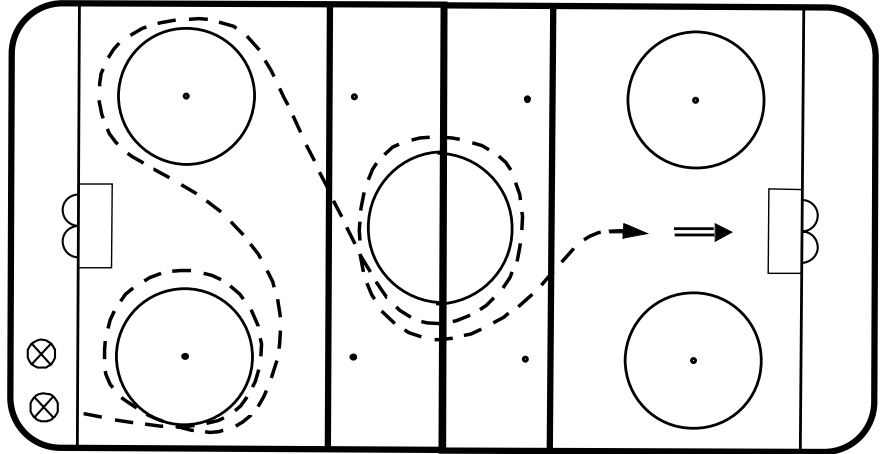
Drill — Puckhandling

- Same as previous drills with pucks



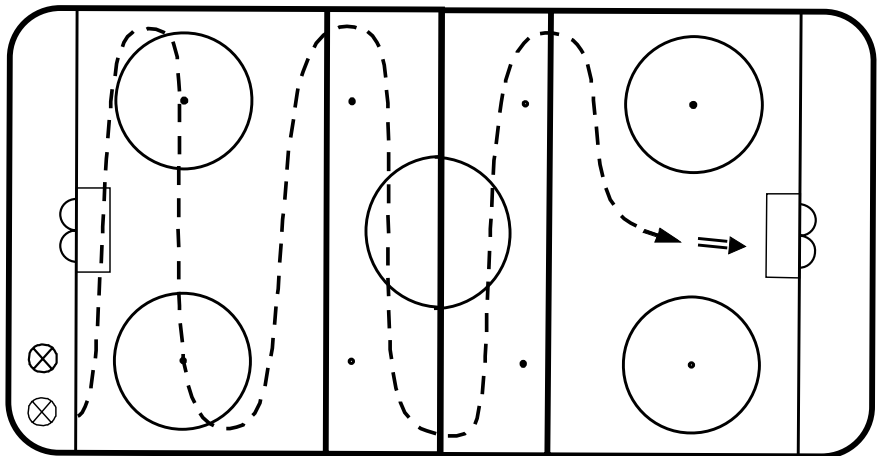
Drill — Puckhandling

- 360 degree Russian circles with good push unders
- Shoot on goal



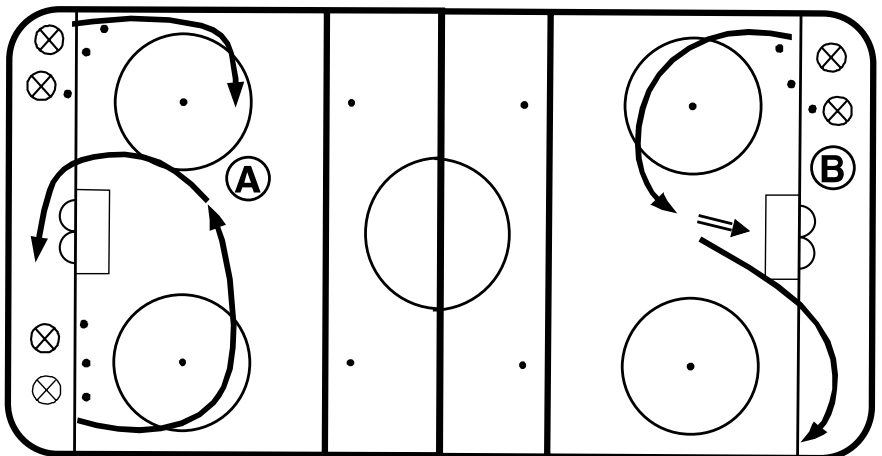
Drill — Puckhandling

- Forward with puck
- Shoot on goal



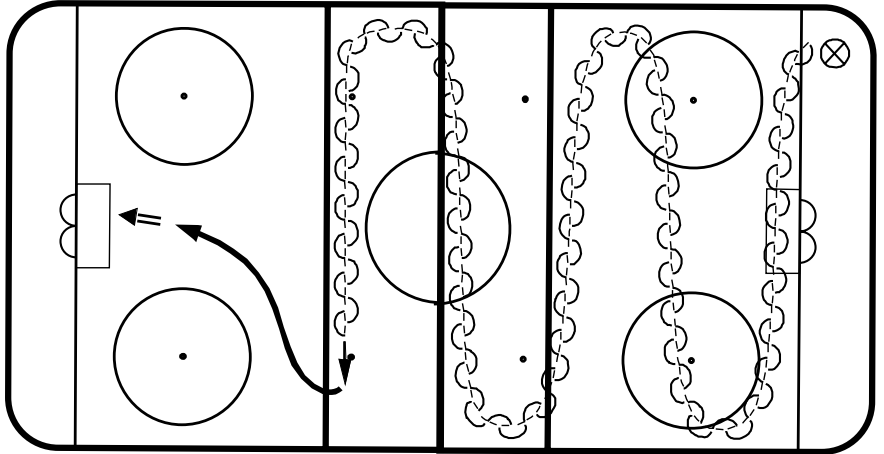
Drill — Shooting

- Forehand and backhand
- Fast feet



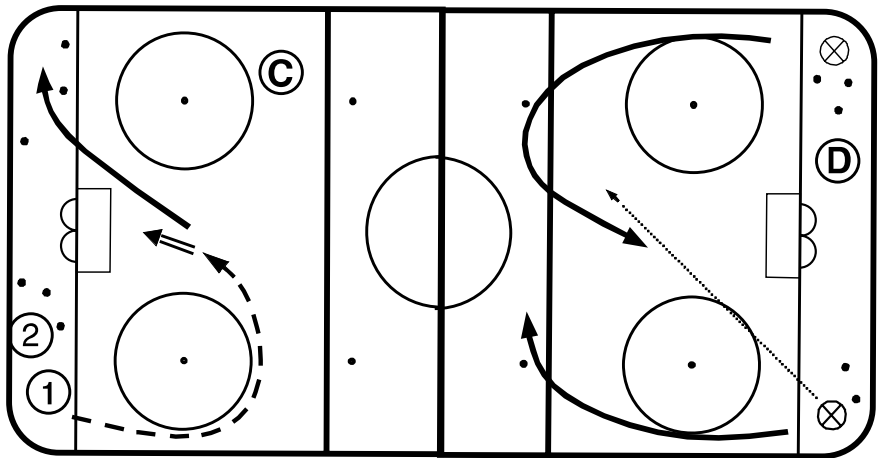
Drill — Puckhandling

- Backward puckhandling
- Shoot on goal



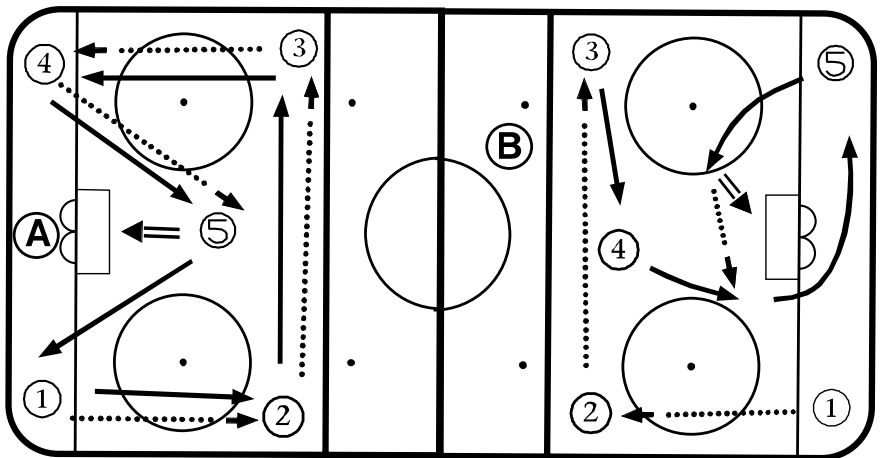
Drill — Passing/Shooting

- Pretzel with pass
- Pretzel with pass then rebound
- Skate around top of circle and shoot on goal



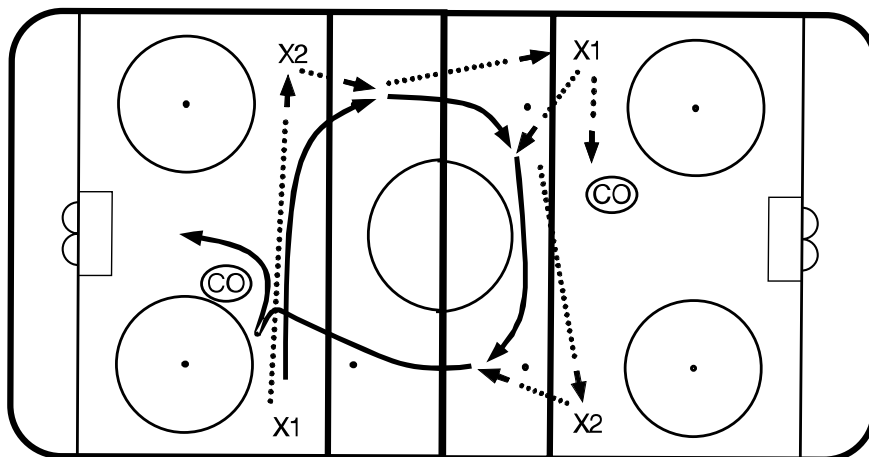
Drill — Passing/Shooting

- Around the horn pass - follow pass
- Player #5 shoots on goal or walks out of corner for shot on goal



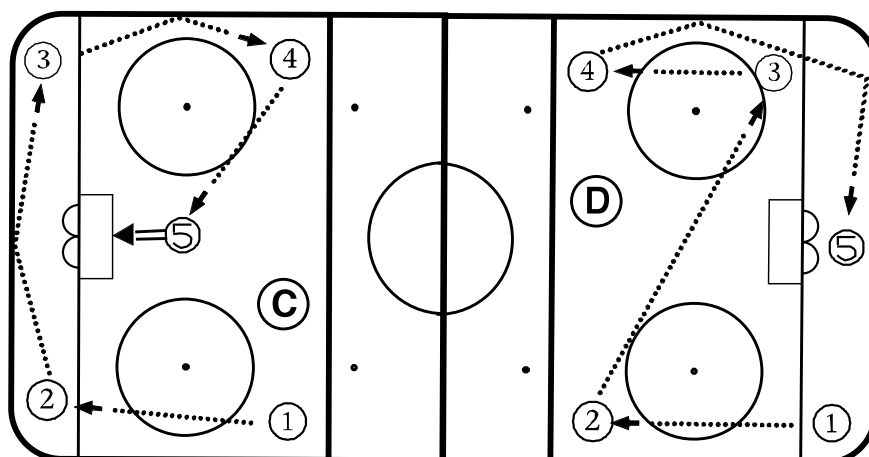
Drill — Passing/Shooting

- Montreal 6 pass - make move on coach



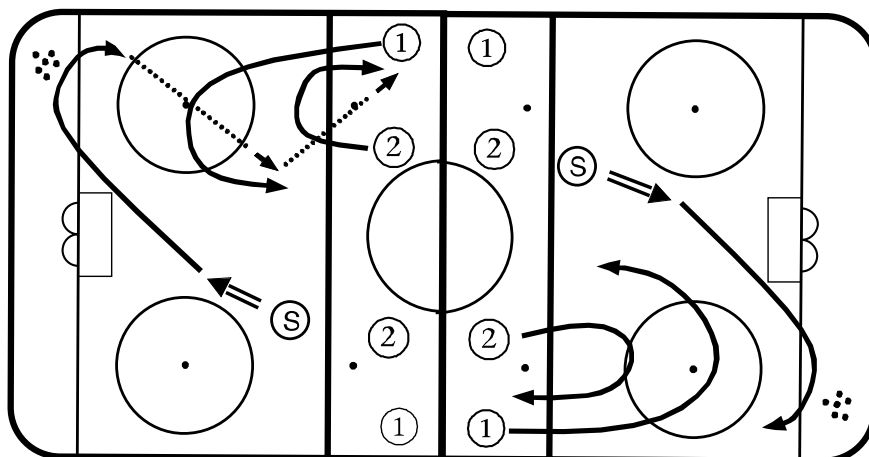
Drill — Passing/Shooting

- Down and around
- Behind net
- Player #5 shoots on goal or walks out from behind net for a shot on goal



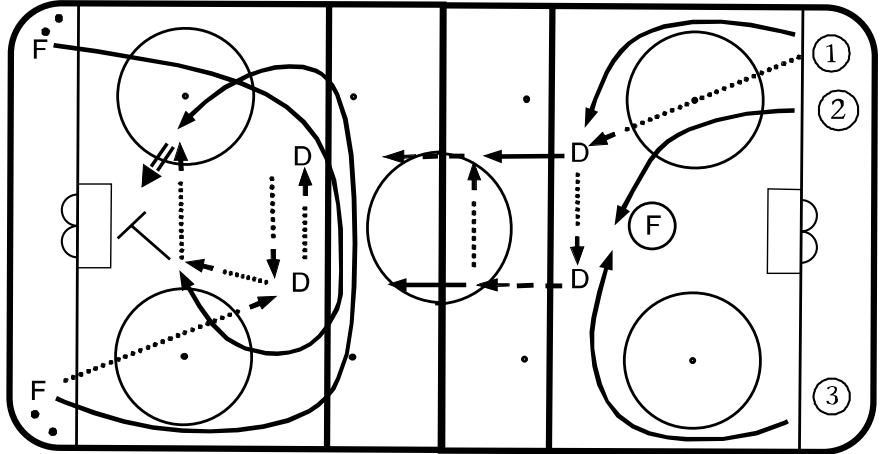
Drill — Passing/Shooting

- Boston timing drill



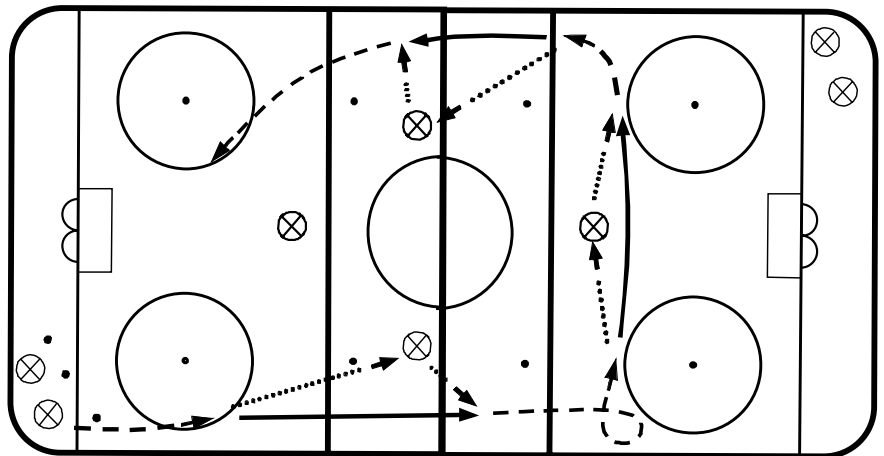
Drill — Passing/Shooting

- Pass out to D
- Pass out to D, regroup, 3 on 0 attack



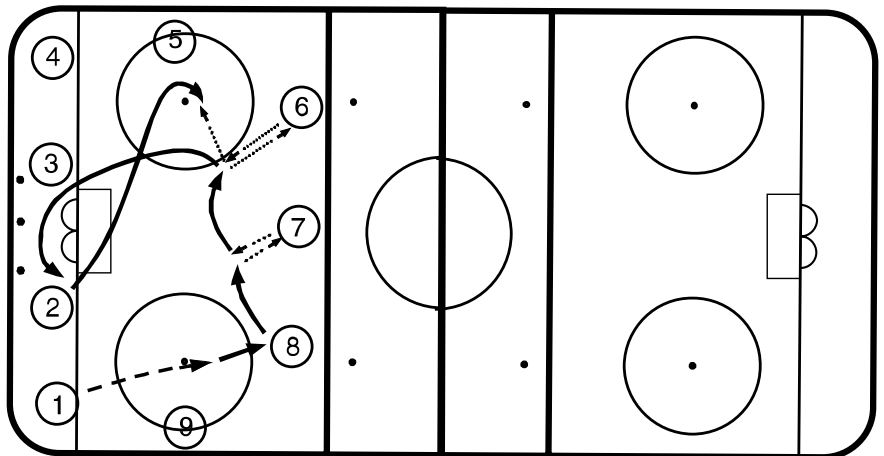
Drill — Passing/Shooting

- Rangers timing escape drill, alternate side then both sides together



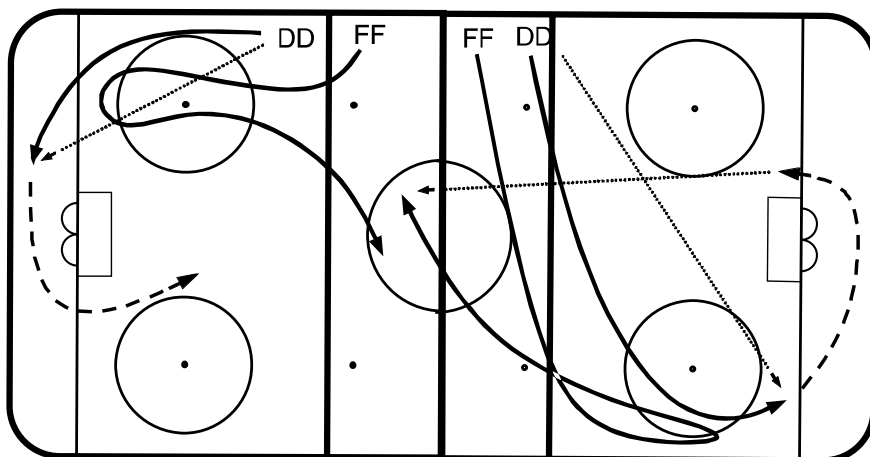
Drill — Passing/Shooting

- Devils 6 pass with wraparound



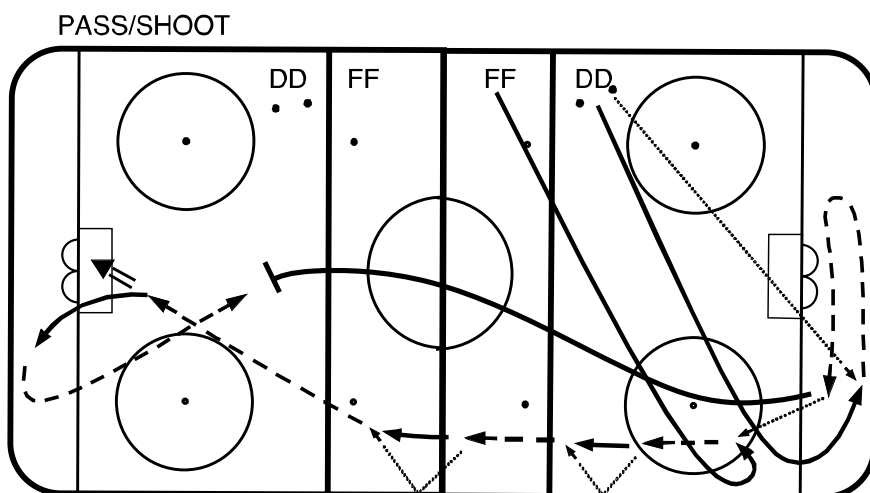
Drill — Passing/Shooting

- Stretch pass to the center circle



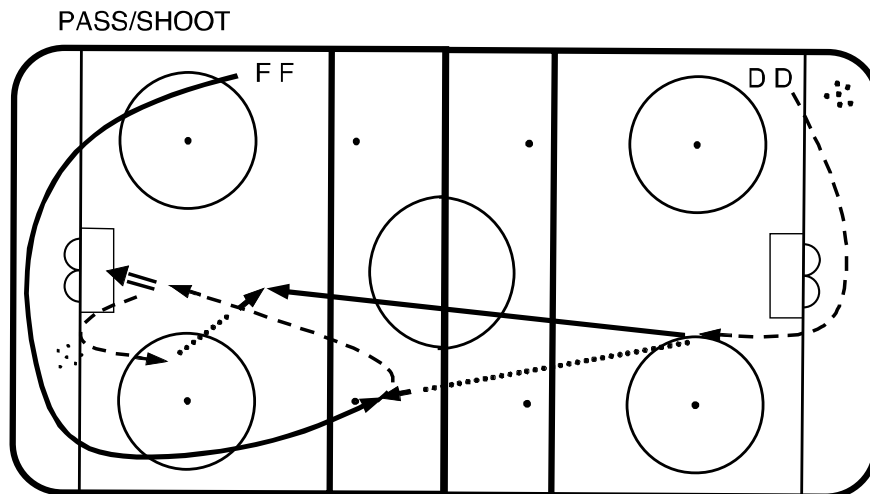
Drill — Passing/Shooting

- Counter, alternate sides, defenseman dumps in, skates after puck and goes behind net, counters passes to wing, breakout, pass off boards to self twice then shoot at goalie, retrieves puck, pass out to D for shot to tip



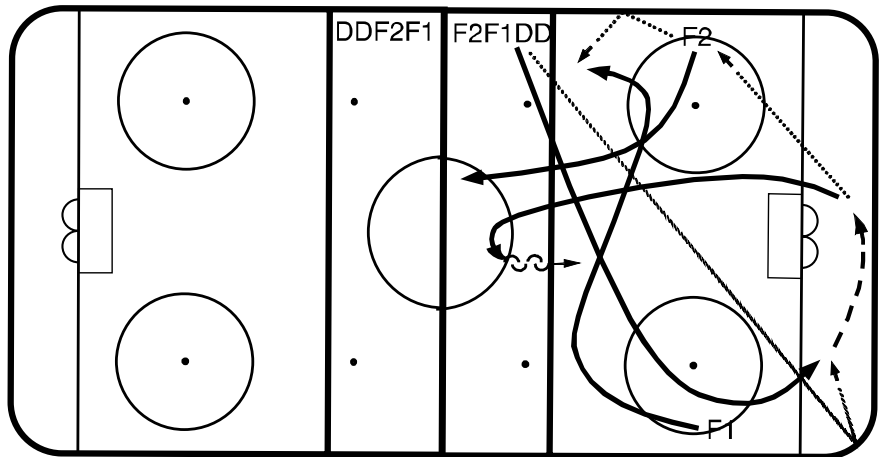
Drill — Passing/Shooting

- Long stretch pass, D carries puck around net and moves up to face-off dot and passes to F who has skated around to blue line, D makes long pass, moves up for shot



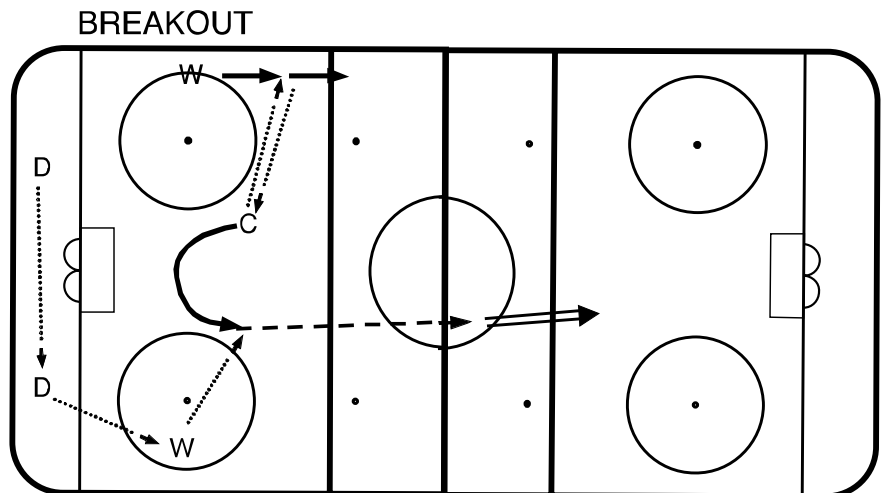
Drill — 2 on 1

- The defenseman dumps the puck in the corner
- The defenseman picks up the puck and skates around the net and passes to F1 and F2
- The two forwards regroup and attack 2 on 1 on the defenseman



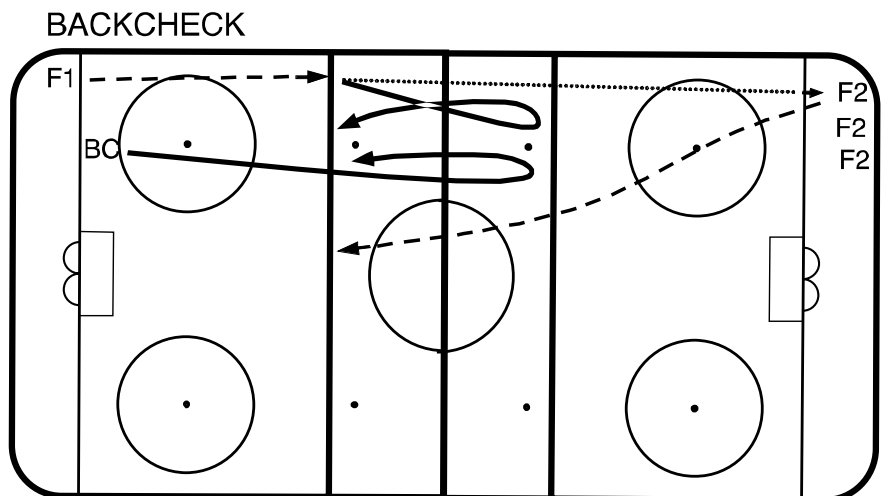
Drill — Breakout

- 5 pass breakout



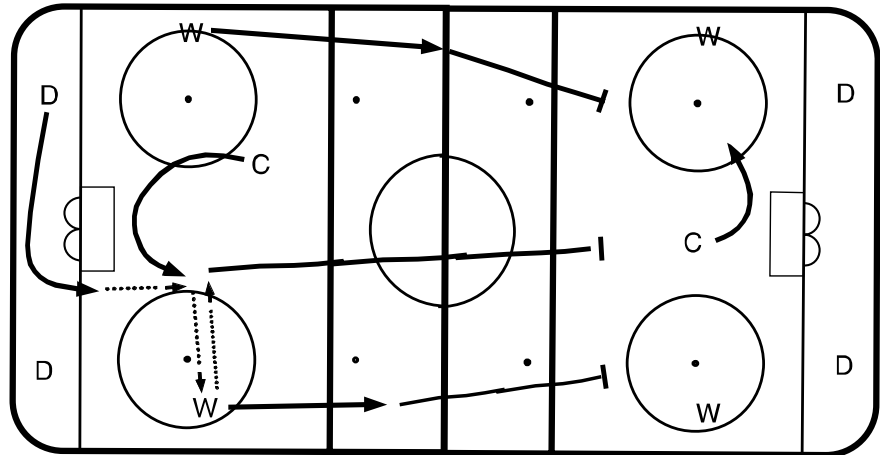
Drill — Backchecker Drill

- 1 on 2 backchecker drill: F1 skates with puck up to first blue line, passes it to F2 who skates up ice, F2 then turns at second blue line to become receiver, backchecker covers F1



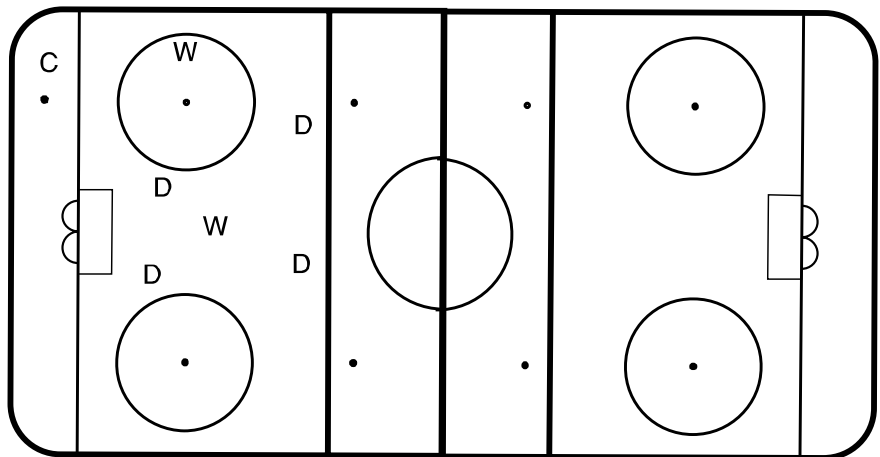
Drill — Breakout

- Notre Dame breakout
- Continuous



Drill — Full Cycle Game Drill

- Defend 2D on 5 - breakout 5 on 2D
- Attack with play option, defense on whistle breakout



Drill — Full Cycle Game Drill

- Cycle: 1 curl and shoot on goal
- Double curl shoot or pass, also use fake shot, curl, bump pass, walkout, curl, bump pass, reverse, curl, bump pass, come around with wrap or trailer

