

Hockey Practice Plan

Objectives: Fast feet warm ups, quick one touch shooting, agility passing drills, gap control, break down of game drills.

Date: _____

Practice: #23

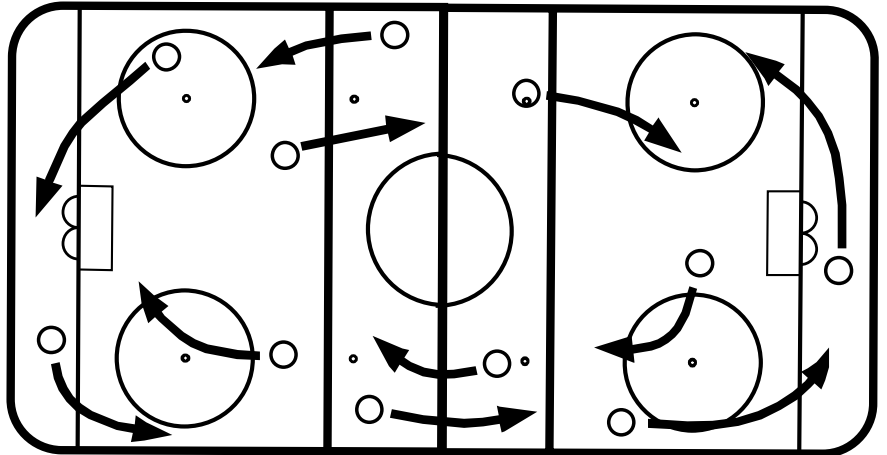
Level: 12-and-Under (Pee Wee)

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 checked="" type="checkbox"/> 2 on 0	<input checked="" type="checkbox"/> Backcheck	<input 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 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 checked="" type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input checked="" type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input checked="" type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Face-offs	
<input checked="" type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch, neck exercises, Heads Up, Don't Duck drills	
5 mins.	1. On ice stretch around rink	Easy
5 mins.	2. Fast feet with puckhandling and shooting	Quick feet
5 mins.	3. Pressure shooting	Hit the net
5 mins.	4. Gap control	Control
5 mins.	5. Qualitative break down of game drills - breakouts, attack, forecheck, backcheck, tag-up, regroup	Good passes
10 mins.	6. Small games	
10 mins.	7. Skating conditioning	Work hard
5 mins.	8. Circle stretch	

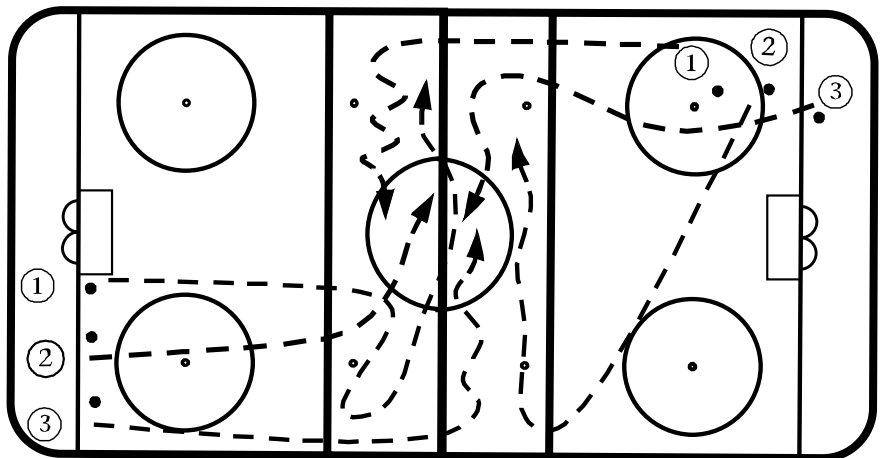
Drill — Stretching

- Around the rink with counter circle stretch: in and outs, S-drill, scooter, Big C, continuous crossovers, hurdler, ostrich, behind back stretch, sprints, peanut, big Figure 8



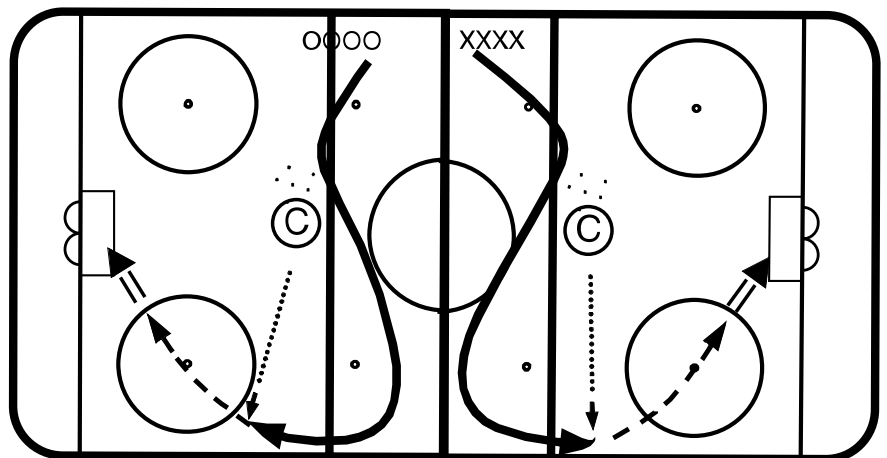
Drill — Puckhandling

- Olympic puckhandling: three players from each end skate to the neutral zone, stickhandle, on whistles one at a time, skate in on the goaltender and shoot on goal



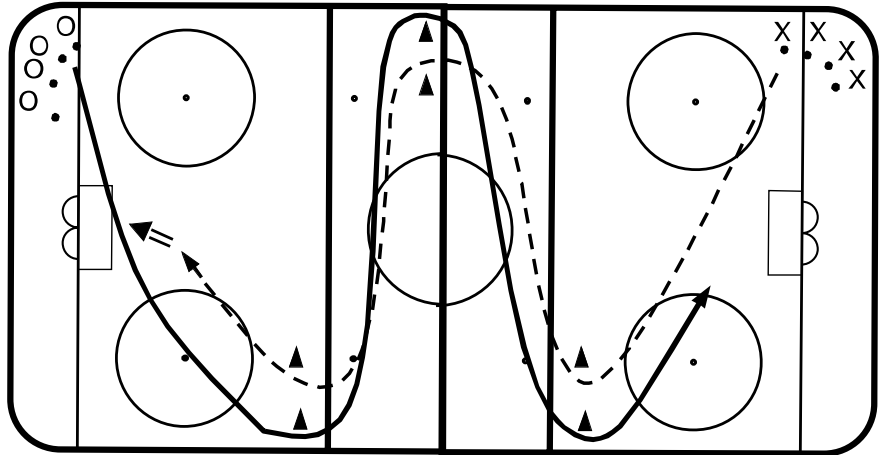
Drill — Puckhandling

- Fast feet crossovers with or without puck
- Receive pass from coach
- Shoot on goal



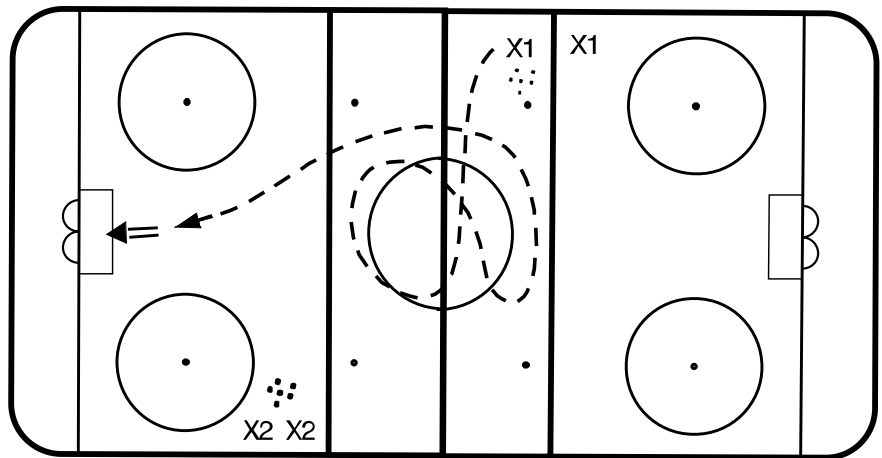
Drill — Shooting

- Players skate around all 3 cones and shoot on goal



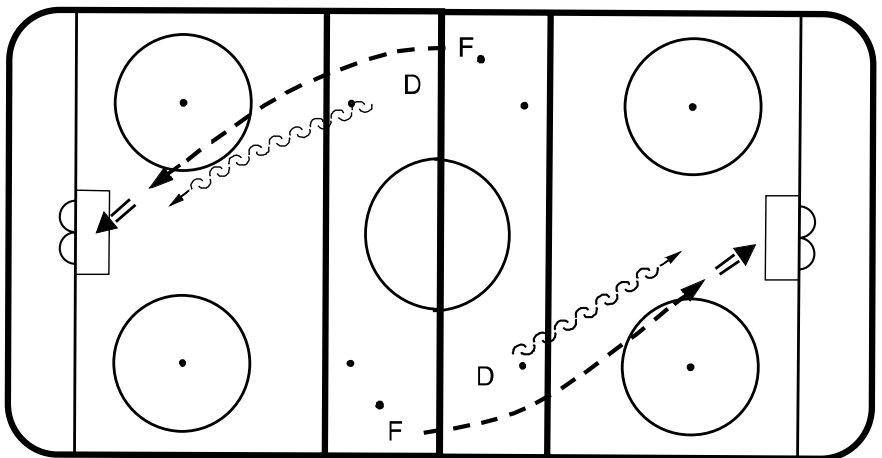
Drill — Puckhandling

- Crossovers with puck in neutral zone
- Shoot on goal



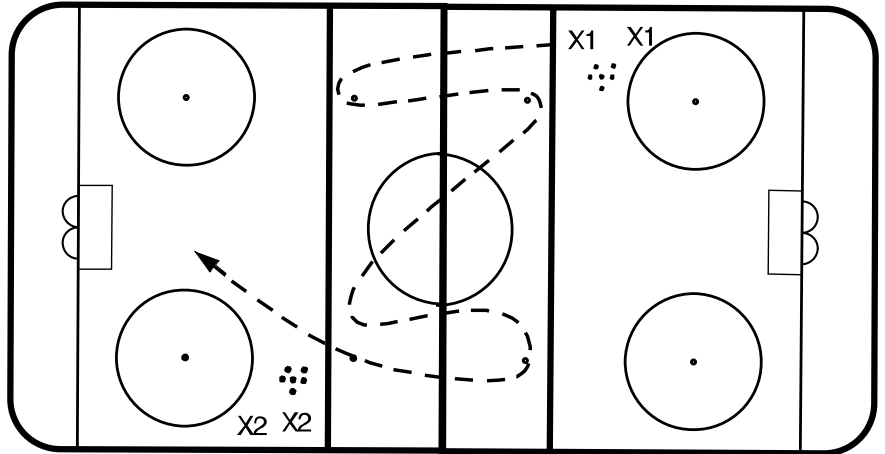
Drill — Shooting

- 1 on 1: D skates with swizzles, F drives to net for a shot on goal
- D plays 1 on 1



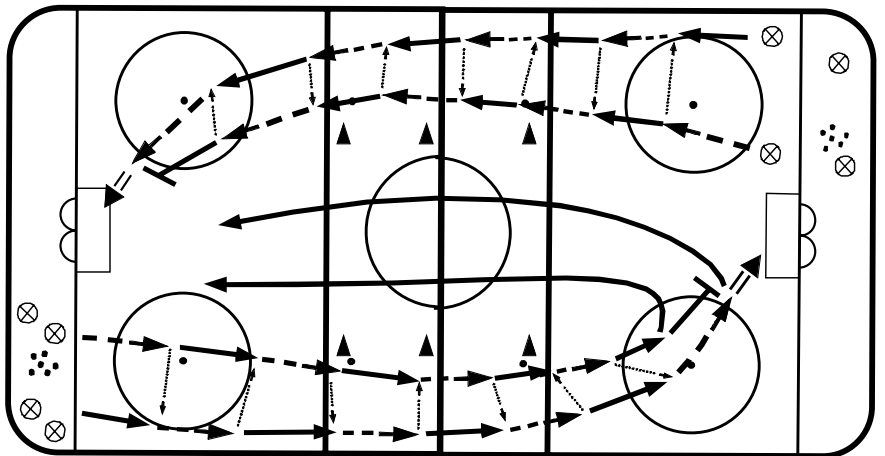
Drill — Skating

- Control turns with puck - fast feet
- Shoot on goal



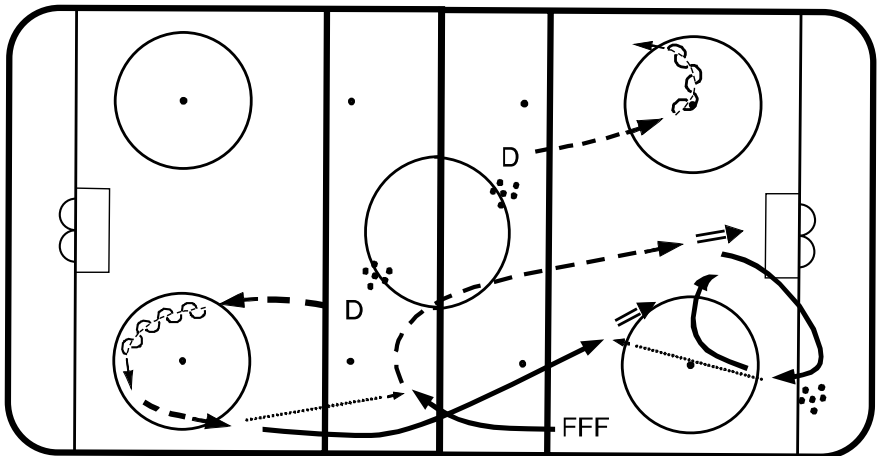
Drill — Shooting

- 2 on 0 with backcheck, shoot, rebound and return



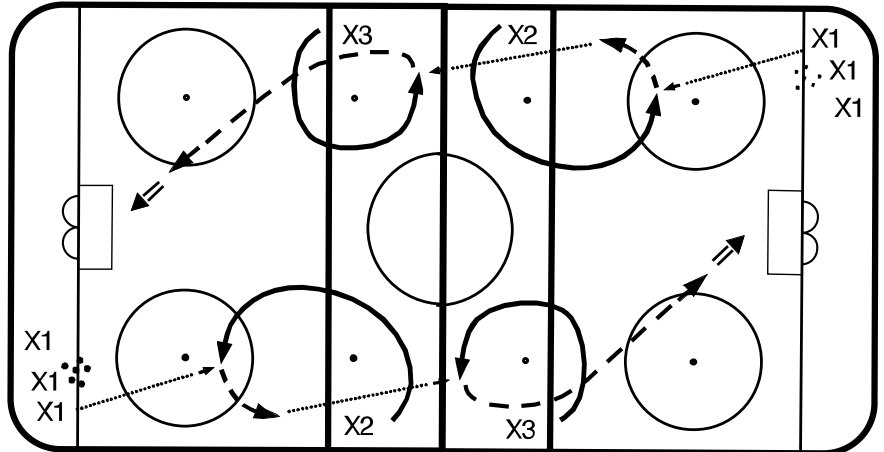
Drill — Shooting

- Both sides: the defenseman skates with the forward to face-off dot, pivots backward, steps out forward, makes a pass to the forward, timing turn, the forward receives pass, shoots on goal, gets rebound, passes out to the defenseman for a shot on goal



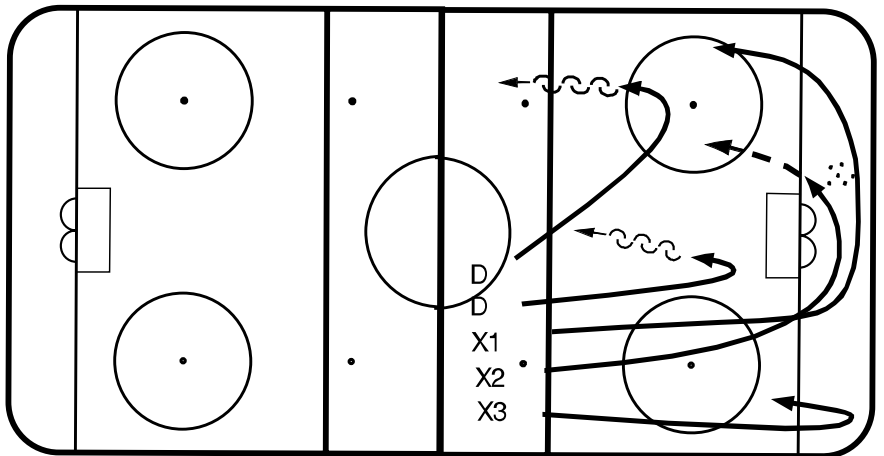
Drill — Shooting

- Niagara curl shooting drill, warm up drill: timing drill, tape to tape, passing, crossover skating, X2 and X3 curl simultaneously with X3 timing off X2, X1 passes to X2 and replaces, X2 passes to X3 and replaces on whistle



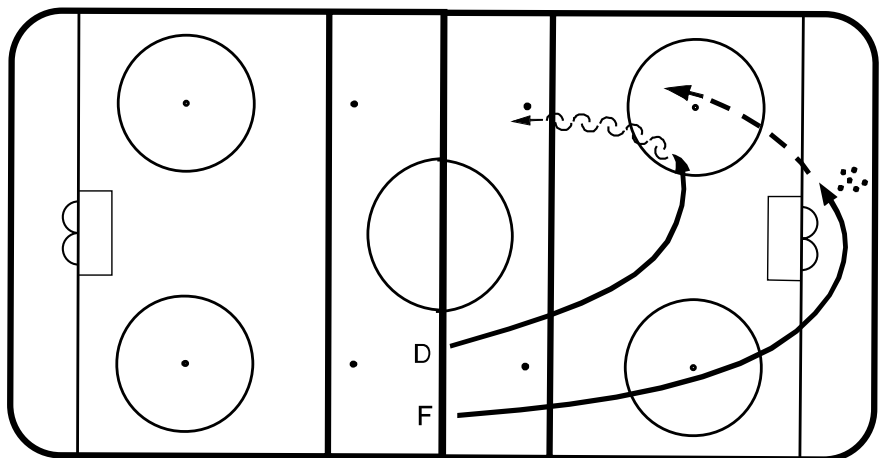
Drill — Gap Control

- 3 on 2 - use play options: trailer pass, ring around, split the defensemen, criss-cross
- Forward 1 picks up a puck behind the net
- Play 3 on 2 against 2 defensemen



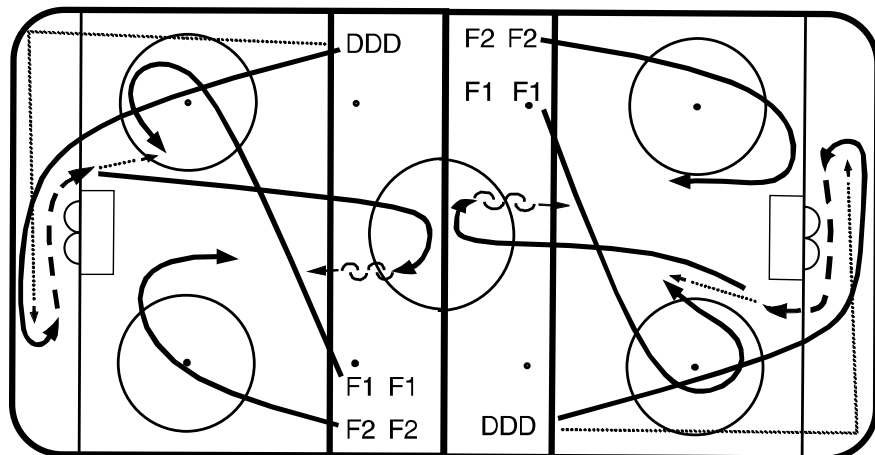
Drill — Gap Control

- 1 on 1
- The forward picks up a puck behind the net
- Play 1 on 1 against defenseman



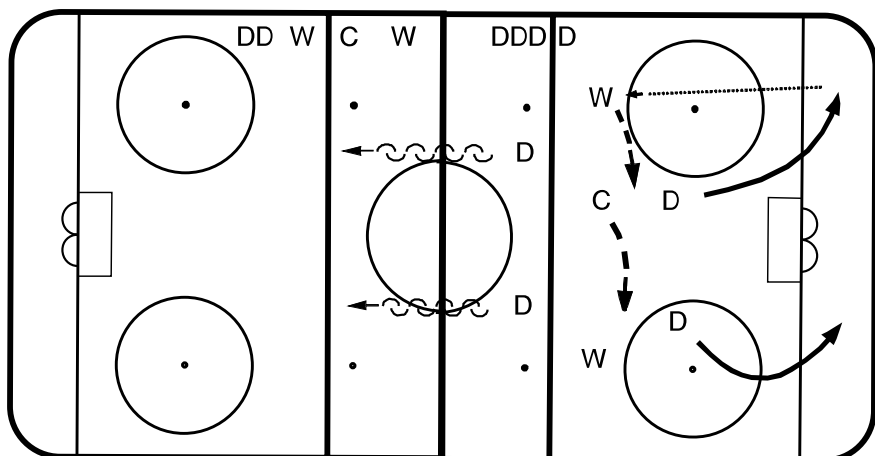
Drill — Gap Control

- 2 on 1 with counter
- Both directions



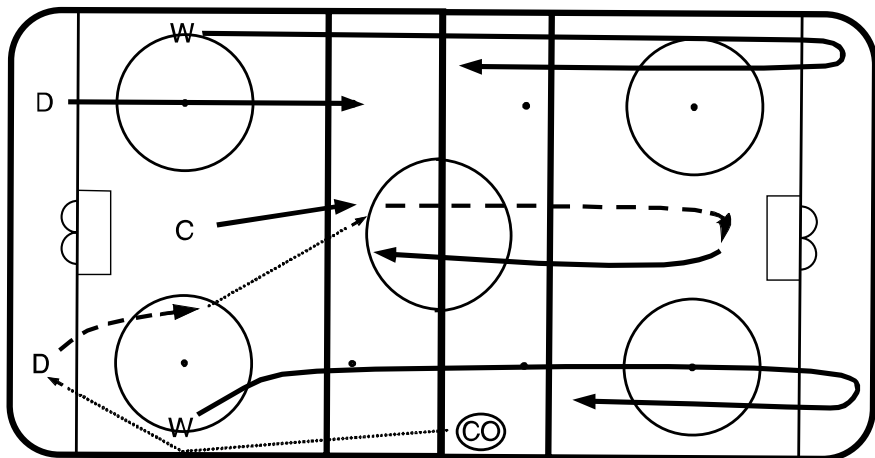
Drill — Game Drill

- Breakout, regroup
- Attack, pass out to defense, puck in neutral ice for regroup



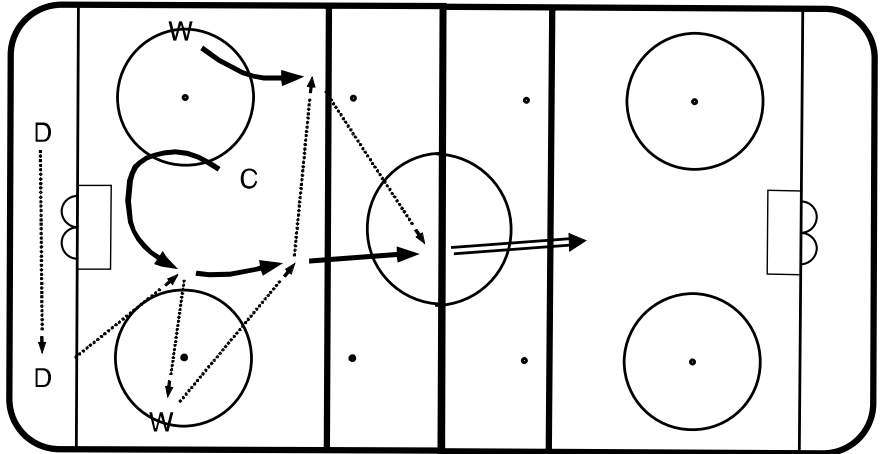
Drill — Game Drill

- Breakout, attack forecheck, backcheck on whistle



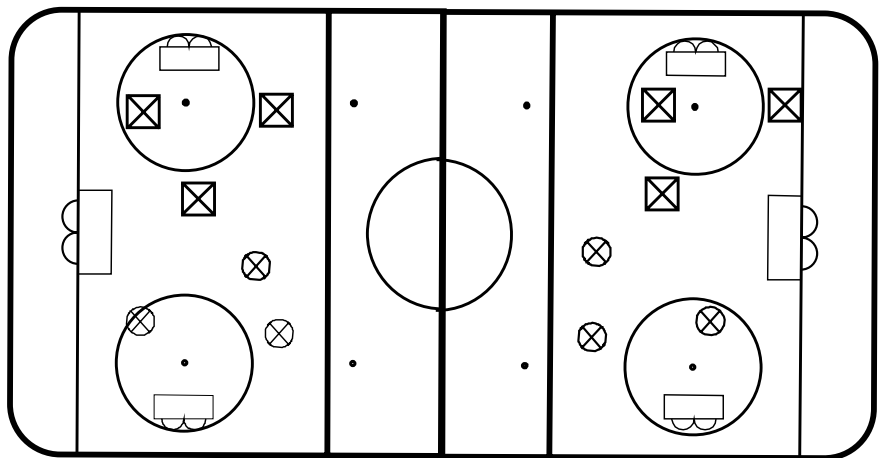
Drill — 5 Pass Dump

- One touch passing on breakout
- Dump the puck in



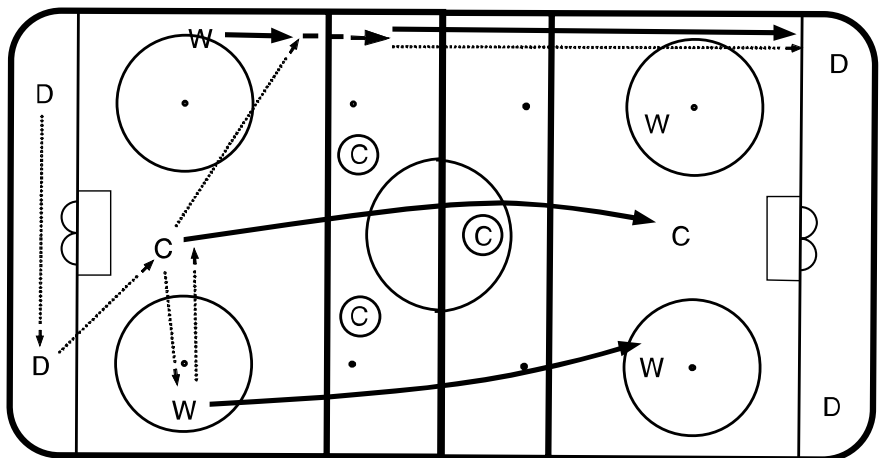
Drill — Small Games

- 3 on 3



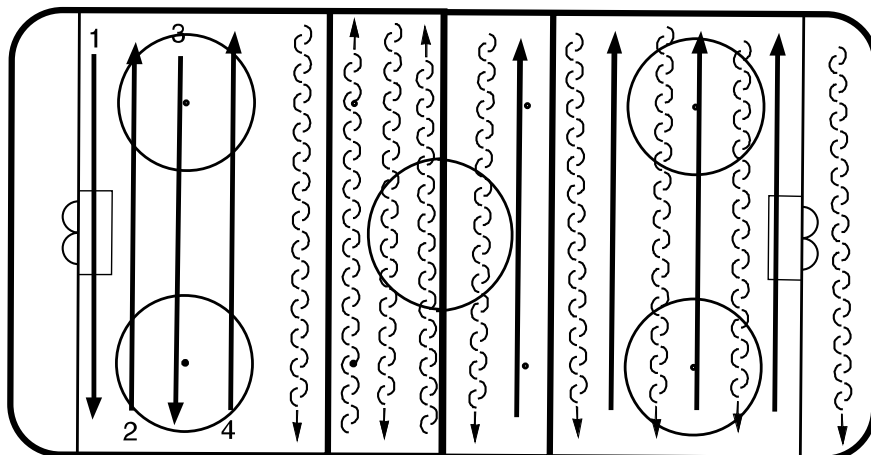
Drill — 5 Pass Dump

- 5 pass dump, Notre Dame, shadow in middle, shadow going in



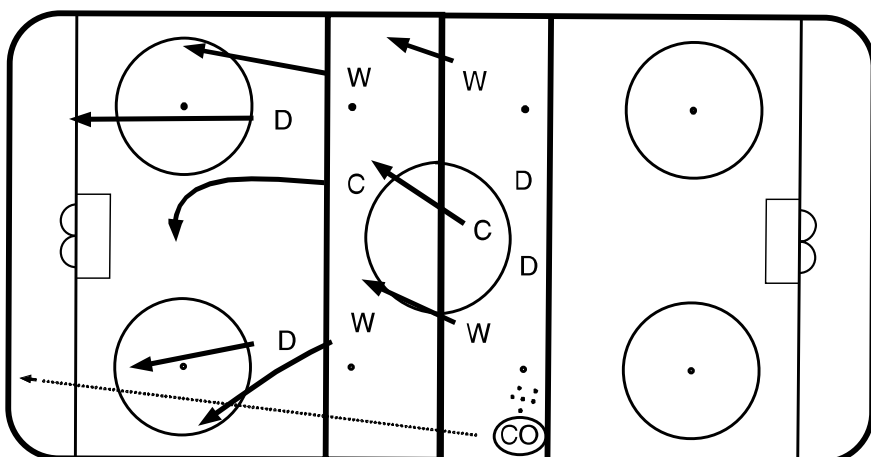
Drill — Skating

- Over and back skating forward four times; backward four times
- Over skating forward X back skating backwards



Drill — Forecheck

- 5 on 5
- Work on breakouts
- Work on forechecking patterns



Drill — Circle Stretches

- 10 push up
- 10 push up
- Walrus

