

Hockey Practice Plan

Objectives: Pressure passing, pressure shooting, backchecking, shooting three or four shot sequence.

Date: _____

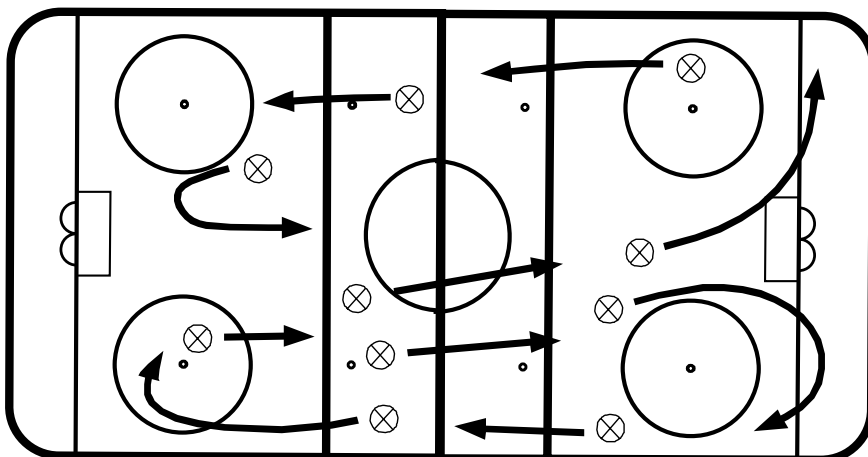
Practice: #25

Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	<input checked="" type="checkbox"/> Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	<input checked="" type="checkbox"/> Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input checked="" type="checkbox"/> 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
<input checked="" type="checkbox"/> Goaltending		_____ Face-offs	
<input checked="" type="checkbox"/> Def./Forwards		_____ Power Play/Penalty Kill	

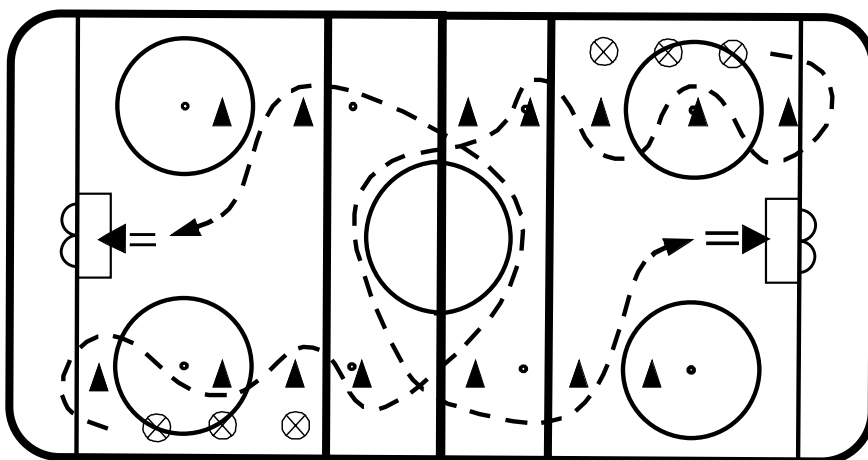
Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises - Heads Up, Don't Duck drill	
10 mins.	1. Butterfly warm up - in and outs, S-drill, Big C, continuous crossovers, hurdler with drag toe, hurdler with drag side of skate, ostrich, scooter, stick behind hips stretch down behind heels, crossover around end of rink with backward between blue lines, sprint between blue to red, blue to blue, forward and backward	
5 mins.	2. Puckhandling	Quick hands
10 mins.	3. Pressure: 1 on 1	Gap control
5 mins.	4. Backchecking	Good position
5 mins.	5. One touch passing drills	Tape to tape
10 mins.	6. Behind net passing and shooting	
5 mins.	7. Shooting: three or four shot sequence	
10 mins.	8. Team play: 2 on 2, 3 on 2, 5 on 2	Support - read
10 mins.	9. Breakout, attack, forecheck, backcheck, DZ coverage	
10 mins.	10. 3 on 3, 4 on 4, 5 on 5 full ice	Compete - Fun

Drill — Butterfly Stretch



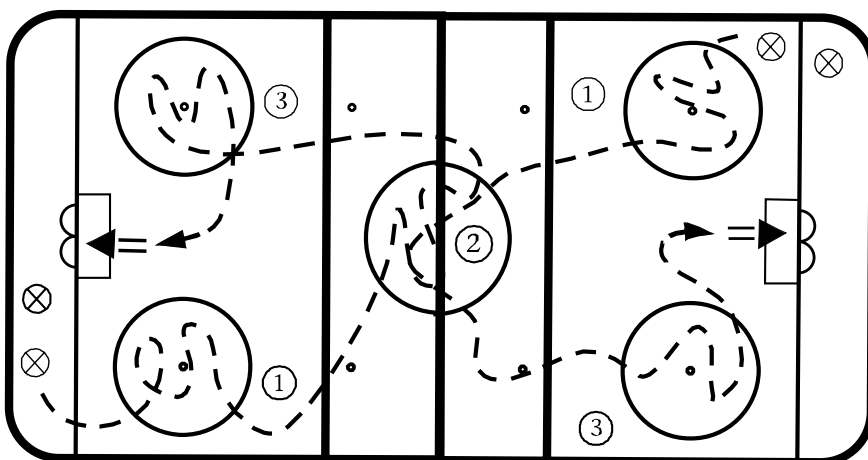
Drill — Puckhandling

- In and outs through cones, pull to right on each cone, pull to left on each cone, right on one, pull left on second alternating cones, escapes on cones, pull back reverse on cones, fake shots on cones, drive cut in and shoot



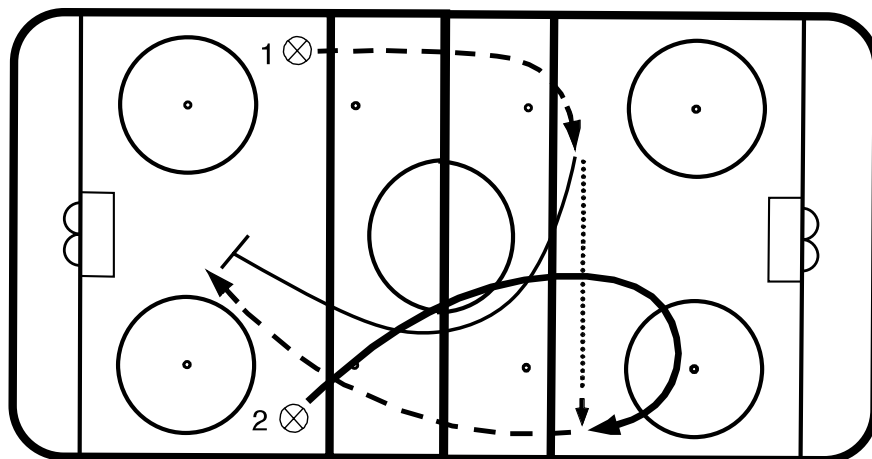
Drill — Puckhandling

- Three circle puckhandling: player with puck puckhandles inside 1 circle, on whistle moves to 2, on next whistle moves to 3, on next whistle moves to goal and shoots



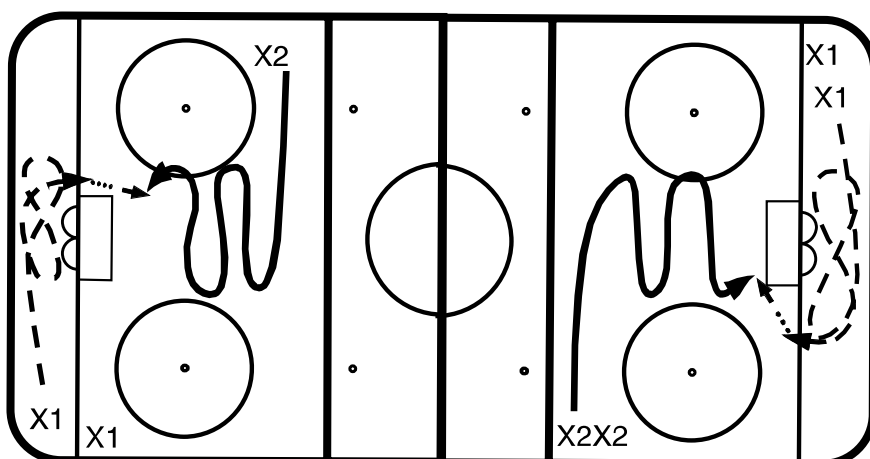
Drill — Backchecking

- Pressure/resistance: 1 skates puck over second blue line, passes to 2, 1 then backchecks 2



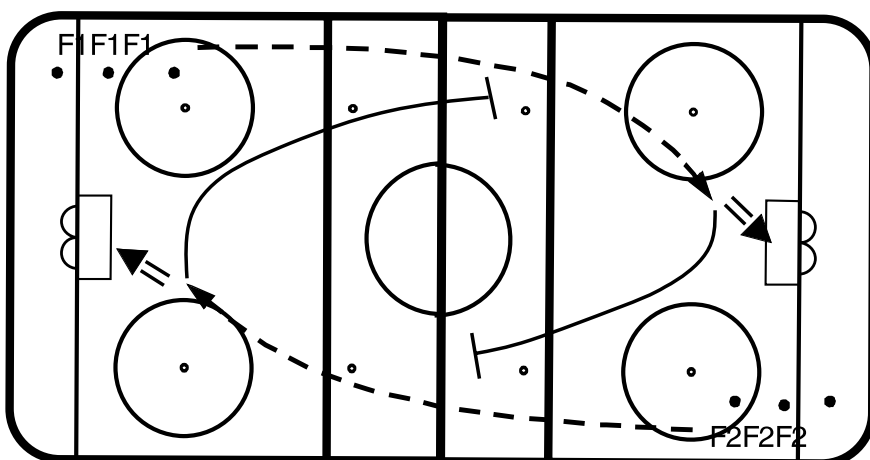
Drill — Puckhandling

- #99 drill: X1 goes behind net and skates back and forth, X2 skates to slot and does lateral movements either control turns or mohawk steps out
- X1 passes to X2 for a shot on goal



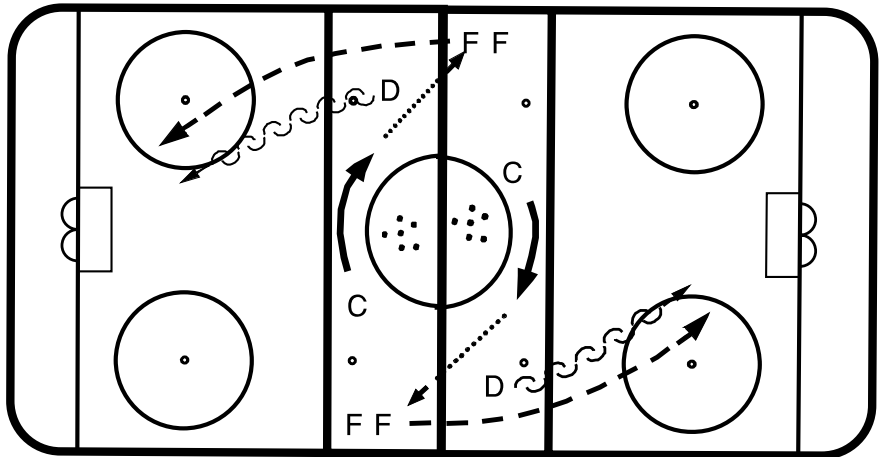
Drill — Backchecking

- F1 skates with puck the length of ice, shoots and then backchecks F2 who was doing the same thing



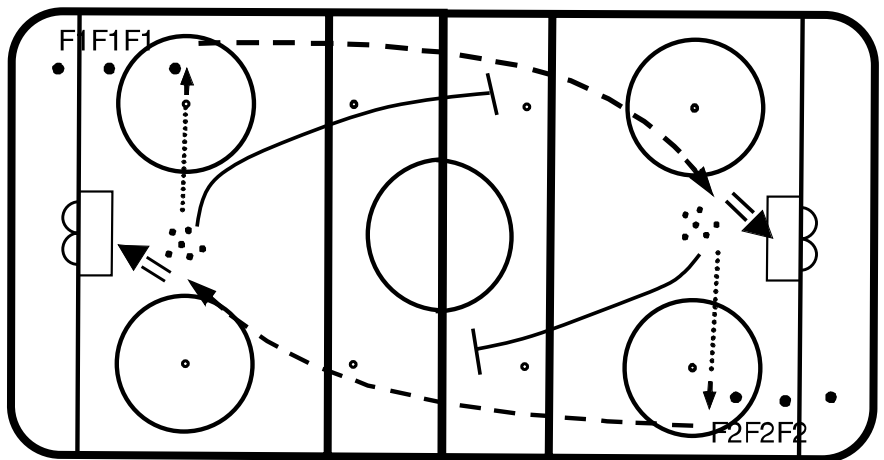
Drill — One on One

- Providence: coach passes to forward at red line, The defenseman is positioned three feet in front of the face-off dot backwards and the forward drives to the net to get a shot on goal



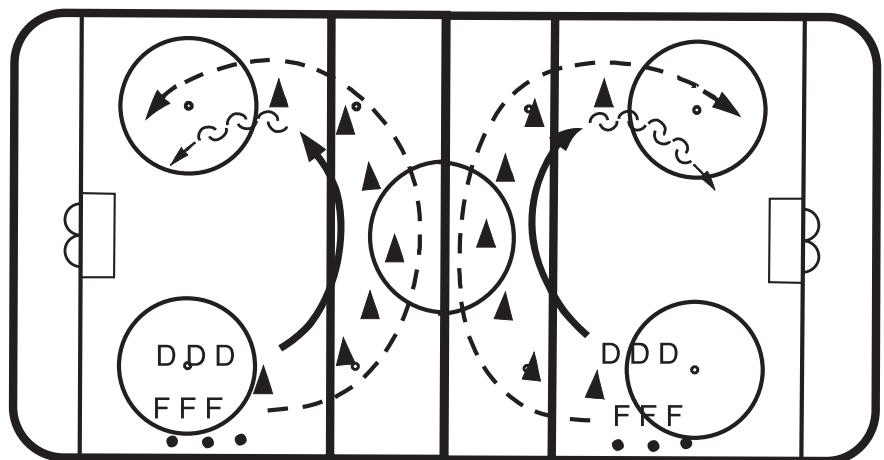
Drill — Backchecking

- After shot, pick up puck and passes then backchecks



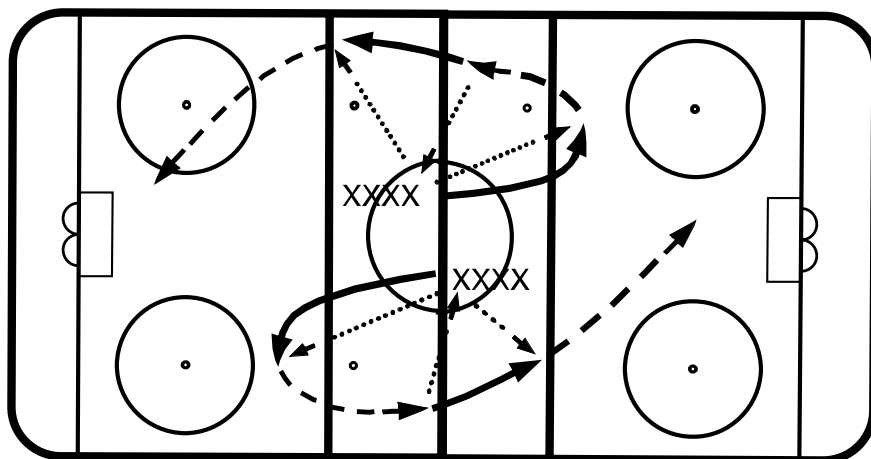
Drill — One on One

- The forward takes a puck and skates outside cones, the defenseman skates on the inside of cones giving resistance with body and stick
- Resistance shooting with speed



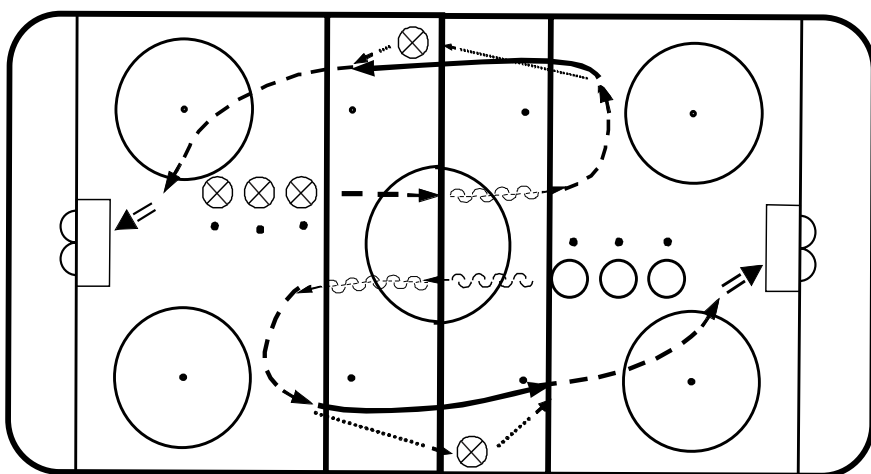
Drill — Passing

- Quick one touch passing
- Shoot on goal



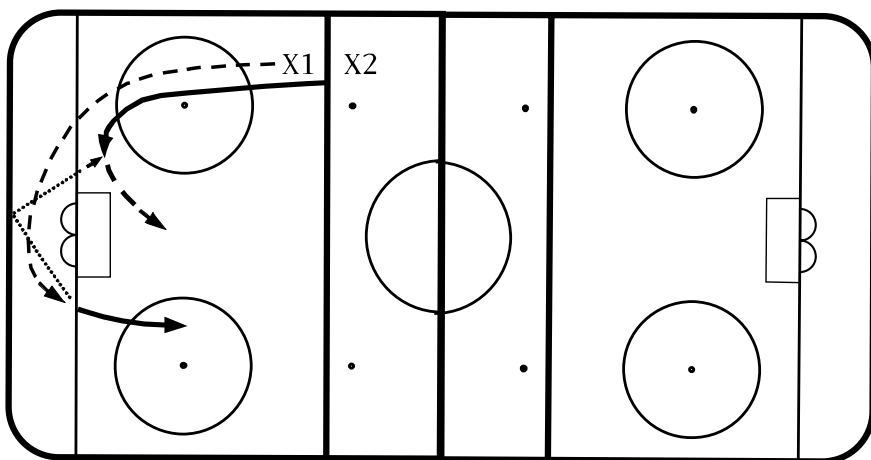
Drill — Skating

- Transition skating: forward-turn, backward-pass, return pass
- Shoot on goal



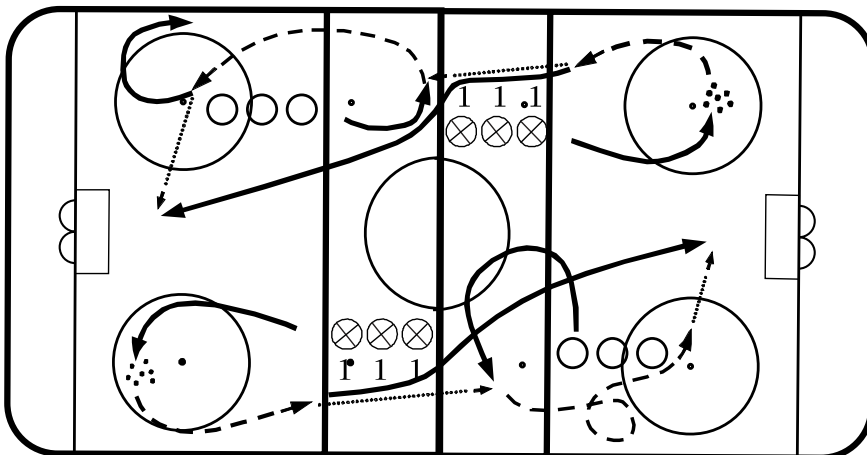
Drill — Passing

- Behind net reverse pass



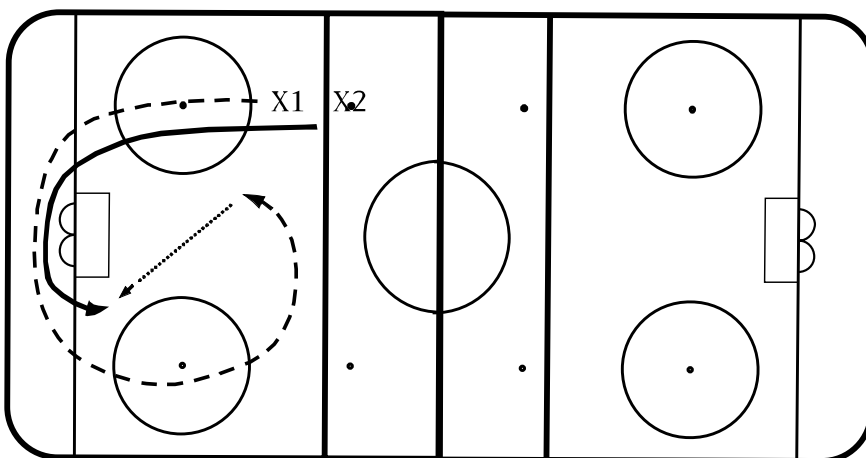
Drill — Passing

- Stretching pass: O1 skates back into zone and picks up puck in the circle, O2 skates back over the red line and has to time receiving on a lateral passing angle, does escape and passes back to X1 for a shot on goal



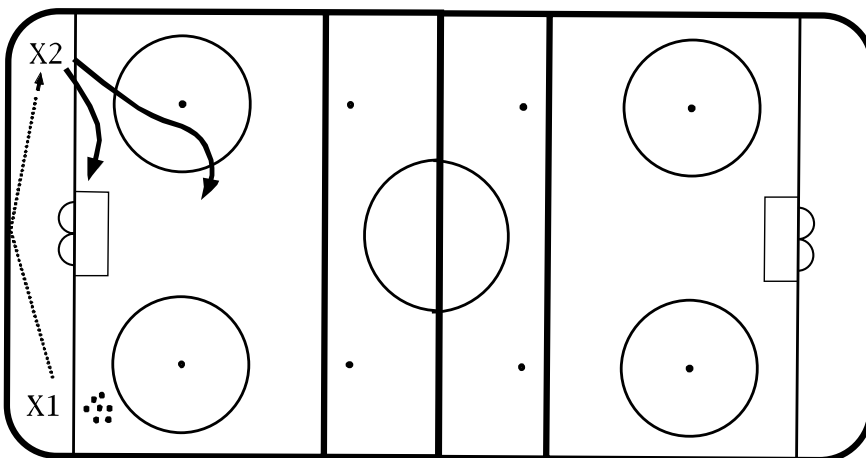
Drill — Passing

- Behind net trailer pass



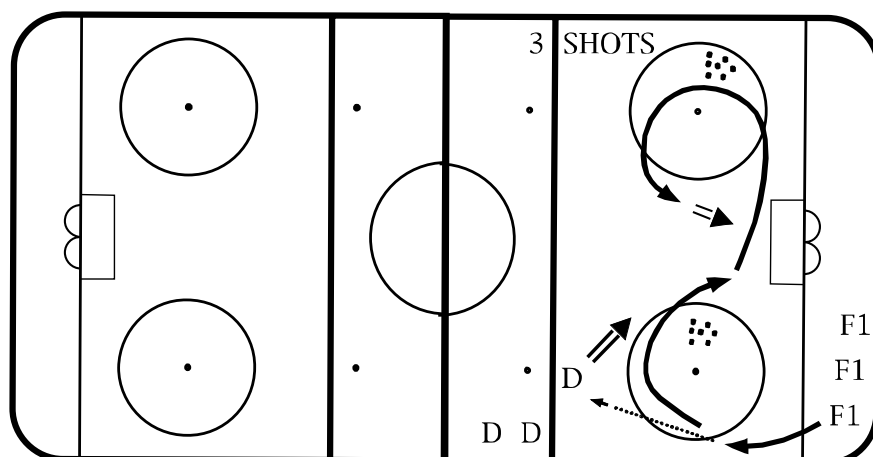
Drill — Passing

- Behind net passing: X1 passes to X2, X2 walks out or attacks net



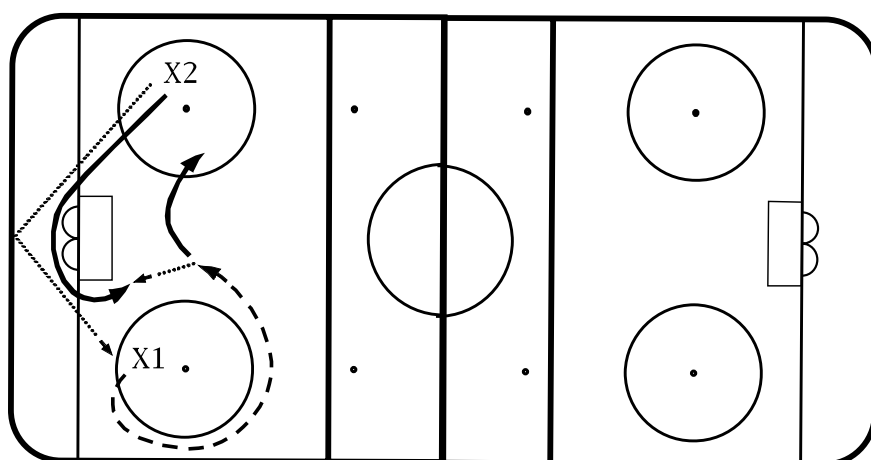
Drill — Shooting

- F1 passes to D, D shoots, F1 goes to front of net for tip or rebound, F1 then picks up puck from either circle, shoots, picks up another puck, curls circle and shoots



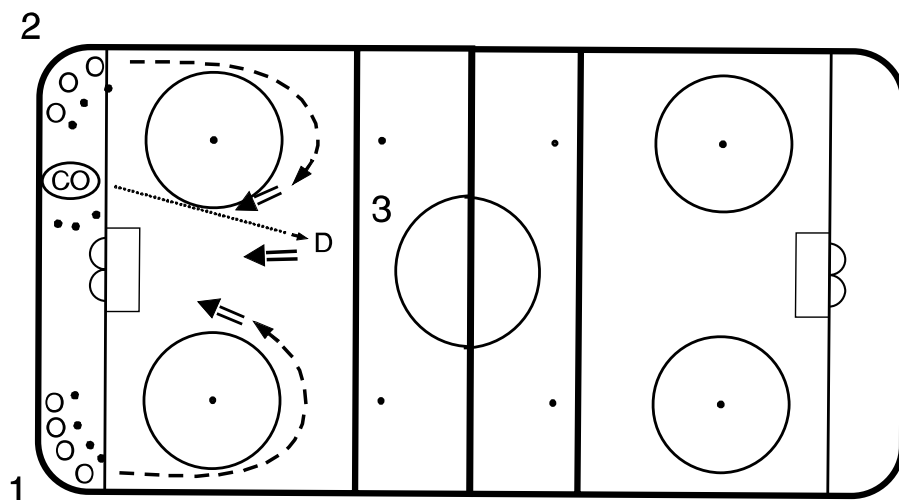
Drill — Passing

- Behind net passing: X2 passes puck to X1, X1 receives puck and skates circle, passes back to X2 who has skated behind net for a shot on goal



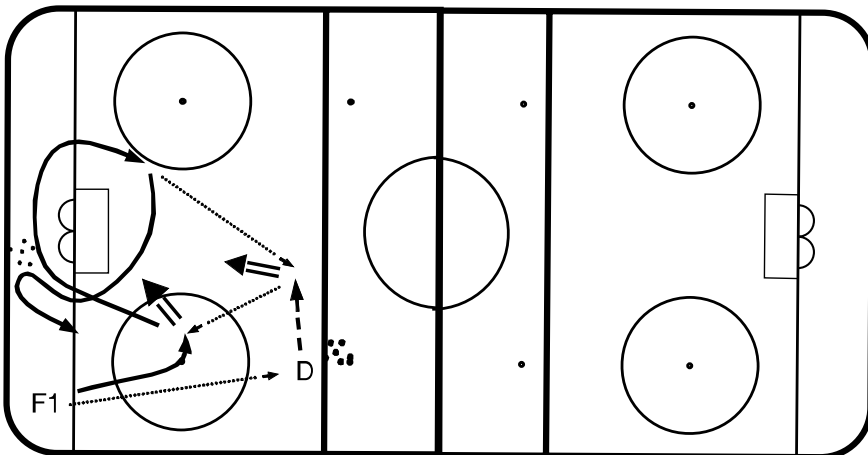
Drill — Shooting

- Out of corner shooting: 1 curls circle, shoots and goes to front of net, 1 curls circle, shoots and goes to net, coach passes out to D who shoots, has 1 and 2 looking for a tip



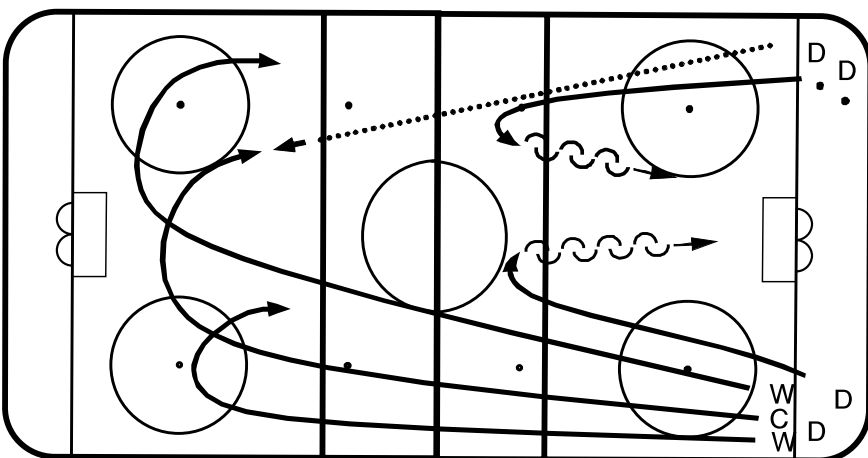
Drill — Shooting

- Four shot sequence: F1 passes out to D who drags and shoots, D gets puck and passes to F1 who curls circle, F1 picks up puck and passes out to D who shoots, F1 picks up puck and does wraparound or walk out



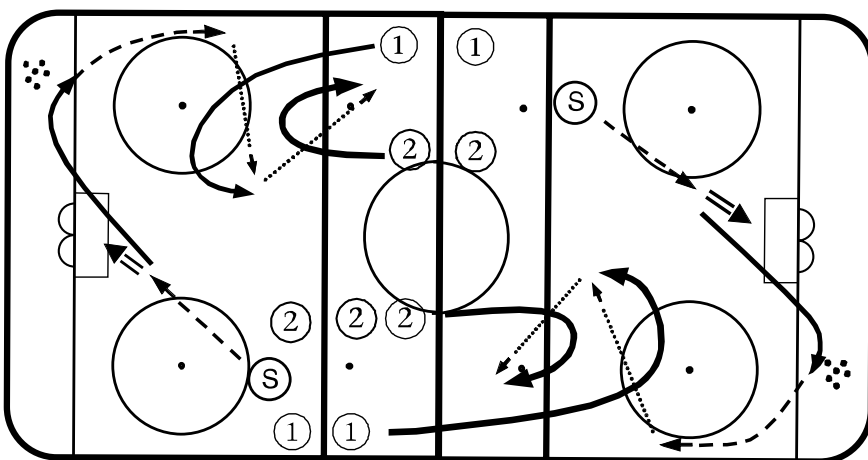
Drill — Team Play

- 3 on 2, forwards regroup and attack with play options, back pass, diagonal back pass



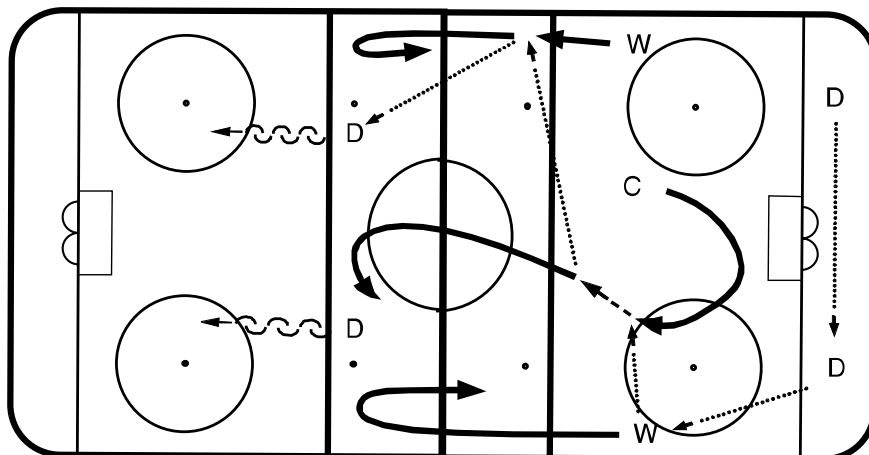
Drill — Shooting

- Shooter skates in, shoots, picks up puck, passes to 1 curling top of circle who then passes to 2 who is curling the blue line
- Shoot on goal
- Pick up puck in corner and continue drill



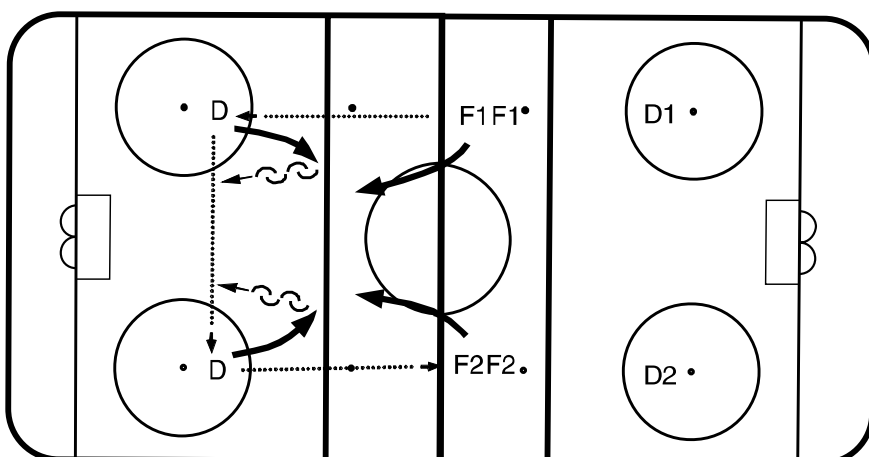
Drill — Team Play

- 5 on 2 breakout, regroup attack



Drill — Team Play

- 2 on 2 half ice - F1 passes to D1, D1 passes to D2, D2 passes to F2, as soon as F2 touches puck, 2 on 2 rush starts



Drill — Breakout

- Breakout, attack, forecheck, backcheck, DZ coverage

