

Hockey Practice Plan

Objectives: Building a strong foundation in the fundamentals so team play will be easier as a team.

Date: _____

Practice: #3

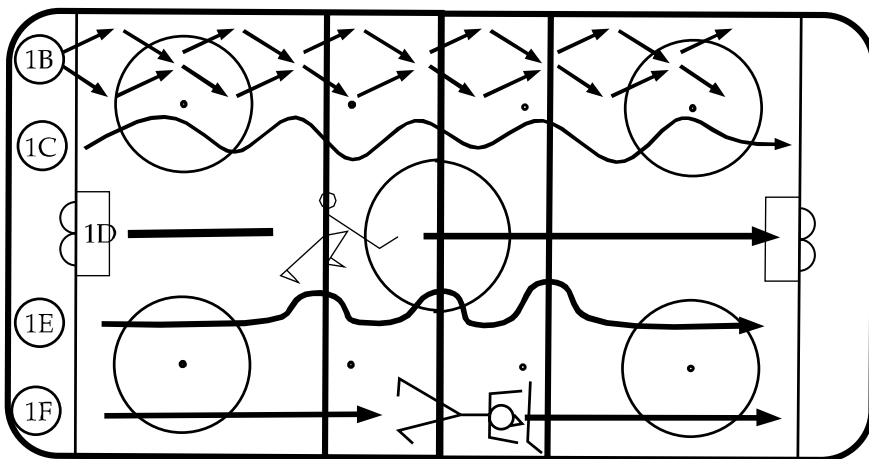
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	1. Skating: a. stationary ready position, b. moving ready position, c. skating basics, d. moving stretches, e. heads up, don't duck drill	Good Form
10 mins.	2. a. stationary step and balance, stationary weight shifting, skating stride; b.-c. power slide and stride moving; d. push-touch-coast; push-touch; push-almost touch; e. speed; f. same backward; g.-i. agility using one glove or two gloves on ice foreskater to move around; j.-m. all drills for backward to forward, forward to backward mohawking	Good strong thrust
10 mins.	3. Puckhandling	Quickness, eyes up
10 mins.	4. Passing	Be a good receiver
10 mins.	5. Puckhandling, shooting	Eyes up
10 mins.	6. 3 on 3 in two zones	Be competitive

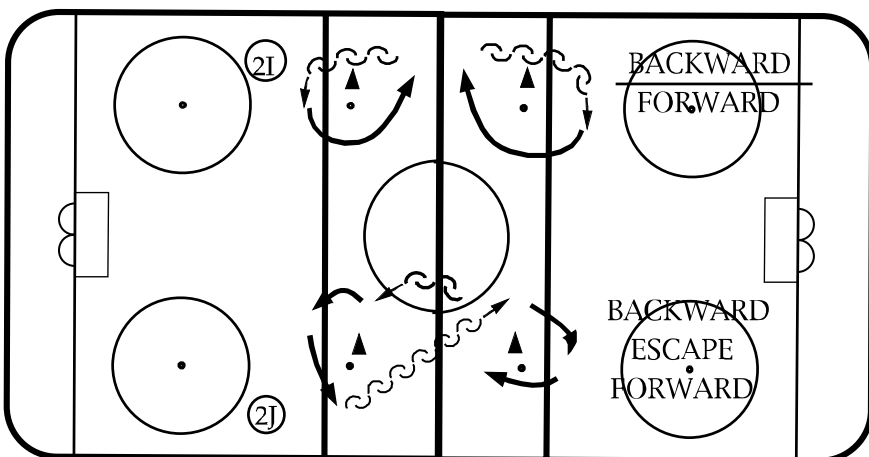
Drill — Stationary - Ready Position

- All players are in a stationary ready position
- Ready position in and out;
- S-drill
- Hurdler
- Two foot jump at each line
- Slide on stomach between blue lines - stick, hands, arms out in front, heads up, don't duck



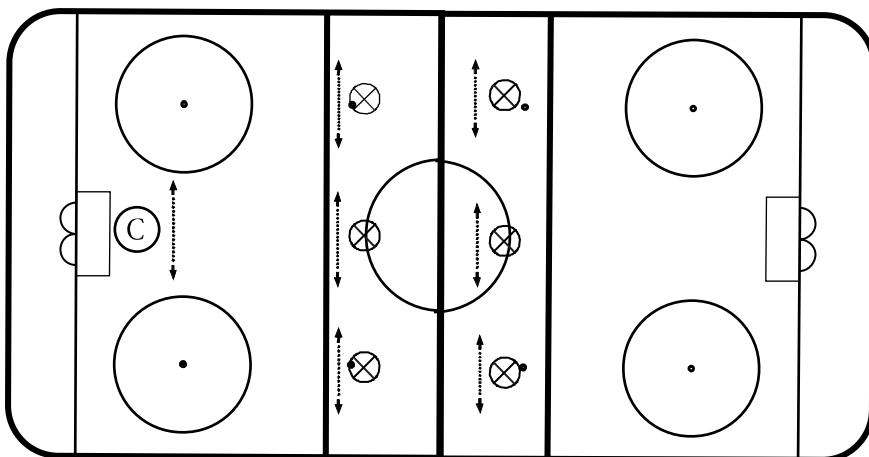
Drill — Skating

- Skate back around cone, then go forward, then turn backward in middle
- Skate backward - step out with escape to forward at middle turn backward



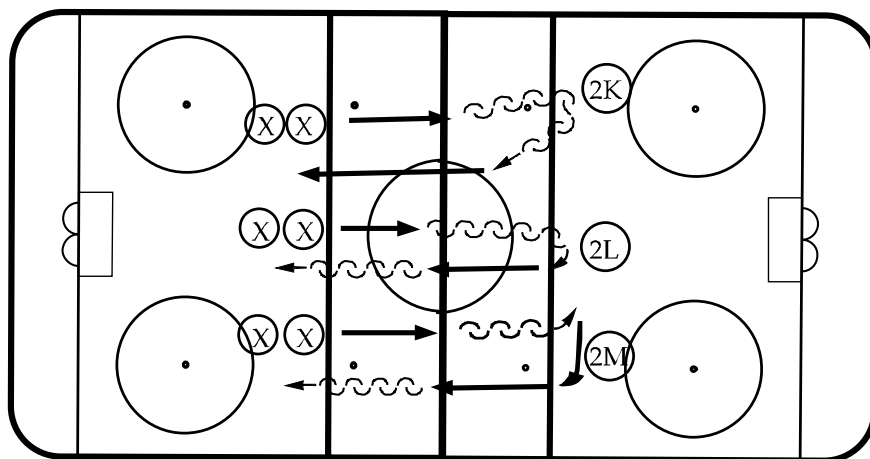
Drill — Skating

- Spread out - step out and touch skate to skate, balance inside edge weight shift
- Stationary power slide: cadence shift weight, push down, push out to full extension then shift weight - push down, push out to full extension



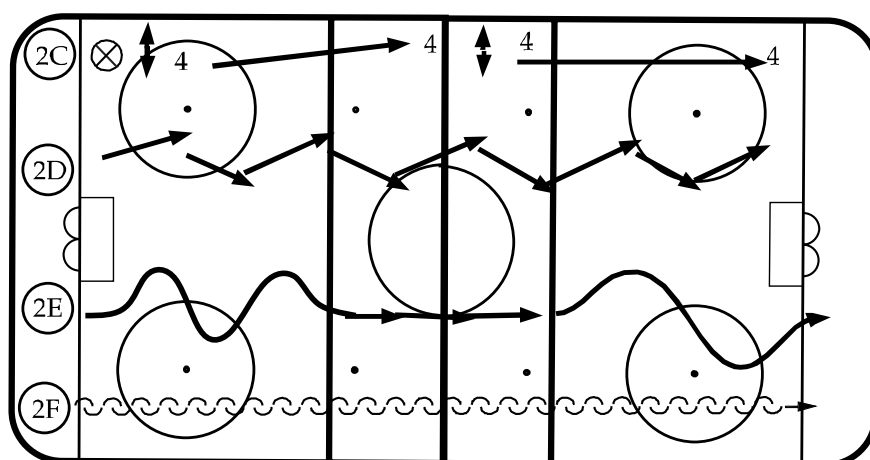
Drill — Skating

- Skate forward, turn and skate backward then skate forward
- Skate forward, backward, forward, backward
- Skate forward, backward, forward, backward with step out escape



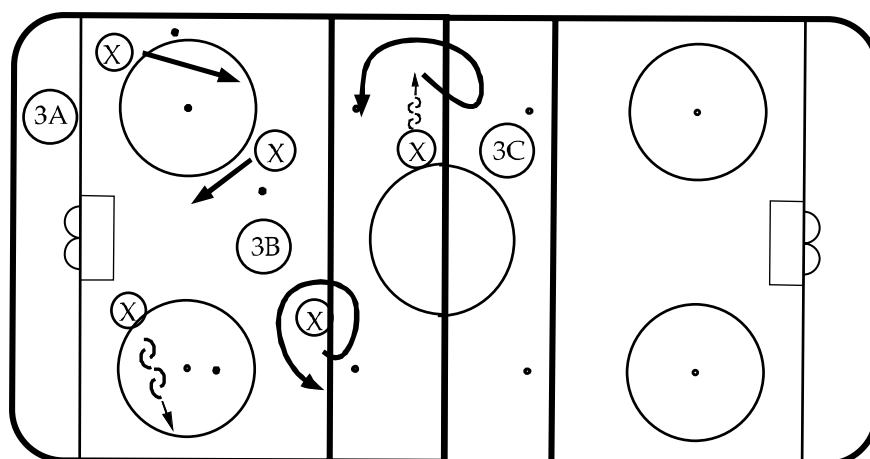
Drill — Power Stride and Slide

- Power slide and stride sequence (four slides and four strides)
- Quality execution to blue line, speed between blue lines
- Same as above, but backward



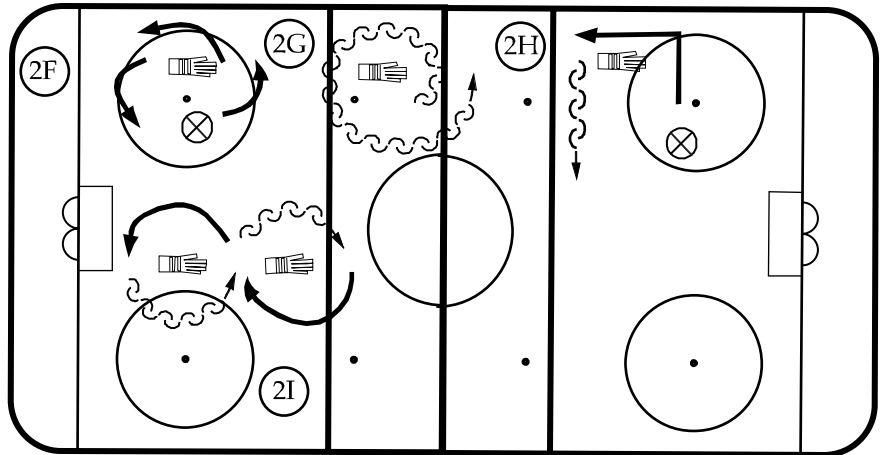
Drill — Puckhandling

- Freestyle puckhandling all over rink - forward, backward, turns, pivots
- Forward puckhandling - half rink
- Forward puckhandling in neutral zone



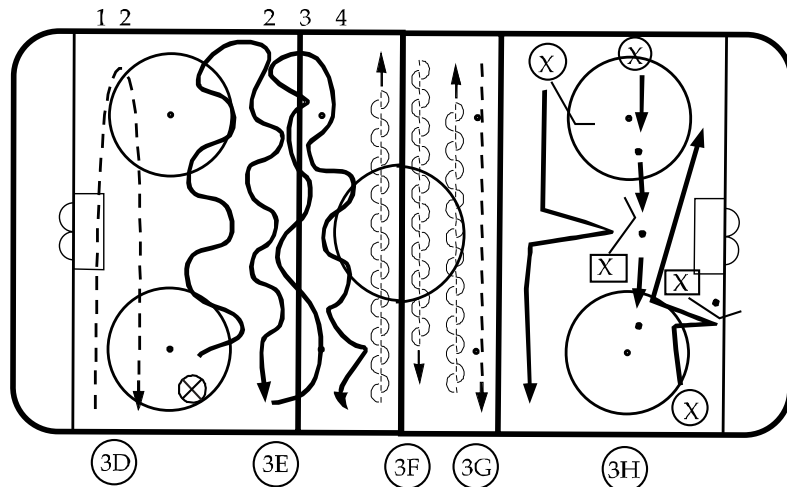
Drill — On Glove Sequence Agility Skating

- Forward crossovers
- Backward crossovers
- Forward - sliding stop - flip hip - point backside - go backward
- Control turns, forward crossovers backward crossovers, scootering, push-unders



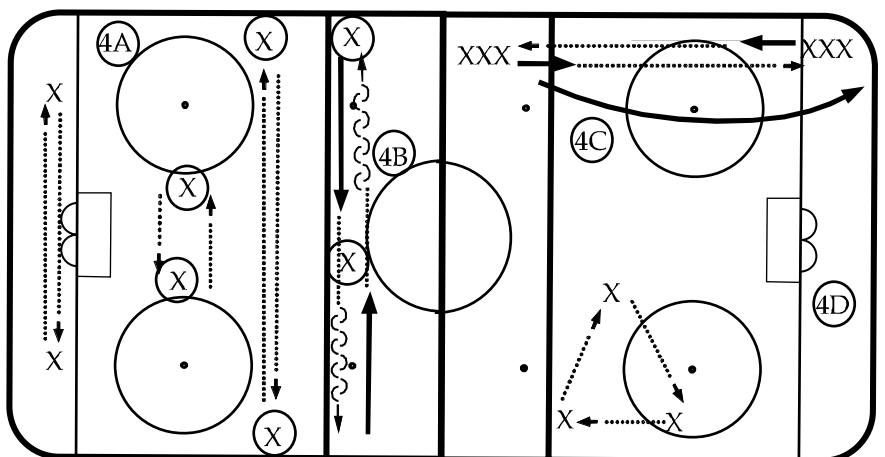
Drill — Puckhandling

- Puckhandling over/back
- Over and back skating while carrying puck 4 times over - back
- Puckhandling backwards 4 times, return forward
- Player on player moves-fake shot, pulls, kick puck to stick, etc. - four times then switch



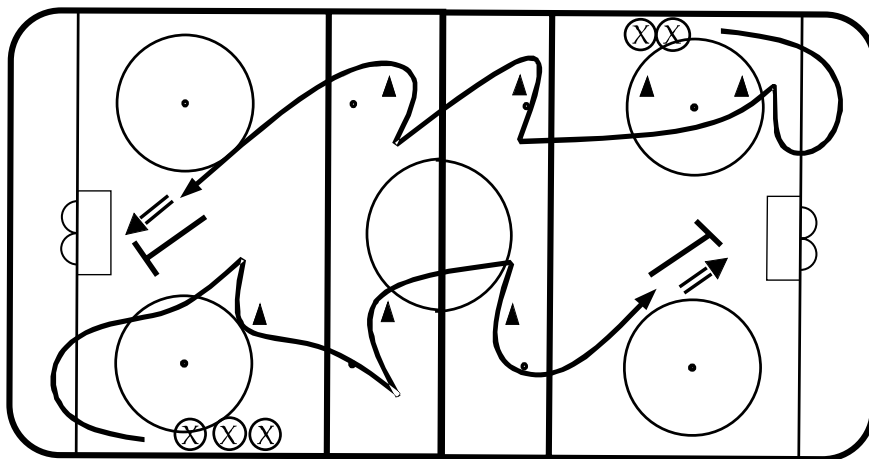
Drill — Buddy Passes

- 20 feet, 30 feet, 40 feet passes - forehand and backhand, flip pass
- Skating forward and backward pass puck back and forth. Forward to middle and backwards to wall
- Three strides pass, go to end of line and give and go
- Triangle pass - surround puck pass to forehand



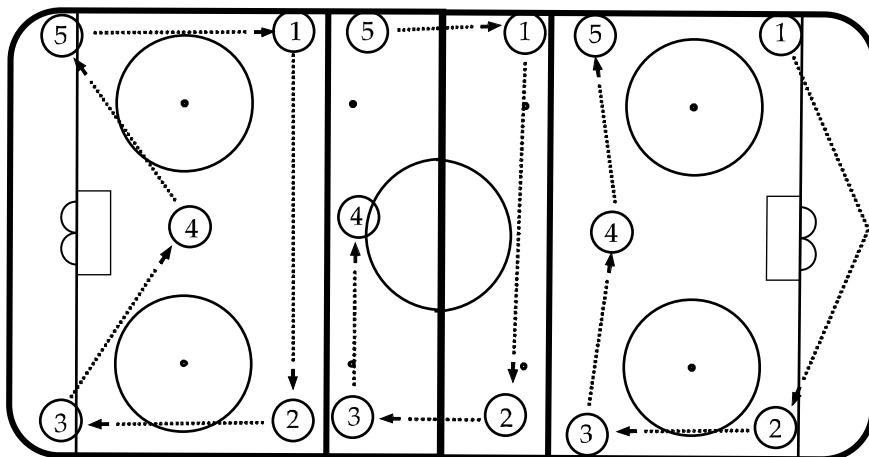
Drill — Shooting and Puckhandling

- Head deke - shoulder deke - pull puck around all three cones, shoot on goal and go for rebound



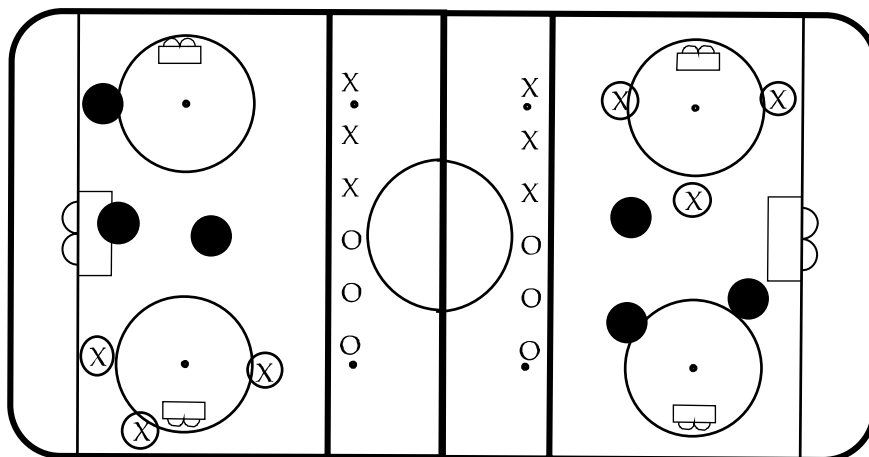
Drill — Passing

- Five players: 1 passes to 2, 2 passes to 3, 3 passes to 4, 4 passes to 5 - then all move up to next zone



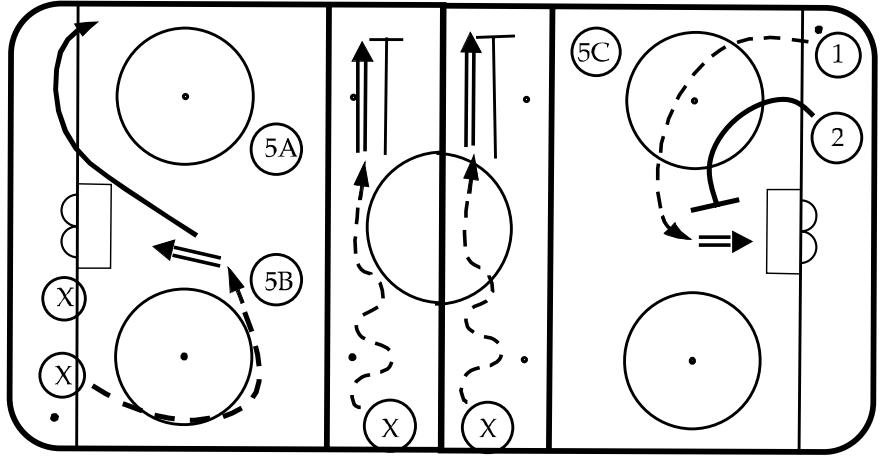
Drill — Passing

- Two zones of 3 on 3

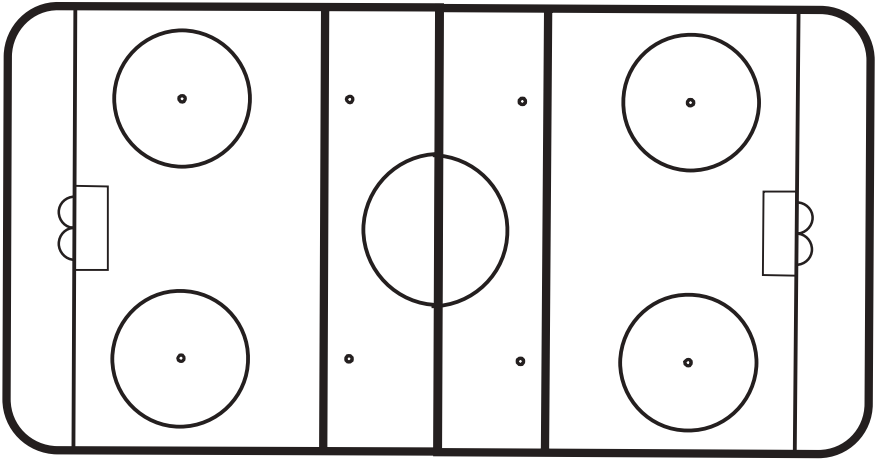


Drill — Puckhandling - Shooting

- Players skate around top of the circle and takes a shot on goal
- Player crosses over both directions, shoots against boards and gets rebound
- Two players are 15 feet apart - player one shoots at the top of the circle, player two goes for the rebound.

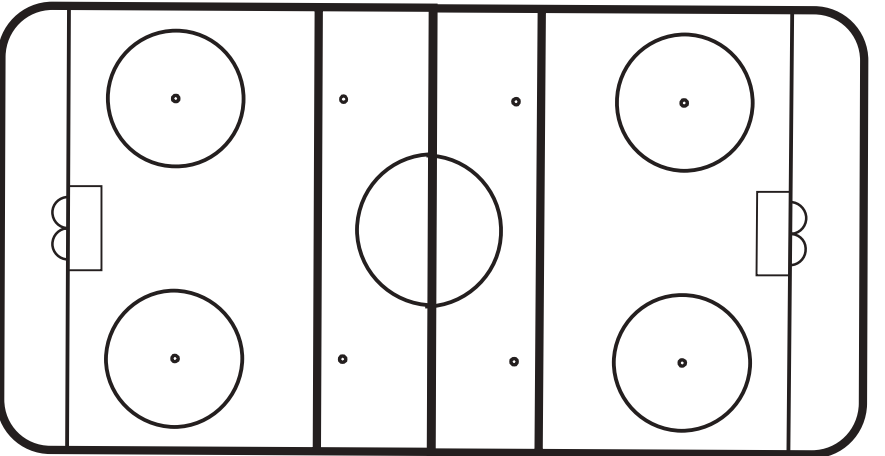


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