

Hockey Practice Plan

Objectives: Review skating, puckhandling, passing and shooting.
Introduce breakout positioning, basic breakout options.

Date: _____

Practice: #4

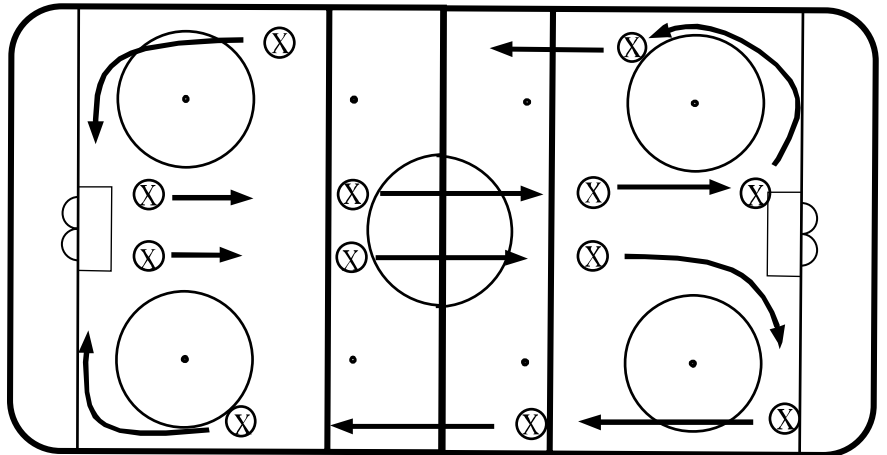
Level: 12-and-Under (Pee Wee)

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	<input checked="" type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	<input checked="" type="checkbox"/> 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
5 mins.	Off-ice stretching	Nice and Easy
10 mins.	1. a. butterfly stretch - Big C crossovers continuous, hurdler, ostrich, in and outs, S-drill, sprints red to blue, sprints blue to blue, quality skating with speed, get out of comfort zone; b. forward rhythm skating, push almost touch with good weight shifting; c. backward swizzle; d. backward crossovers; e. backward two crossovers and then three backward crossovers - left then right; f. backward with partner - forward to backward; g. back crossovers then mohawk forward; h. control turn with mohawk; i.-j. control turns; k. two big 360° crossovers; l.-n. crossover skating; o. out of zone crossovers; p. peanut crossovers; q. stopping on boards; r. forward to backward race	Quality Focus Control
10 mins.	2. a.-c. puckhandling stationary drills; d. puckhandling war; e. Olympic puckhandling drill; f. puckhandling against flow; g. puckhandle go to forehand side	Heads up
10 mins.	3. a.-d. shooting on boards with buddy; e.-g. puckhandling through cones; h. different angle approaches to net; i. pretzel with pass; j. pretzel with pass and rebound	Keep head up
10 mins.	4. a. passing six stationary pass - three forehand, three backhand; b. board passing; c. 2 on 0 around rink, rob out, board pass, give and go, pass with diagonal pass, return pass, drop pass, escape pass, forward against defense skating, forward against defense passing; d.-j. breakout drills	Tape to tape passes
10 mins.	5. Showdown	Fun competition

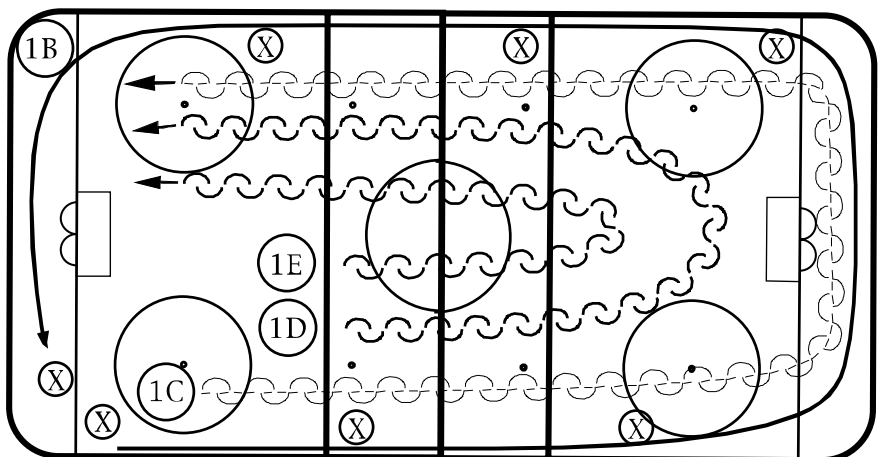
Drill — Formation Stretches

- Butterfly formation moving stretches



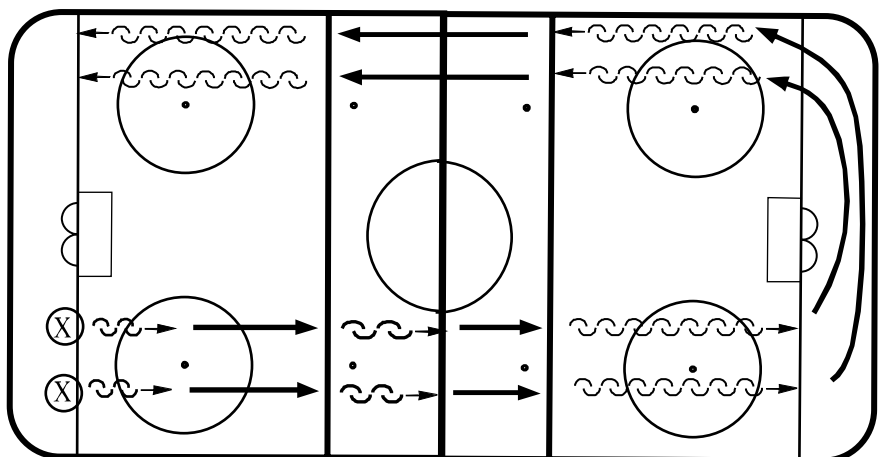
Drill — Formation Stretches

- Forward rhythm push-almost-touch
- Backward swizzle skating
- Backward crossover skating
- Backward two or three step crossovers - right then left



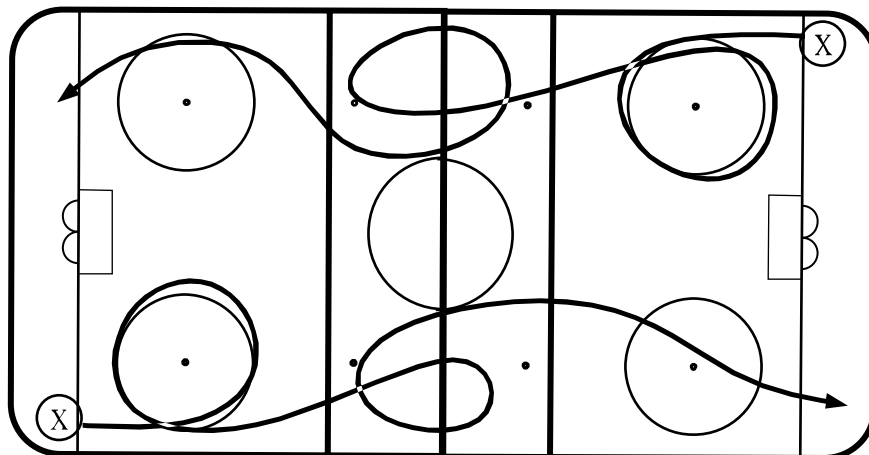
Drill — Formation Stretches

- Backward with partner - turn to middle - chest to chest - skate forward - inward player is leader



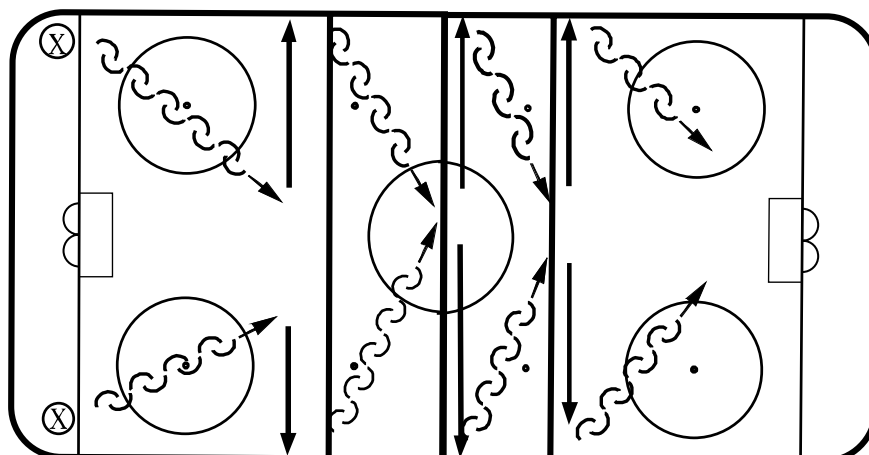
Drill — Formation Stretches

- Two big 360 degree circles - near and middle zones



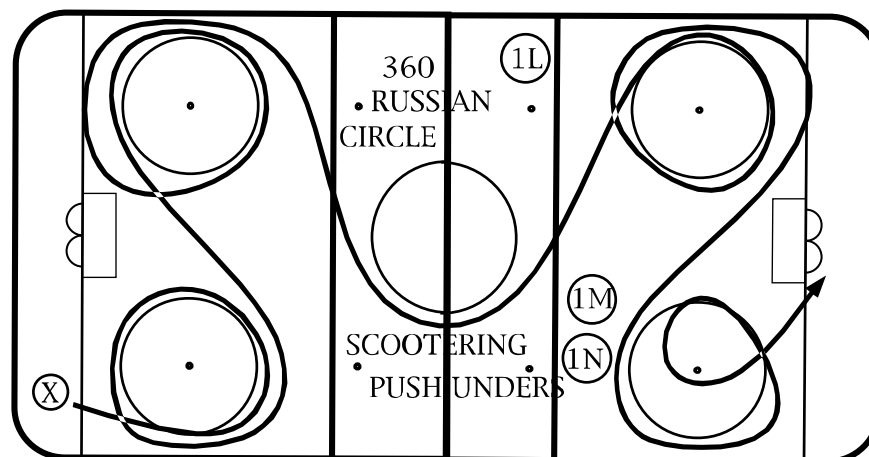
Drill — Formation Stretches

- Backward crossover to middle then step forward and skate to boards - continue drill to end



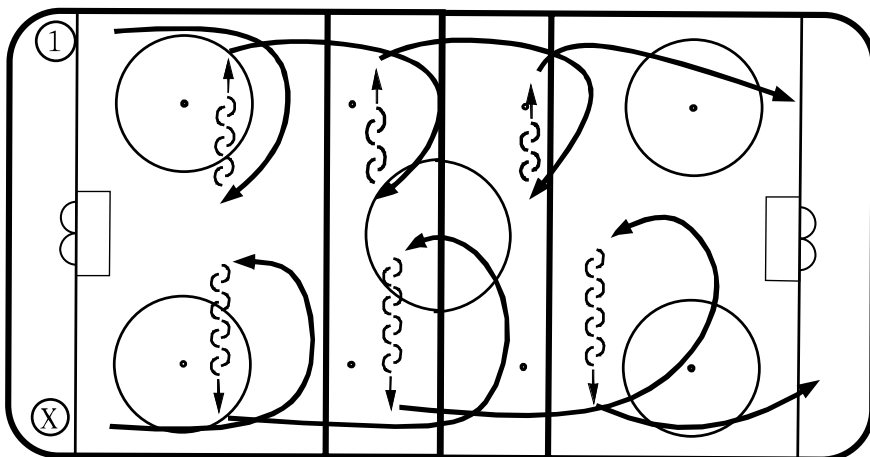
Drill — Formation Stretches

- Russian circles - 360 degree - scootering with outside skate and inside edge
- Push-unders with inside skate - outside edge



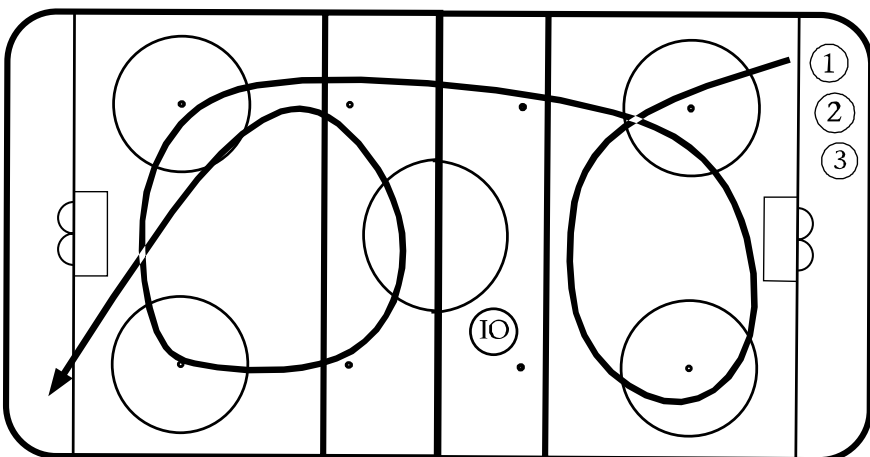
Drill — Formation Stretches

- Skate forward, do control turn toward middle - flip hip, go backward to boards then step out with a mohawk



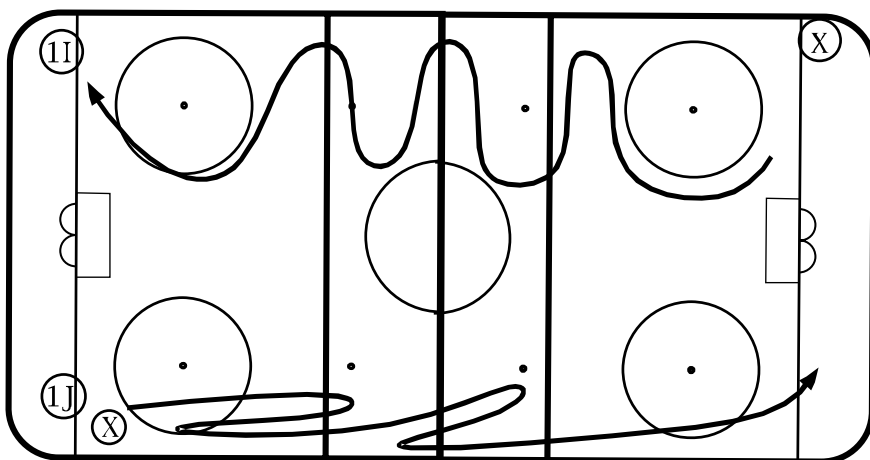
Drill — Formation Stretches

- Two big crossovers



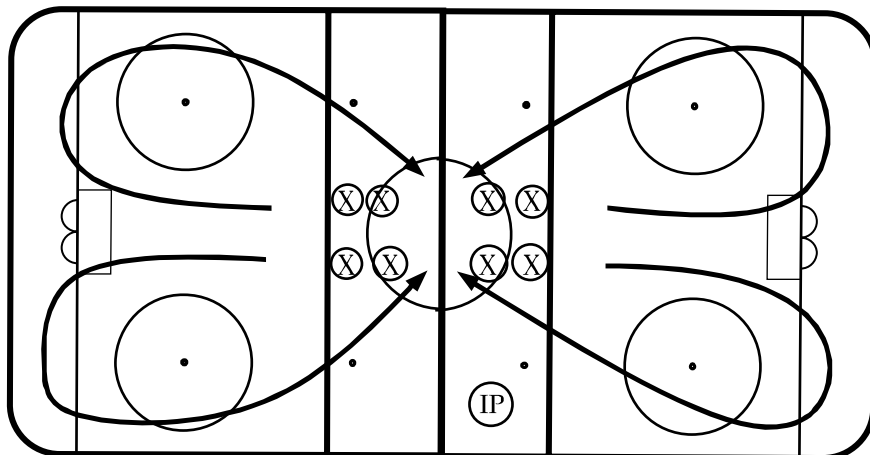
Drill — Control Turns

- Keep low center of gravity
- Strong thrusts



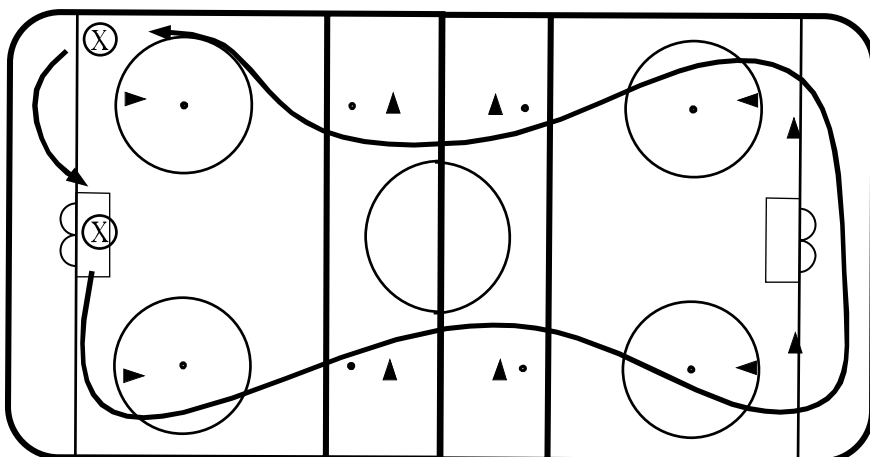
Drill — Crossovers

- Forward and backward



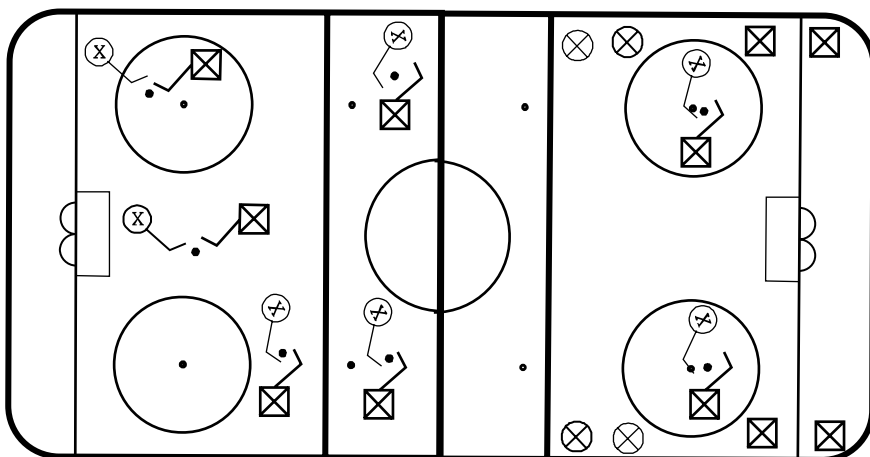
Drill — Peanut Crossovers

- Keep good form
- Quick feet
- Good body shifting



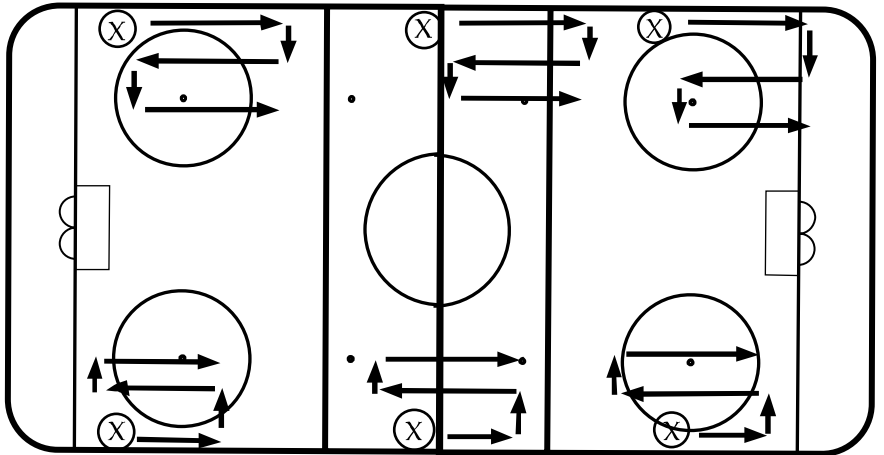
Drill — Puckhandling War

- One puck - start with face-off then protect puck with keep-away
- 1 on 1 in circle



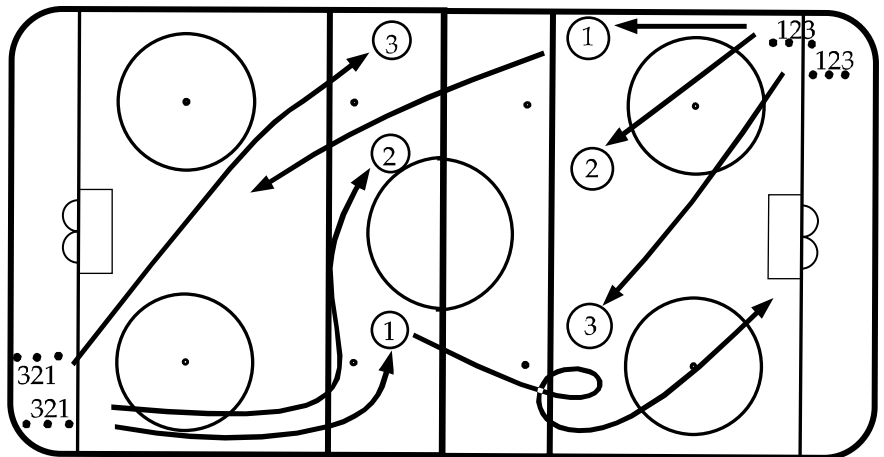
Drill — Heel to Heel Stepouts

- Focus on form
- Keep knees bent
- Low center of gravity
- Open up hips and shoulder



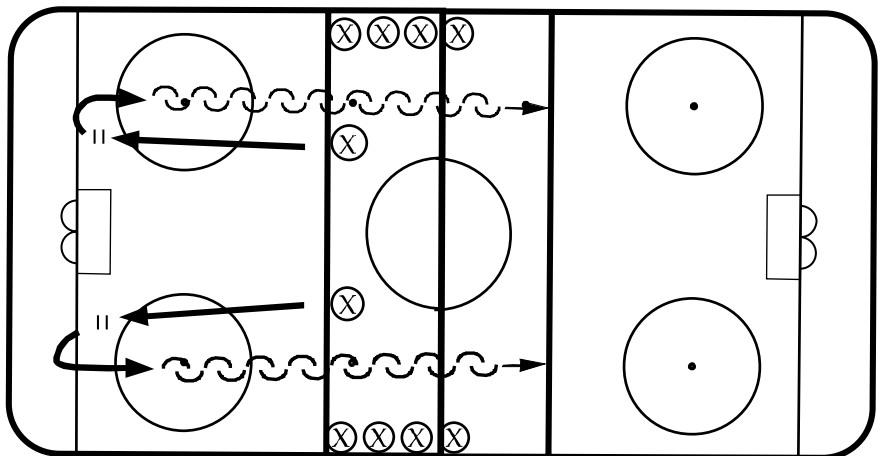
Drill — Olympic Puckhandling

- Players are in opposite corners with pucks
- On whistle, three players from each corner with pucks skate into the neutral zone, on each successive whistle, one, two or three go in and shoot on goal



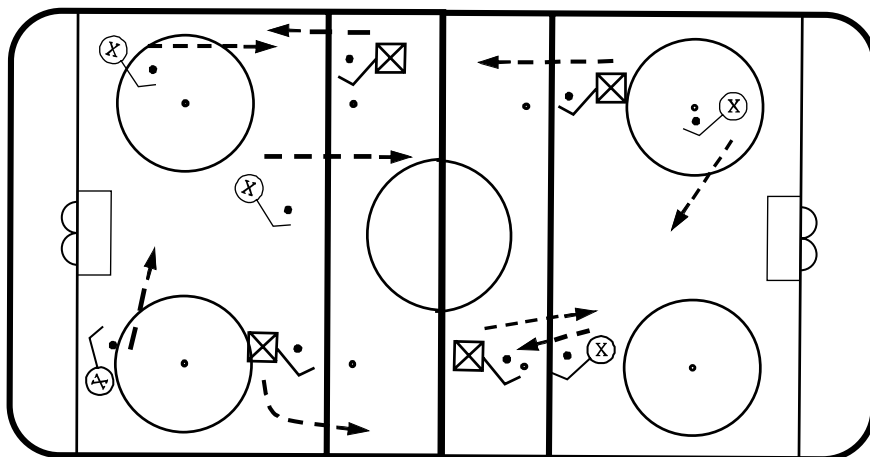
Drill — Skating

- Forward point backside - flip hip, backward crossovers, skate forward at hash marks - go backward - race



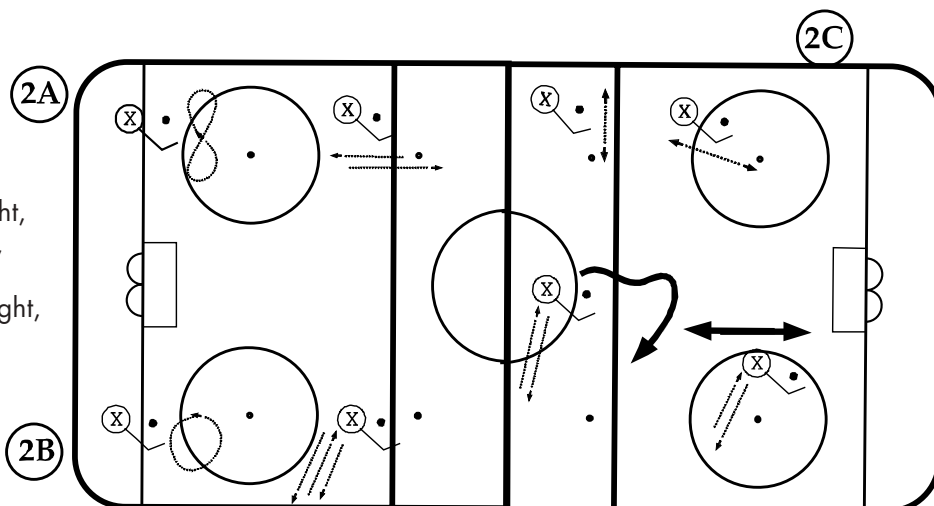
Drill — Puckhandling

- Eyes up, skate half speed, three-quarters speed - handling the puck against flow



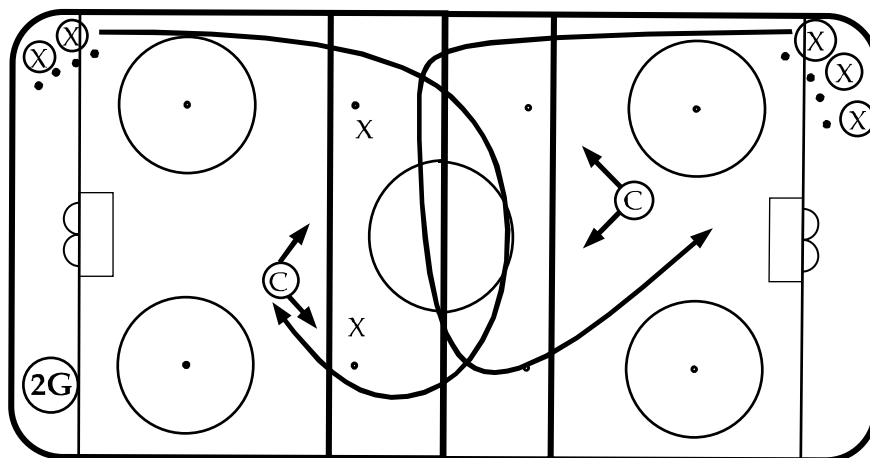
Drill — Puckhandling

- Stationary Figure 8 with puck
- Skate circles with puck - left to right, right to left, forward to backward, diagonal, yo-yo, full extension forehand then backhand, left to right, right to left fast



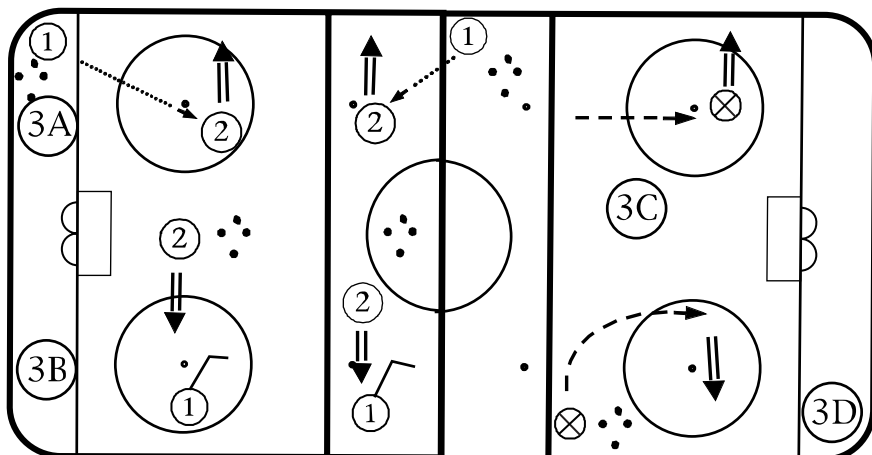
Drill — Puckhandling

- Player pushes puck one handed to blue line then two hands on stick, go around neutral zone dots, skate in on coach, coach points to player's forehand, player goes to forehand then shoots on goal



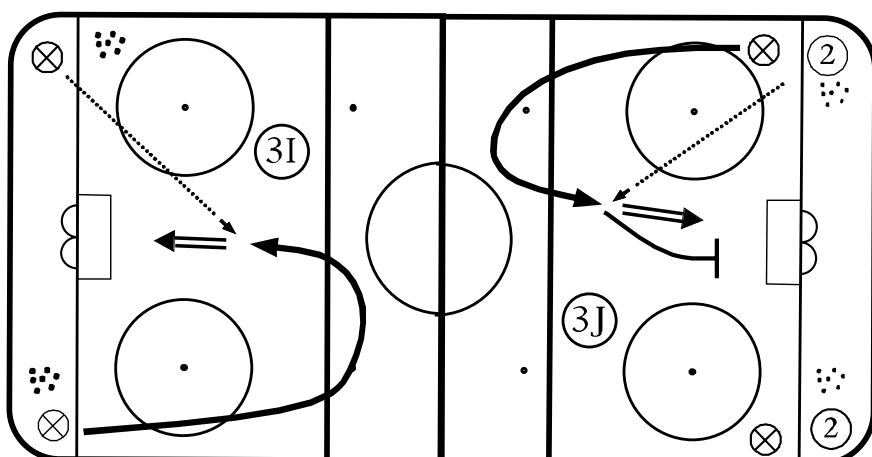
Drill — Shooting

- Partner up - four pucks
- Shoot forehand off pass
- Shoot forehand with partner tipping
- Drag puck and shoot
- Curl and shoot backwards



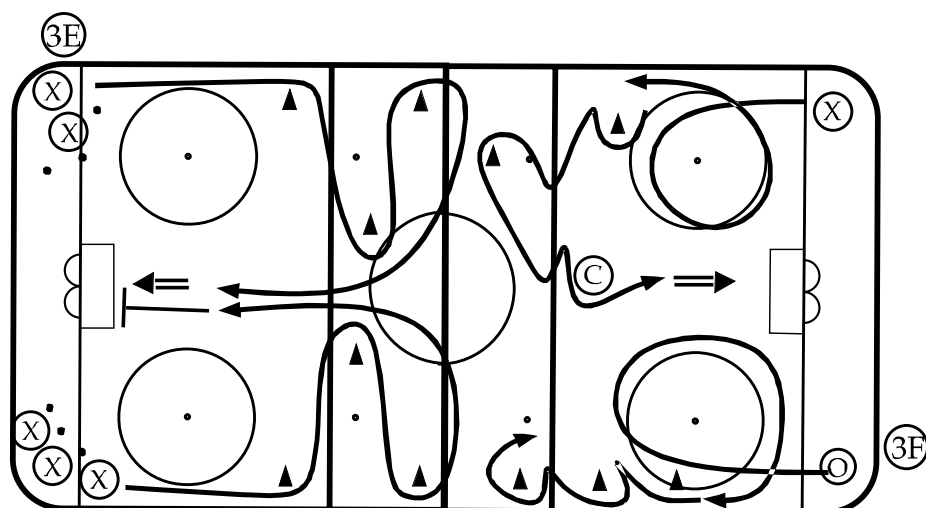
Drill — Pretzel With Pass

- Player skates up and over blueline
- Receives pass from opposite corner
- Shoots on goal and gets rebound shot



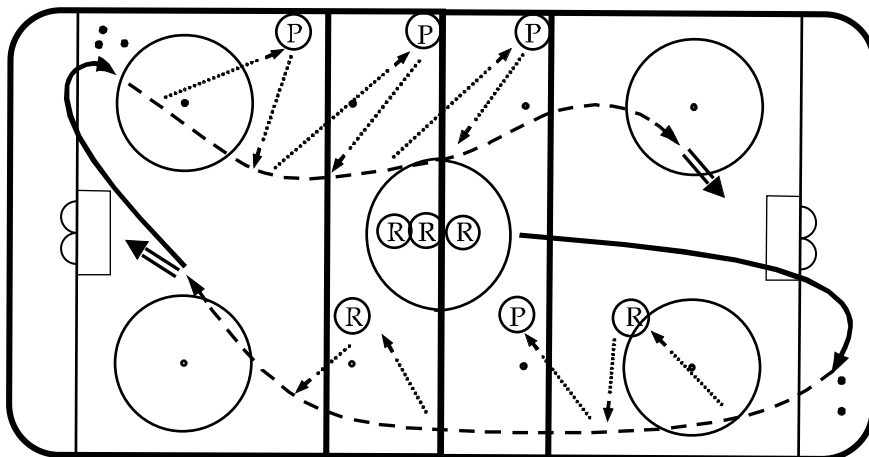
Drill — Control Turns

- Skate up boards and go around all three cones
- Shoot on goal using wrist shot, backhand shot or snap shot, go for rebound
- Skate up boards, 360 degree circle, puckhandle on three cones, go through middle, fake to backhand, go to forehand



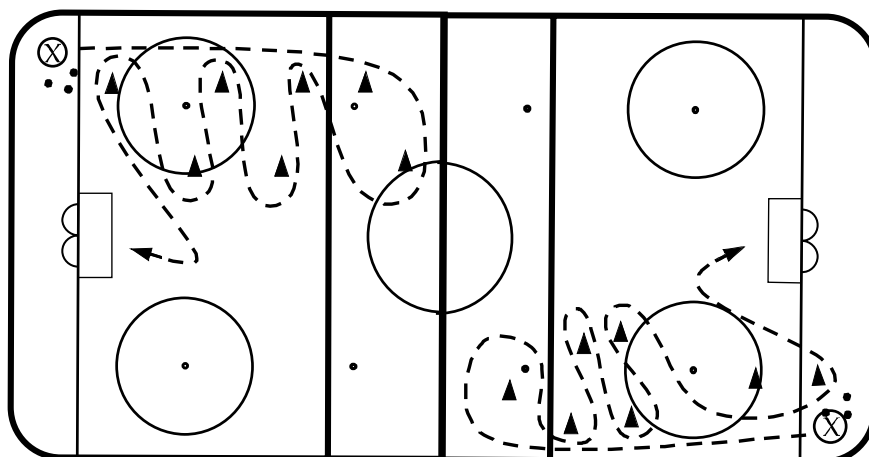
Drill — Six Station Pass

- Start drill in middle
- Player picks puck up in corner
- Makes 3 give and go passes and shoots on goal
- Picks up another puck and gives 3 give and go passes and takes another shot on goal at the other end



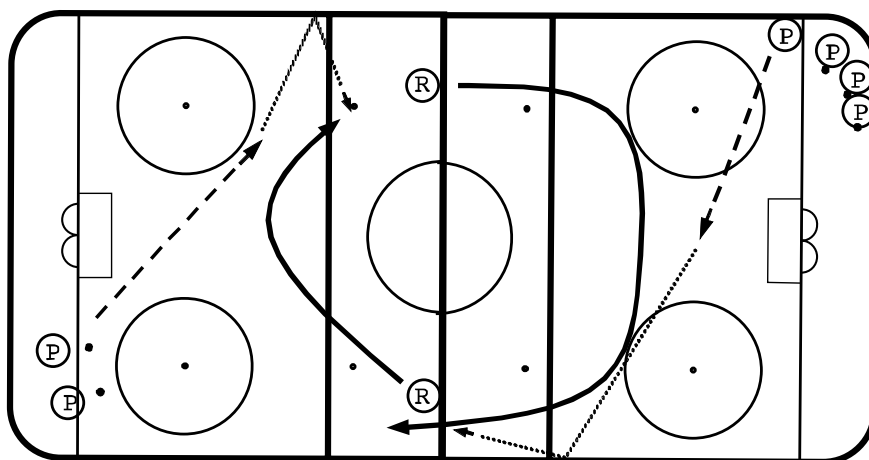
Drill — Zig-Zag Right Angle

- Zig-zag right angle mohawk on cones then come across far post and shoot



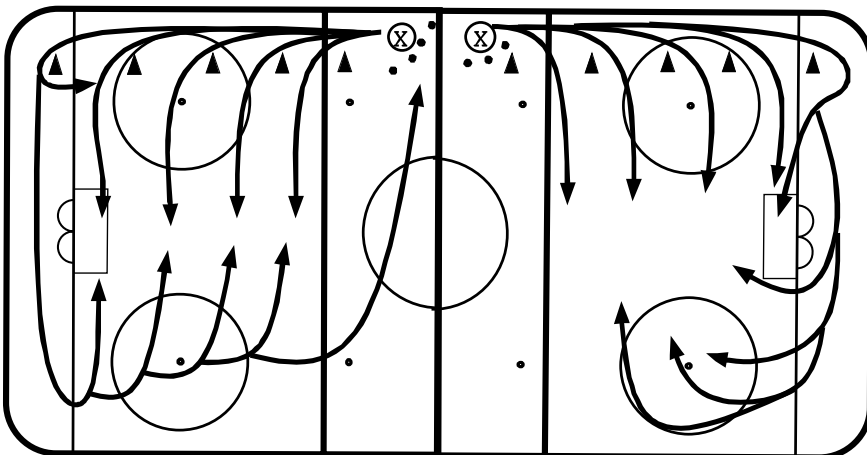
Drill — Angles Pass

- Player in corner makes an angle pass off the boards to a player in the neutral zone
- The player in the neutral zone receives the pass off the boards and shoots on goal



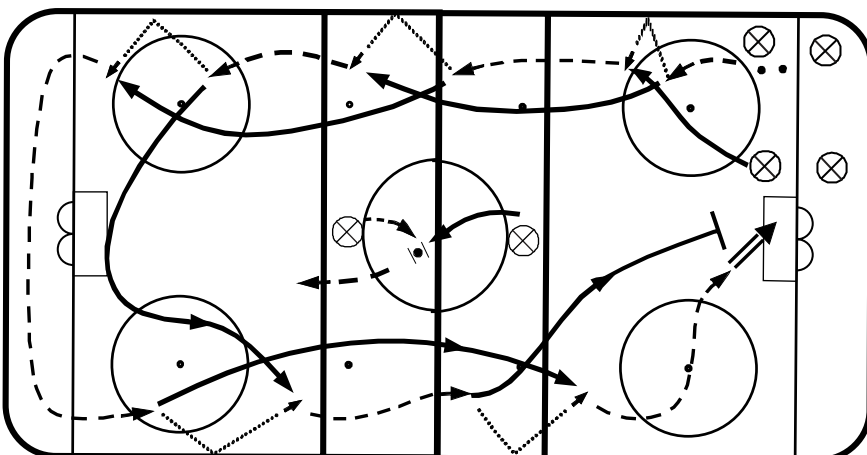
Drill — Different Approaches to Net

- Angle and different approaches to shooting on net



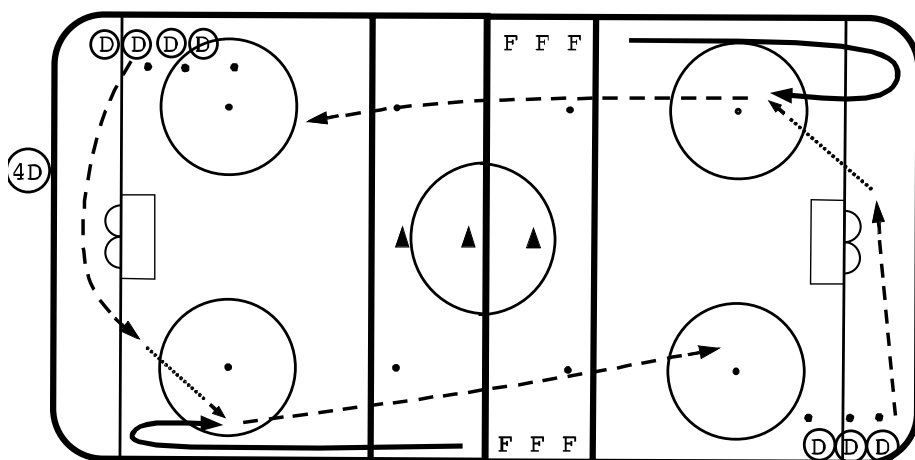
Drill — 2 on 0 Around Rink

- Board pass give and go
- Pass with diagonal return pass, drop pass
- Escape pass
- Group in middle practicing drop pass



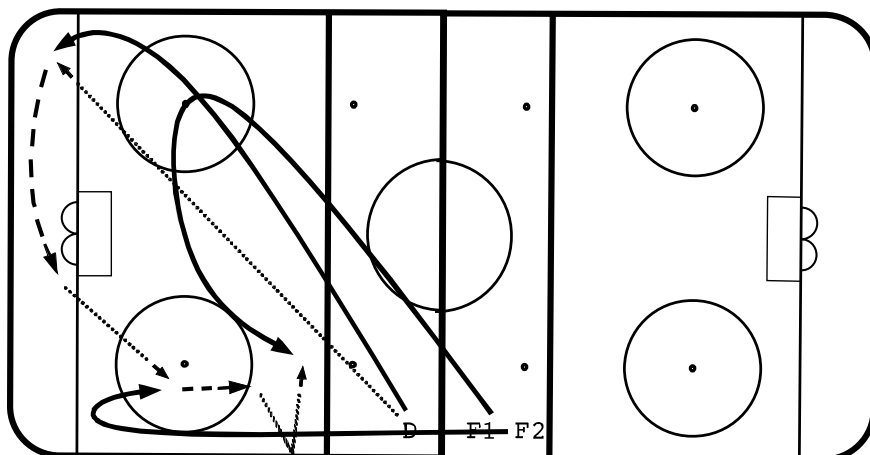
Drill — Passing

- B.O. carry around net and pass to forward



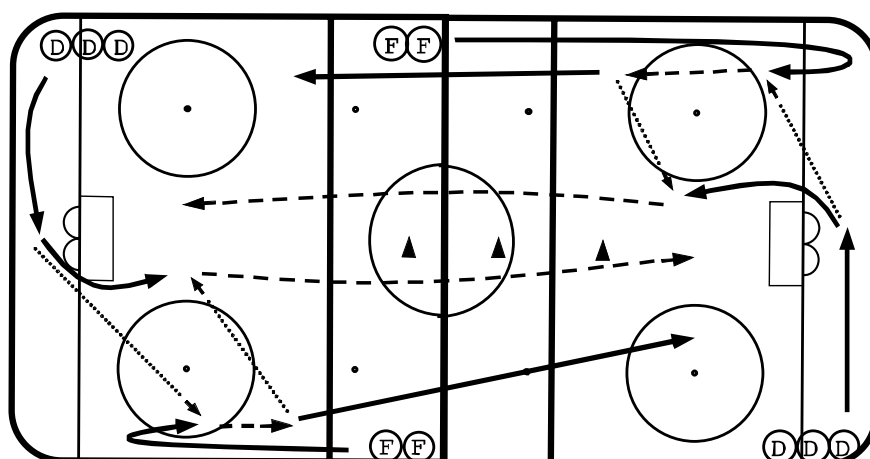
Drill — Puckhandling

- Defenseman dumps puck into corner, then retrieves the puck and carries it around the net
- F1 goes to far B.O. position, F2 goes to near B.O. position, D passes to F2, F1 comes across for board pass



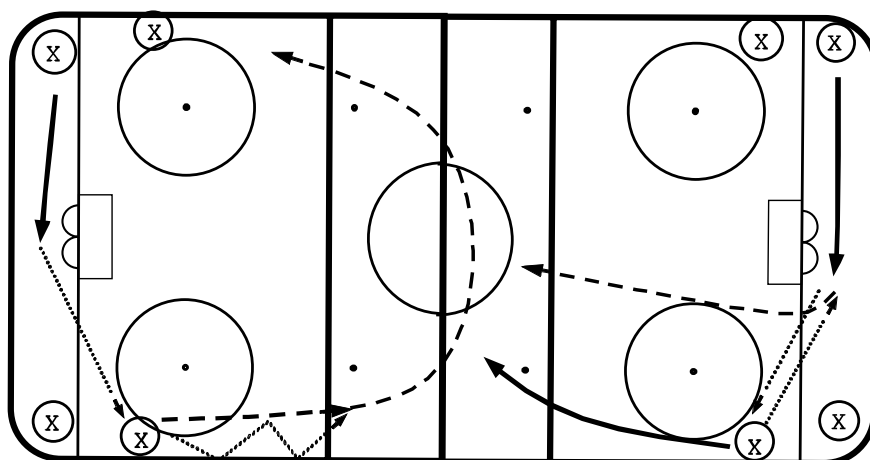
Drill — Passing

- The defenseman carries the puck around the net and passes to the forward
- The forward makes a return pass to the defenseman
- They skate up the ice 2 on 0 and shoot on goal



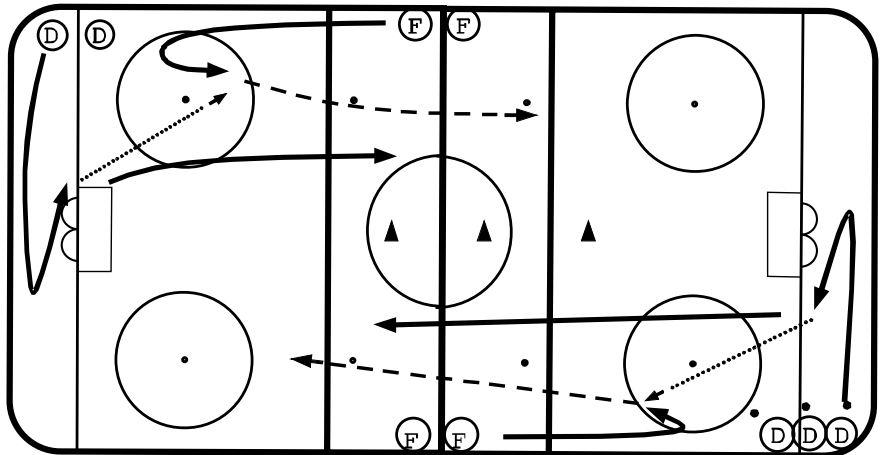
Drill — B.O. Practice

- Carry around, pass-return-pass, counter, reversing



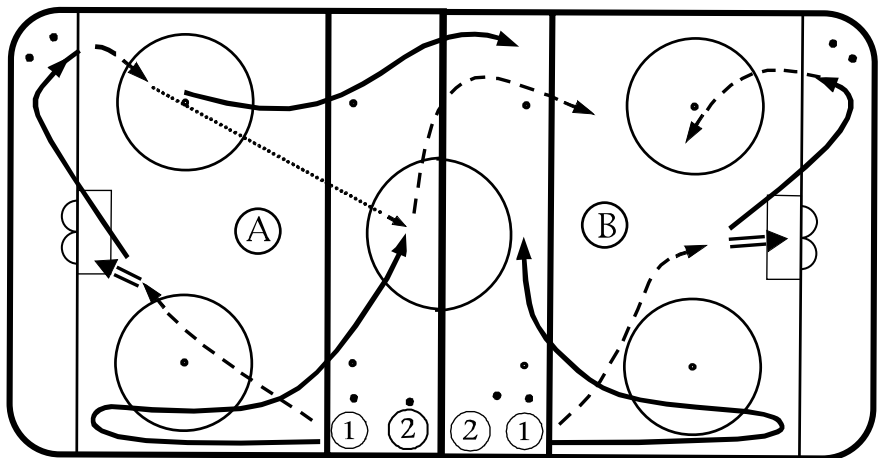
Drill — Passing

- Defenseman carries puck behind the net to far post, come back to near post and pass to forward
- Variation counter to near post



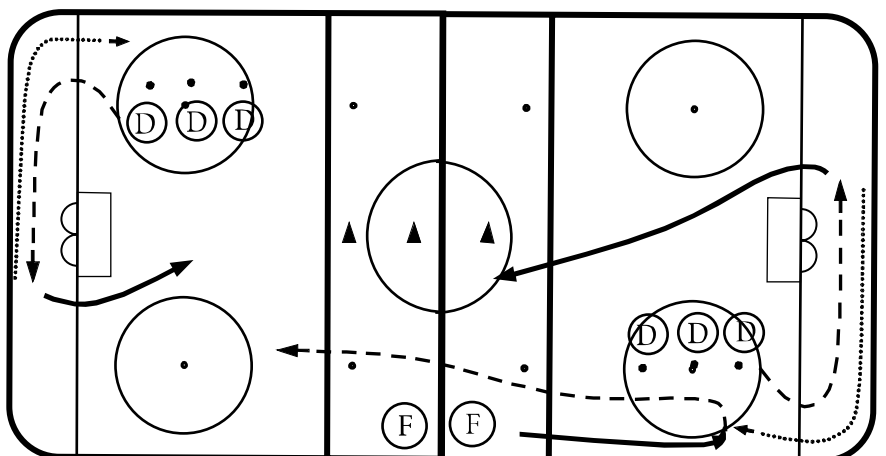
Drill — Passing

- B.O. stretch pass
- Player 1 skates towards net with puck and shoots on goal
- Player 1 then retrieves puck in other corner and makes long pass to Player 2
- Run drill on both sides



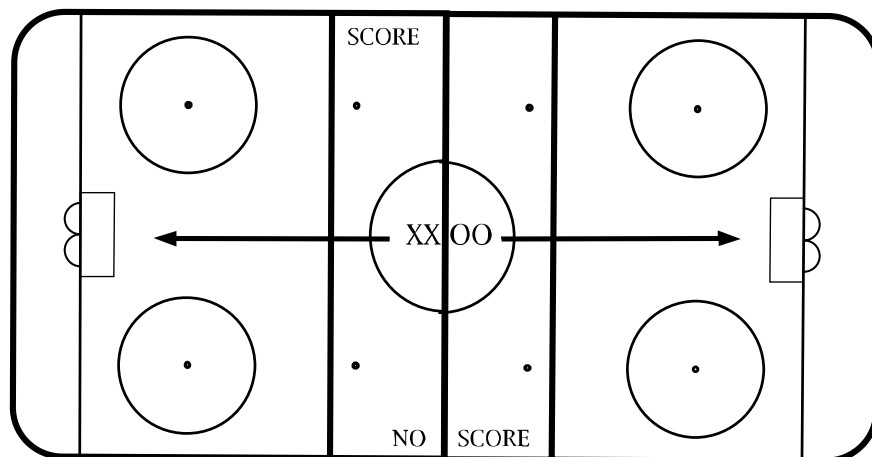
Drill — Passing

- Reverse ring - the defenseman carries the puck behind the net to the far post and brings it back around to the forward

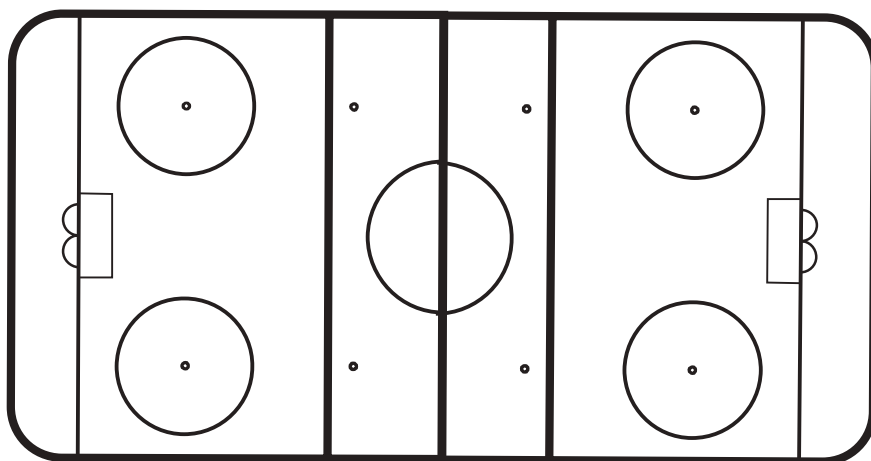


Drill — Showdown

- Individual or team
- Time or not timed

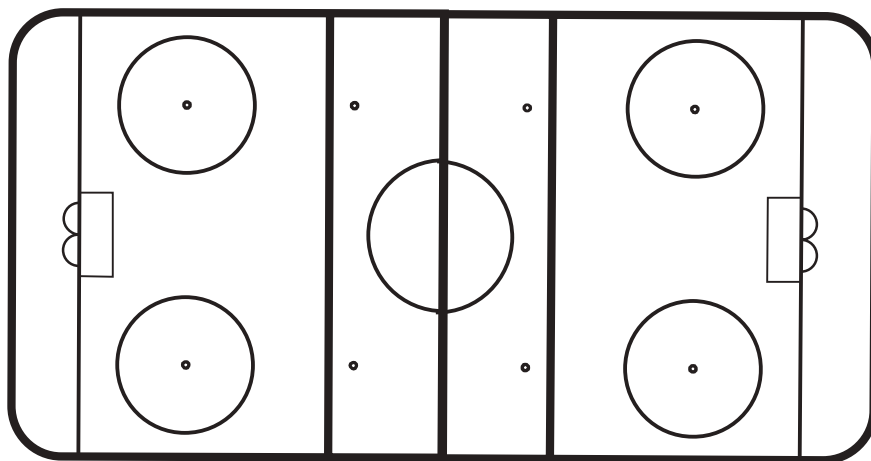


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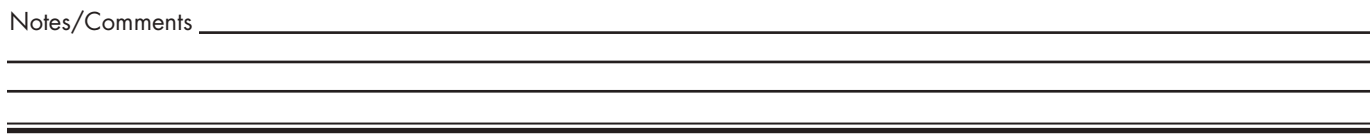
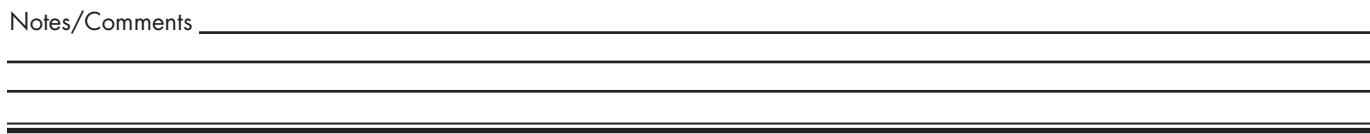


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