

Hockey Practice Plan

Objectives: Firm up skating, puckhandling with better speed;
 Passing and shooting with more speed.
 Introduce angling for forechecking.
 Review breakouts, introduce center swing breakout.
 End with fun competition.

Date: _____

Practice: #5

Level: 12-and-Under (Pee Wee)

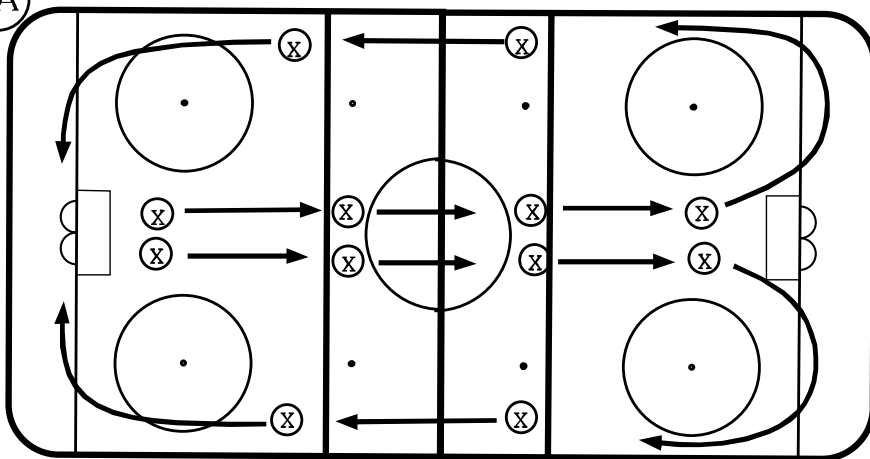
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/>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

Time	Drill	Emphasis
10 mins.	Off-ice stretch 1. a. butterfly stretch with exercises: hurdler, ostrich, in and outs, S-drill, no lift striding, Big C, continuous crossovers, sprints blue to red, sprints blue to blue - backwards between blues; b. Full 360 degree Figure 8, forward then backward, crossovers; c. Forward-backward turns; d. Figure 8 backward, forward; e. compass forward, backward, heel to heel, right angle mohawk, stepouts left then right; f. rhythm skating around rink - forward, backward swizzles, backward crossovers	
10 mins.	2. a. puckhandling - Russian circles with puck, a coach is stationed top of circle and another in middle circle, coach points to forehand of skater, skater goes to forehand; b. coach makes pass out to player at hash marks, player curls with puck out to line up with spots, players make puckhandling moves at two middle spots then goes in to shoot; c. same set-up but puck carrier has a passer at top circle and far side of red line on boards	Concentrate on quickness and good puck protection
10 mins.	3. a. pass and shoot - 360 degrees around face-off spot, receives pass on forehand side and shoots; b. player passes puck across to other boards, follows puck, retrieves puck and goes in and shoots and rebounds; c. alternate sides, pass and shoot; d. 2 on 0 passing with backcheck; e. funnel drill; f. off wing shooting	Be a good receiver
5 mins.	4. Shooting	Hit the net
5 mins.	5. Forechecking	Angling and steering
10 mins.	6. Breakouts	Tape to Tape
10 mins.	7. 3 on 0 - three puck competition	Fun

Drill — Butterfly Stretch

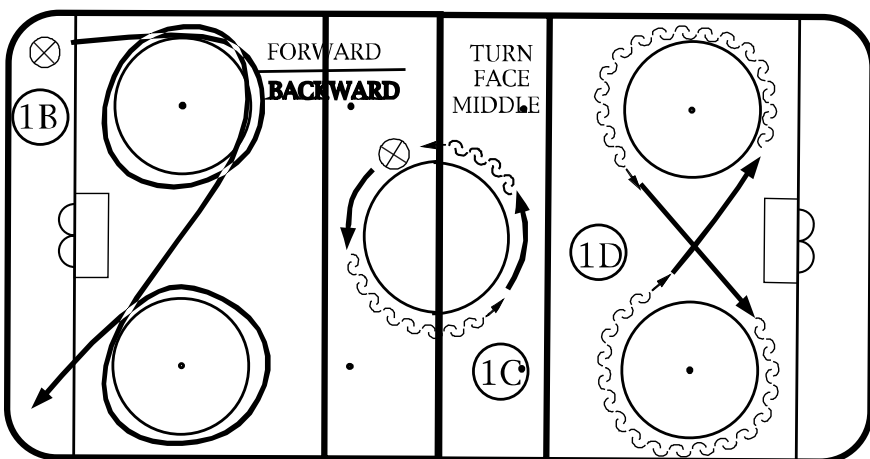
1A

- Hurdler, ostrich, in and outs, S-drill, no lift striding, Big C, continuous crossovers, sprints blue to red, sprints blue to blue - backward between blue lines



Drill — Figure 8

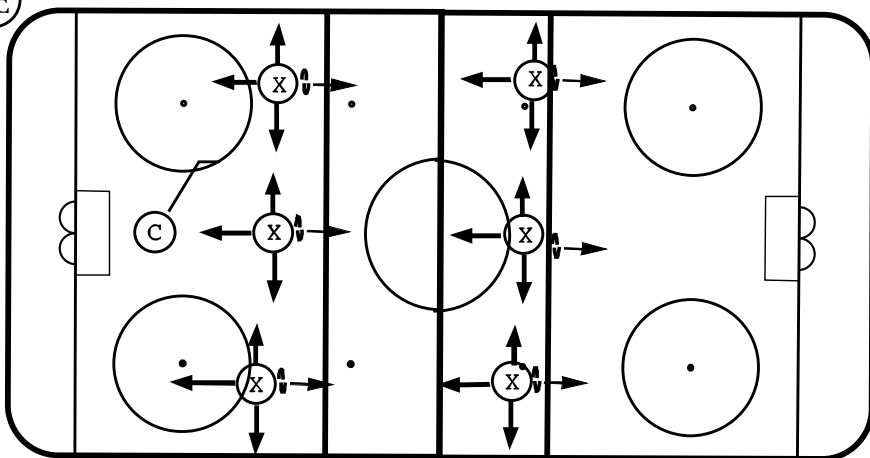
- Full 360 degree Figure 8 - do both forward and backward
- Forward, backward, forward, backward - turn to spot in middle of circle on whistle
- Figure 8 backward around circles, turn forward in middle of Figure 8



Drill — Skating

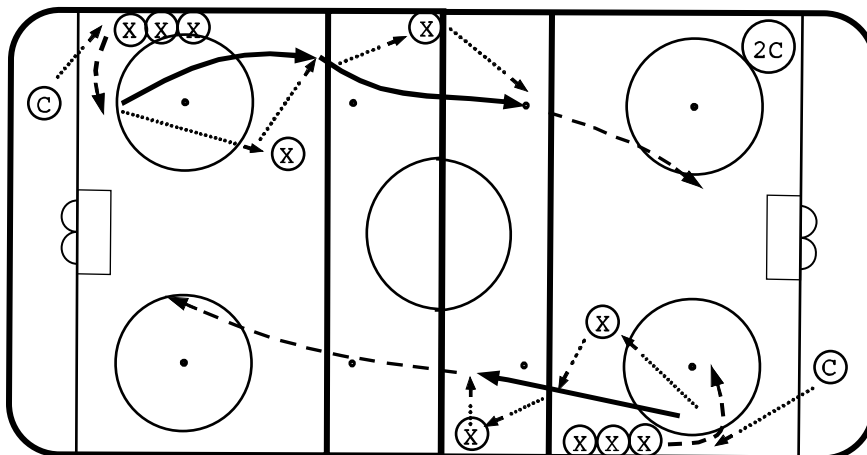
1E

- Compass - skate the direction the coach points with sticks, flip hip, point backside going forward to backward, right angle mohawk step out, going right to left



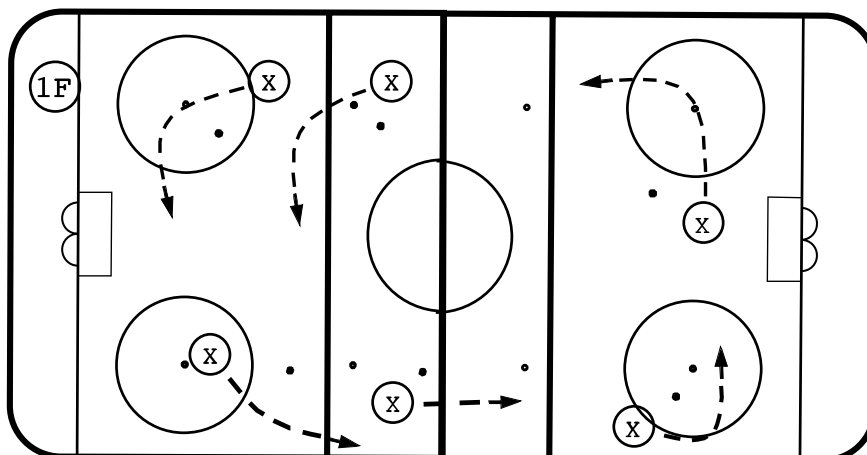
Drill — Passing Give and Go

- Set up passers - one at inside top of circle, another over red lines on boards
- Player receives pass from coach
- Player curls out and passes to player at the top of the circle
- Receives pass back
- Passes to player at red line
- Receives pass back and continues in on goal for a shot



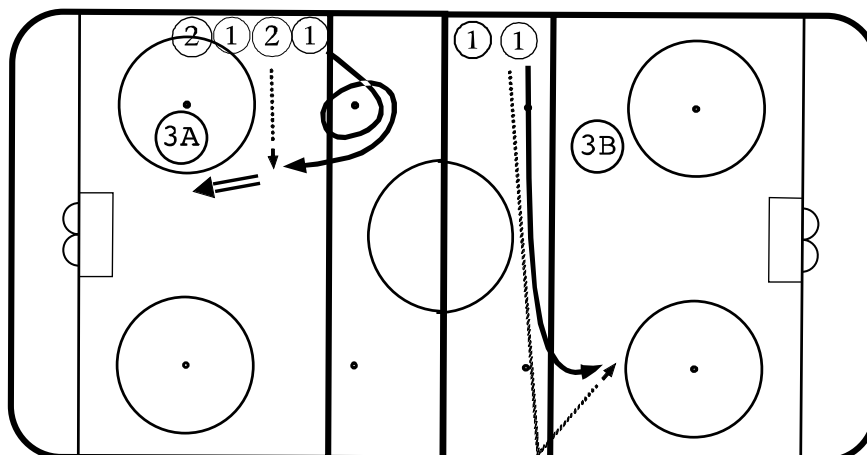
Drill — Skating

- Rhythm forward skating, weight shift full stride, extension, recovery low position, from E hips
- Same backward swizzles, backward crossovers



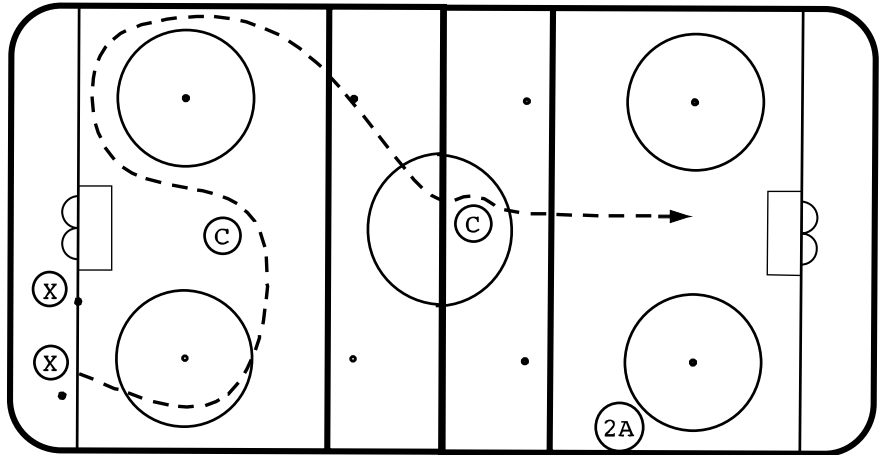
Drill— Passing

- Player 1 does crossover, turn around face-off dot then skates to middle - player 2 passes to player 1 - player 1 shoots on goal
- Player passes puck across the rink and off the boards and retrieves puck, skates in for a shot on goal



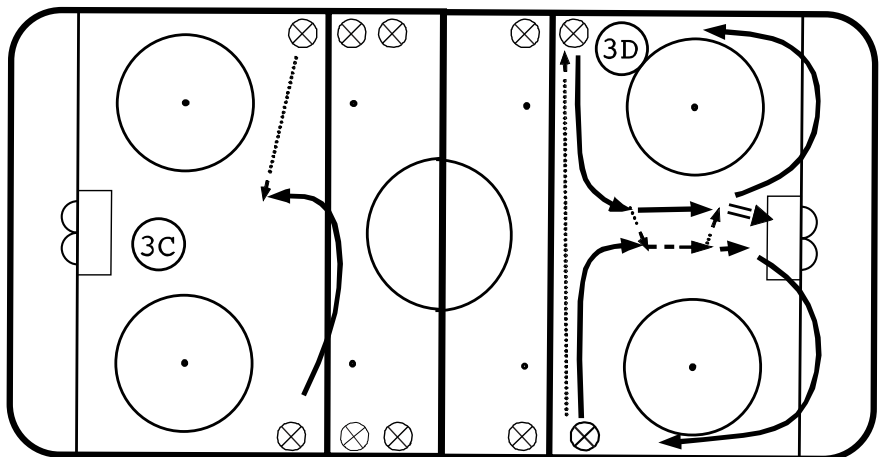
Drill — Puckhandling

- Player skates around top of one circle and the bottom of the other circle
- Coach points to forehand, skater carries puck on forehand
- Skates in for shot on goal



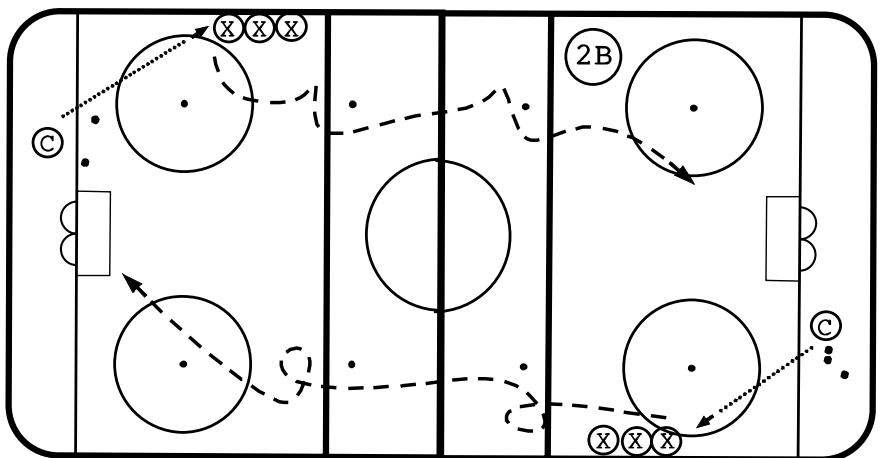
Drill — Passing

- Players alternate passing and receiving
- Pass to forehand
- Skate in for shot on goal
- Alternate passing - both go in 2 on 0
- Skate in for shot on goal and stop for rebound



Drill — Puckhandling

- Coach makes pass to player at hash marks, player curls out and makes move on dots. Double pull, fake shot or controlled turns
- Skate in for shot on goal



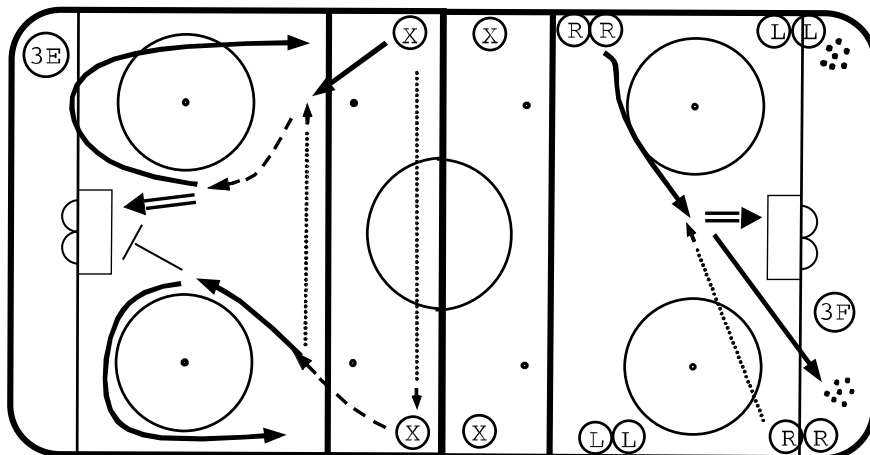
Drill — Funnel

3E

- Start behind red line - puck starts on right - pass before a stride - 2 passes before top circle - shot on goal - look for rebound - backcheck to blue line, 3 passes, then 4 off wing - pass to forehand

3F

- Off wing pass, shot on goal



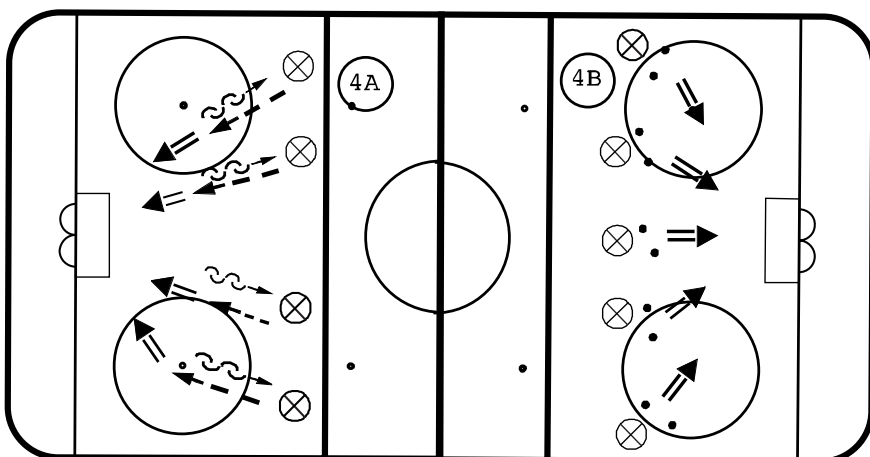
Drill — Puckhandling

4A

- Each player lines up at blue line with a puck, skates into top of circle, shoots wrist shot, flip hip and skate backward

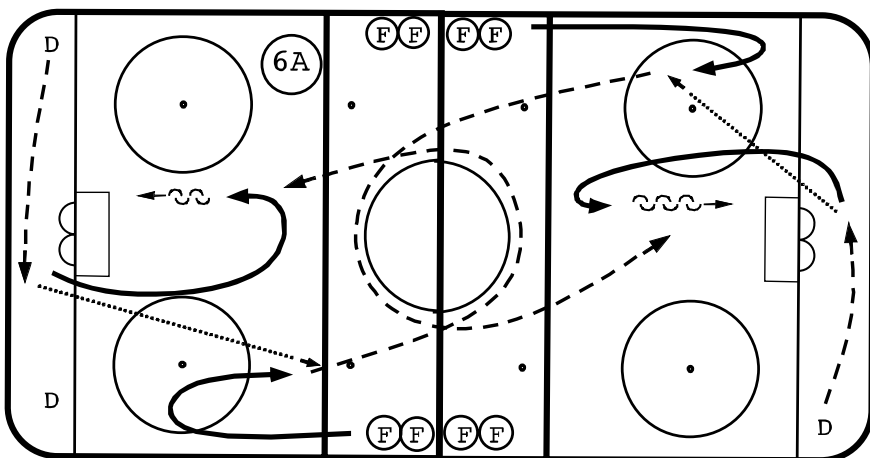
4B

- Two puck shooting drill



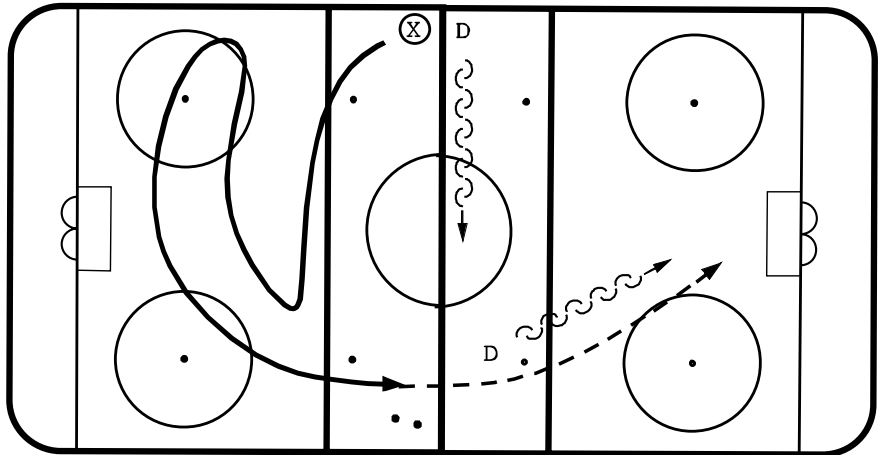
Drill — Breakouts

- Review breakouts - half ice
- Defenseman carries puck around net and passes to forward at hash marks along the wall
- Forward skates around center ice circle and skates in 1 on 1 on defenseman



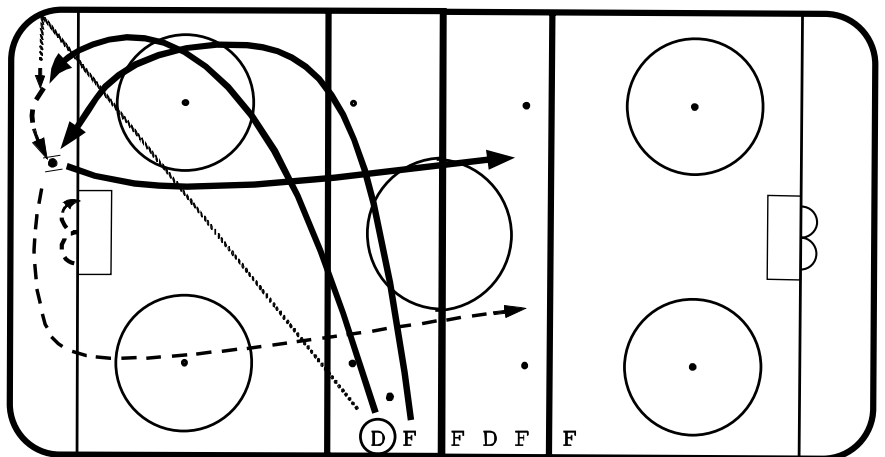
Drill — Forechecking

- Forechecking angle to top of circle through face-off dot, curl to far post, turn through face-off dot to top of circle, turn curl to far post, go to blue line, pick up puck, play 1 on 1 with defense



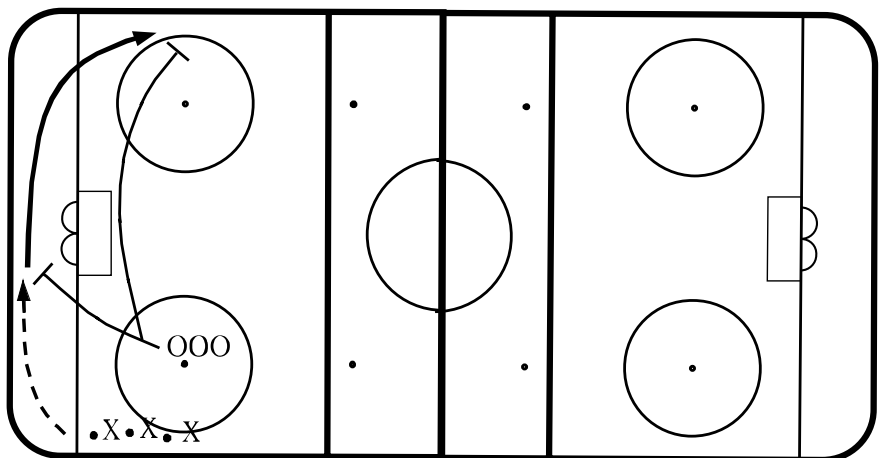
Drill — Center Swing

- Defenseman dumps puck in, D retrieves puck, F swings, picks up puck, skates around net - D & F skate 2 on 0, can alternate both ways



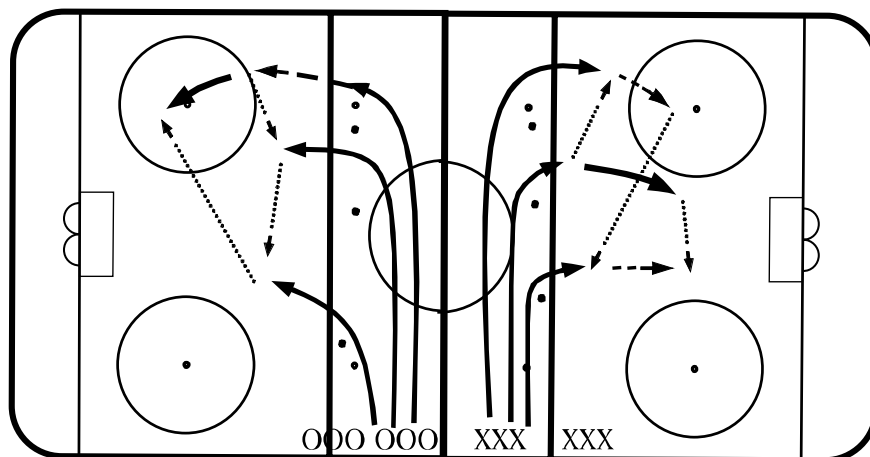
Drill — Forechecking Angle

- Angle player at first post
- Do not chase behind net
- If play cannot be made at first post skate in front of the net and angle into far corner



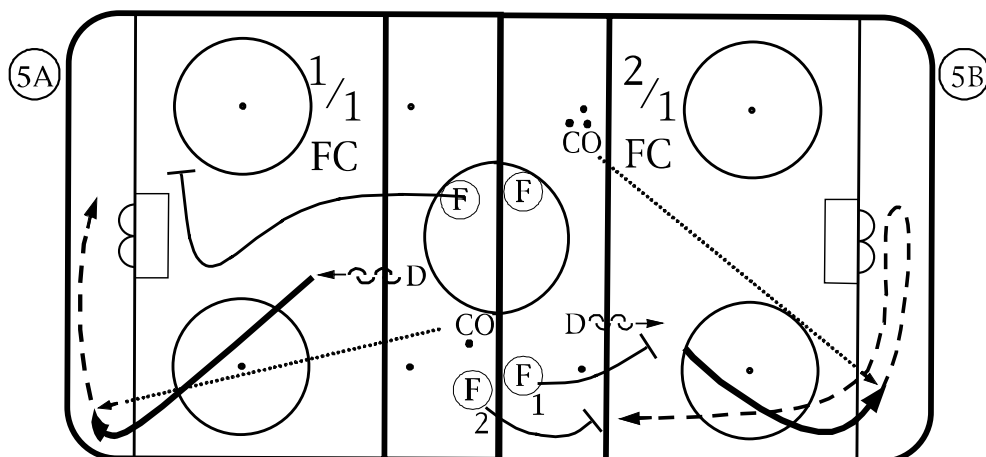
Drill — 3 on 0 Show Down

- Two groups at once - three pucks on each blue line - three players go from each group
- Must make three passes (each player must touch puck), continue until goal is score, all three up over blue line - get next puck



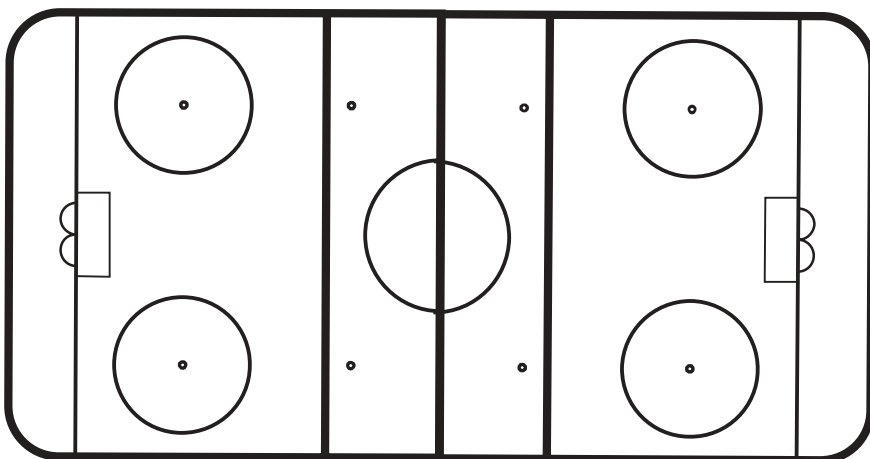
Drill — Forechecking

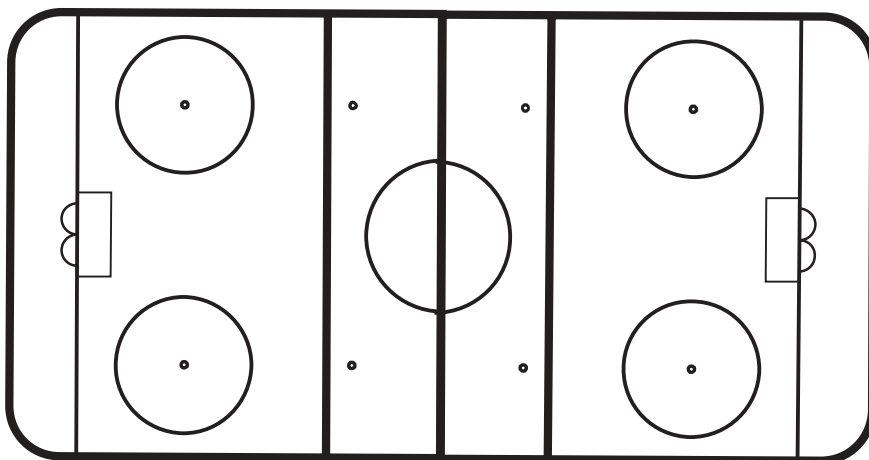
- 5A
- F, D, Coach in mid-zone circle, coach, dumps puck to corner - D skate backward turn forward at top circle and retrieves puck, forward forecheck with C angel, D tries to carry out
- 5B
- Coach dumps the puck into the corner, skater retrieves puck, skates behind the net, stops and reverse puck to next player in line

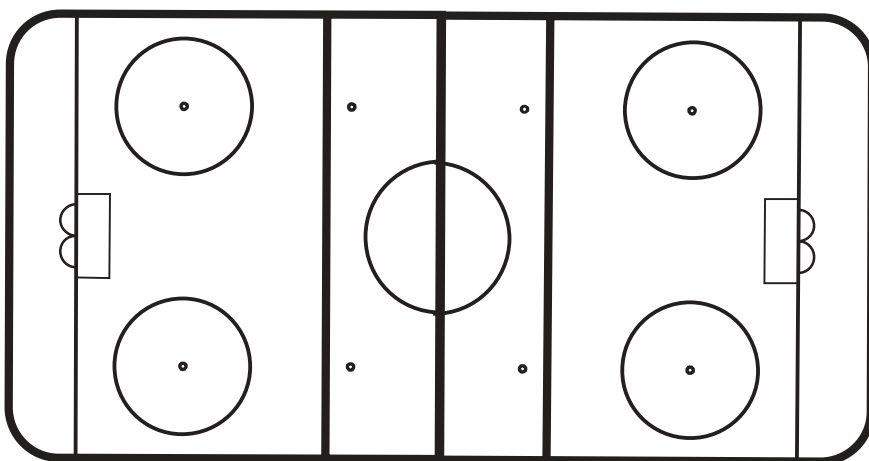


Description _____

Notes/Comments _____



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