

Hockey Practice Plan

Objectives: To teach options on offense and improve the passing game.

Date: _____

Practice: #6

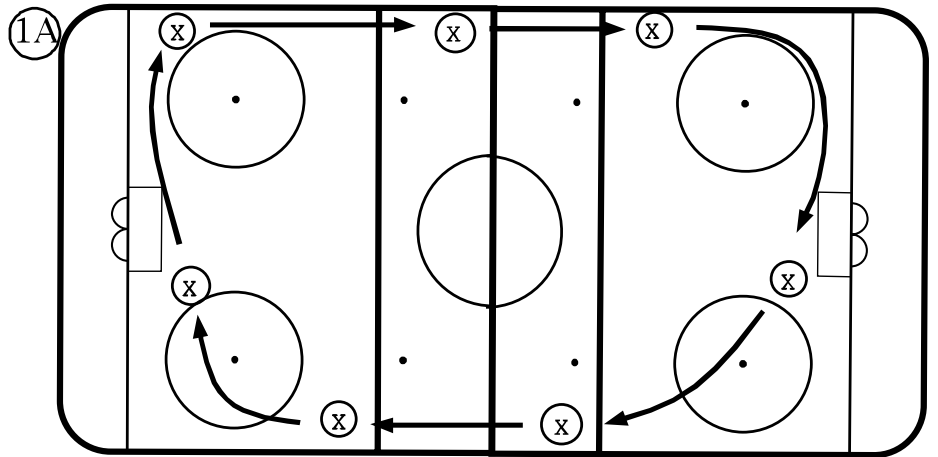
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Slow and Easy
10 mins.	1. On-ice stretches: hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, control turns to boards, sprints	
5 mins.	2. Heads Up, Don't Duck drills	Heads up!!
5 mins.	3. a. around rink backwards: swizzles, stops, crossovers, two pump, three pump, three back crossovers then three swizzles; b. forward rhythm, forward two step, backward, 2 on 0 rob out	Agility
10 mins.	4. a. around rink 1 on 0 passing off boards to self; b. 2 on 0 pass around rink all forehand, all backhand; c. 1 on 0 board passing around rink; d. 2 on 0 passing through cones around rink, 2 on 0 backward passing around rink; e. 1 on 1 passing backward around rink; f. 1 on 1 around rink - forward always stays in front of defense; g. 2 on 0 diagonal passing	Puck control Puck protection
5 mins.	5. 3 on 0 straight up rink, 3 on 0 weave up rink, 3 on 0 swing up rink, 3 on 0 deep arc up rink	Good flow
10 mins.	6. Gapping - 1 on 1, 2 on 1, 2 on 2, 3 on 2	Control the gap
5 mins.	7. Pom pom with pucks - pom pom without pucks	Fun

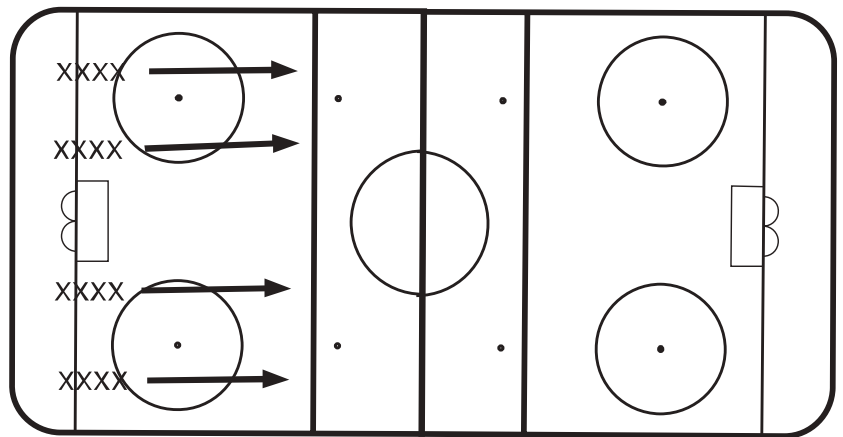
Drill — On-Ice Stretches

- Hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, control turns to boards, sprints
- Include goaltenders



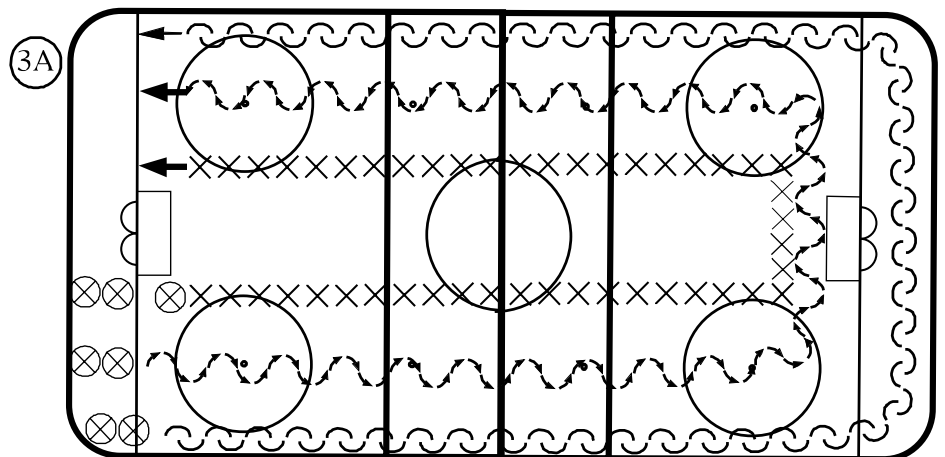
Drill — Heads Up, Don't Duck

- From manual - goaltenders too



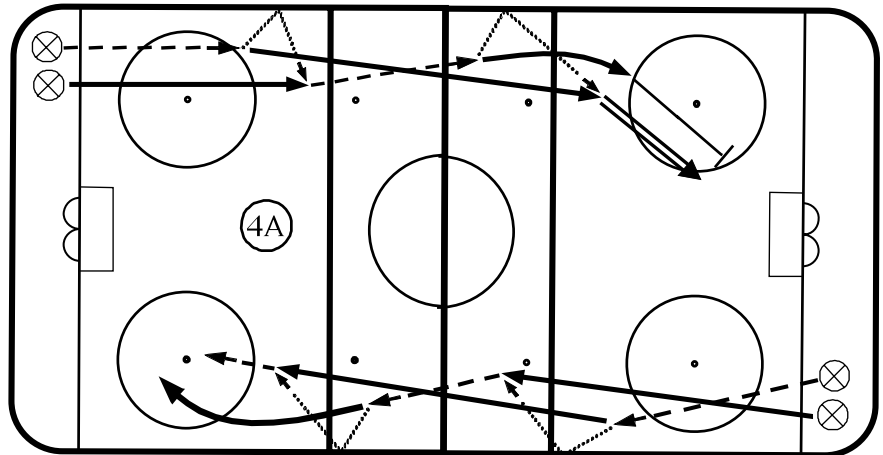
Drill — Skating

- Around rink backward: swizzles, stops on whistle, crossovers two pump, three pump, three back crossovers then three swizzles
- Forward rhythm, forward two step, three step crossovers



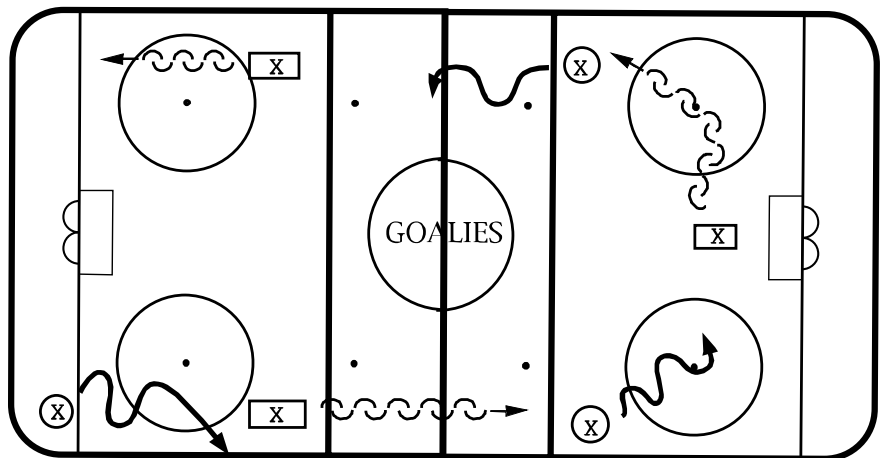
Drill — Passing

- Around the rink 2 on 0 off board passing



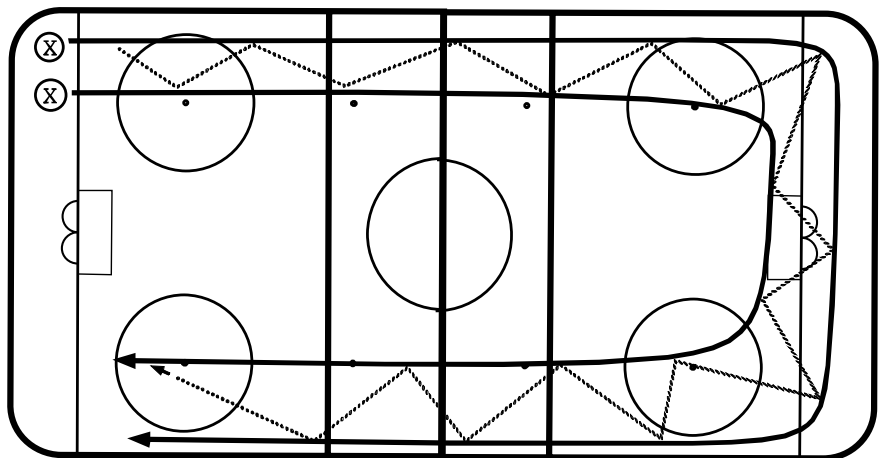
Drill — Skating

- Partner up
- Include goaltenders
- One player skating forward, one player skating backwards



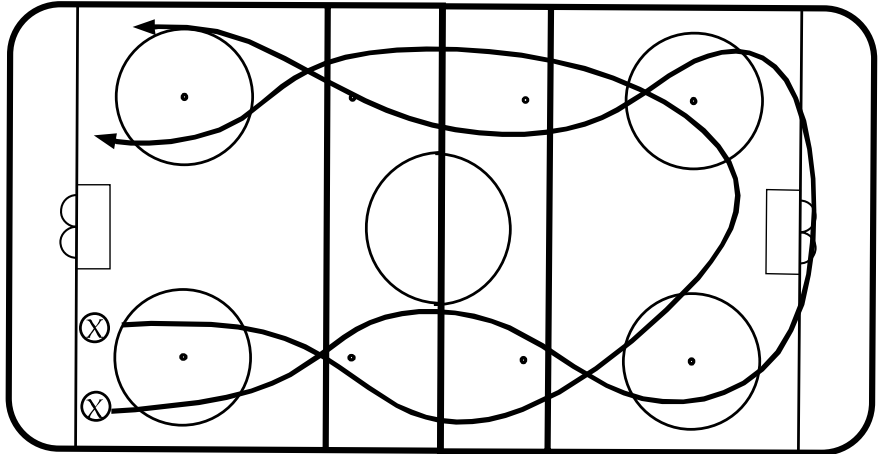
Drill — Passing

- 2 on 0 around rink - pass on forehand - pass on backhand



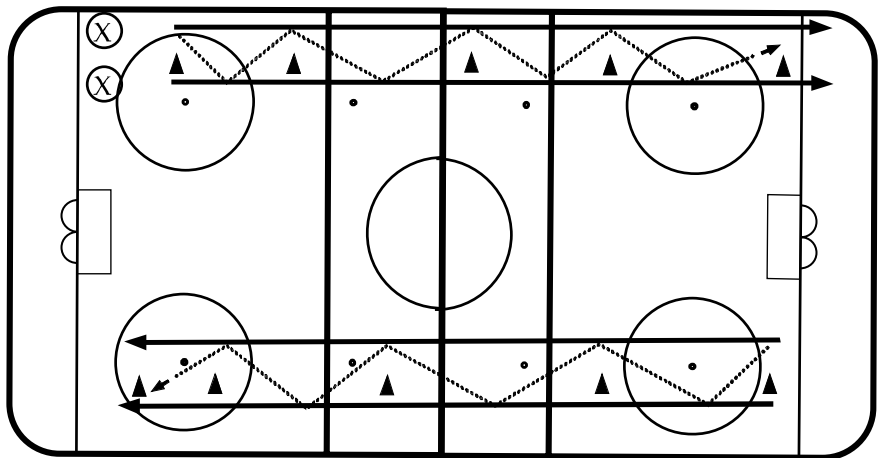
Drill — Rob Out

- Goaltenders in middle



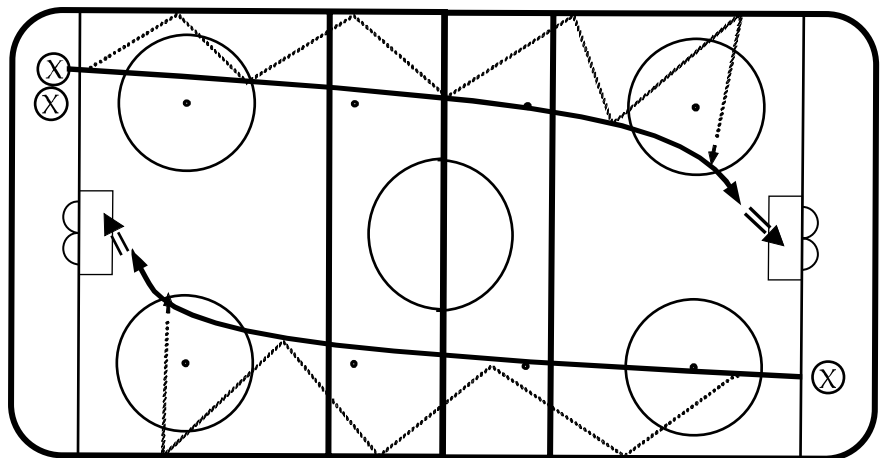
Drill — Passing

- 2 on 0 passing through cones



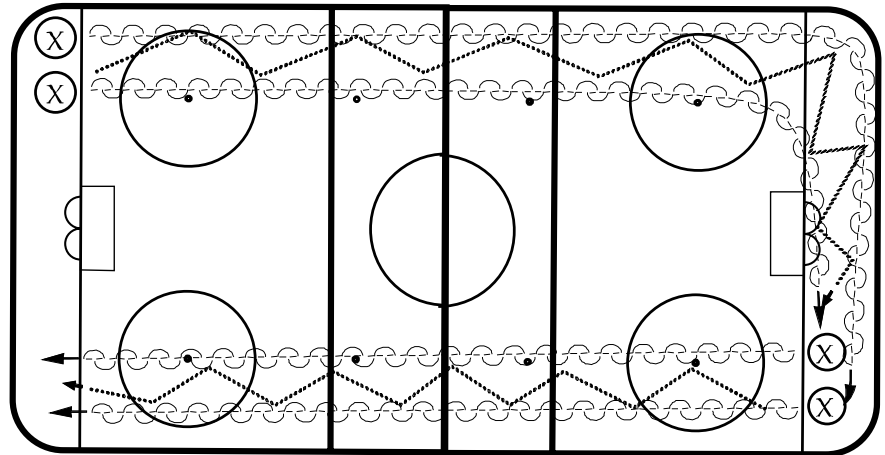
Drill — Passing

- Around the rink 1 on 0 passing off boards - goaltenders in middle



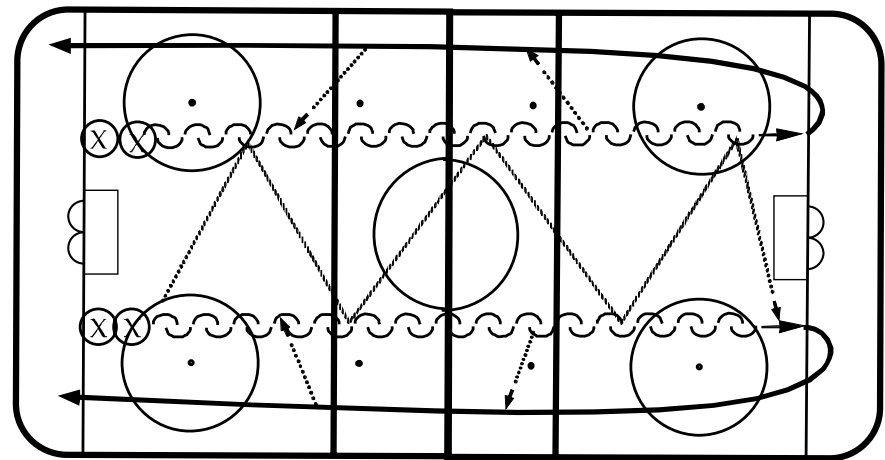
Drill — Passing

- Skating backward passing 2 on 0



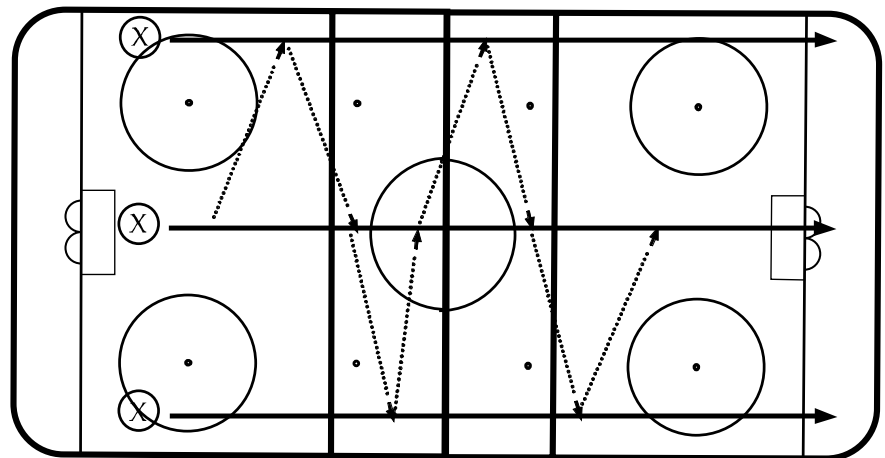
Drill — Passing

- Backward passing 2 on 0



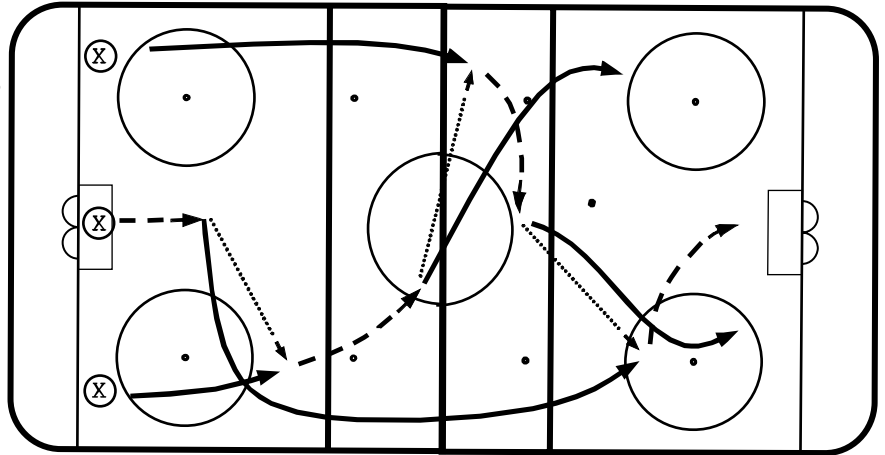
Drill — Passing

- 3 on 0 straight passing



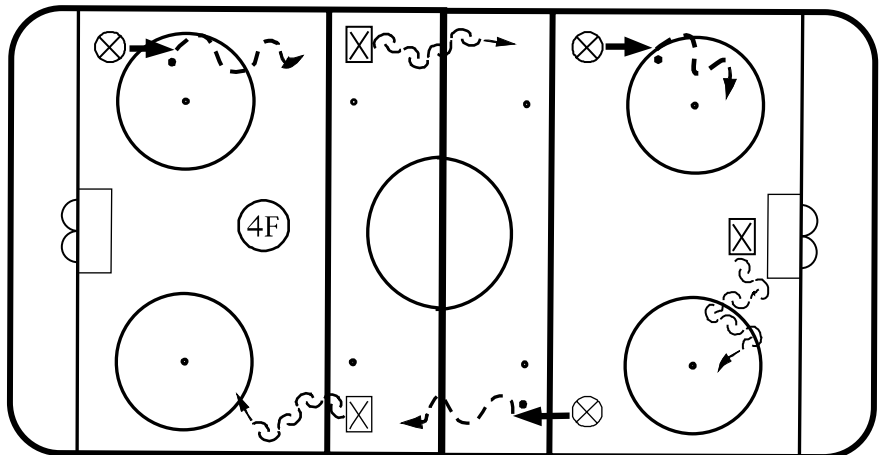
Drill — Passing

- 3 on 0 weave - follow behind your pass



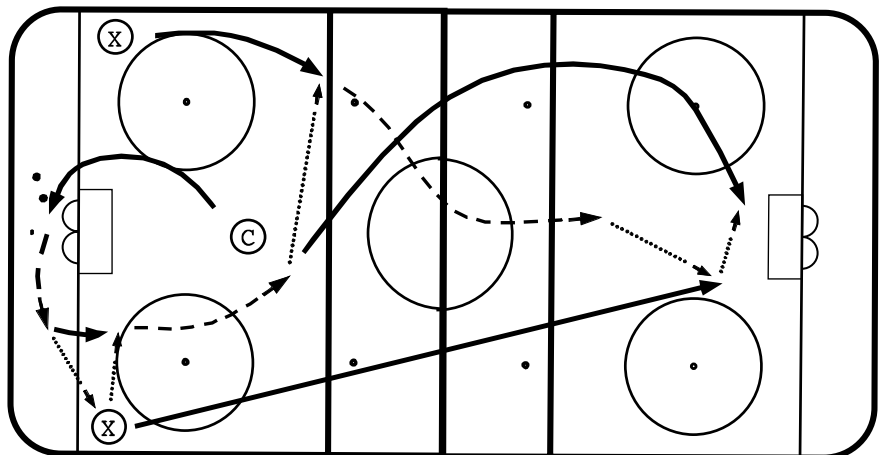
Drill — Skating With Puck

- 1 on 1 - F always stays in front of D
- Defense keeps a tight gap on forward as they move down ice 1 on 1



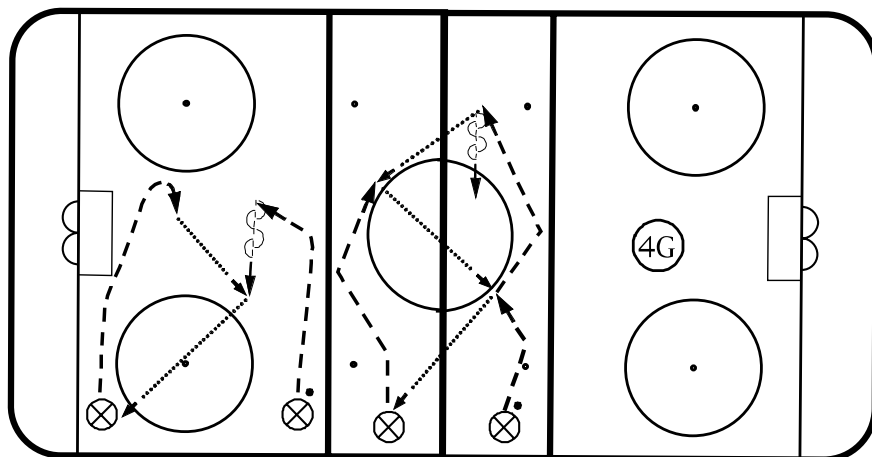
Drill — Center Swing Net

- This is a flow 3 on 0 drill



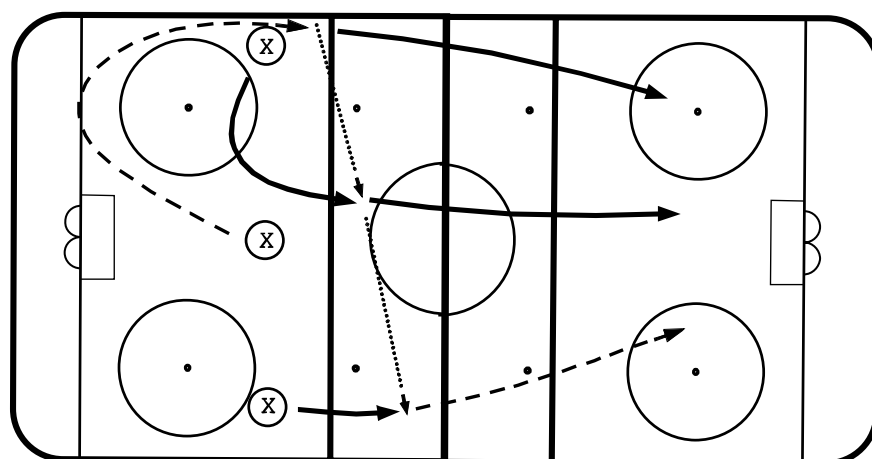
Drill — Passing

- 2 on 0 diagonal passing



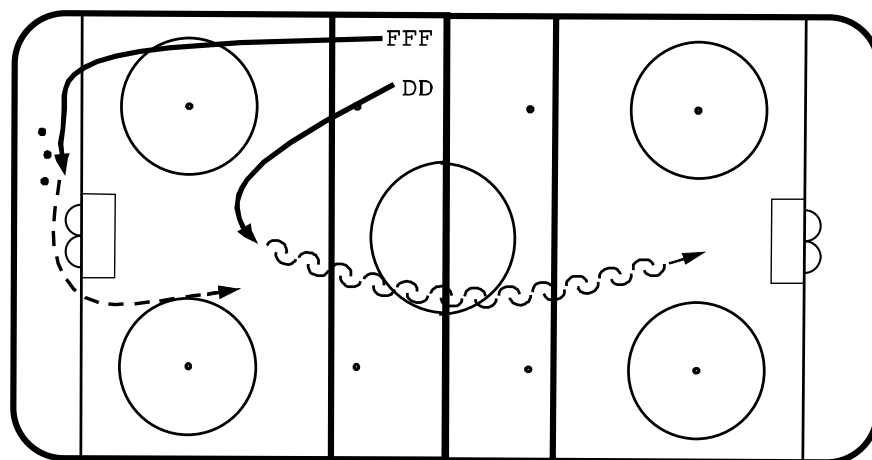
Drill — Arc Swing

- 3 on 0 deep arc swing
- Center swings deep in corner to pick up puck, and passes to the wing



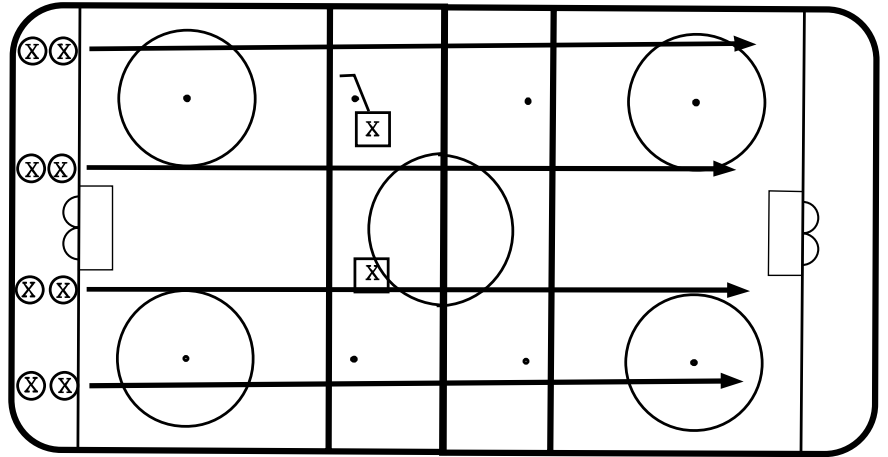
Drill — Gapping

- 1 on 1
- Quick feet
- Keep tight gap
- Forward picks up puck and skates behind the net
- Defenseman skates over blue line to top of the circle and pivots backwards and plays the 1 on 1



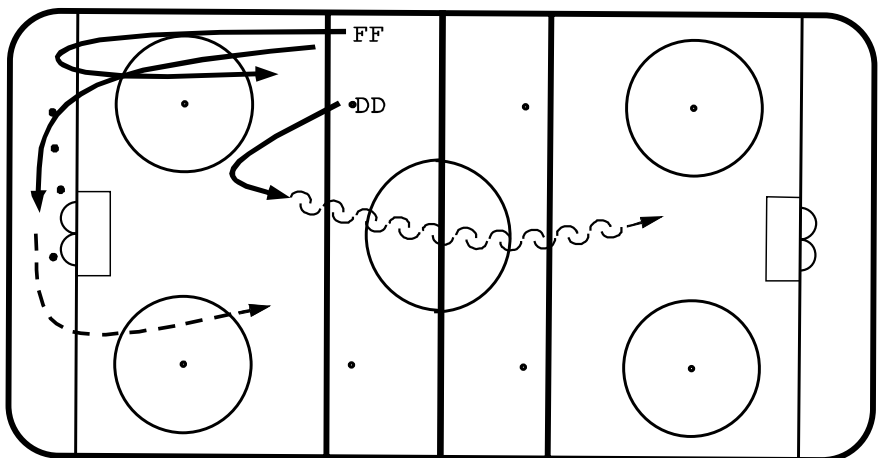
Drill — Pom Pom/ No Sticks/No Pucks

- Have fun
- Keep away



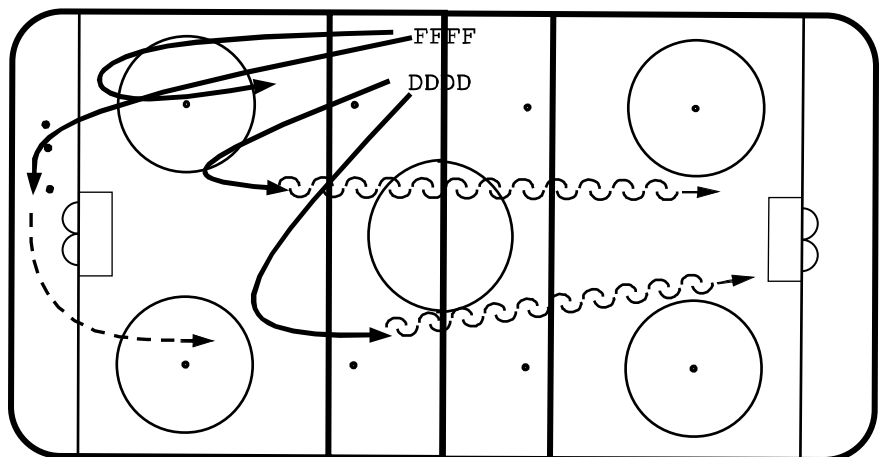
Drill — Gapping

- 2 on 1
- Quick feet
- Tight gaps
- Forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and then turns up ice - play 2 on 1 with 1st forward
- Defenseman skates over blue line to top of circles and pivots backward to play 2 on 1



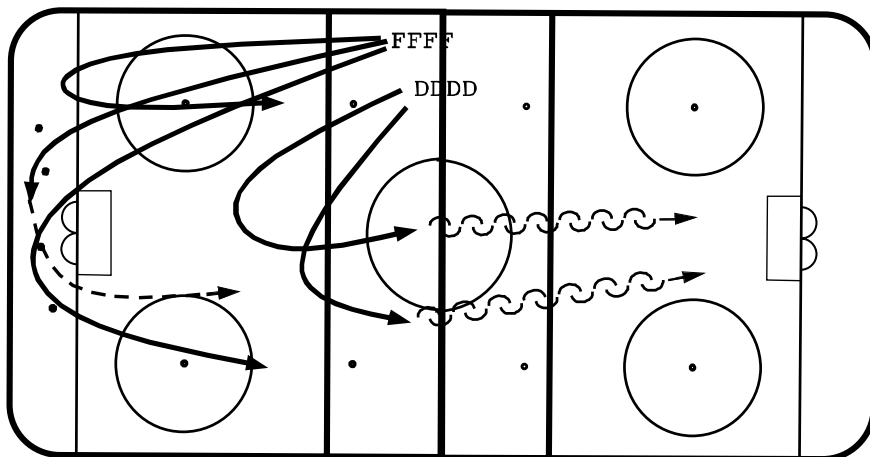
Drill — Gapping

- 2 on 2
- 1st forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and turns up ice to play 2 on 2 with 1st forward
- 2 defensemen skate over blue line to top of circles and pivot backwards to play 2 on 2

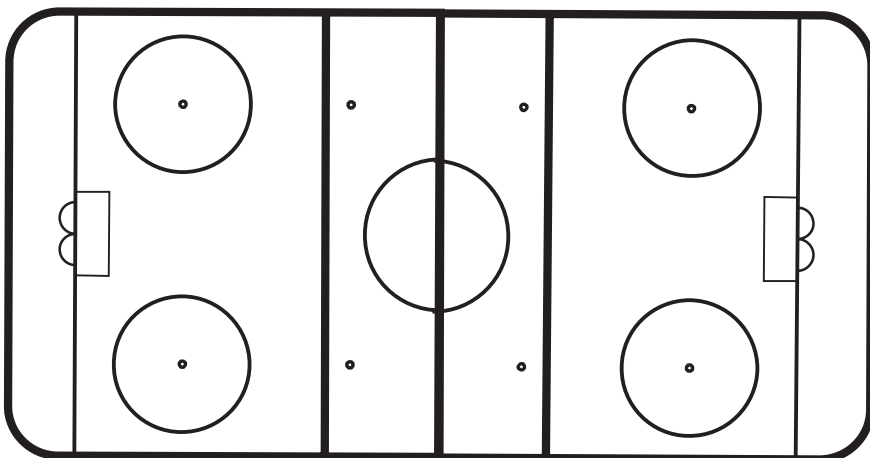


Drill — Gapping

- 3 on 2
- 1st forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and turns up ice
- 3rd forward skates behind the net and fills the third lane
- 2 defensemen skate over blue line to top of circles and pivot backwards to play 3 on 2

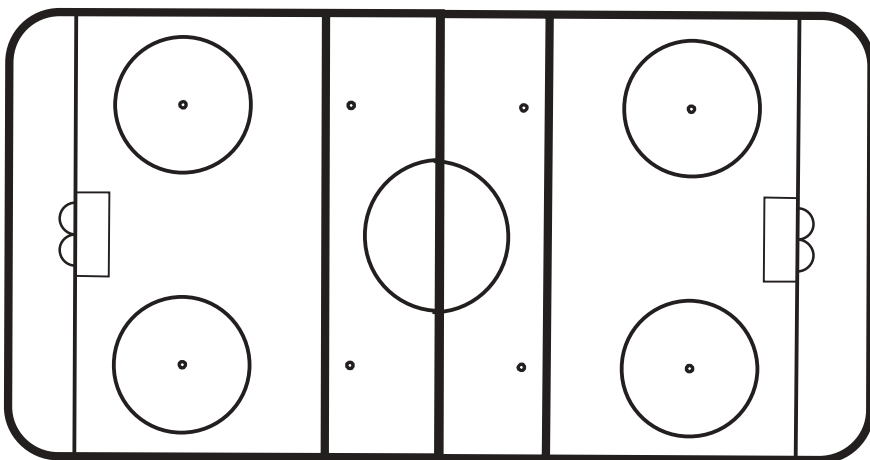


Description _____



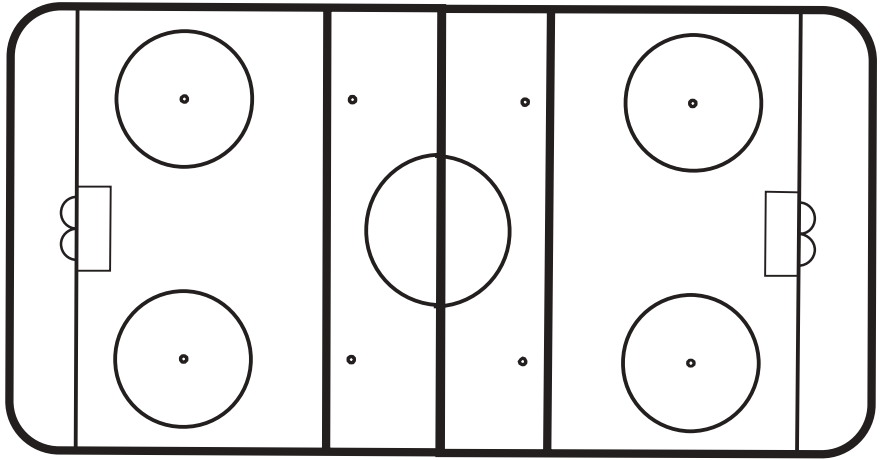
Notes/Comments _____

Description _____



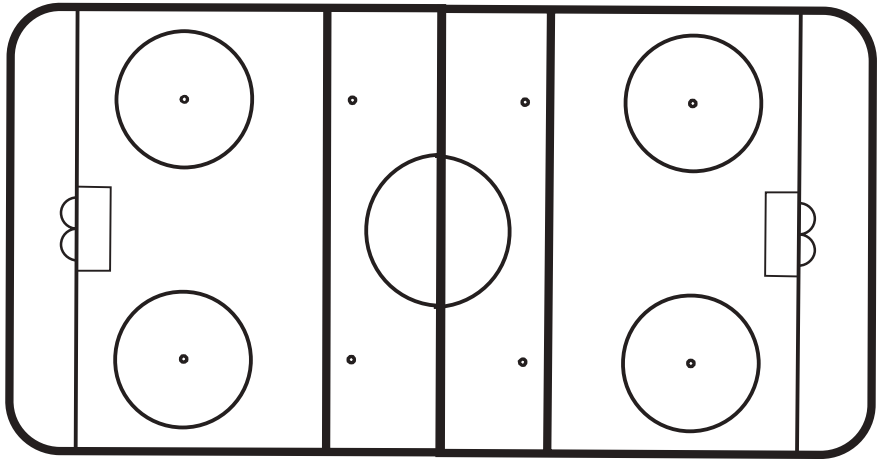
Notes/Comments _____

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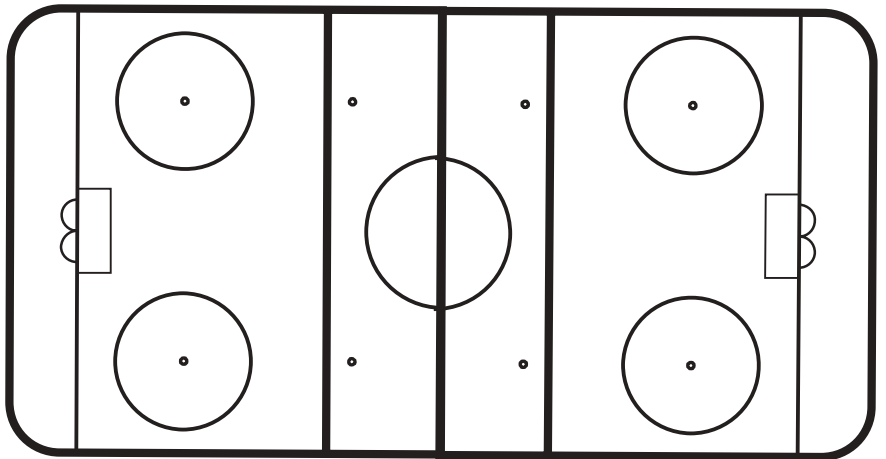
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