

Hockey Practice Plan

Objectives: Teach the following concepts:

- Time and space, read and react, support 2 on 0 options

Date: _____

Practice: #7

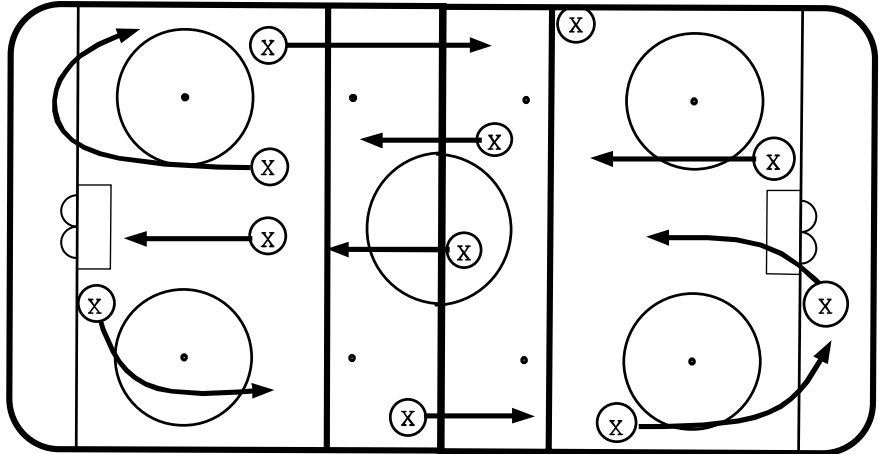
Level: 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Slow and Easy
5 mins.	1. Butterfly stretch - Big C, continuous crossovers, long strides, backward swizzles, backward crossovers, backward between blue lines, continuous mohawks, on gloves: knee up - foot over foot, crossovers, J start, Figure 8, control turns, backward Figure 8, flip hip point backside forward to backward, mohawks on glove, pointer, slider stride, blue line sprints, push up puck, peanut forward and backward	
10 mins.	2. Puckhandle - stationary circle, Figure 8, full extensions, half extensions, mix-em up, the L, the T, escape on partner at blue lines, push puck, pull, fake wrist shot, slap, pull back, go forward, escapes	Head up
6 mins.	3. Passing - circle pass to forehand, circle pass to backhand, surround puck, follow pass, monkey in middle, round and round pass, escape with pass, 2 on 0 forehand, backhand, 2 on 0 shoot, rebound, backcheck	Tape to tape
10 mins.	4. Teach 2 on 0 concept - read, react, support	Support the puck
6 mins.	5. 2 on 0 return back pass, 2 on 0 off board pass	
10 mins.	6. 3 on 3 - half or full ice	Be competitive

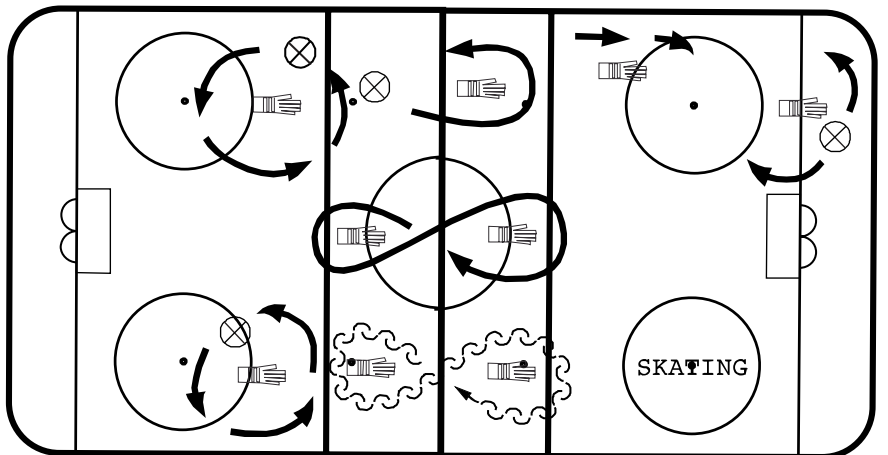
Drill — Butterfly Stretch

- Big C, continuous crossovers, long reaching strides, backward swizzle c-cuts, backward crossovers, backward between blue lines, continuous mohawk



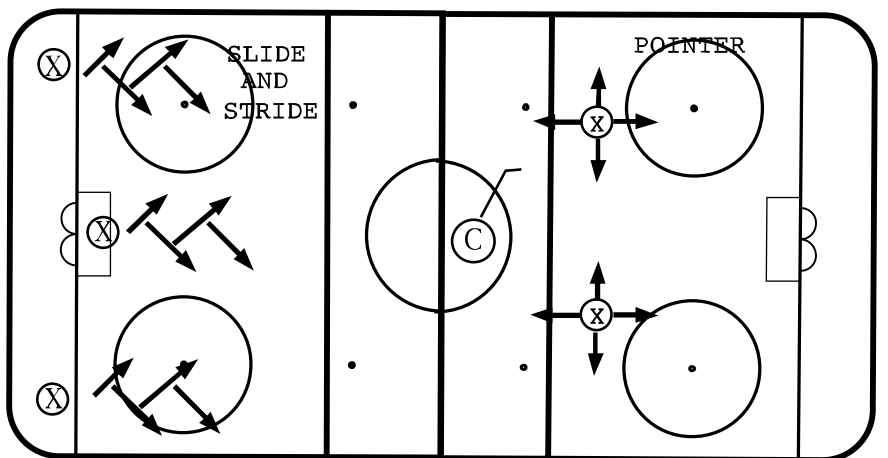
Drill — Skating

- On gloves: knee up - foot over foot, crossovers, J start, Figure 8 control turns, backward Figure 8, flip hip backward, mohawks on gloves, pointer - slide and stride



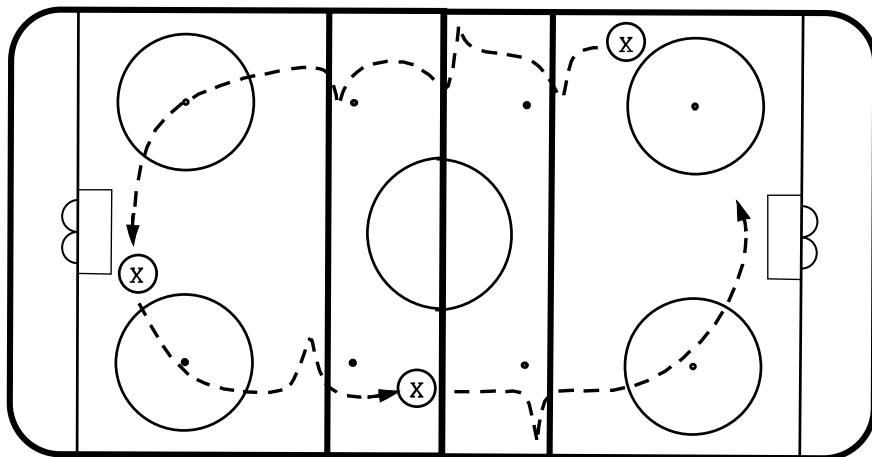
Drill — Skating

- Slide and stride
- Pointer



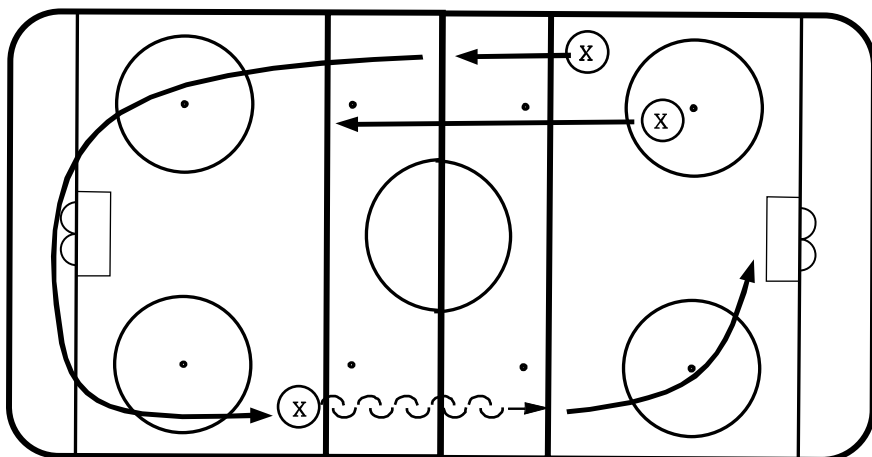
Drill — Skating

- Skating around rink, push puck - skating around rink at each blue line, different dekes, moves, fake shot



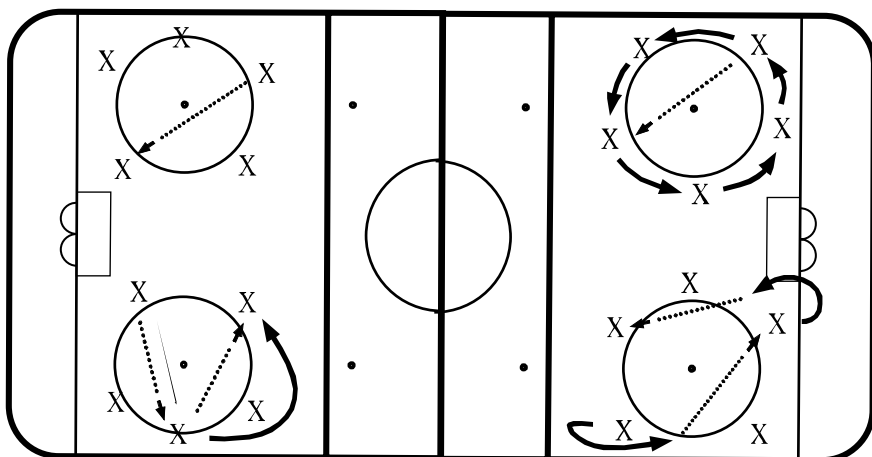
Drill — Sprints

- Blue line sprints - blue to red, blue to blue backward between blue lines



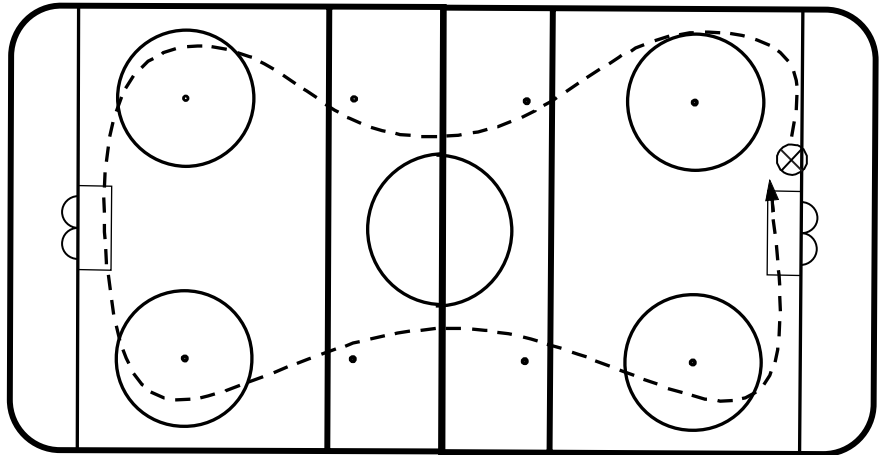
Drill — Passing

- Circle pass to forehand, circle pass to backhand, surround puck, turn from backhand to forehand, pass - follow pass, monkey in the middle, round and round pass, escape then pass: Bob Johnson Circle Passing



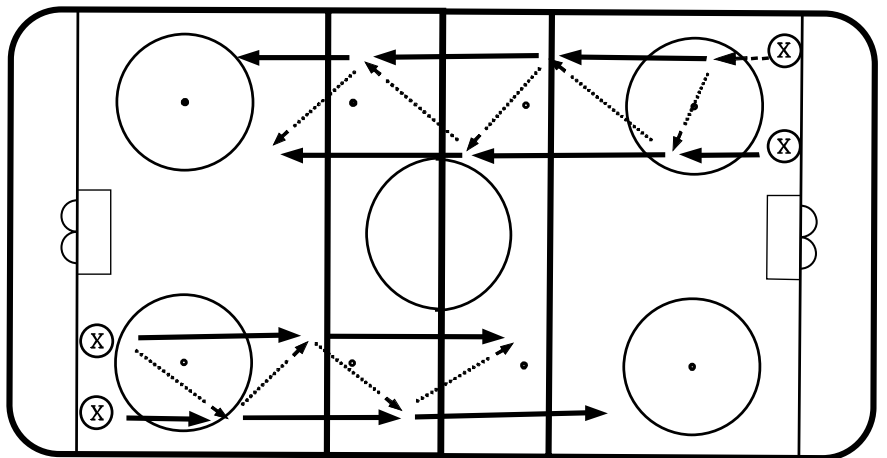
Drill — Passing

- Peanut with puck - do peanut both forward and backward



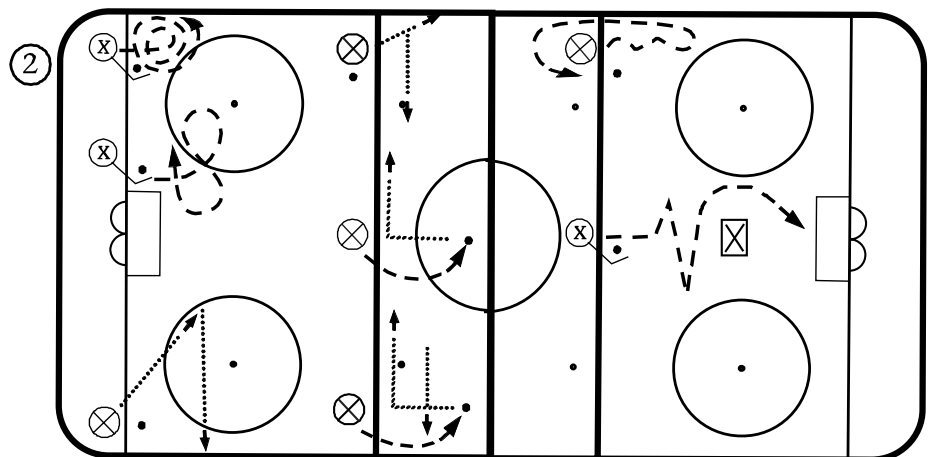
Drill — Passing

- 2 on 0 - 10 passes on forehand 2 on 0, 10 passes on backhand



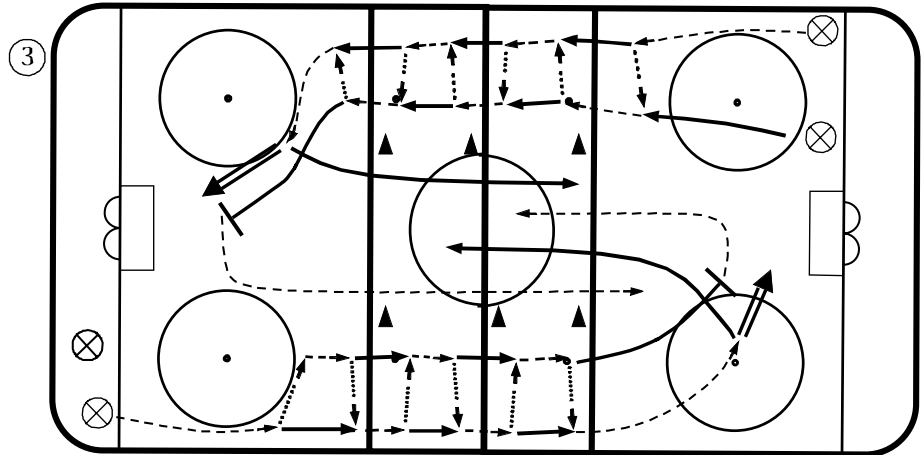
Drill — Puckhandling

- Semi-stationary with little movement, circles, Figure 8, side to side, extension long, extension short, mix-em up, L, T, escapes, moves on partner



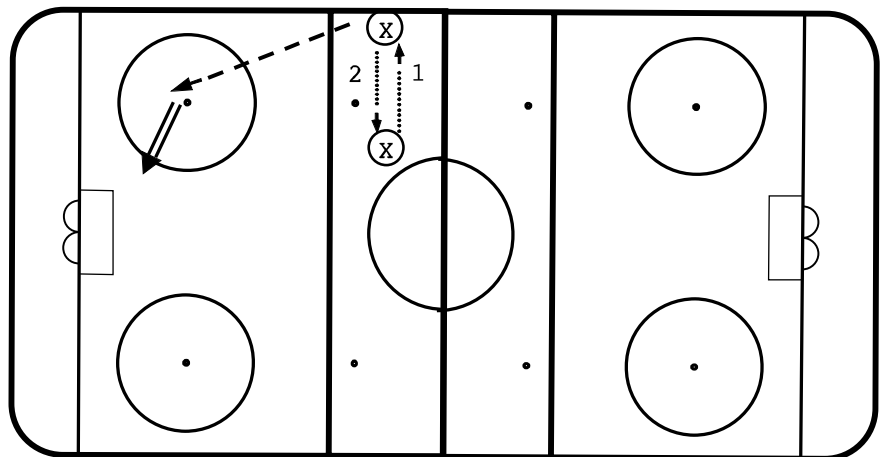
Drill — Passing

- 2 on 0 - six passes, shoot on goal, look for rebound, backcheck to far blue line
- Put cones in middle



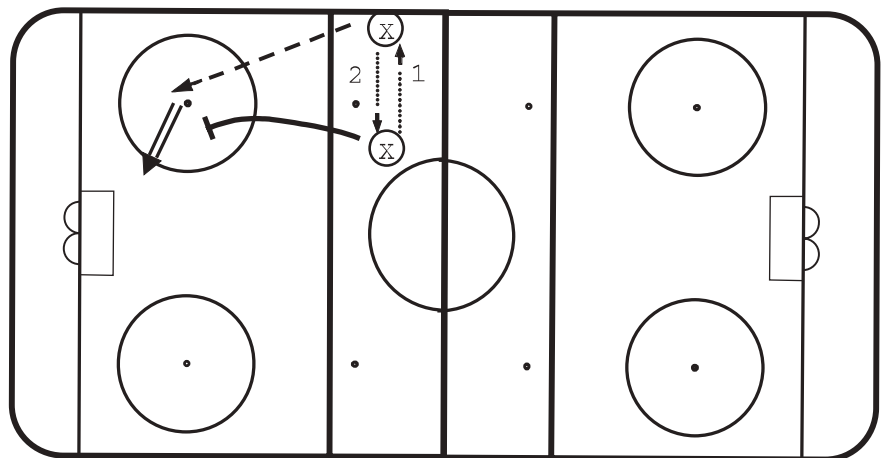
Drill — Passing

- Make 2 passes with partner
- Drive to the net and get shot on goal
- Look for rebound



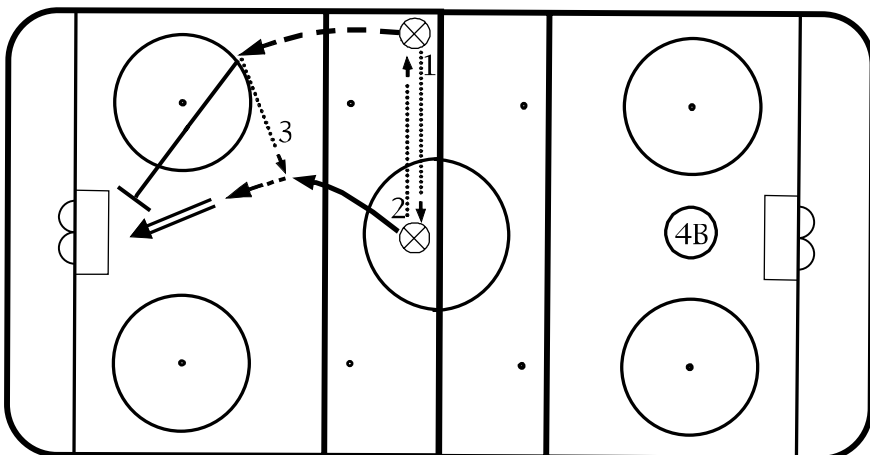
Drill — Passing

- Make 2 passes with partner
- Drive to the net and take a shot on goal
- Look for rebound
- Partner supports puck carrier



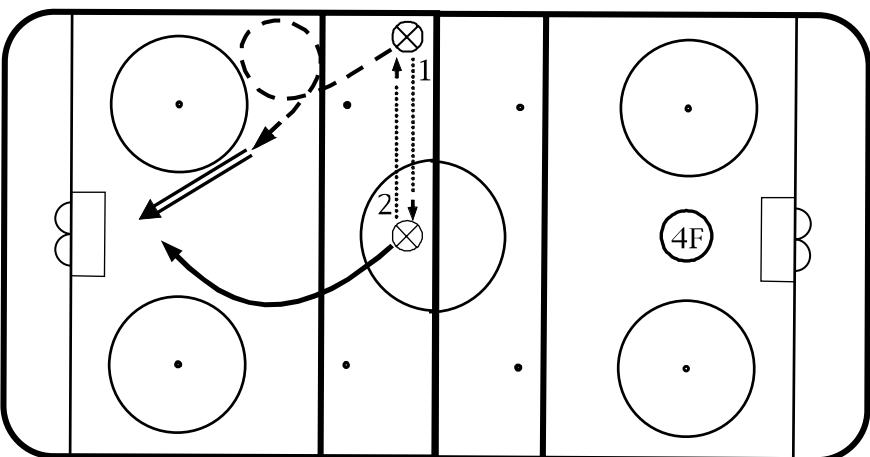
Drill — Passing

- Make 2 passes with partner
- Drive to net
- Diagonal back pass at the top of the circle to player supporting
- Shot on goal
- Both players look for rebound



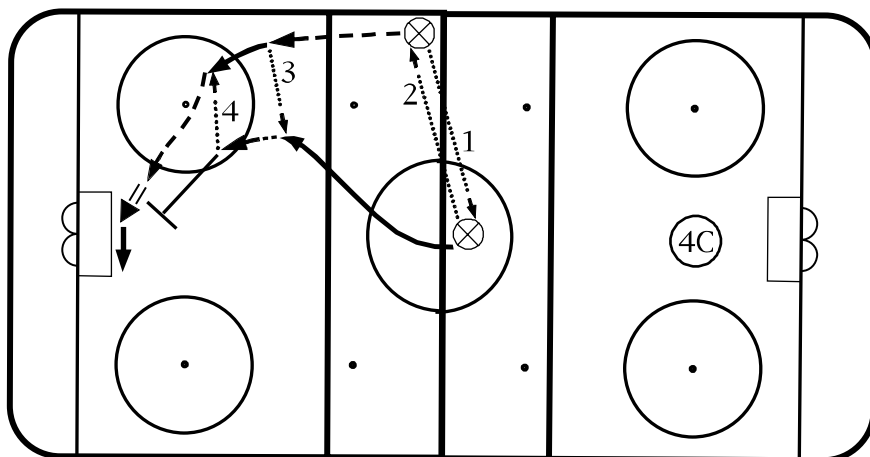
Drill — Passing

- Escape with walk-in
- Make 2 passes with partner
- Player with puck escapes toward the boards and shoots on goal
- Partner supports puck carrier and looks for rebound



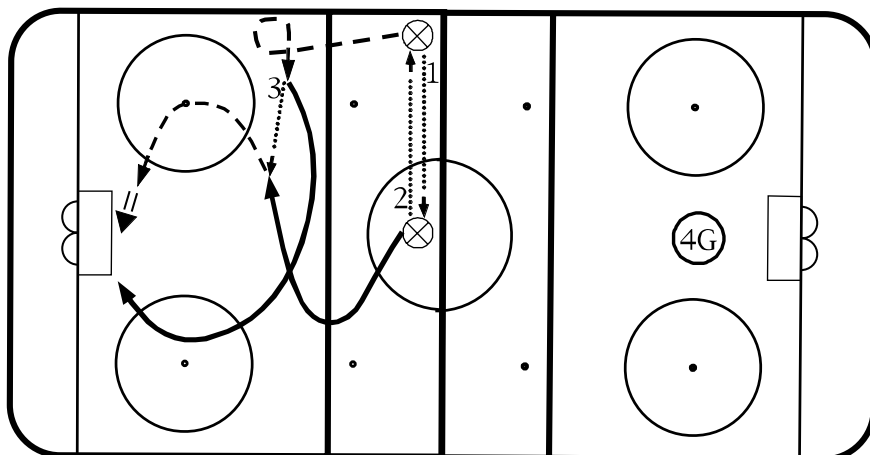
Drill — Passing

- 2 on 0 quick diagonal back pass with return pass - shoot, rebound, get the opposing defenseman turning



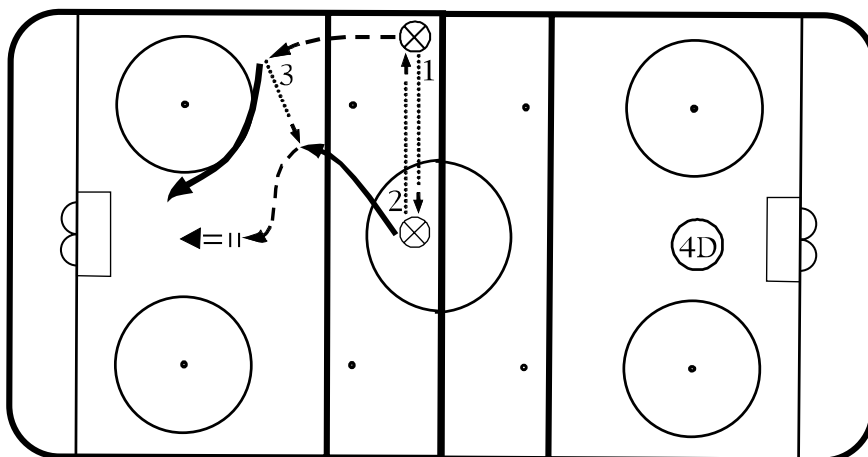
Drill — Skating

- Escape with pass and off wing loop
- Make 2 passes with partner
- Player with puck escapes towards the boards and passes to partner who is supporting through the middle
- Shot on goal
- Player who did escape drives to the net and looks for rebound



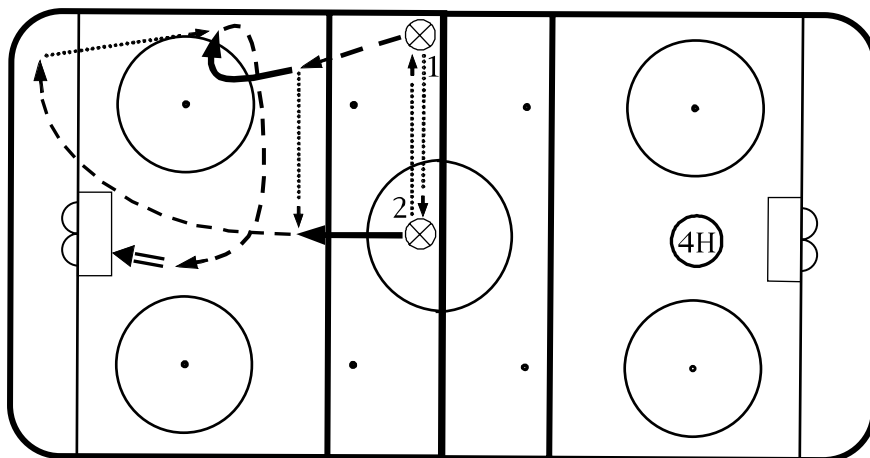
Drill — Passing

- Make 2 passes with partner
- Diagonal back pass to partner who is supporting
- Stops in middle of ice
- Player who made pass drives to the net and looks for rebound or tip
- Can also fake shot and pass back



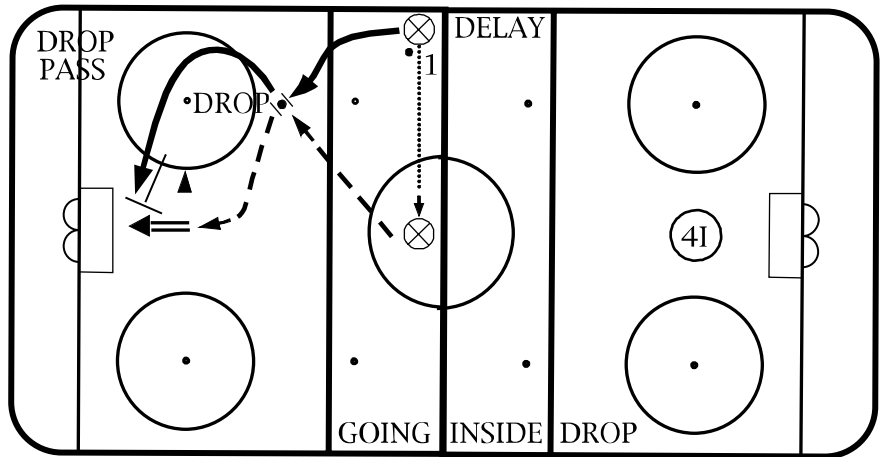
Drill — Passing

- Make 2 passes with partner at the center red line
- Player 1 passes to player 2 just over the blue line
- Player 2 passes to player 1 who escapes towards the boards
- Player 1 walks out, shoots on goal or passes back to player 2



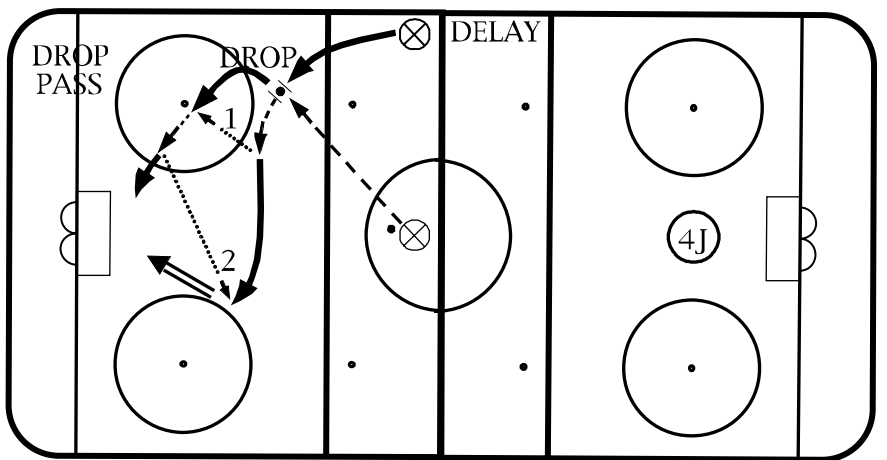
Drill — Drop Pass

- Make pass to player in the center of the ice
- The player in the center with the puck cuts towards the boards, the wing slows up, center drops, leaves the puck and curls around and through face-off dot, winger cuts to middle and shoots, center looks for rebound or pass



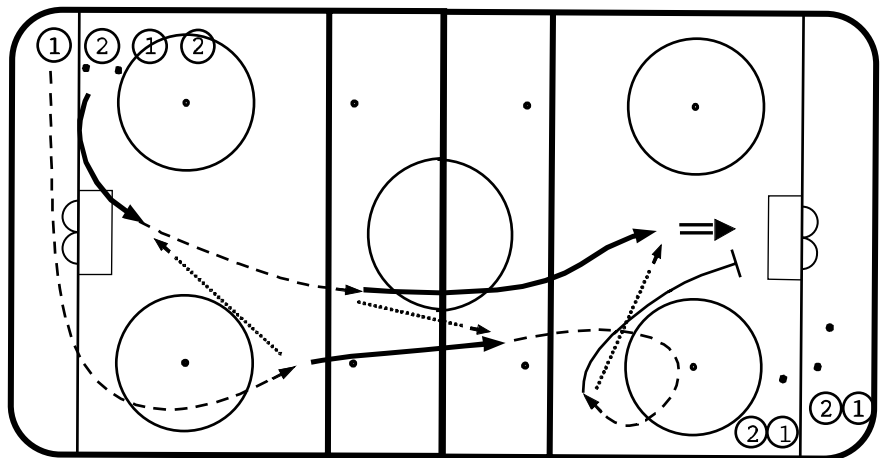
Drill — Drop Pass

- Center with puck cuts toward the boards, wing slows up, center drops the puck, winger with puck cuts to middle then returns a pass to the center, who shoots, cuts across or passes back to the winger



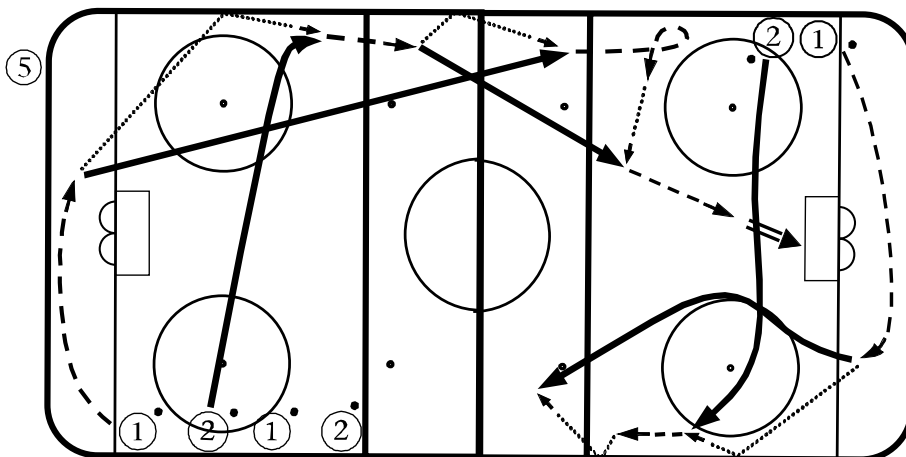
Drill — Passing

- Player 1 skates with the puck behind the net and makes a pass to player 2 in front of the net
- Player 2 passes back to player 1
- Player 1 escapes towards the boards and passes back to player 2
- Player 2 shoots on goal and player 1 looks for rebound



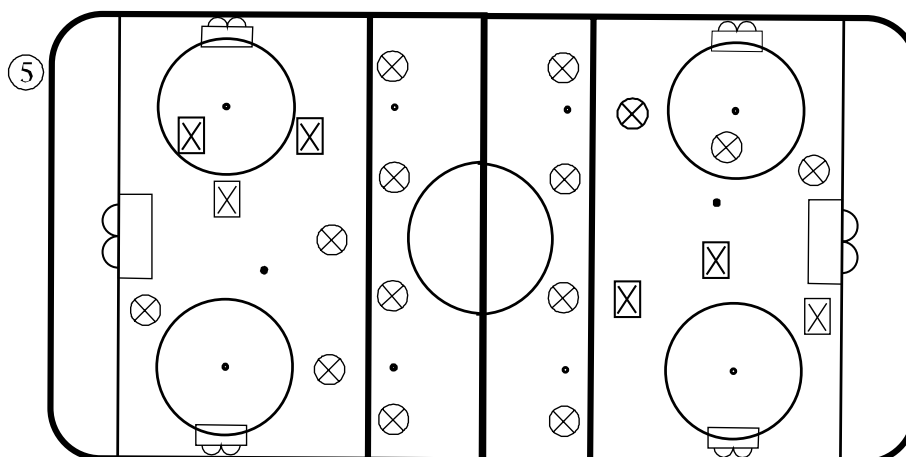
Drill — Passing

- Player 1 skates behind the net with a puck and passes to player 2 along the boards
- Player 2 passes off the boards to player 1
- Player 1 escapes towards the boards and passes to player 2
- Player 2 shoots on goal and player 1 looks for rebound

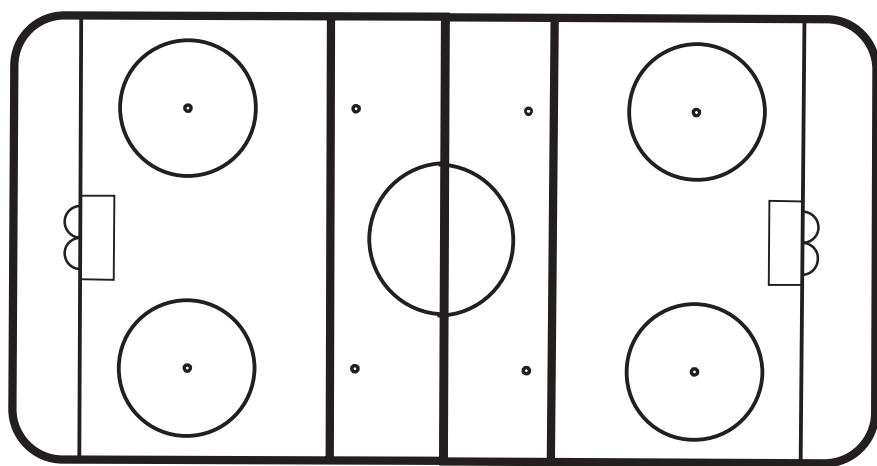


Drill — Small Games

- 3 on 3 small games at both ends of the rink



Description _____



Notes/Comments _____

