

# Hockey Practice Plan

**Objectives:** Quality execution fundamentals:

- 3 on 0 passing as a unit
- 3 on 1 play passing options

**Date:** \_\_\_\_\_

**Practice:** #8

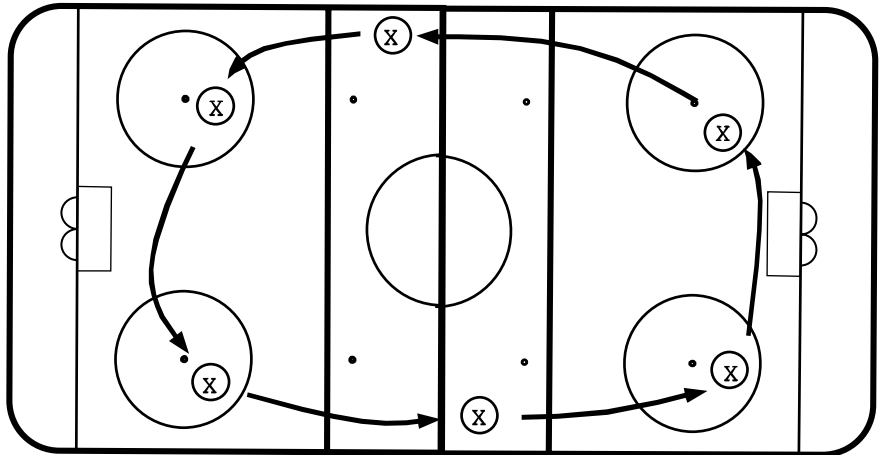
**Level:** 12-and-Under (Pee Wee)

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

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Off-ice
5 mins.	1. Around rink - close to boards - moving stretches: ostrich, hurdler, in and outs, S-drill, Big C, continuous crossovers	
5 mins.	2. Skating: long reaching strides around rink, sprints blue line to red line, blue line to blue line, zig-zag step outs, control turns to boards off whistle, around rink backwards between blue lines, on all corner circles 360 degree crossovers forward then backward	Good form
5 mins.	3. Puckhandling: peanut with puck around rink, moves at blue lines, pivots, escapes, fake shot, pulls, zig-zag, stickhandle with turns with pucks in end zones	Head up
5 mins.	4. Passing: triangle passing, keep away passing, Montreal passing, Devils passing	Be a good receiver
5 mins.	5. Shooting: half moon wrist, snap, pass out shooting, pass out, pass across shoot, around spots, forehand and backhand, same shooter with rebounder, 20 feet back, double it, JJ shoot, forward and backward step out, pass, return pass, shoot	Hit the net
5 mins.	6. Passing: 2 on 0 pass forehand, backhand - 2 on 0 shoot, rebound, backcheck - 3 on 0 straight - 3 on 0 weave - 3 on 0 around net	Tape to tape
5 mins.	7. Introduce play concept: 3 on 0 with play from sheet 7 (4a-4j, plus 7a-7d) forward	
5 mins.	8. Breakouts: 3 on 3 defense	Defensive side
5 mins.	9. 3 on 1 play options	Support the puck
5 mins.	10. 5 on 0 breakout - offense attack setup - backcheck	Quickness
5 mins.	11. Pom Pom	Fun

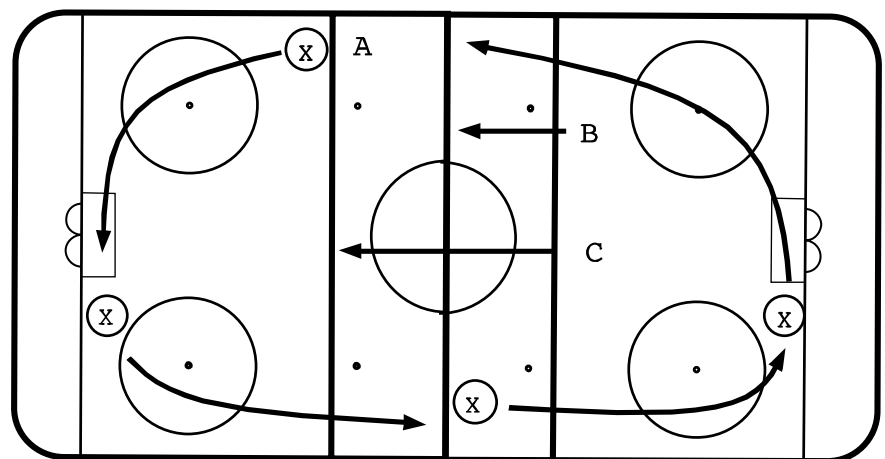
## Drill — Stretching

- Around rink - ostrich, hurdler, in and outs, S-drill, Big C, continuous cross-overs, stick behind hip



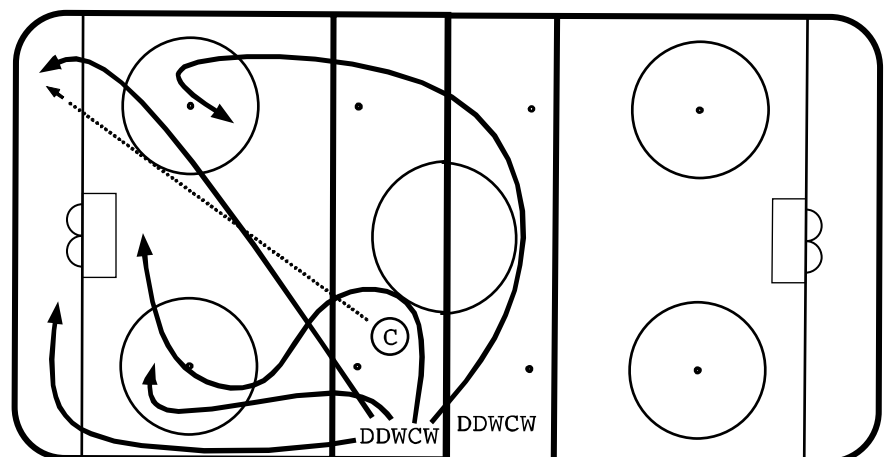
## Drill — Skating

- Long reaching strides
- Blue line to red line sprints
- Blue line to blue line sprints



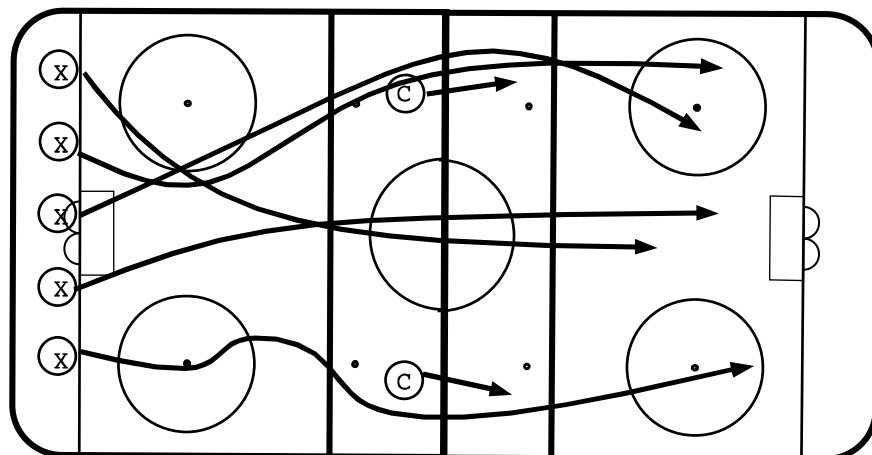
## Drill — Breakout

- Coach dumps puck in the corner
- 5 on 0 breakout to red line.
- Attack from red line to top of circle, shoot on goal, look for rebound, set up offense, backcheck to box plus one



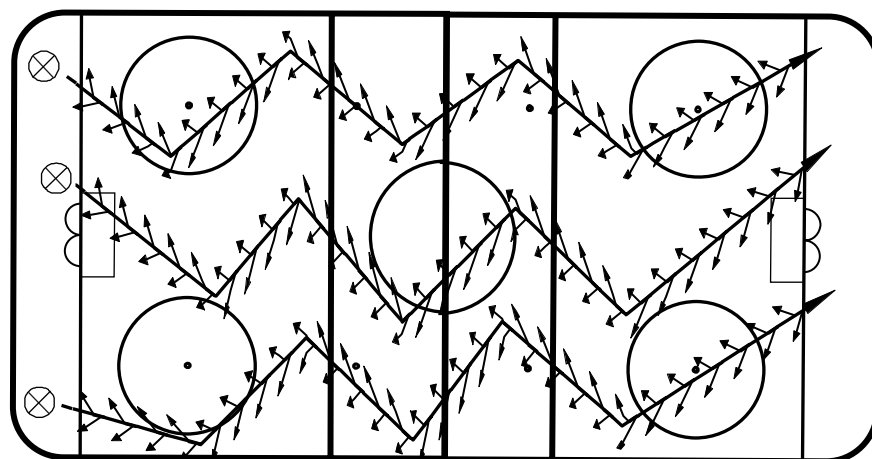
## Drill — Pom Pom Tag

- Coaches in the neutral zone try and tag players as they skate from one end to the other
- If a player is tagged, that player helps the coaches
- Play until one player is left



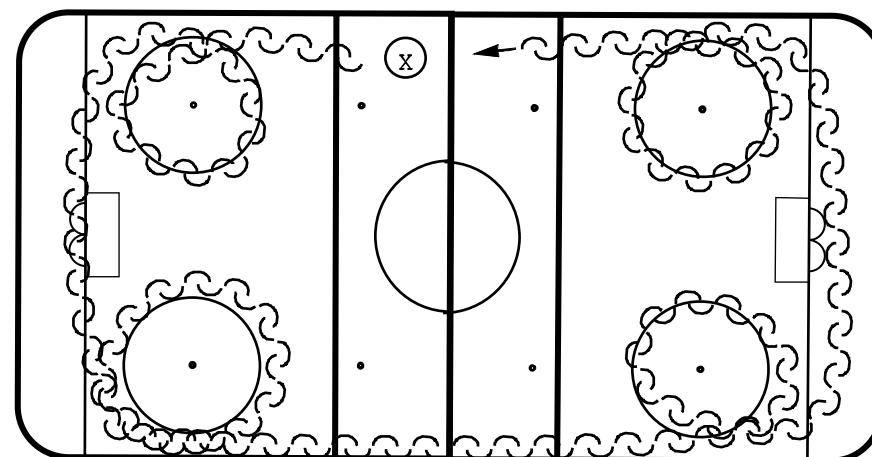
## Drill — Skating

- Three stride zig-zag step outs
- Do stepouts going forward, backward, etc.



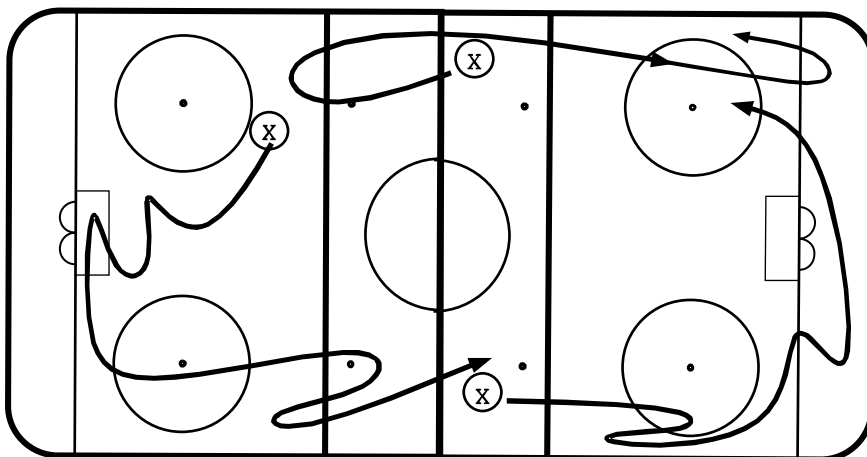
## Drill — Skating

- On all four corner circles, skate backward crossovers



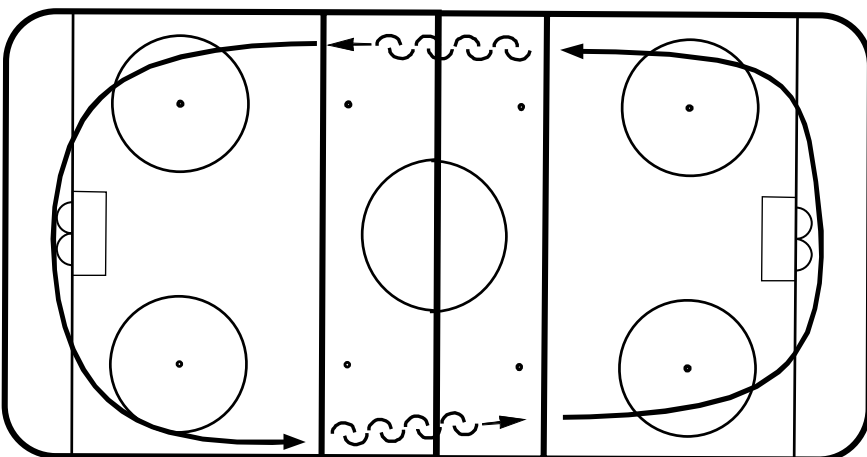
## Drill — Skating

- Control turns towards the boards on whistle



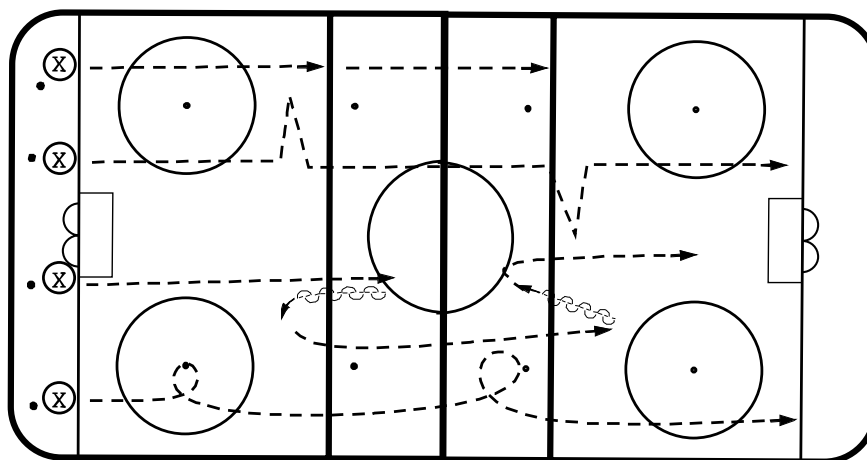
## Drill — Skating

- Around rink backward between blue lines



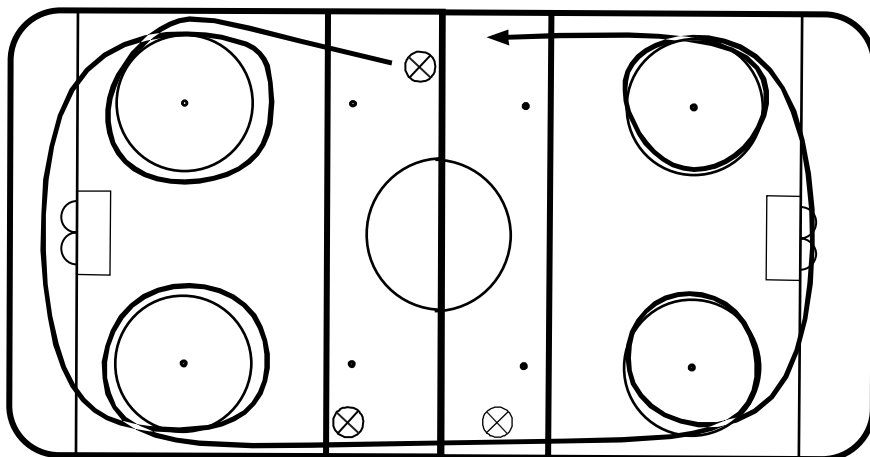
## Drill — Skating

- Pivots, escape, forward-backward-forward, fake wrist shot, fake slap shot, pulls



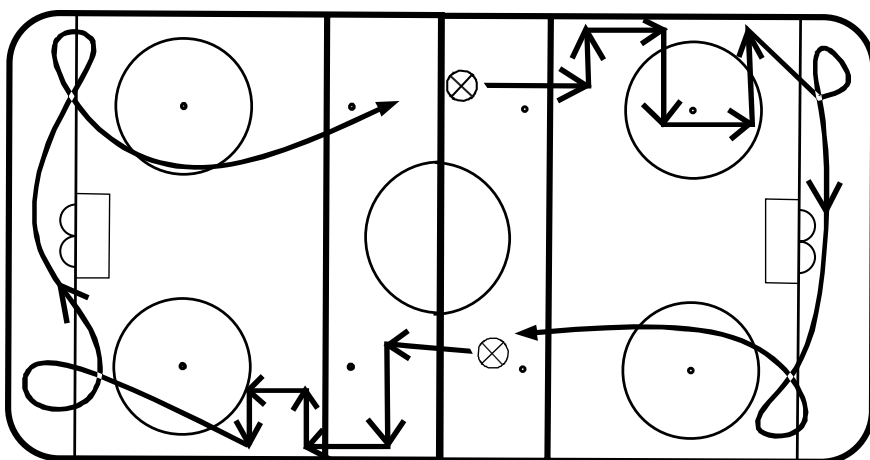
## Drill — Skating

- Around all four corner circles, push unders and crossovers



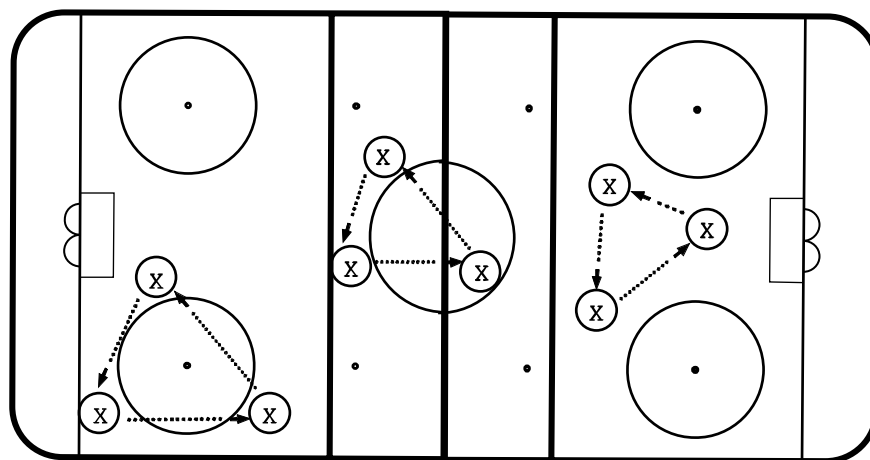
## Drill — Stickhandling

- Zig-zag stickhandling with controlled turns in the end zones, right angle step outs



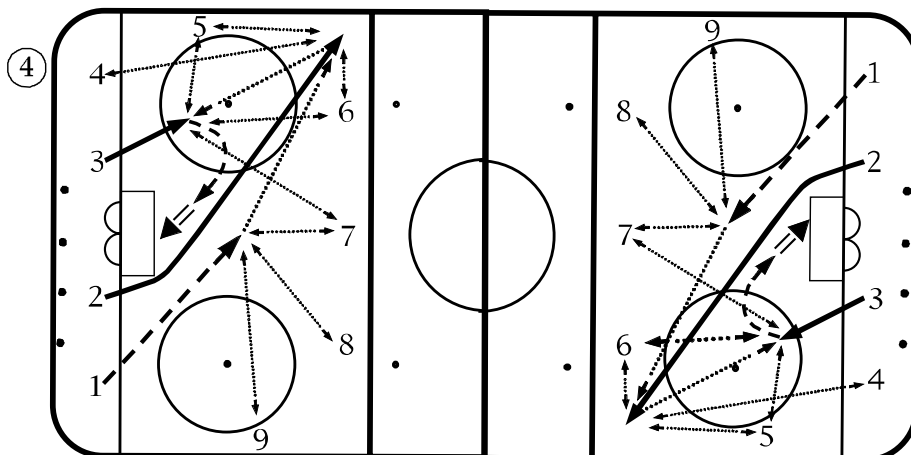
## Drill — Passing

- Three players triangle passing
- One puck and two pucks



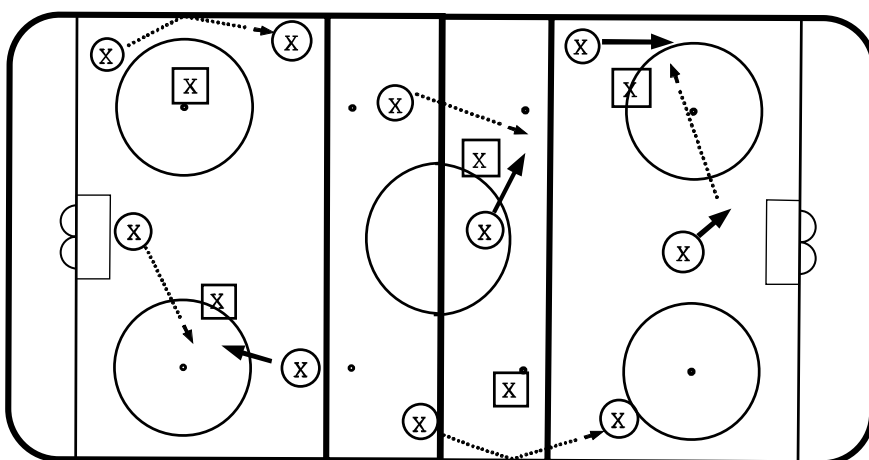
## Drill — Passing

- Devil's passing - player 1 with puck skates with puck in the middle of group 1-2-3-4-5-6-7-8-9. Player to the left of 1 or 2 skates 20 feet away from 1 who will make three passes to any of three players, then passes to 2 who will make three passes then pass to 3. After 3 passes, pick up puck and shoot on goal



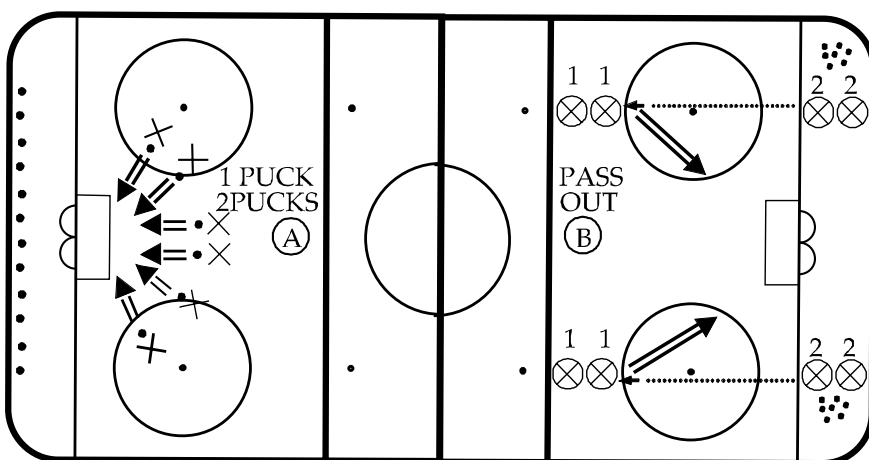
## Drill — Passing

- Keep away passing - move to get open



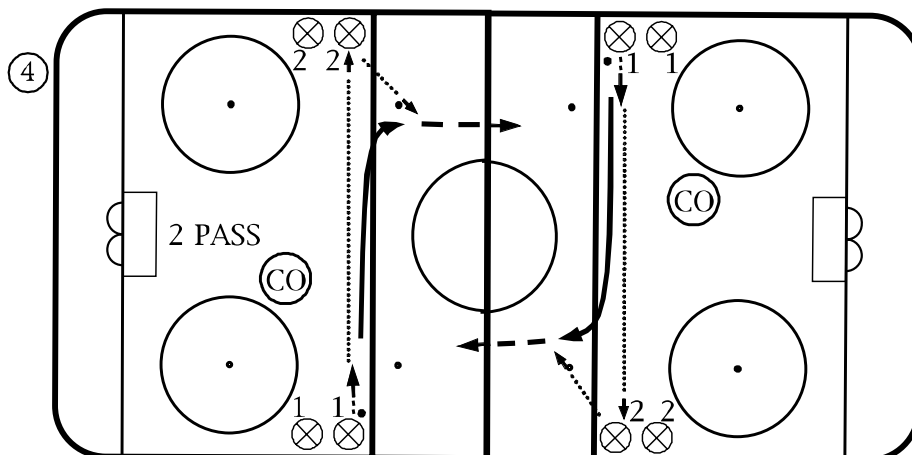
## Drill — Shooting

- Half moon shooting
- Wrist shot, snap shot
- One puck and two pucks
- Pass out, shoot off pass



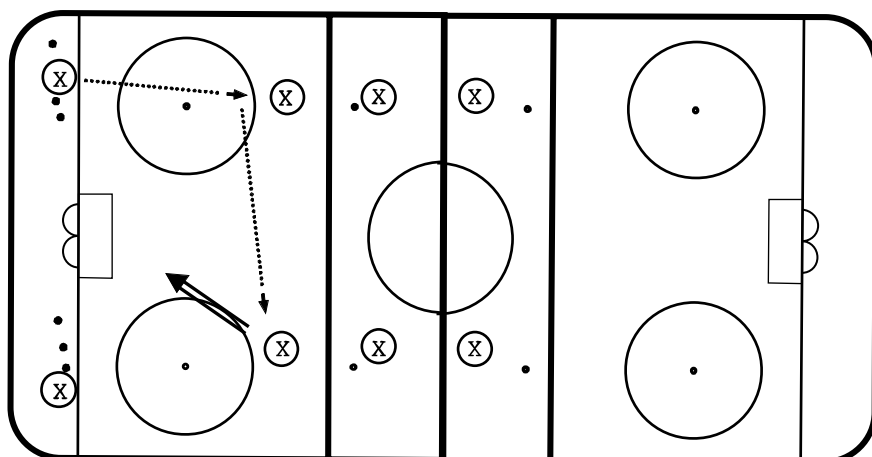
## Drill — Passing

- Montreal two pass
- Player 1 passes puck across ice to player 2
- Player 1 skates across ice on blue line and turn up ice at far dot
- Player 1 receives pass back from player 2
- Timing and angle are important for return pass



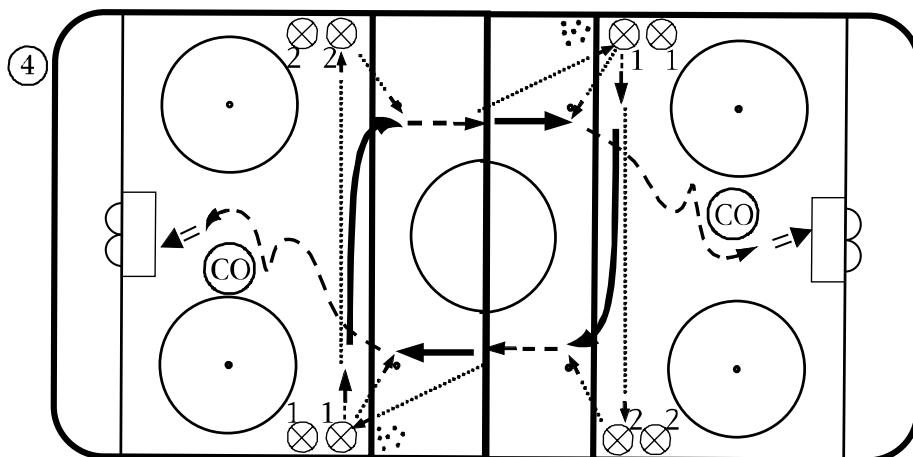
## Drill — Passing

- Pass puck from behind goal line to player at top of the circle, pass across to player at top of the other circle, surround puck, shoot off pass



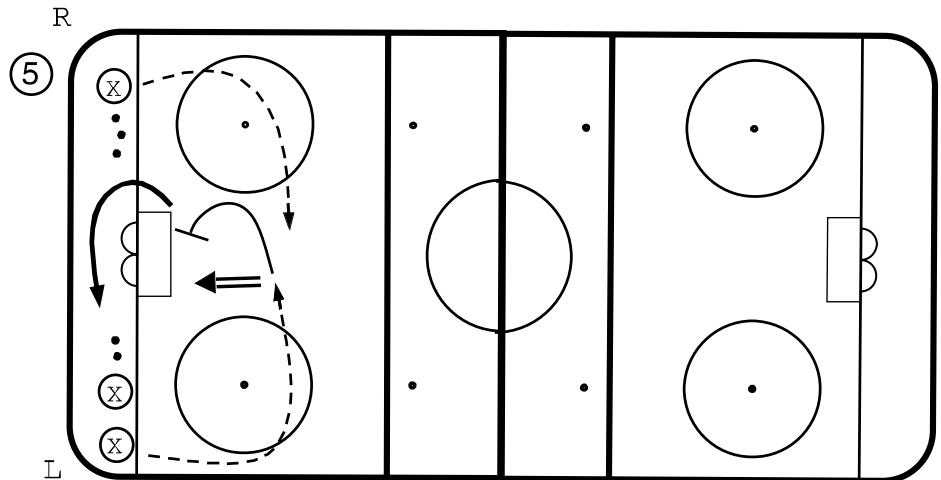
## Drill — Passing

- Montreal four pass - player 1 makes pass across ice to player 2, player 1 receives return pass on turn at neutral zone face-off dot and passes to X1 who receives the pass and makes a return pass, player 1 goes in on coach to make move and shoots on goal



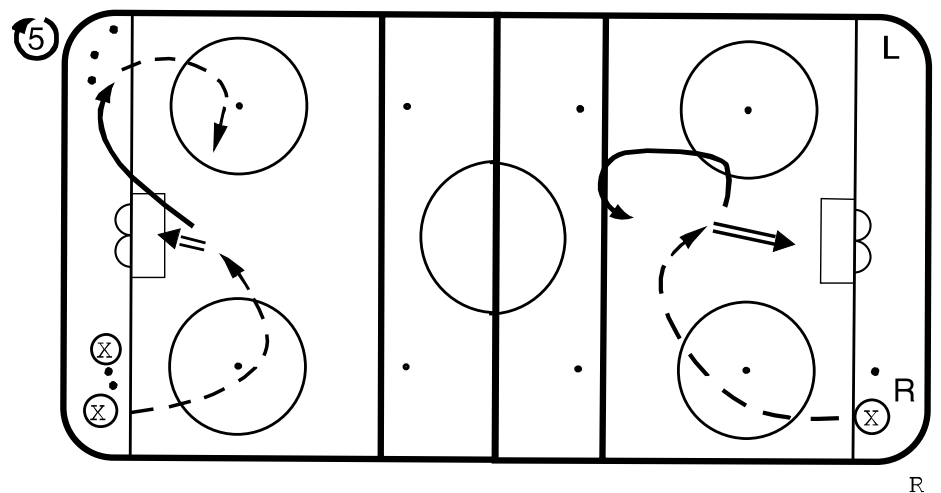
## Drill — Shooting

- Skate around dot with speed, shoot backhand, go for rebound and back into same line



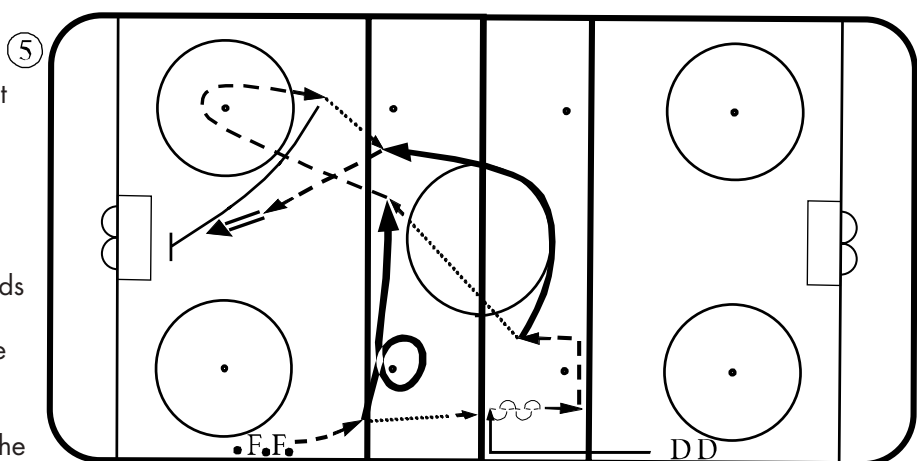
## Drill — Shooting

- Skate out of corner and around top of circle, shoot forehand, pick up puck in opposite corner and shoot backhand



## Drill — Shooting

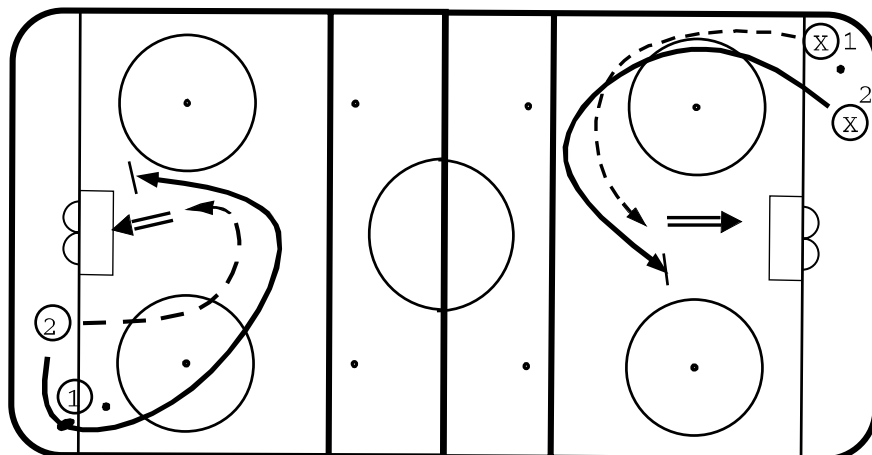
- Double J Drill
- The forward passes to defenseman at center red line
- The forward makes a controlled turn around the neutral zone face-off dot. Then receives a pass from the defenseman
- The forward makes an escape towards the boards and passes back to the defenseman who has followed up the play
- The defenseman shoots and the forward looks for a rebound or tips the puck





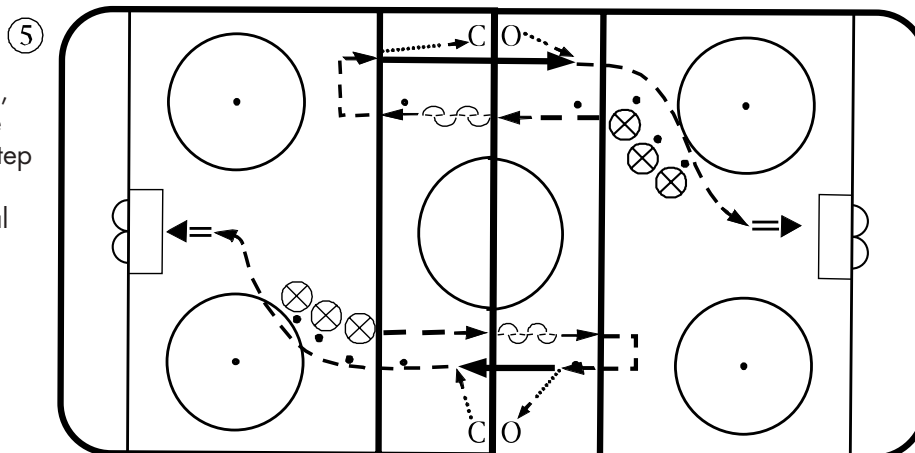
## Drill — Shooting

- Shooter and rebounder - 20 feet back, go to net



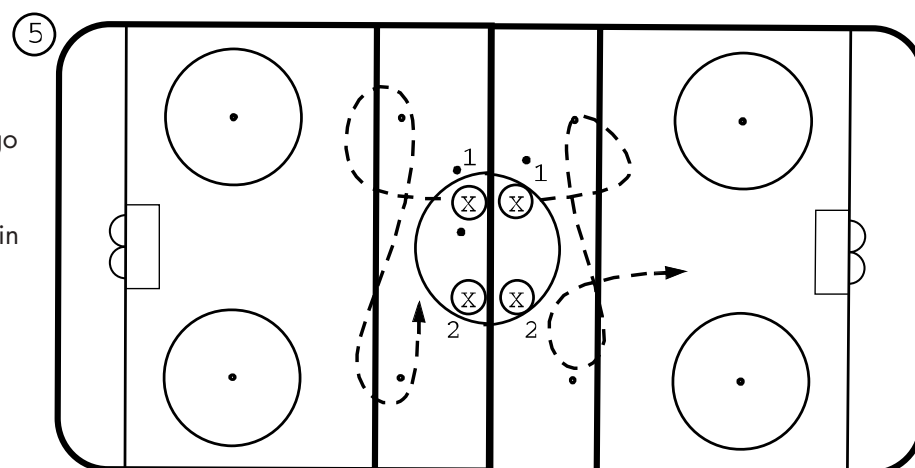
## Drill — Skating

- Skate forward with puck to red line, mohawk turn chest to boards, skate backward with puck, heel to heel step out, skate forward, pass to coach, receive a return pass, go in on goal for a shot



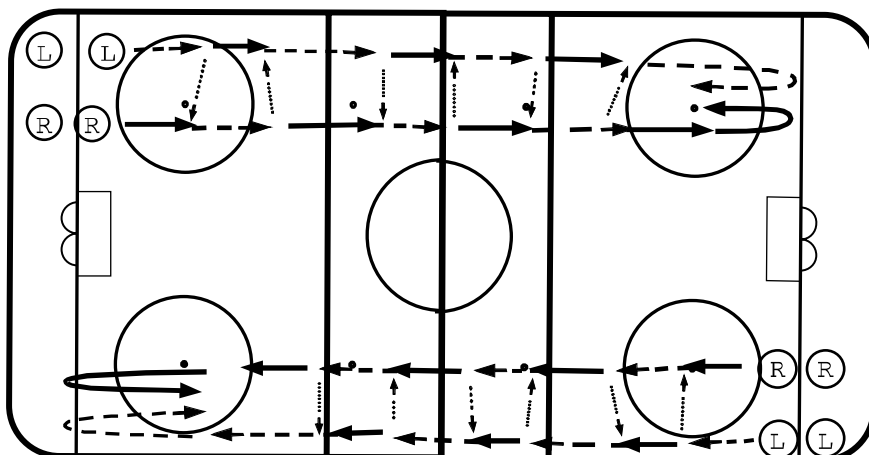
## Drill — Skating

- Double H - 1 and 2 alternate. They start around dots in Figure 8 then go in on goal for a shot
- Same, but go with one puck, drop in middle, go in 2 on 0



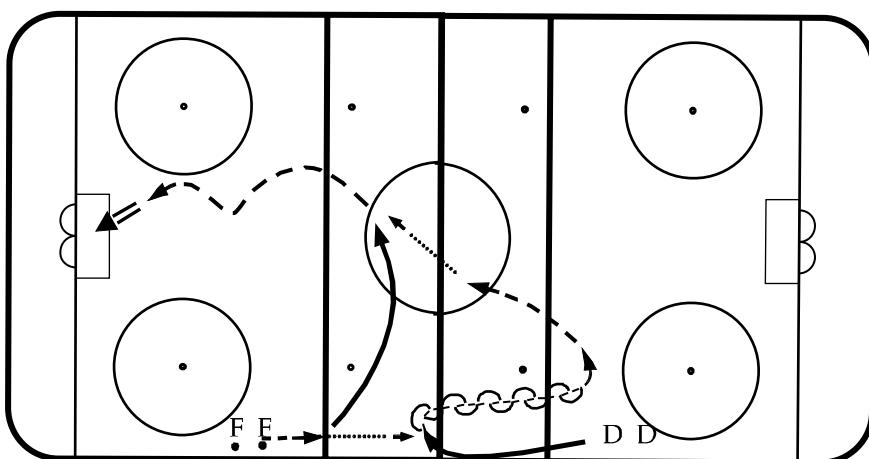
## Drill — Passing

- L and R up one side and back same side - 10 tape to tape passes
- Go up one side and back other side
- Go in on goal



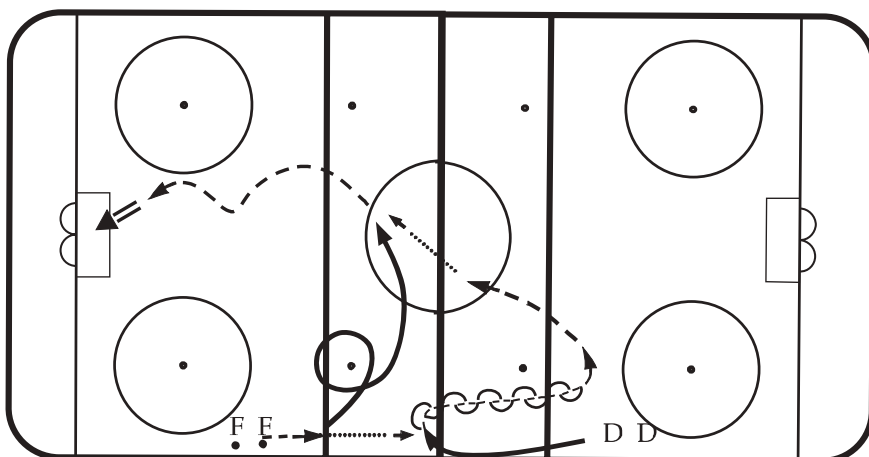
## Drill — Shooting

- Double J II - defenseman skates forward to red line, flip hip, points backside backward, receives pass from forward, defenseman goes backward to blue line, step out pass to forward who has skated around face-off dot and across blue line for a shot on goal



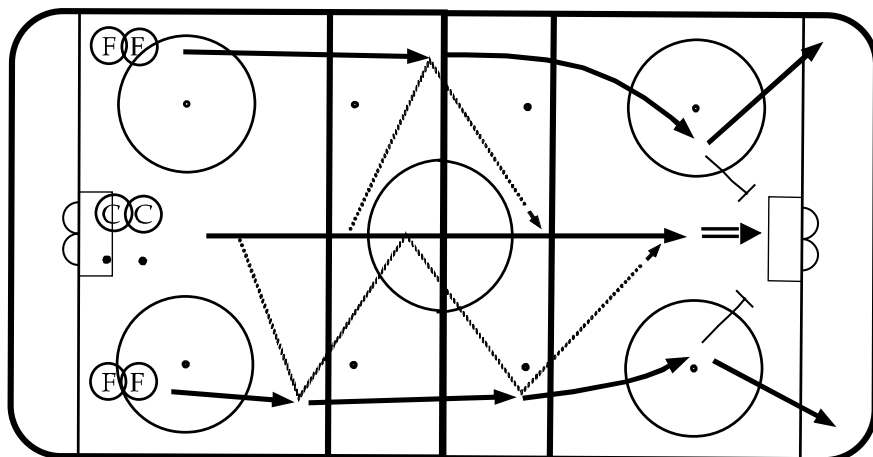
## Drill — Shooting

- Defenseman skates to red line pivots backwards and receives a pass from the forward, the defenseman steps out and makes a return pass to the forward
- The forward makes a controlled turn and receives the pass back from the defenseman and skates in for a shot on goal



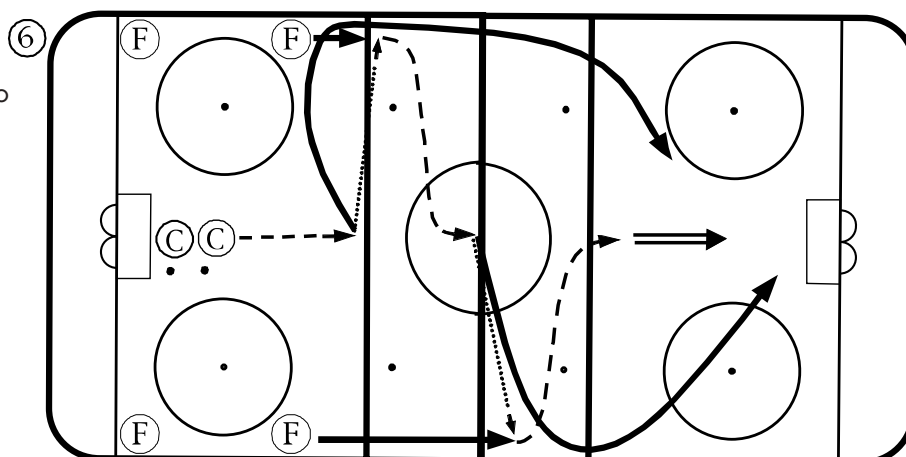
## Drill — Passing

- 3 on 0 straight
- Tape to tape
- Be a good receiver



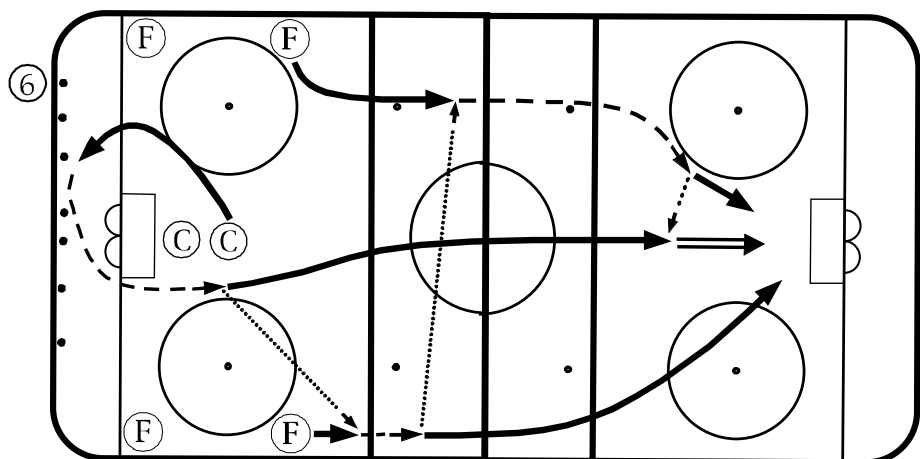
## Drill — Passing

- 3 on 0 weave - carries puck, pass to LF, LF cut to the center lane, LF now in center passes to RF, then cuts behind and moves to right lane



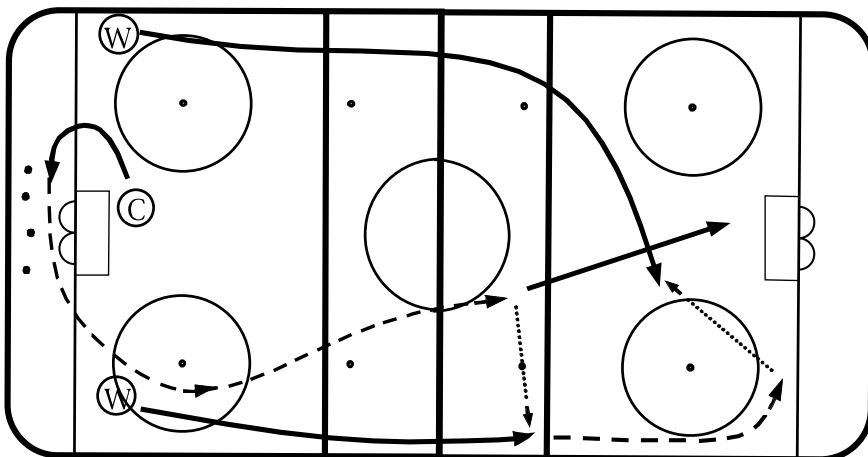
## Drill — Passing

- 3 on 0 around net - center swings behind the net and picks up puck
- Center makes pass to wing
- Attack 3 on 0 at far blue line



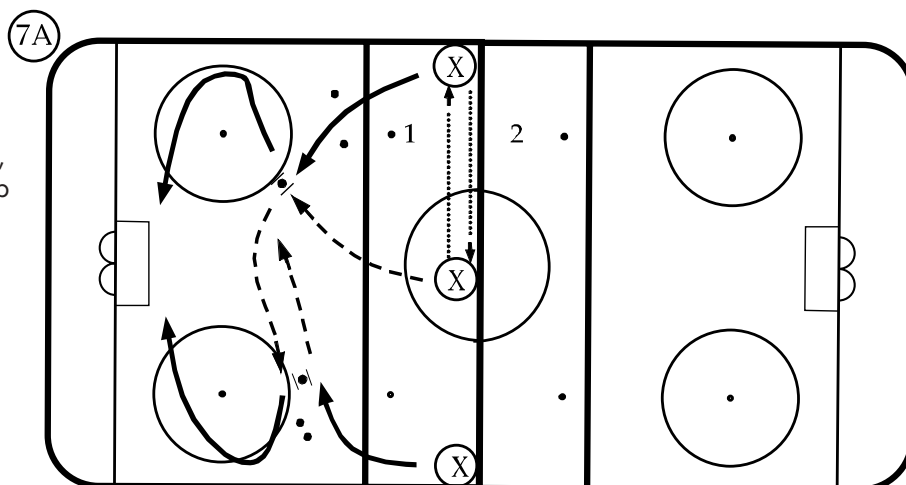
## Drill — Passing

- 3 on 0
- Center skates behind the net and picks up a puck
- Head man pass and drive to net, drive with back diagonal criss-cross, center trailer, center through off-wing trailer, drop, double drop



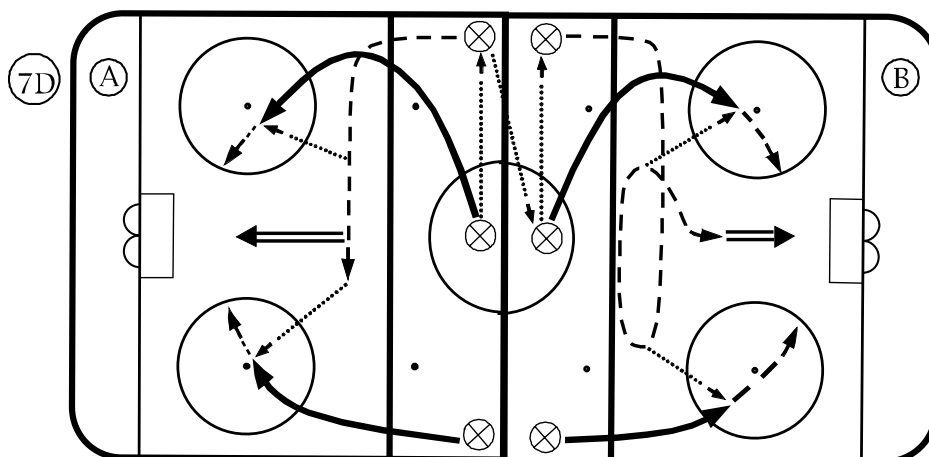
## Drill — Skating

- Double drop - center carries puck, drops to winger who has slowed up, winger carries across to opposite top of circle and drops it for other winger



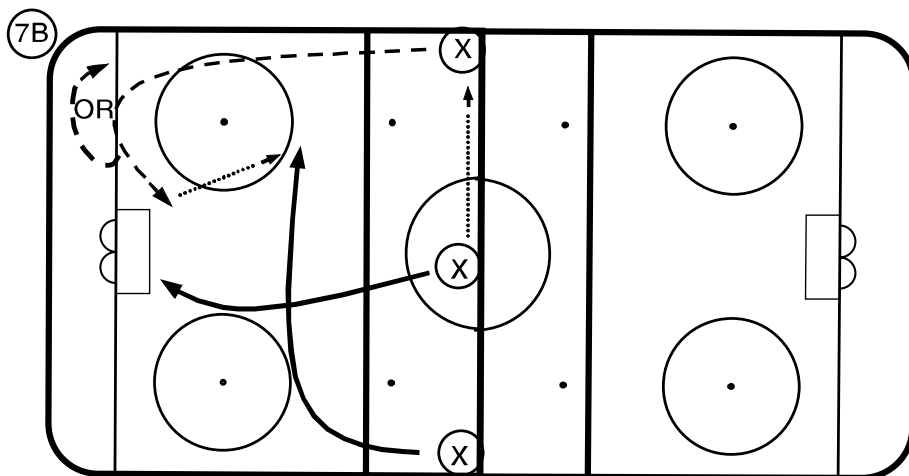
## Drill — Big "L"

- Big "L" with loop de loop



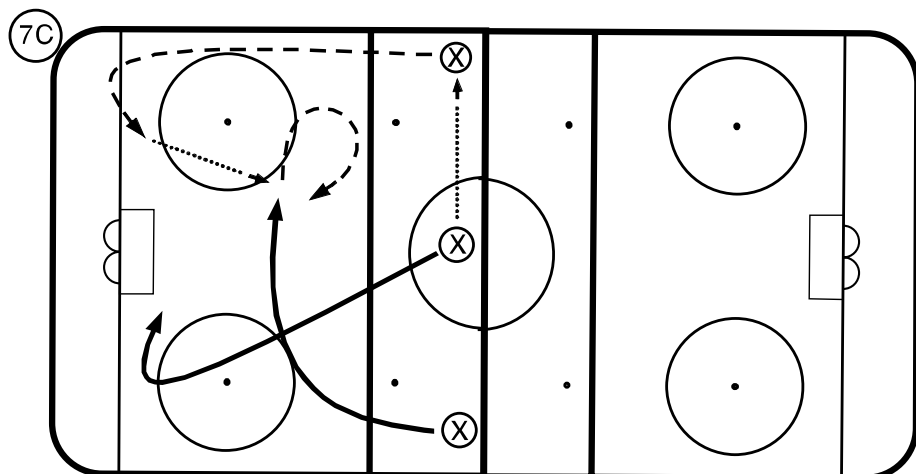
## Drill — Passing

- Center passes to wing, wing drives to bottom of circle, passes back to top of circle, where off-wing has skated to, center goes to net
- Wing can also escape towards boards in the corner



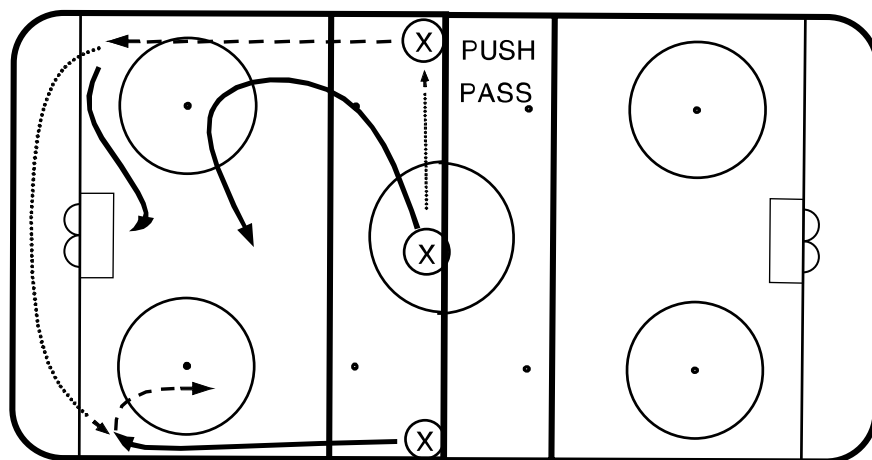
## Drill — Skating

- Center passes to wing, wing drives to bottom of circle, passes back to top of circle, where off-wing has skated to, center goes to net
- Wing makes loop with puck can pass or shoot on goal



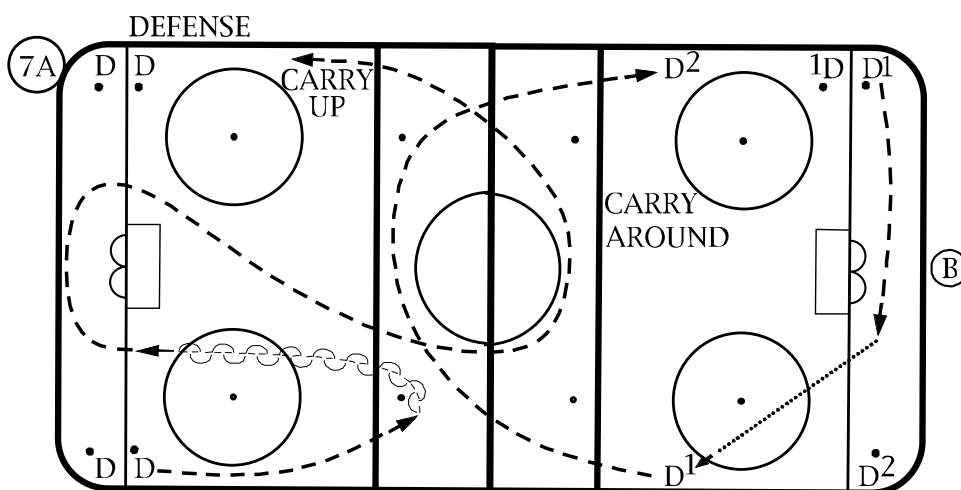
## Drill — Passing/ Billy Baker Drill

- Center passes to winger, winger brings puck to bottom of circle and passes puck behind the net to the off-side winger in opposite corner, off-wing retrieves puck and walks out
- Off-side winger can pass or shoot on goal



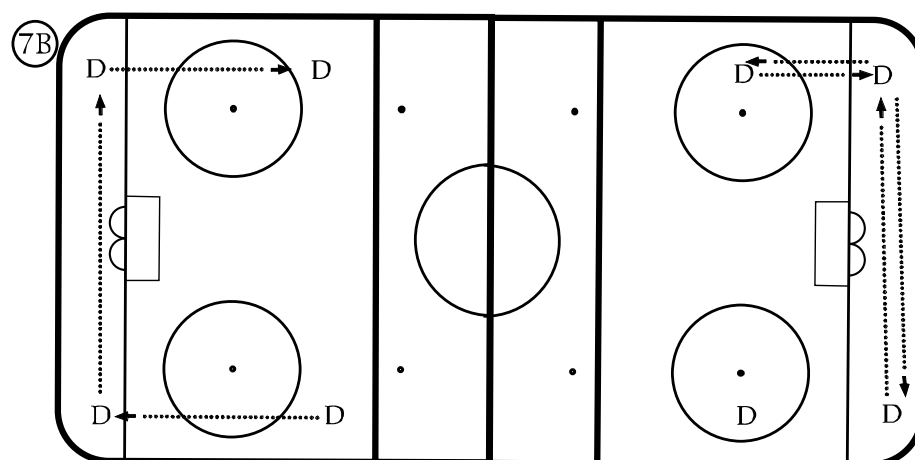
## Drill — Skating/Passing

- Defense - carry up
- Defense - carry puck around net - pass



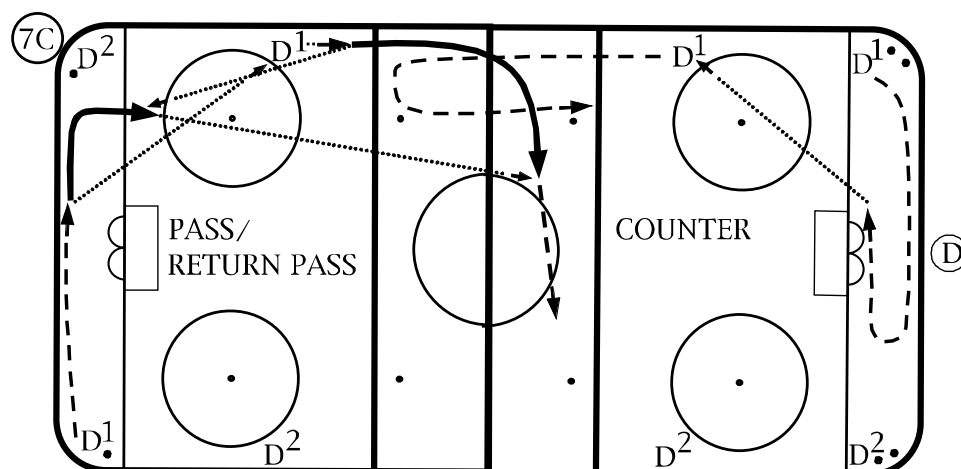
## Drill — Passing

- Short passes
- Long passes behind net



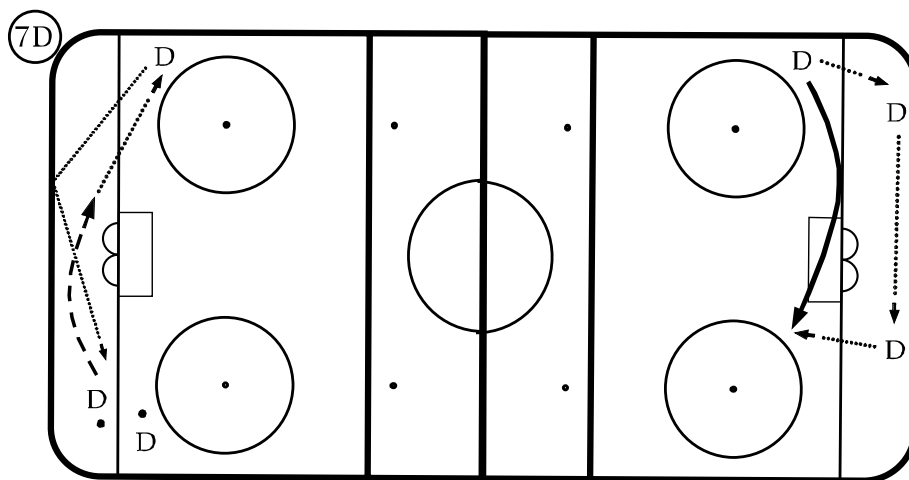
## Drill — Passing

- Defense - carry puck around net, pass, get return pass then make a stretch pass to partner
- Defense - carry puck around net and counter back at post, pass to partner



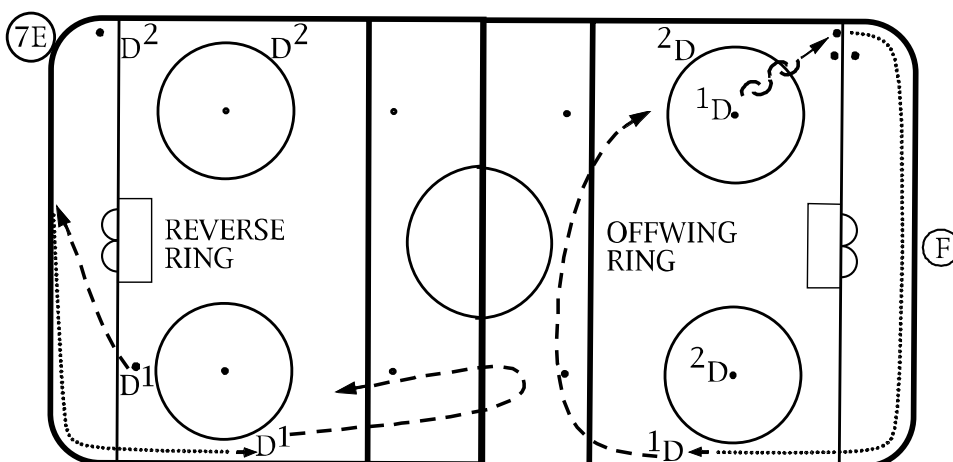
## Drill — Passing

- Carry puck around the net and make pass
- Make D to D pass behind net and pass to player skating in front of net



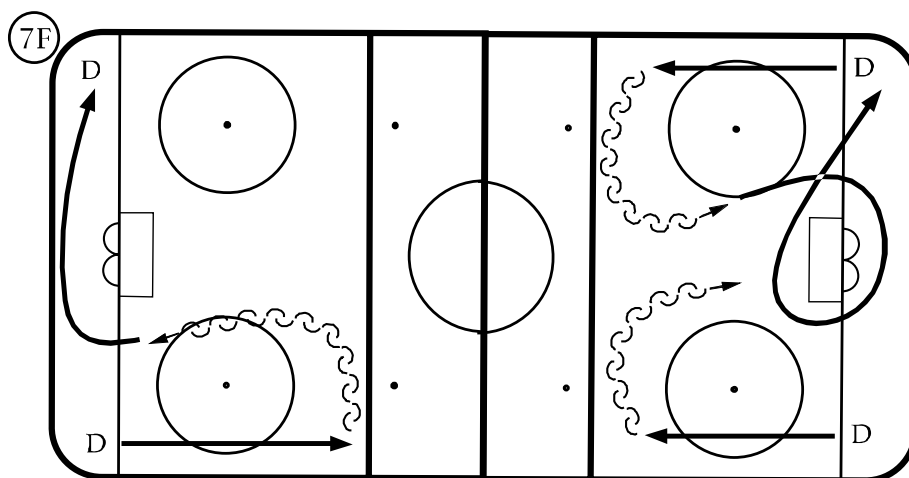
## Drill — Passing

- Reverse ring - defense carries puck to far goal post and brings it back around to player at boards
- Off-wing ring - defense skates backward, turns, picks up puck, rings it to off-wing around boards



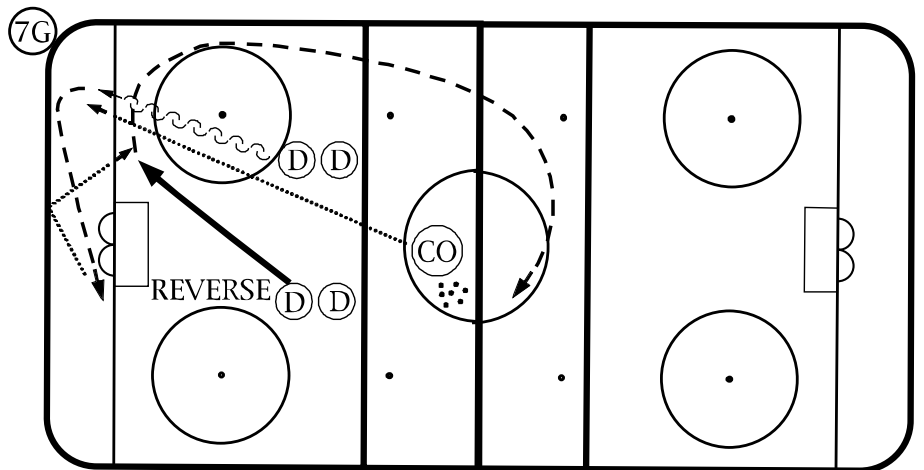
## Drill — Skating

- Defensive skating exercises



## Drill — Passing

- Coach dumps puck in corner
- Defense skates backward, picks up puck, carries around to far post of net, passes back off boards, other D yells reverse and picks up puck and skates up



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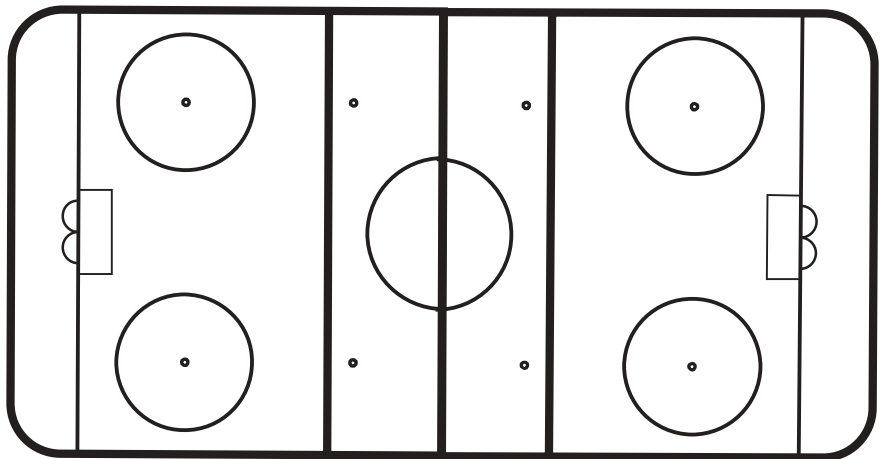
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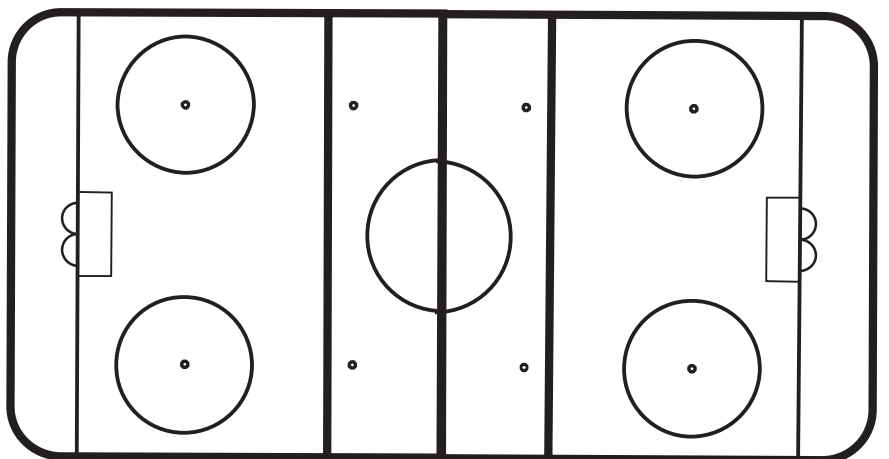
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