

# Hockey Practice Plan

**Objectives:** Refine foundation skills - edges skating rhythm, puckhandling, passing, shooting, breakouts.

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

**Practice:** #9

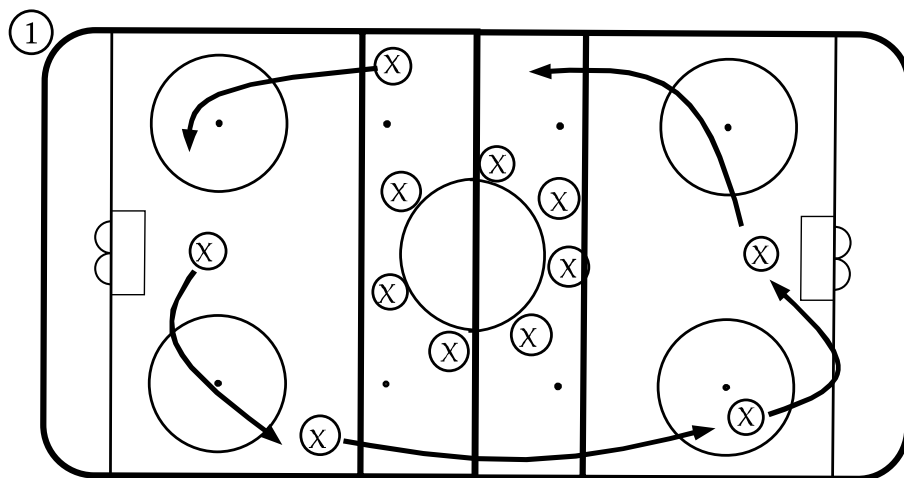
**Level:** 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<u>X</u> Skating	<u>X</u> 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	<u>X</u> Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ 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	Off-ice
5 mins.	1. Stretch around middle circle, skate around rink	
5 mins.	2. Skating: Big C, slide and stride, PTC, stopping on lines, mohawking - forward/backward, forward control turns with push unders, crossovers on big circle	Good strides
5 mins.	3. Puckhandling: stationary - circle Figure 8 left/right/left/right, forward/backward, diagonal, L pull, T pull, yo-yo variety freestyle, jam middle, jam 2 on 3; Olympic puckhandling, weave through line, Russian courage	Quickness Puck protection
5 mins.	4. Passing: partner up forehand, backhand, flip, alley-oop, over-back, over-back with escape, JJ pass, diagonal pass, 2 on 0 over-back, 2 on 0 all over	Be a good receiver
5 mins.	5. Shooting: on boards, 1 on 0 stationary, 1 on 0 moving, 1 on 0 pass out one touch, wrist across body, shoot-rebound-pull-back flip up, zig-zag shoot on boards	Hit the net
10 mins.	6. Passing with shooting: pretzel pass, pretzel pass with rebound, Swedish pass, Swedish pass with rebound, four pass around horn-shoot-rebound, four pass around horn-shoot rebound with walk-in	Tape to tape
5 mins.	7. Breakout passing: Fussen drill, 2 on 0 with return pass to D, 2 on 0 with return pass, stretch pass-shoot-rebound	Be a good receiver
10 mins.	8. Showdown with and without pressure	Hit the net

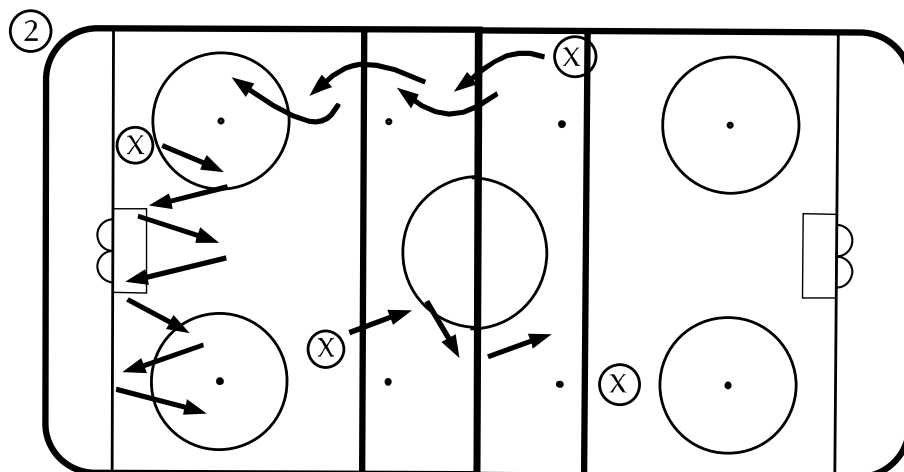
## Drill — Stretch Exercises

- Around middle circle - moving stretches around rink: hurdler, ostrich, stick behind hips touch toes, in and outs, S-drill



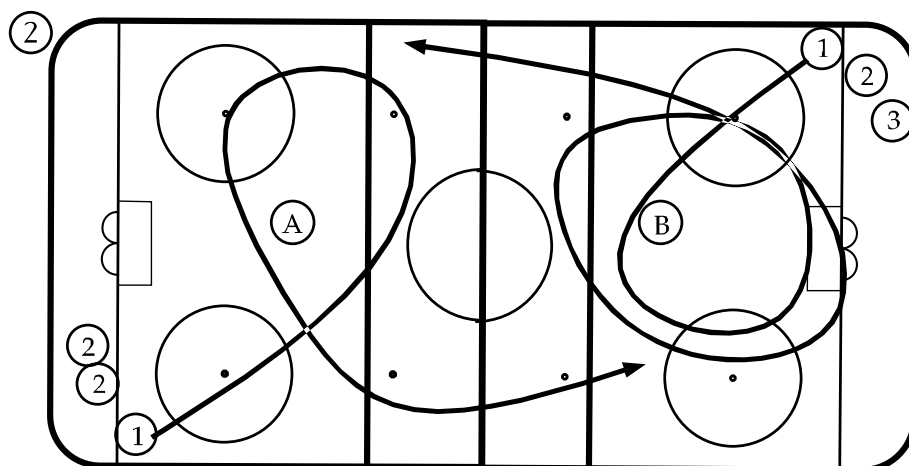
## Drill — Skating

- Big C, slide and stride, PTC, push-touch, push almost touch, long reaching strides



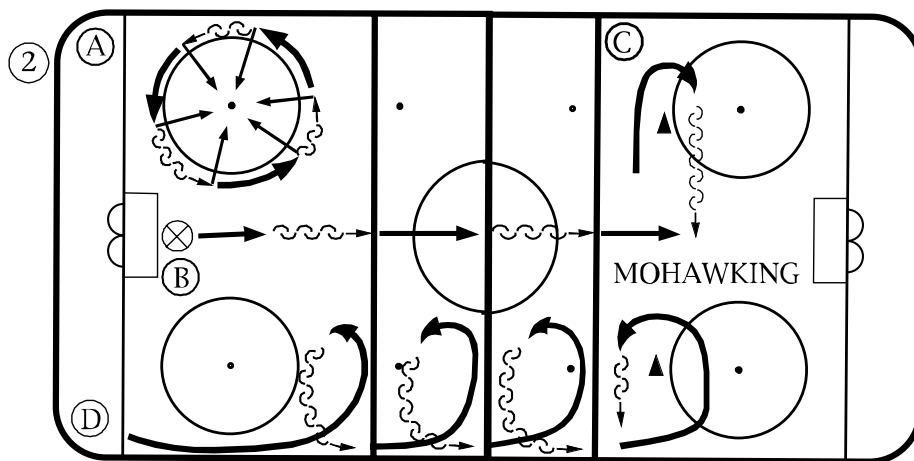
## Drill — Skating

- Big circle crossovers once around
- Big circle crossovers twice around - three players go at one time



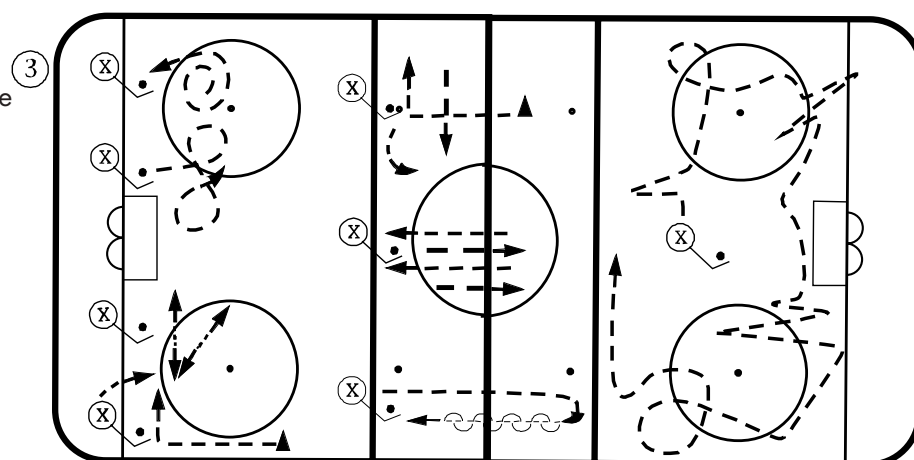
## Drill — Skating

- Skate around circle turn forward to backward, backward to forward, chest always toward face-off dot
- Skate down the ice, turn forward, backward, forward, backward
- Skate forward, flip hip, point backside skate backward
- Control turn, flip hip, backward, step out and flip hip



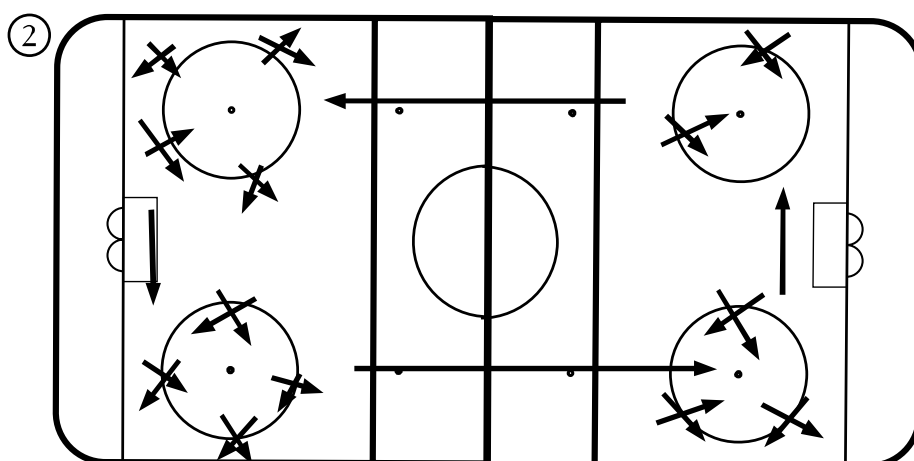
## Drill — Skating

- Stationary and semi-movement circle puckhandle, Figure 8, left to right, right to left, diagonal puckhandle L pull to both sides, reverse to both sides, yo-yo, move forward, move backward with puck, freestyle handle puck



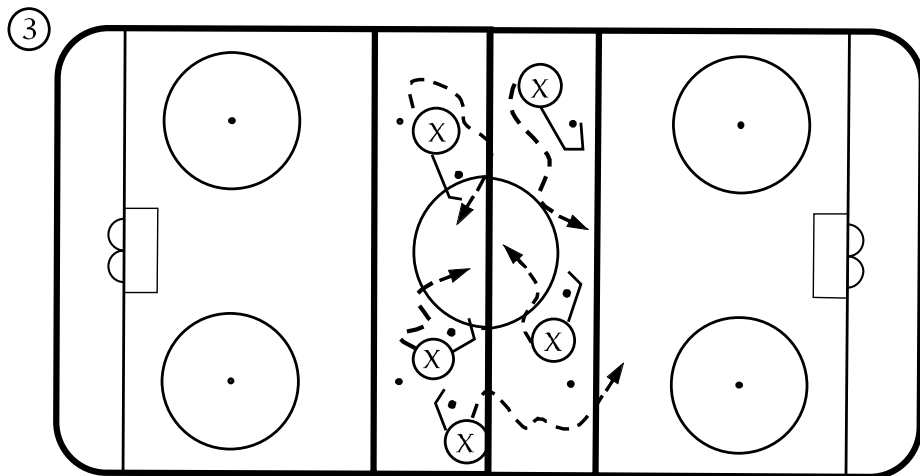
## Drill — Skating

- On circle - outside edge of inside foot - push under



## Drill — Puckhandling

- Jam middle



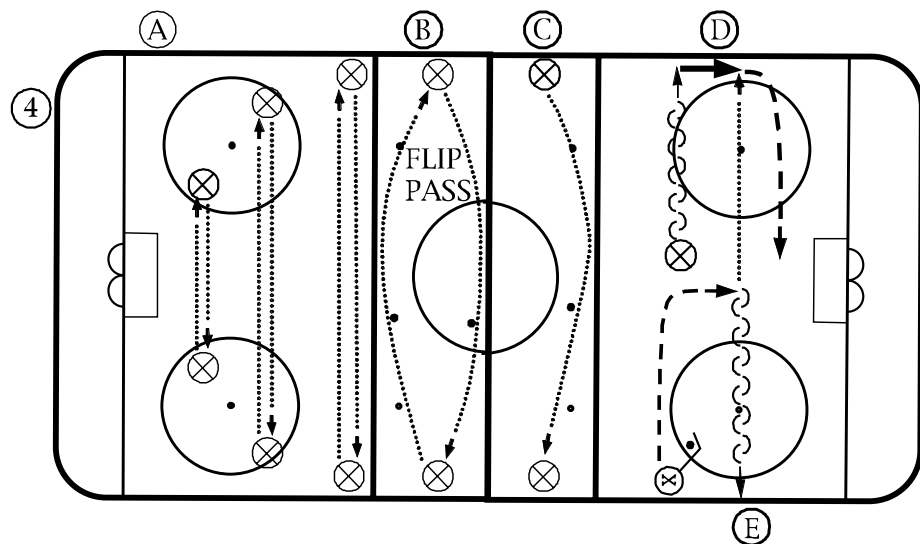
## Drill — Control Turns

- On face-off dots - control turns with push-unders



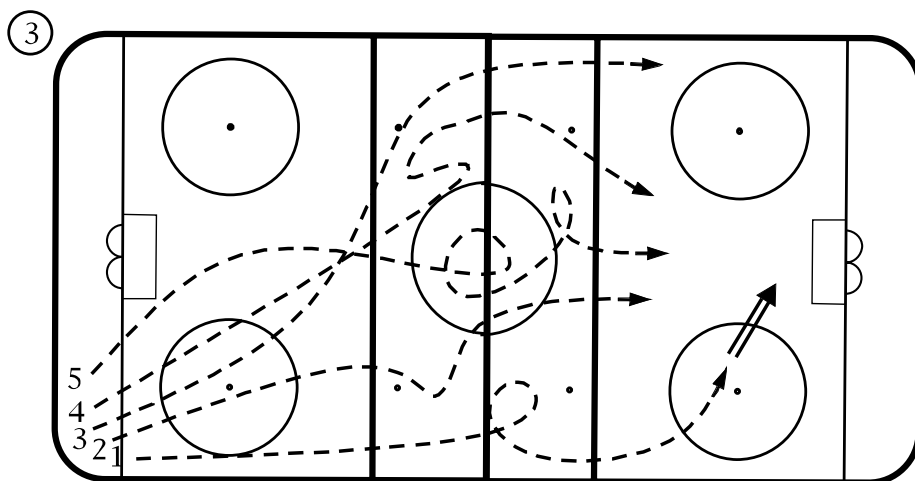
## Drill — Passing

- Forehand/backhand pass - 10 passes forehand then backhand, each distance, raise stick when finished
- Flip pass
- Alley-oop pass
- Over-back passing
- Same, but do escape after receiving puck going backward



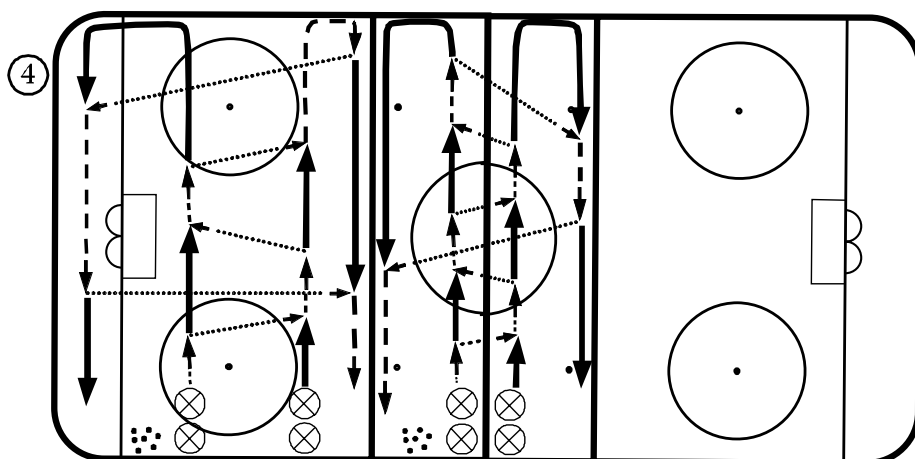
## Drill — Puckhandling

- Olympic puckhandle one way
- Five players at one time
- Puckhandle in middle
- 1st player skates in and shoots on goal
- 2nd, 3rd, 4th, 5th



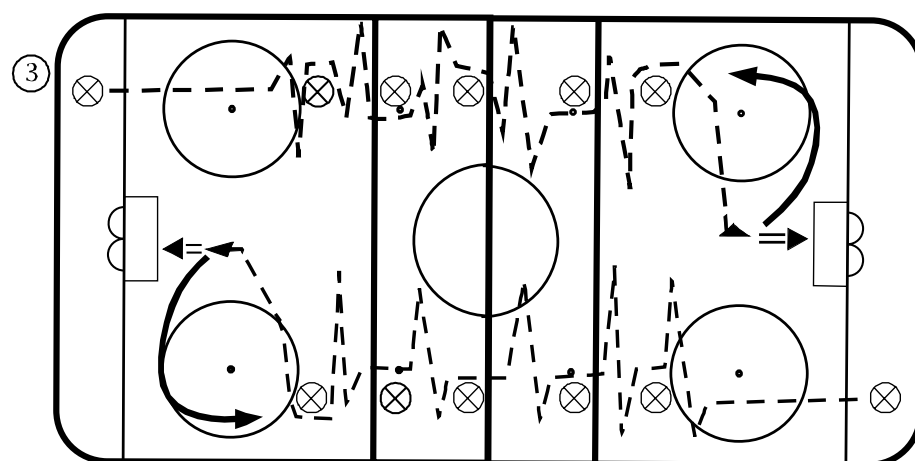
## Drill — Passing

- 2 on 0 over and back passing
- Wide/narrow



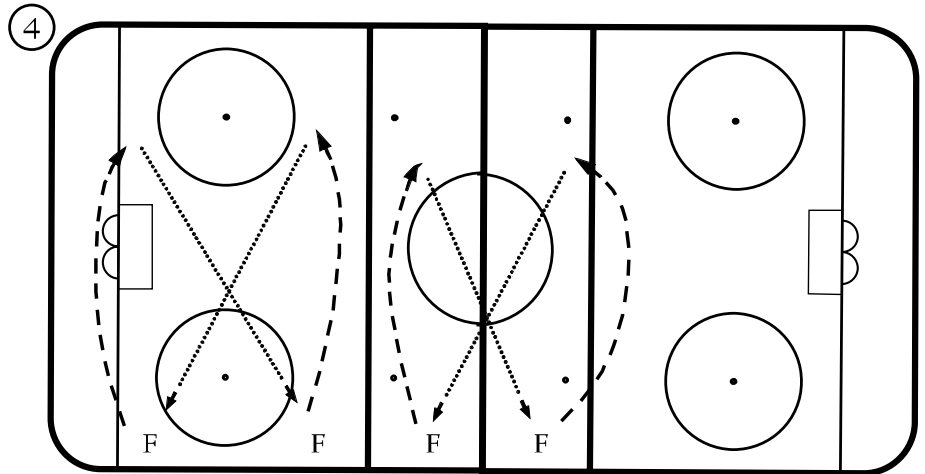
## Drill — Puckhandling

- Weave through line puckhandling, shoot, go to end of line
- Dekes, fakes, wide pulls



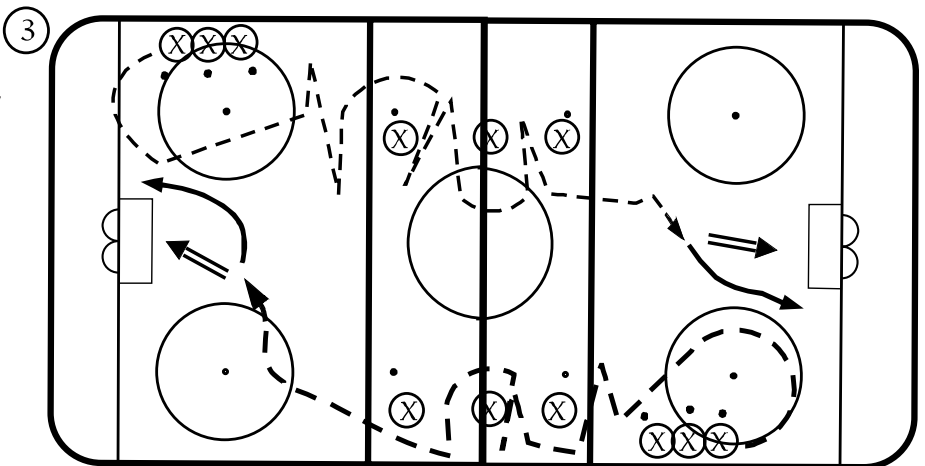
## Drill — Passing

- Diagonal back passing - player with puck moves forward, turns slightly to the direction in which he/she will pass, and pass back to partner



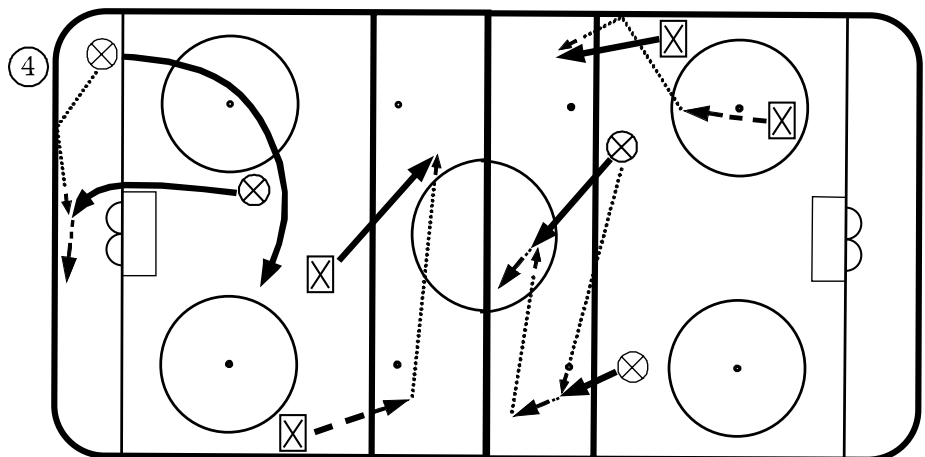
## Drill — Russian Courage

- Three players at blue-red-blue. They cannot move, stickhandle by them, next sequence they can take two steps



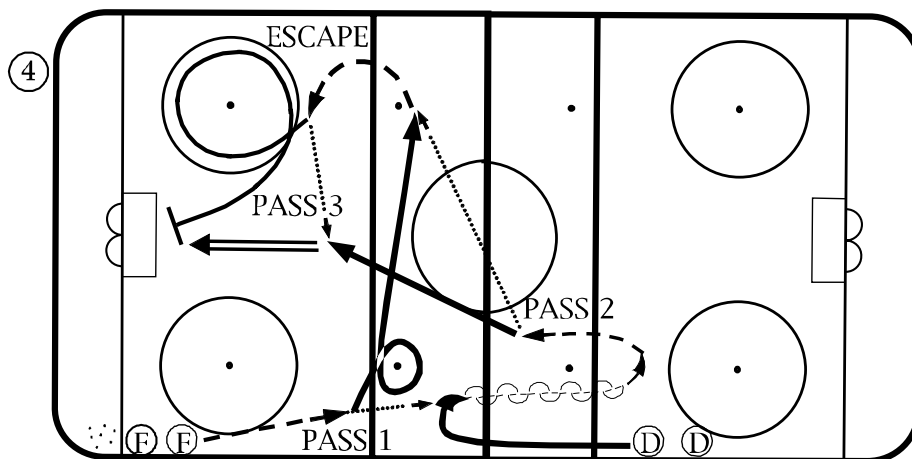
## Drill — Passing

- 2 on 0 partner up - pass only to partner all over the ice, quality execution - board passing, forehand passing, backhand passing, eyes-up - good tempo



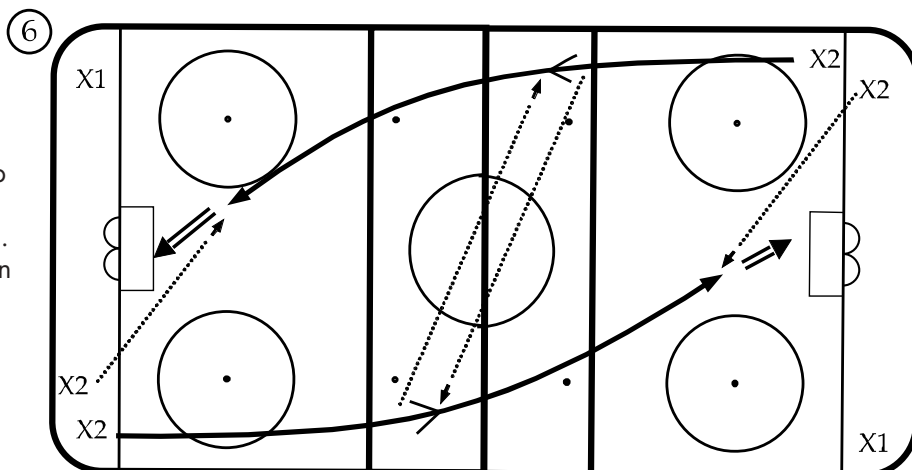
## Drill — Passing/Double J

- The forward passes to the defenseman. The forward skates a controlled turn around the face-off dot and receives a pass back from the defenseman
- The forward makes an escape towards the boards and passes back to the defenseman
- The defenseman shoots on goal and the forward looks for a tip or rebound



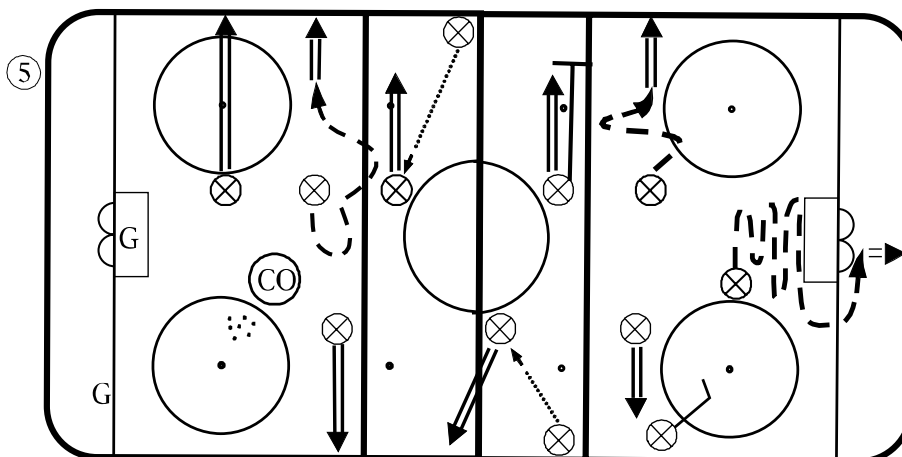
## Drill — Passing

- Swedish pass with rebound
- Players in opposite corners skate up ice along the boards. They exchange pucks in the neutral zone. Both players skate in, take a shot on goal and look for rebound



## Drill — Shooting

- Shoot on boards - 1 on 0 stationary, 1 on 0 moving in from mid-ice, 1 on 0 pass out; one touch shot, shoot and go for rebound, pull back, flip up, zig-zag with puck, backhand and forehand on boards



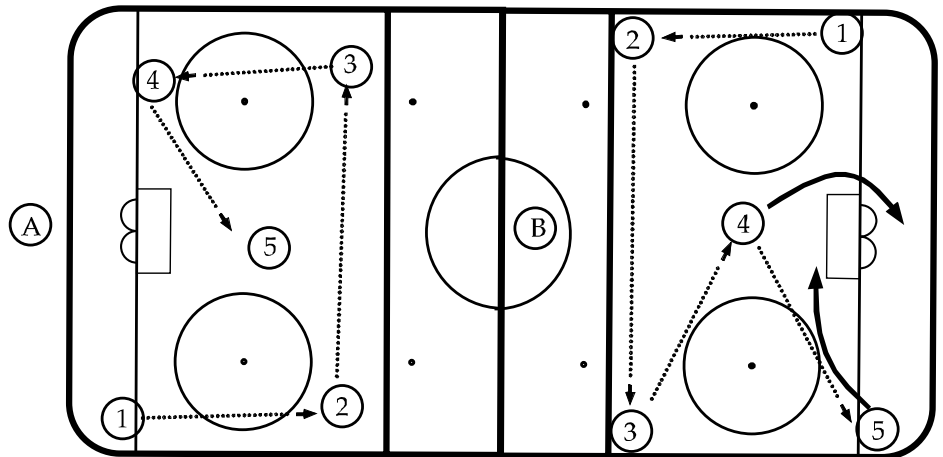
## Drill — Passing/Shooting

(A)

- Follow your pass, #5 shoots on goal

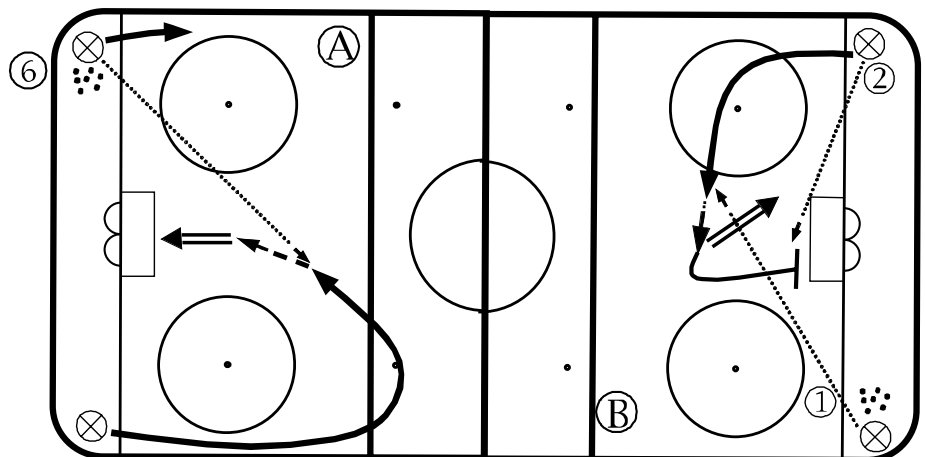
(B)

- Follow your pass with walkout and backdoor helper



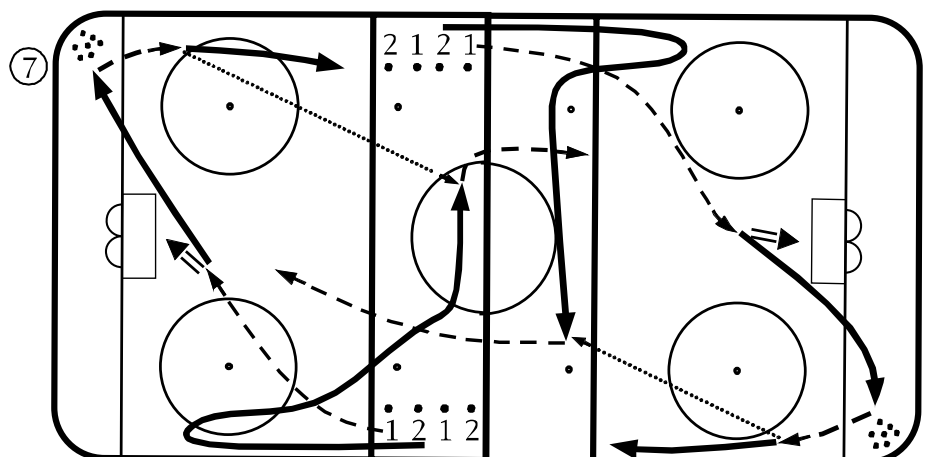
## Drill — Passing

- Pretzel pass - pretzel pass with rebound



## Drill — Fussen Drill

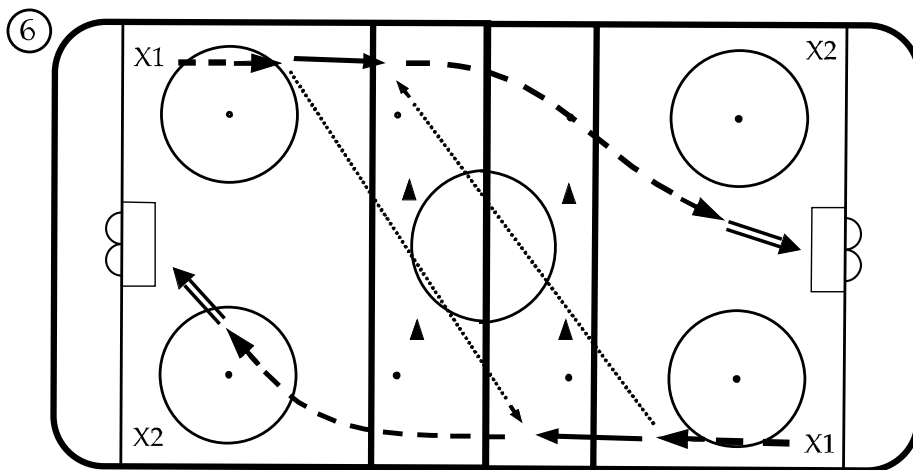
- 2 on 0
- Player 1 drives to net and shoots on goal then skates to opposite corner and picks up puck and passes to player 2 skating through the neutral ice
- Attack 2 on 0





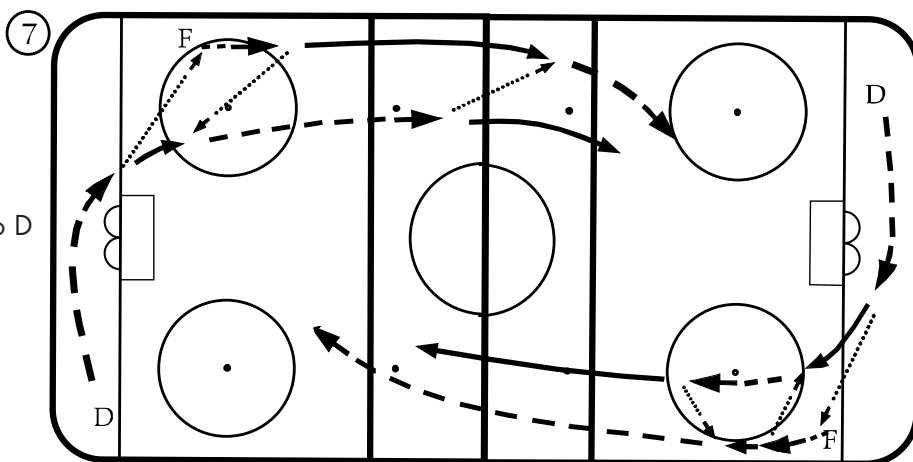
## Drill — Swedish Pass

- Pass across and back
- Start on the whistle
- 1's go first, then 2's
- Alternate corners
- Shoot on goal and look for rebound



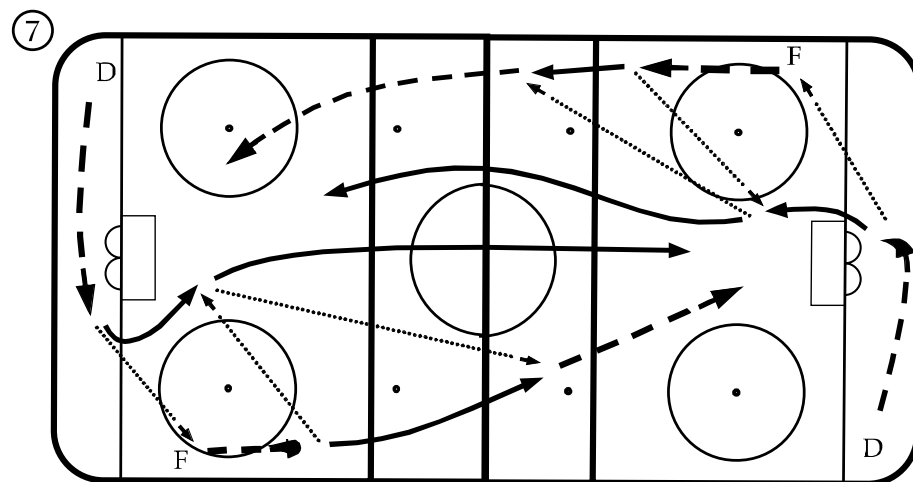
## Drill — Passing

- The defenseman carries the puck behind the net and passes to the forward against the boards
- The forward makes a return pass to D
- Attack 2 on 0
- Both ends go at the same time
- Start drill on the whistle



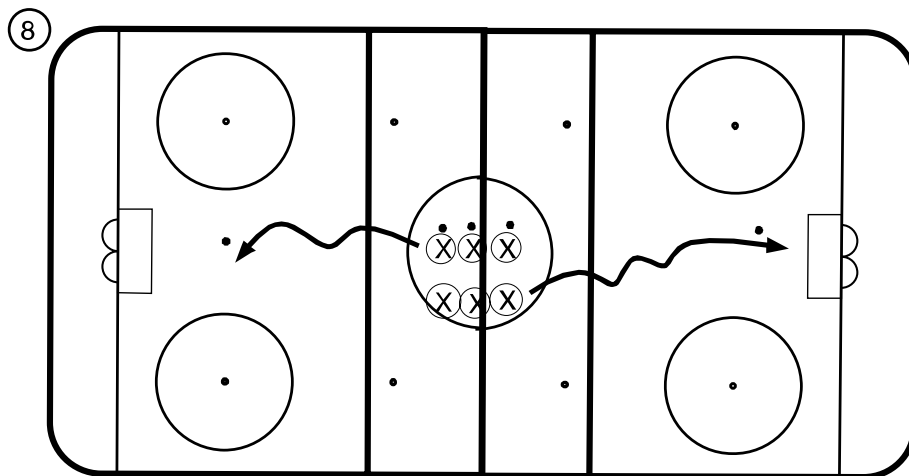
## Drill — Passing

- Start drill on the whistle
- The defenseman carries the puck behind the net and passes to the forward against the boards
- The forward makes a return pass to the defenseman
- The defenseman passes to the forward who is skating up the ice
- Skate in 2 on 0, look for the rebound after shot on goal



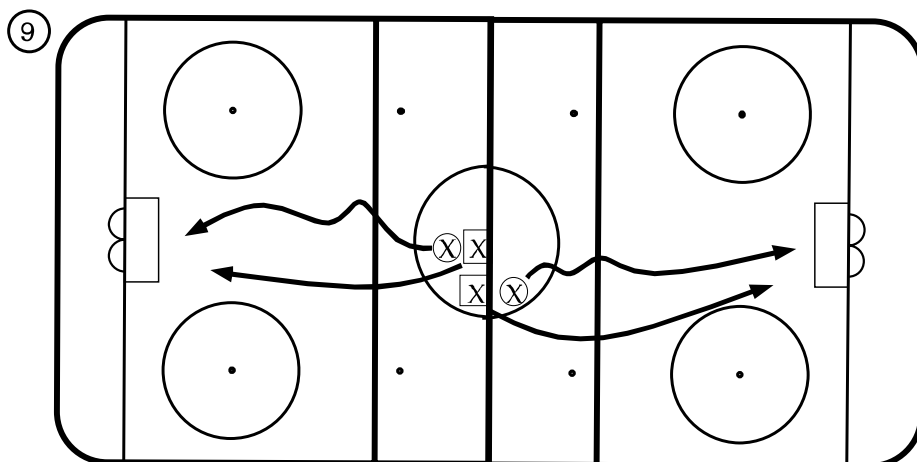
## Drill — Showdown

- Both sides go at the same time
- Timed and not timed
- Shoot to score



## Drill — Showdown With Pressure

- Shooters have a player back check them
- Go until you score or lose the puck



Description \_\_\_\_\_

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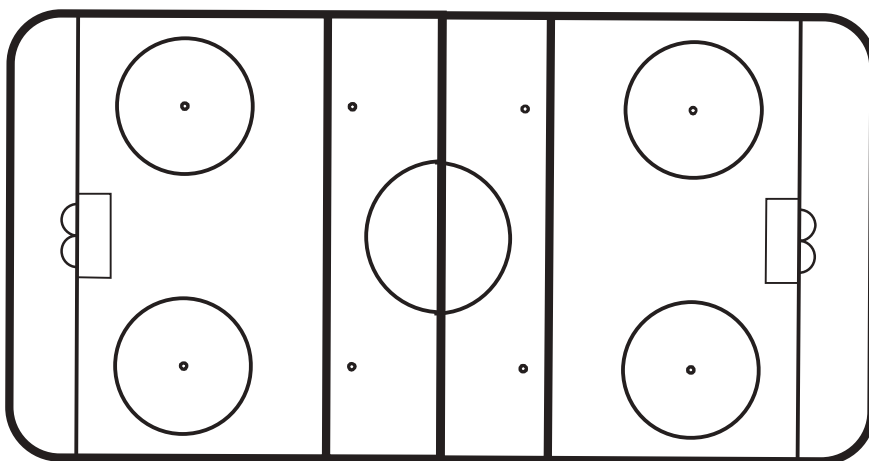
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Notes/Comments \_\_\_\_\_

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