

Hockey Practice Plan

Objectives: 1. Competition Day
2. Aggressive Skating - Puck Control - Passing - Scoring

Date: _____

Practice: #10

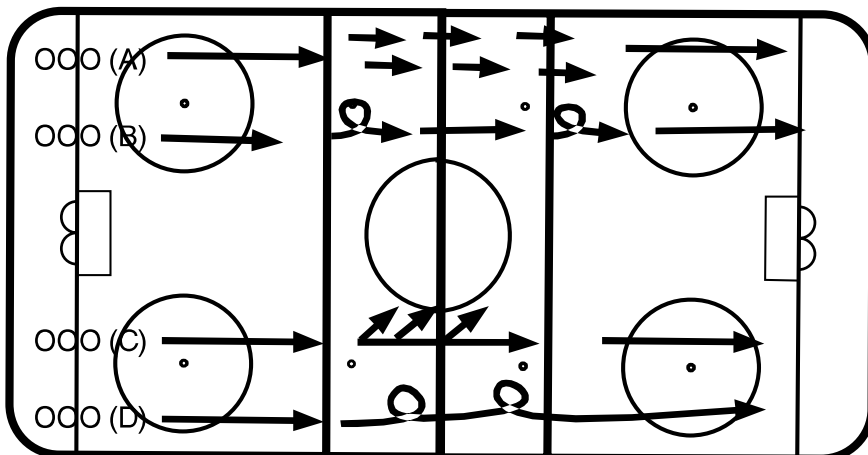
Level: 10-and-Under (Squirt)

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

Time	Drill	Emphasis
5 mins.	1. Warm-Up: (A) Alternate knee touches; (B) 360 degree spin on knees; (C) Squat glide - stick one leg out; (D) Slide on stomach and 2 log rolls	
6 mins.	2. Competition aggressive edge course - first three cones, inside edge; second three cones, forward crossovers; third three cones, control turns and score	
6 mins.	3. Competition with puck; circle crossovers; three control turns and shoot until you score; time limit 15 seconds to score	Use scoreboard timer
6 mins.	4. Competition Relay; zig-zag pass and go; three stations; first team to get all players through the course wins; bonus points for scoring	
6 mins.	5. Competition 1 on 1; forward/backward zig-zag on three cones, then race for puck and score; team that scores gets point; first team to puck gets point	
6 mins.	6. Competition relay; five station pass; follow your pass to next station and shoot; team that scores most goals in two minutes wins	
6 mins.	7. Competition 1 on 1 - Step out forward/backward at each of the four cones, then race for puck and shoot; one point for first to puck and one point for team that scores	
6 mins.	8. Competition J start crossovers (three quick crossovers); compete for puck	
6 mins.	9. Ice nerf soccer; width of ice; no sticks; kick a nerf soccer ball	

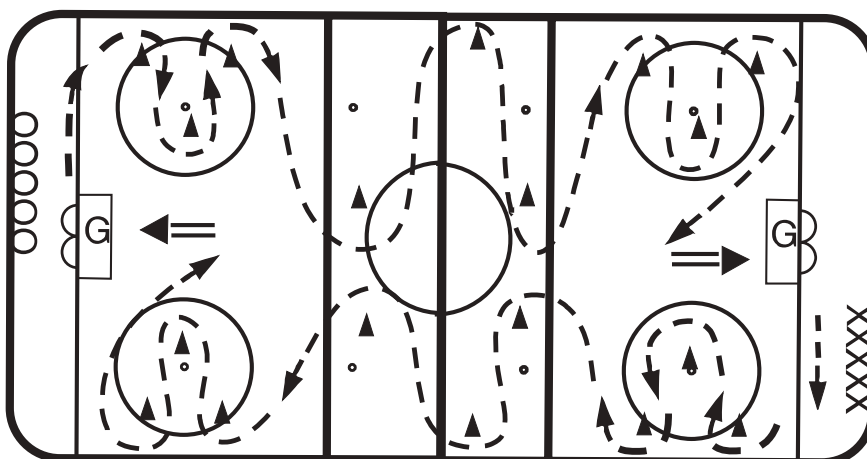
Drill #1 — Warm-Up

- (A) Alternate knee touches between blue lines.
- (B) Double knee drop spin at blue lines.
- (C) Squat glide - one leg, other leg sticking out in front of body off of the ice.
- (D) Sprint to line; stomach slide; do two leg rolls; get up and sprint to end.



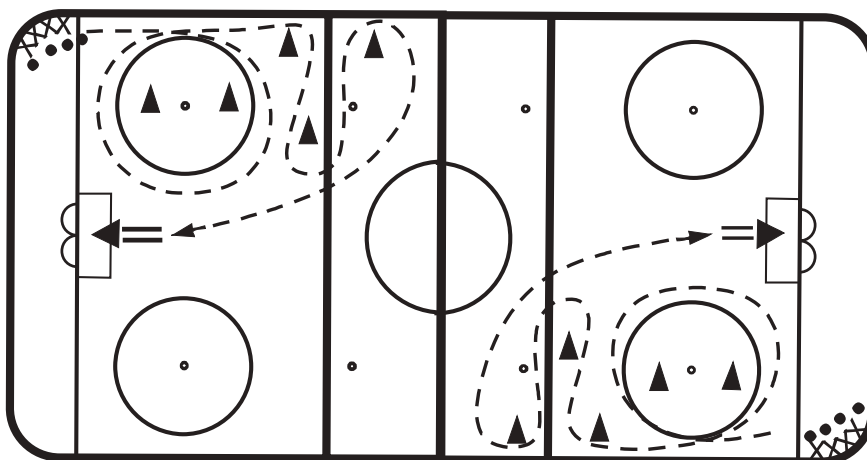
Drill #2 — Aggressive Edge Course With Puck

- First three cones inside edge.
- Second three cones forward crossovers.
- Third three cones control turns.
- First team to score gets one point on scoreboard.



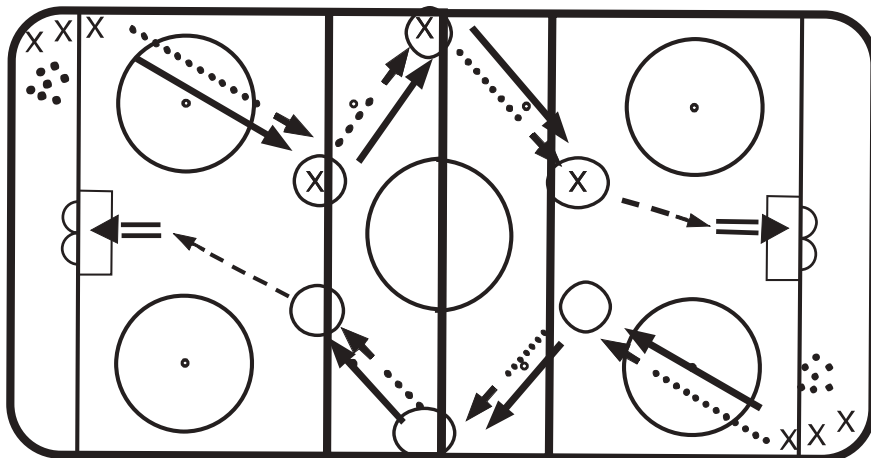
Drill #3 — Circle Crossovers - Three Control Turns and Shoot

- Player carries puck skating forward crossovers around circle.
- Then do three control turns around cones.
- Then keep shooting until a goal is scored or time runs out – 15 seconds to score.



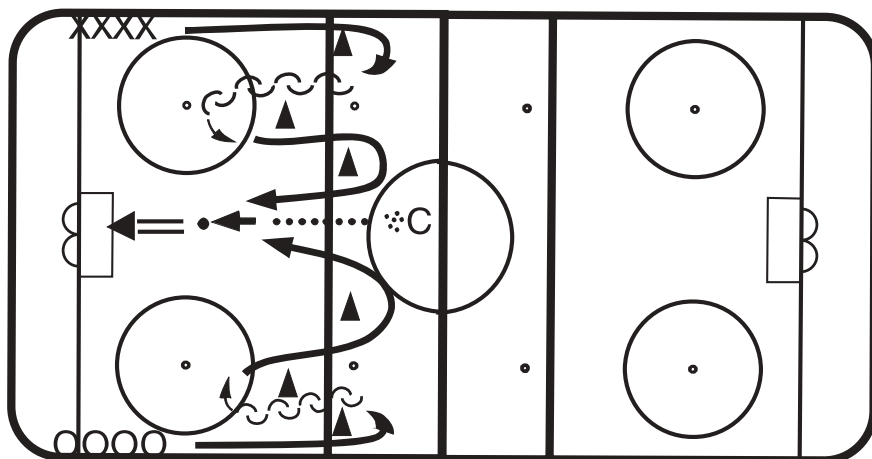
Drill #4 — Zig-Zag Pass and Shoot Relay

- Two teams, start with three players per team on blue line and red line staggered.
- Pass and skate to next station.
- Player on far blue line goes in and shoots.
- First team finished gets one point; score goal on shot receive one point.



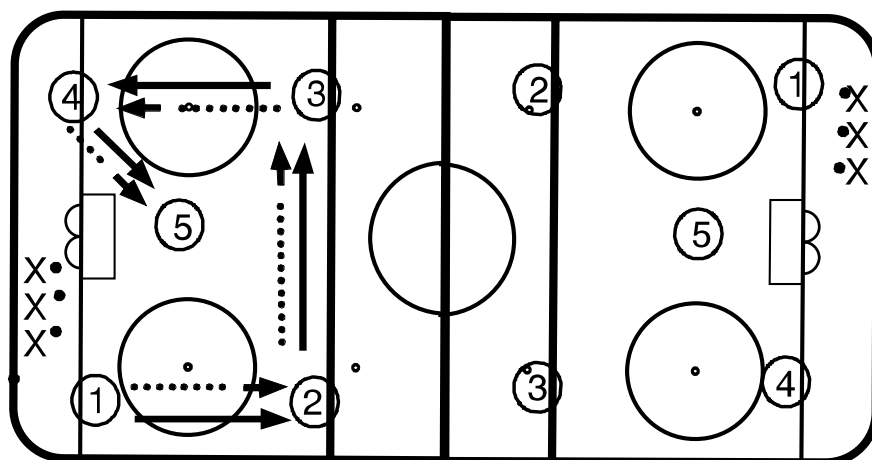
Drill #5 — Competition - Zig-Zag Forward - Backward - Forward

- Up to first cone forward, backward to second cone; forward and control turn around third cone.
- Race to puck.
- First to puck - one point; score - one point.



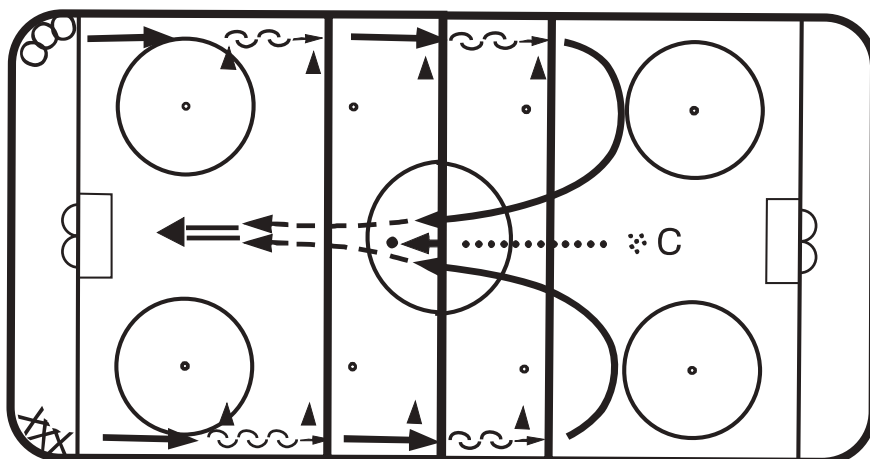
Drill #6 — 5 Station Pass and Shoot

- Start with a player at each station.
- Pass and skate to next station.
- #5 shoots then goes to end of line.
- One point for each goal scored.
- Play for two minutes.



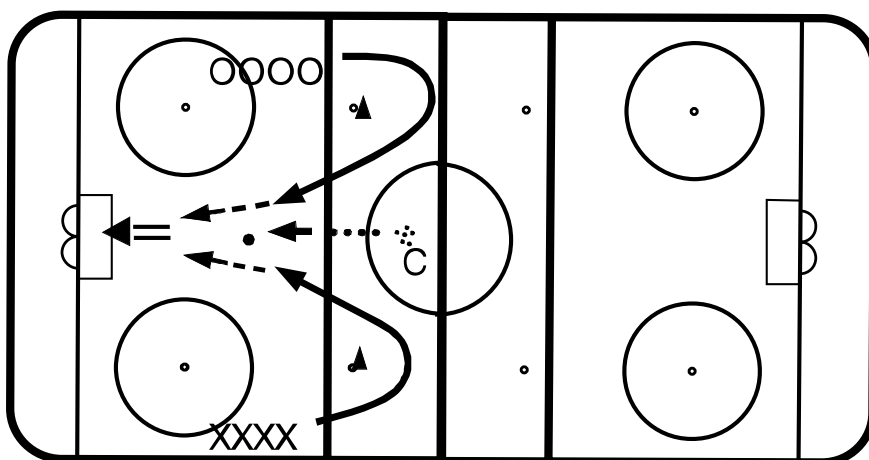
Drill #7 — Forward or Backward at Each Cone

- Start forward, then backward, forward, backward.
- At last cone pivot and skate forward, race to puck and shoot; one point for first to puck; one point for team that scores.



Drill #8 — J Start (Three Crossovers) to Puck

- First to puck - one point.
- Team to score - one point.



Drill #9 — Modified Small Game

- Cross Ice Nerf Soccer Games
- Use 1-2-3 balls at a time.

