

Hockey Practice Plan

Objectives: Systems - Forecheck, Backcheck, Defensive Coverage, Breakouts,
Offensive Entry
Checking - Steering Towards Boards

Date: _____

Practice: #12

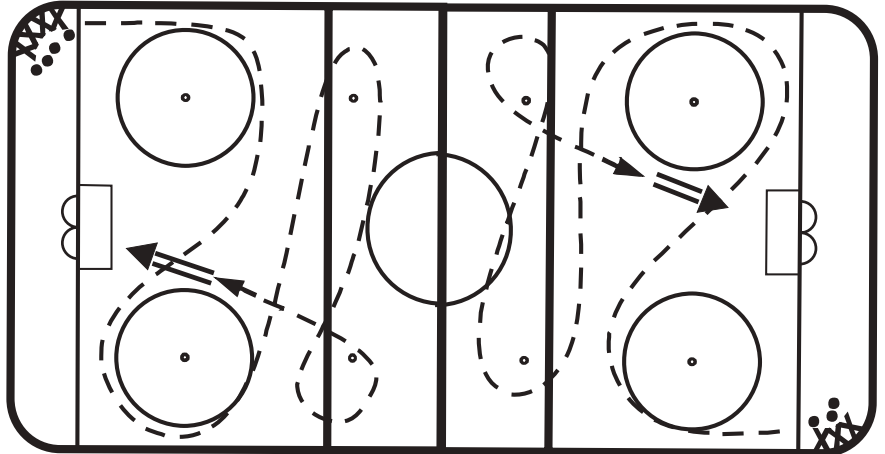
Level: 10-and-Under (Squirt)

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

Time	Drill	Emphasis
5 mins.	1. Forward crossovers on circles; control on first dot; escape on second dot and shoot	Quickness
5 mins.	2. Four lines; accelerate; receive pass; shoot at blue line; go in and screen and deflect	Hard passes
5 mins.	3. 1 on 1 war in small area; puck protection	Use body to protect puck
5 mins.	4. 2 on 1 below top of circle; two forwards vs. one defenseman pass to defensemen (D to D) and screen/deflect	Good passing
7 mins.	5. Defensive systems; scramble to 2-1-2 forecheck to backcheck to defensive coverage	Quickness; hustle
5 mins.	6. 1 on 1; open ice steering towards boards	Watch gaps
8 mins.	7. Breakout with one or two forecheckers to 5 on 2; two shots first by F and second shot pass to defensemen (D to D) and shoot	
5 mins.	8. 3 on 3; full ice; 30 second shifts	All out

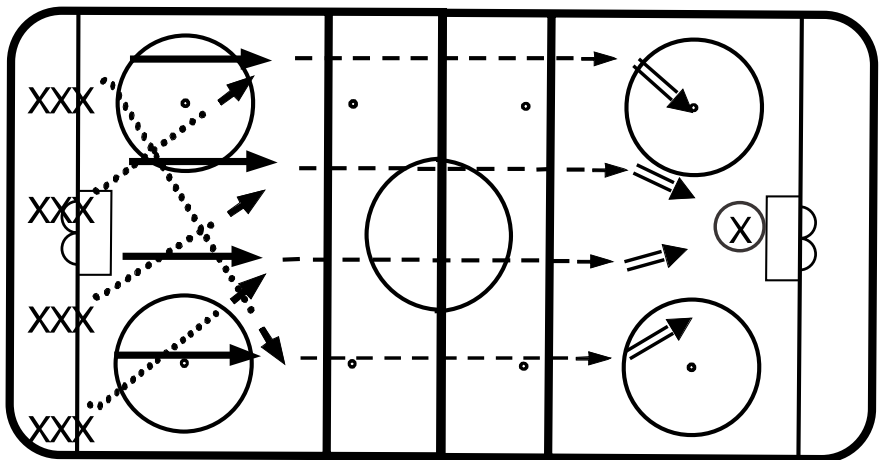
Drill #1 — Forward Crossovers on Circle

- Control Turn on first dot.
- Escape on second dot.
- Shoot.



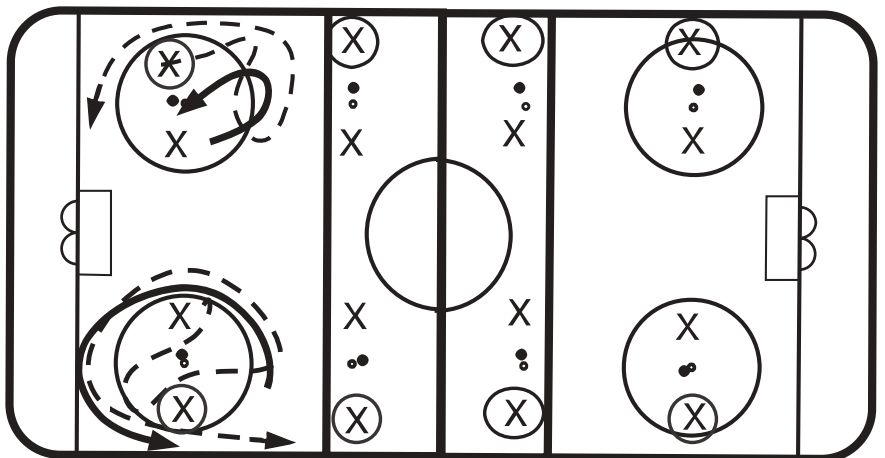
Drill #2 — Four Lines

- Accelerate.
- Receive Pass.
- Shoot at blue line, then go to front of net and screen/deflect.



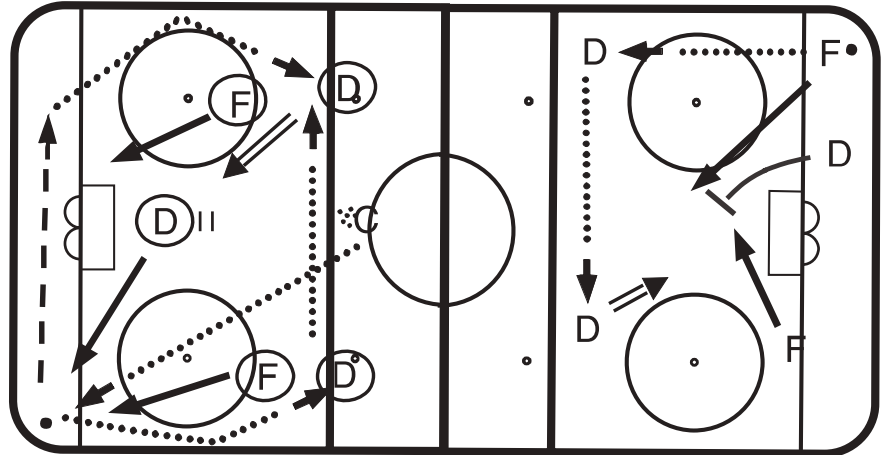
Drill #3 — 1 on 1 Partner War in Small Area

- Keep puck away from partner.
- Protect puck with body.



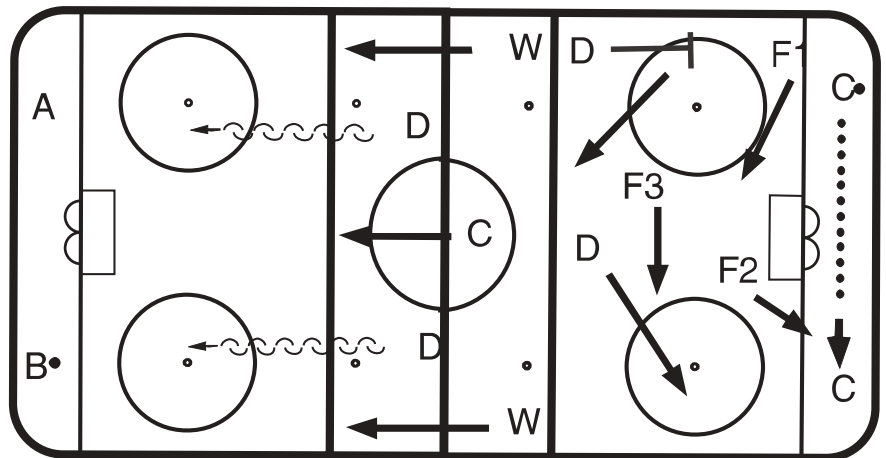
Drill #4 — 2 on 1 Below Circles

- Forwards start at top of circles and defenseman on knees in front of net.
- Two defensemen at blue line.
- Puck goes to corner; forwards get puck and pass to defenseman; go D to D shoot with screens and deflect.



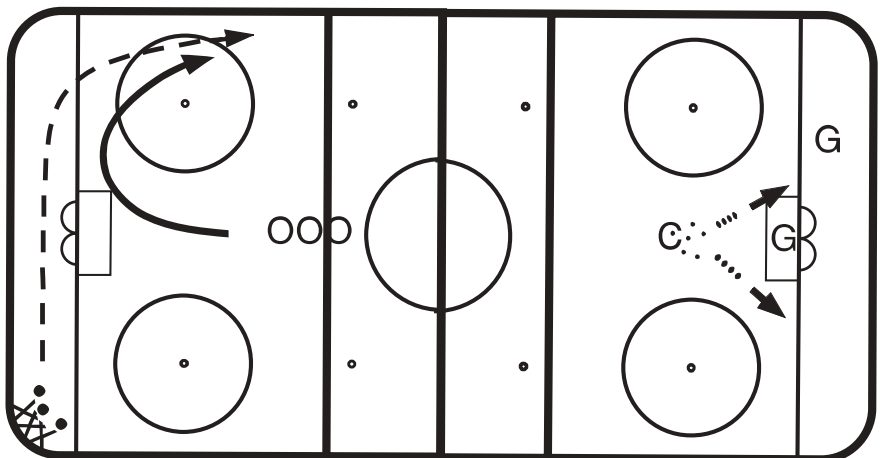
Drill #5 — Scramble in Neutral to Defensive Systems

- 2 defensemen and 3 forwards skate around in neutral zone.
- On whistle all five go into forecheck mode; go to coach with puck.
- On whistle go to backcheck mode; defensemen skate backwards to top of circle.
- Go into defensive coverage in corner that the goalie has puck.



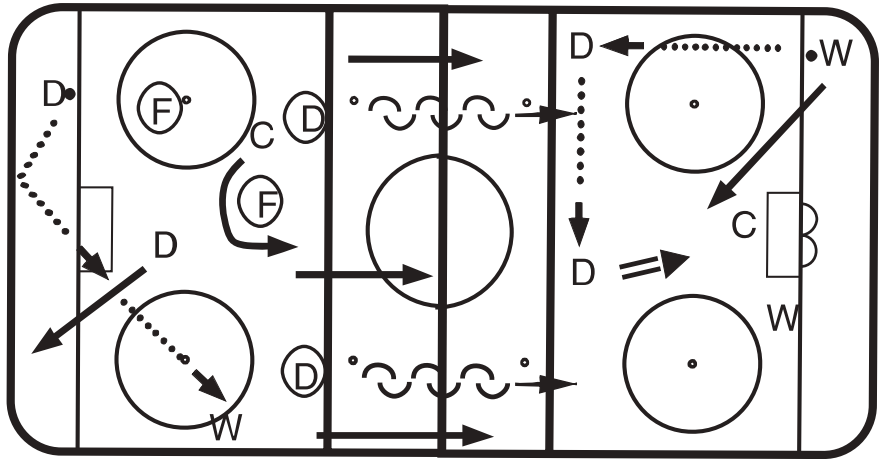
Drill #6 — 1 on 1 - Open Ice Steering

- Puck carrier starts behind net.
- Forechecker starts at blue line.
- Forechecker steers puck carrier toward boards.
- Goalie work at other end.

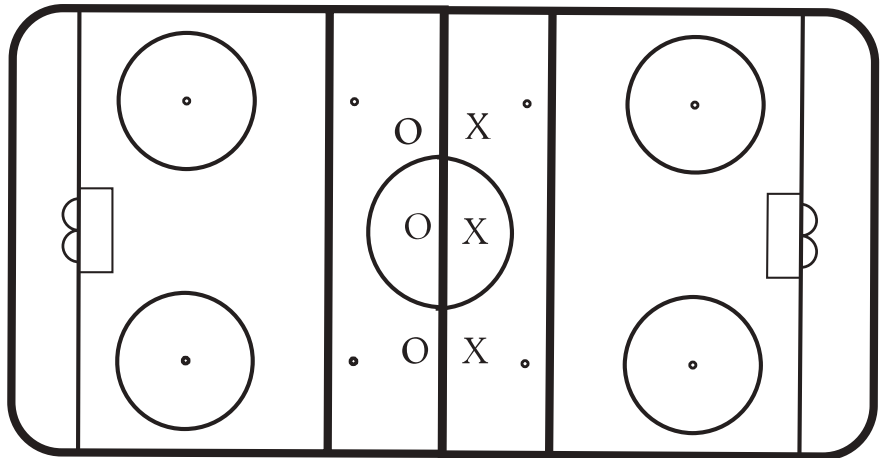


Drill #7 — Breakout With One or Two Forecheckers to 5 on 2

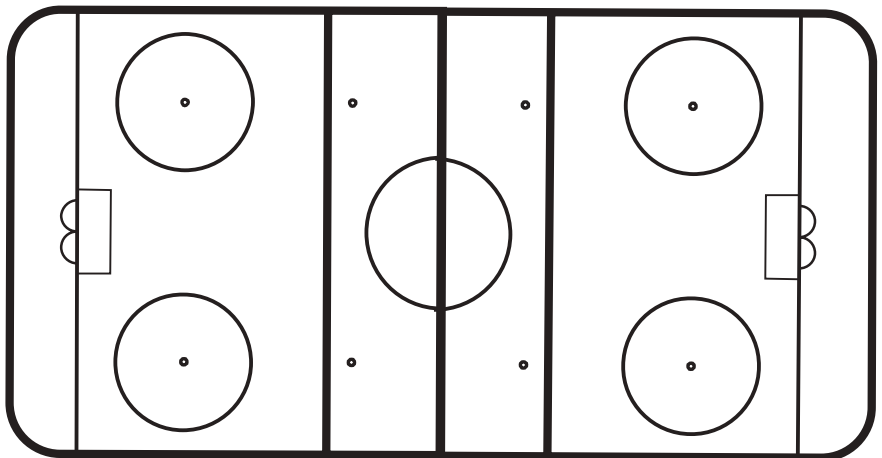
- First shot forward, then pass to D for second shot.
- Fs screen and deflect.



Drill #8 — 3 on 3 Full Ice - 30 second shifts



Description _____



Notes/Comments _____
