

# Hockey Practice Plan

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

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

**Practice:** #12

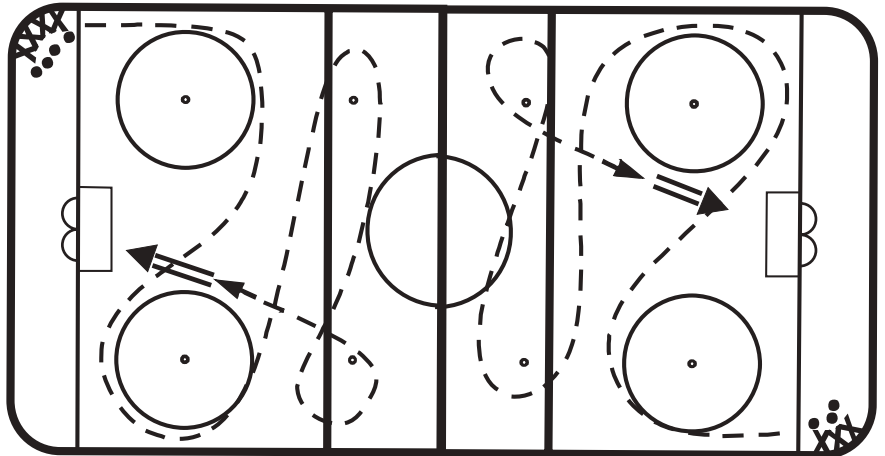
**Level:** 10-and-Under (Squirt)

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

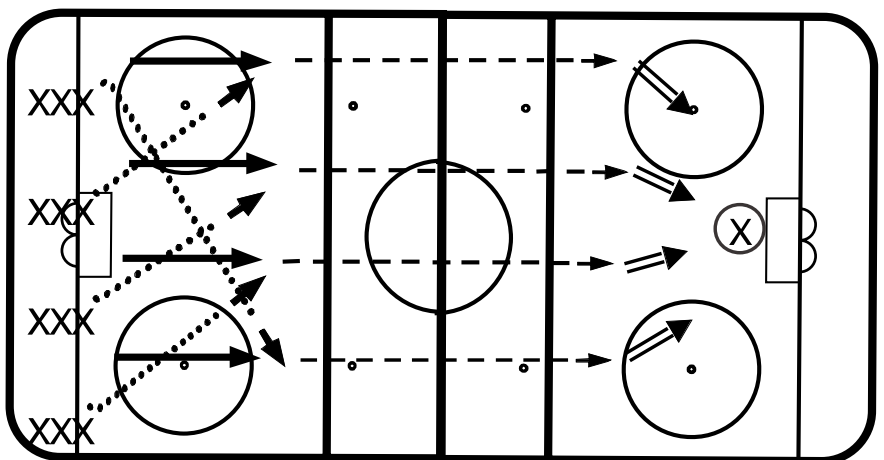
## Drill #1 — Forward Crossovers on Circle

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



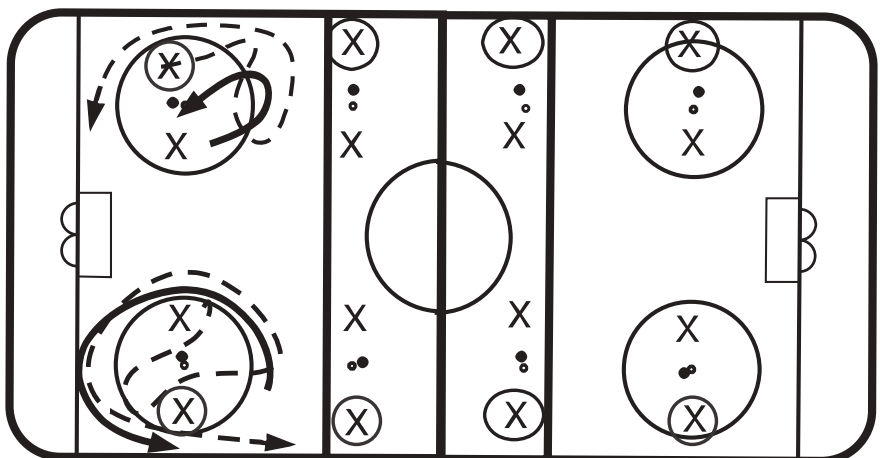
## Drill #2 — Four Lines

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



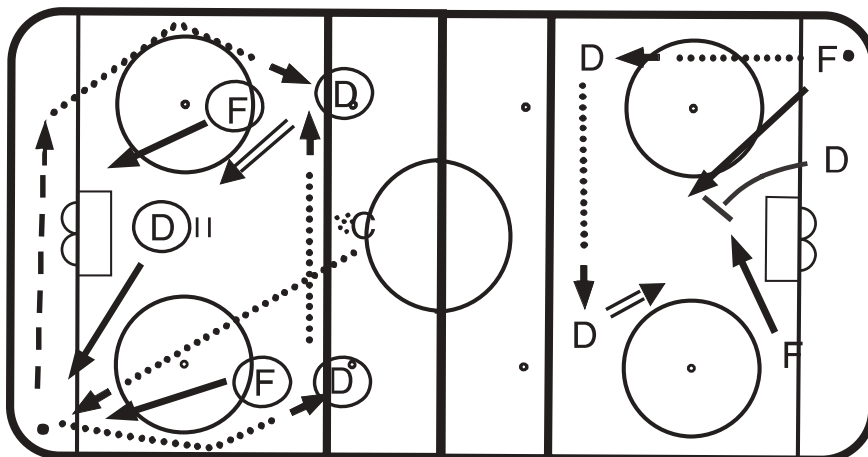
## Drill #3 — 1 on 1 Partner War in Small Area

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



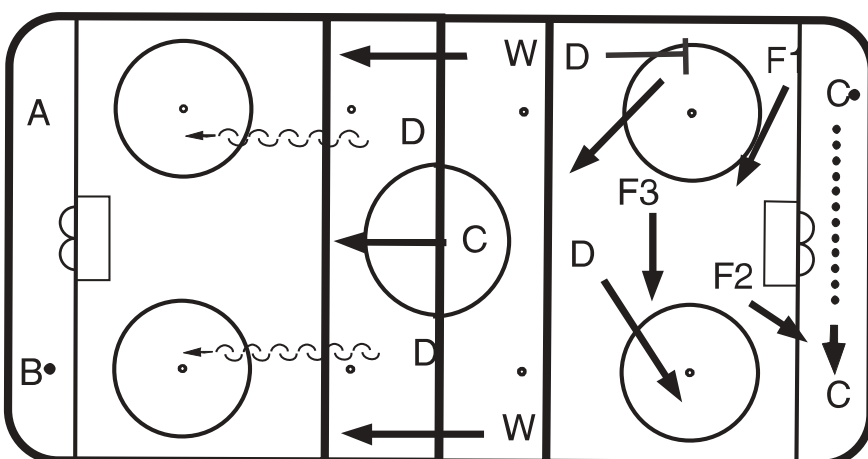
## Drill #4 — 2 on 1 Below Circles

- 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.



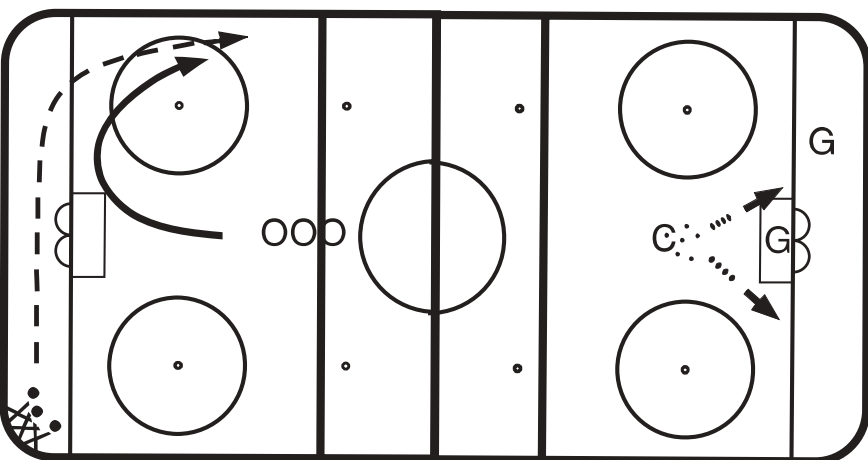
## Drill #5 — Scramble in Neutral to Defensive Systems

- 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.

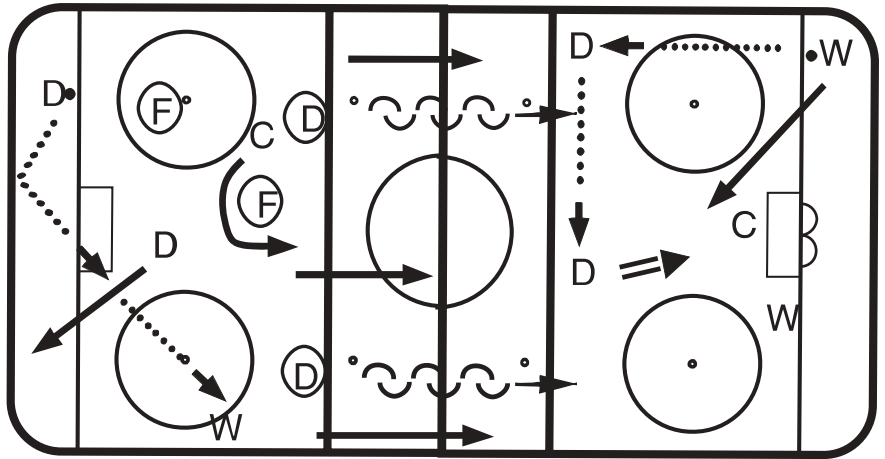


## Drill #6 — 1 on 1 - Open Ice Steering

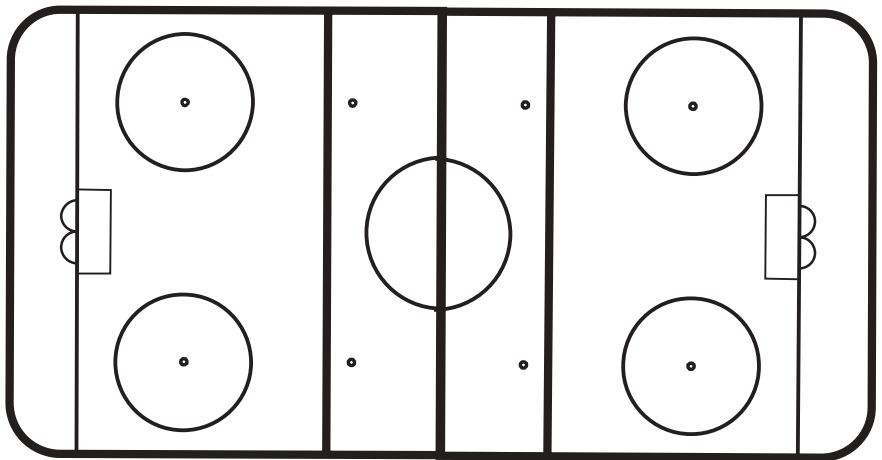
- Puck carrier starts behind net.
- Forechecker starts at blue line.
- Forechecker steers puck carrier toward boards.
- Goalie work at other end.



- First shot forward, then pass to D for second shot.
- F5 screen and deflect.



A 3x3 tic-tac-toe board with a winning state for X. The board is divided into three vertical sections by two thick lines. The left and right sections each contain two empty circles, one in the top row and one in the bottom row. The middle section contains a circle in the top row and a circle in the bottom row, both of which are split vertically by the middle line. In the top-middle circle, the left half contains an 'O' and the right half contains an 'X'. In the bottom-middle circle, the left half contains an 'O' and the right half contains an 'X'. Additionally, there are small dots in the top-left and bottom-left corners of the middle section, and small dots in the top-right and bottom-right corners of the middle section.

[illegible]

---