

# Hockey Practice Plan

**Objectives:** 1. Basic Skills Work - Skating, Puck Control, Passing, Shooting  
 2. Offensive Entry Into Attack Zone - Trailer Play  
 3. Competitive Play - 1 vs. 1 Race and 2 on 1 Low and Behind Net

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

**Practice:** #13

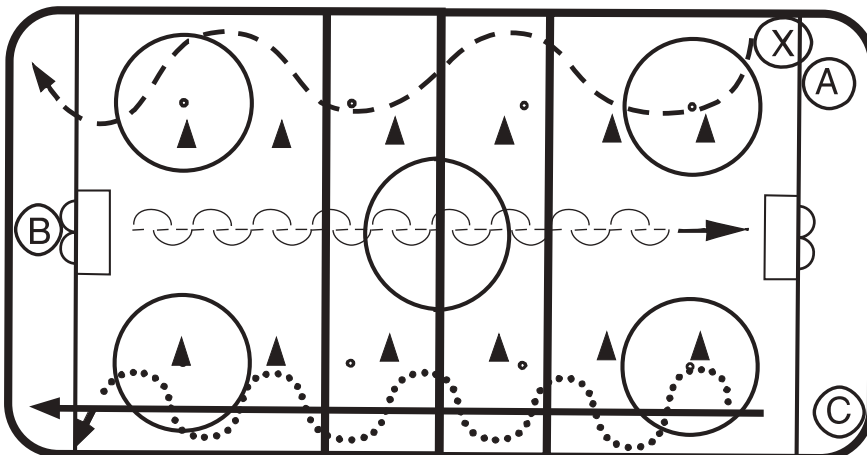
**Level:** 10-and-Under (Squirt)

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

Time	Drill	Emphasis
2 mins.	1. Warm-up with puck: (A) zig-zag three crossovers each way; (B) backwards swizzels while stickhandling; (C) pull wide in stride	Nice and loose
3 mins.	2. Five station stationary forehand and backhand passes	Count three passes in one
5 mins.	3. Shooting - forehand high and backhand low	Forehand and backhand shots
5 mins.	4. Half Ice - Beat the Checker - three lanes and shoot	Fake, pull, accelerate
2 mins.	5. Quickness; stops and starts; circle pattern	Use scoreboard clock - 10 secs.
3 mins.	6. 2 on 1 low - below top of circle; two forwards vs. one defenseman	Quickness to puck in corner
5 mins.	7. 1 vs. 1 - forward and backward race to puck on dot	D skate backwards to far blue line
5 mins.	8. 3 on 0 competition - half ice; two groups compete to see who can score first	Must make three passes before shooting
10 mins.	9. 2 vs. 2 and 1 vs. 1 small ice games; 2 vs. 2 with nets and goalies; 1 vs. 1 score on cone	

## Drill #1 — Warm-up With Puck

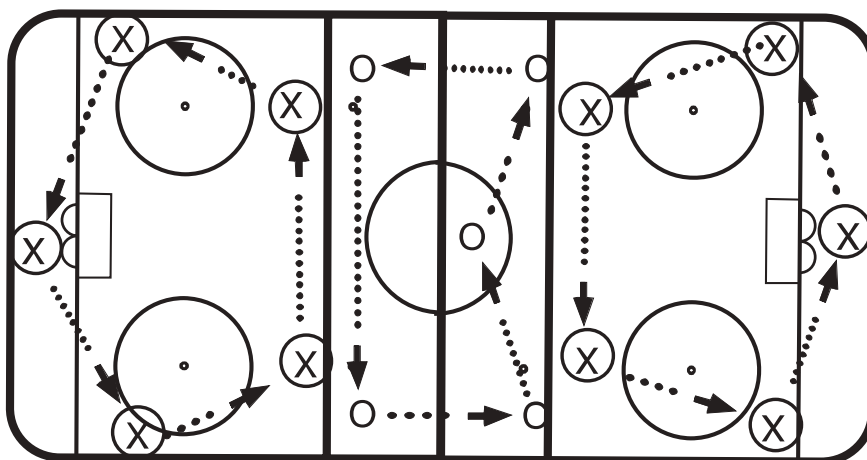
- (A) Establish 3 lanes with cones; three forward crossovers each side with puck; go full speed.
- (B) Backward swizzels, stickhandling puck.  
Option - three back crossovers or pumps on each side.
- (C) Skate forward - pull wide to side with each stride.



## Drill #2 — Stationary Passing

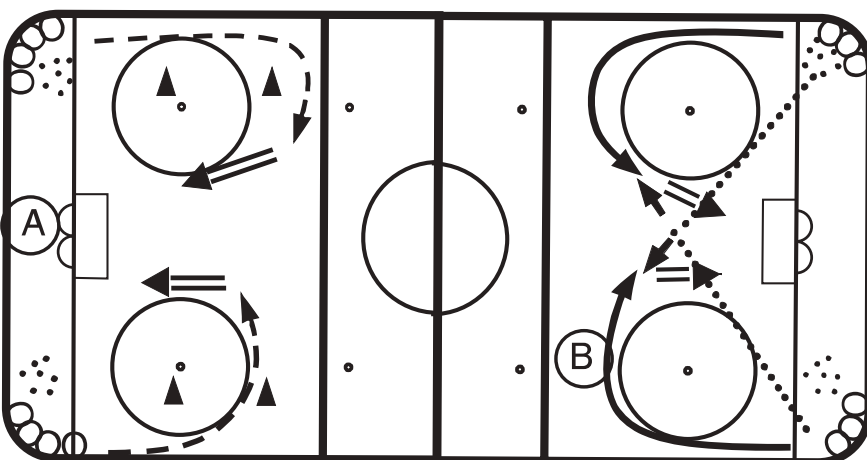
Use all Three Zones - 5 Players Per Zone

- Set up five stationary spots.
- Pass puck as fast as possible for one minute; count how many passes were made.
- Pass hard and accurately to forehand side of receiver.



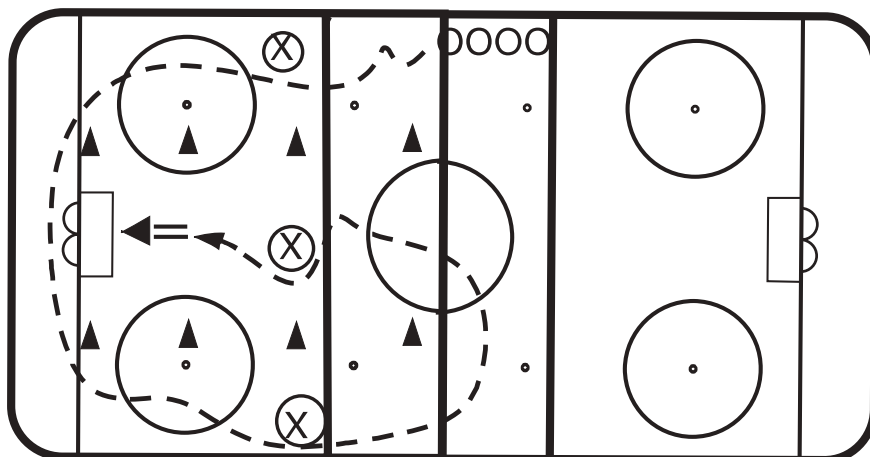
## Drill #3 — Shooting

- (A) If on forehand side, carry puck around high cone and shoot. If on backhand side, turn on close cone.
- (B) Forehand skate to top of circle, receive, pass and shoot. Backhand skate across dot, receive pass and shoot.



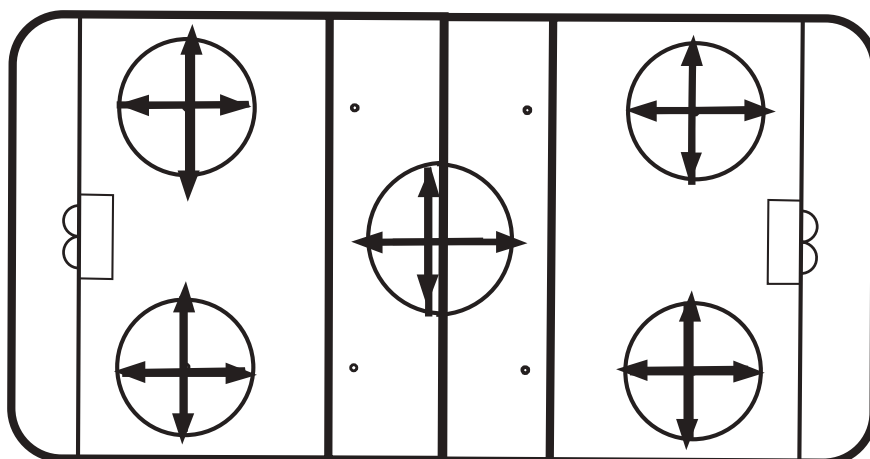
## Drill #4 — Half Ice, Three Lanes

- Put a checker in each lane; no stick, or stick upside down.
- Puck carrier uses a variety of moves to get by each checker.
- Shoot after beating third checker.



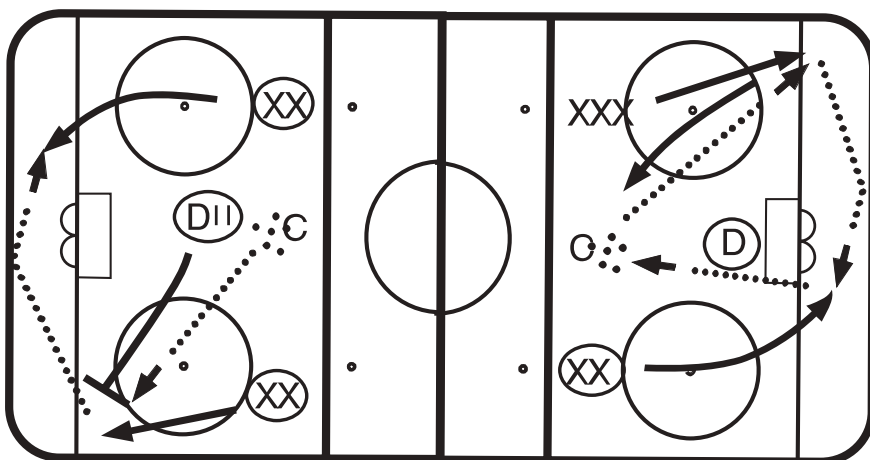
## Drill #5 — Quikness

- 10 Seconds - stop and starts - circle pattern.
- Player starts in center of each circle; put 10 seconds on clock.
- On whistle, player skates to edge of circle and back to middle. Do this four times; try and beat the clock.



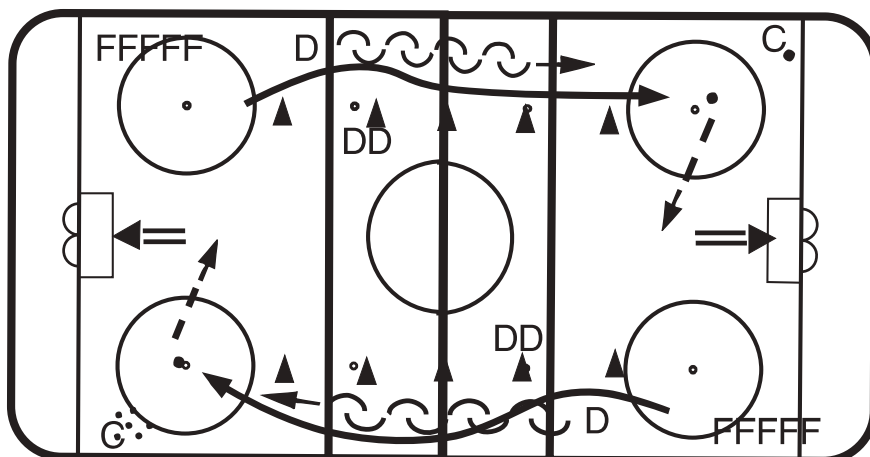
## Drill #6 — 2 vs. 1 Low - Below Top of Circle

- Forwards start on top of circle each side and defenseman on his knees in front of net.
- Coach slides puck into either corner.
- Forward passes to other forward behind net. The two forwards play 2 on 1 on defenseman trying to score a goal.



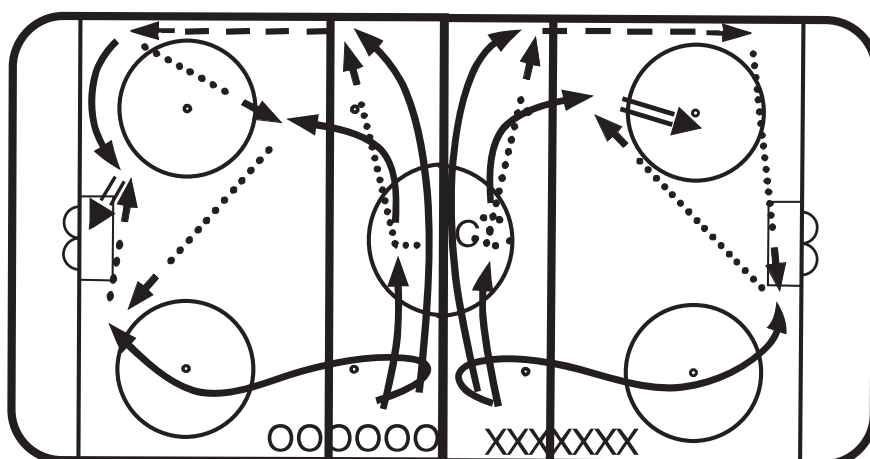
## Drill #7 — 1 vs. 1 Forward/Defenseman Race

- Put four or five cones in line on dots.
- Defensemen start on blue line; Forward starts 10 to 15 feet in front of defensemen.
- On whistle the forward skates forward and defenseman skates backward to puck on dot, the forward tries to score a goal.



## Drill #8 — 3 on 0 Competition - Set up Triangle

- Coach in center circle with pucks; put one puck out on each side.
- Three players pick up puck; make three passes (or more) and shoot; first to score wins.
- Set up trailer play entering zone.



## Drill #9 — Width of Ice Competition

- 2 on 2 with nets and goalies; play for 20 seconds.
- 1 vs. 1 hit the cones.

