

Hockey Practice Plan

Objectives: 1. Basic Skills Work - Skating Forward and Backward Agility, Escapes
2. Puck Control - Puck Protection, Team Play, 1 on 1, 2 on 1
3. Competitive Play - 1 on 1 Competition Races

Date: _____

Practice: #14

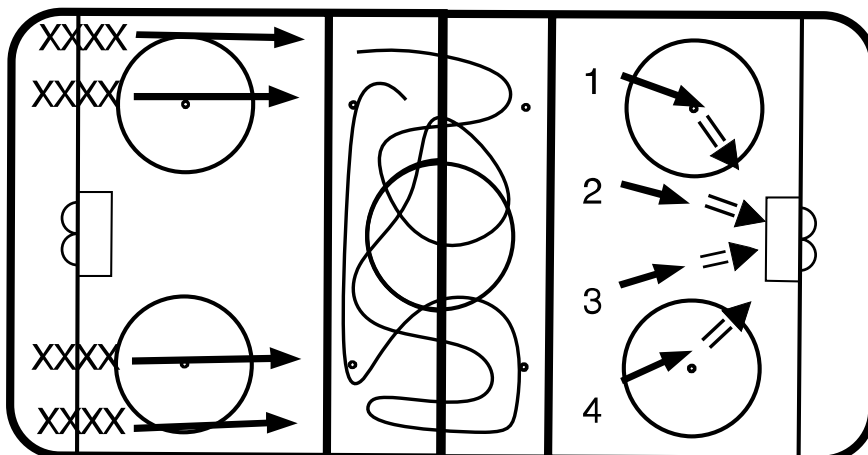
Level: 10-and-Under (Squirt)

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 checked="" type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input 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
3 mins.	1. Four Lines - (A) hot dog skate in neutral zone; (B) show off puckhandling skills to #1-2-3-4 shoot	Be very aggressive with edge
3 mins.	2. Out and into zone; forward crossovers with puck around cones; turn and shoot	Full speed; coach poke checks
5 mins.	3. Three stations aggressive agility skating; (A) forward and backward figure 8 on circles; (B) escapes on four dots; (C) forward and backward zig-zag	Full speed
7 mins.	4. 1 on 1 puck protection and tight body play - half ice	Watch gaps
7 mins.	5. 1 on 1 - forward carries puck, crossovers and shoot; then turn corner, retrieves puck - Defenseman skates forward and backward zig-zag, blue line and red line	Make moves in full stride
5 mins.	6. 2 on 1 - F crossovers and cross with C making Breakout pass and D skate in, shoot, then backward	Hold the middle
5 mins.	7. Lighting stops and starts; competition race	Quick starts
15 mins.	8. Half ice games; (A) 2 on 2 - nets back to back; (B) 1 on 1 competition agility skate	Fun!

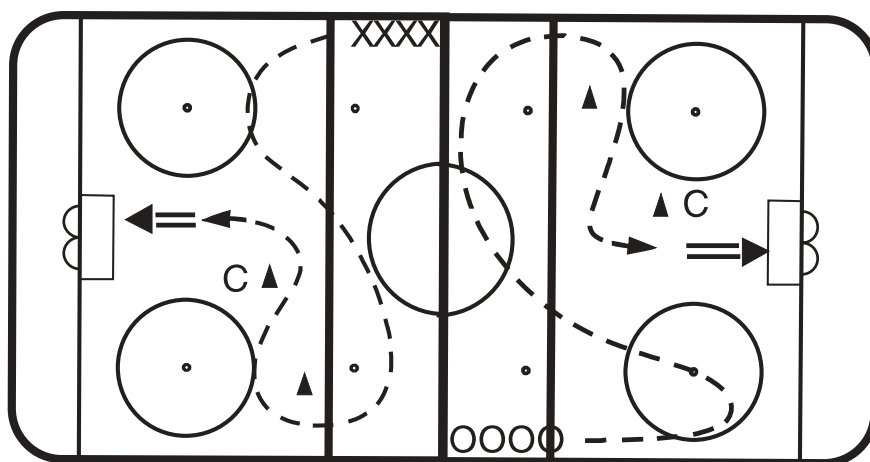
Drill #1 — Four Lines Hot Dog Skate and Show Off Puckhandling and Shoot

- (A) No puck - First player each line skates to neutral zone and does fancy caper skating.
- (B) Show off - each line is #1-2-3-4 - skate to neutral zone, fancy puck handling, on whistle #1 shoots then #2 then #3 then #4.



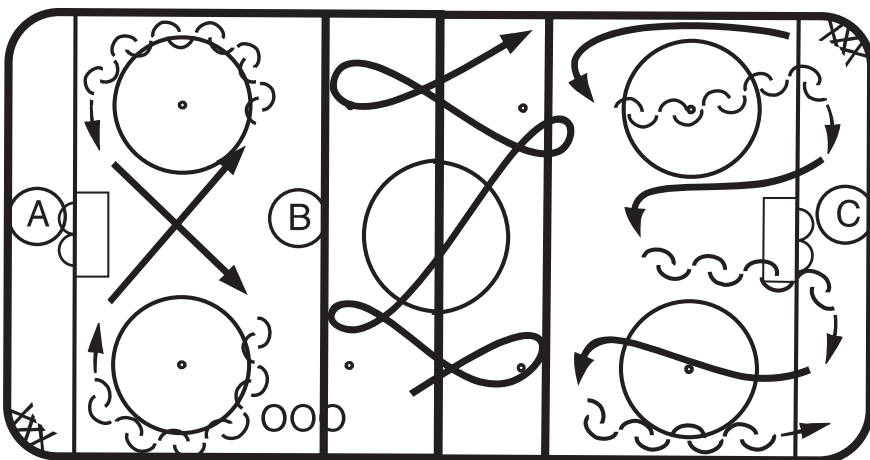
Drill #2 — Out and Into Zone X-Overs to Big 90 Turn - Coach Tries and Poke Checks and Shoot

- Puck carrier skates to top of circle, does crossovers then skates to red line and crossovers.
- Do big 90 turn on cones.
- Coach tries and poke checks on second cone.



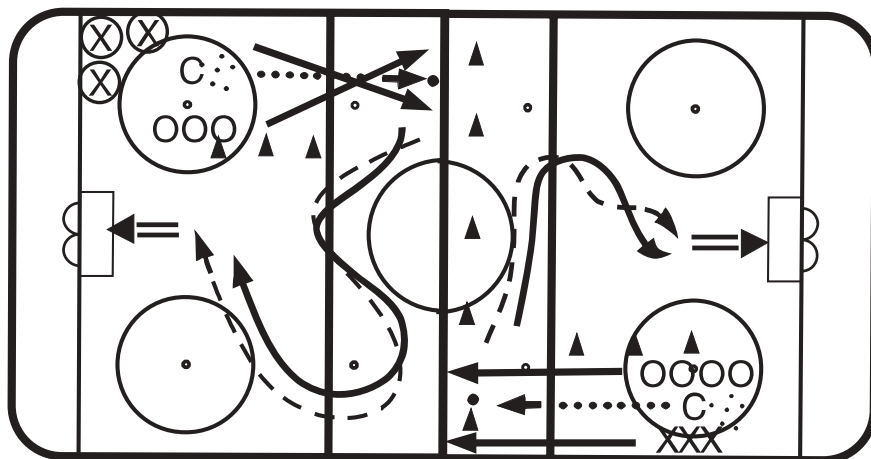
Drill #3 — Aggressive Agility Skating - Three Stations

- (A) Forward and backward Figure 8 on circles.
- (B) Escapes on four dots in neutral zone.
- (C) Forward and backward zig-zag on cones.



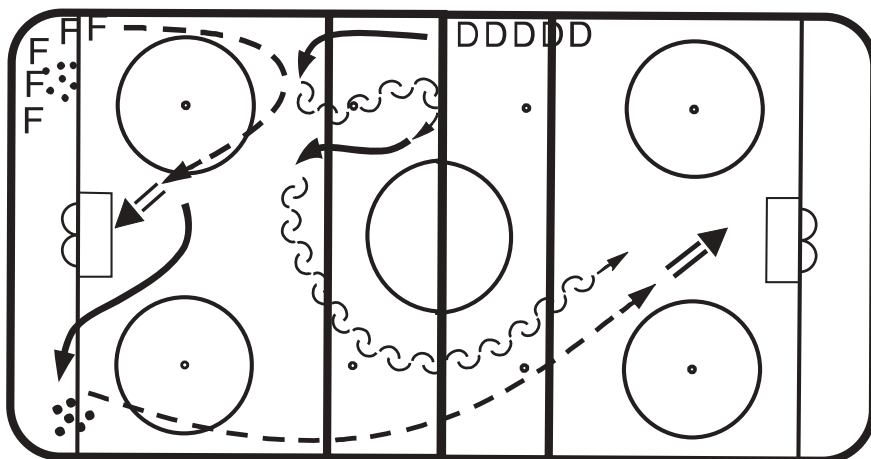
Drill #4 — 1 vs. 1 Puck Protection and Checking - Half Ice

- Put cones across red line and three more cones top of circle to blue line.
- Two lines, coach slides puck out.
- First player each line races to puck and battles.
- Checker - tight checking - puck carrier protect puck with body.



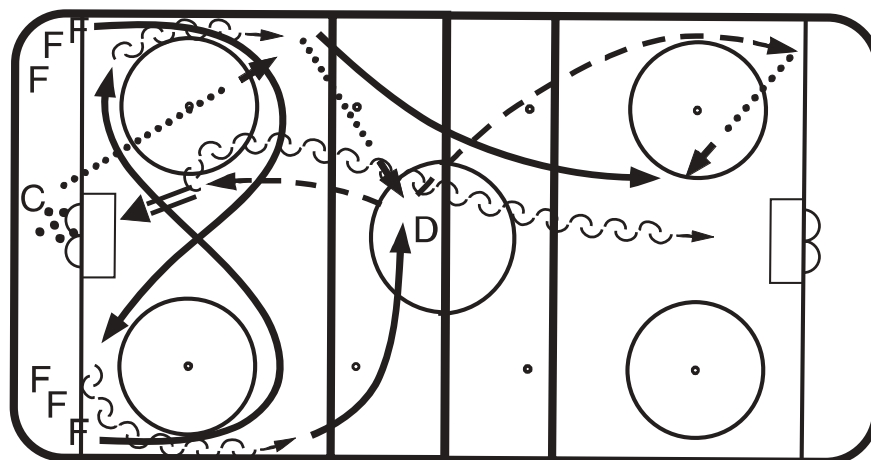
Drill #5 — 1 on 1

- Forward skates with puck crossing over at top of the circle. Shoots puck between blue line and red line.
- Defenseman plays 1 on 1 with forward who retrieves new puck in corner.
- Defenseman skates forward and backward zig-zag.



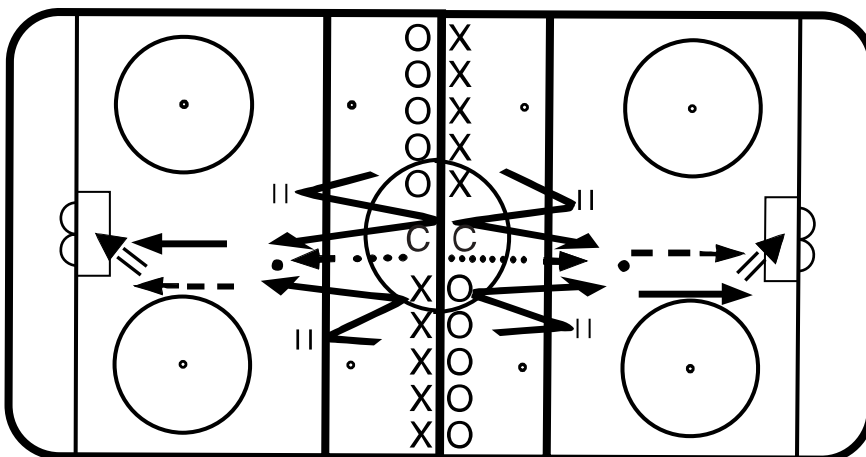
Drill #6 — 2 vs. 1

- Coach behind net with pucks.
- Forwards do crossovers over top of circle and under circle and receive breakout pass from coach.
- Defenseman starts at center ice and skates over blue line and shoots, then backward playing 2 on 1.



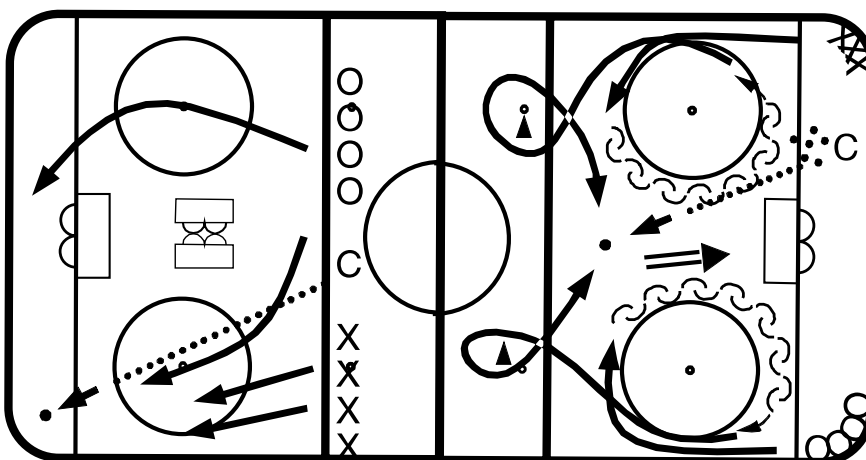
Drill #7 — Lightning Stops and Starts - Competition Race

- Four lines, two on each side of red line outside center circle.
- Coach has pucks in middle of circle.
- Players skate to blue line - stop - forward to red line - stop - then race to puck.



Drill #8 — Nets Back to Back

- Two players per side play, must score on designated opponent's goalie - 20 seconds
- 1 vs. 1 competitive agility skating.
- Forward then backward on circle, escape around cone - coach slides puck out.



Description _____

Notes/Comments _____

