

Hockey Practice Plan

Objectives: 1. Skills Testing - skating, puck control, passing and receiving, shooting
2. Face-off Scrimmages

Date: _____

Practice: #15

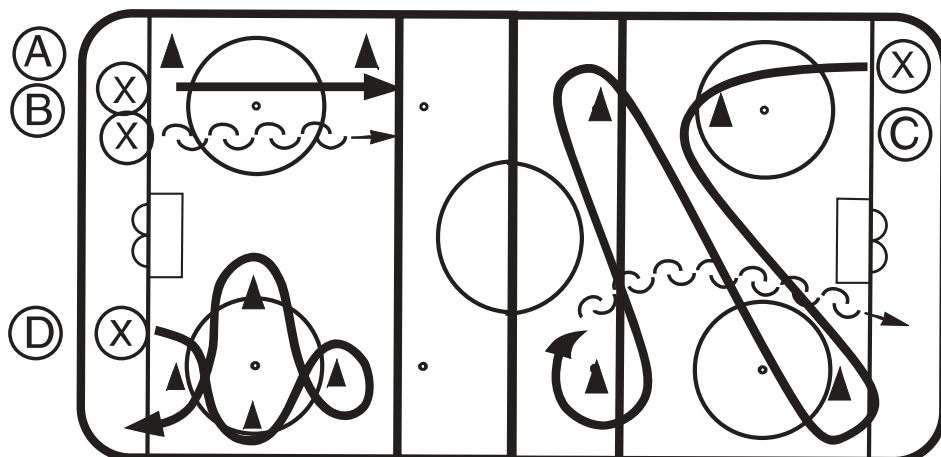
Level: 10-and-Under (Squirt)

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	_____ 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	<input checked="" type="checkbox"/> Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending		<input checked="" type="checkbox"/> Face-Offs scrimmage	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
50 mins.	1. Warm-up skating	
	2. Passing and receiving test	
	3. 60 ft. - forward acceleration test	
	4. 60 ft. - backward acceleration test	
	5. Forward crossovers on circles - control turns on dots - backward skate test	
	6. Four cone circle puckhandling pattern test	
	7. Five passing targets - receive pass from coach and pass hard to targets - 10 attempts test	
	8. Receive pass from coach and shoot at target - 10 attempts	
	9. Face-off scrimmage - have two lines start a 30 second scrimmage from a face-off situation	

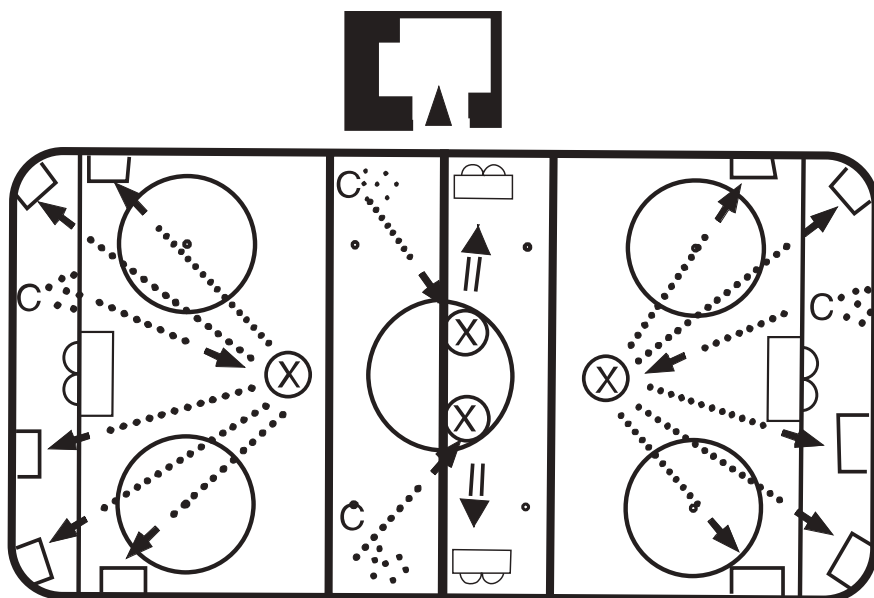
Drill #1 — Warm-Up

- (A) 60 ft. - forward acceleration.
- (B) 60 ft. - backward acceleration.
- (C) Forward crossovers - control turns - backwards.
- (D) Four cone circle puckhandling pattern.



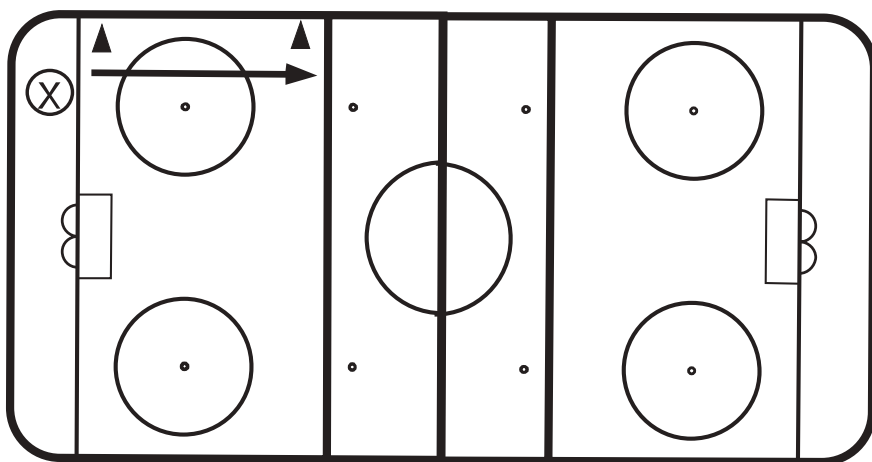
Drill #2 — Passing and Receiving

- (A) Five passing targets - receive pass from coach and pass puck at target.
- (B) Receive pass from coach and shoot at target in net (use a cone).



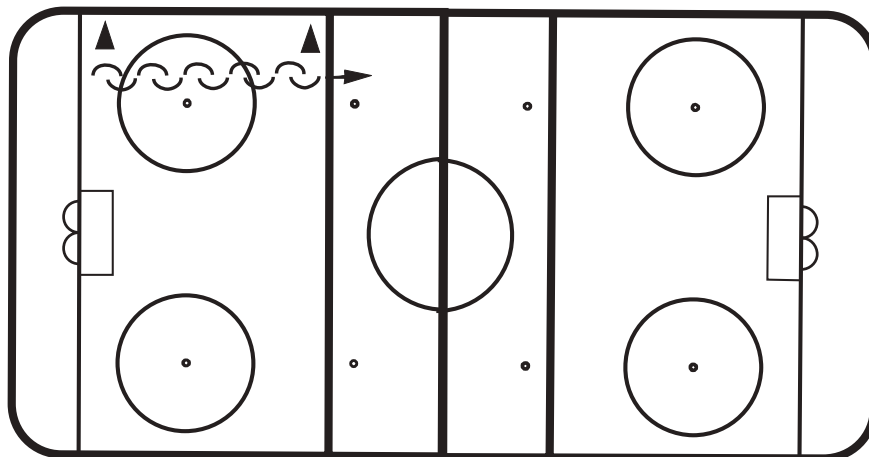
Drill #3 — 60 Feet Forward Acceleration

- Time player for 60 ft. from a stationary start.



Drill #4 — 60 Feet Backward Acceleration

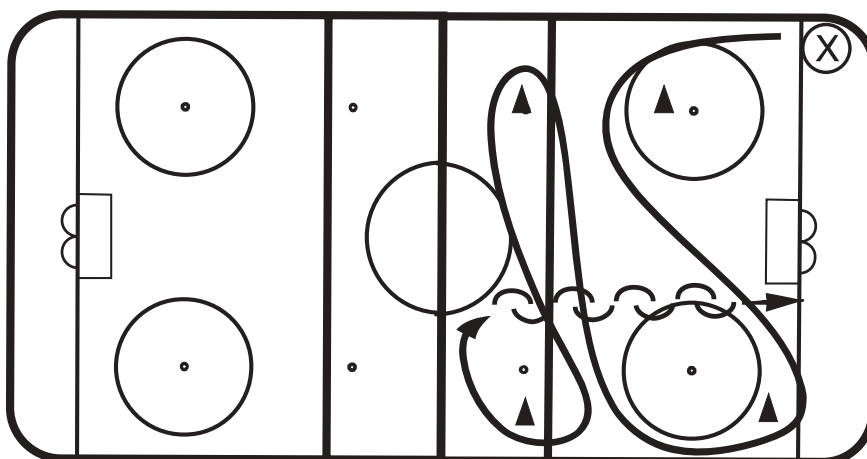
- Time player for 60 ft. from a stationary start - player may use backward crossovers.



Drill #5 — Forward Crossovers - Control Turn - Backwards

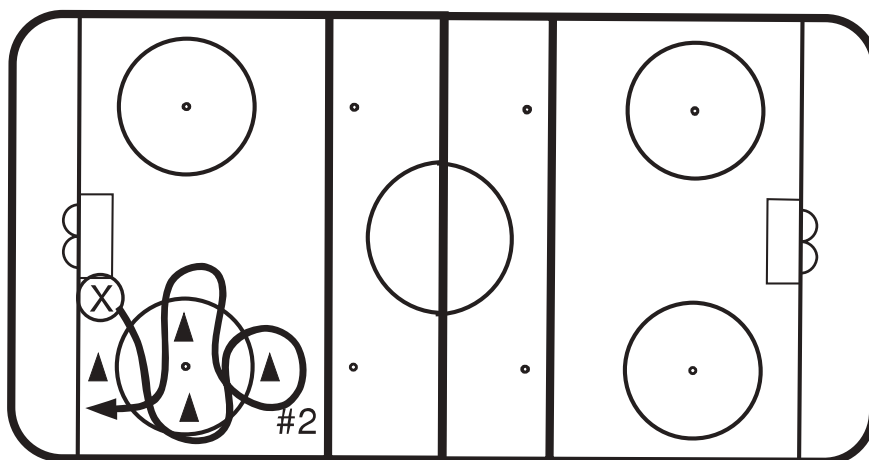
Use four cones #1 top of circle, #2 bottom of circle, #3 off-side dot, #4 off-side dot.

- Forward crossovers around first two cones.
- Control turns around #3 cone.
- Step out backward turn around #4 cone.



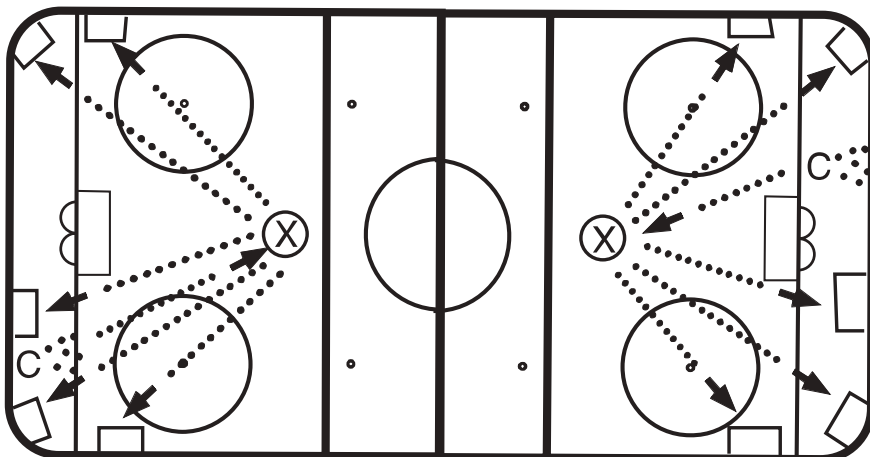
Drill #6 — Four Cone Circle Puckhandling Pattern

- Put four cones on circle.
- Control turn around #1, #3, #4 cones.
- Escape turn around #2.



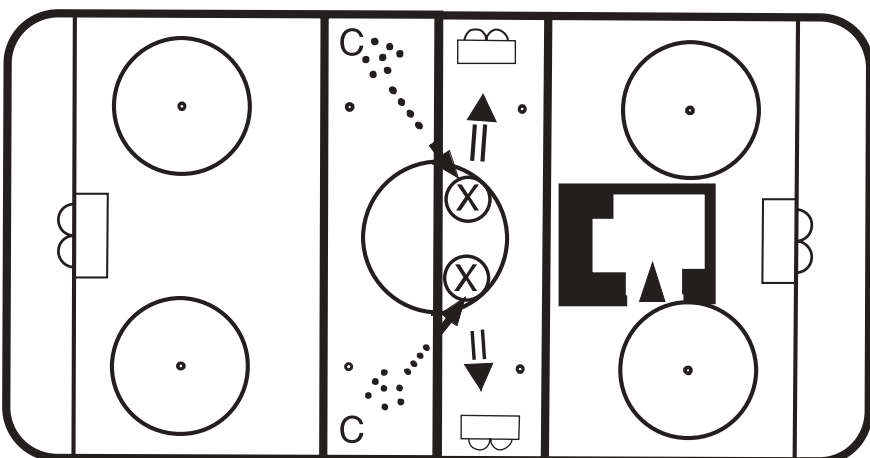
Drill #7 — Five Passing Targets - Receive and Pass

- Five targets (3 ft. in width) from goal line to goal line on each side.
- Coach passes out to player, player passes at targets in order.
- 10 passes are made.



Drill #8 — Receive Pass and Shoot at Target

- Coach passes on players forehand side.
- Shooter shoots at target - one point for hitting target - two points for hitting shaded area.



Drill #9 — Face-Off Scrimmage - 30 Seconds

- Two lines set up for a face-off and then scrimmage for 30 seconds.

