

# Hockey Practice Plan

## Objectives: Half Ice Practice

1. Skating - Forward Crossovers
2. Puck Control - Eyes Up, Fake-Pull-Accelerate
3. Passing - Stationary, Forehand Side Receive
4. Playing Situations - 1 on 1 and 2 on 2

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

**Practice:** #16

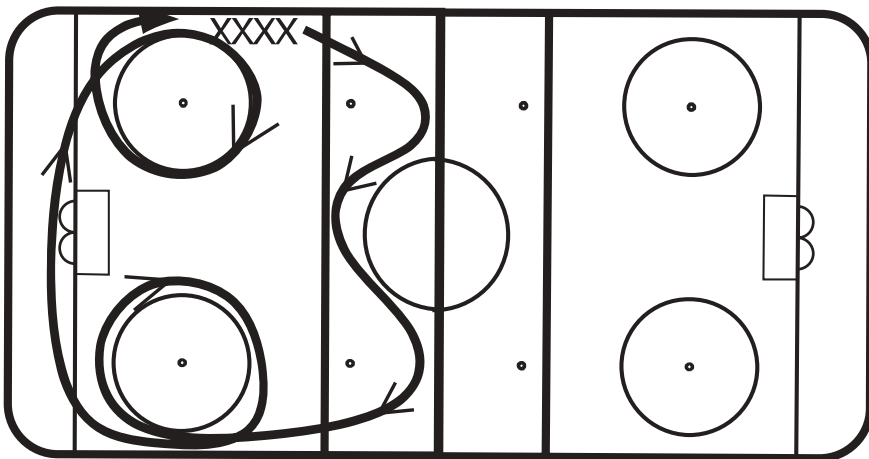
**Level:** 10-and-Under (Squirt)

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 type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input 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"/> Face-Offs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Skating warm-up - zig-zag forward crossovers and forward crossovers on circles	Outside edge balance, push under
5 mins.	2. Puck control warm-up - forward crossovers over and under on circles, control turn on first dot, escape on second dot	Execution
5 mins.	3. Three players jam the circles and #1-#2-#3 sequence shoot	Eyes up when handling the puck
5 mins.	4. Five station player pass on circle - use seven or eight players, pass to second player on right and follow your pass	Pass always to forehand side
5 mins.	5. 2 on 0 passing down middle - backwards on cone - receive pass from coach and backward stickhandling	Quick - accelerate passes
5 mins.	6. Three lanes - beat the checker (no stick or stick upside down)	Fake - pull - accelerate
5 mins.	7. 1 on 1 - half ice - forward and defenseman skate to net - forward picks up puck - defenseman skates backward following forward that goes around cone	Execution
5 mins.	8. 2 on 1 - half ice - defenseman makes breakout pass to either forward - forwards then re-enter zone 2 on 1	
10 mins.	9. Multiple 1 on 1 width of ice - have two or three groups out at once - have goalies go against each other	Stay out until one scores

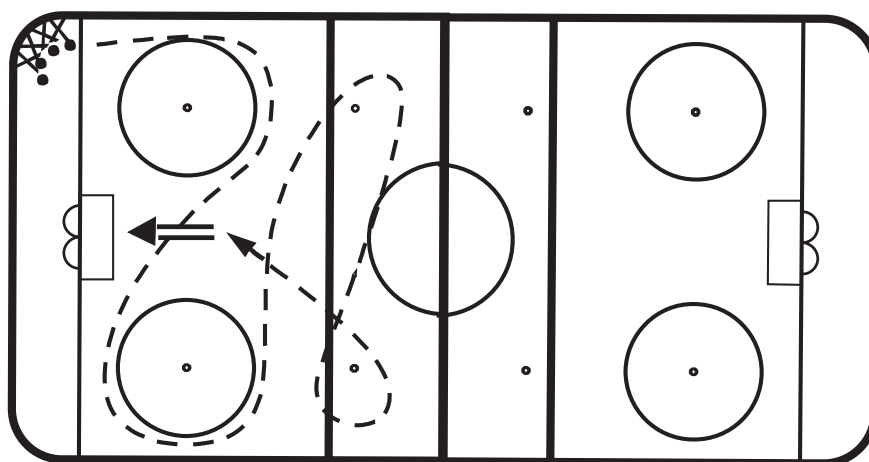
### Drill #1 — Zig-Zag Forward Crossovers between Lines and Forward Crossovers on Circles

- No gliding.
- Stress outside edge balance and crossunder.



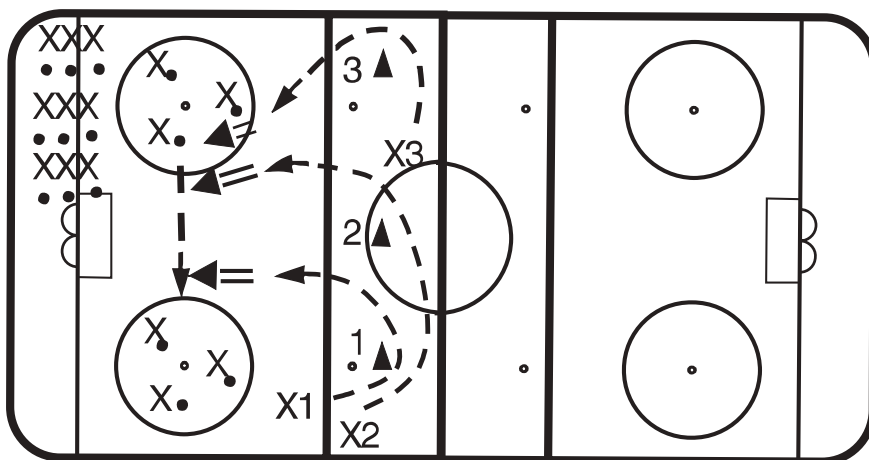
### Drill #2 — Forward Crossovers on Circles and Control Turn and Escape on Dots and Shoot

- Go full speed.
- Tight controlled turns on dots.
- Accelerate coming out of turn.



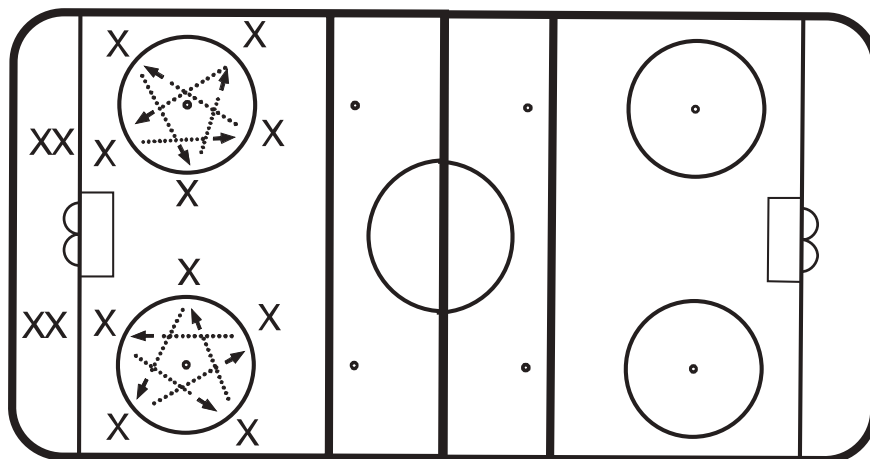
### Drill #3 — Three Player Jam Circles and 1-2-3 Shoot

- Three players at a time stickhandling in circle.
- On whistle, move to next circle.
- Players are numbered #1,2,3.
- #1 turns on first cone, #2 turns on second cone, #3 turns on third cone.
- #1, 2, 3 shoot on goal in staggered fashion.



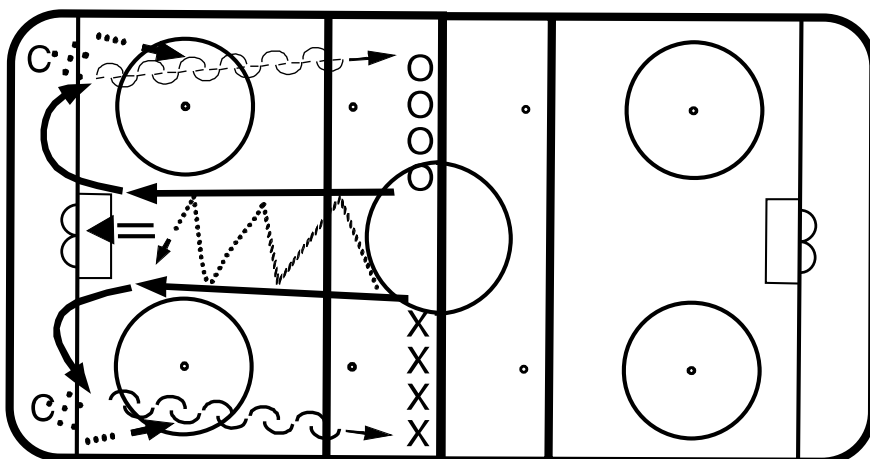
### Drill #4 — Five Station Pass on Circle

- Have seven or eight players on circle.
- One puck, pass to second player on your right.
- After passing, follow your pass quickly.



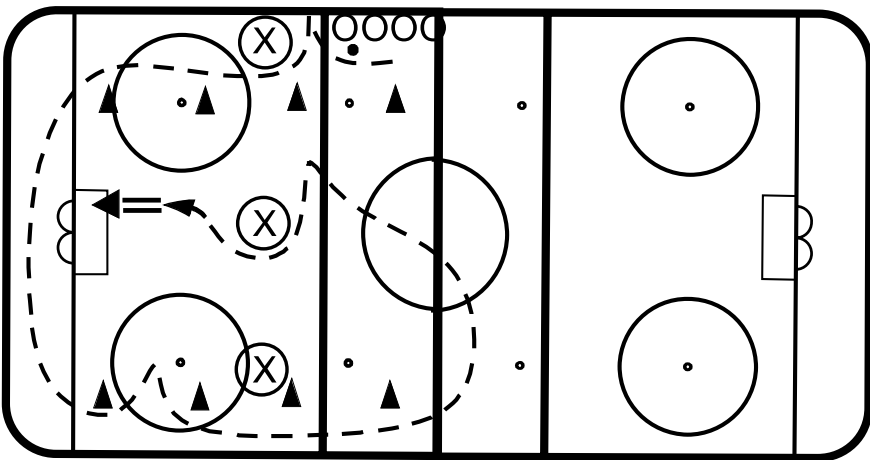
### Drill #5 — 2 on 0 Quick Passes Down Middle and Backward Stickhandling Back to Red Line

- Slide and glide - cup and give when passing.
- Shoot on net.
- Players skate backward around cones, coach passes to player and stickhandles to red line.



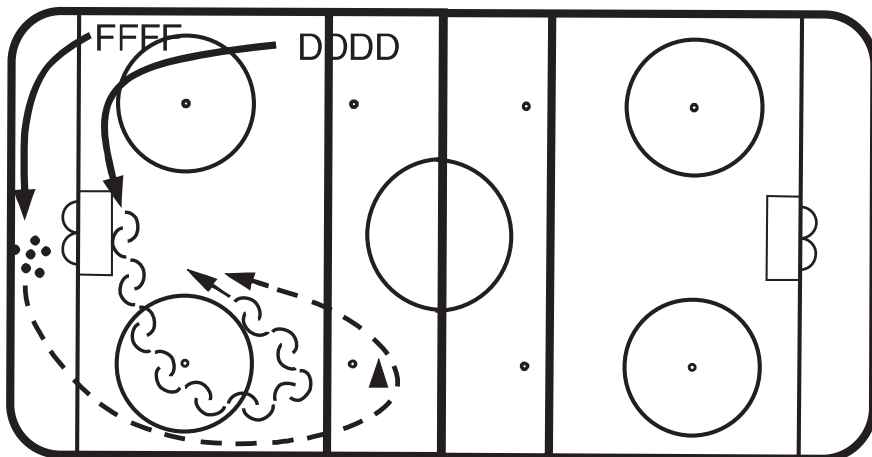
### Drill #6 — Three Lanes - Beat the Checker

- Checker has no stick or stick upside down.
- Puck carrier fake-pull quickly and accelerate on each checker.
- Shoot after beating third checker.



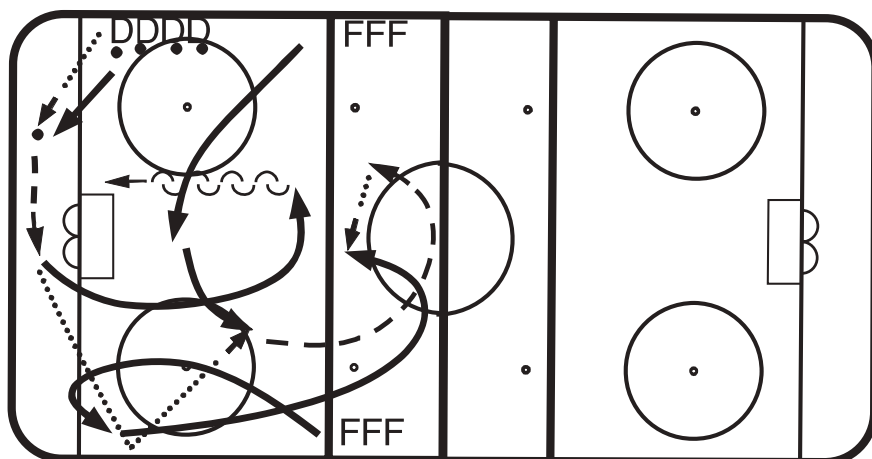
### Drill #7 — 1 on 1 Half Ice - Defenseman Follow Puck Carrier Backwards

- Both Defenseman and Forward go to net, Forward picks up puck and skates around cone.
- Defenseman at net pivots and skates backwards up to blue line and plays 1 on 1.



### Drill #8 — 2 on 2 - Half Ice With Defenseman Making Breakout Pass

- Defenseman retrieves puck and passes to either forward.
- Forwards skate up to red line and then re-enter zone 2 on 1 against defenseman that made breakout pass.



### Drill #9 — Multiple 1 on 1 Width of Ice

- No goalies in net, put bench across nets.
- Have 2 or 3 groups out at a time.
- Group stays out until someone scores.
- G vs. G stickhandling puck.

