

# Hockey Practice Plan

**Objectives:** Half Ice Practice

1. Skating - Forward/Backward and Crossovers, Stops and Starts
2. Puck Control - Stop and Control Turns, Forward Crossovers
3. Checking - First Forechecker Angling
4. Systems - 2-1-2 Forecheck

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

**Practice:** #17

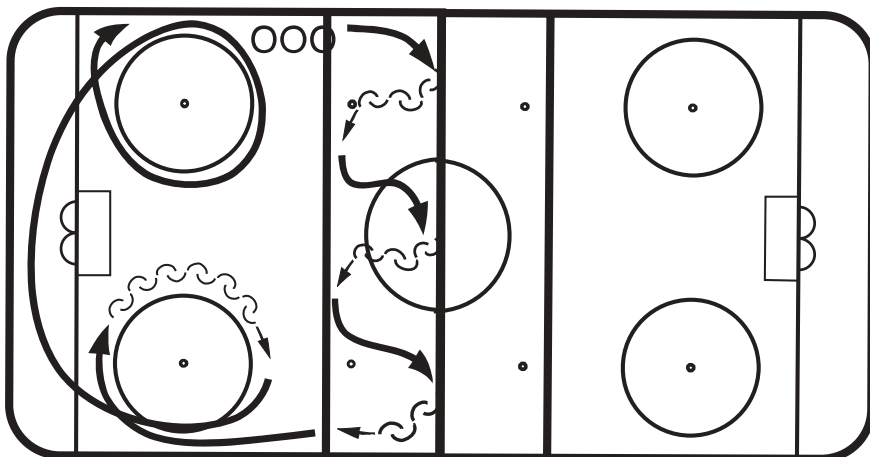
**Level:** 10-and-Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	<input checked="" type="checkbox"/> 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	<input checked="" type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending		_____ Face-Offs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
2 mins.	1. Skating - forward and backward zig-zag, forward and backward compass on circle and forward circle crossovers	Go uncomfortably fast
3 mins.	2. Forward crossovers on circles and shoot	
2 mins.	3. Three player triangle passing	Quick passes, no slapping puck
3 mins.	4. Carry puck, forward-stop-two control turns and shoot with screen and deflect to full speed crossovers on circle	Tight control turns, shoot low
5 mins.	5. 1 vs. 1 forecheck and angling - before or after net dekes on goalies - net at red line	
10 mins.	6. Scramble in neutral to 2-1-2 forecheck pattern in zone	Quickness from corner to corner
5 mins.	7. Zig-zag stops and starts to race for puck and shoot	Complete stops - one foot power stop
5 mins.	8. Defenseman to forward breakout pass then defenseman to defenseman point pass to screen and deflect by forward and defenseman coverage in front of net	
10 mins.	9. 3 on 3 diagonal game - 30 second shifts	Must learn to react quickly to puck movement

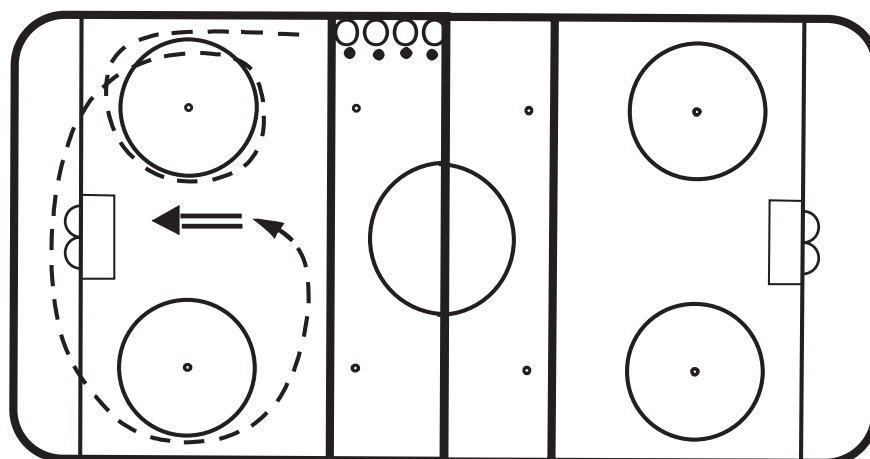
## Drill #1 — Skating

- Forward and backward zig-zag - between red and blue lines.
- Forward and backward compass on first circle.
- Skate behind net forward, forward crossovers on second circle.



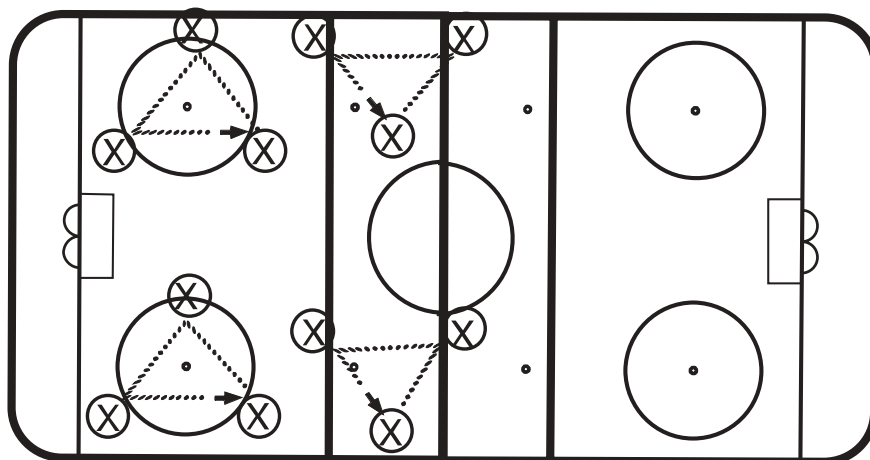
## Drill #2 — Carry Puck

- Forward crossovers on first circle.
- Skate behind net - forward crossovers around top of second circle and shoot.



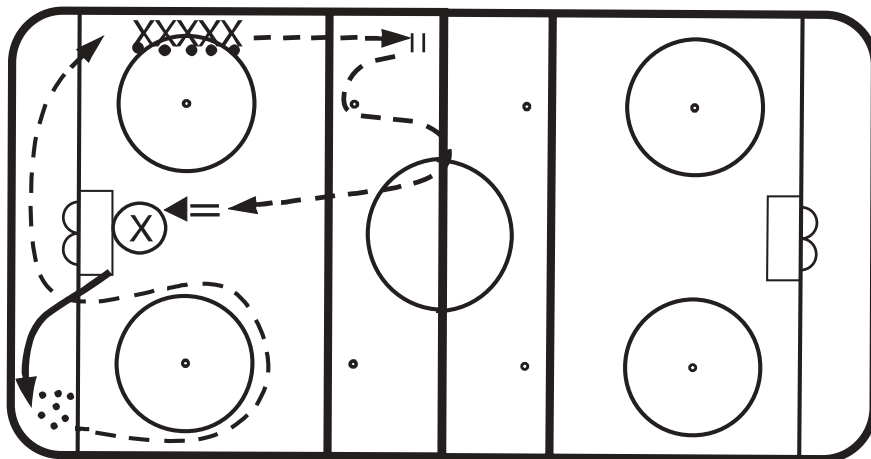
## Drill #3 — Three Player Triangle Passing

- Players must pass quickly without slapping puck.
- Slide and glide then cup and give.
- Pass accurately to forehand side of player.



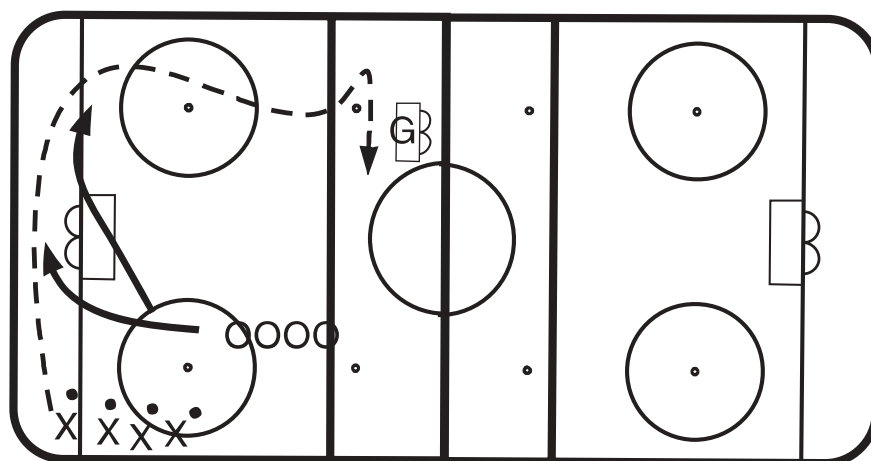
### Drill #4 — Carry Puck - Forward Stop, Two Control Turns and Shoot

- After shooting - screen and deflect.
- Then pick up puck in corner and do forward crossovers around circle to end of line.



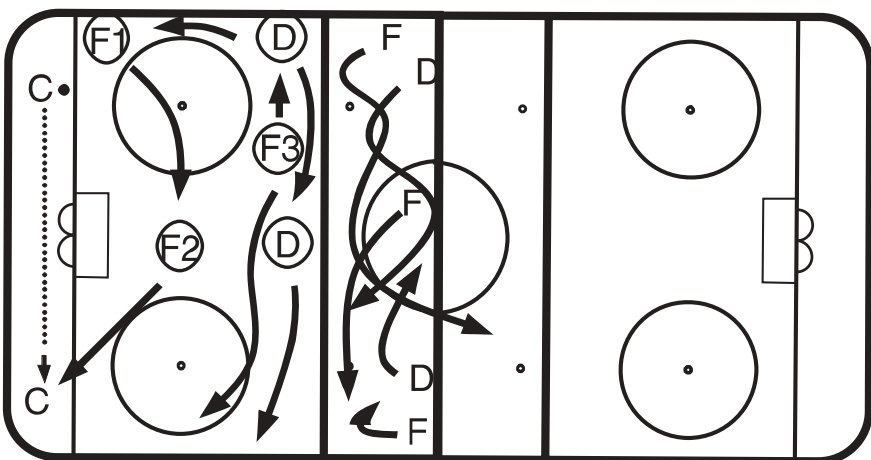
### Drill #5 — 1 vs. 1 Angling Before or After Net and Dokes on Goalie at Red Line

- Puck carrier must go behind net and out other side.
- Forechecker has two options: #1 forecheck puck carrier before net and #2 angle to far corner. Do not chase behind net.



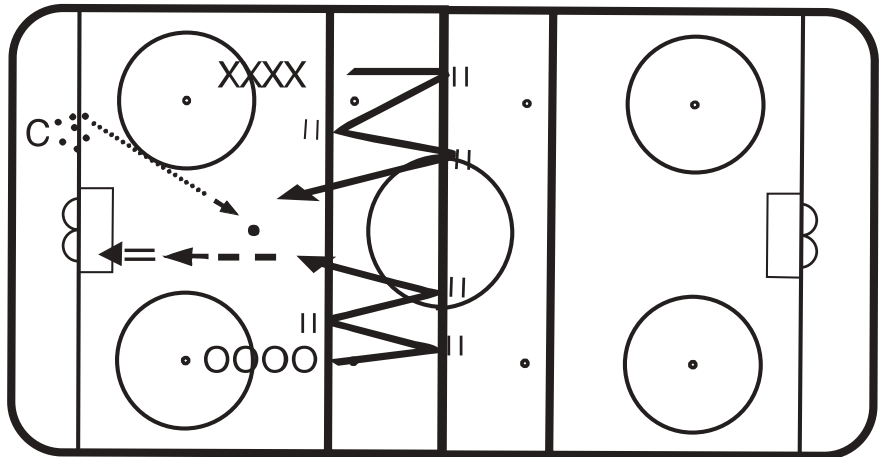
### Drill #6 — Scramble in Neutral to 2-1-2 Forecheck

- Two defensemen and 3 forwards skate around in neutral zone.
- On whistle, players skate into zone and execute 2-1-2 forecheck pattern.
- A coach in each corner pass puck back and forth.



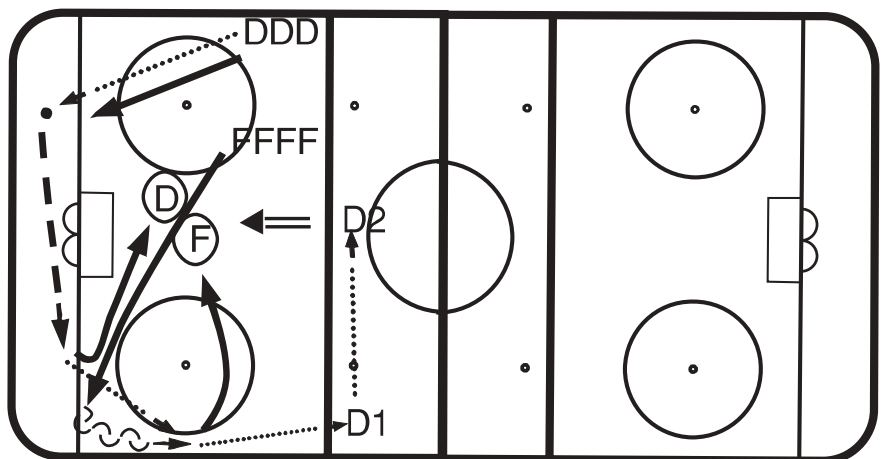
## Drill #7 — Zig-Zag Stops and Starts to Race for Puck

- 2 lines
- First player from each line skates forward, stops and starts on red and blue lines.
- Coach slides puck out and two players compete for puck.



## Drill #8 — Defenseman to Forward Breakout Pass

- Forward passes to D1 who passes to D2.
- Forward after pass to D1 goes to front of net to screen and deflect.
- Defenseman who made breakout pass goes and covers forward in front of net.
- D2 shoots on net.



## Drill #9 — 3 vs. 3 Diagonal Game

- Put nets in corner and red line on a diagonal.
- Play 3 on 3 for 30 seconds then change on fly and keep playing.

