

# Hockey Practice Plan

**Objectives:** Half Ice Practice

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

**Practice:** #18

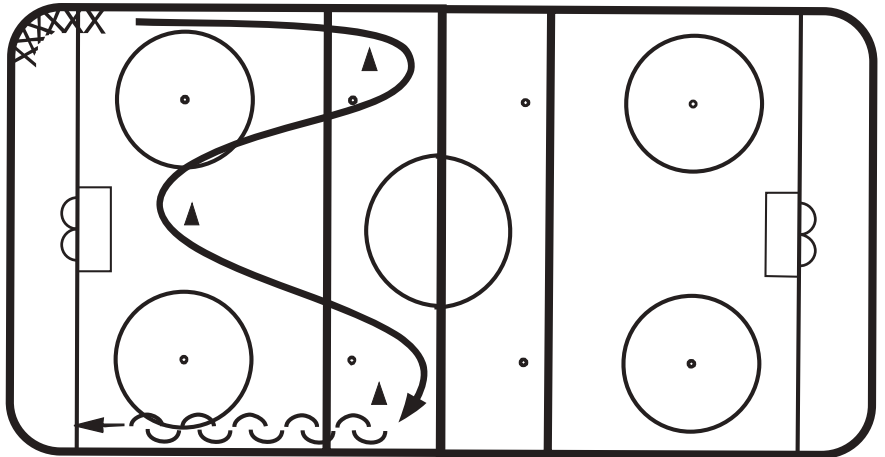
**Level:** 10-and-Under (Squirt)

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 checked="" type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input checked="" 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 checked="" type="checkbox"/> 3 on 2	<input checked="" 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
2 mins.	1. Skating - Two cone forward crossover to backward swizzels	
3 mins.	2. Puck Control - carry puck - circle forward crossovers to big 90 turn and shoot	Pull puck back to avoid coach poke check
2 mins.	3. Five station pass - follow your pass and #5 shoots	Accurate forehand side passes
3 mins.	4. 1 on 1 - Defenseman agility skate and forward control turns on cones	Adjust distance of cones to be fair
5 mins.	5. 3 on 2 dump to 2-1-2 forecheck pattern to triangulization and shoot	FCs quick to PC
10 mins.	6. 2 on 1 - Forwards pass in neutral zone then enter - Defenseman carry puck and shoot then play 2 on 1	Hold middle
10 mins.	7. 5 on 0 - dump in to breakout	Good passes
5 mins.	8. 3 on 2 swing pass to center trail	Good passes
10 mins.	9. 3 on 3 - nets turn around backwards - 30 second shifts	Hard working

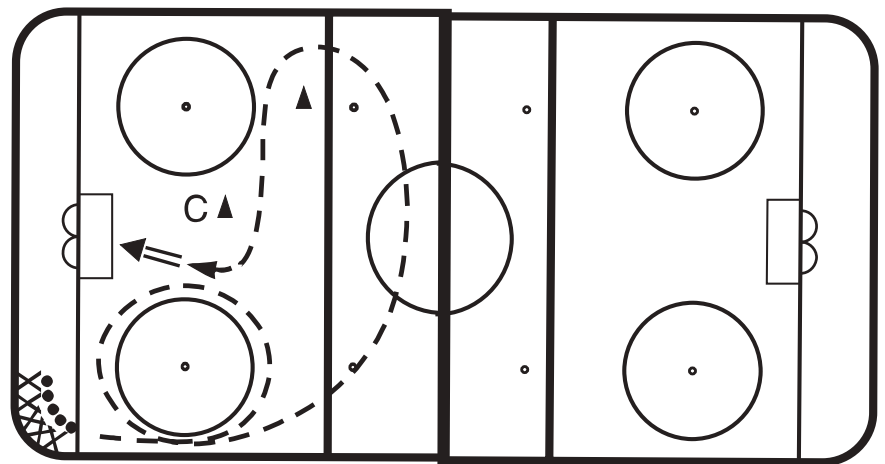
### Drill #1 — Two Cone Forward Crossovers to Backward Swizzels

- First two cones do forward crossovers.
- Third cone step out backwards and do backward swizzels to goal line.



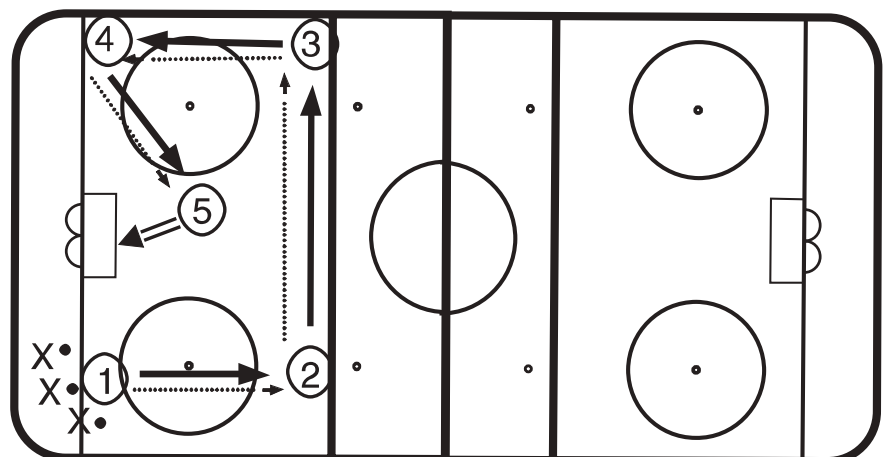
### Drill #2 — Carry Puck - Circle Crossovers to Big 90 Turn and Shoot

- When doing big 90 to control turn avoid getting puck poke check by coach.



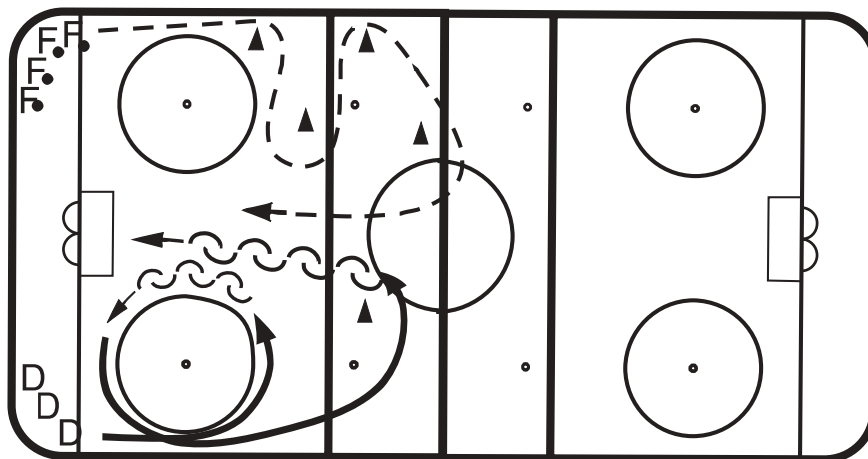
### Drill #3 — Five Station Pass - #5 Shoots

- Make hard accurate passes to forehand side.
- After pass, skate quickly to next station.



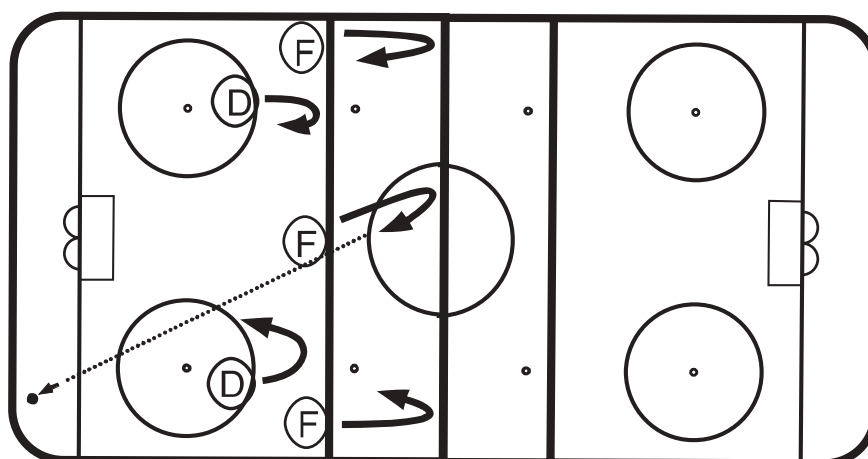
### Drill #4 — 1 on 1 - Defenseman Agility Skate and Forward Control Turns on Cones

- Defenseman skate forward and backward compass on circle.
- Forward carries puck and control turns around cones to 1 on 1 with defenseman.



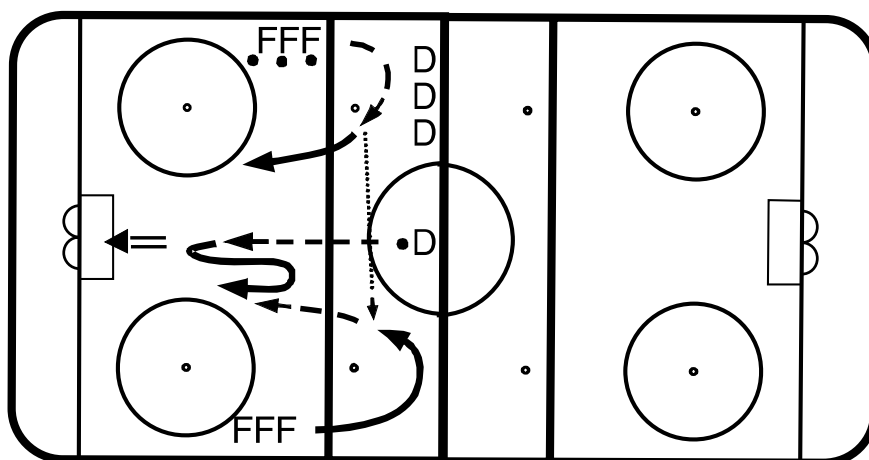
### Drill #5 — 3 on 2 Dump to 2-1-2 Forecheck to Triangulization and Shoot

- Defensemen start on top of circles.
- Forwards start on blue line, skate to red line, dump puck into corner.
- Defensemen try and carry puck over blue line, forwards take away and create scoring opportunity.



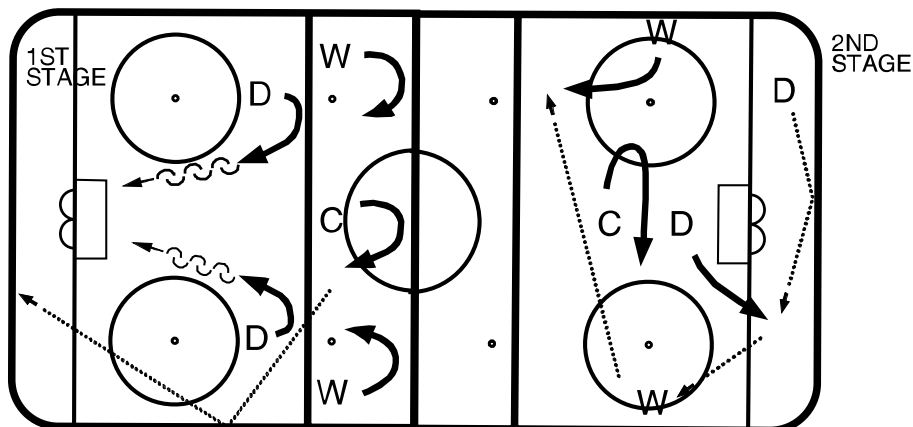
### Drill #6 — 2 on 1 - Forward Pass in Neutral Zone - Defenseman Carries Puck and Shoots Then Plays 2 on 1

- Defenseman shoots at top of circle.
- Forward passes to other forward in neutral zone then attack zone against one defenseman.



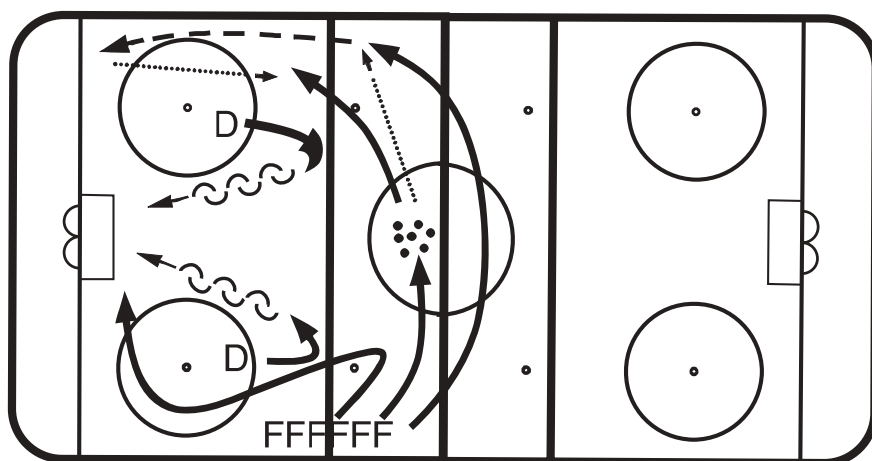
## Drill #7 — 5 on 0 - Breakout - Dump In

- 1st stage - Defenseman start at top of circle and forwards at blue line - skate up to red line and dump in.
- Second stage - breakout pass to red line.



## Drill #8 — 3 on 2 Swing Pass to Center Trail

- Defensemen start at top of circle and move up to blue line then backwards.
- Forwards start on one side, first forward skates over to far boards, second forward gets puck and passes to first forward, third forward stays wide around dot.



## Drill #9 — 3 on 3 - Nets Turn Around Backwards

- 30 second shifts

