

# Hockey Practice Plan

**Objectives:** Half Ice Practice

1. Basic Skills Development - skating, puck control, passing
  2. Defense Skills - backcheck and coverage
- Team FUN Competition - 1 on 1, 2 on 2, 3 on 3

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

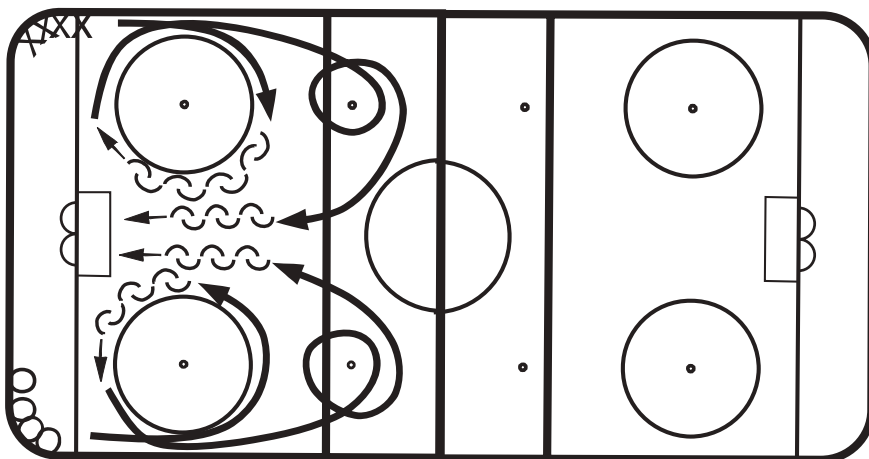
**Practice:** #19

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

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	<input checked="" type="checkbox"/> Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
_____ Shooting	<input checked="" type="checkbox"/> 2 on 2	_____ Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
<input checked="" type="checkbox"/> Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending		_____ Face-Offs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

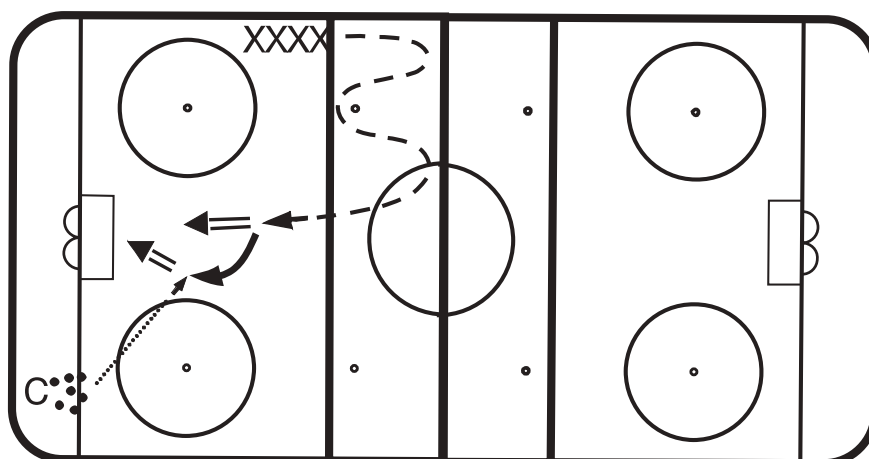
Time	Drill	Emphasis
5 mins.	1. Skating - compass on circles and dots to backward swizzels	Full speed
5 mins.	2. Puck Control - control turns zig-zag - two shots - second shot after coach passes to player	Tight turns
5 mins.	3. Two lines - make two passes to big 90 turn with coach poke checking and shoot	
5 mins.	4. 2 on 2 - forwards make lateral pass and drop pass in neutral zone - defensemen skate up and over blue line then backwards	Make still drop pass
5 mins.	5. 2 on 2 - J start backcheck - both sides same time, coach makes pass into zone	Backchecker keeps inside position
5 mins.	6. 5 on 5 - defensive coverage - defensive team no stick, allow puck to be moved around zone	Watch coverage
15 mins.	7. Team Competition - Show down	FUN
15 mins.	8. Team Competition - two partner passing and shoot	FUN
15 mins.	9. Team Competition - three partner passing - stay out until there is a score	FUN

**Drill #1 — Compass on Circles and Controlled Turns Around Dots to Backward Swizzels**



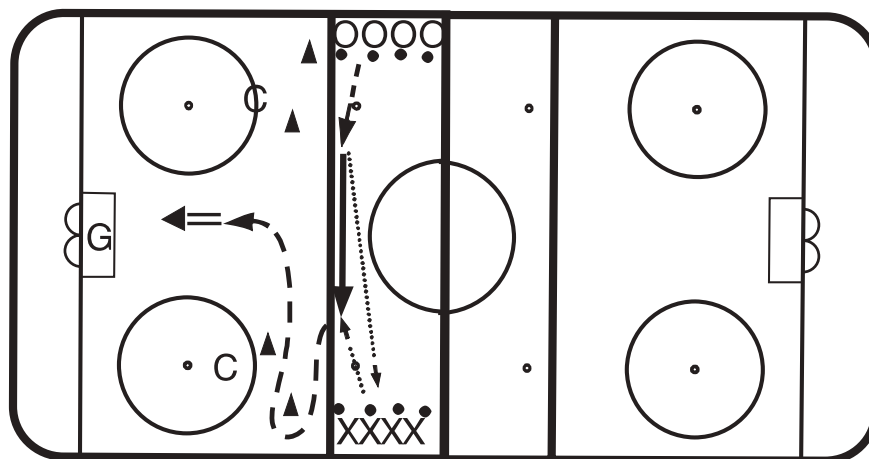
**Drill #2 — Puck Control - Control Turns Zig-Zag Red and Blue Lines - Two Shots**

- Tight turns between red and blue lines.
- Shoot at blue line.
- Continue in for pass from coach and shoot second shot.



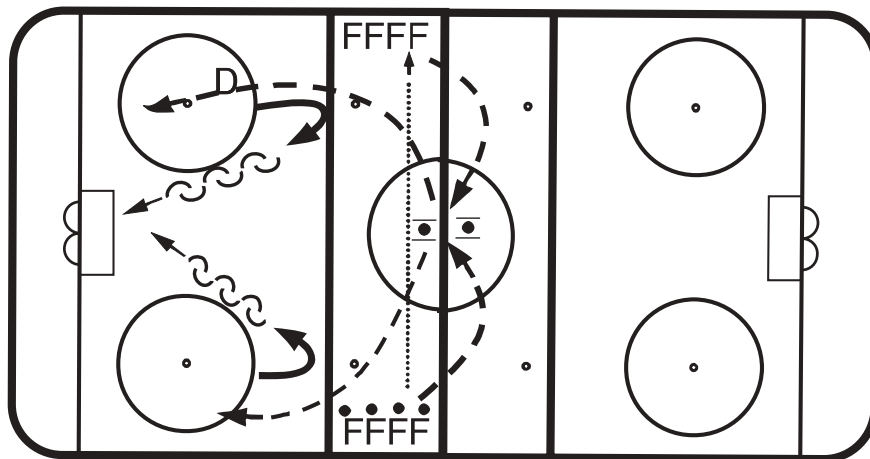
**Drill #3 — Make Two Passes to Big 90 Turn and Shoot**

- Start on one side, pass over to other side and skate towards that side.
- Get return pass, do big 90 turn, avoid coach poke check and shoot.



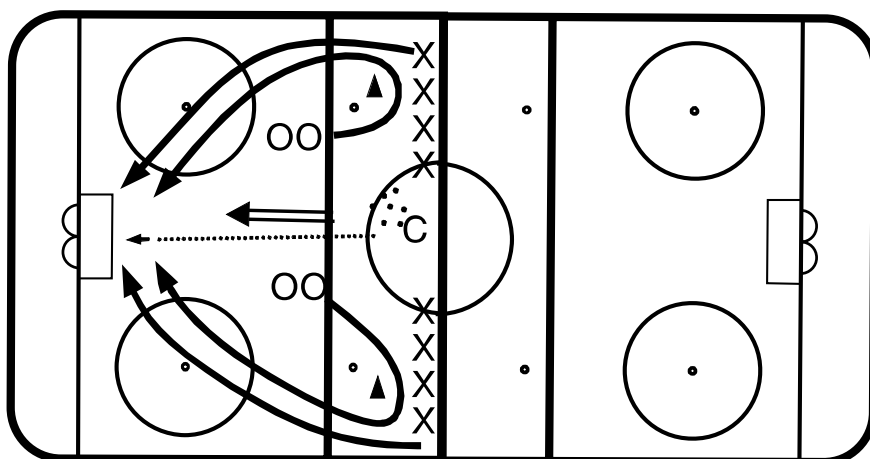
### Drill #4 — 2 on 2 - Lateral and Drop Pass

- Forward passes across to other forward then, skate towards each other and do drop pass, then enter zone.
- Defenseman start at top of circle, skate up and over blue line and skate backwards.



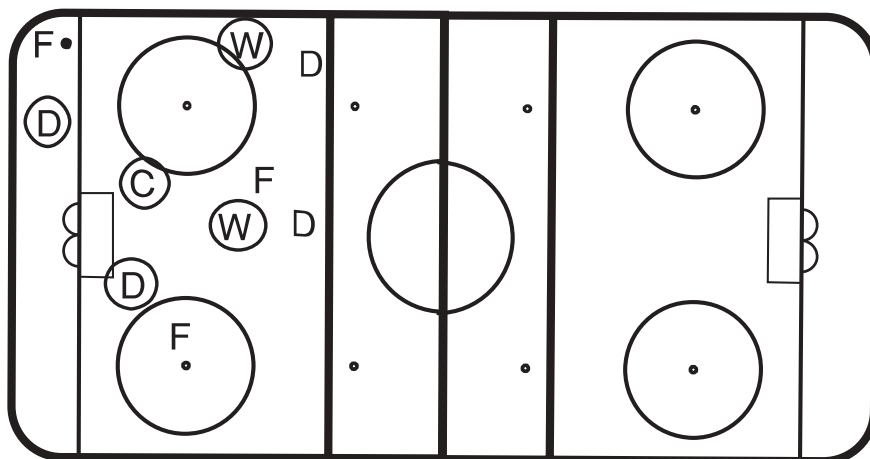
### Drill #5 — 2 on 2 - J Start Backcheck

- Backcheckers start at blue line do J start around cone.
- Offensive players start at red line.
- Coach tries to pass or shoot at net.



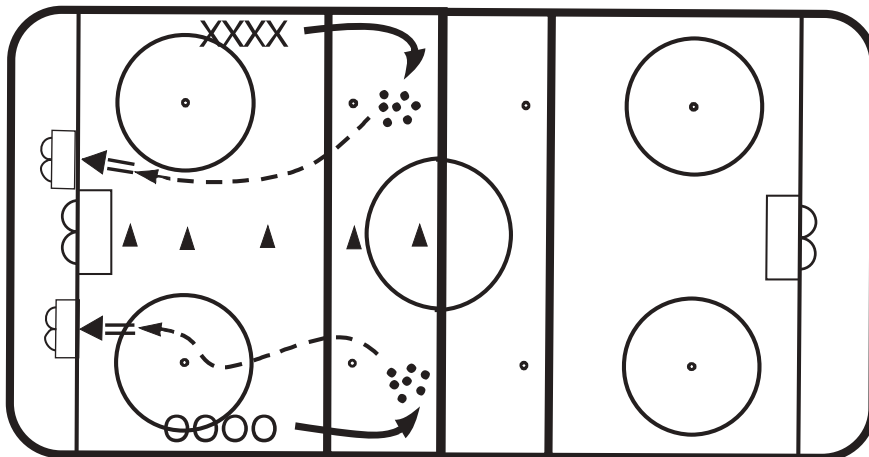
### Drill #6 — 5 on 5 - Defensive Coverage - Defensive Team No Sticks or Upside Down

- At first allow offensive team to pass puck around and defensive team move to show coverage.



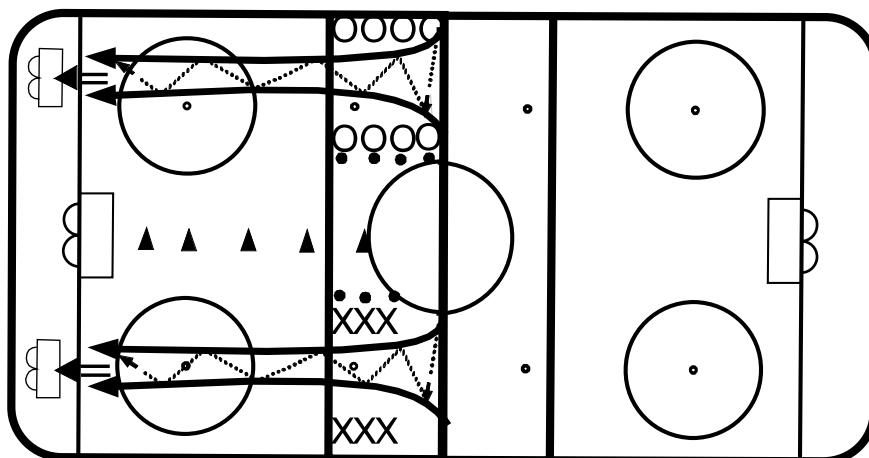
## Drill #7 — Team Competition Show Down

- Pucks are at red line and players at blue line.
- Player gets one shot.
- If goal is scored, next player goes; if no goal, player skates to blue line before next player can go.



## Drill #8 — Team Competition Two Partner Passing

- Must make eight passes before shooting.
- If goal is scored, next group goes; if no goal, must pass puck to line before next group can go.



## Drill #9 — Team Competition Three Partner Passing

- Must make eight passes before shooting.
- Stay out until group scores, then next group can go.

