

# 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)

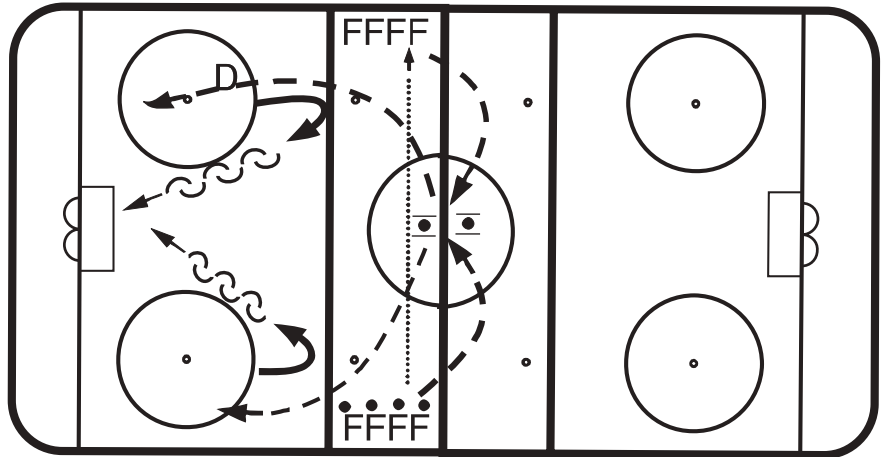
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	___ 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	___ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	___ 2 on 0	<input checked="" type="checkbox"/> Backcheck	___ 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



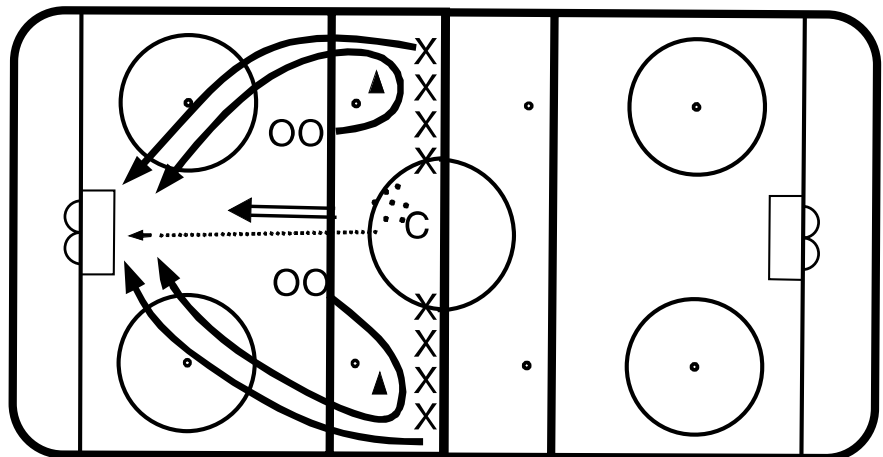
### Drill #4 — 2 on 2 - Lateral and Drop Pass

- 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.



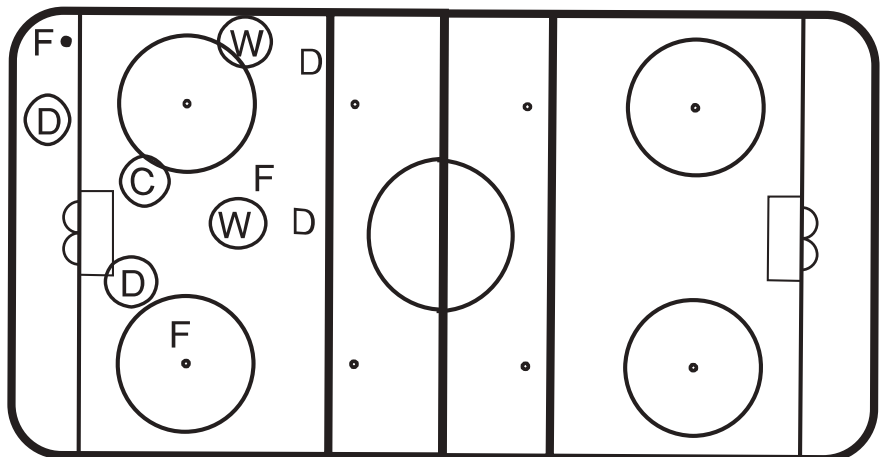
### Drill #5 — 2 on 2 - J Start Backcheck

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



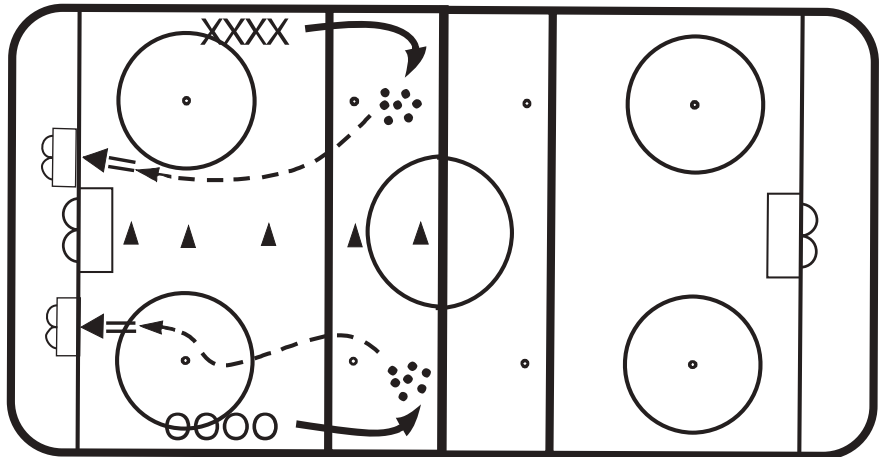
### Drill #6 — 5 on 5 - Defensive Coverage - Defensive Team No Sticks or Upside Down

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



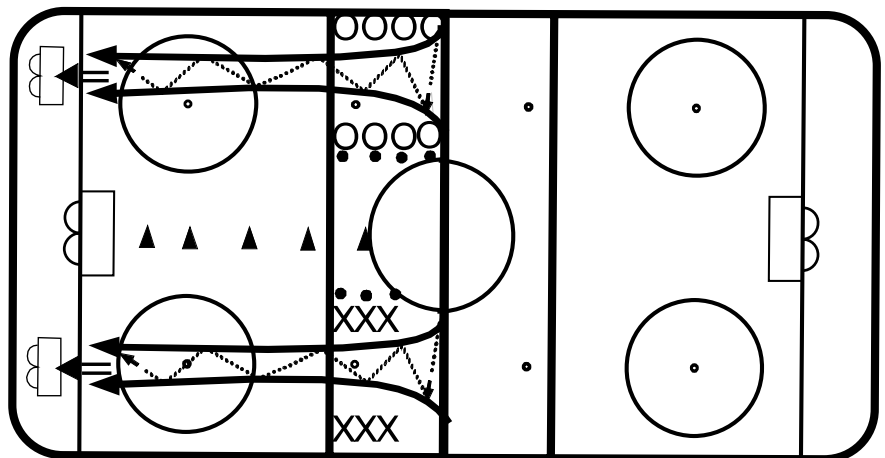
### Drill #7 — Team Competition Show Down

- 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.

