

# Hockey Practice Plan

- Objectives:**
1. Skating - Aggressive Inside Edges and Power Stop
  2. Puck Handling - Acceleration, Change Direction, Movement in Tight Areas
  3. Passing - Quick and Accurate
  4. Shooting - Pull to Side and Shoot (Stationary and Moving)

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

**Practice: #** 2

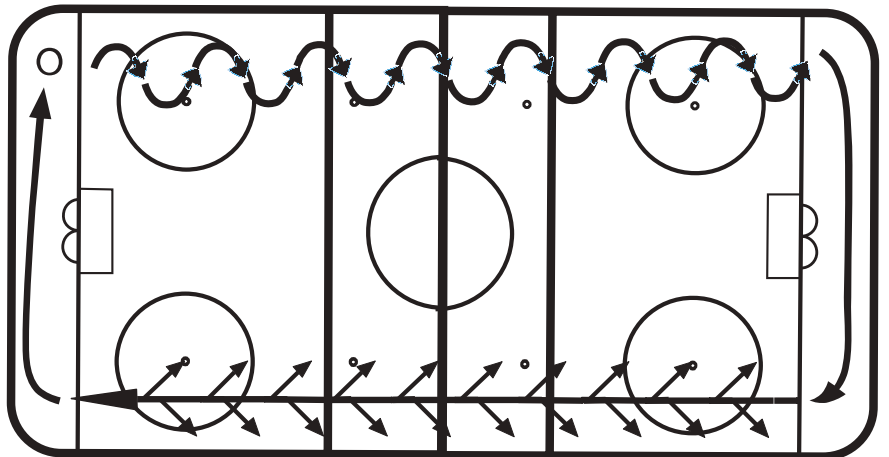
**Level:** 10-and-Under (Squirt)

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

Time	Drill	Emphasis
5 mins.	1. Warm-up - moving stretches, Big C, power strokes	Inside edges
5 mins.	2. Three Cone Triangle - race, one skate inside edge turn on each cone	Keep balance while going fast
5 mins.	3. Lightning - one skate power start with L start	One skate balance
5 mins.	4. One hand on stick puck acceleration	Push puck out in front and blade rotation
5 mins.	5. 1 on 1 lightning steps and starts with puck then shoot at cone	Control puck while stopping and starting
5 mins.	6. Three players jam the circles - One hand puck acceleration going between circles	Eyes up to avoid contact
6 mins.	7. Circle passes (A) Stationary pass to second player to your right; (B) Circle pass keep away - put one player in middle of circle	Smooth and accurate passes
5 mins.	8. Stationary wrist shot on boards - pull puck back to side then sweep puck forward hard	Put weight on stick when sweeping
5 mins.	9. Side to side moving - pull to side wrist shot, follow in and shoot a second puck high off boards	
5 mins.	10. 1 on 1 chase - battle and shoot	

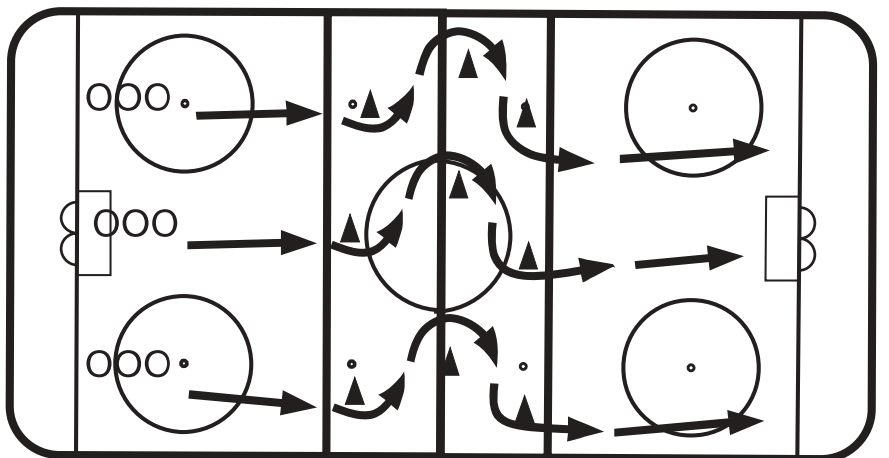
### Drill #1 — Warm-up: Big C and Power Strokes

- Aggressive inside edges
- Full extension
- Complete recovery
- Body rhythm when stroking



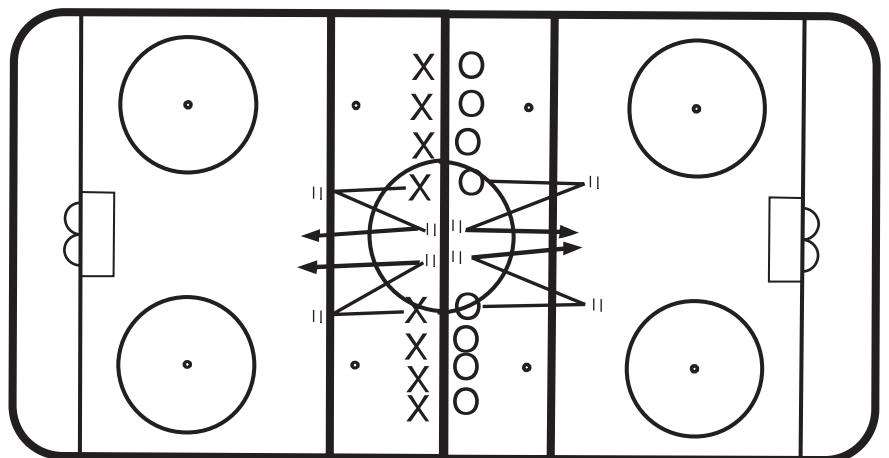
### Drill #2 — Three Cone Triangle Race - Inside Edges

- Turn on inside edge one skate only around each cone.
- Go fast; teach balance.



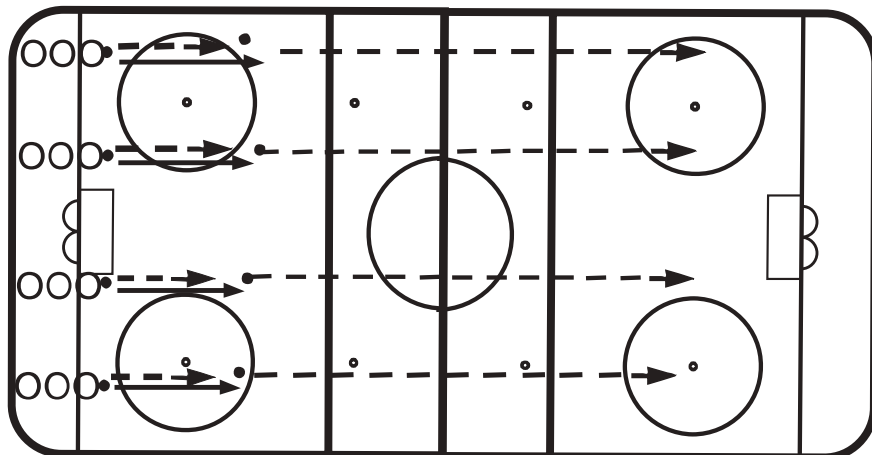
### Drill #3 — Lightning - One Foot Power Stop and L Start

- Four lines (two each direction same side)
- Skate to line using one foot stop, knee well bent.
- L Start - skates heel to heel, toe pointing the direction to go - make it a race.



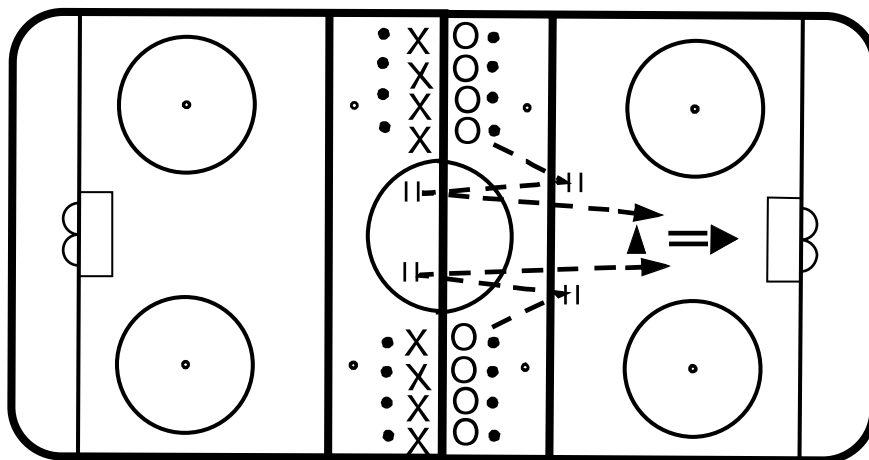
### Drill #4 — One Hand Puck Acceleration

- Slide puck to top of circle.
- Skate hard to puck
- Push puck in front of body, one hand.
- Flip/Flop blade to keep puck going straight.



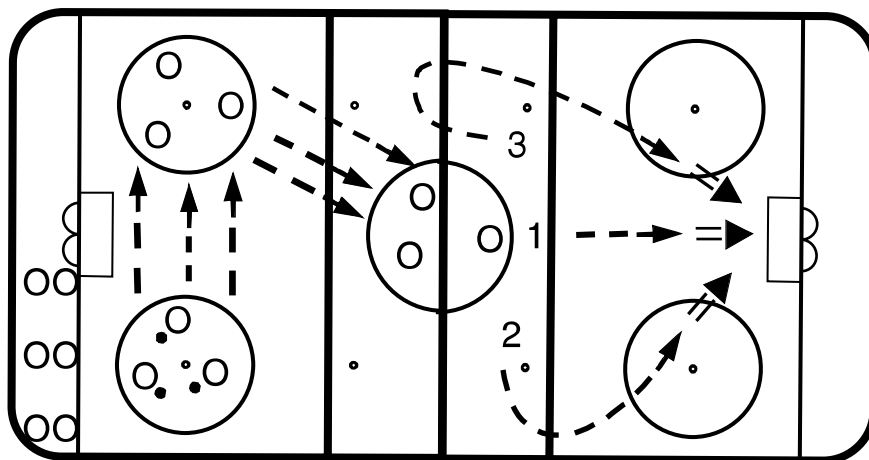
### Drill #5 — Lightning Stops and Start With Puck - 1 on 1

- Carry puck while doing stops and starts at lines.
- Carry puck to cone and shoot.
- First player to score wins.
- If both miss net on shot, retrieve and score.



### Drill #6 — Three Player Jam the Circles and 1-2-3 Shoot

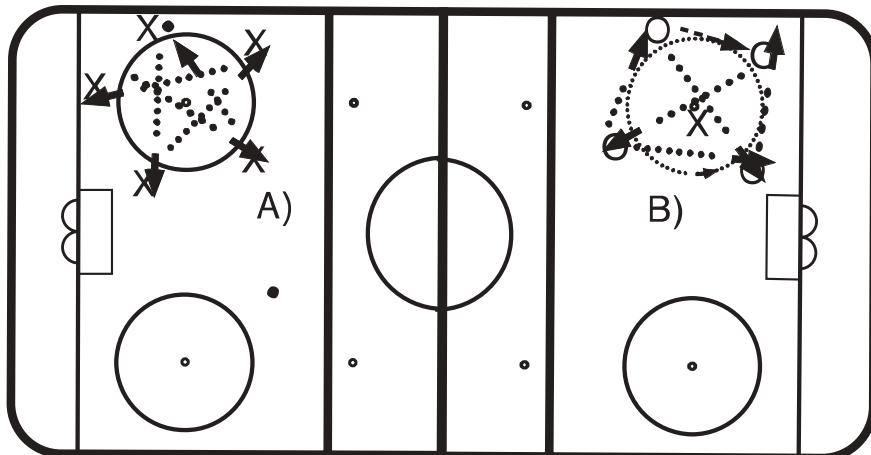
- Three players at a time stickhandle inside circle.
- After completing third circle players are numbered 1-2-3, #1 straight in, #2 around dot at blue line, #3 skate up over red line.



## Drill #7 — Stationary Circle Passing

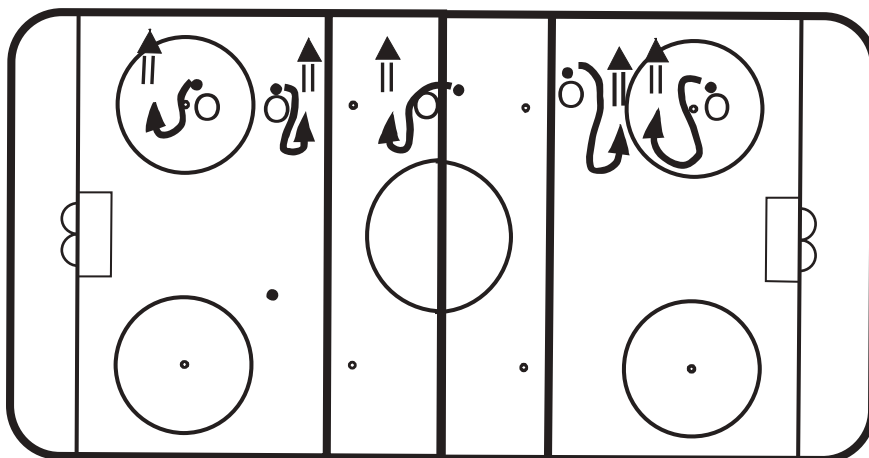
(A) Pass to second player on right.  
 • Hard passes to forehand side

(B) Circle pass keep away - one player in middle, pass keeping puck away from middle player.



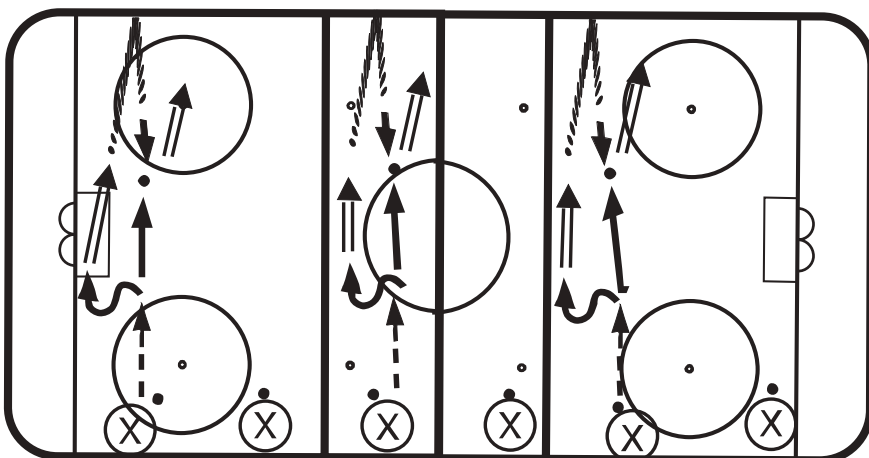
## Drill #8 — Stationary Wrist Shot Against Boards

- Puck starts in front, quickly pull puck to side.
- Skates rotate 45 degrees to side.
- Put weight on stick and sweep puck hard forward, open blade to raise puck.



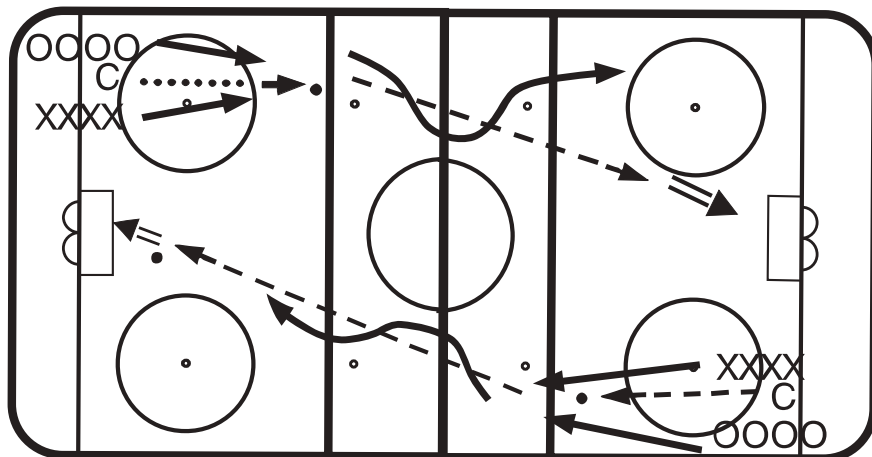
## Drill #9 — Side to Side Movement - Wrist Shot

- Player X skates towards the middle of the ice.
- Skates rotate 45 degrees to side.
- Pull the puck to side and shoot a wrist shot against the boards.
- Pick the puck up off the boards and shoot a second wrist shot high off the boards.



## Drill #10 – 1 on 1 Puck Chase - Battle and Shoot

- Coach slides puck towards blue line.
- Player X and Player O battle for the loose puck.
- The player that gains control of the puck attempts a shot on goal.
- The player without the puck tries to gain inside positioning and prevent a scoring opportunity.



Description \_\_\_\_\_

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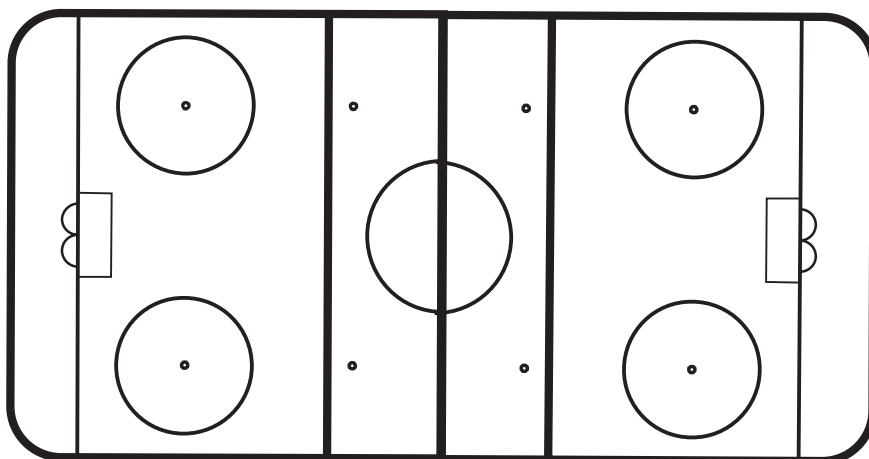
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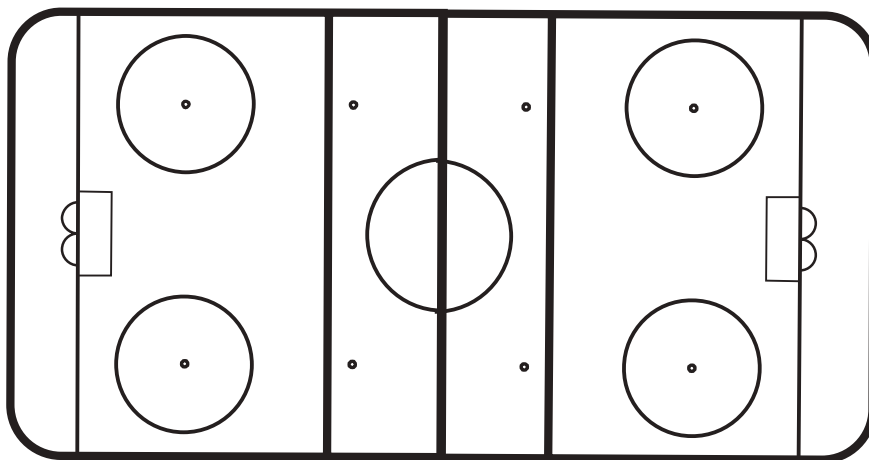
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System/Drill \_\_\_\_\_

Description \_\_\_\_\_

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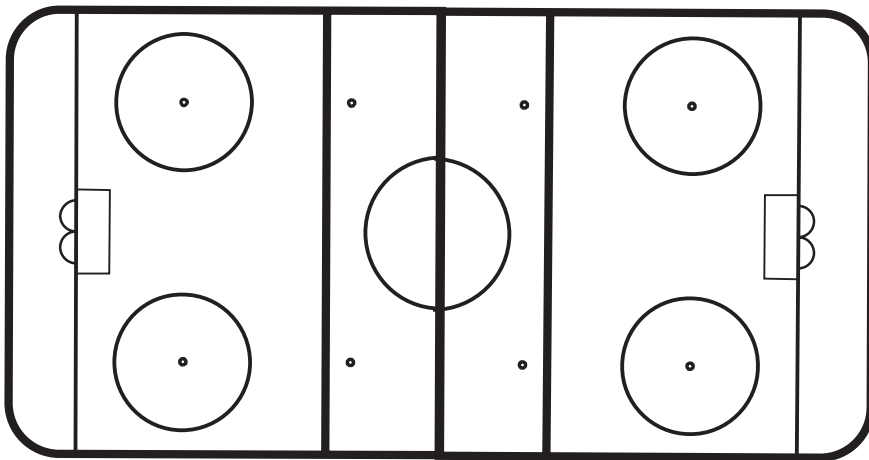
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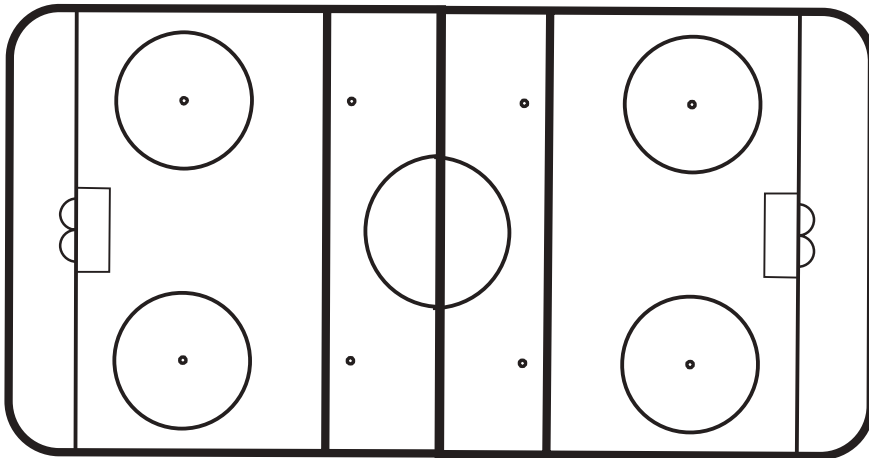
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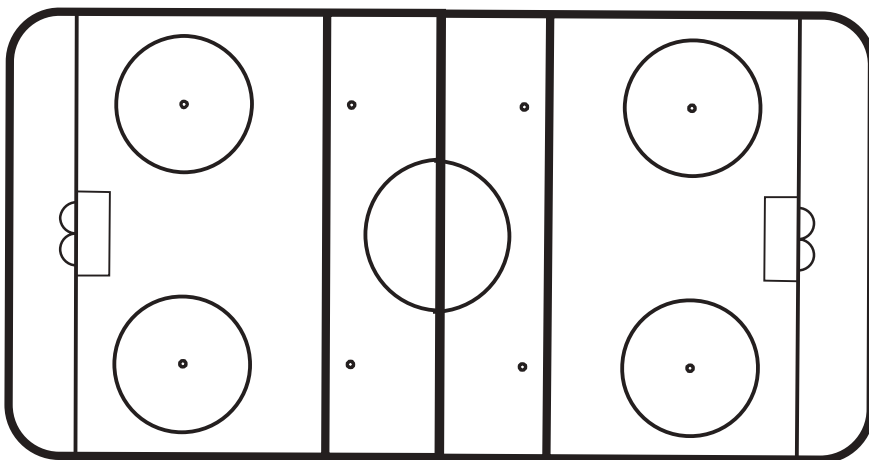
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