

# Hockey Practice Plan

**Objectives:** 1. Basic Skill Work in Groups - skating, puck control, passing and shooting  
2. Competition Races - 1 on 1, 2 on 2 War

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

**Practice:** #20

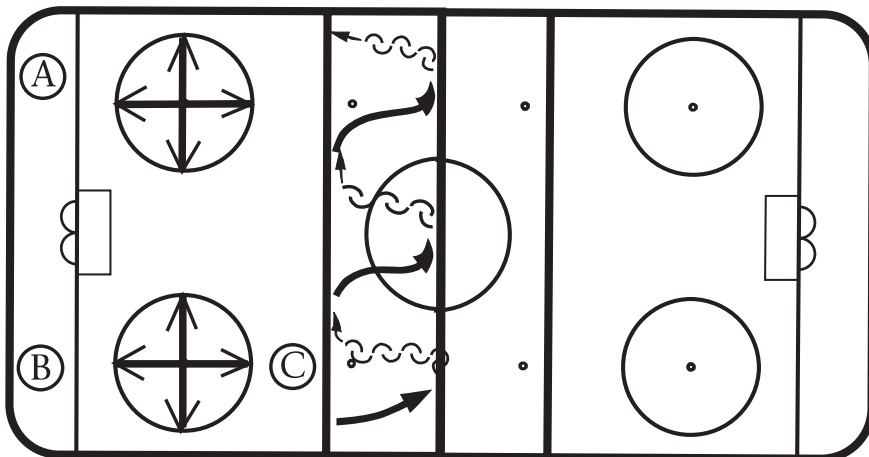
**Level:** 10-and-Under (Squirt)

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 type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Face-Offs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Skating- (A) stop and starts - circle pattern; (B) forward and backward on circle (every quarter); (C) forward and backward zig-zag	Speed
5 mins.	2. Puck Control - (A) two cone control turn, figure 8 and shoot; (B) passing - 2 on 0 short and quick passes and shoot	Crisp passes
5 mins.	3. Puck Control - (A) four cones on circle - control turns and escape; (B) 1 on 1 forward and defenseman	Speed and good control
5 mins.	4. Puck Control - (A) wide pulls in stride; (B) dribble puck in between skates; (C) 2 direction - fake and pull on cones	Speed
5 mins.	5. Shooting - (A) give and go - receive - pressure shoot; (B) triangle pattern pass and shoot	Accurate shooting
10 mins.	6. Competition - 1 vs. 1 forward crossovers on circle and control turn around cone to puck race and shoot	Competition
10 mins.	7. Competition - 2 on 2 war in the zone	Competition

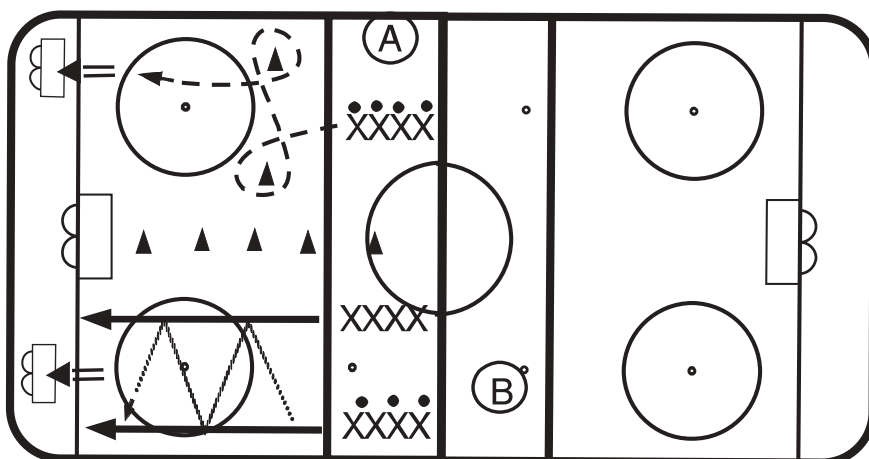
## Drill #1 — Skating

- (A) stops and starts in circle - time the player.
- (B) forward/backward every quarter on circle.
- (C) forward and backward zig-zag between red and blue lines.



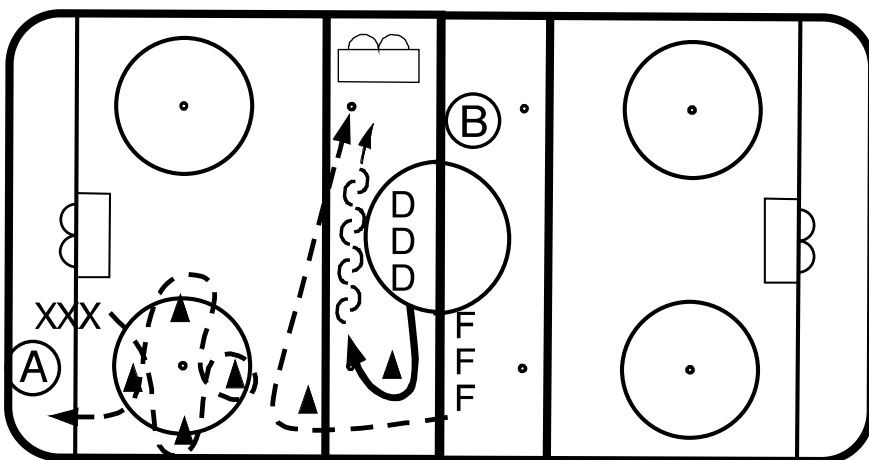
## Drill #2 — Puck Control

- Two cone control turn figure 8 and shoot.
- Passing - 2 on 0 - short, quick passes and shoot.



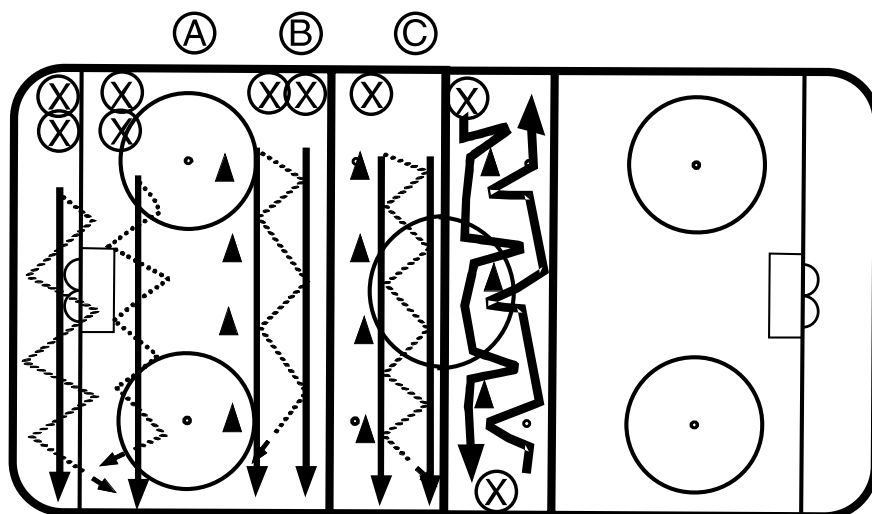
## Drill #3 — Puck Control

- (A) Four cones on circle - control turn around first - second - fourth cones escape around third cone (top of circle).
- (B) 1 vs. 1 - forward carries puck around far cone - defenseman skates forward to near cone then backwards.



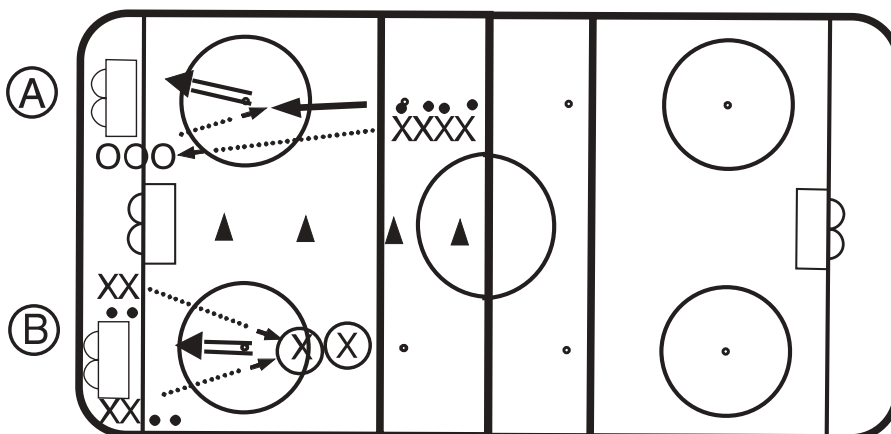
## Drill #4 — Puck Control

- (A) Wide pulls with each stride.
- (B) Puck control - dribble.
- (C) Two direction - fake and pull on each cone.



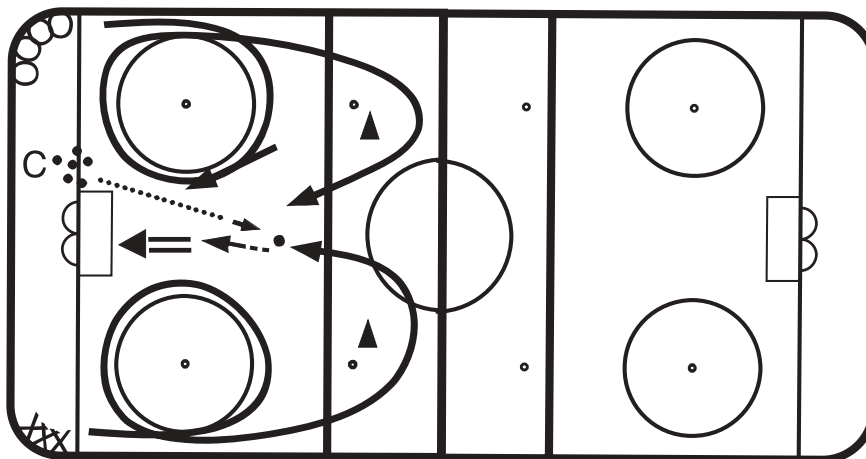
## Drill #5 — Shooting

- (A) Give and go - receive and shoot before passer on goal line gets to shooter.
- (B) Three lines - two on goal line are passing lines - shooter receives three passes each side alternating and shooting quickly.



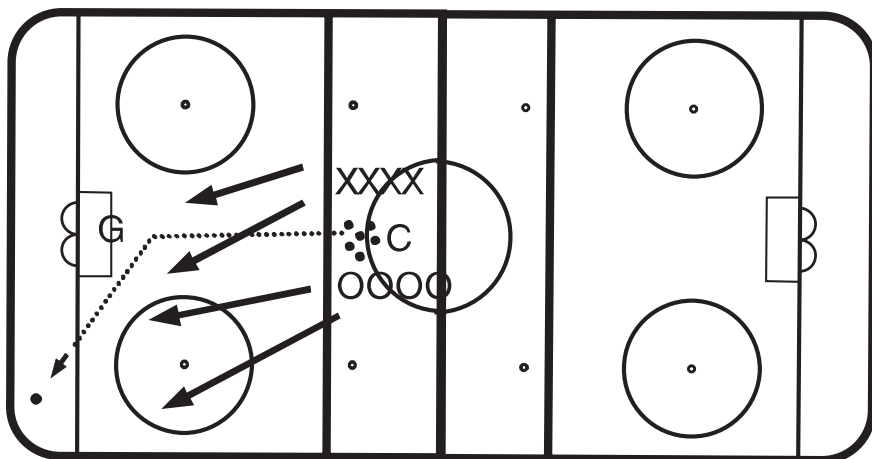
## Drill #6 — 1 vs. 1 Competition

- Forward crossovers on circle - control turn around cone - race for puck and shoot.



## Drill #7 — 2 vs. 2 Competition - War

- Coach shoots puck in on goalie.
- Two players in each line go.
- Both are trying to score and prevent a goal.
- Sprint out on whistle or after a goal is scored.



Description \_\_\_\_\_

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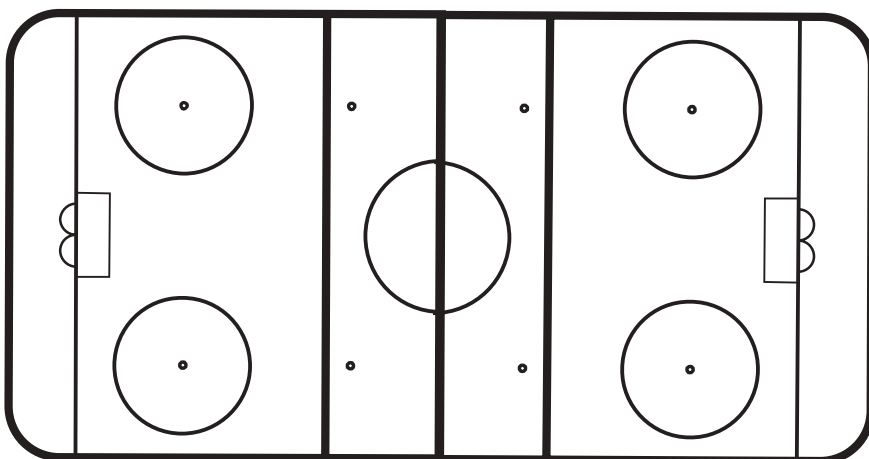
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Notes/Comments \_\_\_\_\_

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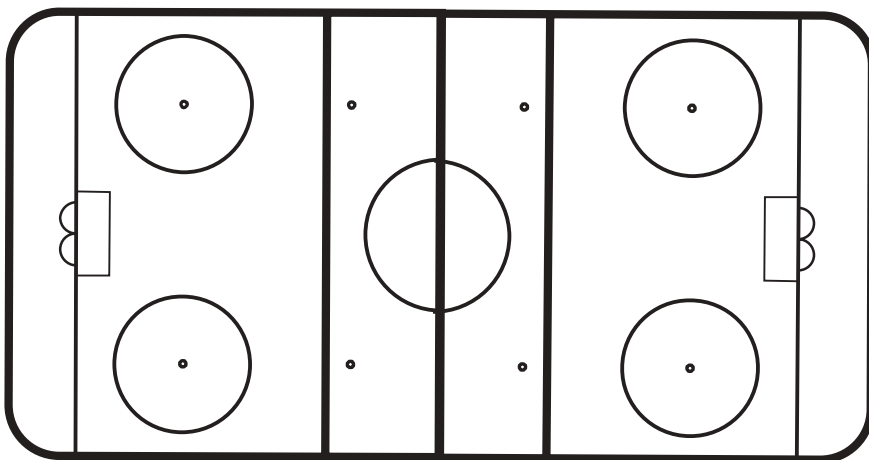
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Notes/Comments \_\_\_\_\_

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