

Hockey Practice Plan

Objectives: 1. Skating - Body Rhythm, Outside Edge, Control Turn
2. Puck Control - Pulls, Controlling Puck While Turning
3. Passing / Receiving - Short Quick Passing, Board Pass
4. Shooting - Deflection and Screens

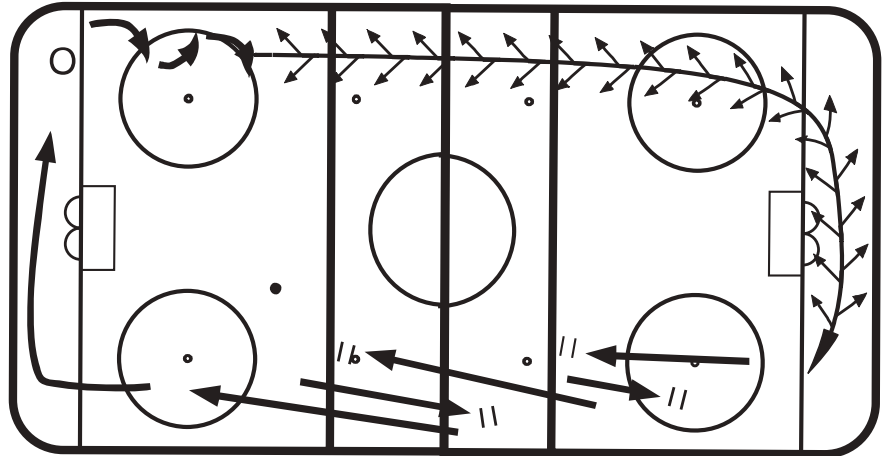
Date: _____
Practice: # 3
Level: 10-and-Under (Squirt)

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. Competition
_____ Goaltending		_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - moving stretches, Big C, power strokes, whistle starts and stops	Do for short time spans
5 mins.	2. Four cone inside edge rhythm skate - two hands on stick; stick blade on ice (steering wheel) around cone	
5 mins.	3. Big C - Outside edge crossovers - try and balance on outside edge for a period of time	Make 1/2 circle with each skate
5 mins.	4. Zig-Zag control turns (feet straddle cone) - red to blue line; body center of gravity low (keep knee bent)	Inside leg bent, outside leg straight
5 mins.	5. Short, quick dribble and wide pulls while skating forward; do five short dribbles then four wide pulls in stride and continue all the way to the other end	
5 mins.	6. Pull around cone and board - both directions, same time	Stress good fake and wide pull
5 mins.	7. Control turns - Figure 8 around hockey gloves; gloves two stick lengths apart	Put puck outside and pull puck around
5 mins.	8. 2 on 0 short passes - shoot - get puck in corner, make pass to coach, keep skating for return pass from coach	No slapping puck, quick sweep passes
5 mins.	9. Shot with deflections (A) two players - shooter (middle) and deflects (boards); (B) two players pass from corner; skate to net, shoot and deflect the direction of puck	Quick sweep passes
5 mins.	10. 1 on 1 Competition - control turns around three cone triangle; let them battle until one scores (set time limit)	Full speed Learn to battle

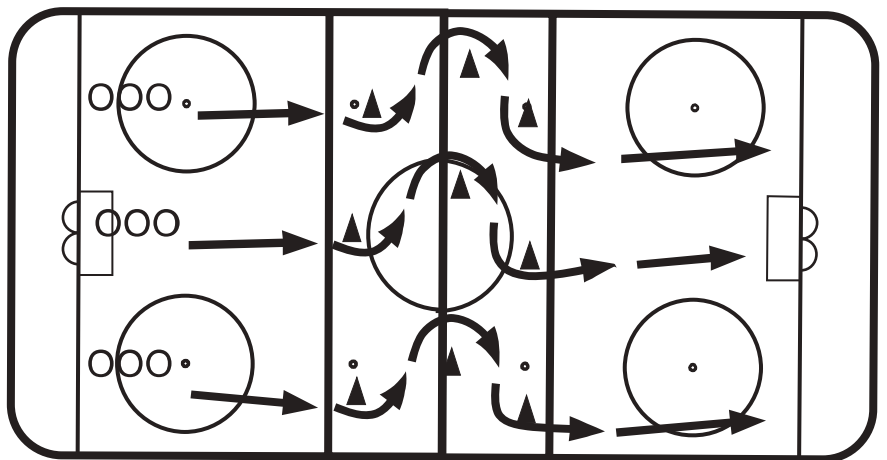
Drill — Warm-up and Big C - Power Strokes - Stops and Starts on Whistle

- Stop on whistle and change direction.
- One foot power stop.
- L start; heel to heel; point the toe in the direction you want to go.



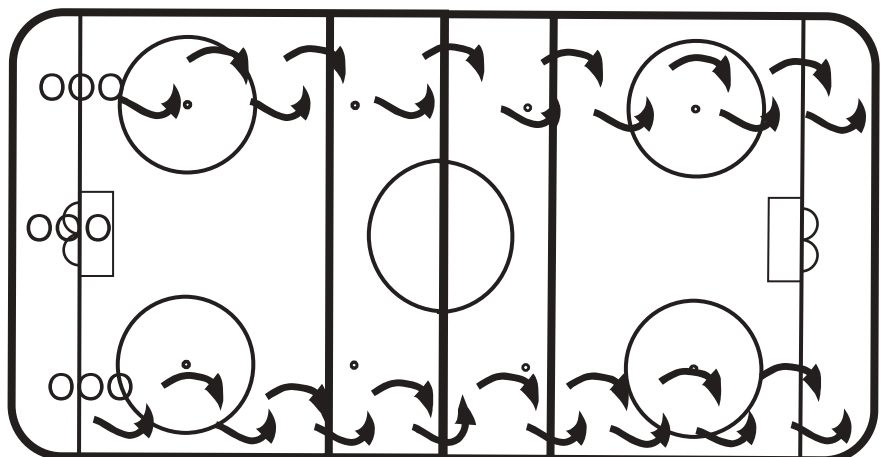
Drill #2 — Four Cones Inside Edge Rhythm Skate

- Two hands on stick; blade on ice.
- One skate inside edges; turn on each cone.
- Use stick blade as the steering wheel going around each cone.
- Shorten distance between cones as players get better.
- Use up to eight cones.



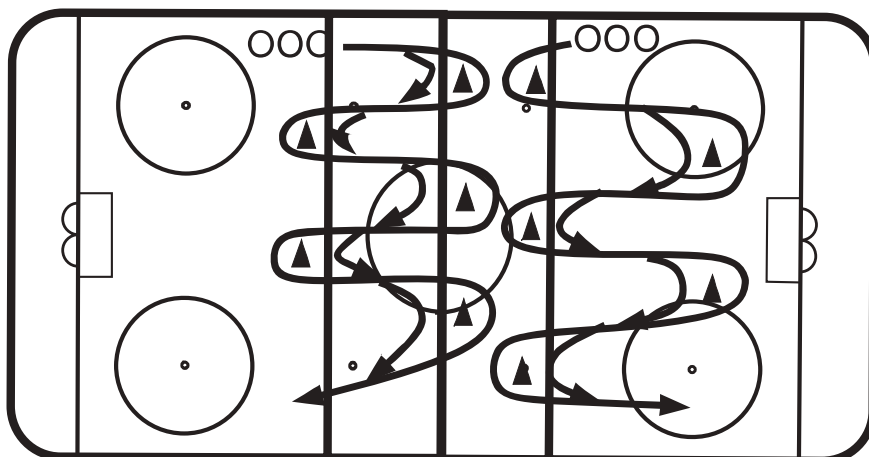
Drill #3 — Big C - Outside Edge Cross-Over

- Make complete half circle pattern with each skate on outside edge.
- Balance on outside edge for a length of time.
- Keep knee bent.



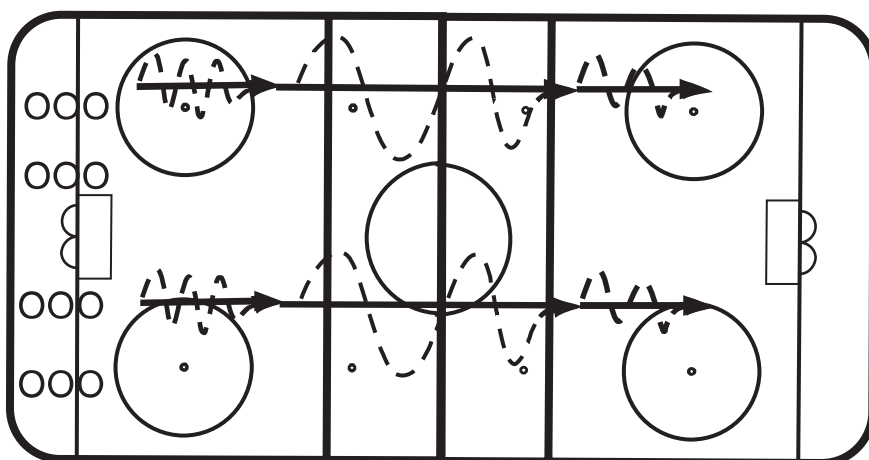
Drill #4 — Zig-Zag Control Turns on Cones

- Inside leg bent, outside leg straight (brace).
- Skates straddle the cone laying on its side when making the turn.
- Stick moves to straight leg (outside) then bring stick around (rotate at waist) when turning.



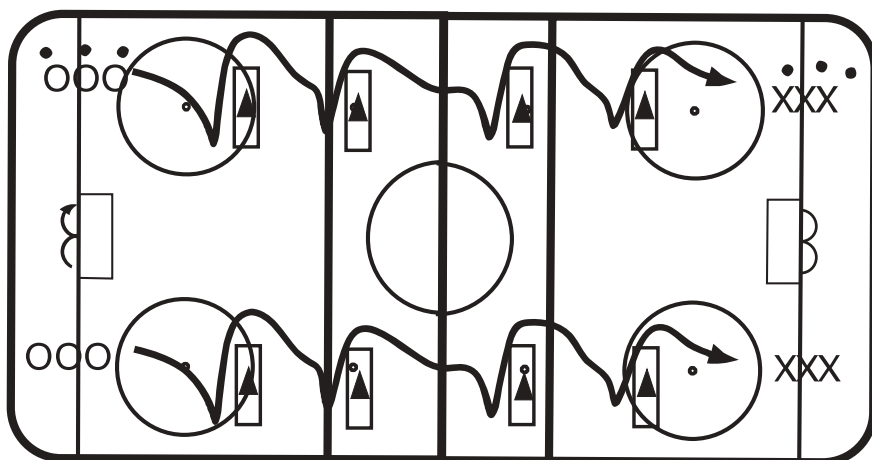
Drill #5 — Six Short, Quick Dribbles and Four Wide Pulls in Stride

- Six very quick, short dribbles.
- Four maximum wide pulls - player may drop one hand off stick on pulls.
- Continue sequence the length of ice.



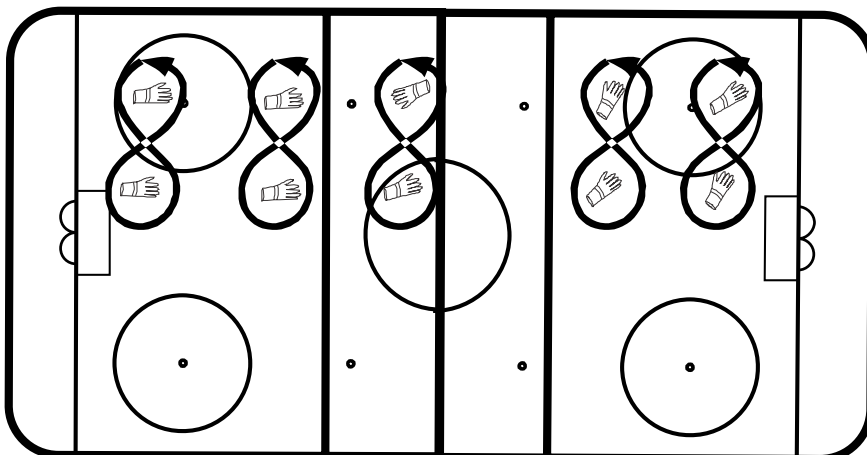
Drill #6 — Fake and Pull on Board and Cones - Two Ways

- Use 2"x6"x6' or 8' board and put cone in middle of board.
- Two lines (same time) - skate at cone, fake, pull wide - three quick crossovers.
- Force players to fake and accelerate.



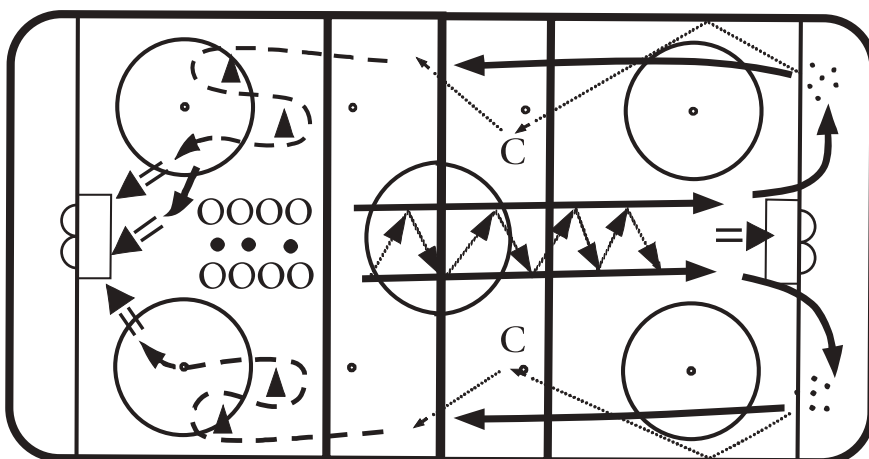
Drill #7 — Control Turns - Figure 8 on Gloves

- Inside leg bent (outside edge) and outside leg straight (inside edge).
- Put puck to outside of turn, surround puck with blade and pull puck around turn (don't start puck on inside of turn).



Drill #8 — 2 on 0 - Short, Quick Passes and Shoot

- 2 players pass puck back and forth and then shoot on net.
- Both players retrieve puck in the corner and make a board pass to the coach.
- Continue skating; receive pass from coach
- Do two control turns around cones and shoot low on net (bench across net); get rebound and shoot.



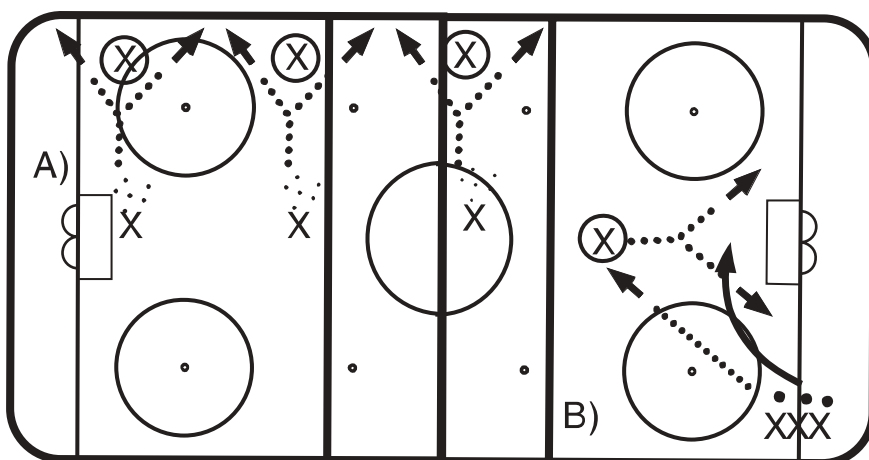
Drill #9 — Shoot With Deflection and Screen

(A) Shooter in middle, player deflecting on side boards.

- Shoot puck on ice; keep blade on ice; change direction of puck.

(B) Pass out from corner to shooter.

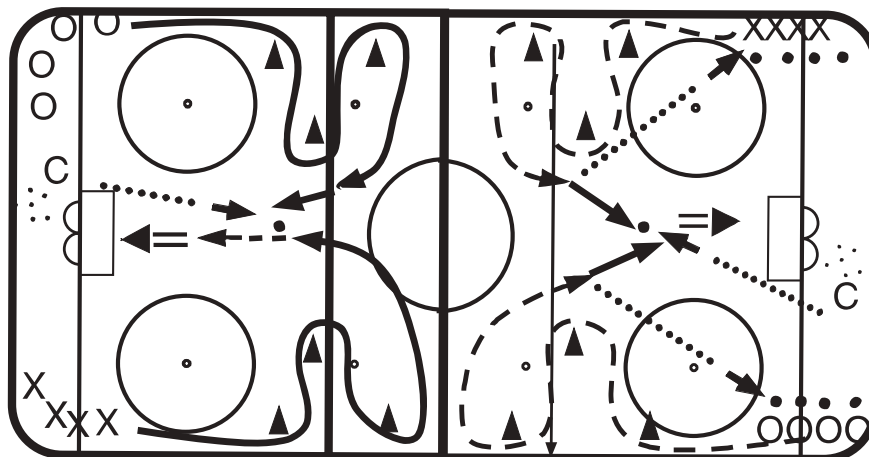
- Skate to front of net, screen and deflect.



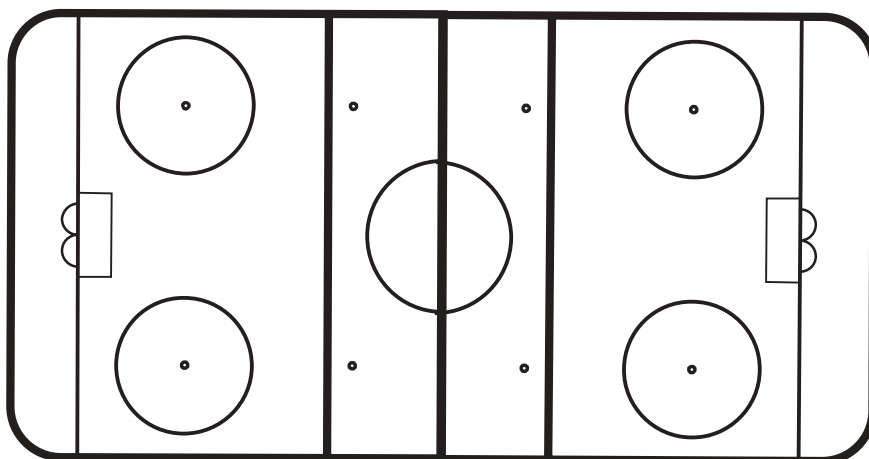
Drill #10 – 1 on 1
Competition - Control Turns
Around Three Cones With
or Without a Puck; Race to
Puck and Shoot

(A) Player carry no puck; battle for puck and shoot.

(B) Player carry puck pass to player in line; continue in; battle for puck and shoot.

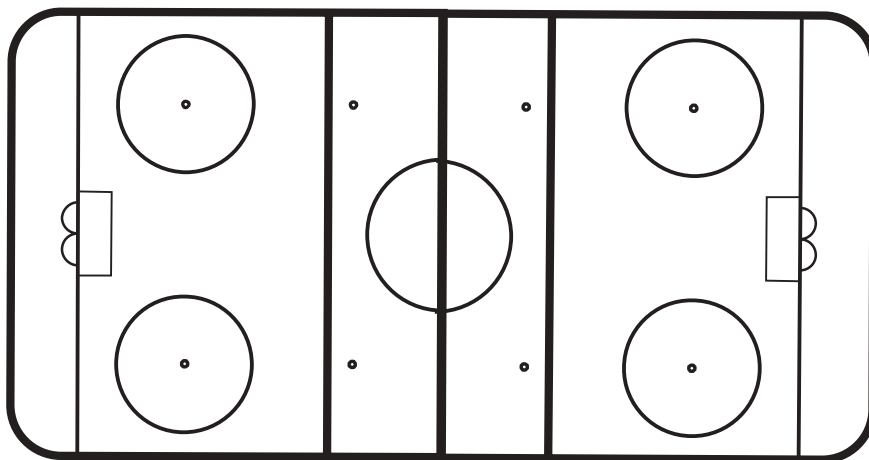


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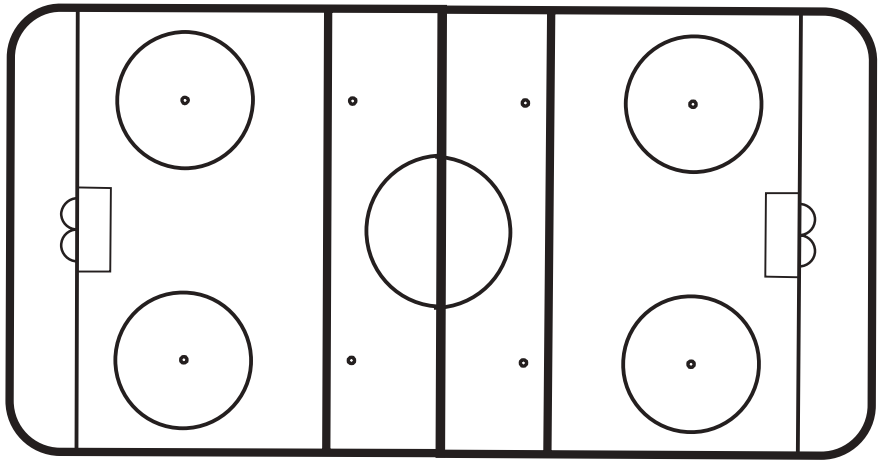
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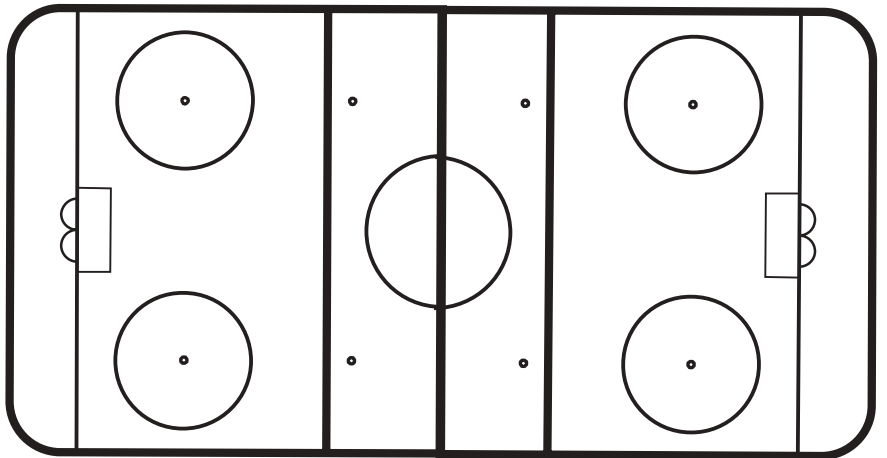
System/Drill _____

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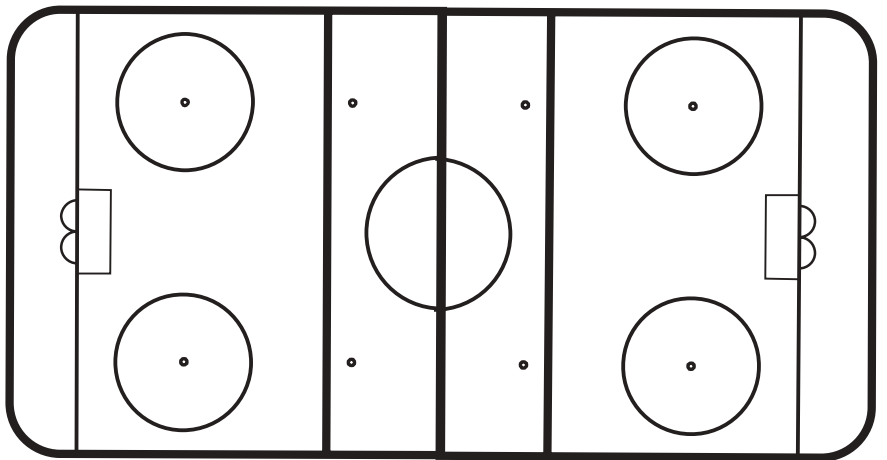
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