

Hockey Practice Plan

Objectives: 1. Skating - Forward Crossovers, Backward Start and Crossovers
2. Puck Control - Fake - Pull - Accelerate with Opposition
3. Passing - Drop Pass
4. Checking - Limit Hands and Sticks
5. Competition - 1 on 1 Drills

Date: _____

Practice: #4

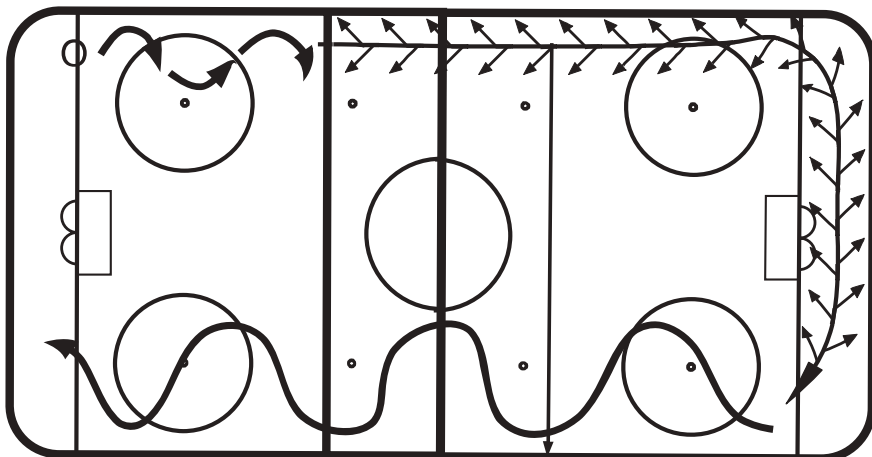
Level: 10-and-Under (Squirt)

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 type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" 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 checked="" type="checkbox"/> Misc. Competition
<input type="checkbox"/> Goaltending		<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - Big C outside edge - power strokes - zig-zag control turns	
5 mins.	2. Forward crossovers (A) Circles (B) three cone M pattern	Outside edge balance; no gliding
10 mins.	3. Backward strokes (A) "C" start to backward strokes; (B) backward crossovers; (C) 4 backward crossovers to backward strokes	
5 mins.	4. Puckhandling - 1 on 1 with stationary partner in middle option; shoot at boards after crossovers	Fake; Pull; three quick crossovers
5 mins.	5. Puckhandling - Forward crossovers - fake, pull, three crossovers on coaches; shoot then screen/deflect	Keep puck away from a poke check
5 mins.	6. 2 on 0 drop pass at both blue lines; shoot second puck rebound shot	Puck carrier cross first, then receiver
5 mins.	7. 1 on 1 - forward behind net; defense carries in and shoots	D sticks upside down; Close gap
5 mins.	8. No Body Play - Take out hands/stick weave	Checker's hip on puck carrier's gloves
5 mins.	9. 1 on 1 Circle crossovers; three cone triangles control turns; race to puck and score. Option - carry puck, pass to players' line	
5 mins.	10. Small games (A) 2 vs. 2 (B) 1 vs. 1; both width of rink	

Drill #1 — Warm-Up: Big C Outside Edge Balance; Power Strokes; Control Turn Zig-Zag

- Control turn; wide base.
- Four hard strides coming out of turn.



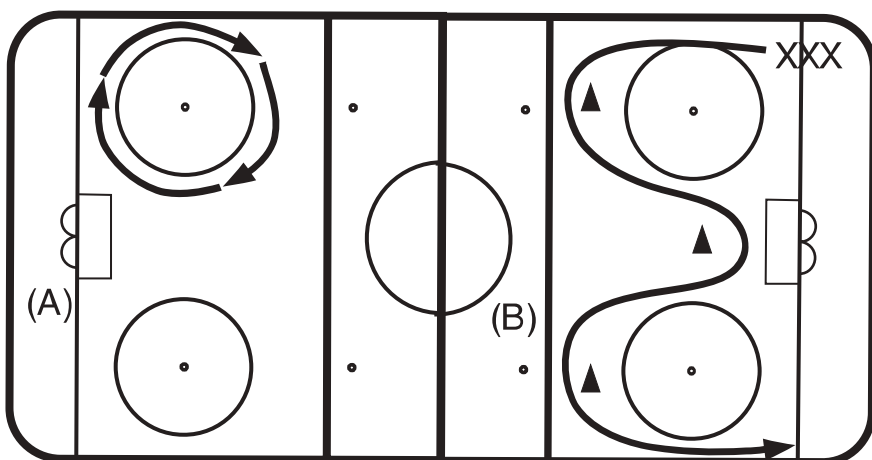
Drill #2 — Forward Crossovers

(A) Forward crossovers on circle

- Outside edge balance.
- Knee over knee cross.

(B) Three cone "M" forward crossovers

- No gliding.
- Set outside skate when starting turn.



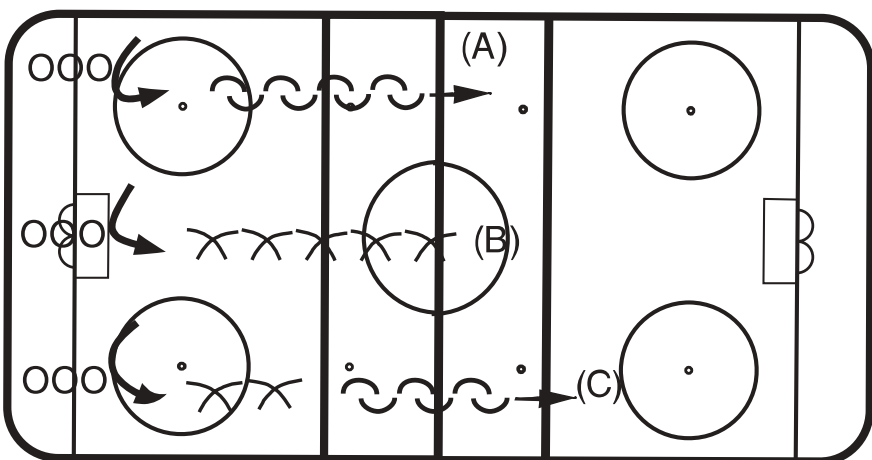
Drill #3 — Backward Movement

(A) C Start to backward strokes

- Cut ice hard with C start.
- Full extension and hip recovery on back stroke.

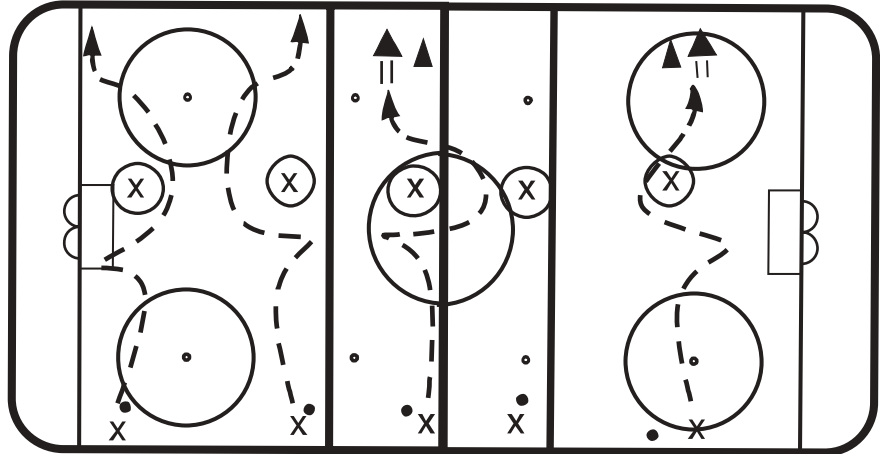
(B) Backward crossovers - Rush-Cross-Reach

(C) Three back crossovers to backward strokes



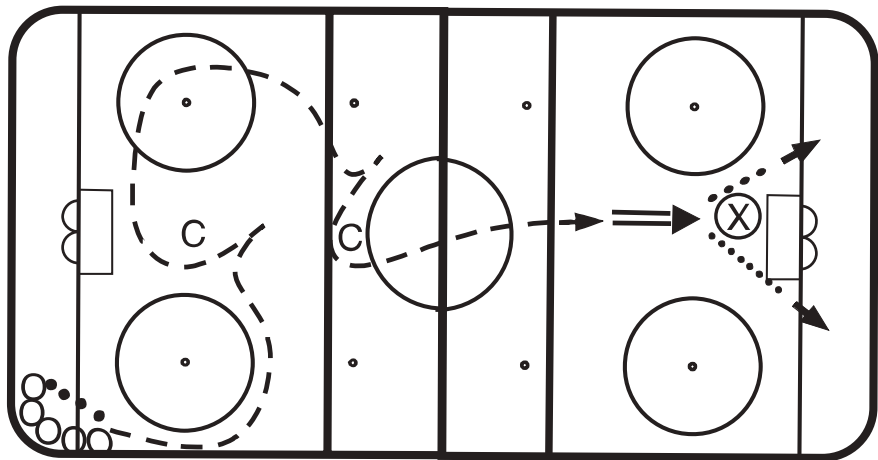
Drill #4 — Puckhandling - 1 on 1 with Stationary Partner

- Make fake stick length away from opponent's stick.
- Make fake with puck, head and shoulders.
- Pull puck quickly across body to other side.
- Accelerate - do three quick crossovers.
- Option: put cone behind defender and shoot.



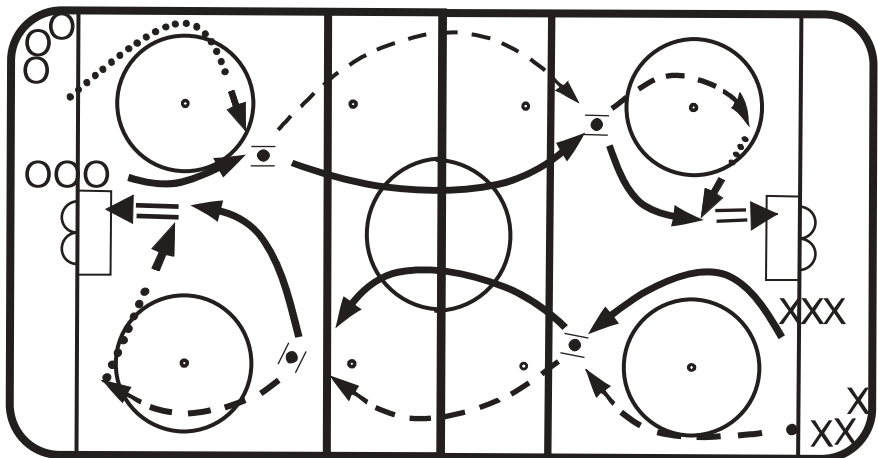
Drill #5 — Russian Circle - Fake Around Coaches - Shoot and Screen / Deflect

- Fake with puck, head, shoulder.
- Quick pull across body and three crossovers.
- Shoot at blue line.
- Follow shot for rebound then screen/deflect.



Drill #6 — 2 on 0 - Both Ends - Double Drop Pass - Double Drive - Pass and Shoot

- Puck carrier crosses first, player receiving drop crosses behind.
- Stop puck when dropping.
- Always protect puck with body when making a drop pass.



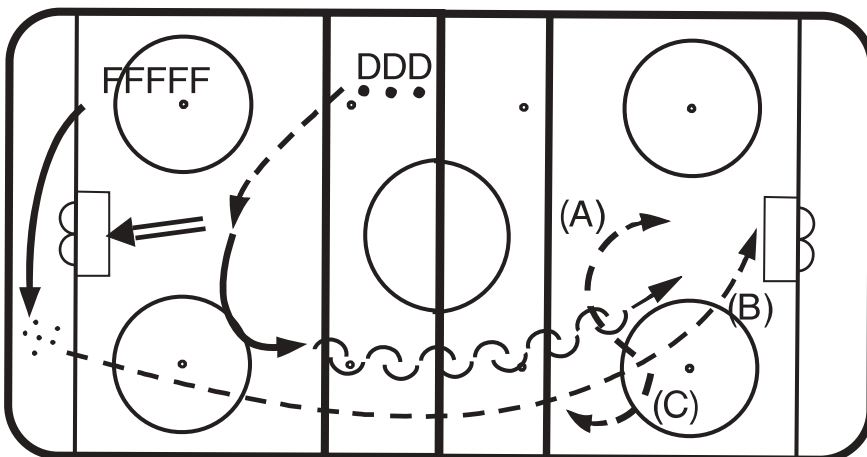
Drill #7 — 1 on 1 - Forward Behind Net - Defense Shoots

- After D shoots - stick upside down.
- F reads D gap.

(A) Loose gap, skate across front on D; shoot.

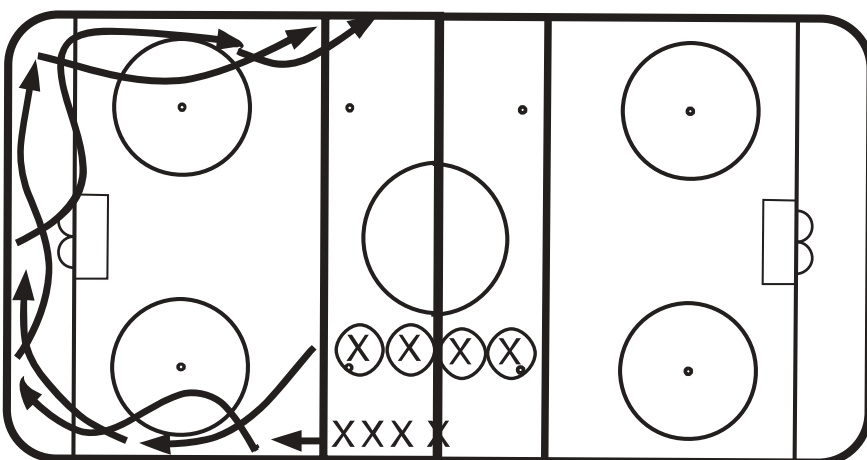
(B) Tight gap, cut into middle behind D.

(C) D controls F; escape towards board.



Drill #8 — Take Out Hands/ Stick Check Weave

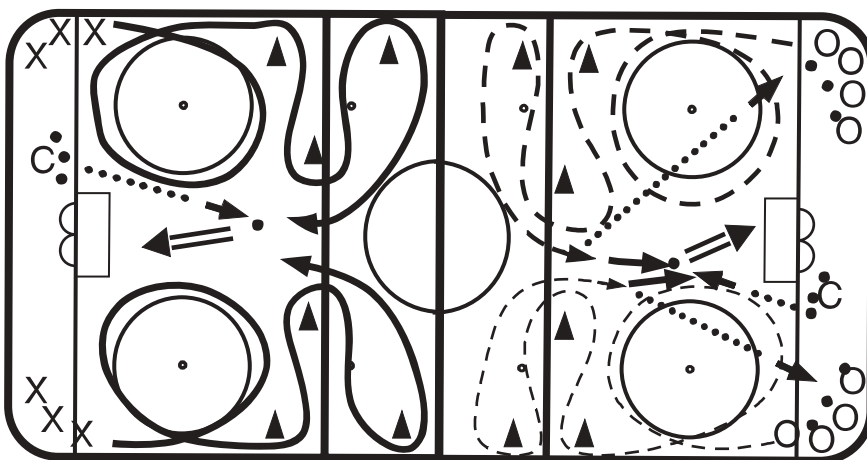
- Player on boards allows himself to be taken out.
- Checker's hip on puck carrier's gloves and stick.
- Checker must skate half stride in front then throw hip in.
- Checker's stick controls the puck carrier's stick.



Drill #9 — Competition 1 on 1 - Circle Crossovers - Three Control Turns on Triangle - Race to Puck - Shoot

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

(B) Players carry puck when doing crossovers and control turns, pass to player in line; race to puck and shoot.



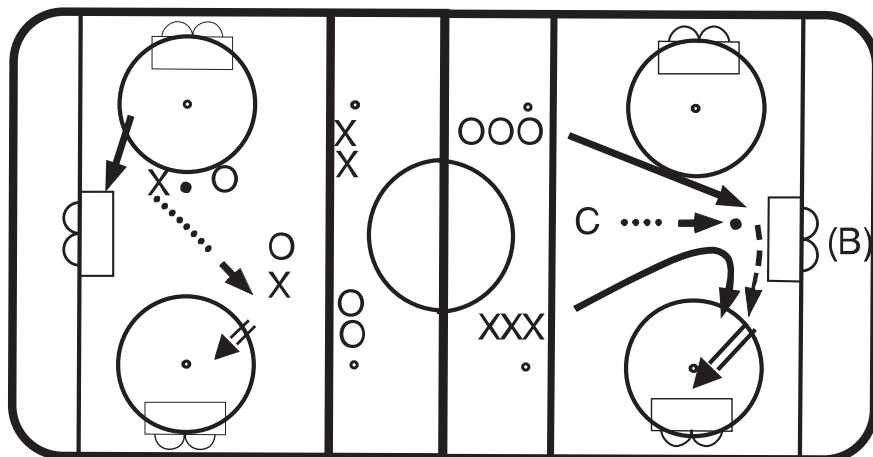
Drill #10 — Small Cross Ice Games

(A) 2 vs. 2 - 30 sec. shifts

- Teach support for partner.

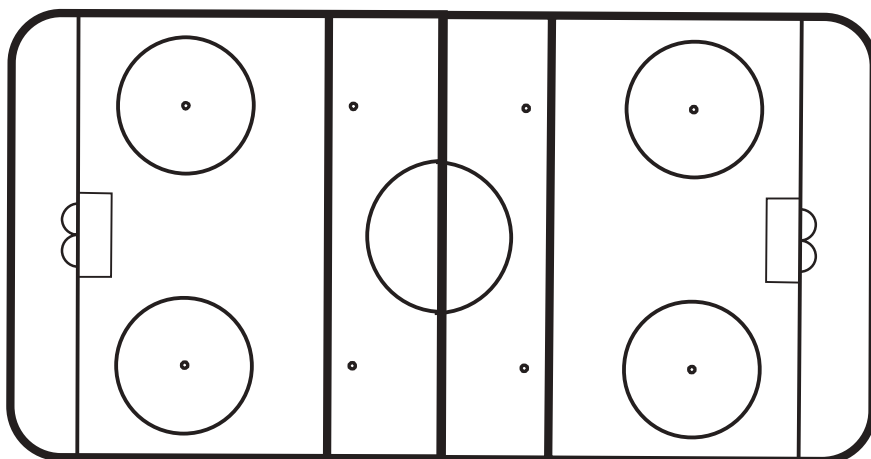
(B) 1 vs. 1 - 15 sec. shifts

- Protect puck, don't allow opponent to take puck away.



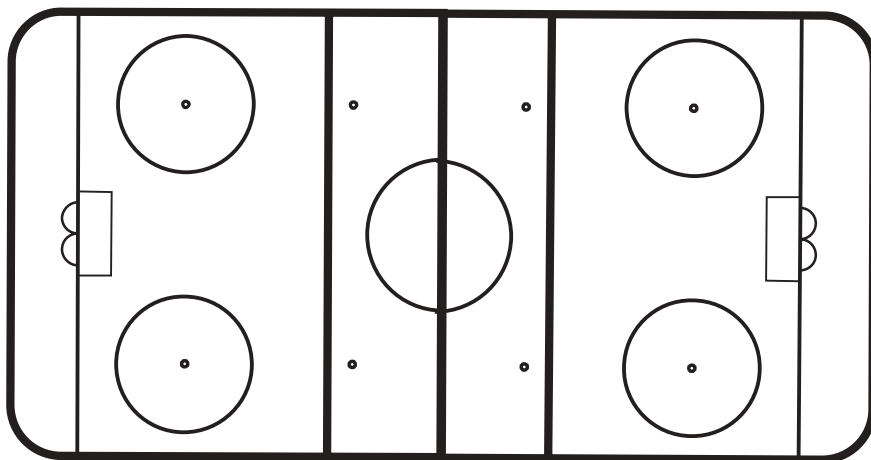
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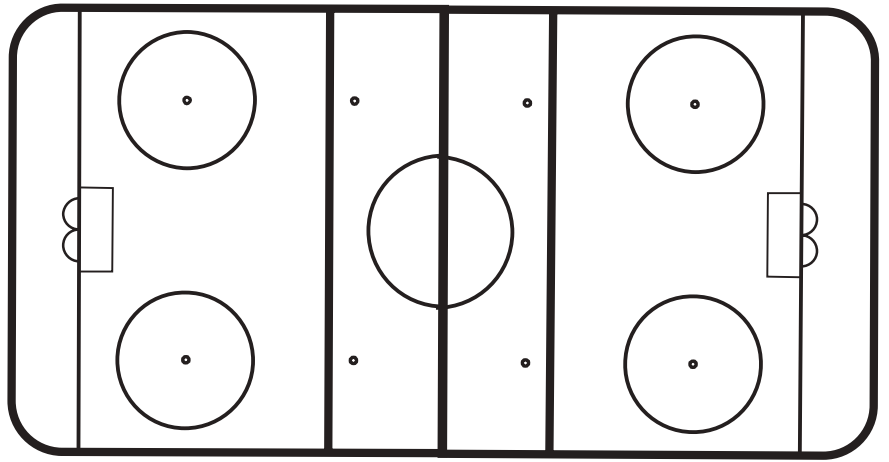
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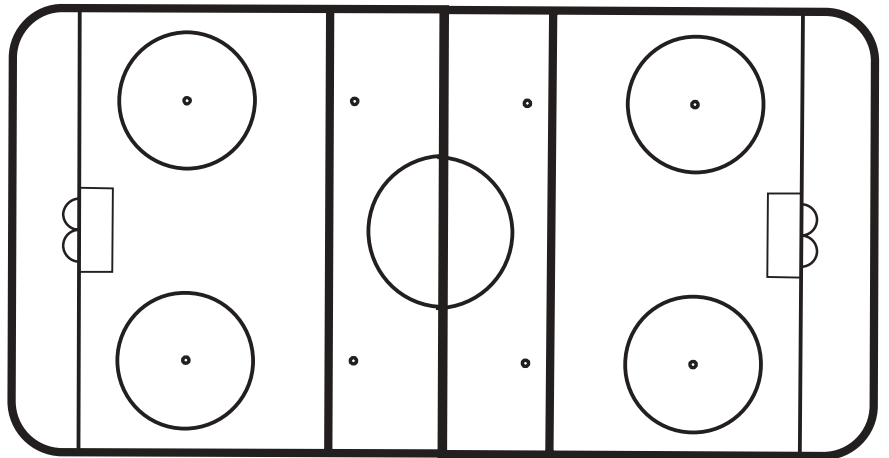
System/Drill _____

Description _____



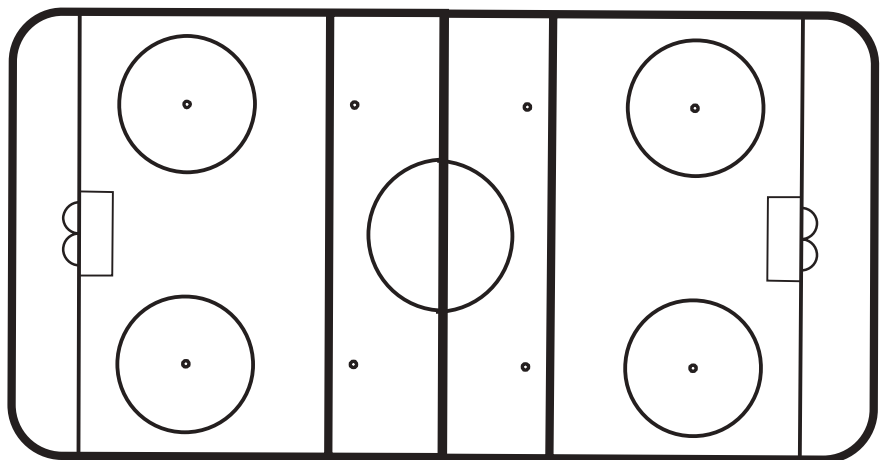
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