

Hockey Practice Plan

- Objectives:**
1. Passing - Refinement of Passing
 2. Puck Control - Control Turns and Escapes
 3. Shooting - Quick Release Shots; Crashing Net and Shooting
 4. Checking - Blocking Out Opponent
 5. FUN COMPETITION

Date: _____

Practice: #8

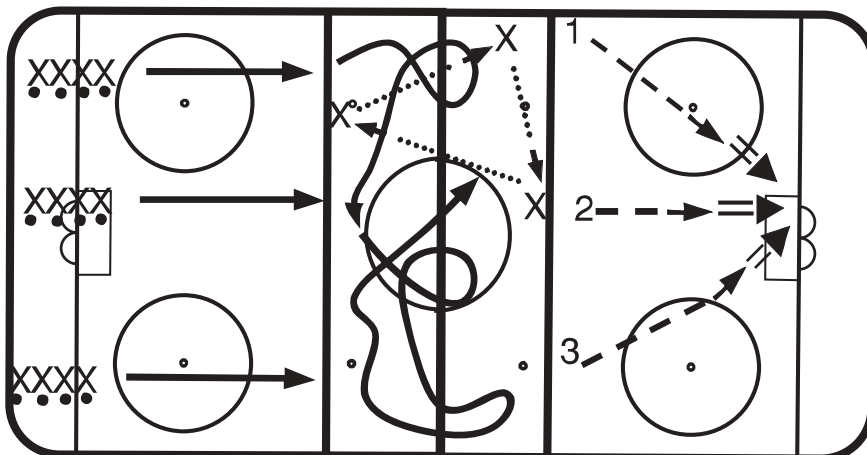
Level: 10-and-Under (Squirt)

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	<input checked="" type="checkbox"/> 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	<input checked="" type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending	_____ 3 on 0	_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: Three to five lines; Hot Dog skating; Agility in neutral; "Show Off" puckhandling skills in neutral; One puck rapid passing in neutral	
5 mins.	2. Over and backwards; Retrieve puck; Control turn and escape; Pass to coach	Full speed; aggressive edge turns
5 mins.	3. Five Station pass; Follow pass; Note: Start of power play and Offensive Triangle	Hard, accurate passing
5 mins.	4. 2 on 0 funnel pass and shoot; Try and make three passes before shooting	Move puck quickly
5 mins.	5. 1 on 1 give and go pressure shoot	Accurate forehand pass; quick shot
5 mins.	6. Top of circle shoot; Continue to net for pass and 2nd shot	Shoot and go for net (rebound)
5 mins.	7. 1 on 1 block out opponent from puck; Body on body and stick on stick	Tight gaps
5 mins.	8. 2 on 2 Backchecking; Backcheckers do J crossover start; Keep opponent to outside	Tight gaps
5 mins.	9. Pom - pom - pull away	
	10. Team shoot-off contest	

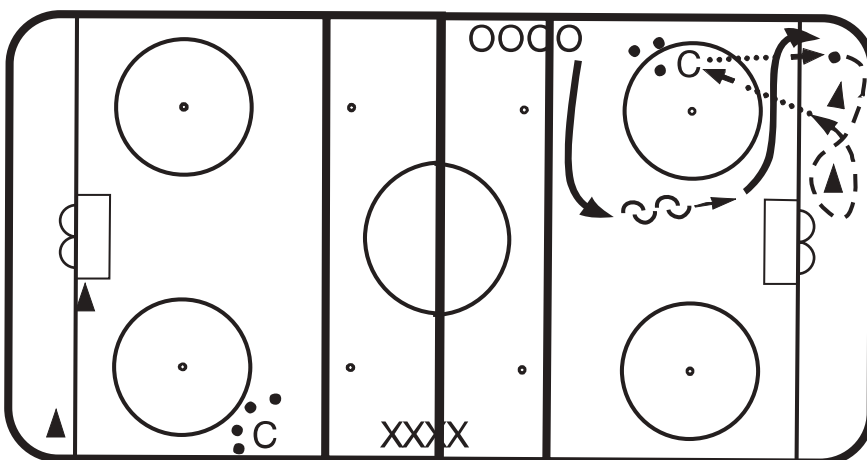
Drill #1 — Warm-Up - 3 Lines

- Hot dog skating (no pucks) in neutral zone; do aggressive agility skating moves.
- Show off puckhandling in neutral zone; number lines 1-2-3 (this is the order they go in and shoot).
- One puck rapid pass in neutral zone; move around passing; three passes entering attack zone before shooting.



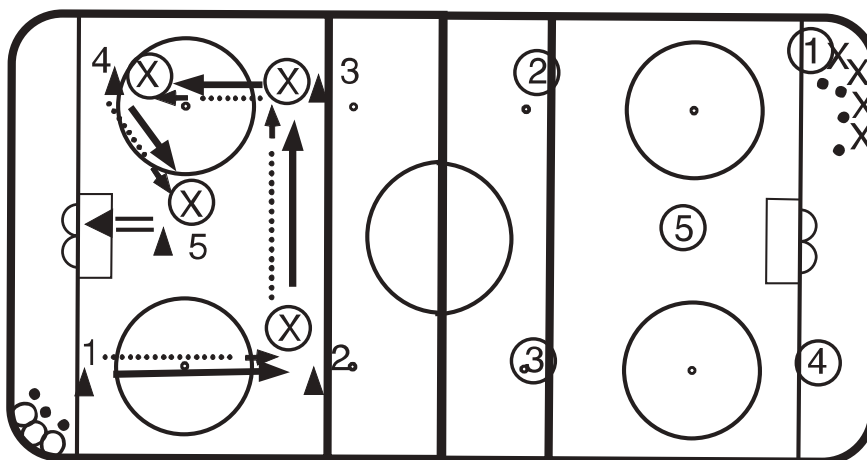
Drill #2 — Over and Backwards - Retrieve Puck - Control Turn and Escape - Pass to Coach

- FULL SPEED forward to middle, then backwards.
- Pivot, retrieve puck in corner and do control turn around on 1st cone and escape on second cone, then immediately pass to coach.



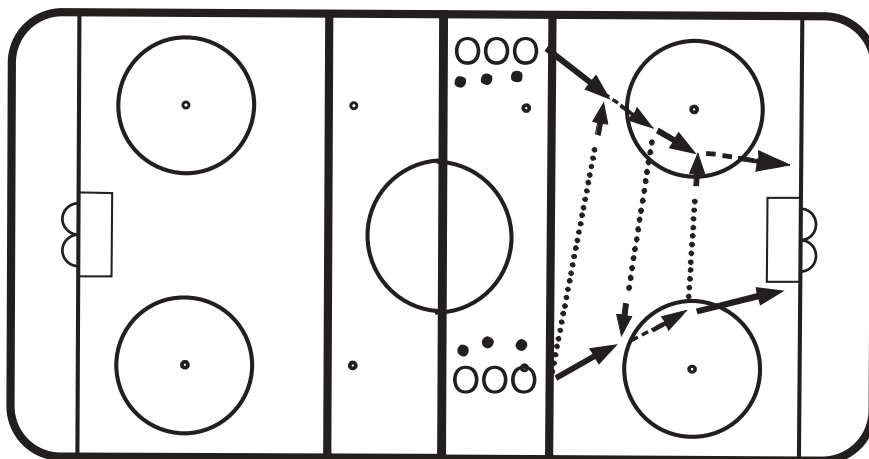
Drill #3 — Five Station Pass - Pass and Follow Pass

- Pass hard and accurately.
- After passing, skate full speed to next station.
- Use cones to mark station spot at first.
- #5 shoots at net.



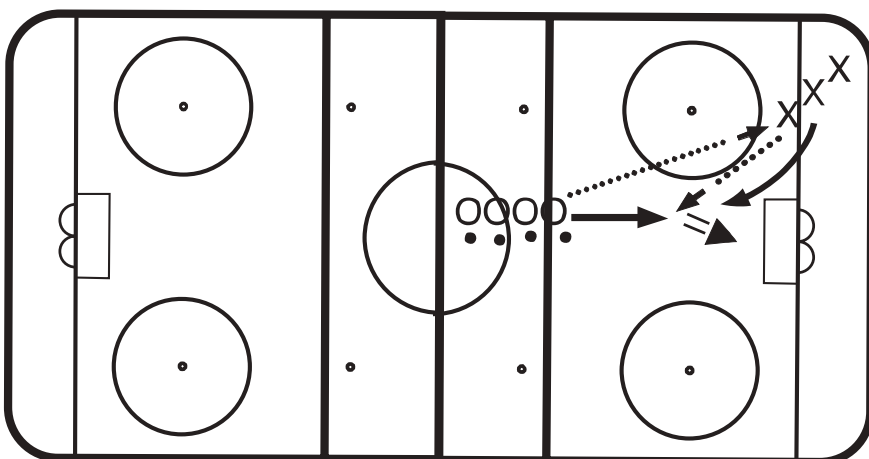
Drill #4 — 2 on 0 Funnel Pass

- Make HARD Passes.
- Try and make three passes before shooting.



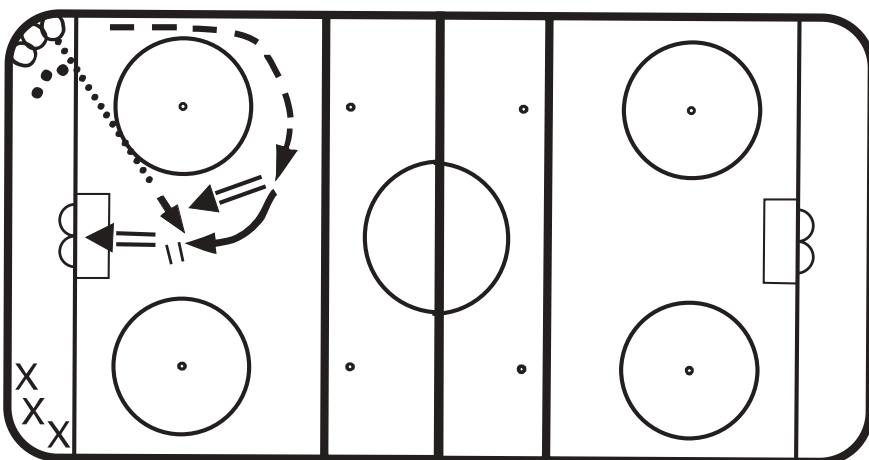
Drill #5 — 1 on 1 Give and Go Pressure Shot

- Shooter starts at blue line and passes to the line below goal line.
- Shooter skates in, gets return pass and shoots before defender gets to him to block shot.



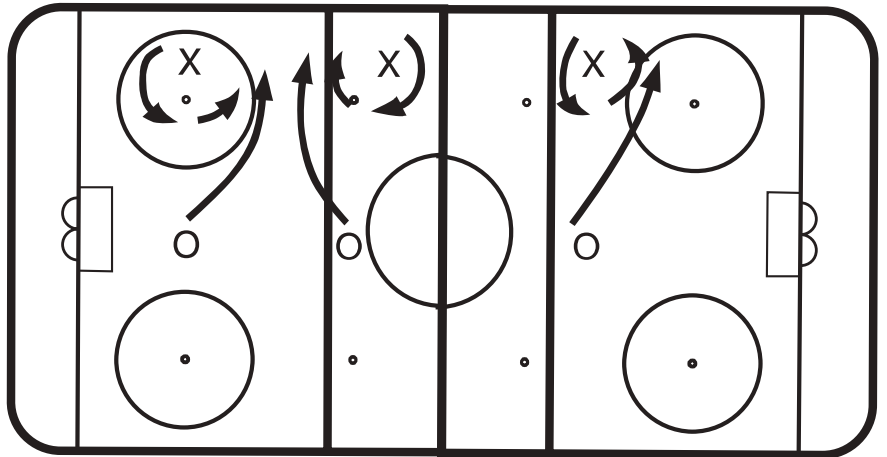
Drill #6 — Circle Crossovers and Shoot - Continue in for Pass and Second Shot - Alternate Sides

- Puck carrier skates to top of circle.
- Continue to net get pass from line and shoot.
- Stop in front of the net.



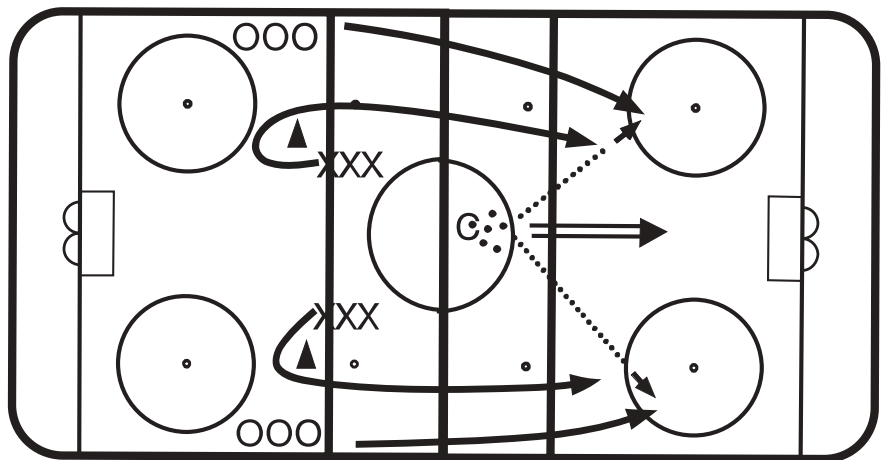
Drill #7 — 1 on 1 Block Out Opponent From Getting to Puck

- Defender faces puck, on whistle defender turns around and takes the opponents body and controls his/her stick; don't allow opponent to touch puck.



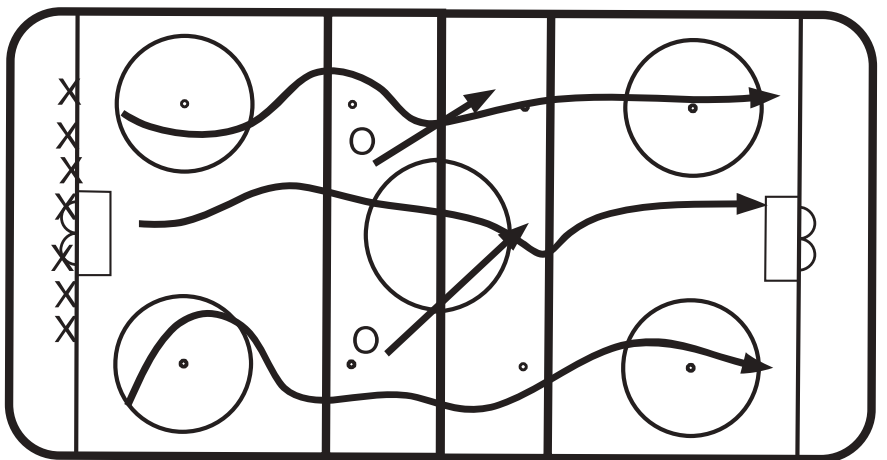
Drill #8 — 2 on 2 Backchecking - BC does J Start (Three Crossover Three)

- Backchecker contains opponent to the outside.
- Coach can pass to either side or shoot on net.
- Let play continue awhile after pass.



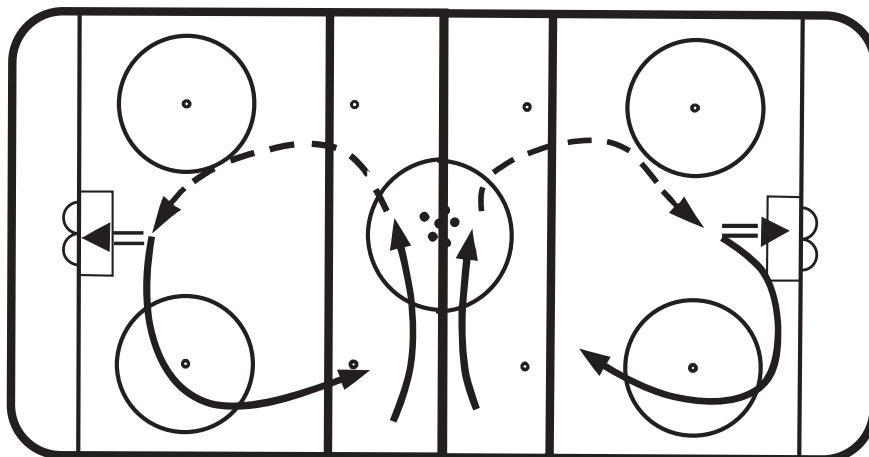
Drill #9 — Pom-Pom-Pull-Away

- Players do not use sticks.
- A designated player(s) begin the game as the taggers in neutral ice.
- Players line up on the goal line.
- On whistle, skate to the other end
- When tagged, stay in middle and be a tagger.

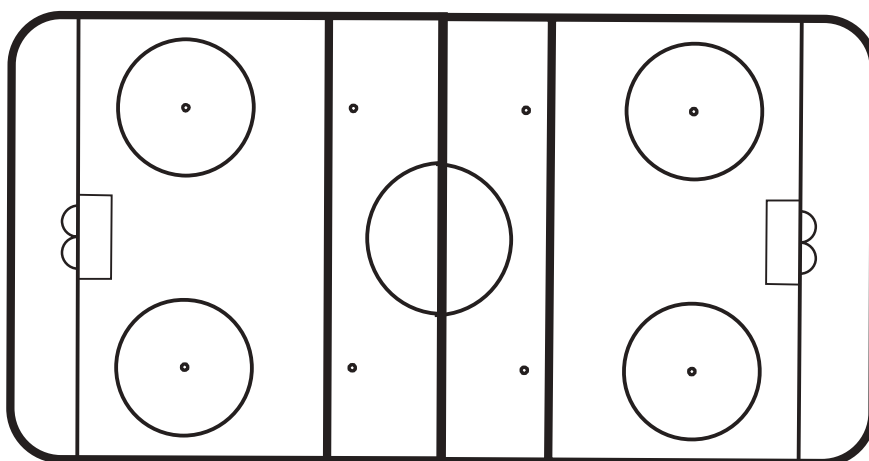


Drill #10 — Team Show Down Contest

- Two groups, pucks in middle circle.
- First player in each group gets puck and skates toward the net and shoots, then immediately turns and skates hard to blue line; then next player can go; coach keeps track of goals scored.

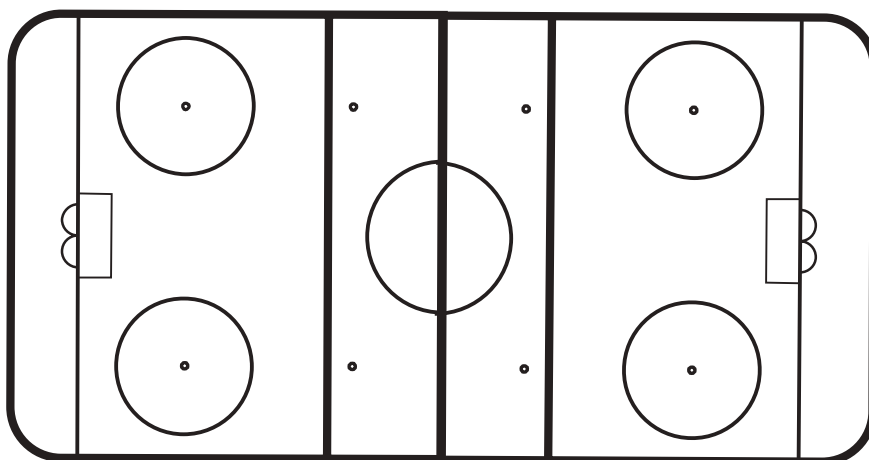


Description _____



Notes/Comments _____

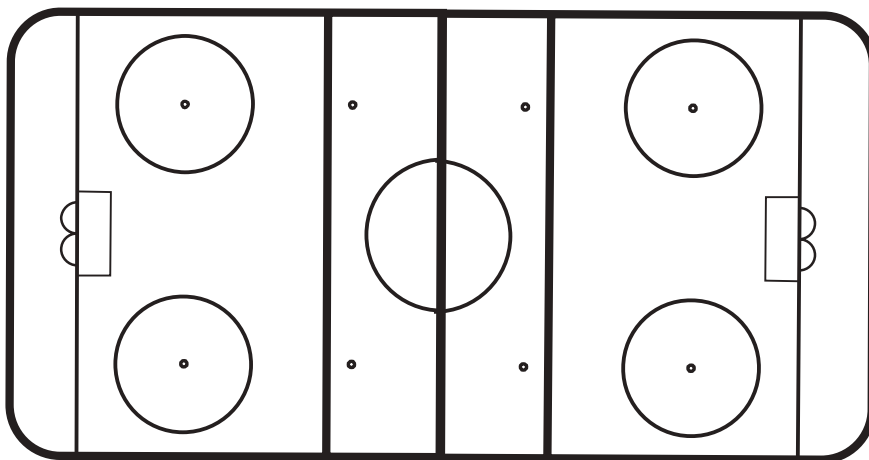
Description _____



Notes/Comments _____

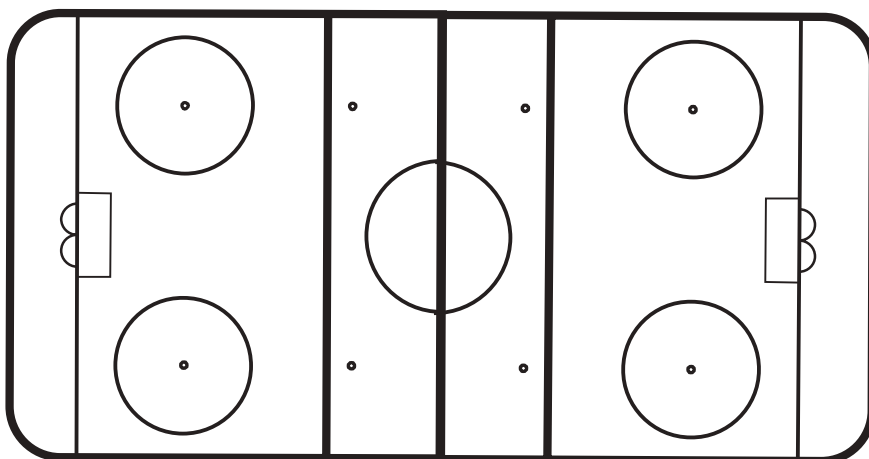
System/Drill _____

Description _____



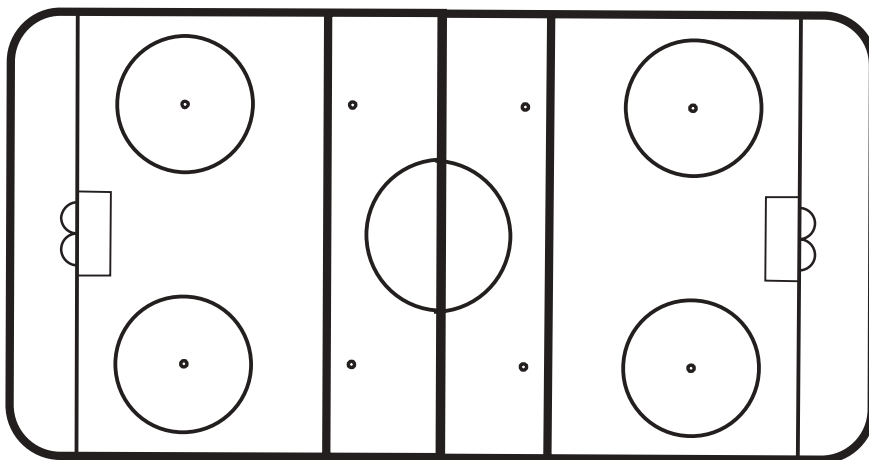
Notes/Comments _____

Description _____



Notes/Comments _____

Description _____



Notes/Comments _____