

Hockey Practice Plan

- Objectives:**
1. Skating - Aggressive/Agility
 2. Puck Control - Use of Feet in Controlling/Protecting Puck
 3. Shooting - 1 on 0 With Goalie - Options for Scoring
 4. Systems - Breakouts, Offensive Entry, Power Play
 5. Passing - Drop Pass and Weave

Date: _____

Practice: #9

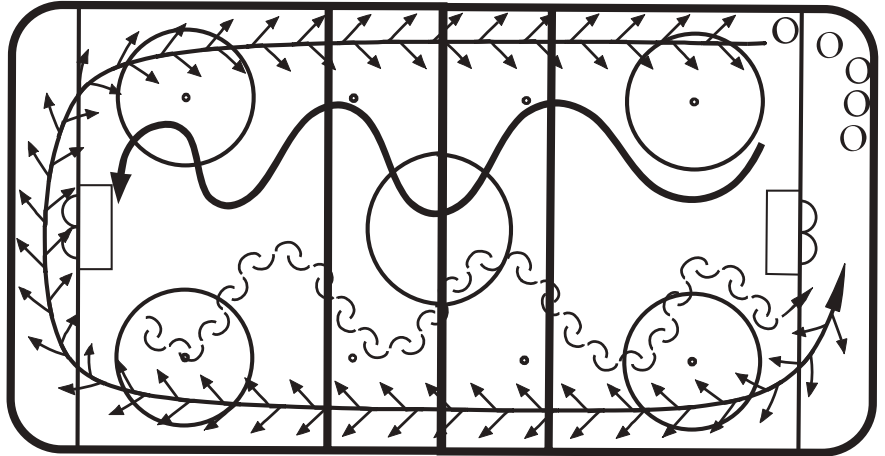
Level: 10-and-Under (Squirt)

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 type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input checked="" type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" 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"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input checked="" type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: Power strokes, control turns zig-zag, Backward crossover zig-zag	
5 mins.	2. Multi-skill ability course, forward crossovers, control turn, escapes, forward/backward zig-zag step outs, mohawk step out	FULL SPEED
5 mins.	3. 1 on 1 (no sticks) partner keep away; use skates to control and protect puck	Use body to keep partner away from puck
6 mins.	4. 2 on 0 double drop pass at each blue line	Puck carrier starts across to drop pass
6 mins.	5. 3 on 0 weave - enter offensive zone with trailer play	HARD PASSES
6 mins.	6. 1 on 1 two-thirds ice; D breakout pass to coach; F does give and go with coach on far blue line then 1 on 1	Start of regroup concept
6 mins.	7. 2 on 1 half ice; D breakout pass to F; Pass to other F, Forwards criss cross in neutral zone and drop pass then 2 on 1	
7 mins.	8. 3 on 2; Coach breakout pass; 3 on 2 trailer play	Attack to top of circle very quickly
14 mins.	9. Power play - two groups	Use cones for defenders
5 mins.	10. Team Show Down option #2; Player has to stay out until they score, team wins when all players have scored	

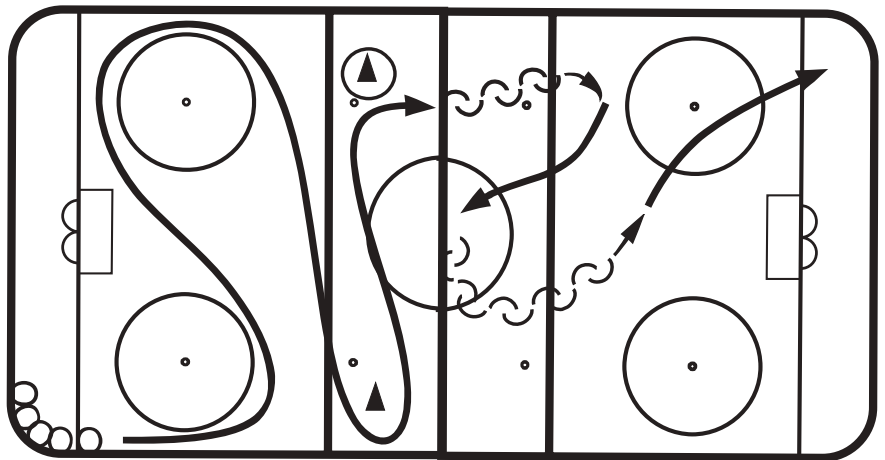
Drill #1 — Warm-Up: One Line in Corner

- Two laps power strokes.
- Half lap zig-zag control turn.
- Half lap zig-zag, backward crossovers.



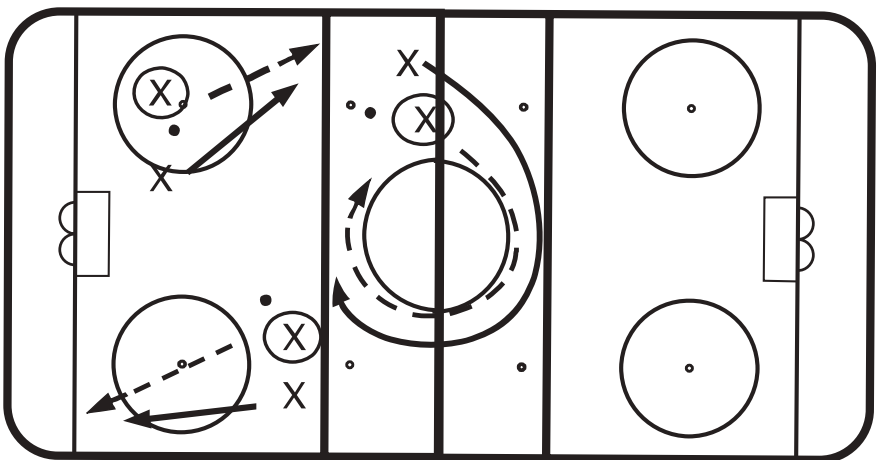
Drill #2 — Multi-Skill Ability Course

- Forward crossovers on circles.
- Control turn first dot and escape at second dot.
- Backward, forward, backward zig-zag.
- Mohawk step out forward to goal line.



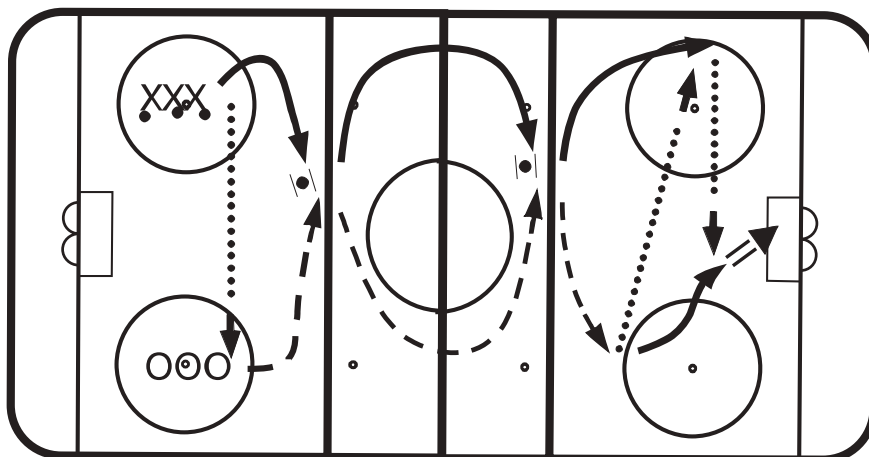
Drill #3 — 1 on 1 - No Sticks - Partner Keep Away

- Use skates to control puck.
- Use body to defend off partner from puck.



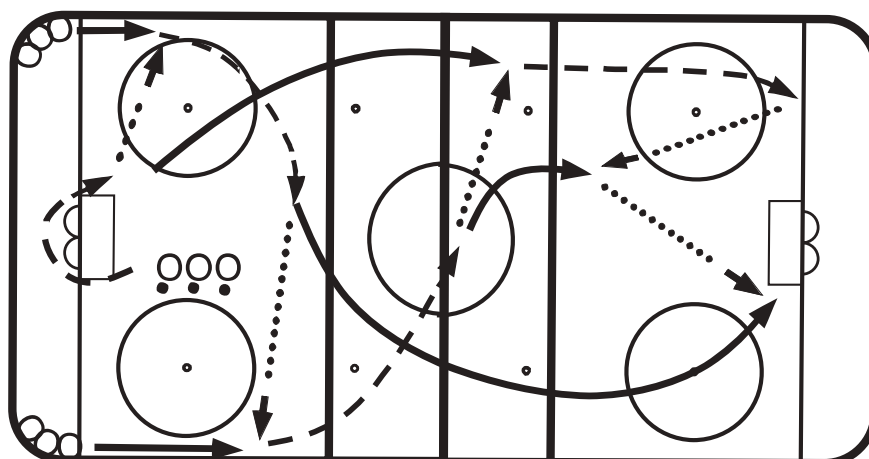
Drill #4 — Pass - Double Drop Pass - Two Passes and Shoot

- Line on each dot.
- Pass to other line.
- Make a drop pass at each blue line.
- Enter attack zone making two more passes and shoot.



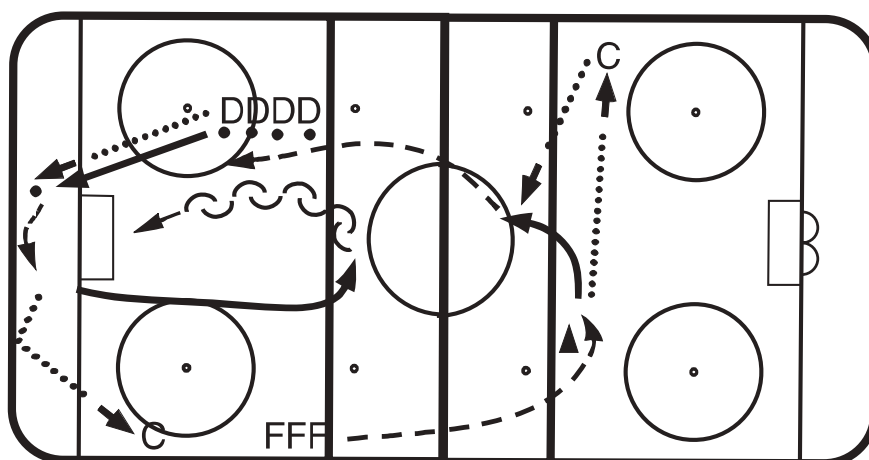
Drill #5 — 3 on 0 Weave - Enter Offensive Zone With Trailer Play

- Player only moves to middle after receiving pass.
- Do trailer play into offensive zone.



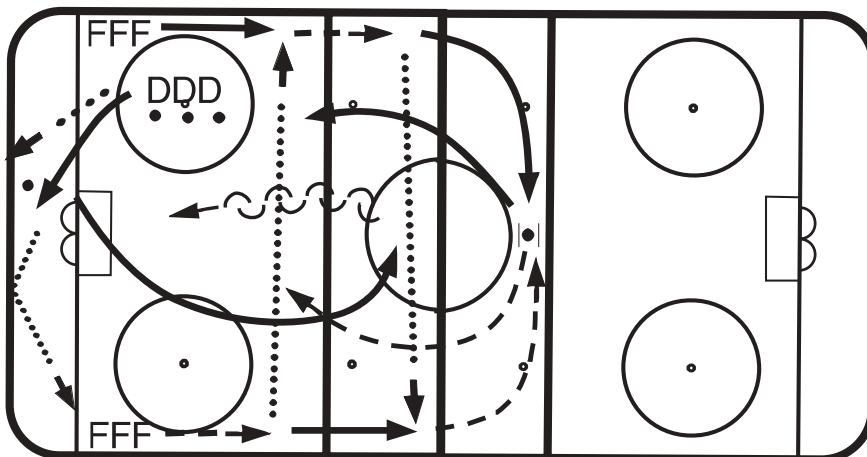
Drill #6 — 1 on 1; 2/3 Ice

- D retrieves puck; make breakout pass to coach then up to blue line for 1 on 1.
- F carries puck to cone, passes to coach, continues across, receives pass, then 1 on 1 with D.



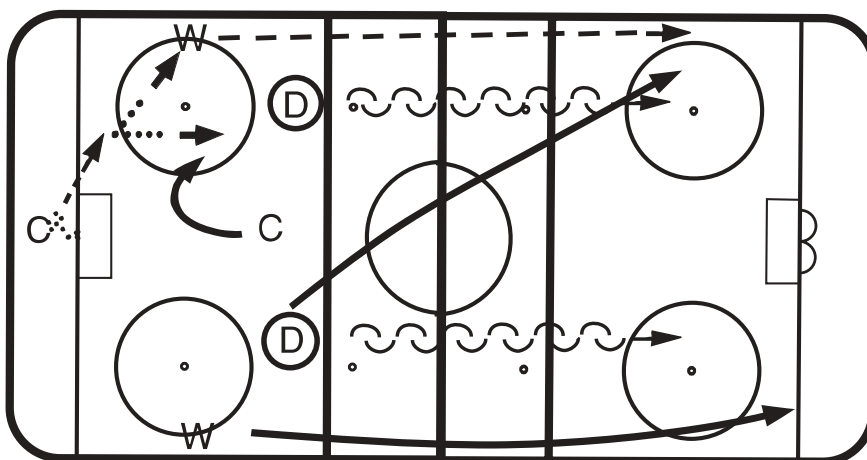
Drill #7 — 2 on 1 Two-Thirds Ice

- D makes breakout pass to F.
- Forwards make two long passes then cross ice and drop pass.
- D moves up with play and plays 2 on 1 coming back into zone.



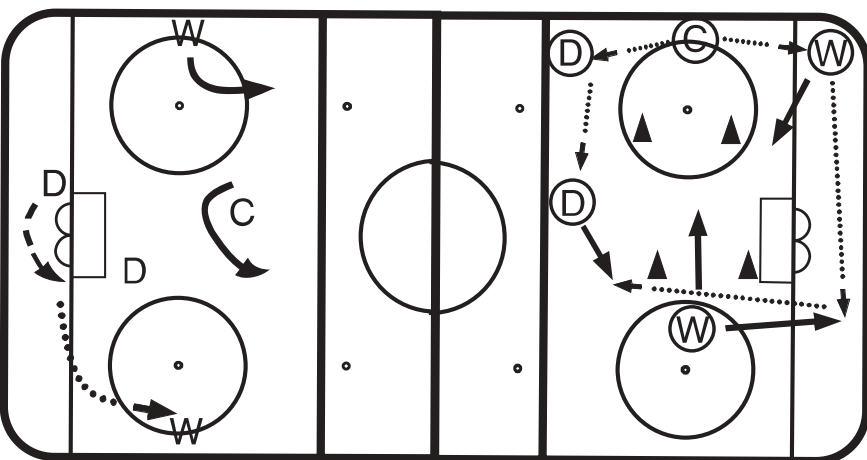
Drill #8 — 3 on 2 - Breakout Pass From Coach

- Forwards move into breakout positions.
- Coach makes a pass to one of the forwards.
- Center supports breakout pass.
- 3 on 2 into offensive zone.
- Allow play to continue for awhile.



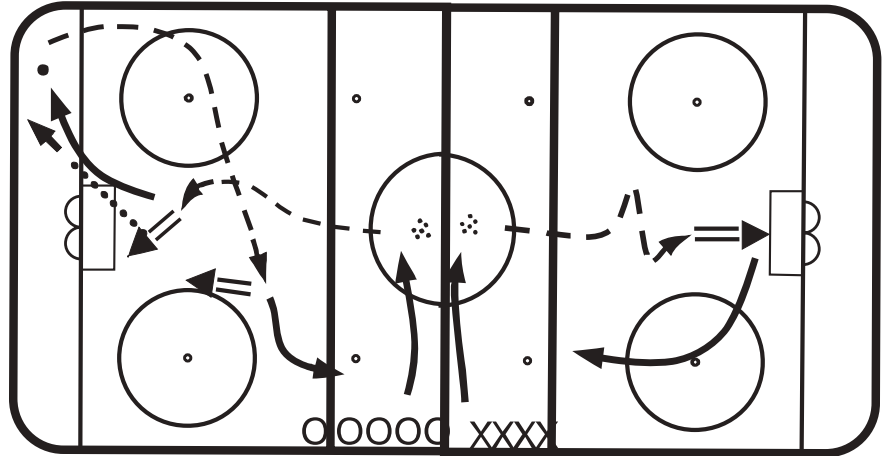
Drill #9 — Power Play - Two Groups

- Basic breakout options for power play breakout.
- Offensive zone set up in overload; use four cones for defenders.
- Pass puck around creating different options.

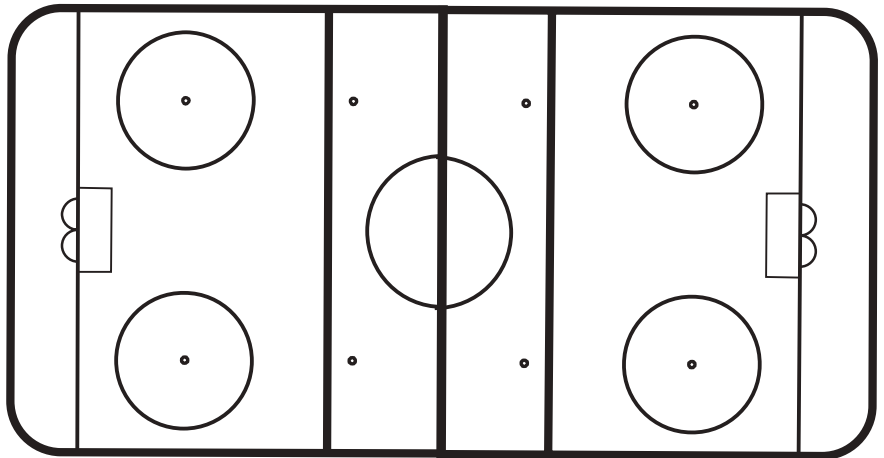


Drill #10 — Team Show Down - Option #2

- 1 on 0 with goalies both ends.
- Shooter must continue in zone until they score.
- After scoring, sprint over blue line before next player can go.
- First team to have all players score wins.

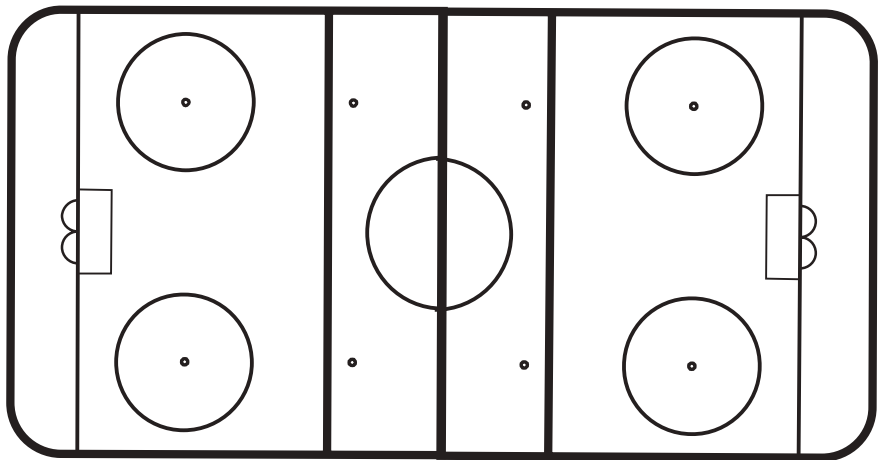


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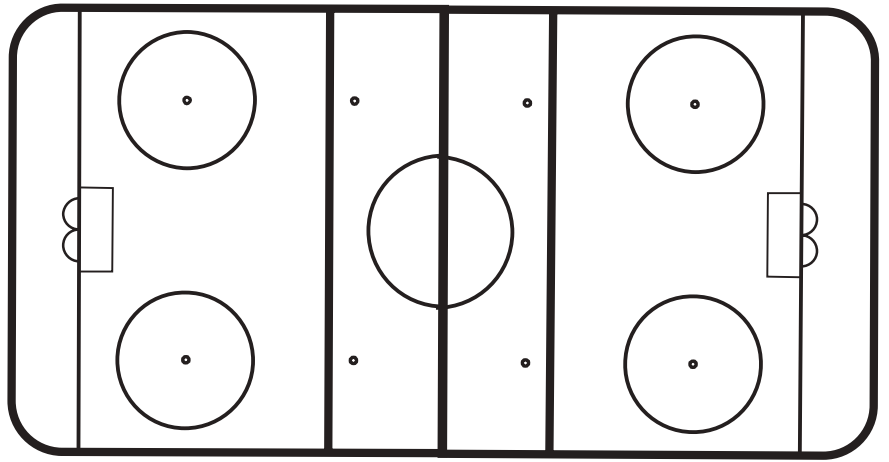
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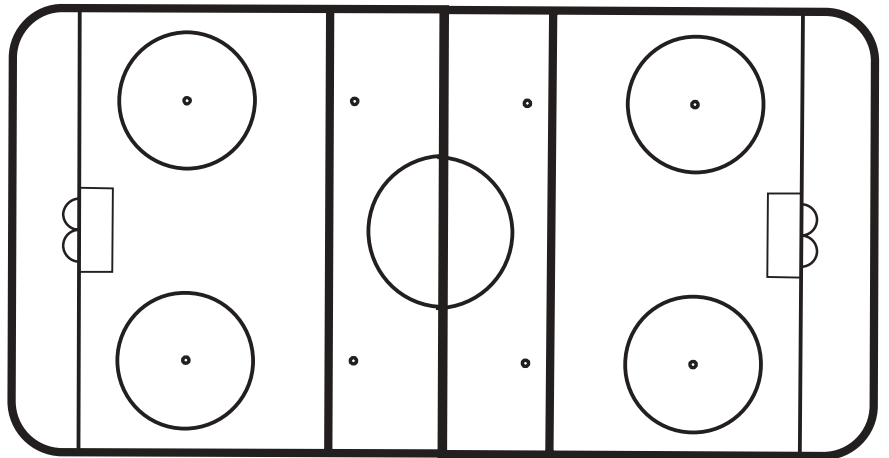
System/Drill _____

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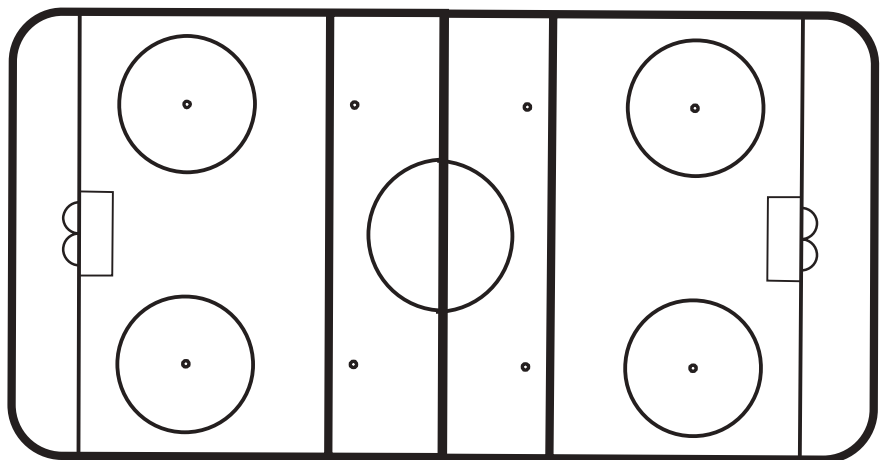
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