

# Hockey Practice Plan

**Objectives:** Fast feet warm ups, quick one touch shooting, agility passing drills, gap control, break down of game drills.

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

**Practice:** #23

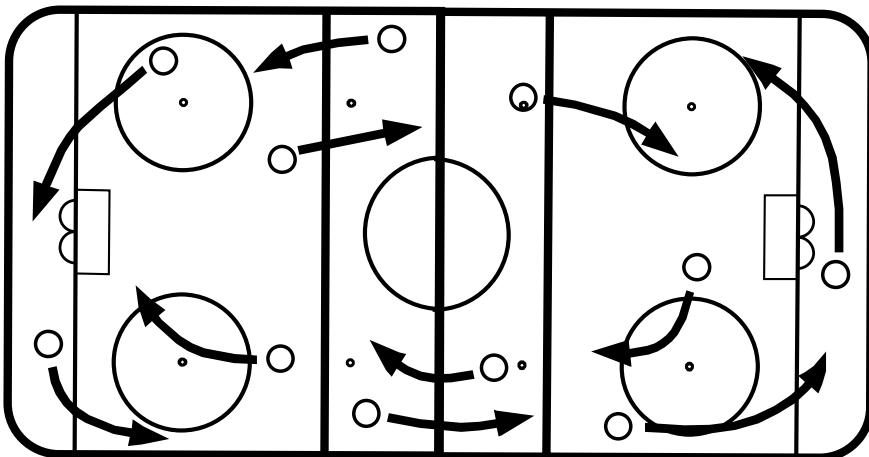
**Level:** 12-and-Under (Pee Wee)

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 checked="" type="checkbox"/> 2 on 0	<input checked="" type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input checked="" type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input checked="" type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input checked="" 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 checked="" type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input checked="" type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Face-offs	
<input checked="" type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch, neck exercises, Heads Up, Don't Duck drills	
5 mins.	1. On ice stretch around rink	Easy
5 mins.	2. Fast feet with puckhandling and shooting	Quick feet
5 mins.	3. Pressure shooting	Hit the net
5 mins.	4. Gap control	Control
5 mins.	5. Qualitative break down of game drills - breakouts, attack, forecheck, backcheck, tag-up, regroup	Good passes
10 mins.	6. Small games	
10 mins.	7. Skating conditioning	Work hard
5 mins.	8. Circle stretch	

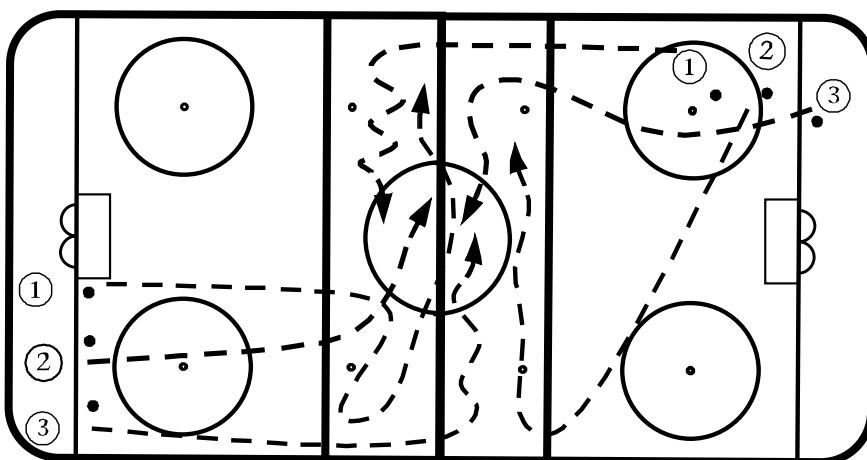
## Drill — Stretching

- Around the rink with counter circle stretch: in and outs, S-drill, scooter, Big C, continuous crossovers, hurdler, ostrich, behind back stretch, sprints, peanut, big Figure 8



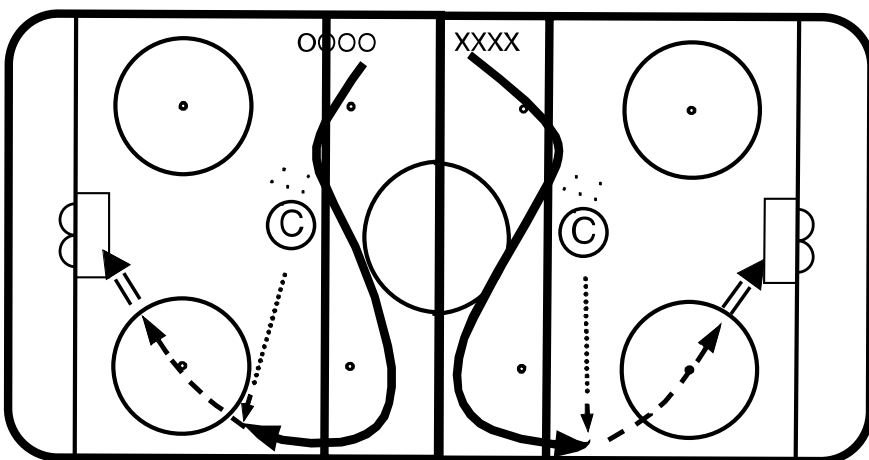
## Drill — Puckhandling

- Olympic puckhandling: three players from each end skate to the neutral zone, stickhandle, on whistles one at a time, skate in on the goaltender and shoot on goal



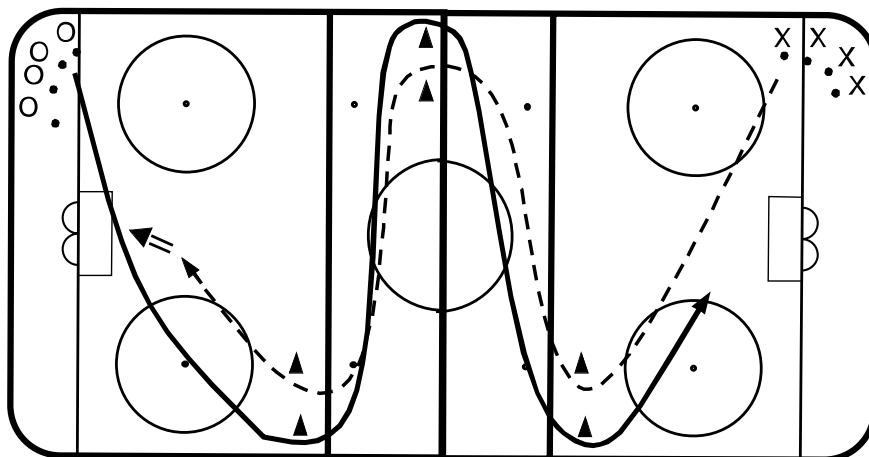
## Drill — Puckhandling

- Fast feet crossovers with or without puck
- Receive pass from coach
- Shoot on goal



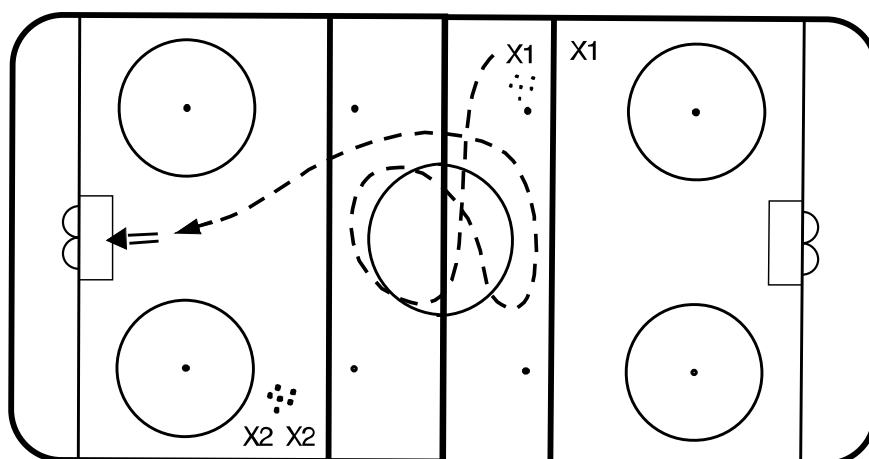
## Drill — Shooting

- Players skate around all 3 cones and shoot on goal



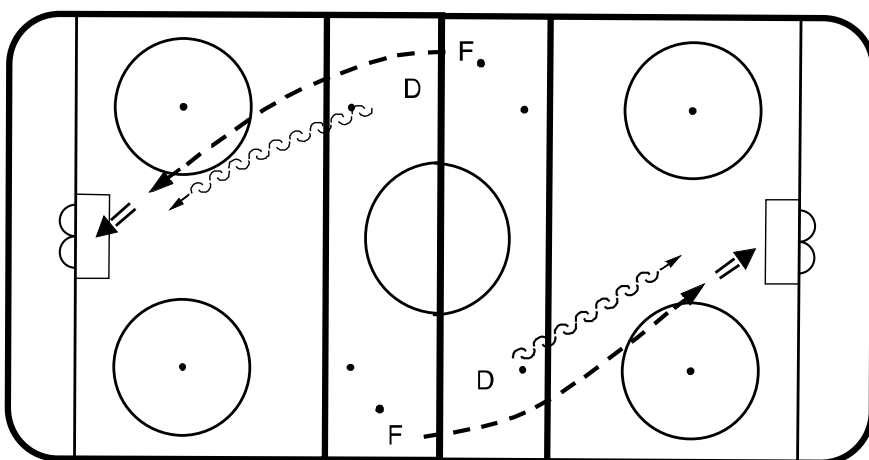
## Drill — Puckhandling

- Crossovers with puck in neutral zone
- Shoot on goal



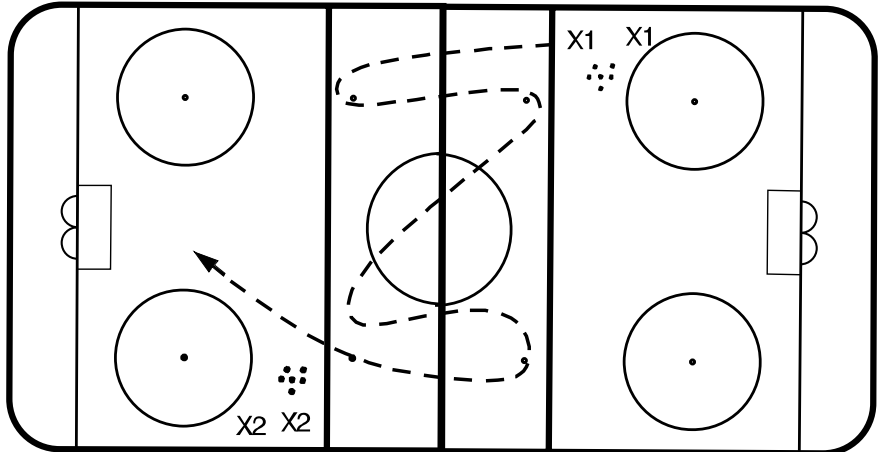
## Drill — Shooting

- 1 on 1: D skates with swizzles, F drives to net for a shot on goal
- D plays 1 on 1



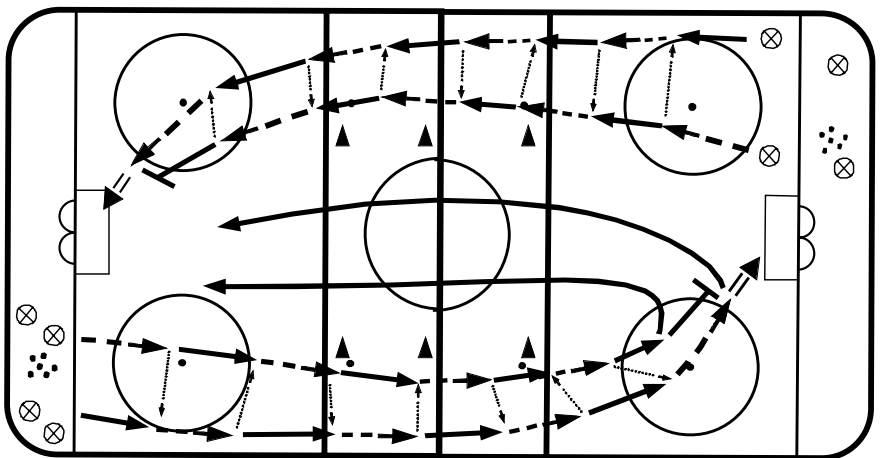
## Drill — Skating

- Control turns with puck - fast feet
- Shoot on goal



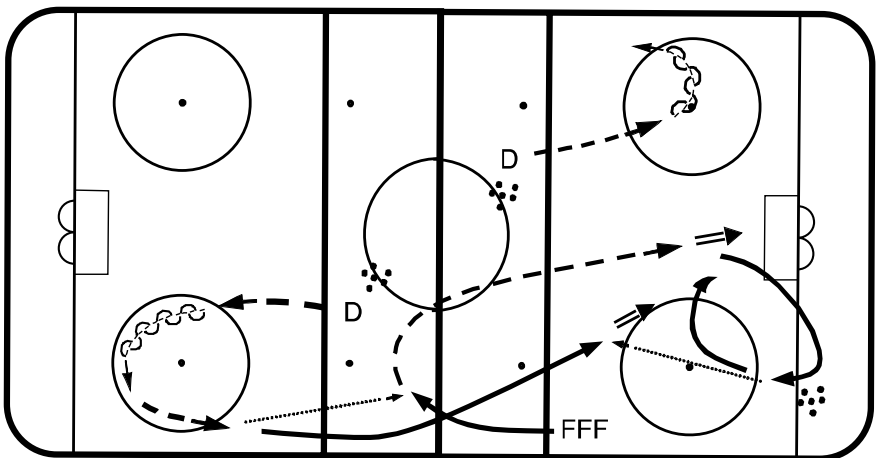
## Drill — Shooting

- 2 on 0 with backcheck, shoot, rebound and return



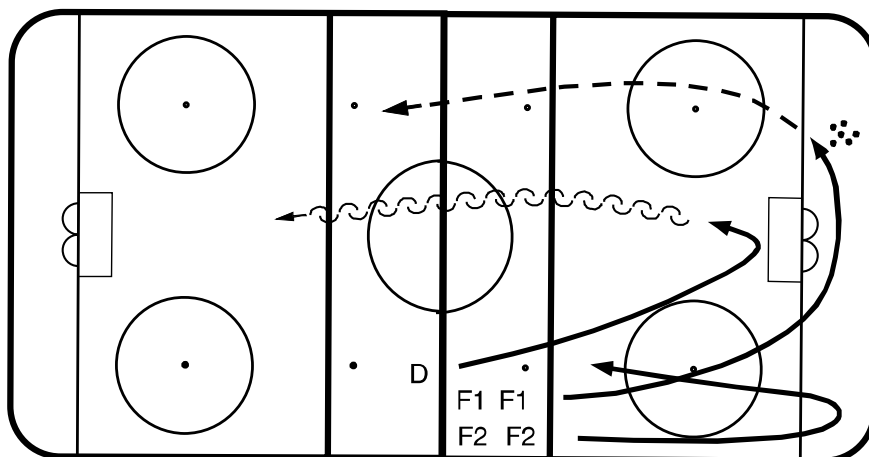
## Drill — Shooting

- Both sides: the defenseman skates with the forward to face-off dot, pivots backward, steps out forward, makes a pass to the forward, timing turn, the forward receives pass, shoots on goal, gets rebound, passes out to the defenseman for a shot on goal



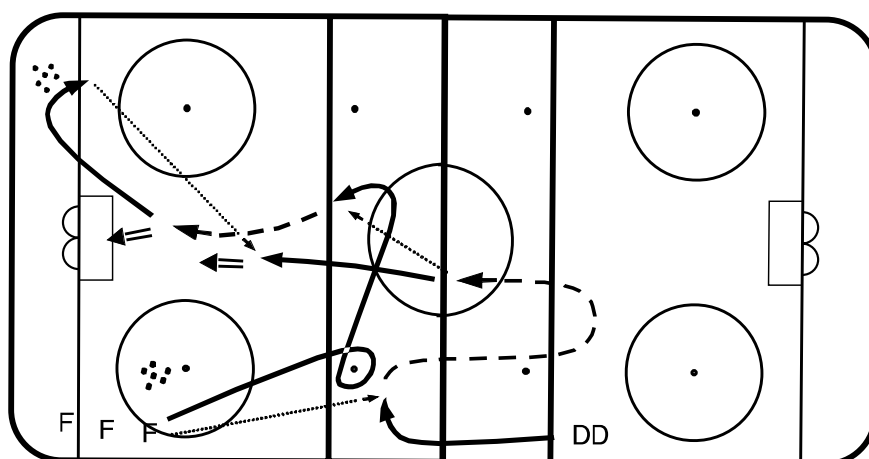
## Drill — Gap Control

- 2 on 1
- Forward 1 picks up a puck from behind the net
- Play 2 on 1 against defenseman



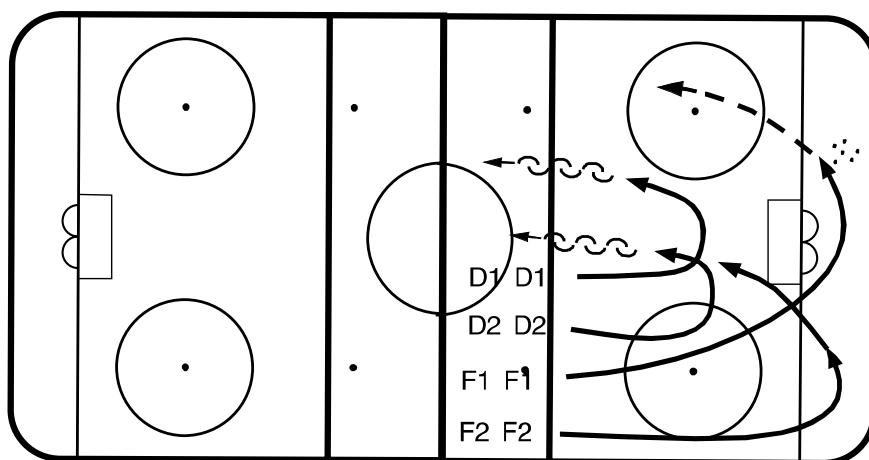
## Drill — Shooting

- The forward passes to the defenseman, the defenseman receives the pass and skates backward
- The forward makes an escape skates through the neutral ice and receives a pass back from the defenseman
- The forward drives to the net for a shot on goal
- The forward picks up a puck in the corner and passes it out to the defenseman for a shot on goal



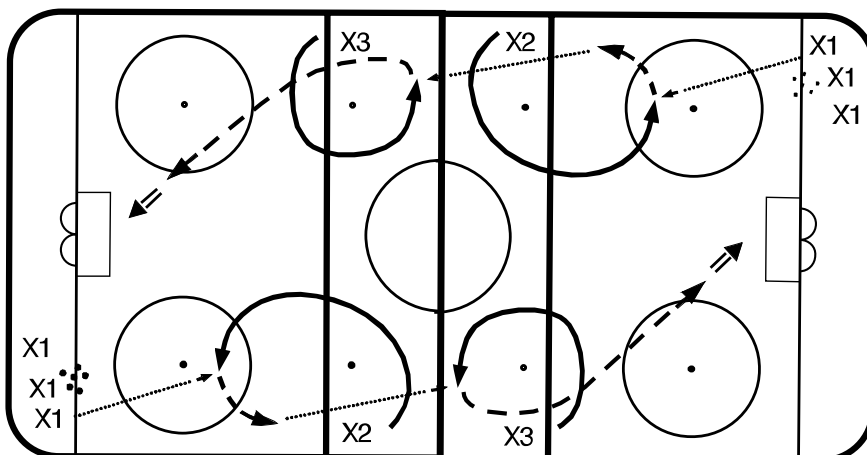
## Drill — Gap Control

- 2 on 2
- Forward 1 picks up a puck behind the net
- Play 2 on 2 against 2 defensemen



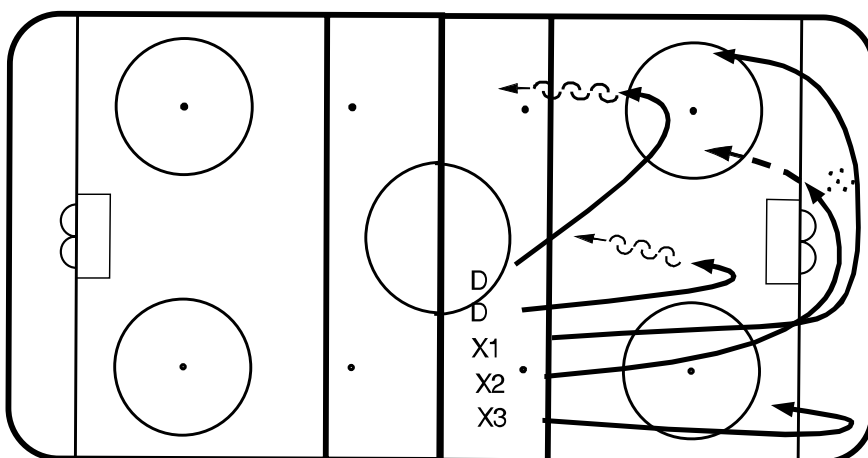
## Drill — Shooting

- Niagara curl shooting drill, warm up drill: timing drill, tape to tape, passing, crossover skating, X2 and X3 curl simultaneously with X3 timing off X2, X1 passes to X2 and replaces, X2 passes to X3 and replaces on whistle



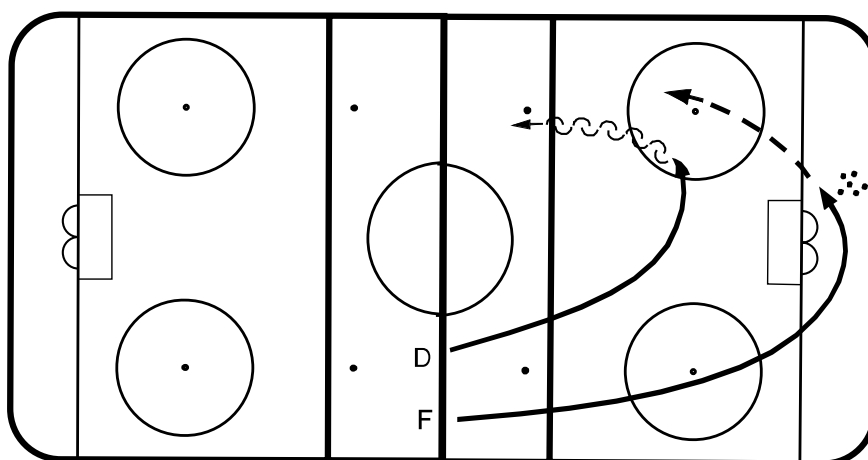
## Drill — Gap Control

- 3 on 2 - use play options: trailer pass, ring around, split the defensemen, criss-cross
- Forward 1 picks up a puck behind the net
- Play 3 on 2 against 2 defensemen



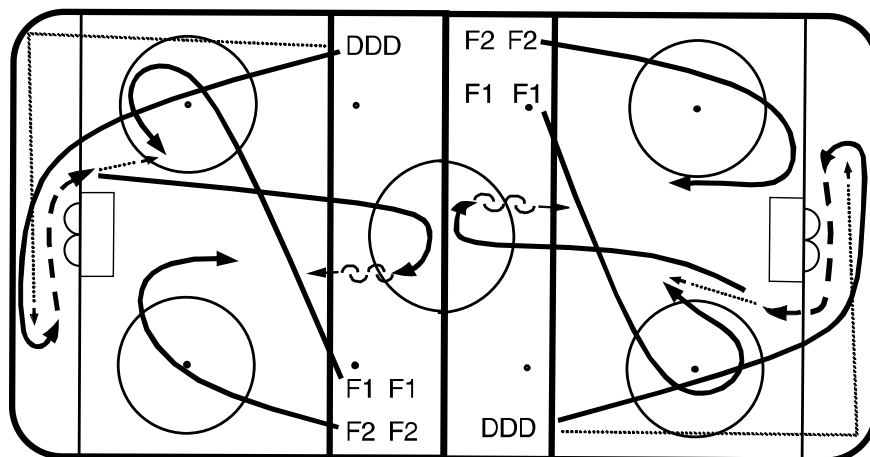
## Drill — Gap Control

- 1 on 1
- The forward picks up a puck behind the net
- Play 1 on 1 against defenseman



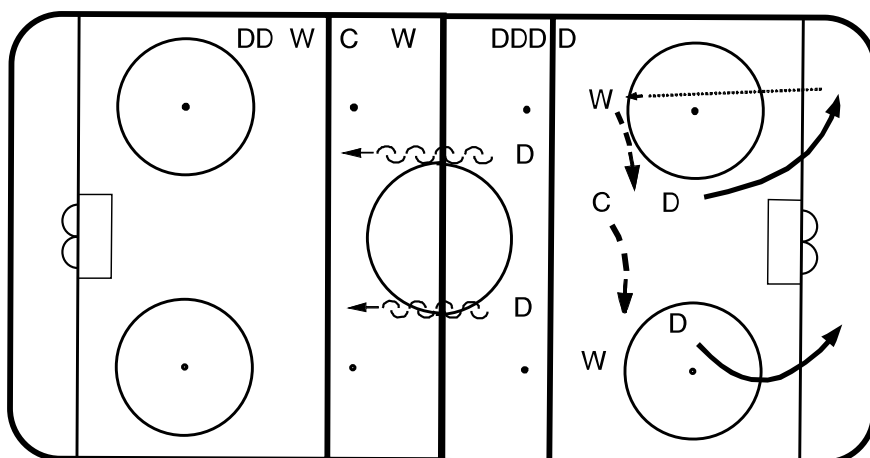
## Drill — Gap Control

- 2 on 1 with counter
- Both directions



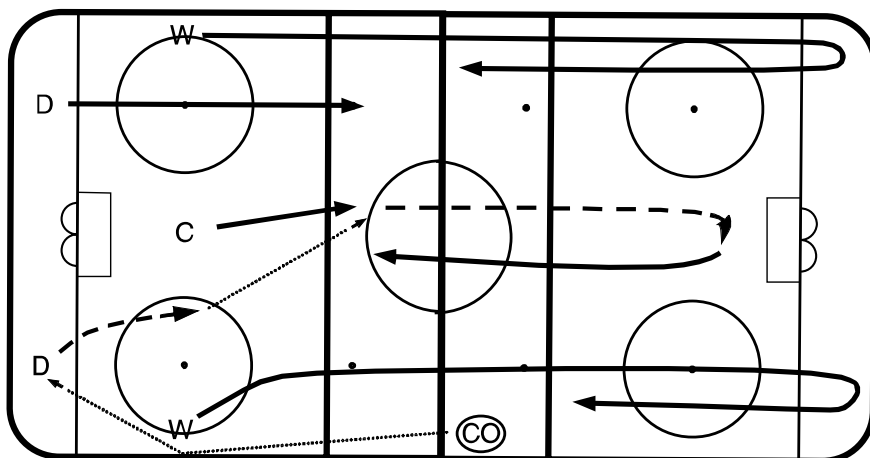
## Drill — Game Drill

- Breakout, regroup
- Attack, pass out to defense, puck in neutral ice for regroup



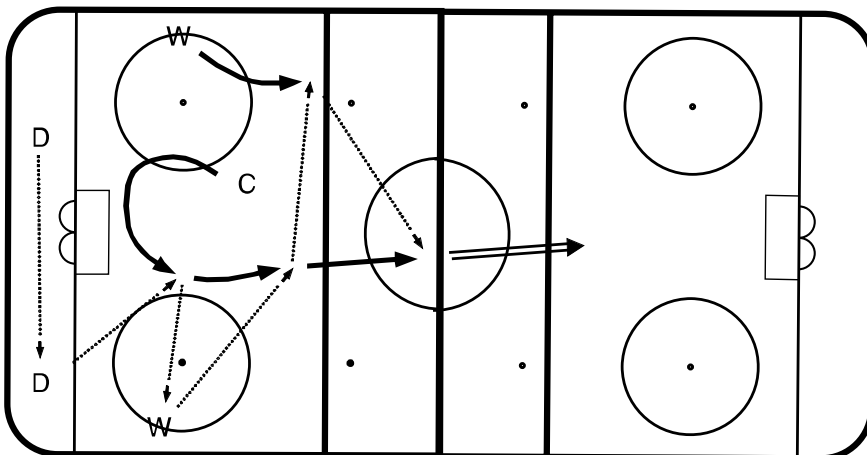
## Drill — Game Drill

- Breakout, attack forecheck, backcheck on whistle



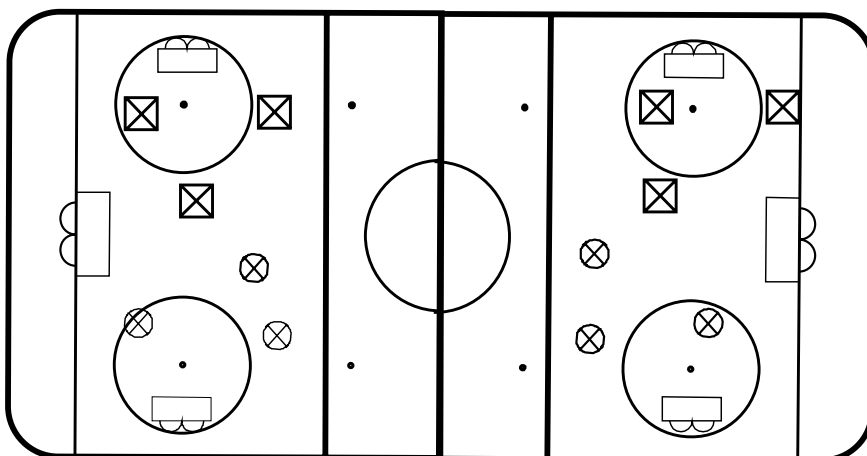
## Drill — 5 Pass Dump

- One touch passing on breakout
- Dump the puck in



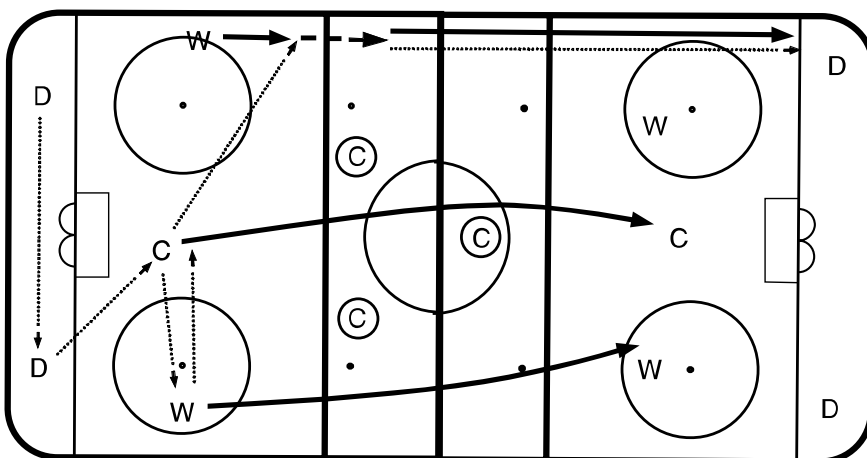
## Drill — Small Games

- 3 on 3



## Drill — 5 Pass Dump

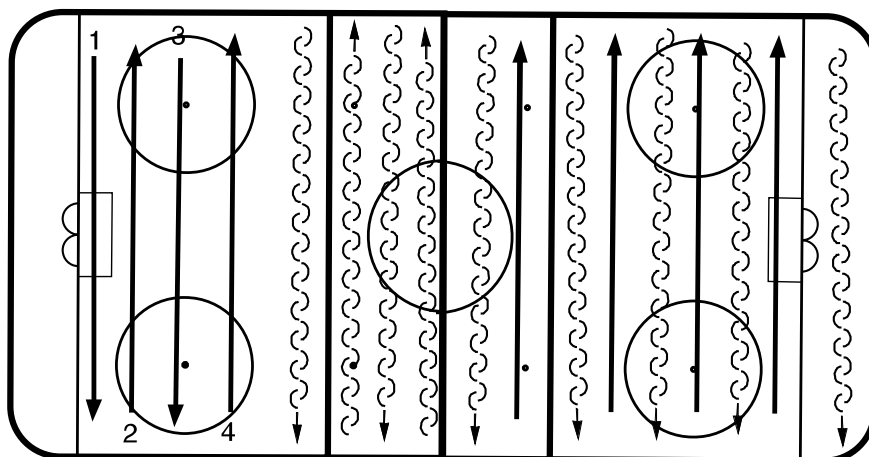
- 5 pass dump, Notre Dame, shadow in middle, shadow going in





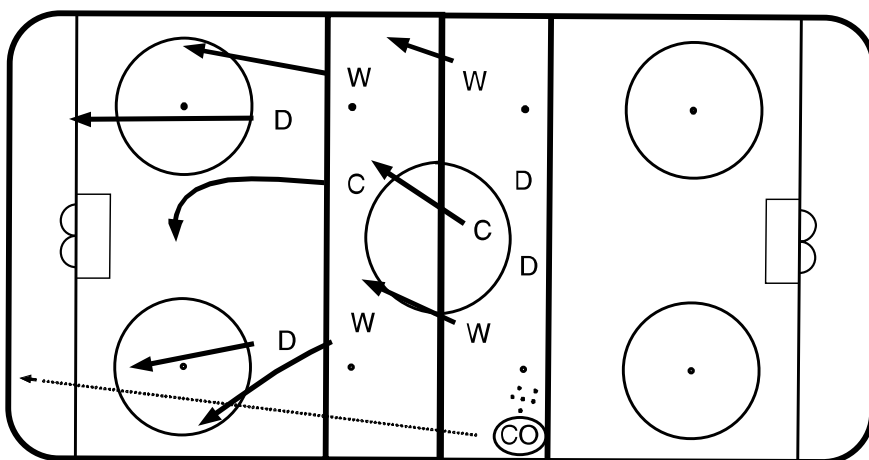
## Drill — Skating

- Over and back skating forward four times; backward four times
- Over skating forward X back skating backwards



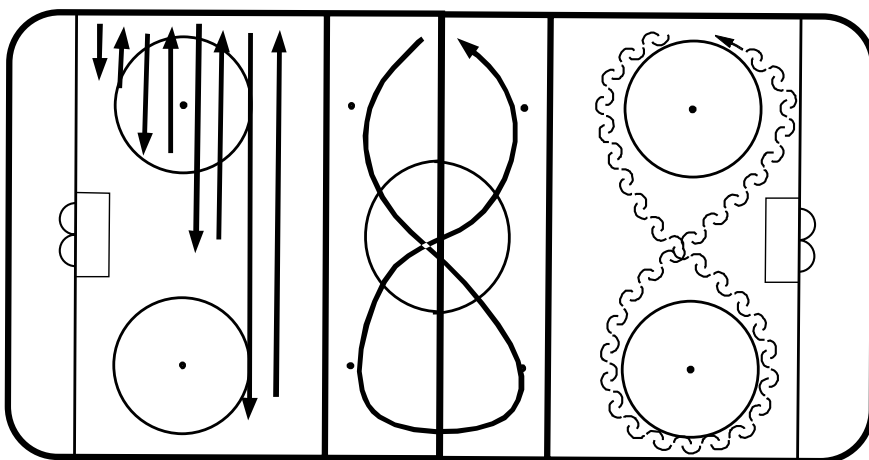
## Drill — Forecheck

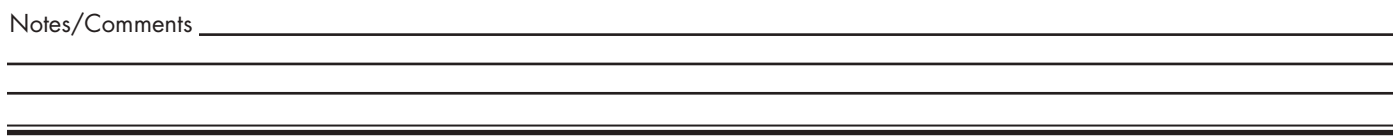
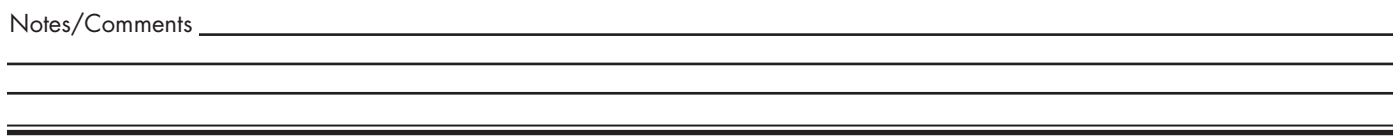
- 5 on 5
- Work on breakouts
- Work on forechecking patterns



## Drill — Circle Stretches

- 10 push up
- 10 push up
- Walrus



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