

LEVEL 2 – ASSOCIATE MANUAL



Handbook 3: Organizing For The Season

A Publication Of The USA Hockey Coaching Education Program



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USA Hockey Coaching Education Program

Level 2 — Associate Manual

HANDBOOK III

Organizing for the Season and Practices

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Planning for the Season and Practice

OBJECTIVES

- Discuss why planning for the entire season has significant advantages over day to day planning
- Steps a coach should follow when organizing for the season
- Skills, knowledge, aspects of fitness, and/or personal social skills should be selected as objectives for the season
- Show how the season should be divided to be most effective from a coaching/learning point of view

INTRODUCTION

Planning for the season involves selecting the season's content (objectives that involve skills, rules, strategies, conditioning, and attitudes) and organizing it into a plan from which practices, games, and other events can be efficiently managed. This chapter provides some reasons why planning will be useful to you. It covers the steps you can use to develop a season plan, gives helpful examples of season objectives, and provides useful forms and examples for completing a season plan.

WHY PLAN?

Coaches agree that teaching the skills, rules, and strategies essential to the game of hockey are among their primary responsibilities. Most coaches would also agree that improving the physical condition of the players, promoting enjoyment of the game, sportsman-

ship, and attempting to avoid physical and psychological injury are also outcomes they wish to achieve. Many coaches fail, however, to recognize the importance of planning to accomplish these goals.

The achievement of goals (business, professional or sports) requires effective planning.

Organized practices are vital to maximizing the benefits of hockey and minimizing potentially negative effects. Disorganized practices often result in a failure to learn appropriate skills, rules, and/or strategies, and often contributes to injuries and the learning of incorrect information or skills. Organizing your season and planning your practices prior to going on the ice can avoid these problems and can result in the following benefits:

- Maximize valuable ice time
- Assure that the season objectives judged

most essential will be included at appropriate times during the season

- Match practice activities with your coaching role and season goals
- Reduce the time devoted to planning practices
- Effectively prepare the team for competition
- Facilitate making day-to-day adjustments in practice objectives
- Provide an important deterrent to liability lawsuits

DEVELOPING A SEASON PLAN

Several steps which are directly related to your role as coach can be used to develop a season plan. They involve:

1. Identifying the goals and objectives of the season
2. Sequencing the objectives into those that you wish to achieve in the pre, early, mid, and late season
3. Identifying practice objectives

Identify Your Goals and Objectives for the Season

Your primary role as a youth hockey coach is to maximize the benefits your players obtain through participation in hockey, while at the same time minimizing the costs. This single statement provides the basis for identifying the specific goals and objectives for your coaching effort. You will influence your players either positively or negatively in each of the following four areas:

- Skill (skating, passing, shooting, etc.)
- Knowledge (rules, strategies, training guidelines)
- Physical fitness (muscular and energy systems)
- Attitude (personal/ social feelings about hockey, self and others)

By thinking of these four areas as goals (to develop skills, knowledge, fitness, and appropriate attitudes), you are taking the initial step toward fulfilling your major role of “maximizing the benefits” of participation in hockey. You are also acting to fulfill your secondary role of “minimizing the costs” (psychological and/or

physical injury being the major ones) by providing a specified purpose for the season. Although the identification of goals is an important first step, it is the selection of specific objectives within each goal area that provides the direction necessary to organize the season and plan effective practices. Each of the above goal areas include several objectives.

Selection of Skill Objectives

Skills of Hockey (located at the end of this chapter) provides a list of objectives for each goal area. By reviewing the skills of this list you can select the objectives most appropriate for your players. To help with this task, USA Hockey has recommended appropriate objectives for players at all levels of play. Key elements are the components of an objective that must be learned to achieve mastery of the skill. Key elements are the basis, therefore, of assessing player performance and for focusing our coaching efforts.

Selection of specific objectives within each goal area provides the direction necessary to organize for the season and plan effective practices.

Selection of Knowledge Objectives

Cognitive information such as rules, strategies of team play and information related to physical conditioning may be appropriate for your players to know. When you identify information that you want your players to know, it is important to treat that information as an objective. Rules pertaining to “off sides” and “icing,” how to warm up and cool down, what to eat for a pregame meal and exercises to avoid are all appropriate objectives because they can influence a player’s performance. By identifying these as objectives, it is more likely that they will be taught at an appropriate time during the season and at an appropriate level of understanding.

Attitudes

A primary objective in the season plan should be to have all players feel increasingly better about their ability as the season progresses. This should occur not only in the areas

of skill, knowledge, and fitness, but should also include qualities of character such as persistence, self-control, tolerance, respect for authority, encouragement of teammates, concentration on the task, commitment to best efforts, and cooperation. Athletes need guidance (modeling, direction, encouragement, gentle rebuking, etc.) to develop such attributes. When achieved, these qualities contribute to performance in athletics and in life itself. Moreover, unlike the opponent, officials, and/or the “breaks of the game,” these qualities are within the control of individual players. The opportunity for individual control has been strongly linked to motivation and motivation is strongly linked to performance.

Coaches are responsible for developing socially desirable traits like cooperation, persistence, loyalty, and respect for authority.

As coaches, perhaps the most important and lasting contribution we can leave with our players is improved feelings of self-worth and other socially desirable traits of character. By focusing on controllable qualities like “effort” versus uncontrollable “outcomes,” which are often dependent on others (i.e., an official’s call, the ability of another team, or the final score), we have a unique opportunity to make a significant and lasting contribution to the personal character of our athletes.

Contributing to team membership is another worthy objective that coaches should set for every player. Athletes, especially those who engage in team sports such as ice hockey, must learn to suppress the natural tendency to blame others for a loss or even a bad performance. Players must be taught that their role is to play as well as they can and to think, do, and say those things that will help their teammates do the same. The team will only be as good as its weakest link and often an otherwise excellent team only performs at a mediocre level due to the dissension created by “put downs” making excuses or blaming others.

Coaches should reward the effort, rather than the outcome, as they review their team’s accomplishments.

Identify Practice Objectives

As you place objectives into season divisions and adjust the number of weeks assigned to each division, typically you will find that you have chosen to cover more objectives than your available practice time will allow. A good guide in such situations is to devote sufficient time to the instruction and practice of each objective so that the majority of players are able to make significant improvements. Reviewing the amount of practice time spent on objectives included in the plan may reveal why many athletes did not substantially improve on some of the skills taught.

Select, teach, and practice objectives that are essential to the game at your level of play.

Merely exposing your team to many skills without sufficient time for them to be learned results in frustration for you and the players. They must sufficiently master the objectives so that they can be used in a game situation. Rather, select, teach, and practice only the objectives that are essential to the game at your level of play. You can always add objectives to your plan as it is implemented, but you cannot recover time wasted on objectives that are not achieved.

Generally, the allotment of time to an objective should be based upon the following instructional needs and should be distributed across several practices. You should allow time

1. to introduce the objective—tell the players what you want them to learn and why it is important,
2. for the players to try the skill and for you to assess their levels of performance,
3. for you to teach the key elements of the skill and for them to practice these elements, and
4. for skill refinement and automation such that the skill can be used in a game situation.

EFFECTIVE PRACTICES

Effective practices are those sessions that meet the needs of the players to carry out the objectives that are listed in the plan for the season. The keys to effective practices are **careful planning** and **sound instruction**. Both ingredi-



ents are under the control of the coach. Therefore, each of your practices should:

- be based upon previous planning, seasonal organization, needs of the team, and needs of the players
- list the objectives and key points that will be the focus of instruction for that practice
- show the amount of time allotted to each objective during the practice
- identify the activities (instructional, drill, or scrimmage) that will be used to teach or practice the objectives
- apply the guidelines for effective instruction
- include an evaluation of the strengths and weaknesses of the practice.

PRACTICE TIME NEEDED

The amount of time that players can attend to your instruction depends on their ages and developmental levels. Generally, players aged ten and under cannot effectively tolerate more than one hour of concentrated practice. As age advances and the abilities of players improve the practices, too, can be slightly longer. **The primary problem in youth ice hockey is to use effectively the time that is available.**

Another common problem in youth ice hockey is to define far too many objectives and then teach for exposure rather than mastery. When insufficient time is devoted to important skills, the result is incompetence and frustration. A good rule is to distribute your practice time across several objectives. Then devote sufficient time to each objective so that a meaningful change in the performance of 80 percent of the players has occurred. Devote time in additional practices to the objective until the players are able to transfer the skill into gamelike drills. At that point, they can be expected to transfer the skills of practice into their games.

CHARACTERISTICS OF A GOOD DRILL

The two most important components of your practices are the **development of individual skills** and the translation of these **skills into game-like situations through drills**. Therefore, the drills that you select must be re-

lated to your objectives. Too often coaches use drills that are traditional or favorites of the players but that have no relevance to the skills to be learned. Such drills waste valuable time. Drills should be selected or developed according to the following features. Drills should:

- have a meaningful objective
- require a relatively short explanation
- provide an excellent opportunity for players to master the skill or concept
- be easily modified to accommodate skilled and unskilled players
- provide opportunity for skill analysis and feedback to players
- the drill should be challenging and fun

Write your drills on single sheets or cards. After the practice, write your comments about the drill's usefulness directly on the card and file the card for future use. Good drills can be used many times during a season. Share your drills with fellow coaches.

GUIDELINES FOR YOUTH

8-and-Under Through 18-and-Under

1. Team schedules should include at least two practices for every game.
2. The recommended maximum number of games per season is:
 - (A) 20 games for 8-and-Under
 - (B) 25 games for 10-and-Under
 - (C) 35 games for 12-and-Under
 - (D) 40 games for 14-and-Under
 - (E) 45 games for 18-and-Under
3. 8-and-Under and 10-and-Under should play their games at or near their program site. Travel of greater than 10 miles from the program site should be limited to no more than two games per season.
4. Starting times for games should be no later than:
 - (A) 7:00 p.m. for 10-and-Under
 - (B) 8:00 p.m. for 12-and-Under
 - (C) 9:00 p.m. for 14-and-Under
 - (D) 10:00 p.m. for 18-and-Under

Any practice time scheduled before 3:00 p.m. should be set so that the earliest times are reserved for the older age classifications.

5. Scoring records should be de-emphasized at the 8-and-Under, 10-and-Under, and 12-and-Under classifications.
6. Awards should be inexpensive and based on significant achievements. The most gratifying award any player can receive is the joy that comes from skill development that contributes to team success.
7. An opportunity to practice and play under the direction of a good coach is the primary prerequisite to skill development. Players should be given ample opportunities to develop to the limits of their potential, regardless of their abilities.

SUMMARY

Your role as a coach can be most appropriately filled through the leadership and instruction you provide within the context of practices and games. Clearly, those coaches who are most effective in facilitating their players' achievement of appropriate skills, knowledge, fitness, and attitudes are those who have clear objectives that pertain to these achievements. Organization of the season by selecting and

then teaching objectives in an appropriate order, and for an appropriate amount of time, is a major step toward helping players acquire the benefits of hockey. This same planning effort is an essential step in reducing some of hockey's unwanted costs.

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Skills of Hockey

Performance Area	Specific Abilities	Suggested Emphasis				
		Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
SKILLS						
Skating	Edge control	X	X	X		
	Ready position	X	X	X		
	Forward start	X	X			
	Forward start right/left		X	X		
	Forward stride	X	X	X		
	Control stop	X	X			
	Backward skating	X	X	X		
	Backward stop	X	X			
	Control turn	X	X			
Puck Control	Forward crossovers	X	X	X		
	Lateral (side to side) dribble	X	X			
	Forward to backward dribble	X	X			
	Diagonal dribble	X	X			
	Attacking the triangle	X	X			
	Forehand shift	X		X		
	Backhand shift		X	X		
	Change of pace		X	X	X	
	Slip through			X	X	
	Slip across			X	X	
Slip around				X	X	

(Continued)



Skills of Hockey (continued)

Performance Area	Specific Abilities	Suggested Emphasis				
		Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
Puck Control	Fake shot				X	X
	Spin around				X	X
	Puck off boards			X		
	Double shift					X
	Stop and go				X	X
	Grandstand					X
Passing/Receiving	Forehand	X	X	X		
	Backhand	X	X	X		
	Snap			X	X	X
	Flip		X	X	X	X
	Receiving (stick)	X	X	X		
	Receiving (skate)		X	X	X	
	Receiving (hand)			X	X	X
Shooting	Wrist	X	X	X	X	X
	Backhand	X	X	X	X	X
	Snap			X	X	X
	Flip			X	X	X
	Slap			X	X	X
Checking	Poke check	X	X	X		
	Hook check	X	X	X		
	Lift the stick check	X	X	X		
	Covering		X	X	X	X
	Shoulder check				X	X
	Hip Check				X	X
Goal Keeping	Basic stance	X	X			
	Parallel shuffle	X	X	X		
	Lateral T-guide	X	X	X		
	Forward and backward moves	X	X	X		
	Stick saves	X	X			
	Body saves	X	X			
	Glove saves	X	X	X		
	Leg saves		X	X		
	Skate saves		X	X	X	
	Stacking pads		X	X	X	
	"V" drop		X	X	X	
	Playing angles			X	X	X
	Rebounds		X	X	X	
	Situations			X	X	X
Team Play	Position offense	X	X			
	Offense in the defensive zone	X	X	X	X	X
	Offense in the neutral zone			X	X	X
	Offense in the offensive zone		X	X	X	X
	2-1-2 Power play		X	X	X	X
	Faceoffs	X	X	X	X	X
	Territorial defense	X	X	X		
	One-man forechecking	X	X	X		
	Two-man forechecking			X	X	X
	Backchecking (neutral zone)		X	X	X	X
	Basic defensive coverage	X	X			
	Center on point coverage			X	X	X
	Wing on point coverage			X	X	X
	Man short situations		X	X	X	X

Skills of Hockey (continued)

Performance Area	Specific Abilities	Suggested Emphasis				
		Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
KNOWLEDGE						
Rules	Face offs		X	X	X	
	Offsides	X	X	X		
	Icing	X	X	X		
	Checking			X	X	X
	Two line pass					
Common Infractions	Unsportsmanlike conduct	X	X			
	Boarding		X	X		
	Charging		X	X		
	Cross checking	X	X			
	Elbowing		X	X		
	Kneeing			X	X	
	Falling on puck		X	X		
	High sticking	X	X			
	Holding	X	X			
	Hooking		X	X		
	Interference		X	X		
Penalties	Tripping	X	X			
	Minor	X	X			
	Major	X	X			
	Match		X	X		
	Penalty shot		X	X		
Nutrition	Pregame meal				X	X
Conditioning	Warm-up	X	X			
	Cool-down	X	X			
	Stretching	X	X			
	Light calisthenics		X	X		
	Overload				X	X
	Adaptation				X	X
	Progression				X	X
FITNESS						
Muscular Strength/Power	Neck					X
	Shoulders/Back					X
	Shoulders/Chest					X
	Upper arm					X
	Forearm					X
	Chest					X
	Abdomen					X
	Upper leg					X
	Lower leg					X
Muscular Endurance	Neck					X
	Shoulders/Back					X
	Shoulders/Chest					X
	Upper arm					X
	Forearm					X
	Chest					X
	Abdomen					X
	Upper leg					X
	Lower leg					X

(Continued)



Skills of Hockey (continued)

Performance Area	Specific Abilities	Suggested Emphasis				
		Ages 6-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15-16
Muscular Flexibility	Hamstrings/Back	X	X	X	X	X
	Hip	X	X	X	X	X
	Arm/Shoulder	X	X	X	X	X
	Lower leg	X	X	X	X	X
Energy Production	Aerobic				X	X
	Anaerobic					X
ATTITUDES						
Personal	Self worth	X	X	X	X	X
	Self control	X	X	X	X	X
	Coping with success/failure	X	X	X	X	X
	Best efforts	X	X	X	X	X
	Persistence	X	X	X	X	X
	Tolerance	X	X	X	X	X
	Concentration	X	X	X	X	X
	Avoiding 'excuses'	X	X	X	X	X
Social	Cooperation	X	X	X	X	X
	Respect for others	X	X	X	X	X
	Encouraging others	X	X	X	X	X
	Respect for authority	X	X	X	X	X
	Team membership	X	X	X	X	X
	Suppression of 'blaming'	X	X	X	X	X
	Suppression of 'put downs'	X	X	X	X	X

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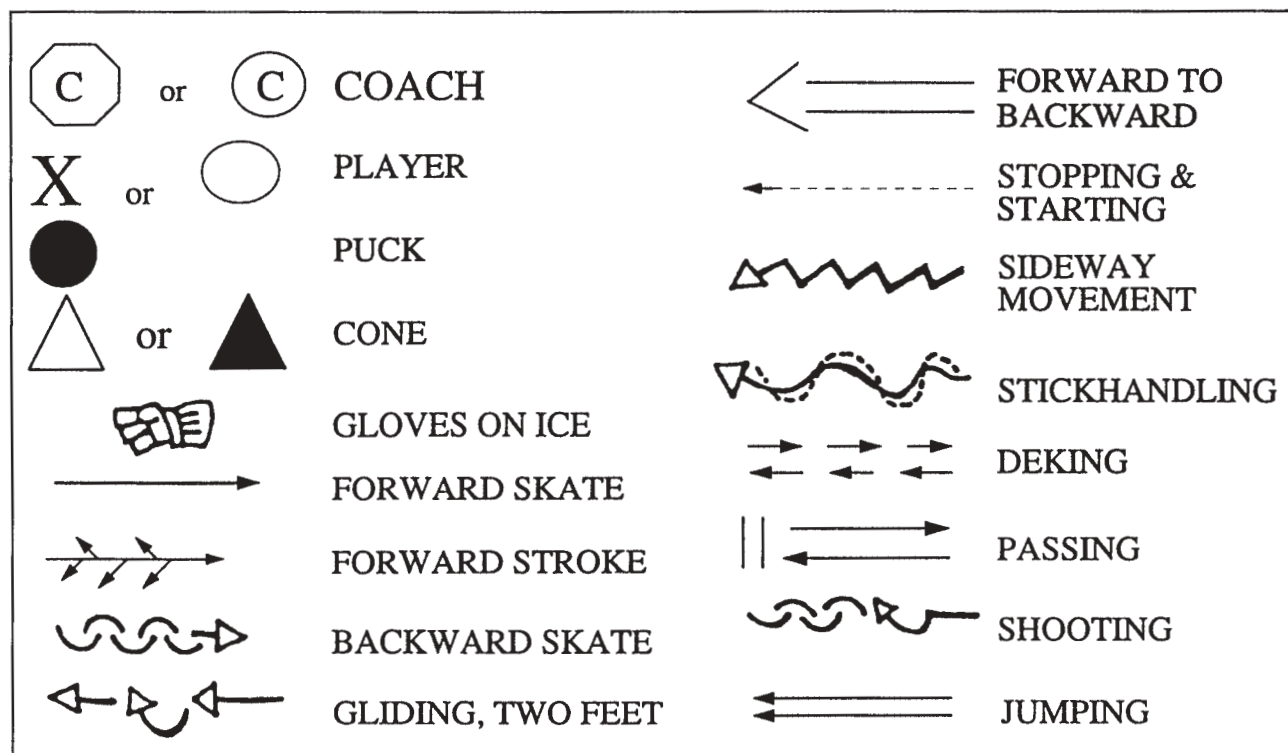
Example Practice Plans

OBJECTIVES

- To show structure to youth ice hockey coaches in practice planning
- Show the steps to follow when organizing and designing a practice
- To show how a practice should be divided to achieve the best positive learning situation

INTRODUCTION

This chapter contains twelve (12) pre-planned practice sessions which show the planning, recording, and drill selection on all aspects of a coach's task for designing and developing practice sessions.



Hockey Practice Plan

Day Monday - 1

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<u>X</u> Skating	___ 1 on 1	Defensive Concepts	Goaltender Drills	___ Full Rink Games
<u>X</u> Puck Control	___ 2 on 0	___ Offensive Zone	_____	
<u>X</u> Pass/Receive	___ 2 on 1	___ Defensive Zone	_____	
___ Shooting	___ 2 on 2	___ Neutral Zone	_____	
___ Body Contact	___ 3 on 0		_____	___ Zone Games
___ Body Position	___ 3 on 1	Offensive Concepts	Other	
___ Stick Checking	___ 3 on 2	___ Offensive Zone	<u>X</u> Competition 1 on 1	
___ Agility Work	___ 3 on 3	___ Defensive Zone	_____	___ Restricted Area
	___ 5 on 5	___ Neutral Zone	_____	Games

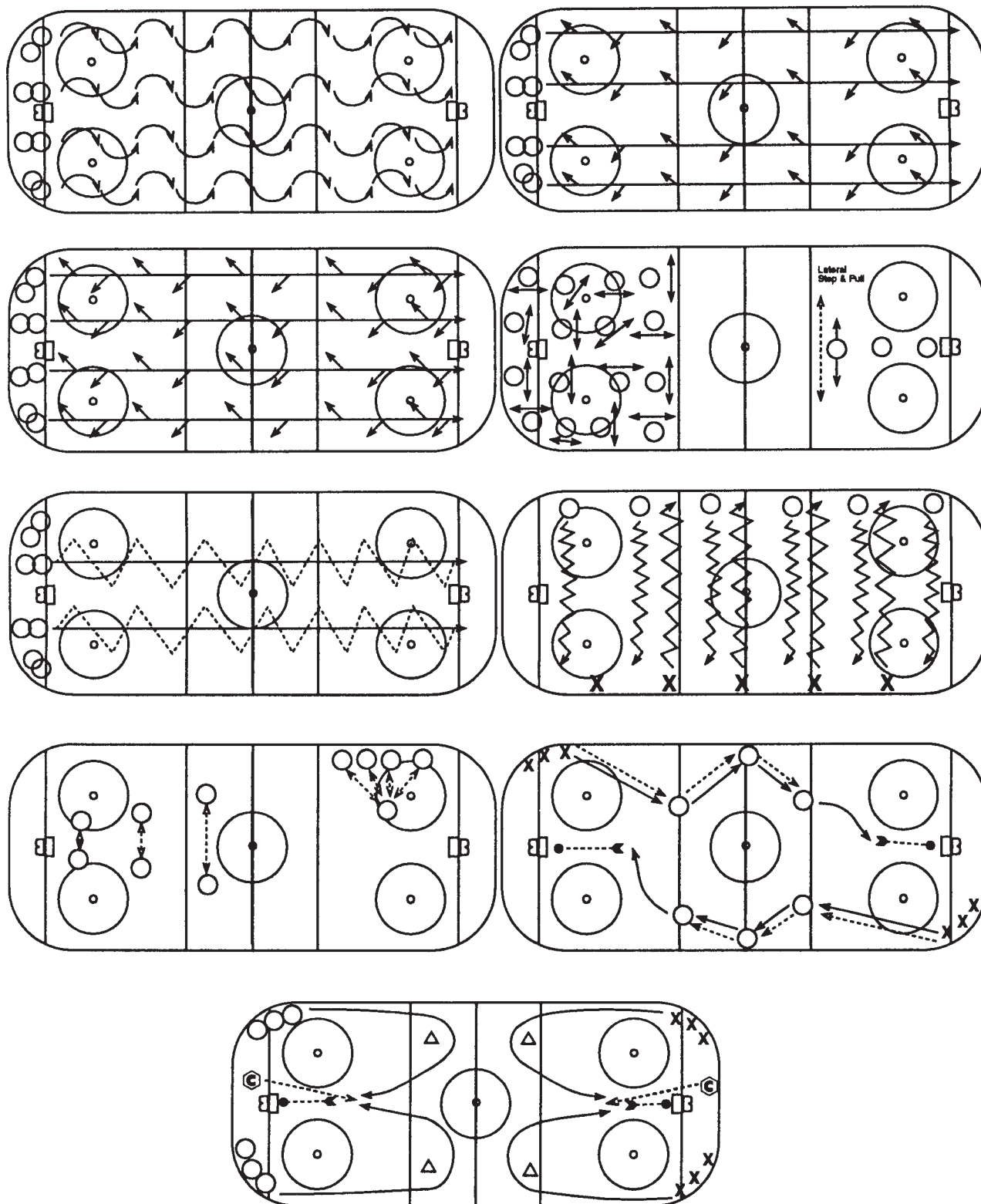
TIME	ACTIVITY/DRILL NOTES	KEY POINTS
5 Min.	1. WARM UP — Moving Stretches (Legs, Back, Shoulders, Waist, Wrist)	
5 Min.	2. Big “C”	Inside Edge — Power Stance
5 Min.	3. “Push-Touch” Power Strokes	Full Extension & Recovery
5 Min.	4. “10” Power Strokes — Length of Ice	Long Strokes — Recovery under hip
5 Min.	5. Stationary Stickhandling — Short & Wide, Front to Back, Diagonal, Lateral Step & “Pull”	
5 Min.	6. “Pull” Puck Wide in Stride — ½ speed — Very Wide Pulls	
5 Min.	7. 2 Direction Puckhandling — Over & Back	
5 Min.	8. A) Stationary Buddy Passing — 3ft-10ft-20ft. B) Pepper Pass	
5 Min.	9. Zig-Zag (3 Section) Pass & Mover	
5 Min.	10. COOL DOWN — 1 on 1 Puck Competition — Control Around Cone	

EVALUATION/COMMENTS	EQUIPMENT

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Practice Plan No. 1



Hockey Practice Plan

Day Monday - 2

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<u>X</u> Skating	___ 1 on 1	Defensive Concepts	Goaltender Drills	___ Full Rink Games
<u>X</u> Puck Control	___ 2 on 0	___ Offensive Zone	___	
<u>X</u> Pass/Receive	___ 2 on 1	___ Defensive Zone	___	
<u>X</u> Shooting	___ 2 on 2	___ Neutral Zone	___	___ Zone Games
___ Body Contact	___ 3 on 0		___	
___ Body Position	___ 3 on 1	Offensive Concepts	Other	
___ Stick Checking	___ 3 on 2	___ Offensive Zone	<u>X</u> Scrimmage 3 on 3	
___ Agility Work	___ 3 on 3	___ Defensive Zone	<u>X</u> Competition 1 on 1	___ Restricted Area Games
	___ 5 on 5	___ Neutral Zone	___	

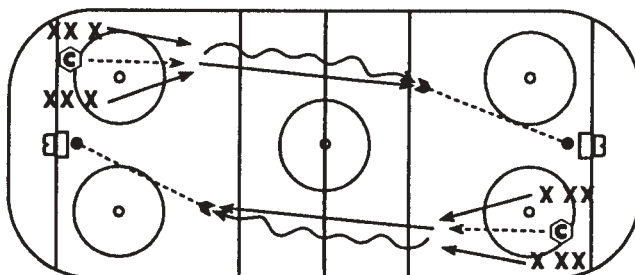
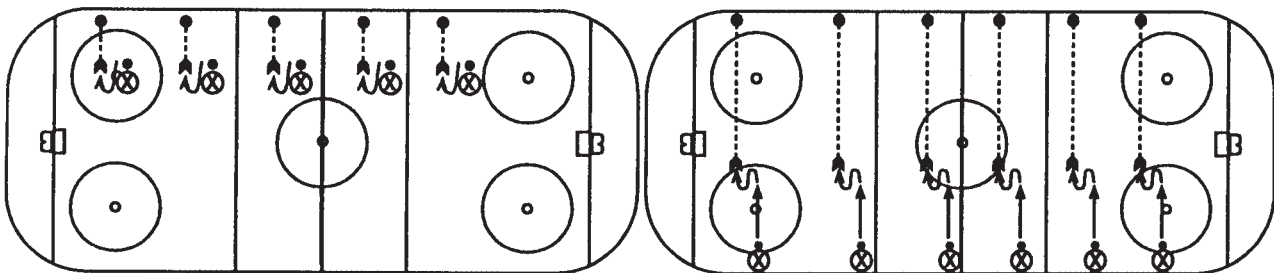
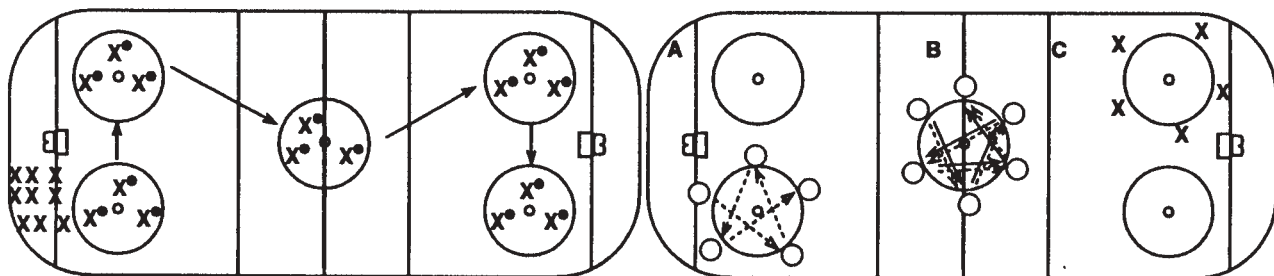
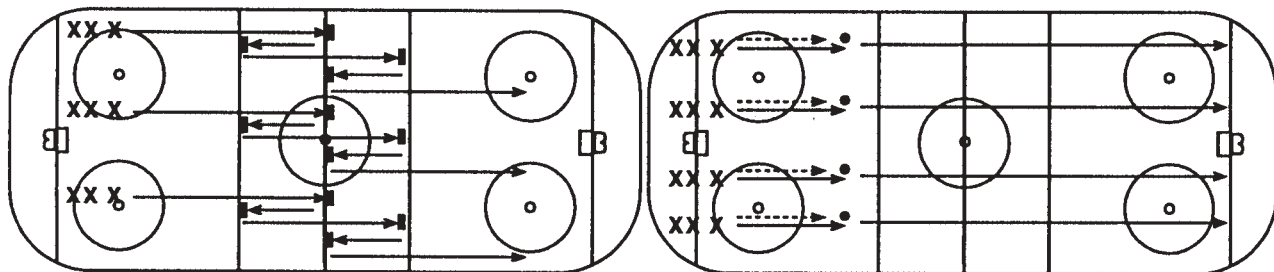
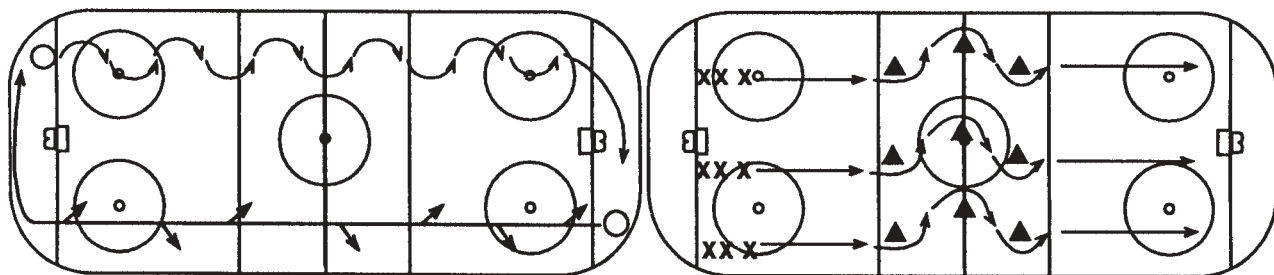
TIME	ACTIVITY/DRILL NOTES	KEY POINTS
5 Min.	1. WARM UP — Moving Warm-Up — Big “C” Power Strokes	
5 Min.	2. 3 Cone Triangle — Race	Inside Edges
5 Min.	3. One Foot Power Stop with “L” Start	Knee well bent when stopping
5 Min.	4. One Hand Puck Acceleration — Stay low, arm straight with stick extended out in front of body	
5 Min.	5. 3 Player “JAM” the circles — one hand puck acceleration going between circles	
10 Min.	6. Circle Passes A) Stationary Pass to 2nd player to your right B) Pass-Follow your Pass-same as (A but need 6 players	
5 Min.	7. Stationary wrist shot on boards — “Pull” puck back to side then “sweep” puck forward hard	
5 Min.	8. Moving — “Pull” to side and wrist shot-continue in and shoot a 2nd shot high off boards	
5 Min.	9. 1 on 1 puck chase and shoot	
5 Min.	10. COOL DOWN — 3 on 3-width of ice-4 nets, 2 games at once	

EVALUATION/COMMENTS	EQUIPMENT

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Practice Plan No. 2



Hockey Practice Plan

Day Monday - 3

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<u>X</u> Skating	___ 1 on 1	Defensive Concepts	Goaltender Drills	___ Full Rink Games
<u>X</u> Puck Control	<u>X</u> 2 on 0	___ Offensive Zone	___	
<u>X</u> Pass/Receive	___ 2 on 1	___ Defensive Zone	___	
<u>X</u> Shooting	___ 2 on 2	___ Neutral Zone	___	
___ Body Contact	___ 3 on 0		___	___ Zone Games
___ Body Position	___ 3 on 1	Offensive Concepts	Other	
___ Stick Checking	___ 3 on 2	___ Offensive Zone	<u>X</u> Competition 1 on 1	___ Restricted Area
___ Agility Work	___ 3 on 3	___ Defensive Zone	___	___ Games
	___ 5 on 5	___ Neutral Zone	___	

TIME

ACTIVITY/DRILL NOTES

WARM-UP DRAIN NOTES	
5 Min.	1. WARM UP — Moving Warm-Up — Big “C” Power Strokes — Stops and Starts on whistle
5 Min.	2. 4 Cone Inside Edge Rhythm Skate — 2 hands on stick — stick blade on ice — “Steering Wheel” Around Cone
5 Min.	3. Big “C” — Outside Edge x-over
5 Min.	4. Zig-Zag Control Turns — Red to Blue Lines
4 Min.	5. “Wide Pulls” in stride to one hand puck acceleration
5 Min.	6. “Pulls” Two directions on cones — at same time
5 Min.	7. Control Turns — Fig. 8 on Hockey Gloves — Gloves 2 stick lengths apart
5 Min.	8. 2 on 0 short passes — shoot — board pass to coach
5 Min.	9. A) Deflection on Boards B) Then at net
5 Min.	10. COOL DOWN — 1 on 1 Puck Race — Control Turn Around 3 cone triangle

EVALUATION/COMMENTS

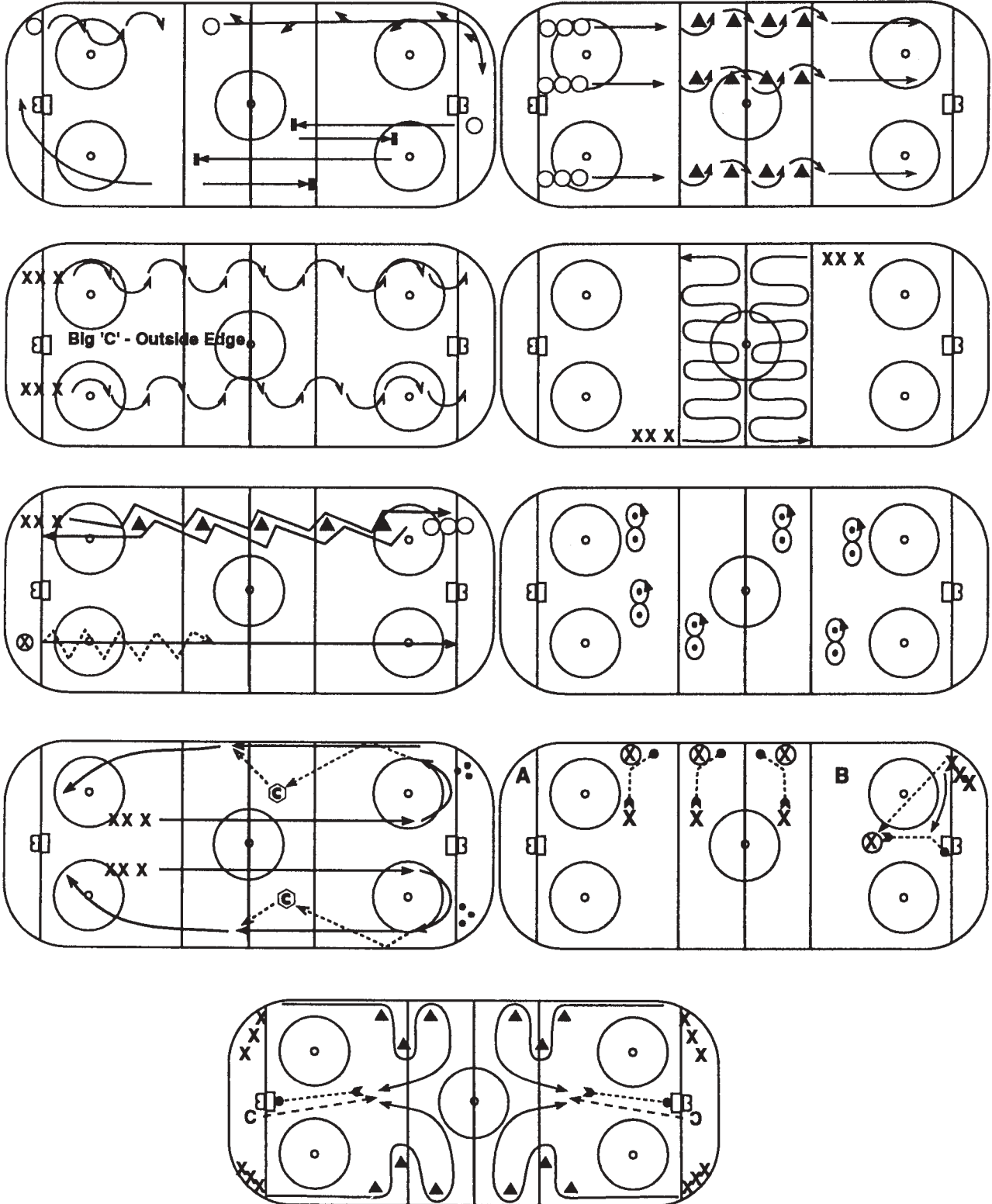
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RESEARCHER'S SIGNATURE	RESEARCH ASSISTANT

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Practice Plan No. 3



Hockey Practice Plan

Day Monday - 4

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	Defensive Concepts	Goaltender Drills	
<input checked="" type="checkbox"/> Puck Control	___ 2 on 0	___ Offensive Zone	___	___ Full Rink Games
<input checked="" type="checkbox"/> Pass/Receive	___ 2 on 1	___ Defensive Zone	___	
<input checked="" type="checkbox"/> Shooting	___ 2 on 2	___ Neutral Zone	___	
<input checked="" type="checkbox"/> Body Contact	___ 3 on 0		___	___ Zone Games
___ Body Position	___ 3 on 1	Offensive Concepts	Other	
___ Stick Checking	___ 3 on 2	___ Offensive Zone	<input checked="" type="checkbox"/> Scrimmage 3 on 3	
___ Agility Work	___ 3 on 3	___ Defensive Zone	<input checked="" type="checkbox"/> Competition 1 on 1	___ Restricted Area Games
	___ 5 on 5	___ Neutral Zone	___	

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP — Aggressive Edges — Power Strokes, Big "C", Zig-Zag control turns
5 Min.	2. Forward x-overs A) On Circles B) 3 Cone "M"
10 Min.	3. Backward Strokes A) "C" start full speed to Blue lines B) Back x-overs to backward stroke C) Same as (B) add one foot stop to forward
5 Min.	4. 1 on 1 with stationary partner — "Fake-Pull — 3 quick x-overs" Option—shoot at boards after 3 x-overs
5 Min.	5. Russian Circles — "Fake and Pull" on coaches — shoot then go screen and deflect in front of net
5 Min.	6. 2 on 0 "Drop Pass" at both blue lines — shoot
5 Min.	7. 1 on 1 — Forward behind net — defense shoots
5 Min.	8. "Take out" — check weave — "angle" stick under stick — hip in front of opponents gloves
5 Min.	9. 1 on 1 competition
5 Min.	10. COOL DOWN — 3 on 3 — width of ice — 30 second shifts

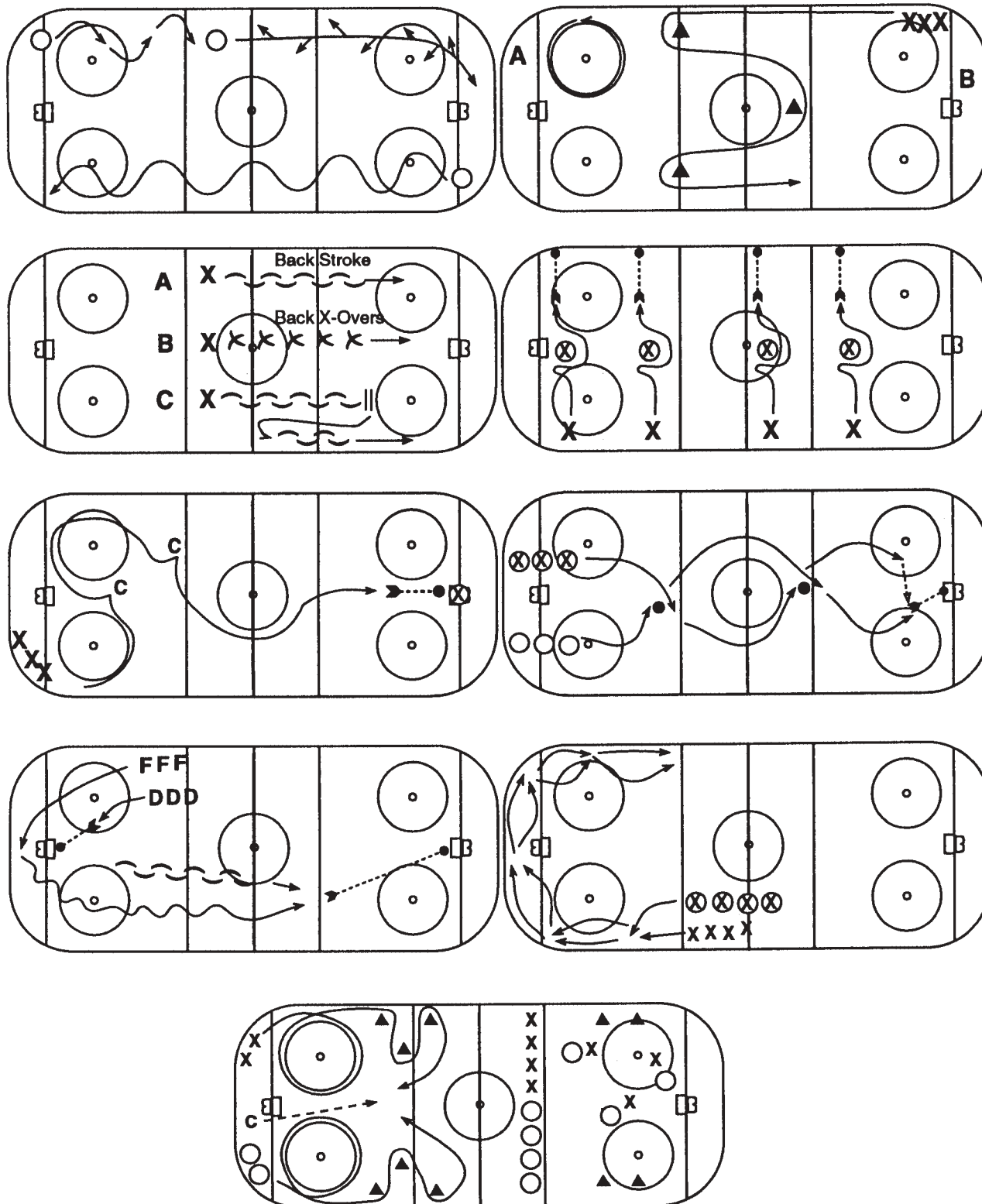
EVALUATION/COMMENTS

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Practice Plan No. 4



Hockey Practice Plan

Day Monday - 5

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	Defensive Concepts	Goaltender Drills	_____ Full Rink Games
<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 2 on 0	<input checked="" type="checkbox"/> Offensive Zone	_____	
<input checked="" type="checkbox"/> Pass/Receive	_____ 2 on 1	_____ Defensive Zone	_____	
_____ Shooting	_____ 2 on 2	_____ Neutral Zone	_____	
<input checked="" type="checkbox"/> Body Contact	<input checked="" type="checkbox"/> 3 on 0	Offensive Concepts	Other	<input checked="" type="checkbox"/> Zone Games
_____ Body Position	_____ 3 on 1	<input checked="" type="checkbox"/> Offensive Zone	_____	
_____ Stick Checking	_____ 3 on 2	_____ Defensive Zone	_____	_____ Restricted Area Games
_____ Agility Work	_____ 3 on 3	_____ Neutral Zone	_____	
	_____ 5 on 5			

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP — Aggressive Edges — Big "C" Outside Edge — Zig-Zag crossovers —
	backward between blue lines — Power strokes
5 Min.	2. Backward crossunders on circle
5 Min.	3. Backward/forward figure 8 on 2 circles
5 Min.	4. Forward/backward ¼'s on circles
5 Min.	5. Zig-Zag lines "escapes" w/pucks
5 Min.	6. 1 on 1 Puck Protection — Use control turns to protect puck — try and get into a good shooting area and shoot
5 Min.	7. 2 on 0 "Trailer" play
5 Min.	8. 3 on 0 "Weave" — Enter offensive zone with all 3 lanes filled
5 Min.	9. "Angling" — Forecheck 1 — before or after net
5 Min.	10. COOL DOWN — 3 on 0 Relay race — 3 pucks. All 3 players must touch puck before 1st shot.
	After goal all 3 must skate over blue line before re-entering zone with 2nd puck — repeat for
	3rd puck — first group to score all 3 pucks wins

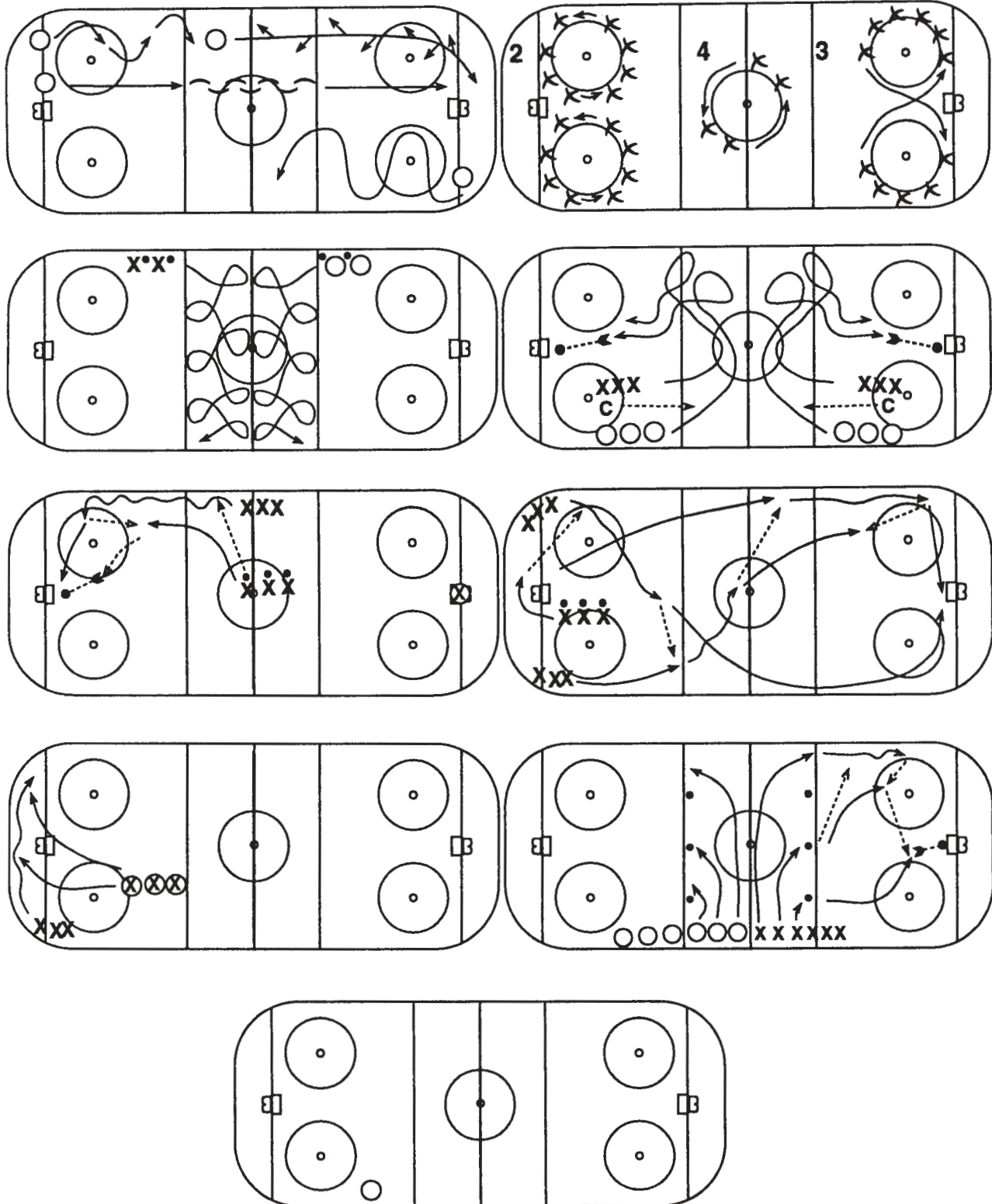
EVALUATION/COMMENTS

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Practice Plan No. 5



Hockey Practice Plan

Day Monday - 6

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	Defensive Concepts	Goaltender Drills	
<input checked="" type="checkbox"/> Puck Control	___ 2 on 0	___ Offensive Zone	___	___ Full Rink Games
___ Pass/Receive	___ 2 on 1	___ Defensive Zone	___	
<input checked="" type="checkbox"/> Shooting	___ 2 on 2	___ Neutral Zone	___	___ Zone Games
<input checked="" type="checkbox"/> Body Contact	___ 3 on 0		___	
___ Body Position	___ 3 on 1	Offensive Concepts	Other	
___ Stick Checking	___ 3 on 2	<input checked="" type="checkbox"/> Offensive Zone	<input checked="" type="checkbox"/> Competition 1 on 1	
___ Agility Work	___ 3 on 3	<input checked="" type="checkbox"/> Defensive Zone	___	___ Restricted Area Games
	___ 5 on 5	___ Neutral Zone	___	

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP — Aggressive Edges — Big "C" Outside Edge x-over Zig-Zag, Accelerate between blue lines — backward on Ends, Backward-stop-forward 6 strides than backwards again.
5 Min.	2. Aggressive Skating w/puck
5 Min.	3. "Beat" the checkers that have no sticks and shoot
5 Min.	4. 3 Player stationary shoot off pass
5 Min.	5. "Flyer" Pass-receive-shoot-after shooting, screen/deflect
5 Min.	6. ½ Ice Defense B.O. Pass — Up Around Cones — 1 on 1
5 Min.	7. 1 on 1 "Block Out" — Don't allow opponent to get to puck in slot — skate backwards weaving back and forth
5 Min.	8. 5 on 0 Breakout to offensive attack and point shot
5 Min.	9. 1 on 1 Full Ice "War" — 2 or 3 groups out at a time — no goalies in net — Goalies on 1 on 1 against each other
	10. COOL DOWN

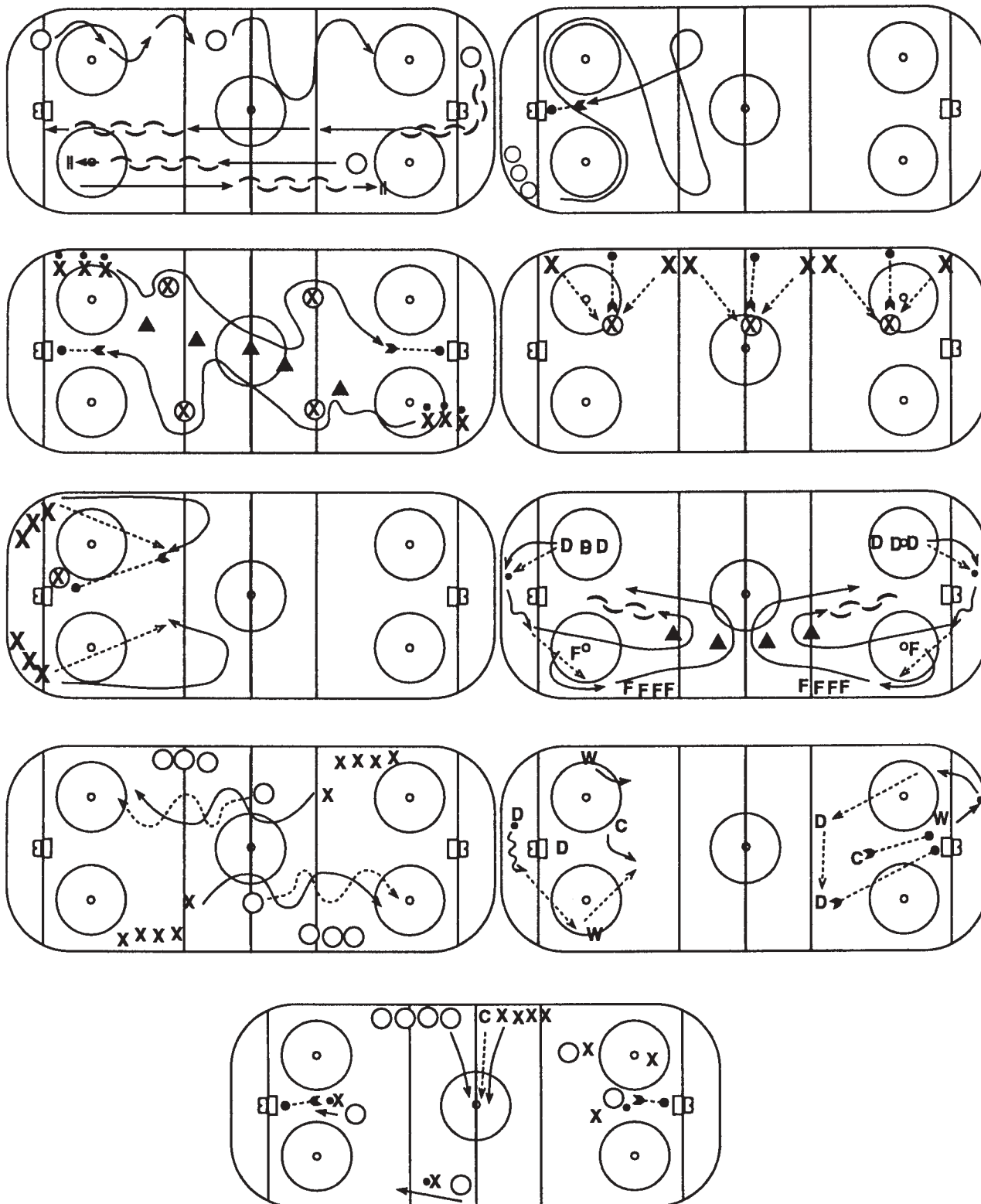
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Practice Plan No. 6



Hockey Practice Plan

Day Monday - 7

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	Defensive Concepts	Goaltender Drills	
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Offensive Zone	<input type="checkbox"/>	<input type="checkbox"/> Full Rink Games
<input checked="" type="checkbox"/> Pass/Receive	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Defensive Zone	<input type="checkbox"/>	
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Neutral Zone	<input type="checkbox"/>	<input type="checkbox"/> Zone Games
<input checked="" type="checkbox"/> Body Contact	<input type="checkbox"/> 3 on 0	Offensive Concepts	Other	
<input type="checkbox"/> Body Position	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Offensive Zone	<input checked="" type="checkbox"/> Scrimmage 3 on 3	
<input type="checkbox"/> Stick Checking	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Defensive Zone	<input checked="" type="checkbox"/> Competition 1 on 2	<input type="checkbox"/> Restricted Area Games
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 3	<input type="checkbox"/> Neutral Zone	<input type="checkbox"/>	
	<input type="checkbox"/> 5 on 5			

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP with pucks — zig-zag x-overs — forward acceleration between blue lines — backward stickhandling between top of circles and forward on ends
5 Min.	2. 3 Player "Triangle" passing
5 Min.	3. 1 on 0 "Board Pass" to "Give & Go" with coach and shoot alternate sides
7 Min.	4. 1 on 1 backcheck — lane responsibility
5 Min.	5. 1 on 1 "War" in the zone — dump puck into corner, both players go into corner and battle for the puck — either score or prevent partner from scoring
7 Min.	6. 1 on 1-2/3's ice — forward swings behind net for puck — defense skates forward to blue line then turns and goes backwards.
7 Min.	7. 2 on 1-2/3's ice — 1st forward swings to far side boards — 2nd forward gets puck — defense skates forward around circle to backwards.
5 Min.	8. Circle criss-cross 1 on 1 competition for puck
10 Min.	9. 3 on 3 full ice — 30 second shifts
	10. COOL DOWN

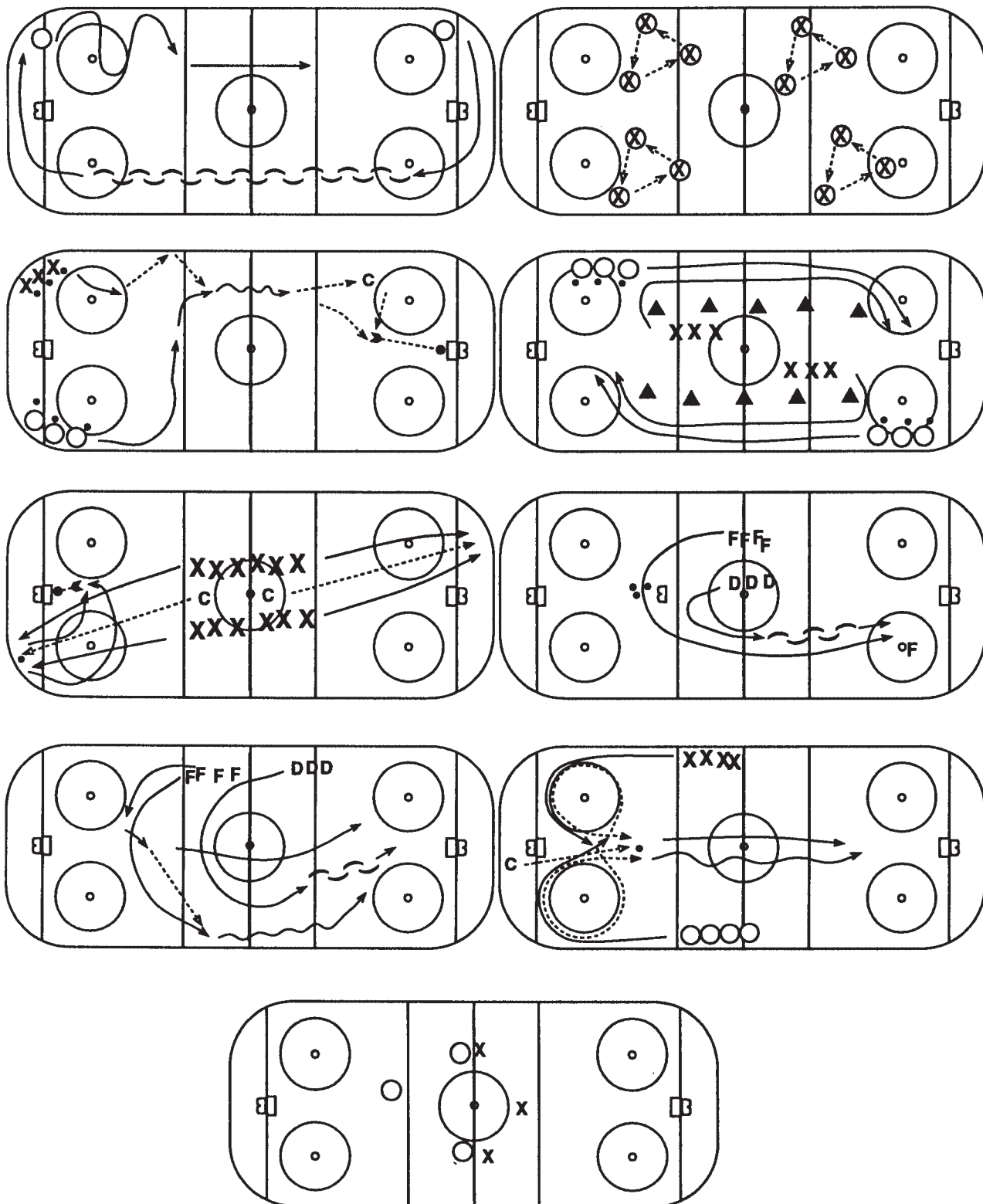
EVALUATION/COMMENTS

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Practice Plan No. 7



Hockey Practice Plan

Day Monday - 8

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

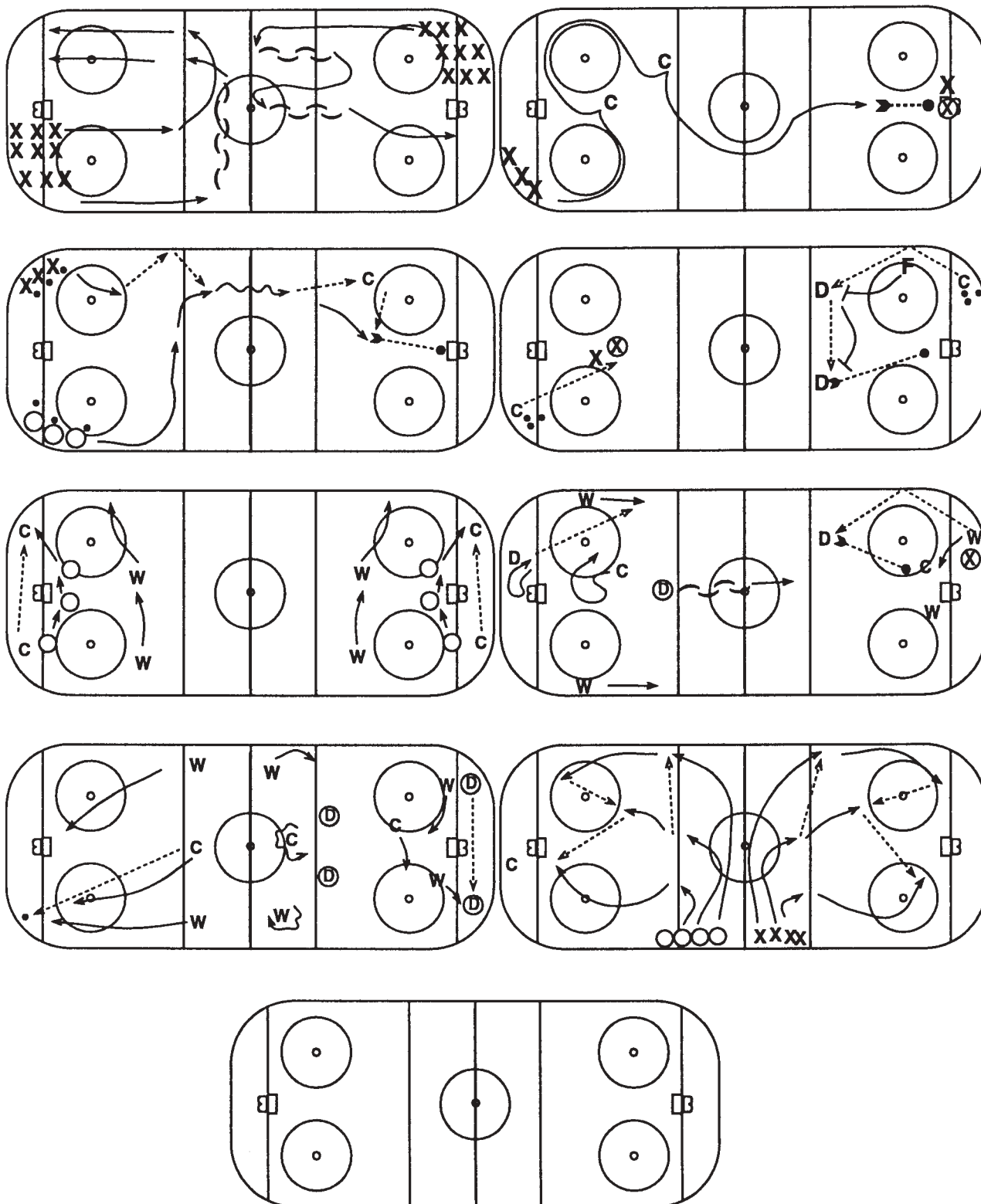
Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<u>1 on 1</u>	Defensive Concepts	Goaltender Drills	<input checked="" type="checkbox"/> Full Rink Games
<input checked="" type="checkbox"/> Puck Control	<u>2 on 0</u>	<u>Offensive Zone</u>	<u> </u>	
<input checked="" type="checkbox"/> Pass/Receive	<u>2 on 1</u>	<u>Defensive Zone</u>	<u> </u>	
<input checked="" type="checkbox"/> Shooting	<u>2 on 2</u>	<u>Neutral Zone</u>	<u> </u>	<u>Zone Games</u>
<input checked="" type="checkbox"/> Body Contact	<u>3 on 0</u>	Offensive Concepts	Other	
<u>Body Position</u>	<u>3 on 1</u>	<u>Offensive Zone</u>	<u> </u>	
<u>Stick Checking</u>	<u>3 on 2</u>	<u>Defensive Zone</u>	<u> </u>	<u>Restricted Area</u>
<u>Agility Work</u>	<u>3 on 3</u>	<u>Neutral Zone</u>	<u> </u>	<u>Games</u>
	<u>5 on 5</u>			

TIME	ACTIVITY/DRILL NOTES
5 Min.	1. WARM UP 5 Lines A) "Hot Dog" Skate in Neutral B) "Showoff" puck handling skills in neutral
	C) One Puck 5 on 0 passing in neutral
5 Min.	2. Over & Back — Retrieve puck — control turn — escape — pass to coach
5 Min.	3. "5 Station" Pass — Follow pass — Note! Start of Power Play and offensive triangle
5 Min.	4. 2 on 0 "Funnel" Pass and Shoot — Try to make 3 passes before shooting
5 Min.	5. 1 on 1 "Give & Go" pressure shoot
5 Min.	6. Top of Circle Shoot — Continue in for pass and 2nd shot
5 Min.	7. 1 on 1 "Block Out" opponent from puck — defender start by facing puck — turn around on whistle
	— control opponent's stick with your stick — keep body between puck and opponent
5 Min.	8. 2 on 2 Backchecking — Backcheckers do "J" x-over — start around cones — keep opponent to
	outside
5 Min.	9. Pom-Pom-Pull Away
	10. COOL DOWN

EVALUATION/COMMENTS	EQUIPMENT

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Practice Plan No. 8



Hockey Practice Plan

Day Monday - 9

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	Defensive Concepts	Goaltender Drills	<input checked="" type="checkbox"/> Full Rink Games
<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 2 on 0	<input type="checkbox"/> Offensive Zone	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Pass/Receive	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Defensive Zone	<input type="checkbox"/>	
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Neutral Zone	<input type="checkbox"/>	<input type="checkbox"/> Zone Games
<input type="checkbox"/> Body Contact	<input checked="" type="checkbox"/> 3 on 0	Offensive Concepts	Other	
<input type="checkbox"/> Body Position	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Offensive Zone	<input checked="" type="checkbox"/> Power Play	
<input type="checkbox"/> Stick Checking	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Defensive Zone	<input type="checkbox"/>	<input type="checkbox"/> Restricted Area Games
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 3	<input type="checkbox"/> Neutral Zone	<input type="checkbox"/>	
	<input type="checkbox"/> 5 on 5			

TIME

ACTIVITY/DRILL NOTES

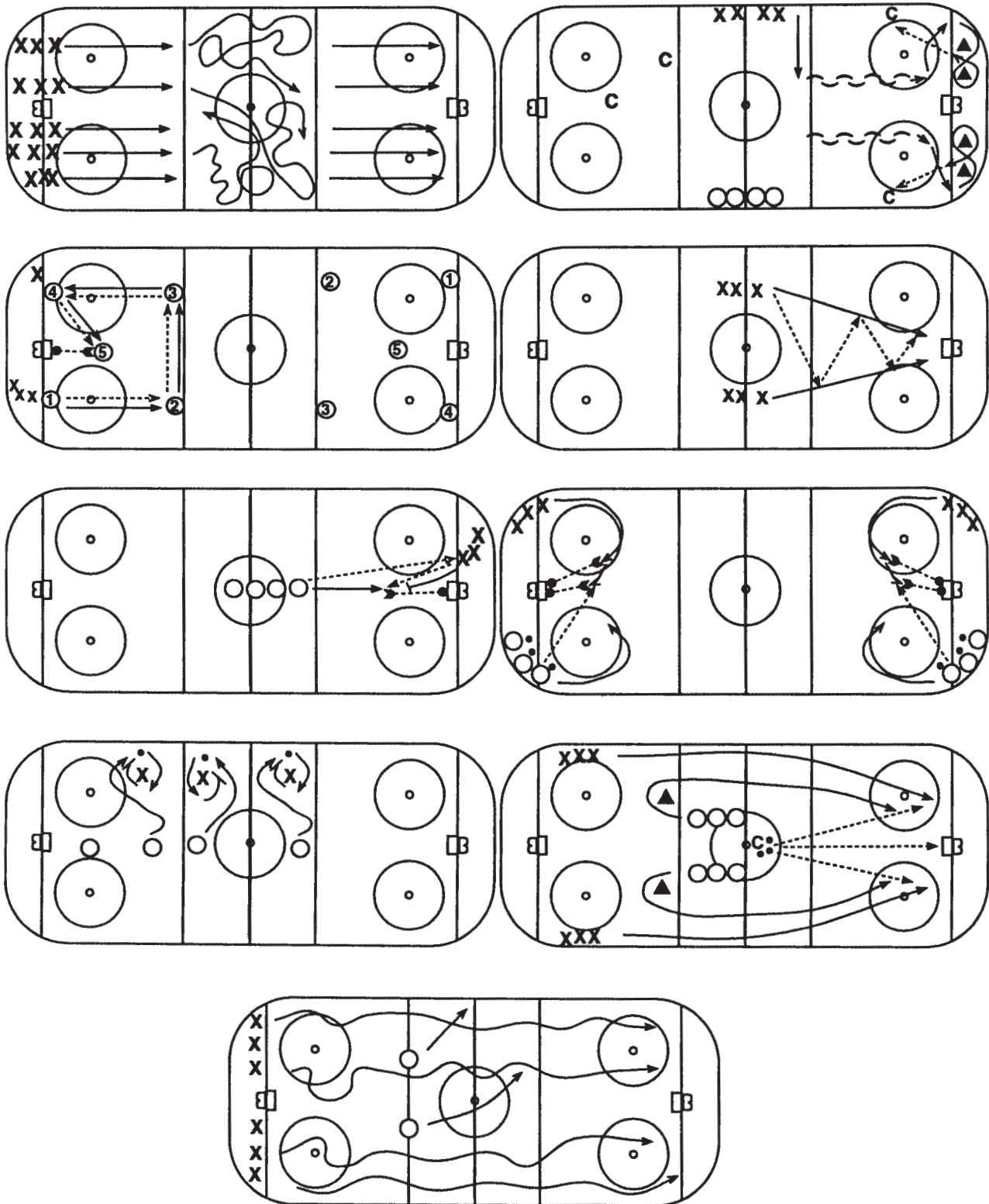
5 Min.	1. WARM UP — Power Strokes, Control Turns, Backward-Stop-Forward
5 Min.	2. Multi-Skill Ability Course — Forward x-overs, Control Turns, Escapes, Forward/Backward Zig-Zag Step Outs, "Mohawk" forward step out
5 Min.	3. 1 on 1 (No Sticks) partner keep away — use skates to control and protect puck.
6 Min.	4. 2 on 0 "Double" Drop Pass at each blue line
6 Min.	5. 3 on 0 "Weave" — Enter offensive zone with "Trailer" Play
6 Min.	6. 1 on 1-2/3's ice — defense b.o. pass to coach — forward does "Give & Go" pass with coach on far blue line
6 Min.	7. 2 on 1-1/2 ice — defense b.o. pass to forward — pass to other forward — forwards criss-cross "Drop Pass" — Re-enter zone 2 on 1
7 Min.	8. 3 on 2 — Coach b.o. Pass — 3 on 2 "Trailer" Play
14 Min.	9. Power Play — Basic b.o. Plays — set up into "Overload" — use 4 cones for penalty killers — 3 passes and shoot — after shoot must pass puck to point and start again — 1 minute to score
5 Min.	10. COOL DOWN — "Team" Show Down — Player stays out till they score

EVALUATION/COMMENTS

EQUIPMENT

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Practice Plan No. 9



Hockey Practice Plan

Day Monday - 10

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

<i>Skill Work</i>	<i>Team Play</i>	<i>Concepts</i>	<i>Specialty Work</i>	<i>Small Games/Fun</i>
<u>X</u> Skating	___ 1 on 1	<i>Defensive Concepts</i>	<i>Goaltender Drills</i>	<u>X</u> Full Rink Games
<u>X</u> Puck Control	___ 2 on 0	___ Offensive Zone	___	
<u>X</u> Pass/Receive	___ 2 on 1	___ Defensive Zone	___	
<u>X</u> Shooting	___ 2 on 2	___ Neutral Zone	___	
___ Body Contact	___ 3 on 0		___	___ Zone Games
___ Body Position	___ 3 on 1	<i>Offensive Concepts</i>	<i>Other</i>	
___ Stick Checking	___ 3 on 2	___ Offensive Zone	<u>X</u> Competition	
___ Agility Work	___ 3 on 3	___ Defensive Zone	___	___ Restricted Area
	___ 5 on 5	___ Neutral Zone	___	Games

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP — Flexibility/Ability A) Alternate knee touches to ice B) Slide on knee 360° spin at blue lines C) Squat glide: between blue lines D) 2 leg rolls between blue lines
6 Min.	2. Competition “Aggressive Edge” Course — 1st 3 cones inside edge — 2nd 3 cones, forward x-overs — 3rd 3 cones, control turns
6 Min.	3. Competition w/puck — circle x-overs — 3 control turns and shoot, 15 to 20 seconds to score — keep track of how many goals for each team
6 Min.	4. Competition Relay — “Zig-Zag” pass and go — 1st team to get all players through the zig-zag course and shoot on net wins. Use a stopwatch to see how fast they did it — take 1 second off the time for each goal scored
6 Min.	5. Competition 1 on 1 — “Forward/Backward Zig-Zag on 3 cones” — then race for puck and shoot
6 Min.	6. Competition Relay — see how many goals can be scored in 3 minutes — 5 station pass — follow your pass and shoot
6 Min.	7. Competition 1 on 1 — “Stepout Forward/Backward” at each of the 4 cones — then race for puck and shoot
6 Min.	8. “J” start x-overs — compete for puck — 3 quick x-overs around one cone and accelerate for puck
6 Min.	9. Ice Nerf Soccer — width of ice — no sticks — kick a nerf soccer ball
	10. COOL DOWN

EVALUATION/COMMENTS	
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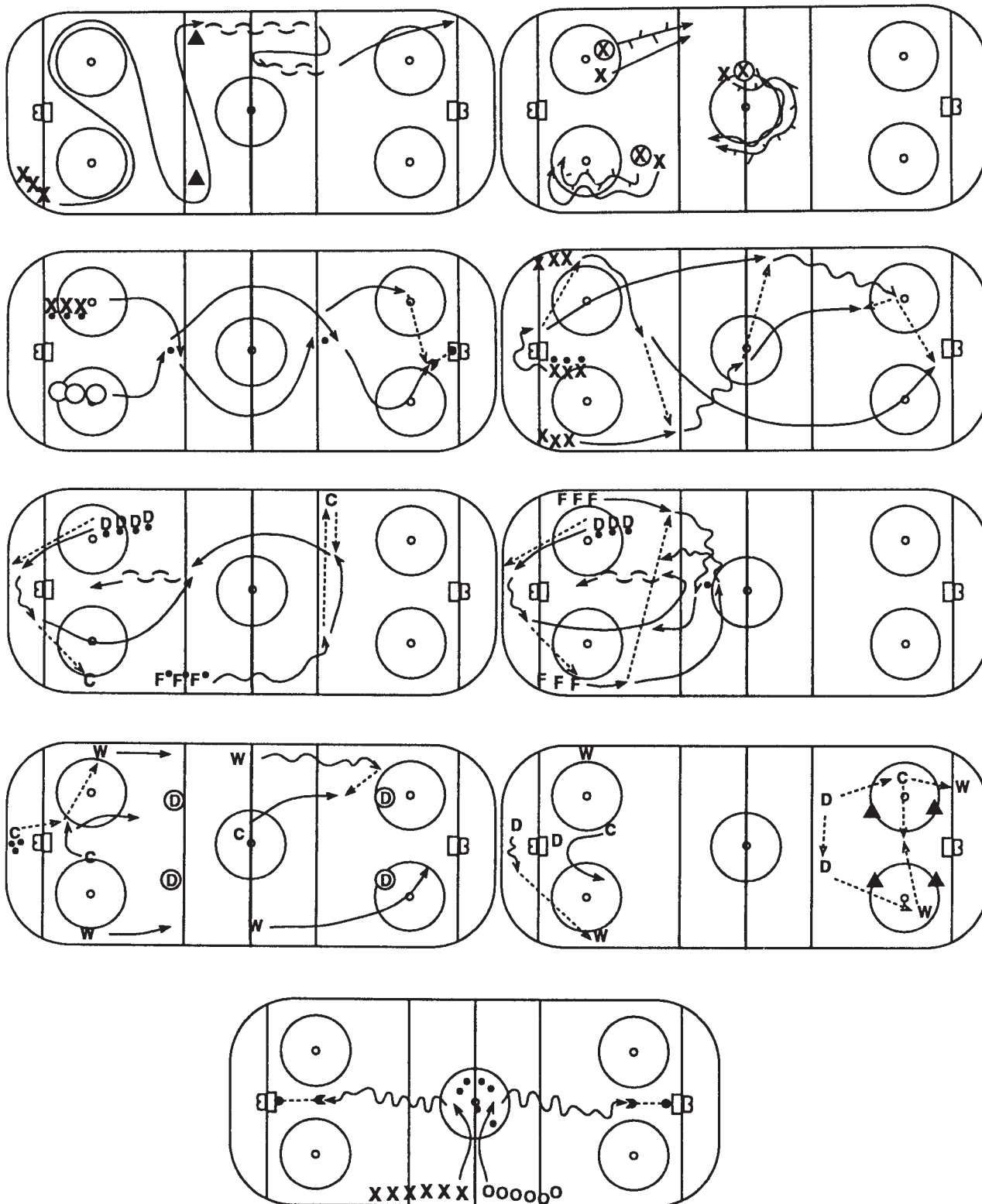
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EXPLANATION/COMMENTS	DOCUMENT

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Practice Plan No. 10



Hockey Practice Plan

Day Monday - 11

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	Defensive Concepts	Goaltender Drills	
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Offensive Zone	<input type="checkbox"/>	<input type="checkbox"/> Full Rink Games
<input type="checkbox"/> Pass/Receive	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Defensive Zone	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Neutral Zone	<input type="checkbox"/>	<input type="checkbox"/> Zone Games
<input type="checkbox"/> Body Contact	<input type="checkbox"/> 3 on 0		<input type="checkbox"/>	
<input type="checkbox"/> Body Position	<input type="checkbox"/> 3 on 1	Offensive Concepts	Other	
<input type="checkbox"/> Stick Checking	<input type="checkbox"/> 3 on 2	<input checked="" type="checkbox"/> Offensive Zone	<input checked="" type="checkbox"/> Power Play	
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 3	<input type="checkbox"/> Defensive Zone	<input checked="" type="checkbox"/> Penalty Kill	<input type="checkbox"/> Restricted Area Games
	<input type="checkbox"/> 5 on 5	<input type="checkbox"/> Neutral Zone	<input checked="" type="checkbox"/> Short Work-quickness	

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP 5 lines A) "Hot Dog" Skating in neutral B) "Show Off" puckhandling skills in neutral
	C) One Puck 5 on 0 in neutral
5 Min.	2. Forehand shot at Top of Circle — Backhand shot across "Hash Marks"
5 Min.	3. Skate around Dot — Receive Pass — Accelerate into middle and shoot — Passer becomes checker
5 Min.	4. Stickhandle Backwards to cone — pass back to next player in line — step out forward into middle — receive pass and shoot
5 Min.	5. 3 Line speed and agility skating A) Forward accelerate and forward x-overs B) Forward acceleration — backward x-overs — forward accel. C) Forward/Backward zig-zag in neutral zone
5 Min.	6. 1 on 1 — Defense B.O. Pass to wing — Forward must hustle down to bottom of circle and then go to the boards
5 Min.	7. 2 on 2 — Forwards cross at far blue and drop pass forwards begin by skating around bottom of circle and pick up a puck
5 Min.	8. 3 on 1 — Below top of circle — Defense start on knees in front of net — forwards start at top of circle — dump puck into corner — set up offensive triangle and try to score — defense prevents score
5 Min.	9. Power Play vs. Penalty Kill Challenge — Power play has one minute to score — Penalty Kill 2-2 Forecheck — "Box" defensive zone
	10. COOL DOWN

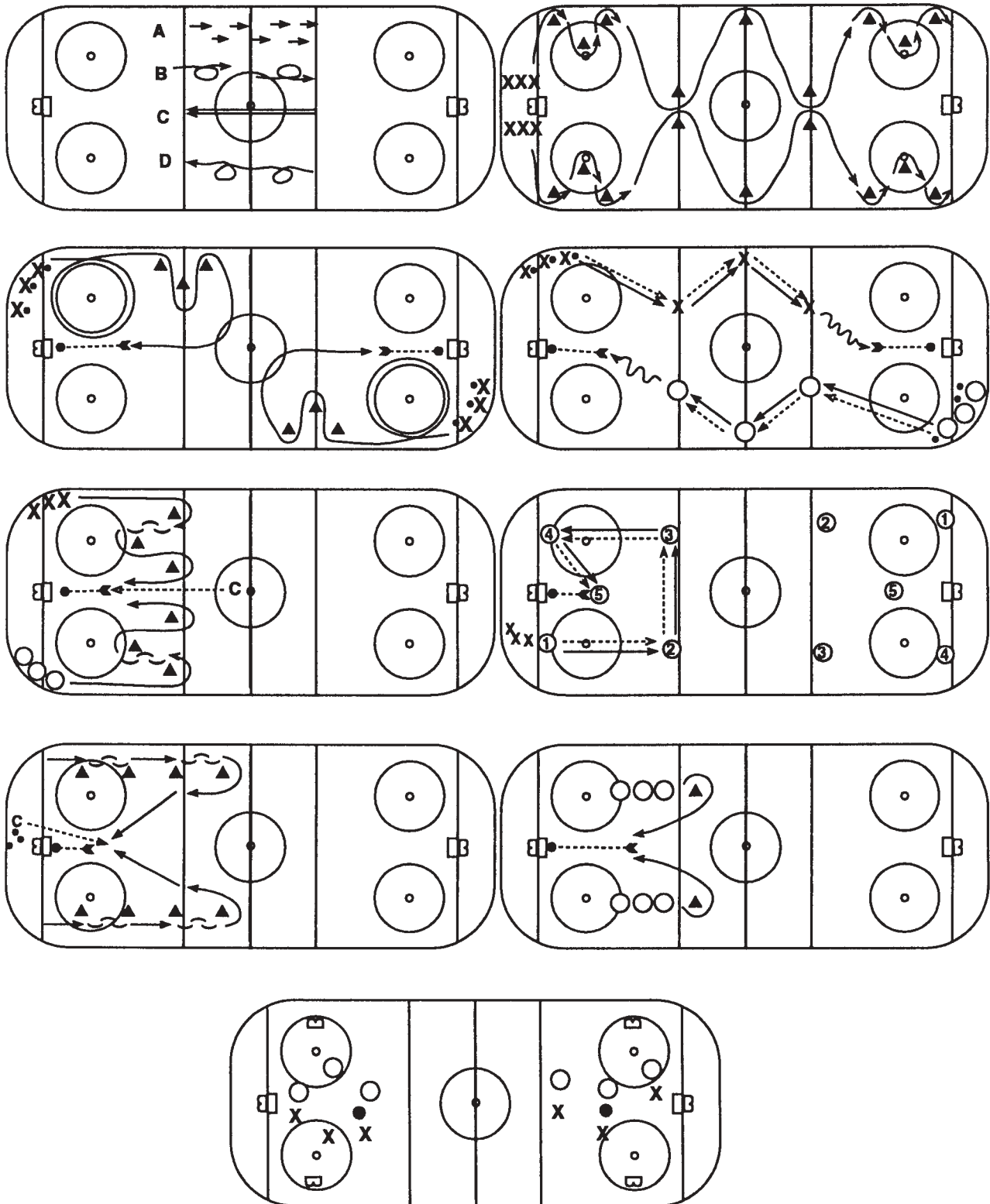
EVALUATION/COMMENTS

EQUIPMENT

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Practice Plan No. 11



Hockey Practice Plan

Day Monday - 12

Date 1995

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
<input checked="" type="checkbox"/> Skating	<u>1 on 1</u>	Defensive Concepts	Goaltender Drills	
<input checked="" type="checkbox"/> Puck Control	<u>2 on 0</u>	<input checked="" type="checkbox"/> Offensive Zone	<u> </u>	<u>Full Rink Games</u>
<u>Pass/Receive</u>	<input checked="" type="checkbox"/> 2 on 1	<input checked="" type="checkbox"/> Defensive Zone	<u> </u>	
<input checked="" type="checkbox"/> Shooting	<u>2 on 2</u>	<u>Neutral Zone</u>	<u> </u>	<u>Zone Games</u>
<input checked="" type="checkbox"/> Body Contact	<u>3 on 0</u>		<u> </u>	
<u>Body Position</u>	<u>3 on 1</u>	Offensive Concepts	Other	
<u>Stick Checking</u>	<u>3 on 2</u>	<input checked="" type="checkbox"/> Offensive Zone	<input checked="" type="checkbox"/> Scrimmage 3 on 3	
<u>Agility Work</u>	<u>3 on 3</u>	<u>Defensive Zone</u>	<u> </u>	<u>Restricted Area</u>
	<u>5 on 5</u>	<u>Neutral Zone</u>	<u> </u>	<u>Games</u>

TIME

ACTIVITY/DRILL NOTES

5 Min.	1. WARM UP — Aggressive skating with puck and shoot — x-overs, control turns, escape
5 Min.	2. 4 Line — Receive Pass — Accelerate — Shoot just over blue line — then go screen/deflect
5 Min.	3. 1 on 1 "Partner War" — keep puck away from partner, staying in a small area
5 Min.	4. 2 on 2 in the zone — F1 a forechecker then screen/deflect — F2 receives B.O. pass — then passes to D4 and then pressures D4 — D3 goes get puck — makes pass to wing then covers net (F1)
5 Min.	5. 2 on 1 — forwards criss cross and drop pass — 2/3's ice
5 Min.	6. 1 on 1 — Open Ice — "Angling" — Puckcarrier tries and gets to red line — checker forces puck-carrier into boards
5 Min.	7. Breakout w/ 1 and 2 forecheckers to 3 on 1 — go deep into offensive zone — set up offensive triangle — pass behind net
5 Min.	8. 2-1-2 Forecheck — backcheck — defensive coverage — when coach blows whistle once move to other side of rink — when coach blows 3 short quick blasts go to backcheck set up into defensive coverage
	9. on side coach brings puck into
5 Min.	10. COOL DOWN — 3 on 3 full ice — 30 second shifts

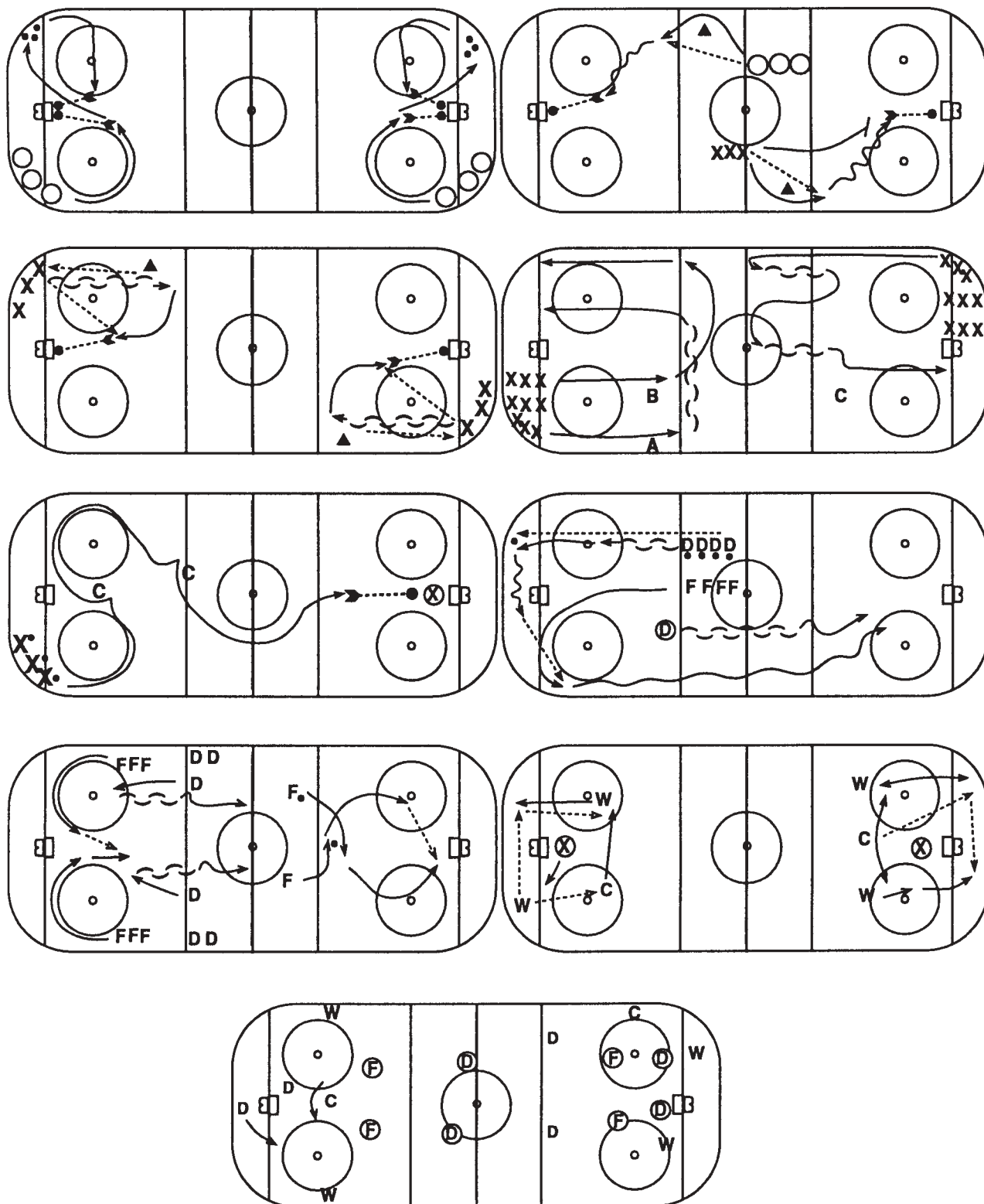
EVALUATION/COMMENTS

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Practice Plan No. 12



3

Skill Drills

OBJECTIVES

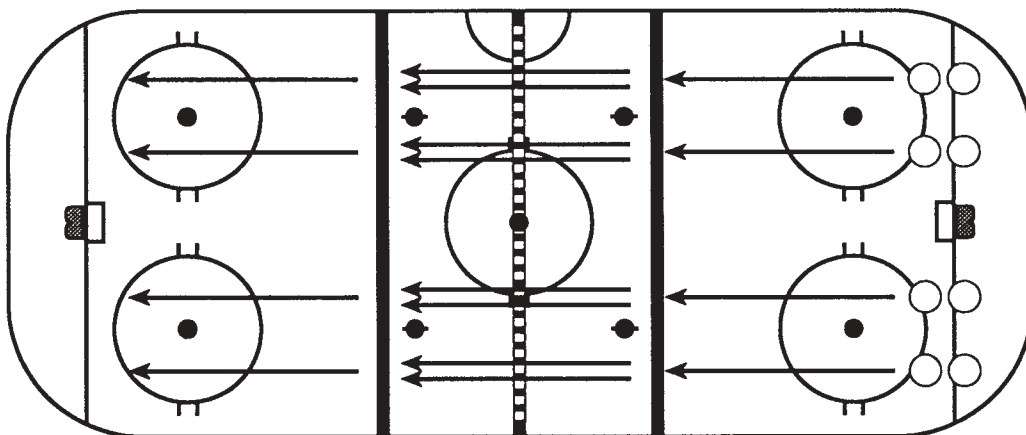
- To give some examples of age specific skill drills
- To show skill drills in a suggested progression
- To stimulate the minds of youth ice hockey coaches so they will design new and challenging drills

INTRODUCTION

This chapter includes skill drills which are presented in a suggested progression. They progress from stationary, to moving, to simple, and to the complex.

DRILLS

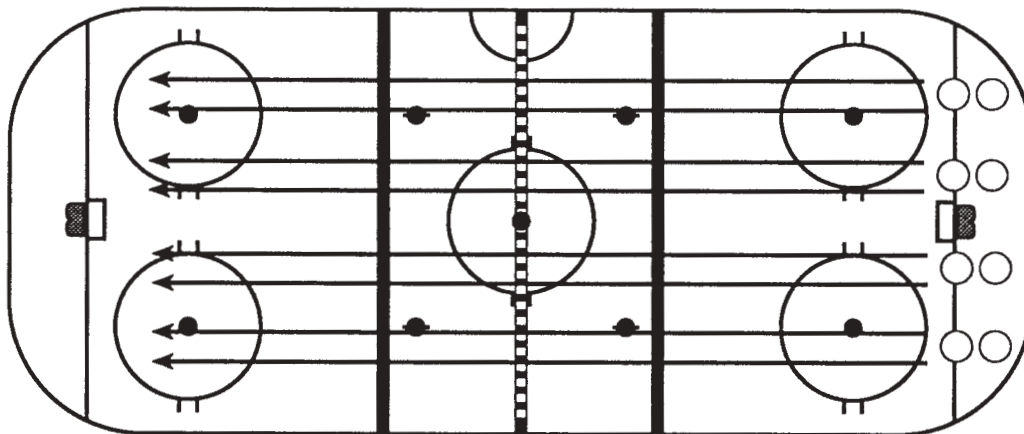
Ready Position



Glide In Ready Position

1. Skate to the near blue line.
2. Glide on two skates to the far blue line in the ready position.
3. Then finish the drill at the goal line.
4. Stress two hands on the stick, and have the players keep the stick in front of their body, with knees bent.

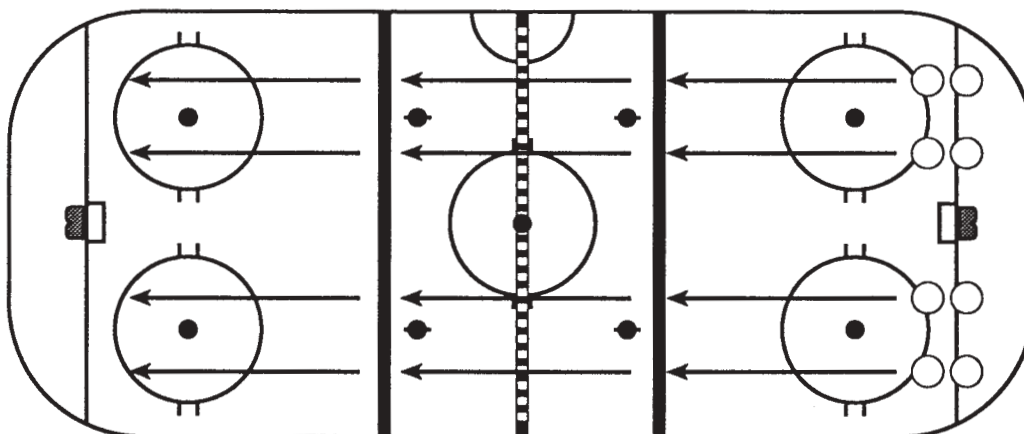
Stick and Weight Shift



Railroad Tracks

1. Form four lines.
2. First do stationary railroad weight shift moves, then go down the ice.
3. Skate forward for a while then glide with both skates on the ice.
4. While gliding, shift the weight and stick, alternating between right and left leg.
5. Keep head and chest up.

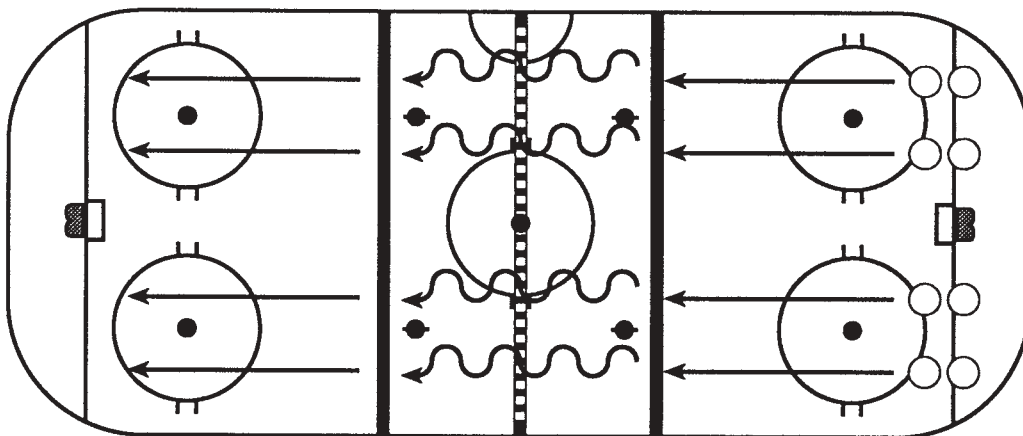
Balance



One Foot Glide

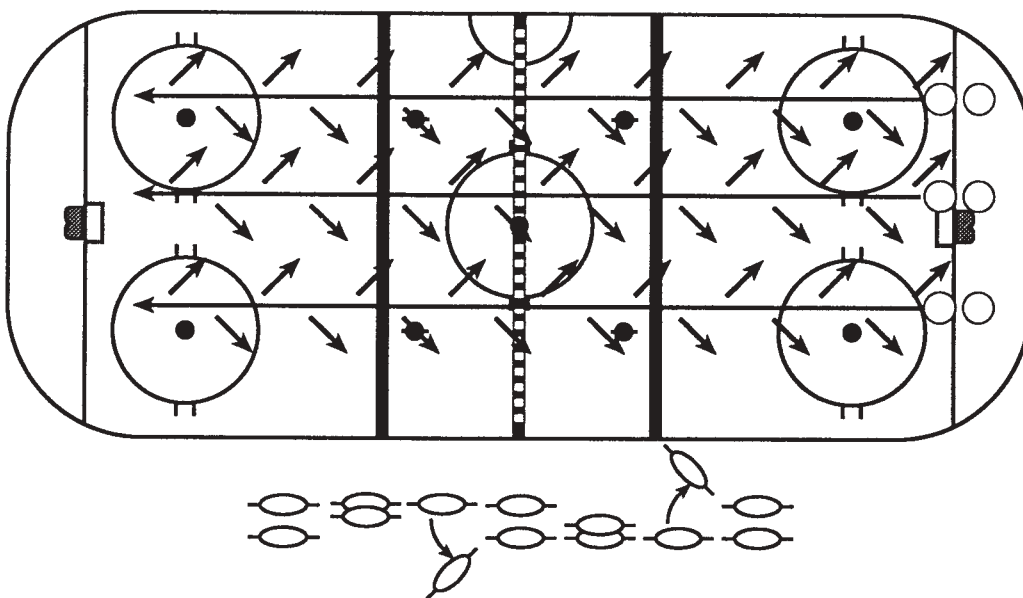
1. Skate hard to the near blue line.
2. Glide on one foot to the far blue line.
3. Emphasize the knees bent.
4. The group also can come back from the other direction.

One Foot Glide Weave



1. Skate hard to the near blue line.
2. Glide on one skate weaving side to side.
3. Players will start to feel their edges.
4. Keep knees well bent.
5. Alternate glide on different skates.

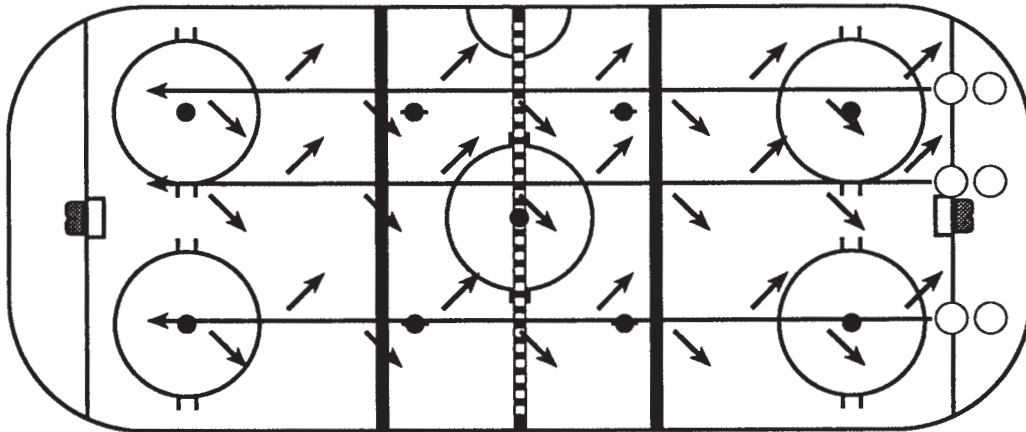
Forward Stride



Push-Touch-Coast

1. Form three lines at one end of the rink.
2. Have players get into their ready position.
3. Players push off with right skate to full extension.
4. Recover with right skate and touch it to the left skate.
5. Then coast in ready position.
6. Then do the same sequence with left skates, continue alternating skates.

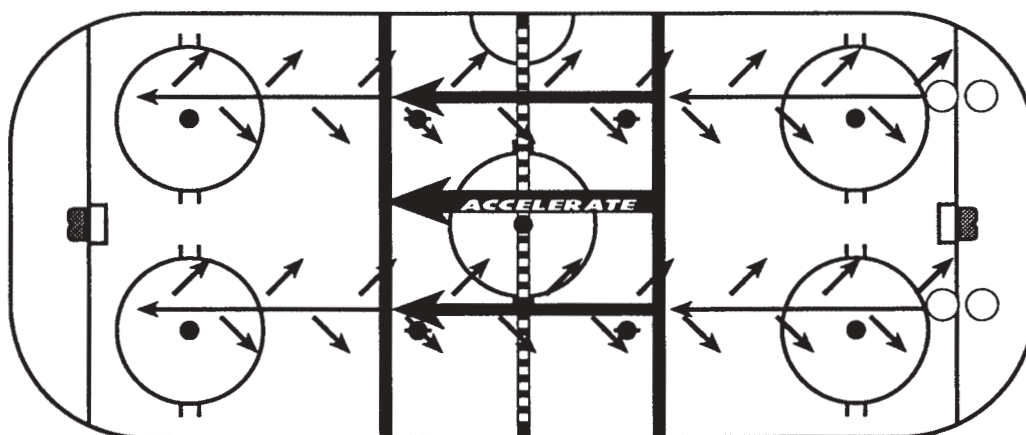
Power Strokes



10 Strokes

1. Line players up at one end of the rink.
2. Have them skate all the way to the other end of the rink only using 10 power strokes.
3. All strokes must have full extension, and players in their power stance.
4. Have the players concentrate on good weight shifts.

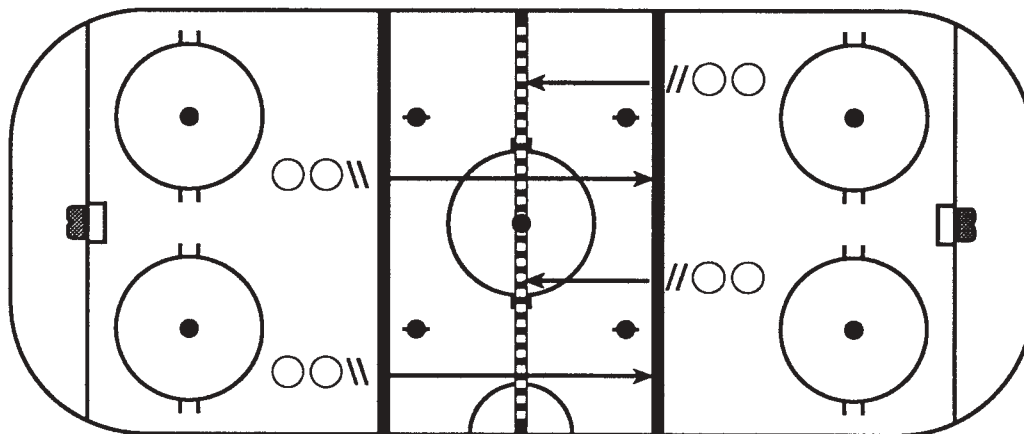
Acceleration Strokes



Power Strokes to Acceleration

1. Line players up at one end of the rink.
2. Using a power stroke, skate to the near blue line.
3. Quickly accelerate between the blue lines.
4. Then power stroke to the goal line to complete the drill.
5. Stress full recovery with each stride.

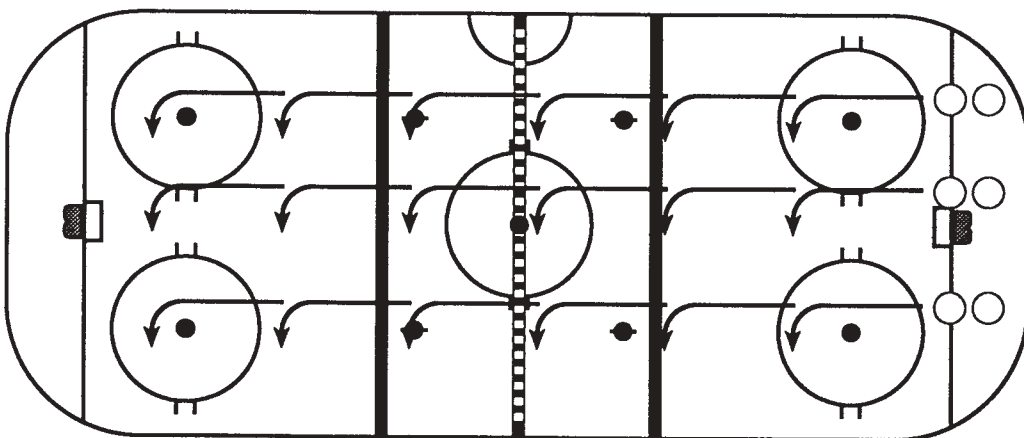
Fast Starts and Quick Acceleration



Blue line to Red line/Blue line to Blue line

1. Have players in two lines at each blue line facing each other.
2. One group will only be skating to the red line, then moving over to the other group.
3. The other line will be skating to the far blue line, then joining the other group.
4. At the whistle the first player in each line start and quickly accelerate to their respective lines.
5. Stress explosive starts, quick recovery and full extension.

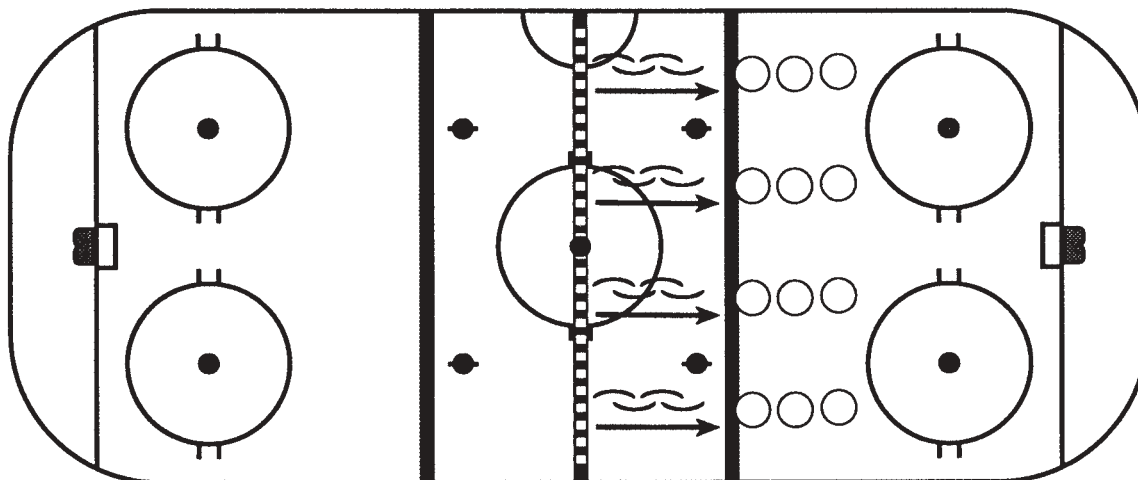
Forward Stop



Snap Forward Stop to the Ready Position

1. Form three lines.
2. The objective is to stop in the ready position.
3. Skate forward and stop every time the whistle blows, always stop facing the same direction.
4. When stopping "snap" the hips quickly to one side.
5. Push down on the inside edges of both skates.
6. Stress knee bend, chest and head up, skates shoulder width apart.
7. Use the "L" start when starting every time.

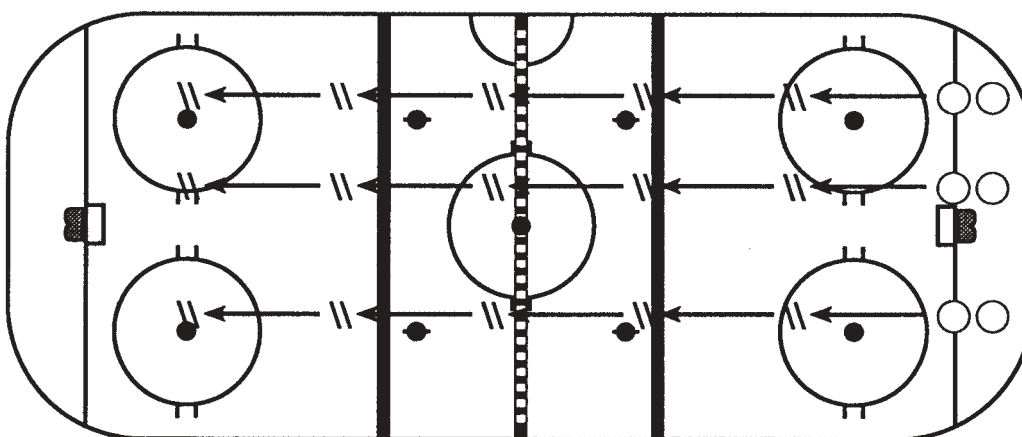
Backward Stop



Red Line Backward Stop

1. Form four lines at a blue line.
2. First skater in each line sprints to the red line skating backwards.
3. When the skaters stop at the red line they sprint back forward to the blue line.
4. Can do this drill also blue line to blue line.

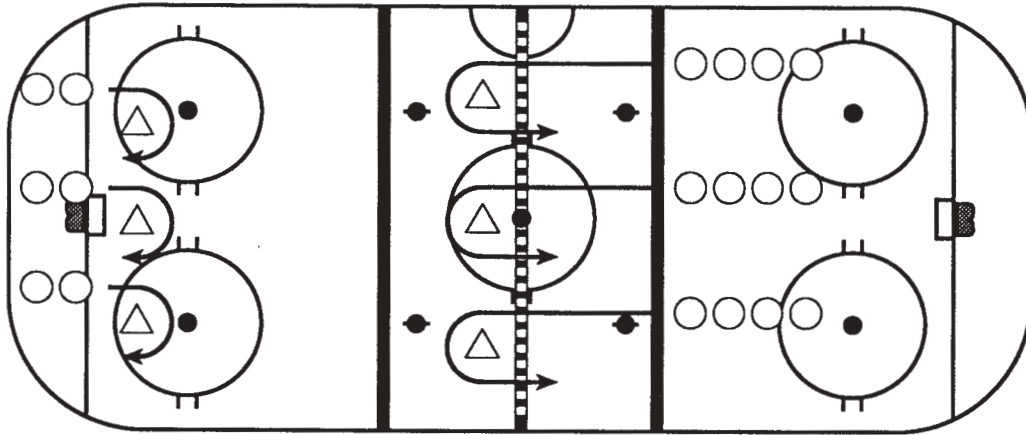
One Foot Stops and "L" Starts



Whistle Stops and Starts

1. Form three lines at one end of the rink.
2. Stop and start on the whistle.
3. Always stop facing the same direction.
4. Always stop on one skate, alternating skates with each stop.
5. Use the "L" start to begin skating again.

Edge Control



One Cone Edge Control

Inside Edge:

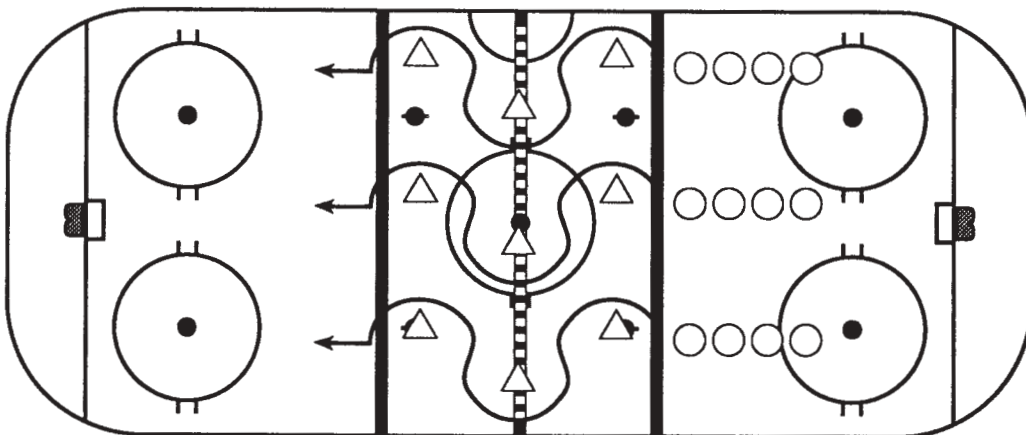
1. Players skate up to the cone, pick up the left skate and turn around the cone on the right inside edge.
2. Keep the right knee well bent, with two hands on the stick.

Outside Edge:

1. Players skate up to the cone, pick up the right skate and turn around the cone on the left outside edge.
2. Keep the left knee well bent, with two hands on the stick.

Can start the drill with the cone five feet from the players, then can move the cone gradually to thirty feet away.

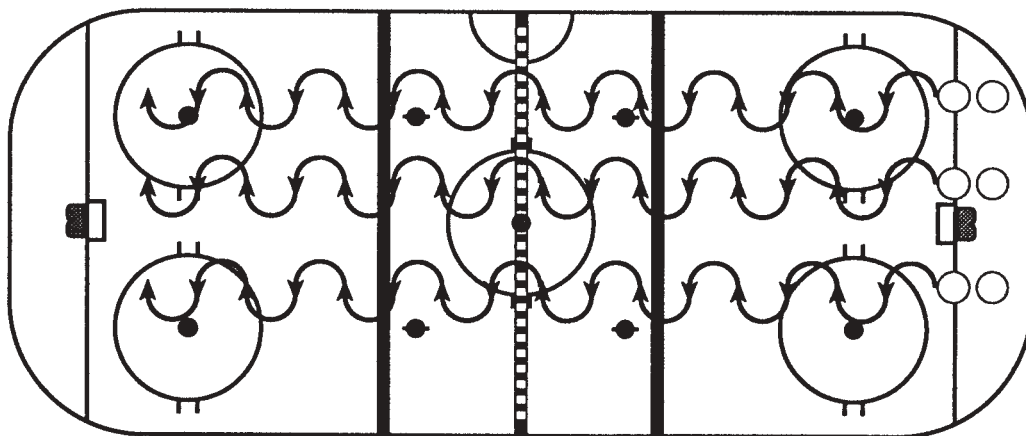
Edge Control



3 Cone Inside and Outside Edges

1. Form three lines.
2. Put three cones in a triangle about 15 feet apart.
3. Players skate up to the cone and alternate inside/outside edges of the right/left skates at the cones.
4. Stress-glide leg knee bent, two hands on the stick.

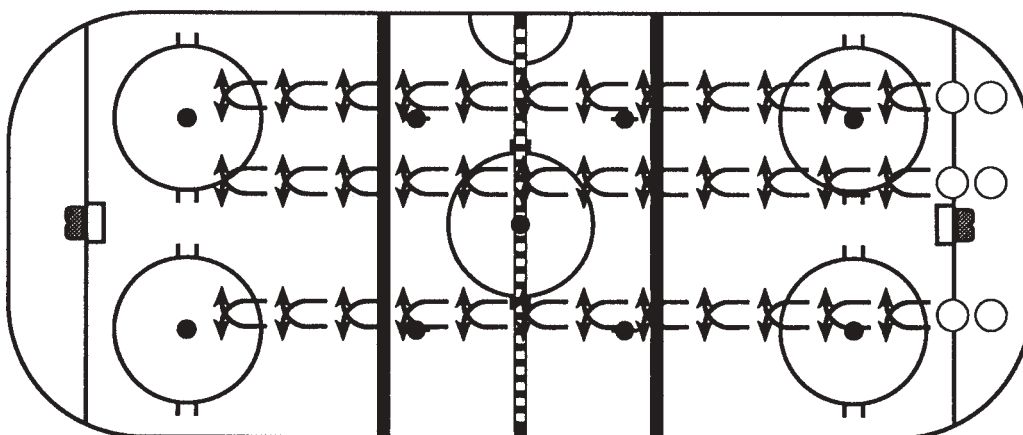
Edge Control



Big C-Inside Edges

1. Form three to five lines at one end of rink.
2. Start out by making a 1/2 circle with the inside edge of their right skate.
3. Then make a 1/2 circle with the inside edge of the left skate.
4. Continue down the ice alternating right and left inside edges.
5. Push the inside edges hard into the ice by having the knees well bent.

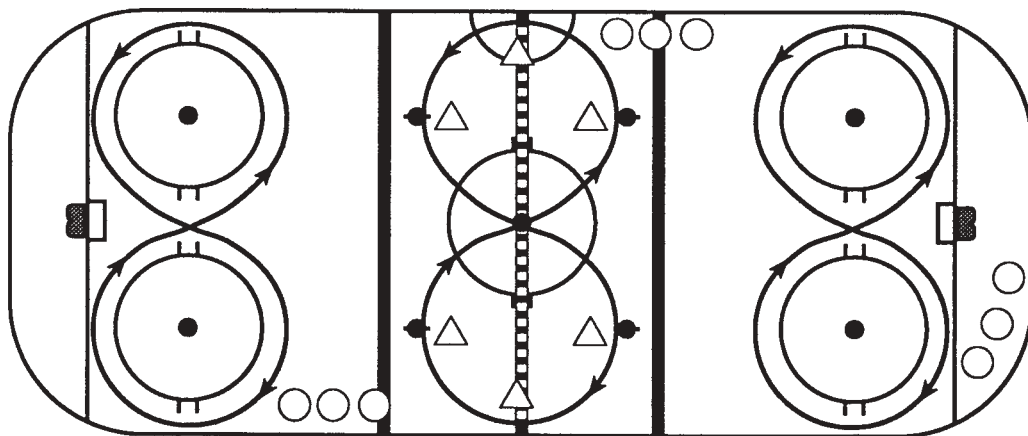
Edge Control



Exaggerated Forward Crossovers

1. Form three lines.
2. Do constant forward crossovers straight down the ice to the other end.
3. Over exaggerate the crossovers, with a rhythm.
4. Emphasize knees bent.
5. Stay down in the power stance position.

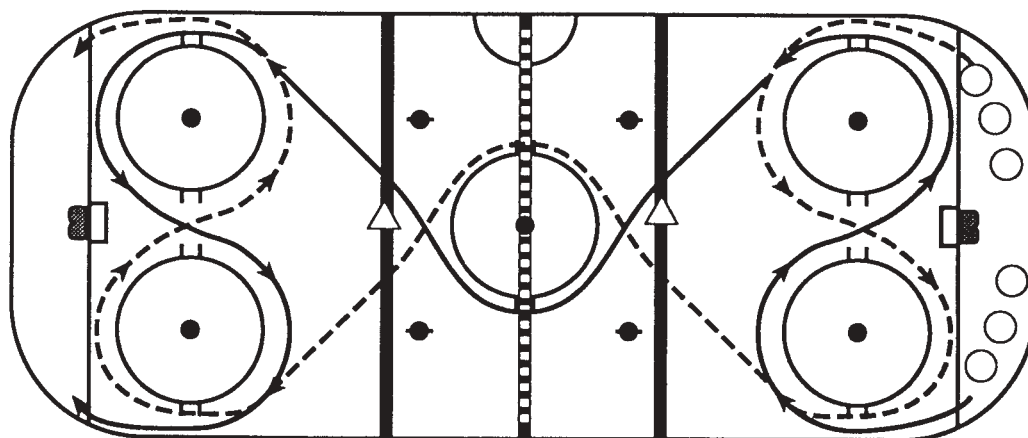
Forward Crossovers



3 Zones-Figure 8's

1. Have groups of players line up in each zone.
2. Allow 2-3 players at a time to go, doing figure 8 patterns.
3. Players must go full speed.
4. Keep shoulders level.

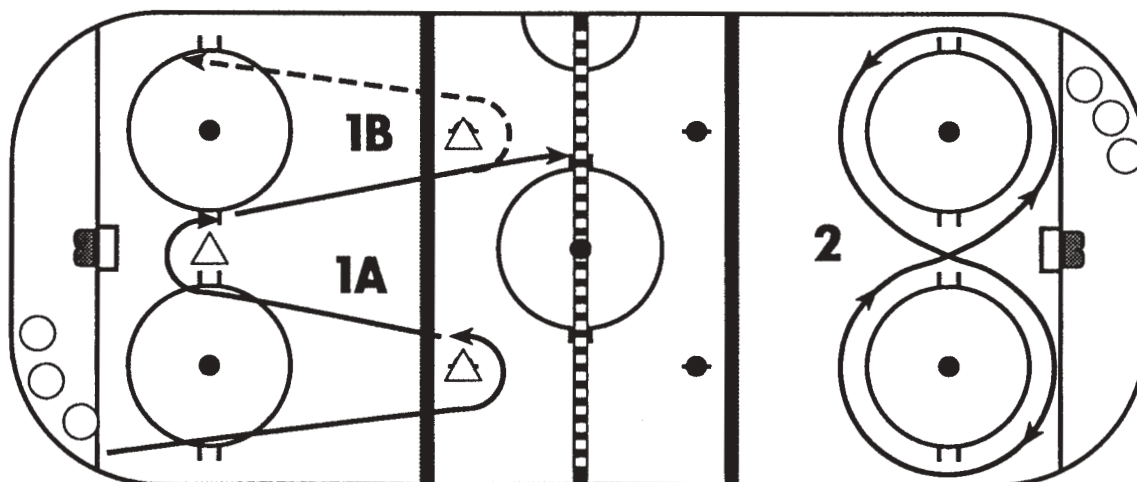
Forward Crossovers



Russian Circles

1. Form two lines, one in each corner on the same side of the rink.
2. At the whistle the first player in each line go at the same time.
3. They skate their pattern at full speed always moving their feet.
4. The next players go when the player in front of him/her reach the blue line.
5. Remind all players to keep their head and chest up.

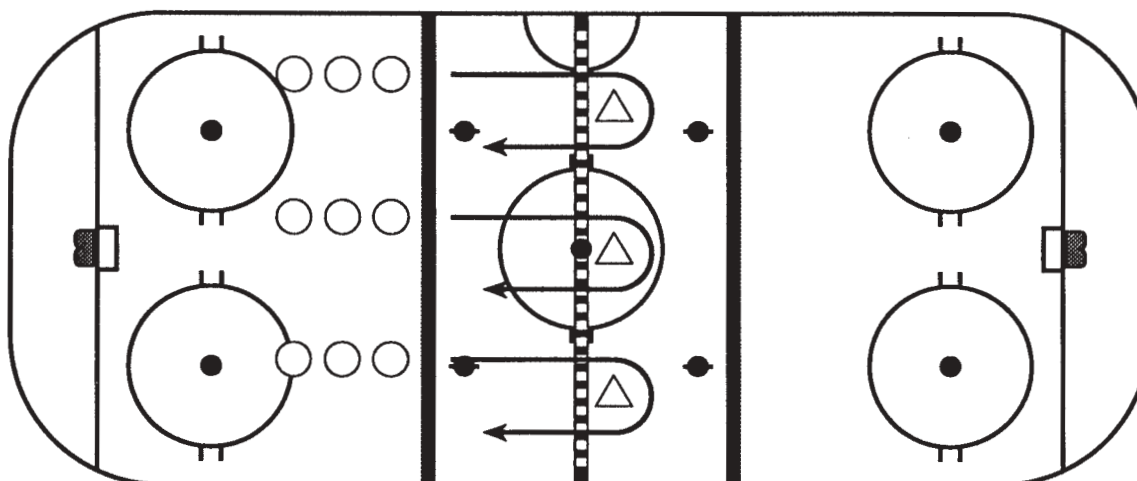
Forward Crossovers



2 Zone Agility Skating

1. Two drills running simultaneously.
2. Figure 8 at one end, 3 cone drill at the other.
3. 3 cone forward crossovers, weave in and out of the pattern as quickly as possible.
4. Figure 8, three players go at a time, skate a figure 8 around the circles for 20-30 seconds.

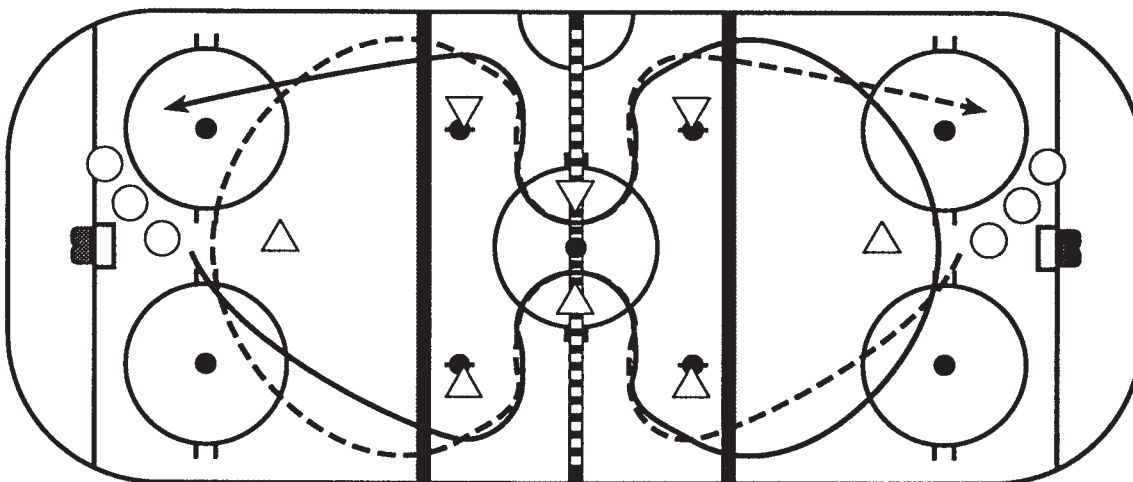
Hockey Turn



Hockey Turn-One Cone

1. Have players turn left first.
2. Place left skate near cone and bend leg.
3. Throw the right skate out to the side full extension.
4. Keep upper body straight.
5. Tell player to stay down coming out of turn and accelerate.

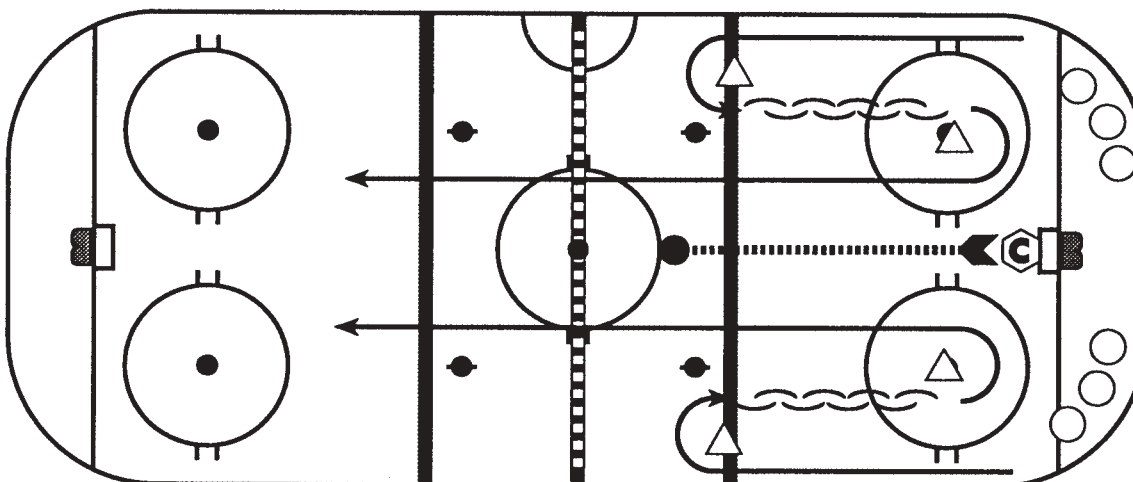
Aggressive Skating



Peanut Drill-Two Groups

1. Form one line, one at each goal line
2. One group will go at a time.
3. Skate up to each cone using a crossover or a control turn.
4. Players try to go as fast as they can around the course pattern.

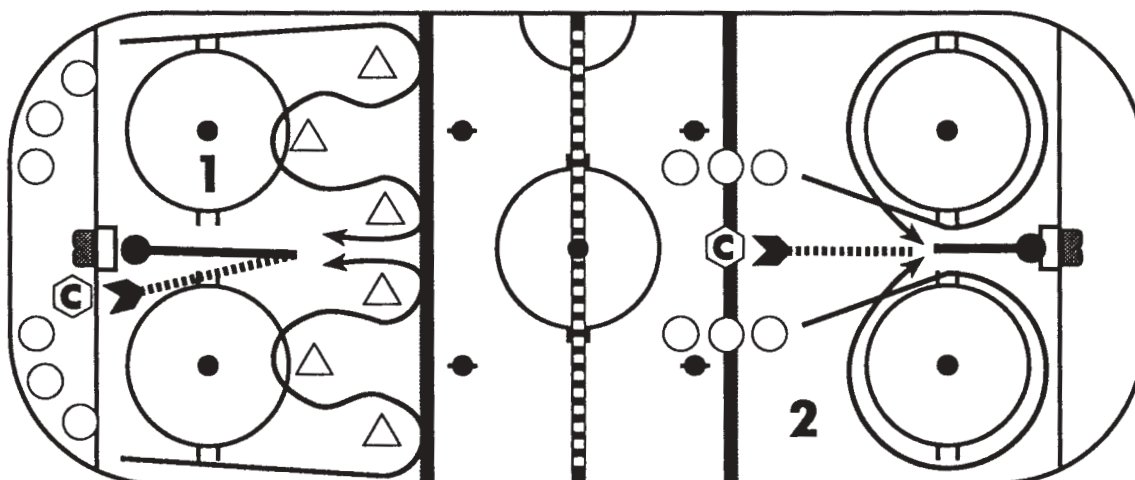
Agility



Forward/Backward Step Out Race

1. Form two lines, one in each corner, on the same side of the ice.
2. At the whistle the first player in each line begins the drill.
3. Sprint forward around the first cone.
4. Backward to the face-off dot.
5. Step out and skate forward, and sprint down the other end of the ice.
6. A coach can add a puck to the race, passing a puck down the middle of the rink, players racing for it to score at the other end.

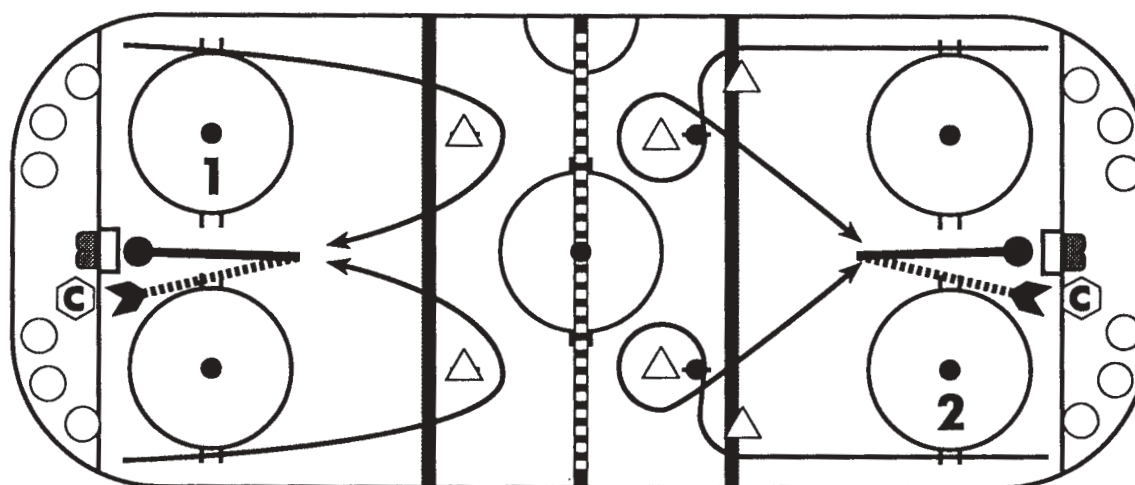
Competitive Agility



2 Zone Puck Chase

1. Two drills running simultaneously.
2. Circle Race and Shoot: Form two lines at the blue line, first player in each line race around the face-off circle to gain control of the puck, first player to the puck tries to score.
3. 3 Cone Weave: Form two lines in each corner, first player in each line race in and out of the three cones, to gain control of the loose puck, first player to the puck tries to score.

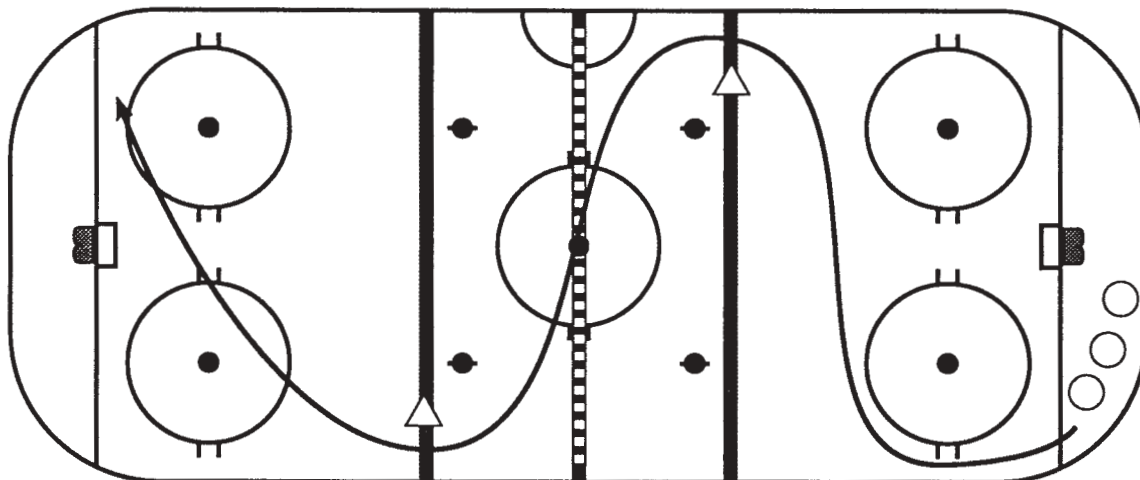
Competitive Agility



2 Zone Puck Pursuit

1. 2 puck pursuit drills at each end.
2. 1 cone turn in: two lines in each corner, first skater in each line races around their cone, drives to the net, takes control of a puck that the coach will place between the two face-off circles, player who gets control of the puck tries to score.
3. 2 cone turn in: two lines in each corner, first skater in each line races to their two cones and weaves in and out as quick as they can, both players drive to the net and try to control the puck the coach has passed between the two face-off circles, player who gets control of the puck tries to score.

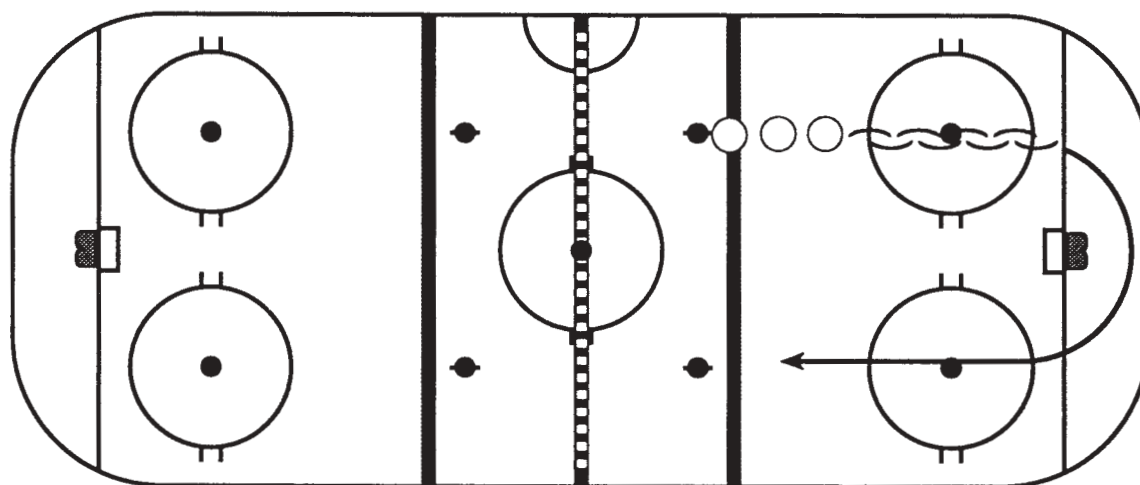
Sprint Interval Work



Sprinting the Lines

1. Form one line in one corner of the rink.
2. At the whistle, one player skates the pattern as fast as he/she can.
3. Players will end up in the opposite corner.
4. The next player leaves when the skater in front reaches the first blue line.
5. Do not start the drill back until all players receive a one minute rest interval.

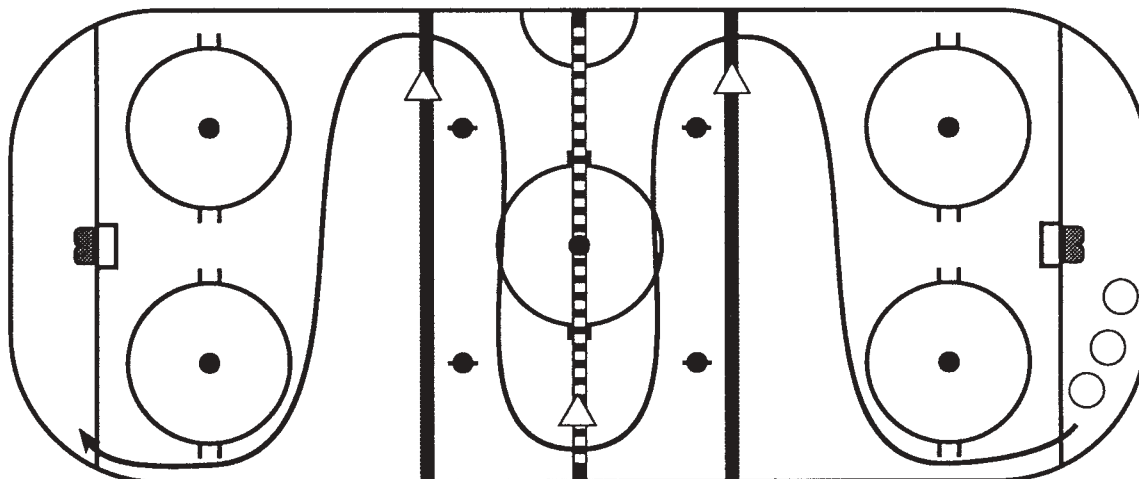
Sprint Interval Work



Step out Sprint Interval

1. Form one line at the top of the face-off circle.
2. First player starts off backwards hard to the goal line.
3. Steps out and skates forward hard around the net sprinting to the near blue line.
4. Remind players to accelerate around the net.
5. The next player goes when the skater in front reaches the goal line.
6. Each player must have one minute rest interval before the next sprint.

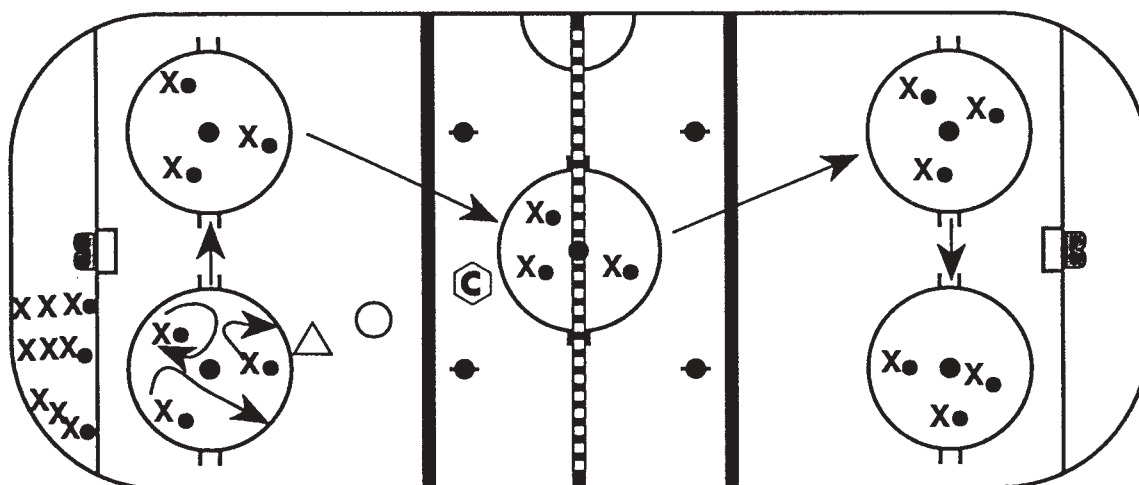
Agility Sprint Interval Work



The “M” Drill

1. All players line up in one corner.
2. At the whistle, the first player takes off and sprints through the course of three cones, and finishes at the opposite end.
3. The next skater goes when the player in front of him/her reaches the first cone.
4. Do not do the next set of the drill until a one minute rest interval has occurred.
5. Remind players to keep knees bent and feet moving.

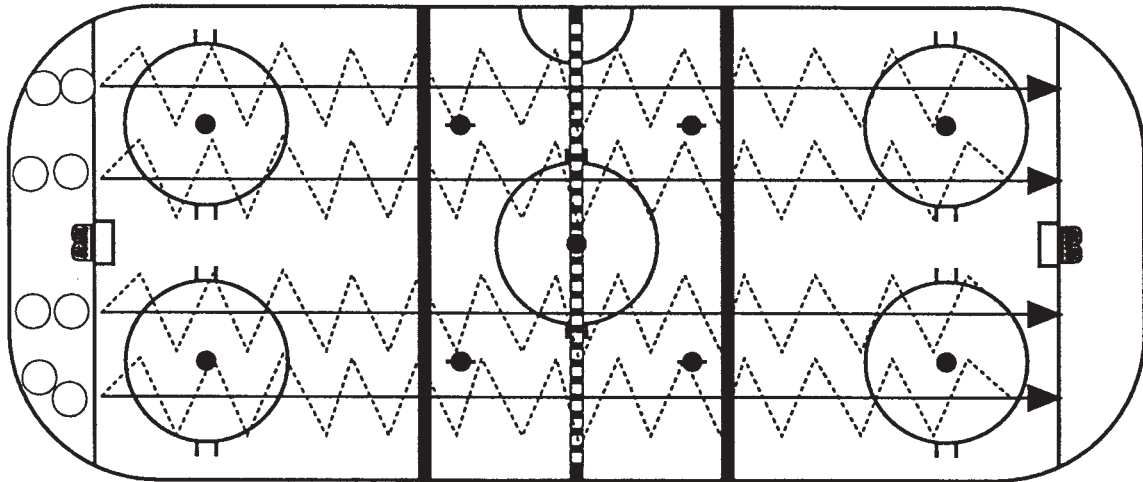
Puck Control



Jam the Circle

1. Put all players in three lines.
2. First player in each line goes to a designated circle.
3. One player with the puck stickhandles around the circle avoiding the other two players.
4. On the whistle, the first group of three players moves to the next circle and another group of three players moves into the first circle.
5. At each whistle the groups advance to another circle.

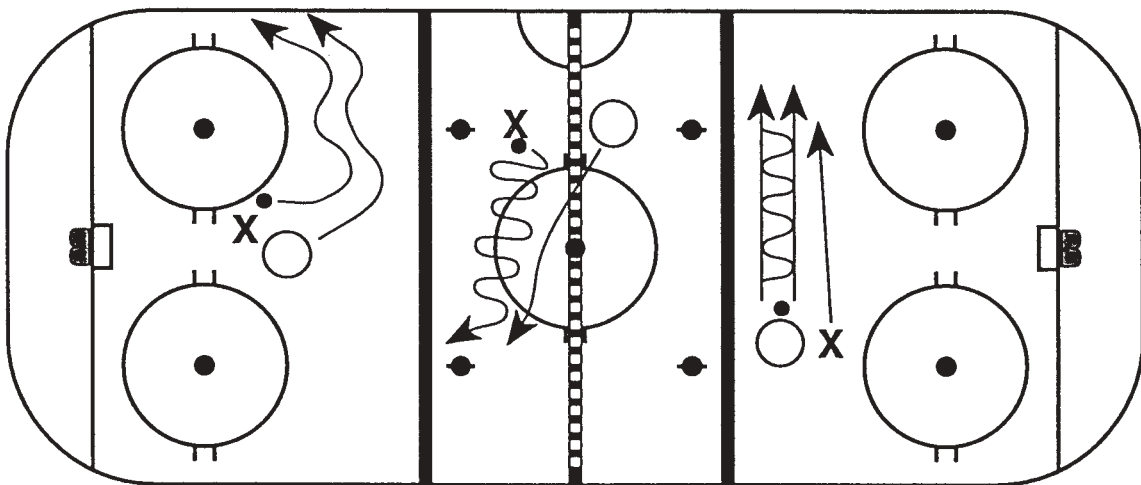
Puck Control



Pull Puck Wide

1. Players line up in four lines at one end of the rink.
2. On the whistle, the first player in each line skates down to the other end of the rink "pulling" the puck as wide as possible on each stride.
3. Have the players do it at half speed.
4. Stress "wide pulls" and "quick hands."

Puck Control



Keep Away

1. Players pair up, and go to different areas on the ice.
2. One player protects the puck by doing control turns while the partner tries to take the puck away.
3. After 20 seconds the players reverse roles.

Puck Control

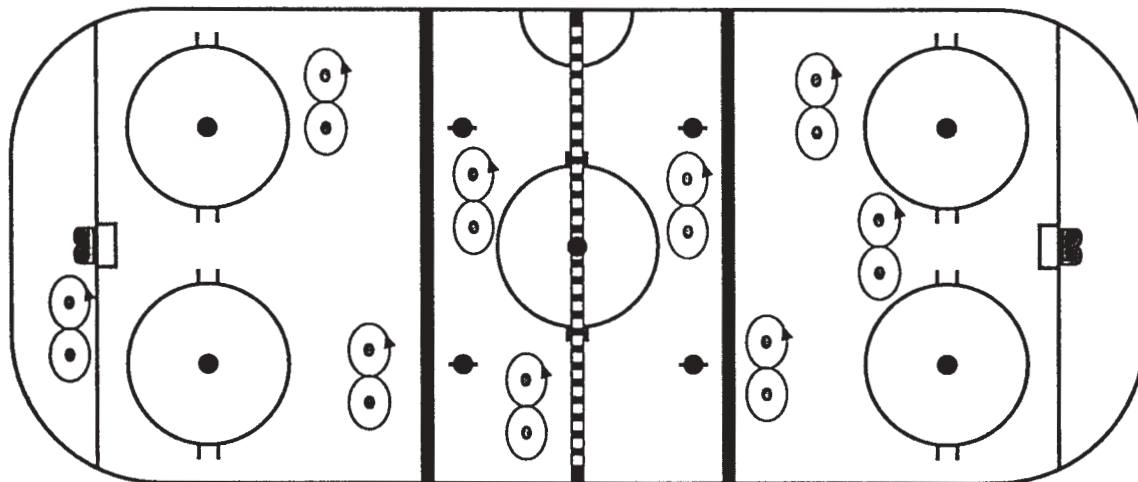
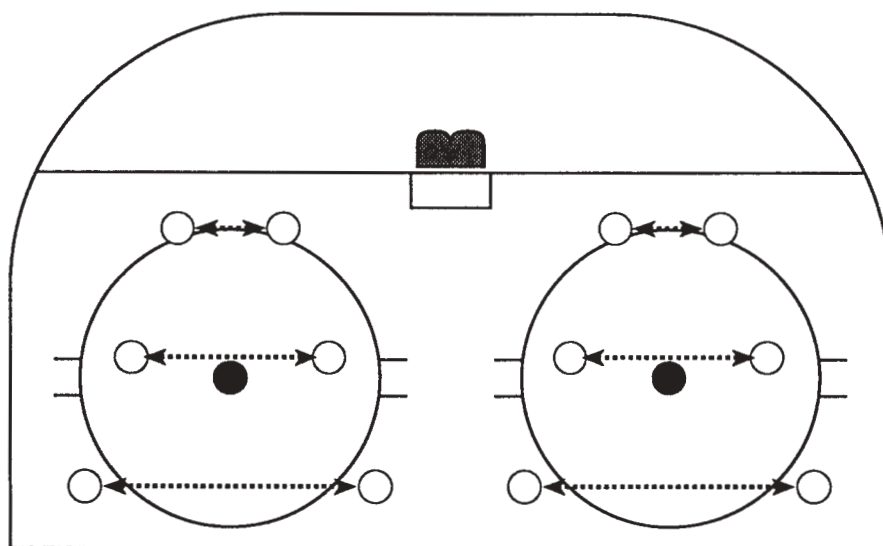


Figure 8 Control Turns Around Gloves

1. Put gloves on the ice four feet apart.
2. Do control turns around gloves with the puck.
3. Skate in a figure 8.
4. Keep puck under control.

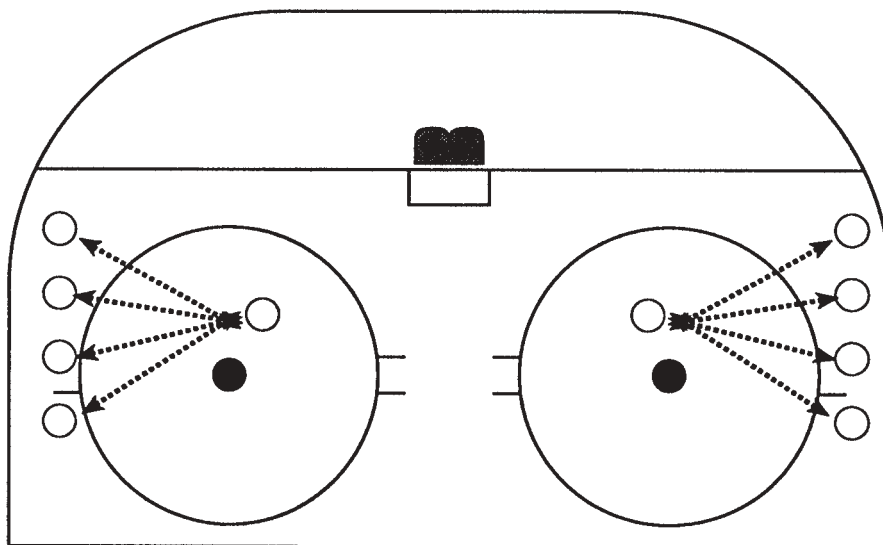
Passing and Receiving



Stationary Partner Passing

1. Have players pair up and stand 3 feet apart.
2. Players pass the puck back and forth standing 3 feet apart, then 10 feet apart, then 20 feet apart.
3. Basic skill commands:
 - Passing - "Look - Slide - Guide - Point."
 - Reception - "Cup and Give."
4. Stress very slow technique at first.
5. Use forehand and backhand passes.

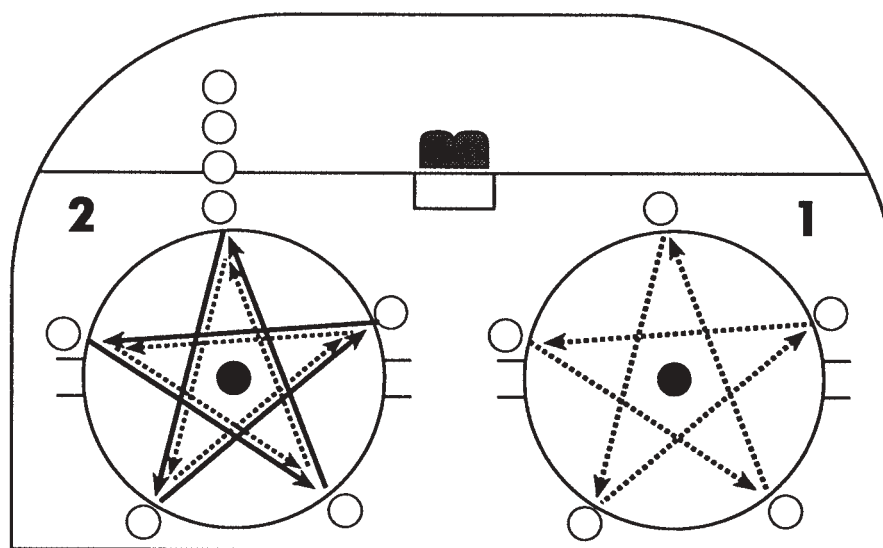
Passing and Receiving



"Pepper" Passing In Groups

1. Put players into groups of five with one puck.
2. Have one player move out and face the other four.
3. Pass to all players in the line twice, then the next player in line moves out and does the same thing.
4. Stress "sliding and gliding" the puck rather than slapping the puck.

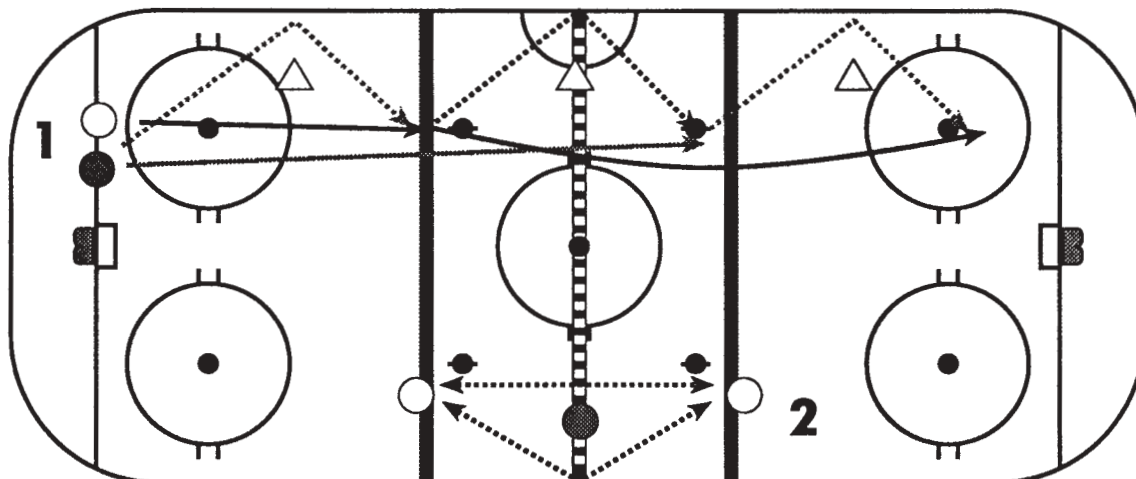
Passing and Receiving



Circle Passing Drills — Movement or Stationary

1. Place five players around the face-off circles.
2. Each player passes to the second player to their right. Pass hard and accurately.
3. You can add movement to the same drill.
4. After passing, the passer follows his/her pass to that position which they have passed to.

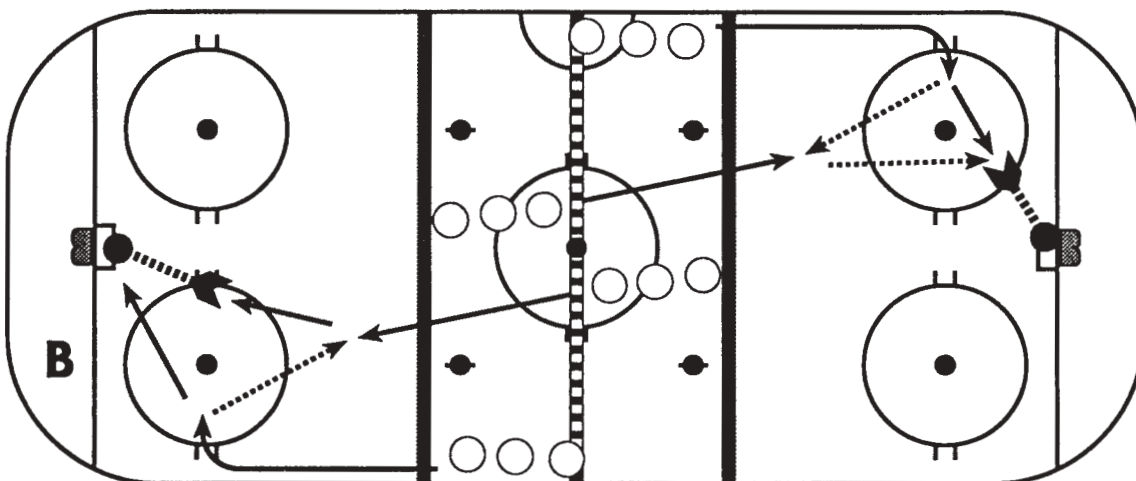
Passing and Receiving



2 Area Passing Drills

1. 3 Cone Bounce Pass Drill: Players line up at the goal line, skate down the ice, bouncing the puck off the boards to himself/herself at each cone, skater stays at the far end of the rink when they complete the course.
2. Keep Away: Three players between the blue lines, one skater starts in the middle, the other two keep the puck away from the skater, playing keep away.

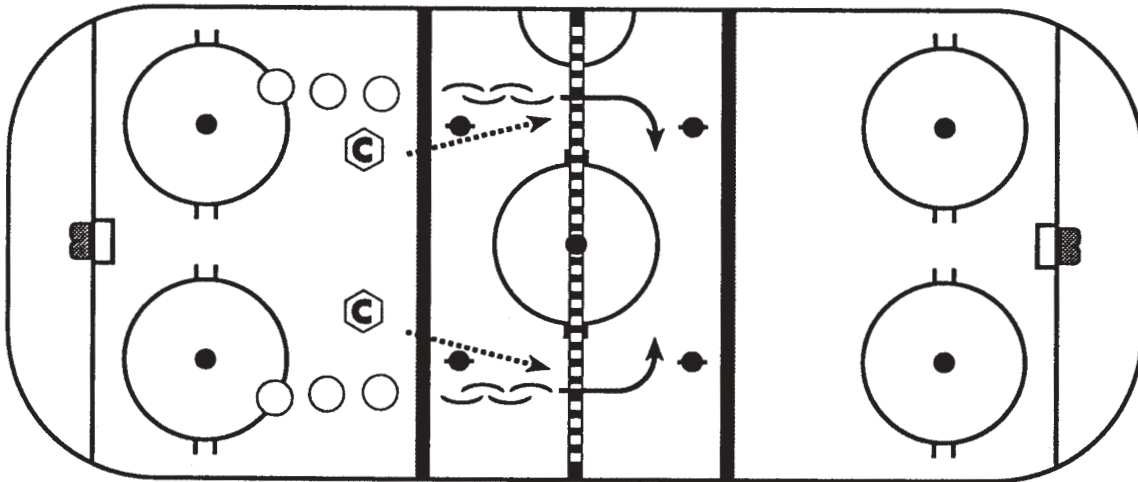
Passing and Receiving



2 on 0 Trailer — From Center Ice

1. Form four lines in center ice, two lines to go in different directions.
2. Player along the boards skates the puck deep into the zone, along the boards, below the hash marks.
3. The trailer stays high to support the puck carrier.
4. The puck carrier passes to the trailer, and continues to drive to the net.
5. The trailer receiving the puck has two options: (a) shoot or (b) return pass to his/her partner, then move in for a rebound.

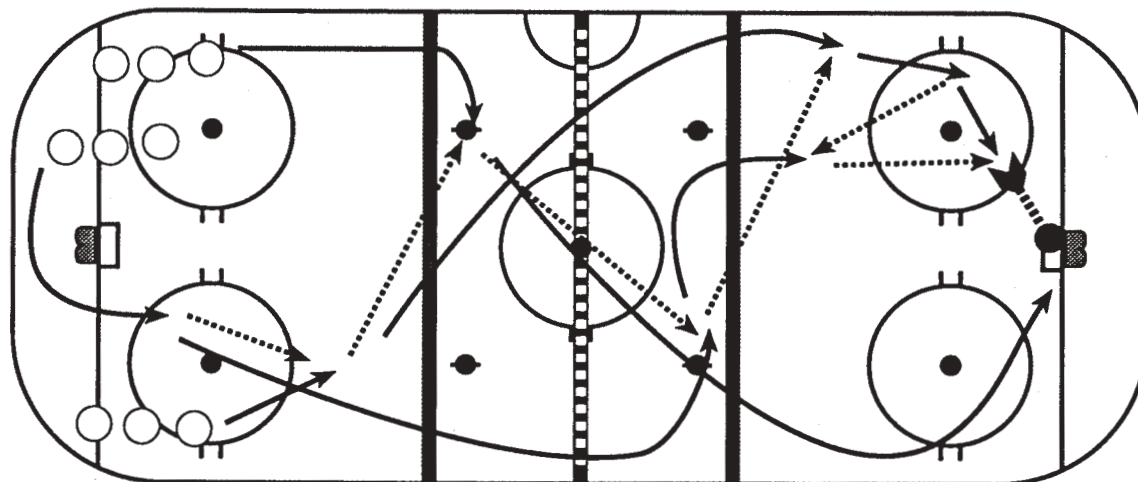
Passing and Receiving



Receive with Glove or Skate

1. Form two lines at the blue line.
2. First player in line skates backward to the center line.
3. Coach either passes the puck in the player's skates or up into his/her glove.
4. Player must control the pass, then make a return pass to the coach.

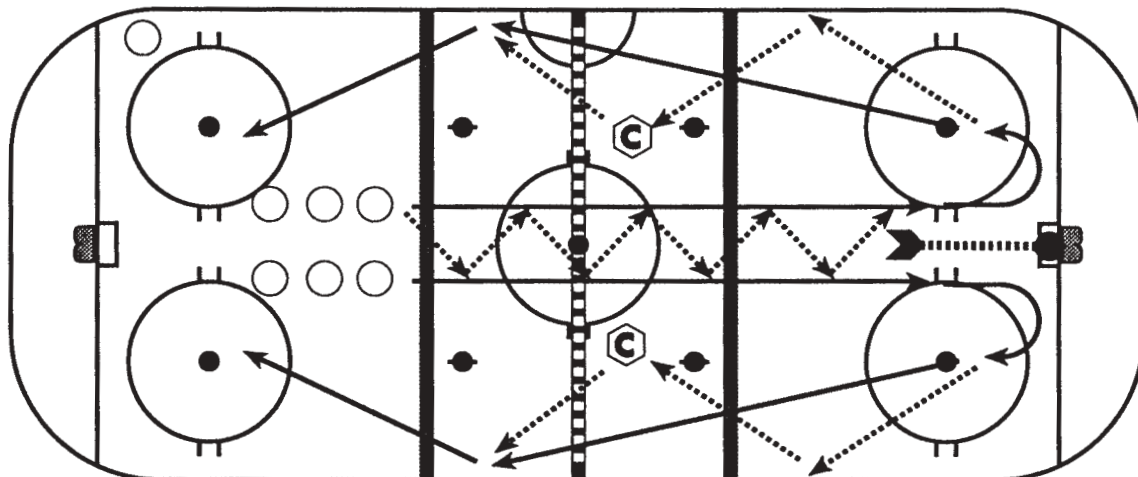
Passing and Receiving



3 on 0 Weave

1. Form three lines at one end of the rink, the middle line will start out with the puck.
2. The first three players in each line will go down the ice 3 on 0, the center starts the drill by skating with the puck behind the net, and passing to the right wing.
3. After the pass is made, the player passing the puck skates behind the player he/she passes to, and fills into their lane.
4. This pattern continues all the way down to the other end of the ice completing 3 to 4 passes.
5. Ending with a shot.

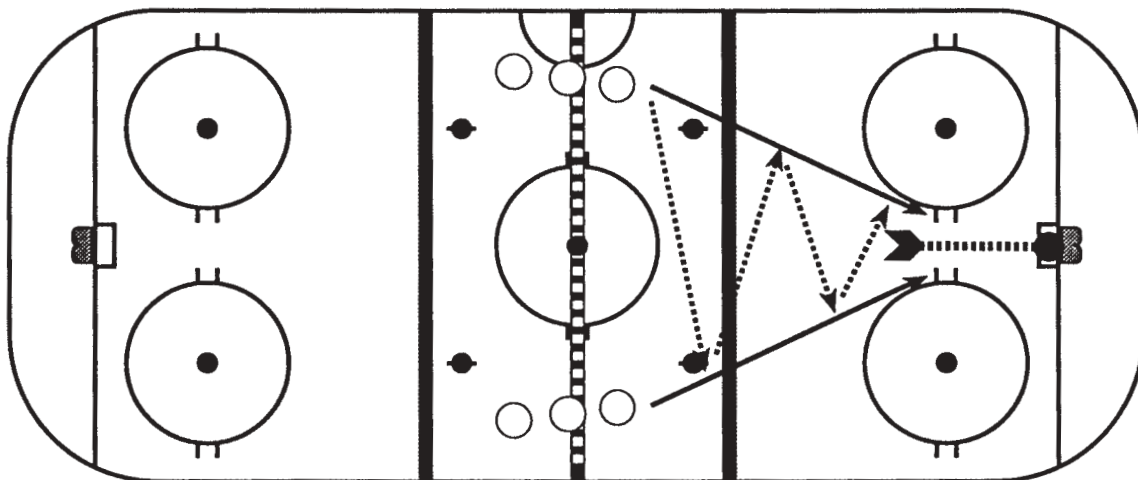
Passing and Receiving



2 on 0 Wide and Close

1. Form two lines at one blue line, 10 to 15 feet apart.
2. The first players in each line skate 3/4 speed down the middle of the ice passing the puck between them as quickly as possible.
3. When they get to the tops of the circle they can shoot.
4. The players turn back up ice and receive a return pass from a coach along the boards. The players return to the end of the line to continue the drill.

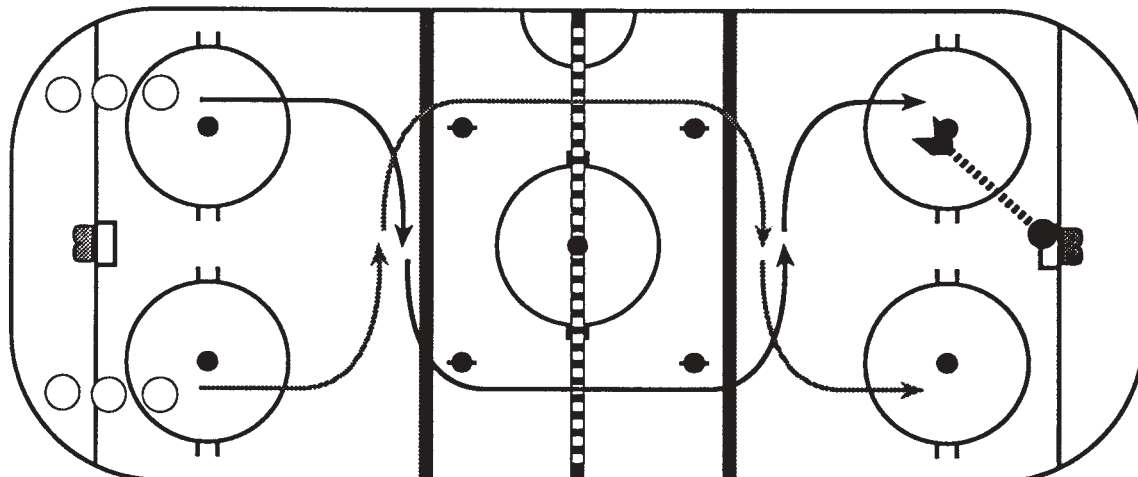
Passing and Receiving



2 on 0 Funnel

1. Form two lines on either side of the red line.
2. First players in each line skate on an angle toward the goal, passing the puck quickly between them.
3. Players can shoot when they reach the top of the circle.

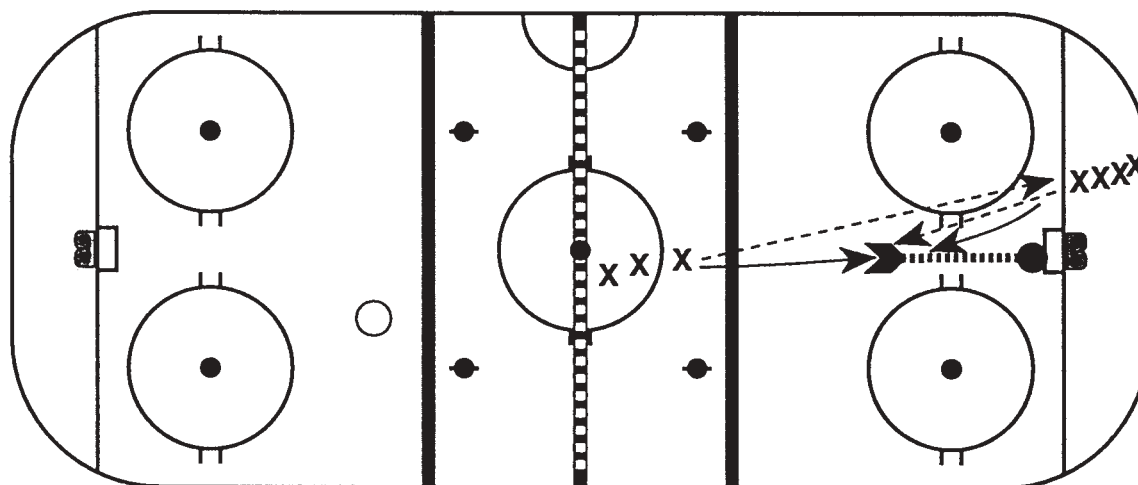
Passing and Receiving



2 on 0 Drop Pass

1. Form two lines in the corners of the rink.
2. Pucks being in the left line.
3. The player with the puck starts the crossing pattern, and his/her partner crosses behind the puck carrier.
4. Puck carrier drop passes to the receiver.
5. They continue down the ice executing the drill, making two passes before entering the zone. Shot is then taken, other player moves in for the rebound.

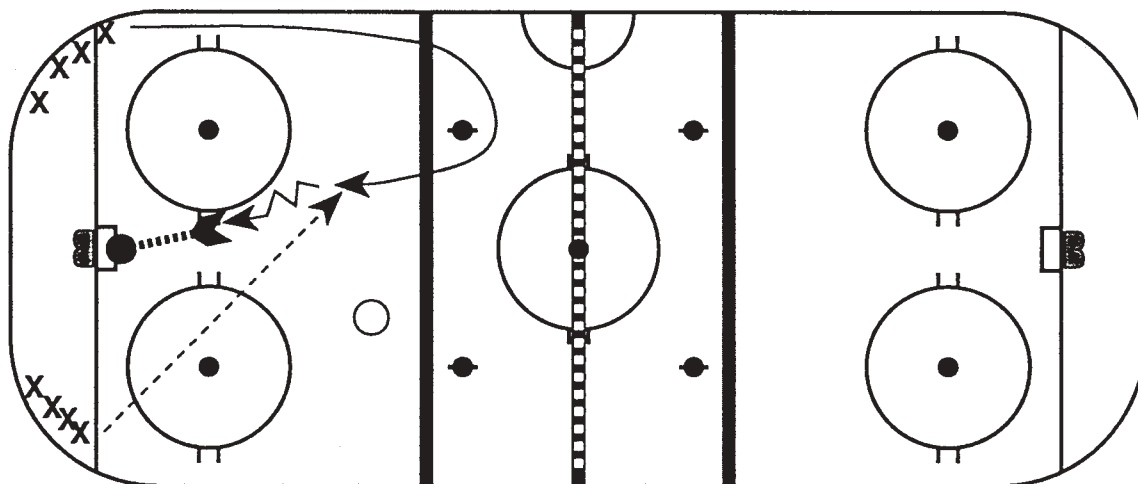
Shooting



Give and Go

1. One line at the blue line the other behind the goal line, pucks at the blue line.
2. First player at the blue line passes the puck to the first player at the goal line then skates toward the net.
3. The player skating toward the net gets a return pass from the player behind the goal line and takes a shot on net.

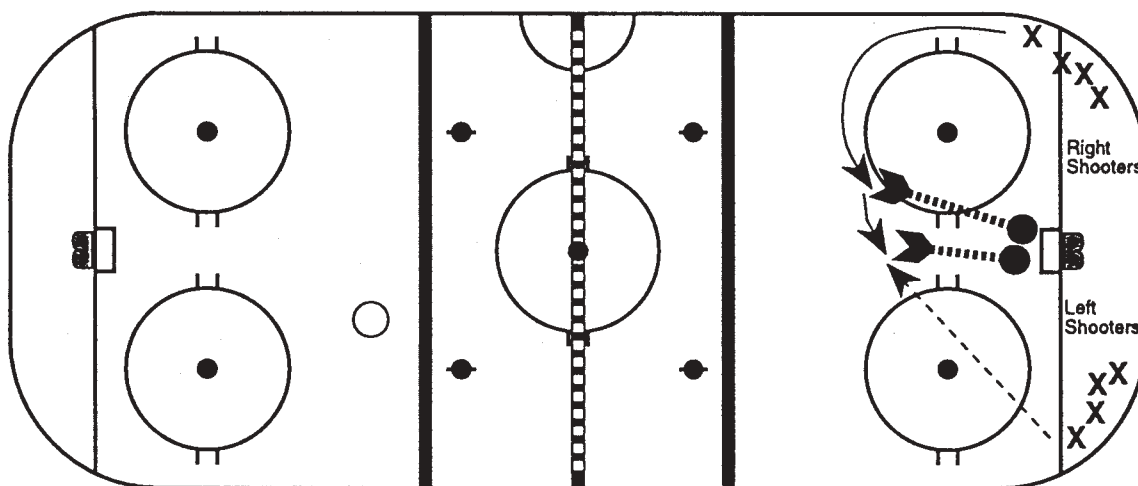
Shooting



"Flyer" Pass-Receive-Shoot

1. Players line up in both corners on the same end of the rink, pucks on both sides.
2. First player in one line skates around the top of the near circle, receives a pass from the first person in the other line, then takes a shot.
3. Alternate the drill from the other side after the shot has been taken.

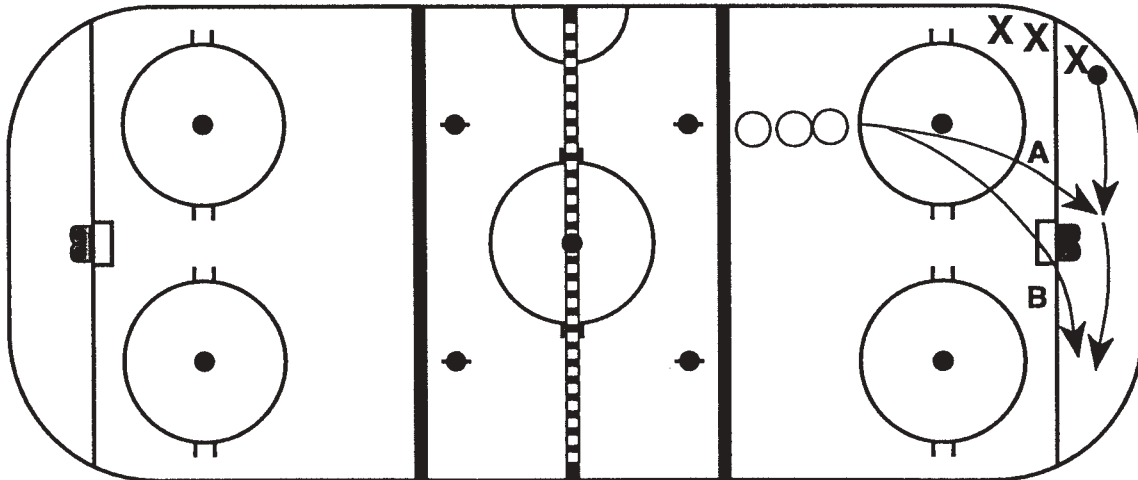
Shooting



Top of the Circle Shooting

1. Have players in two corners of the rink on the same side, pucks in both lines.
2. On the whistle, the first player in one line skates around the top of the near circle with a puck and takes a shot on net.
3. The first person in the other line passes a puck to the player who just took a shot. The first shooter then takes another shot on net, then moves to the end of the opposite line.
4. After the player passes the puck, he/she then skates around the top of the near circle receives a pass and takes a shot. The drill then continues, alternating sides.

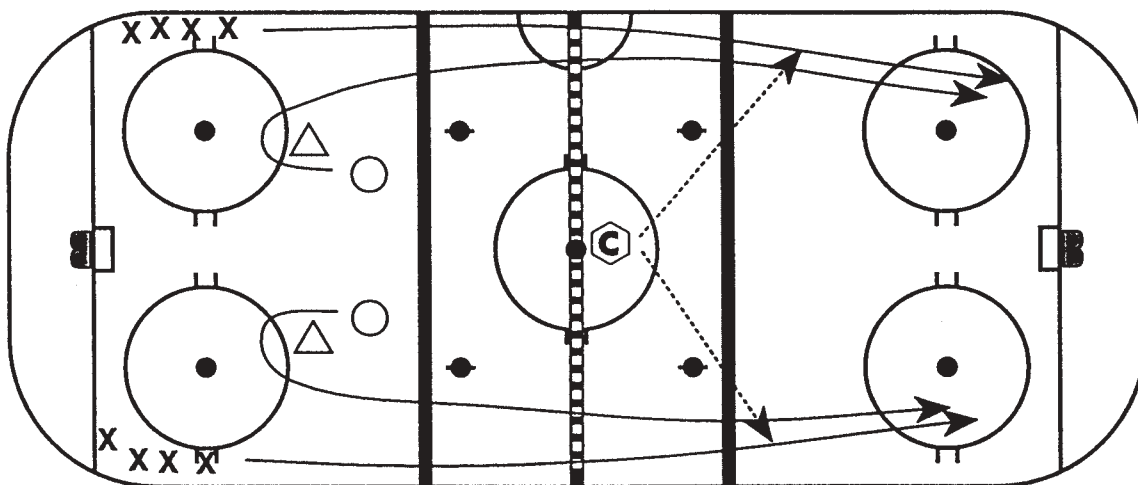
Body Play



Angling on Strong Side

1. Forecheckers start at the top of the circles, puck carriers are in the corner.
2. On the whistle, the puck carrier skates hard behind the net and out the weak side.
3. Forechecker tries to play the puck carrier before he/she goes behind the net. Or cuts him/her off on the other side of the net.

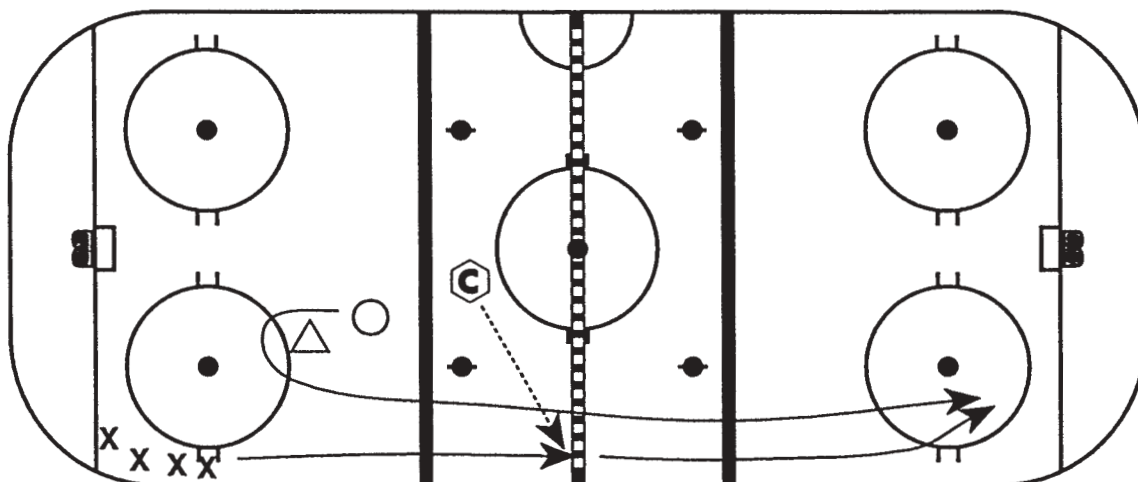
Body Play



Backchecking Zone

1. Potential puck carriers line up on both sides of the rink starting at the hash marks.
2. Backcheckers line up at the blue line facing the cones.
3. On the whistle
 - A. Potential puck carriers skate down the boards waiting to receive a pass from the coach.
 - B. Backcheckers cut around the cone and pick up their check.
4. Backcheckers must keep their check to the outside and block passing lanes.

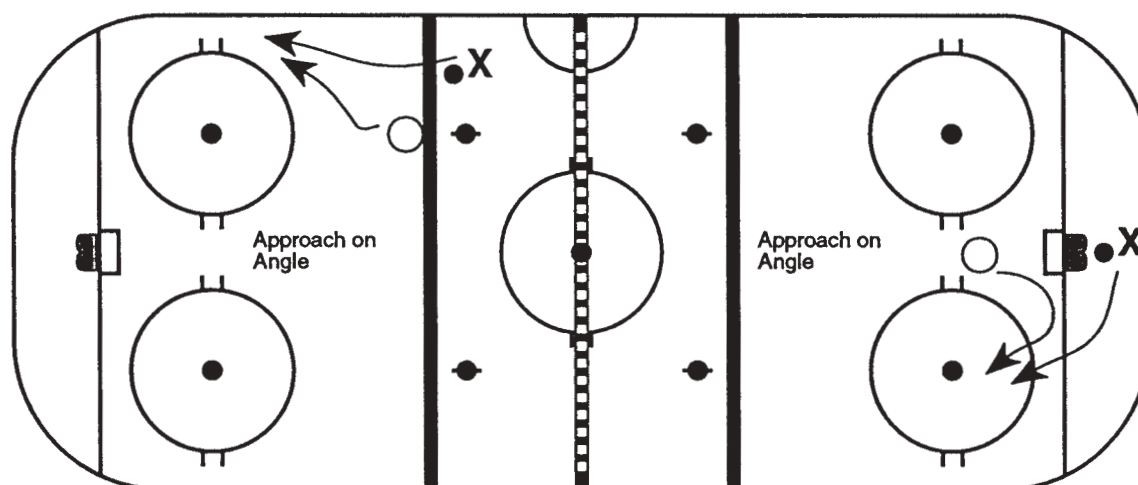
Body Play



Backchecking Opponent Away From Puck (1 on 1)

1. Line up puck carriers along the boards starting at the hash marks.
2. The backcheckers will be at the blue line behind the cone.
3. On the whistle, the puck carrier skates forward to receive a pass from the coach.
4. The backchecker cuts around the cone, picks up his check and tries to block a passing lane while keeping his man to the outside.

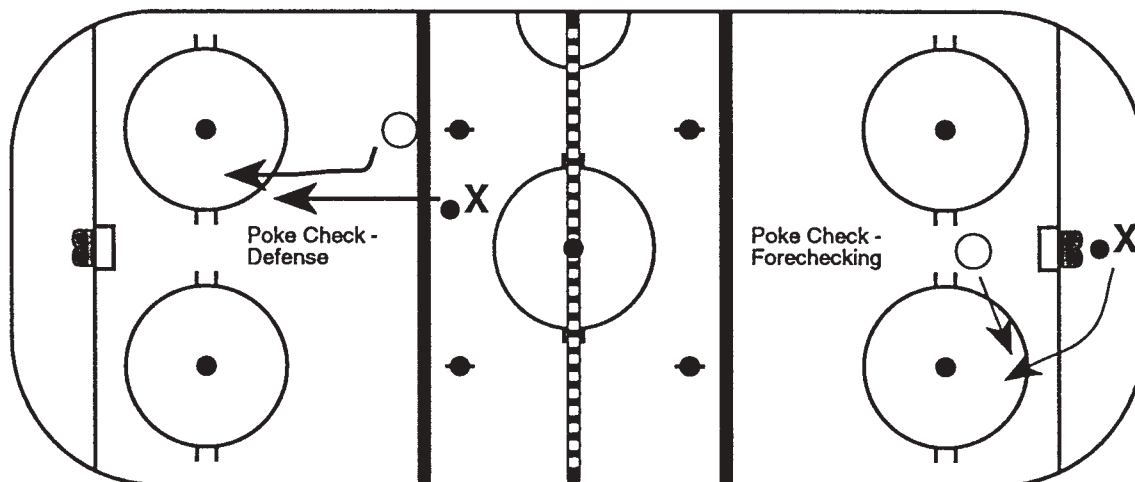
Checking



Lift the Stick Check

1. Divide your team up into two stations.
2. The checker should approach the puck carrier from an angle and must get his/her stick under the opponent's stick and then lift.
3. The checker must make sure he/she has control of their body and control body position of their opponent before the stick is lifted.
4. Make sure the checker keeps skating during the execution of the skill.

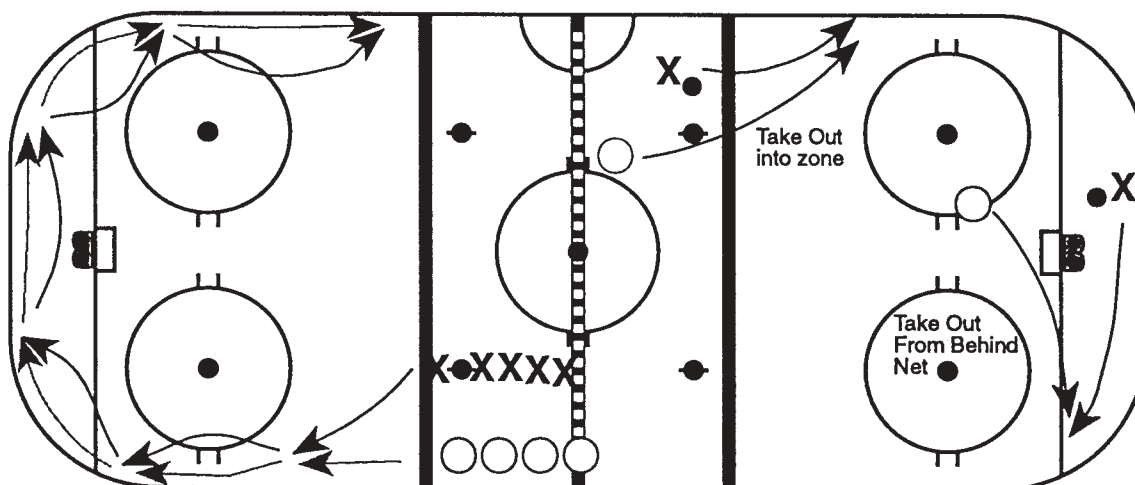
Checking



Poke Checking

1. Divide the group up into two poke checking drills at either side of the rink with puck carrier and poke checkers
2. The puck carrier should carry the puck in a confined area allowing the poke checker to practice the skill.
3. Key elements to remember: stick arm is held close to the body, quickly extend the arm and stick toward the puck without lunging, defender must maintain good body position in front of the puck carrier.

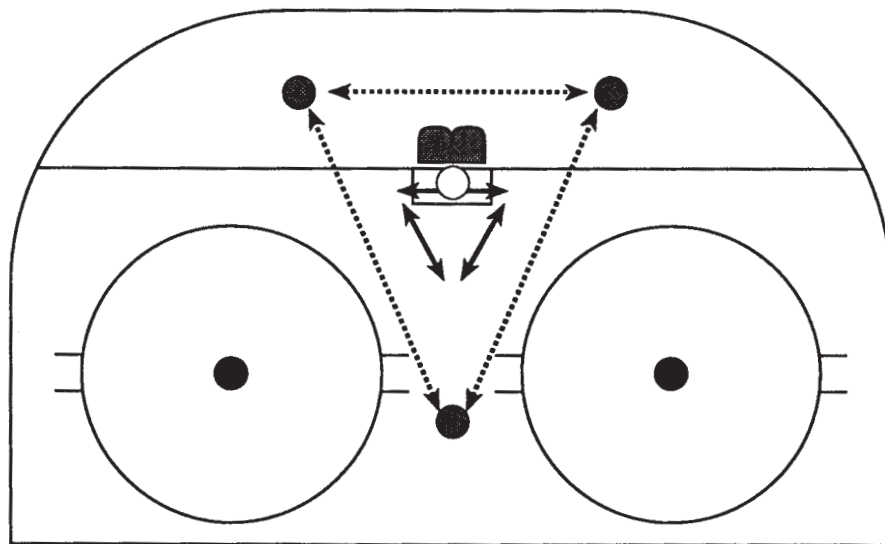
Checking



Take Outs

1. Divide the team up into three checking stations. Players will be rotated from station to station on the coach's signal.
2. Checker should move at the puck carrier at an angle.
3. Checker should accelerate to stay slightly in front of the puck carrier.
4. Checker must maintain control of their body and stick at all times.

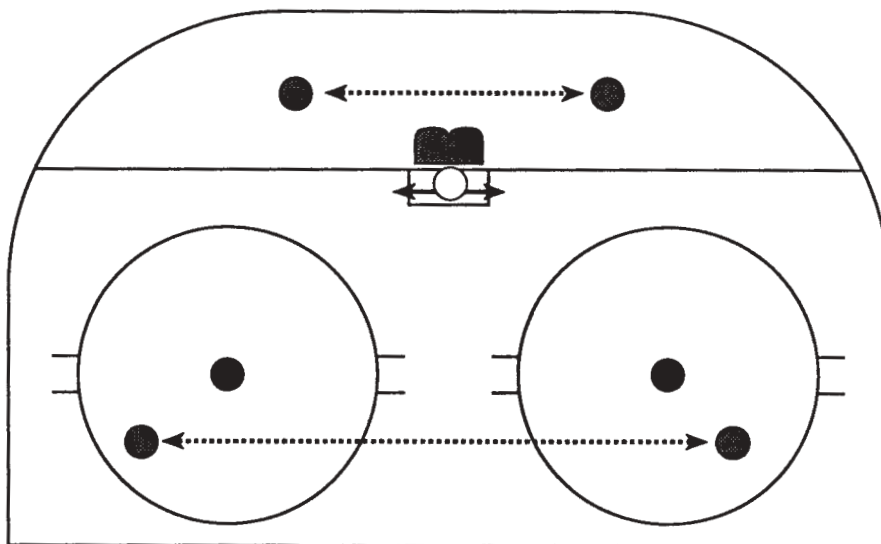
Goalkeeping



Triangle Drill

1. Two players are at the sides of the net behind the goal line.
2. One player is in front.
3. Puck is being passed and the goalkeeper changes position accordingly.
4. The player in front can shoot occasionally.

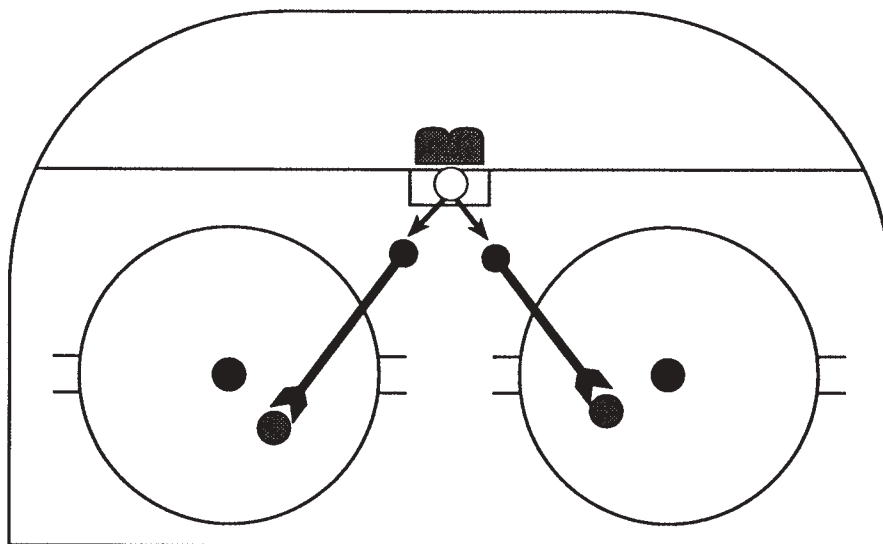
Goalkeeping



Stance and Movement

1. Two players pass the puck to one another in front of the net while the goalkeeper moves laterally along with the puck.
2. Passing is also done behind the net with another group of players. They pass straight or off the boards while the goalkeeper moves between the posts.
3. One group of players pass at a time.

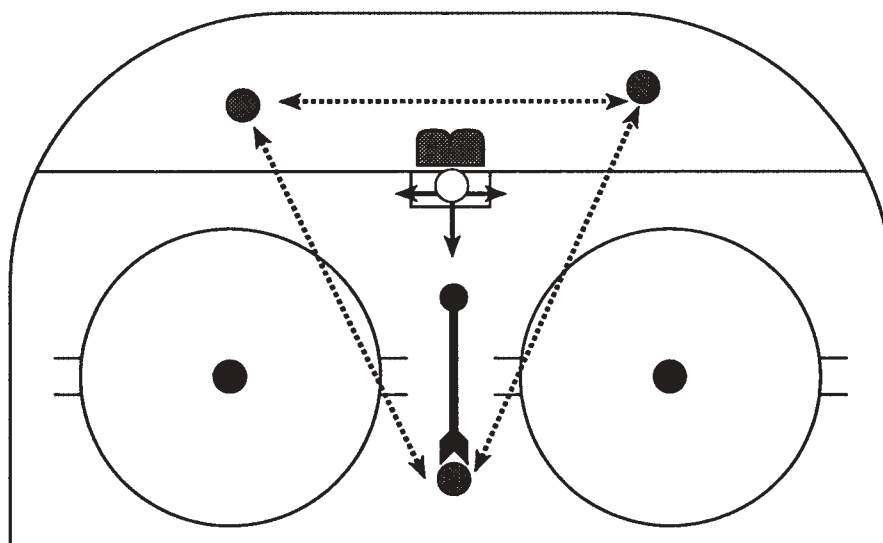
Goalkeeping



"V" Drill with Shooters

1. Two shooters placed off each post, face-off dot high with six pucks each.
2. One shooter shoots at a time.
3. Shooters should make sure goalkeeper is set to react to the shot.
4. Goalkeeper concentrate on one shooter at a time and be fundamentally correct in his/her moving.

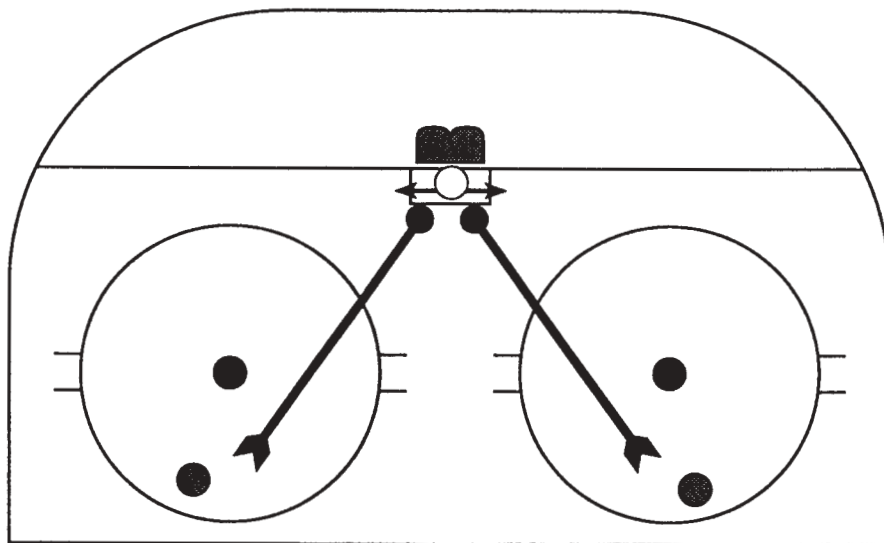
Goalkeeping



Slot Shot

1. Two players on the side of the net behind the goal line.
2. One player in the high slot.
3. The three players pass the puck around, and the goalkeeper moves with the puck.
4. The slot players occasionally can take a shot on the net.

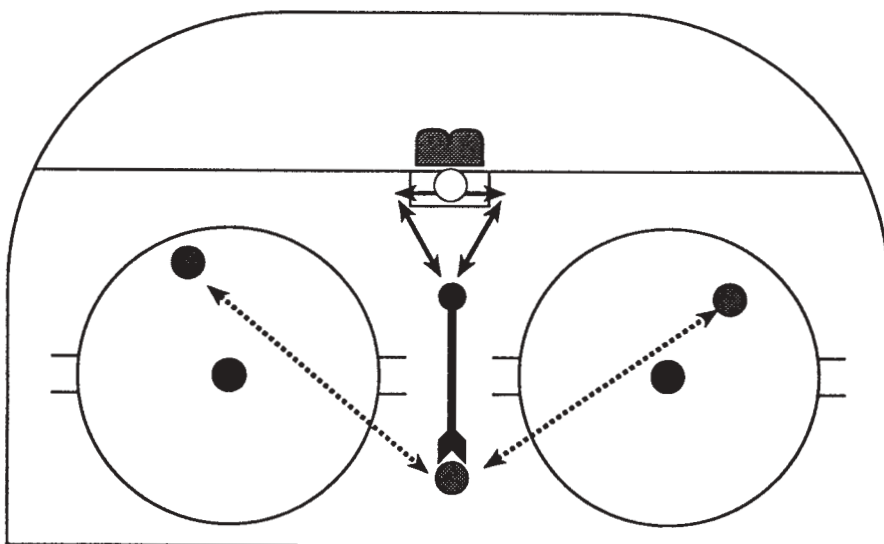
Goalkeeping



Special Spot Drill

1. Six pucks are placed in a line, halfway between the special spot and the inner edge of the circle on both sides of the net.
2. One shooter is placed in each circle.
3. The shooter to the goalkeeper's right shoots first, as soon as he/she shoots, the shooter on the left shoots, etc. One shot at a time per side.
4. The goalie should be given time to make the first save before the second shot is made.

Goalkeeping



Semi Circle

1. Two players are placed at either side of the net at the bottom of the face-off circles.
2. One player is high in the slot.
3. Players pass the puck around with the slot player taking the occasional shot.

4

Coach's Sample Forms for Planning and Recordkeeping

OBJECTIVES

- Provide coaches with a means to plan practices
- Provide coaches with a means to record their season notes and information
- Provide a means for coaches to increase their effectiveness

INTRODUCTION

This chapter contains samples of forms to be used by coaches for their recording of important information, planning their practices, recording medical information on their players, and evaluating all aspects of their coaching.

Included in this chapter are:

- Calendar Planning Sheet
- Insurance and Player Information
- Telephone Check List
- Game Schedule and Record
- Team Goals
- Attendance Sheet
- Player Skill Performance Sheet
- Practice Preparation Forms
- New Drill Forms

This year 20____

Calendar Planning Sheet

	JAN	FEB	MAR	APR	MAY	JUNE
1						
2						
3						
4						
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31						

This year 20____

Calendar Planning Sheet

	JULY	AUG	SEPT	OCT	NOV	DEC
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31						

Roster

Team Name _____

Jersey Number

Lt.

Dk.

Name

Pos.

Ht.

Wt.Age

Head Coach: _____

Manager: _____

Asst. Coaches: _____

Team Rep: _____



Telephone Check Sheet

Dates

Team Member's Name

Phone Number

[illegible]

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Team Goals

Goal: *Figurative: a thing for which an effort is made; something desired. Examples: One of our goals is to learn to stop on both sides. Our goal is to do front and back cross overs both ways.*

Team Goals - Short Term

Team Goals - Long Term

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Game Schedule - Win/Loss

[illegible]

Insurance and Player Information

Name _____ Date of Birth _____ Phone _____
 Address _____ City _____
 State _____ Zip Code _____ Doctor's Name & Phone _____
 Father's Name _____ Mother's Name _____
 Insurance Company _____ Policy Number _____
 Allergies _____ Medications _____

Name _____ Date of Birth _____ Phone _____
 Address _____ City _____
 State _____ Zip Code _____ Doctor's Name & Phone _____
 Father's Name _____ Mother's Name _____
 Insurance Company _____ Policy Number _____
 Allergies _____ Medications _____

Name _____ Date of Birth _____ Phone _____
 Address _____ City _____
 State _____ Zip Code _____ Doctor's Name & Phone _____
 Father's Name _____ Mother's Name _____
 Insurance Company _____ Policy Number _____
 Allergies _____ Medications _____

Name _____ Date of Birth _____ Phone _____
 Address _____ City _____
 State _____ Zip Code _____ Doctor's Name & Phone _____
 Father's Name _____ Mother's Name _____
 Insurance Company _____ Policy Number _____
 Allergies _____ Medications _____

Name _____ Date of Birth _____ Phone _____
 Address _____ City _____
 State _____ Zip Code _____ Doctor's Name & Phone _____
 Father's Name _____ Mother's Name _____
 Insurance Company _____ Policy Number _____
 Allergies _____ Medications _____

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Coach

Year

Month

[illegible]

Note: If a player is at practice or game and has no sickness or injury, leave box blank.

KEY

I - Injured - did not practice/play at all
E - Excused - sick or ill
U - Unexcused - did not practice/play, discipline or skipped
L - Limited practice/play because of previous injury (no contact)
N - New injury happened during practice/game

R - Re-injury to same body part
G - Gone from team - quite or removed from team
X - Missed practice/game from a non-hockey injury
T - Tardy to practice/game
- Other _____

Hockey Practice Plan

Day _____ Date _____

Today's Objectives: To learn, practice, and reinforce these skills:

Skill Work	Team Play	Concepts	Specialty Work	Small Games/Fun
____ Skating	____ 1 on 1	Defensive Concepts	Goaltender Drills	____ Full Rink Games
____ Puck Control	____ 2 on 0	____ Offensive Zone	____	
____ Pass/Receive	____ 2 on 1	____ Defensive Zone	____	
____ Shooting	____ 2 on 2	____ Neutral Zone	____	____ Zone Games
____ Body Contact	____ 3 on 0			
____ Body Position	____ 3 on 1	Offensive Concepts	Other	
____ Stick Checking	____ 3 on 2	____ Offensive Zone	____	____ Restricted Area Games
____ Agility Work	____ 3 on 3	____ Defensive Zone	____	
	____ 5 on 5	____ Neutral Zone	____	

TIME	ACTIVITY/DRILL NOTES	KEY POINTS
	1. WARM UP	
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
	8.	
	9.	
	10. COOL DOWN	

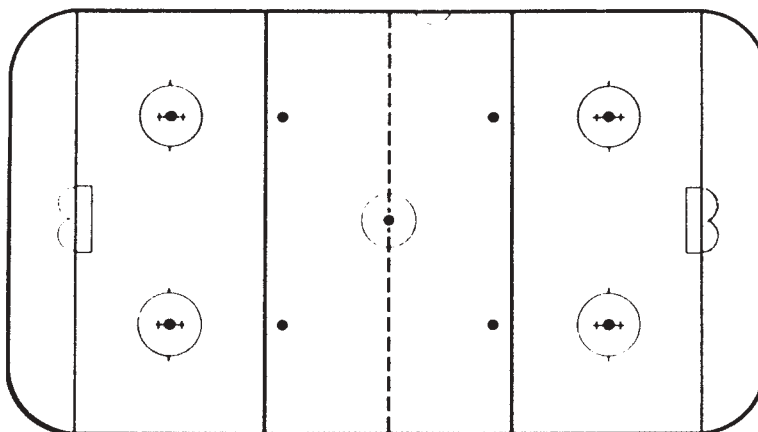
EVALUATION/COMMENTS	EQUIPMENT

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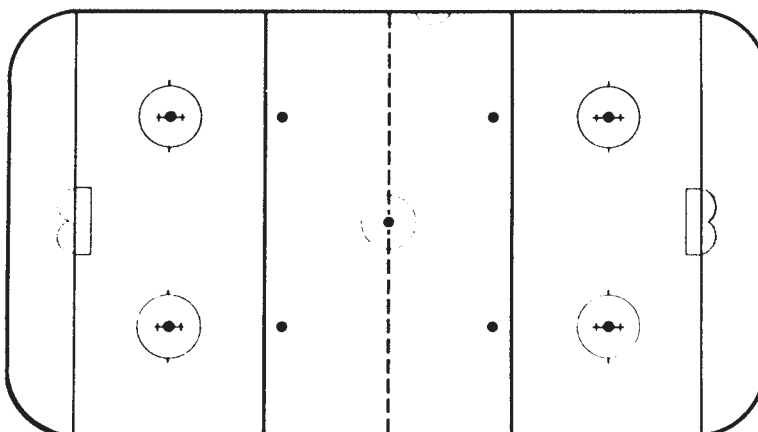


Drill Form

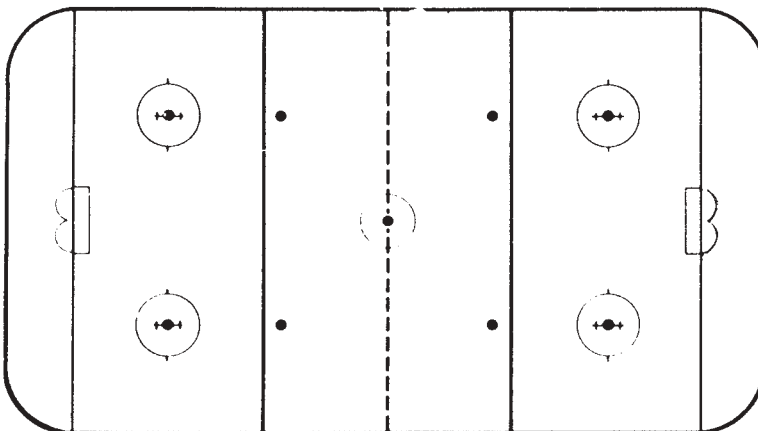
Drill Name _____



Drill Name _____



Drill Name _____



Notes



Notes



**1775 Bob Johnson Drive
Colorado Springs, CO 80906
www.usahockey.com**