

## **Bantam Practice 1 Practice Theme / Goals: Skills, Skating, Competing, Body contact, FUN**

**Warm-up:** 5 min free play, 5 min circle chaos (10min total) **3 Stations:** 9 min each (27 min total) **Games:** 22 minutes (11 min each)

**Equipment Needs:** 4 nets, cones, tires, borders

**Free Play (5 mins):** Let players do whatever they want to do! Skate, stickhandle, shoot, pass, etc....have fun!!!

**Warm up: Circle Chaos: (5 mins)** Players carry pucks around the rink and on the whistle they jump into the nearest circle and stickhandle within that circle. On the next whistle the players leave the circles and skate around again until next whistle.

**Stations: 3 x 9 minutes (27 mins)**

### **Station 1: Puckhandling/Shooting**

#### **Underhanded shooting-**

Players go around the three cones with a puck while always keeping the puck on their **forehand only**. Once around the last cone, they keep their feet moving and take a wrist shot again without stickhandling. The puck is to never touch the backhand side of their blades! Emphasize getting around the puck, moving their feet, and quick releases.

Works on: skating, puckhandling, underhanding, shooting, scoring.

### **Station 2: Passing**

#### **Shuttle passing-**

Create 2 or 3 shuttle lines of 3 or 4 players. Players pass to the line opposite of them and sprint to the back of that line. Vary what kind of passes are to be utilized. Add an element of competition by making players compete against the other shuttle lines to see which line can make 25 passes first using only one puck. Passes must be made and received behind the line or they do not count. Emphasize them sprinting to the end of the line after each pass.

Works on: skating, passing, receiving, competing, team play

### **Station 3: Body Contact**

#### **QC Drill -**

Players pair up in two lines. The player along the wall carries a puck down the wall without cutting in. The player on the inside line skates along with the player on the wall and goes stick on puck to separate the puck while initiating body contact. After the inside player gets possession of the puck he passes back to the next person in line along the wall.

#### **Loose puck battle-**

Players pair up and sprint for a loose puck when coach says go.

Works on: skating, puck handling, puck battles, body contact, and competing

### **Small Area Games-**

#### **Gretzky Game-**

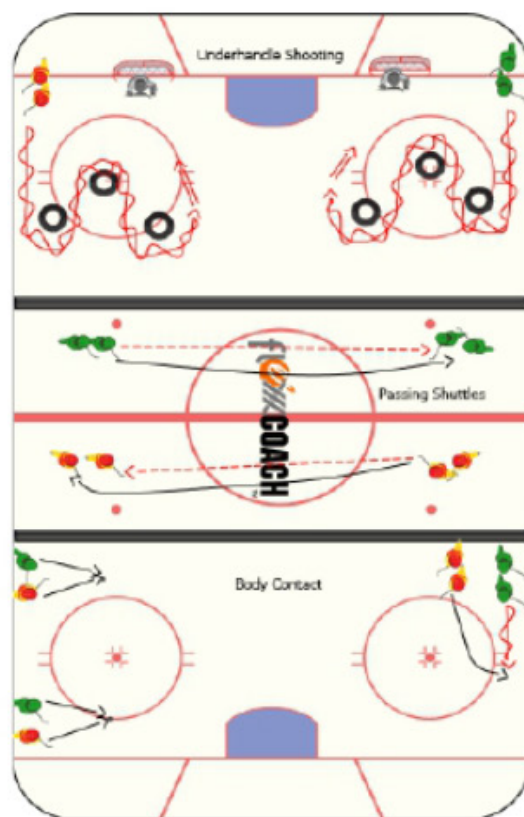
Players play 3v3 with a support player (Gretzky) below the goal line on their attacking net. You must pass to your Gretzky before you can attempt to score. Defending players may not defend Gretzky, you must pick up an offensive player instead. Offensive players must move feet to get open for a scoring chance. Gretzky may skate laterally below the goal line.

**Concepts:** puck support, offensive zone play, defensive zone play, power play, penalty kill, transition

#### **Breakout Game-**

Players play 3v3 and before they can attack the opposition's net, they must pass the puck behind their own net. The team without the puck must forecheck the team that is passing the puck behind their net. Emphasize good angles and reading and reacting.

**Concepts:** puck support, regrouping, breakouts, forechecking, line rushes, transition





## **Bantam Practice 2 Practice Theme / Goals: Skills Skating, Competing, Body contact, FUN**

**Warm-up:** 5 min free play, 15 min power skating (20min total) **3 Stations:** 8 min each (24 min total) **Games:** 15 minutes

**Equipment Needs:** 4 nets, cones, tires, borders

**Free Play (5 mins):** Let players do whatever they want to do! Skate, stickhandle, shoot, pass, etc....have fun!!!

### **Power Skating: (15 mins)**

Players line up on goal line in six lines and go through a variety of power skating moves including C cuts, edge work, stride and recover, edge work with puck handling, etc.

**Stations: 3 x 8 minutes (24 mins)**

### **Station 1: Passing /Shooting**

#### **Give and go/get open-**

Player at the top of the circle makes a pass to the player below the goal line. The player below the goal line sprints behind the net while the player at the top of the circle sprints to the other side of the top of the circle to get open and receives a pass back from the player below the goal line and shoots to score. Player who starts at the top of the circle then becomes the player below the goal line and another player becomes the player at the top of the circle.

Works on: skating, passing, receiving, moving to get open, shooting, scoring.

### **Station 2: Passing**

#### **Pass and follow-**

Players make passes and spring to where they just made their pass. Make sure players communicate with one another and call each others names when they are making a pass. Players must learn to pass and move their feet to get to the next spot like they would in a game situation. The last player in the procession carries his puck back to the beginning.

Works on: skating, passing, receiving, moving to get open, communication, team play

### **Station 3: Body Contact**

#### **Angle through dot -**

Player at the top of the circle on the wall has a puck. He must go down the wall around the cone before he can attack the net. He cannot leave until the defensive player passes through the face-off dot. The defensive player's job is to angle the offensive player and prevent him from getting to the net with body positioning and contact. After a player goes on offense, he becomes the defensive player. Drill runs continuously

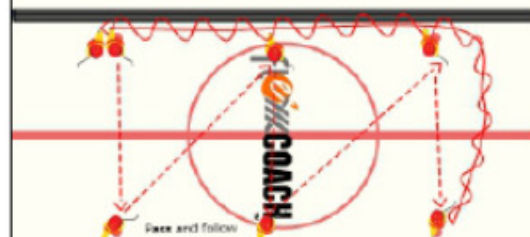
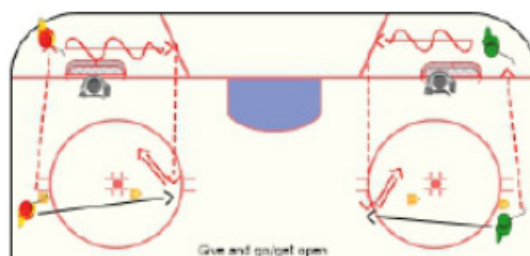
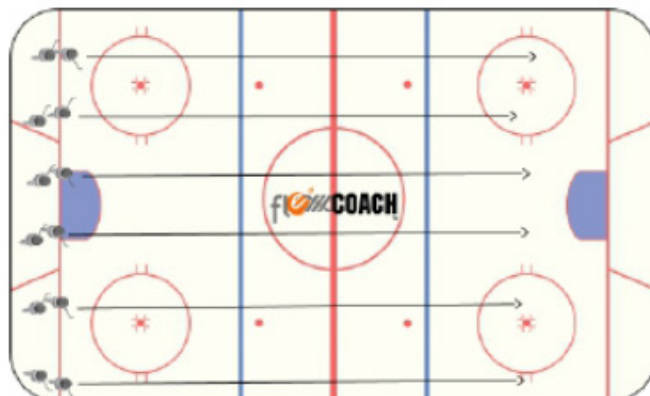
Works on: skating, puck handling, puck battles, angling, body contact, and competing

### **Small Area Games- (15 minutes)**

#### **Offside Game**

Before an attacking team can attack the other team's goal, they must regroup in their defensive half. Once they regroup in their own zone they must now complete a pass in their side of the ice. Once they complete a pass on their side, they can then attack the opposing team but must attack staying onside at the center line. If they go offside, blow a quick whistle to signify a turnover.

Concepts: puck support, breakouts, regroup, line rushes (zone entry), forechecking, offensive/defensive zone play, transition





# **Bantam Practice 3 Practice Theme/Goals: Skills, Skating, Competing, Body Contact, FUN**

**Warm-up** : 5 min free play **Game** 10 minutes Handball, **3 stations** x 10 min each (30min total), **Game** 15 minutes

**Equipment Needs:** 4 nets, cones, tires, borders

**Free Play (5 mins):** Let players do whatever they want to do! Skate, stickhandle, shoot, pass, etc....have fun!!!

## **Small Area Game: (10 mins) Handball**

4v4- Players have to pass the ball to their teammates by throwing it to them in the air. If a player takes more than three steps with the ball or the attacking team drops a pass, it counts as a turnover and the other team gains possession. Encourage short passes on offense.

**Concepts:** puck support, offensive zone play, defensive zone play, transition, ABC's

**Stations: 3 x 10 minutes (30 mins)**

## **Station 1: Passing /Shooting/Breakout habits**

### **Wing wrap habits**

Player behind the crease sends a wrap to a wing. Teach the wing to catch the wrap with the stick to the boards with their feet pointed up ice, not the player's butt to the boards. After they pick up the wrap they pass to a waiting player who goes in on a breakaway for a scoring attempt. The player that made the wrap becomes the wing, the wing becomes the player waiting to receive the pass for a breakaway, and the breakaway player goes back to line.

Works on: skating, passing, receiving, break out habits, shooting, scoring.

## **Station 2: Skating**

- Inside edges: Figure 8 around stick (forward)
- Outside edges: Figure 8 around stick (forward)
- Forward power cross strokes (focus on outside edges)
- Single leg, alternating edges (power change of edge pulls)
- Forward: 2 feet to 1 foot

## **Station 3: Body Contact small area game**

### **2v2 with shooter -**

Players compete 2v2 in a small, confined area. There is a designated shooter that they must pass to before their team can look to score. The designated shooter can either pass or shoot but must do so quickly. Teach the players to move to get open and battle for loose pucks. Also teach how to defend the net front and pick up sticks while defending.

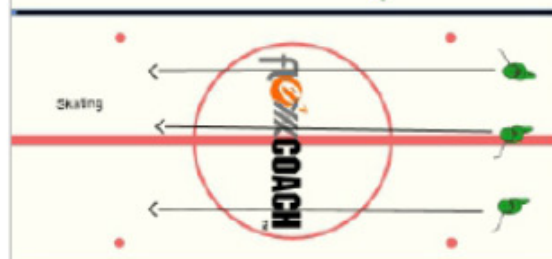
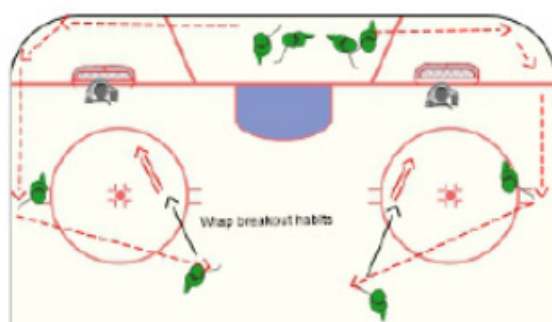
Works on: skating, puck handling, puck battles, angling, body contact, passing, receiving, shooting, scoring, and competing

## **Small Area Games- (15 minutes)**

### **Outlet Game**

Play 3v3 cross-ice. Before you can attack the opposition's net, you must outlet the puck to one of the coaches. The coach's may skate laterally so that they are not always in the same place. Encourage short passes to maintain possession and take advantage of the odd man situation.

**Concepts:** puck support, breakouts, line rushes, power play, penalty kill, transition, give-and-go





## **Bantam Practice 4 Practice Theme/Goals: Skills, Skating, Competing, Body Contact, FUN**

**Warm-up** : 5 min free play, **Game** 10 minutes, **3 stations** x 10 min each (30min total), **Game** 15 minutes

**Equipment Needs:** 4 nets, cones, tires, borders

**Free Play (5 mins):** Let players do whatever they want to do! Skate, stickhandle, shoot, pass, etc....have fun!!!

### **One Up and Hang On Game: (10 mins)**

The basic rule of this game is that you can only win by one goal. So when a goal is scored, the team that is now winning 1-0 can't score again. Instead, they try to keep possession until the match is over.

**Note:** If the team that is winning does score again, the goal is disallowed and a penalty shot is awarded. If the losing team equalizes, the score is level and either team can then score to give them a single goal advantage. Play continues in this way until the final whistle.

**Concepts:** puck support, offensive zone play, defensive zone play, transition, passing, strategy, puck possession

**Stations: 3 x 10 minutes (30 mins)**

### **Station 1: 1v1 to 1v1**

Coach spots a puck in front of the net equidistant to the two lines along the goal line. When coach says go, the two players on the goal line race to win the loose puck. The player that wins the puck passes to the player in line at the top of the circle. When that pass is completed, that player attacks the net and is played in a 1v1 vs the player who lost the loose puck race. The player that won the 50/50 puck goes to the line at the top of the circle and the other two players go back to the goal line lines.

Works on: skating, passing, receiving, loose puck battles, 1v1 play, shooting, scoring.

### **Station 2: Skating**

- Forward power cross strokes
- Forward power inside edge strokes
- Single leg alternating edges

### **Station 3: Body Contact small area game**

#### **1v1 net front battle -**

One F vs one D net front with a passer behind the goal line. The offensive player must use the player behind the goal line before shooting. Offensive player must move to get open and defensive player must learn net front coverage and pick up the offensive players stick.

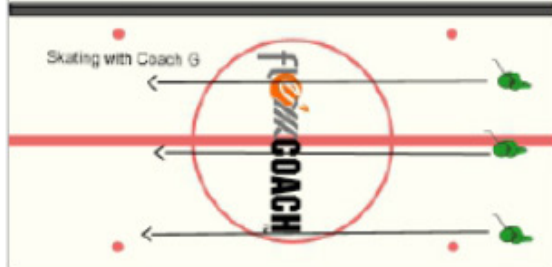
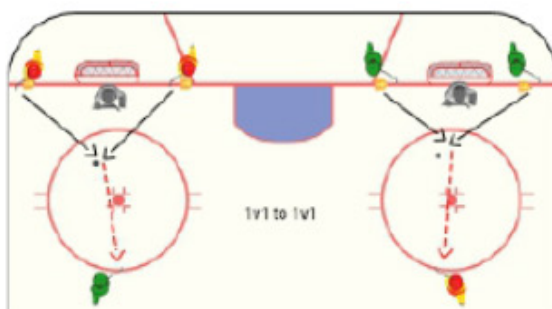
Works on: skating, puck handling, puck battles, angling, body contact, passing, receiving, shooting, scoring, and competing

### **Small Area Games- (15 minutes)**

#### **Mid Zone Power Play Game**

One team starts out on a 5v4 situation. The team who has the 4v5 situation has a fifth player below the goal line of the end that they are defending. When the team with 4 gains possession, they regroup with their fifth player and execute a power play breakout and into a power play. The team that had 5 and lost possession goes off for a change and 4 new players for their team come out to represent the penalty kill. Upon each subsequent change of possession, the rotation continues and the game flows naturally.

**Concepts:** puck support, power play, power play break out, penalty kill, penalty kill forecheck, transition, line changes





## **Bantam Practice 5 Practice Goals:** Skills, Skating, Competing, Body contact, FUN

**Warm-up** 5 min free play, 10 min passing progression/goalie work, **Game** backcheck 10 minutes, **Skills** 15 min **Game** 10 min Pearl 4v2

**Equipment Needs:** 4 nets, cones, tires, borders

**Free Play (5 mins):** Let players do whatever they want to do! Skate, stickhandle, shoot, pass, etc....have fun!!!

### **Passing Progression/Goalie Work (10 min)**

Players line up across from each other at goal line and blue line and go through a variety of passing progressions. After you make the pass, sprint to the back of the line that you just passed to. Forehand, backhand, one touch, underhandle, etc.

Works on: skating, passing, receiving, puckhandling

### **Backcheck Game (10 min)**

Players start by attacking 2v0 with 2 opposing players backchecking them. When the backcheckers gain possession of the puck, they breakout two players on their team waiting to attack the other way. After the offensive players are stopped, they become the backcheckers. Shift goes offense, backcheck to defense, breakout your team and change.

**Concepts:** puck support, breakouts, line rushes, backchecking, offensive zone play, defensive zone play, transition, line changes

### **Forward/Defenseman split (15 min)**

All players do both stations

**Forward- 2v0 cycle-** 1st forward in gets a loose puck from the coach and skates away from the net, the 2nd forward follows him and receives a bank pass. The 2<sup>nd</sup> forward hits

at

joins him as the 2<sup>nd</sup> forward  
**Defenseman- PP Game** top of circle facing the coach, coach dumps a puck in and D skates backward, pivots to retrieve and hits wing for a breakout pass. D becomes wing, wing goes back to line

Works on: position specific skills, skating, passing, receiving, puck handling, scoring, team work

### **Breakout to 1v1 (10 min)**

Player closest to the wall sprints to a breakout position while the other player picks up a puck behind the net and hits him with a breakout pass. The wing carries the puck around the tire and goes 1v1 on the D that broke him out. D should gap up and take away the inside portion of the ice.

Works on: positional play, passing, receiving, skating, puck handling, 1v1 play, scoring, defending, body contact

### **Pearl 4v2 PP Game (10 min)**

Each team has a power play every other shift. Start off with 4 red vs 2 green. On the whistle, 2 new green join the play to make it 4 green. The 4 red players go for a change and 2 new red players come on making it a 4v2 for the green team. On every whistle the team with 4 changes and two new players from each team join the play. It will result in continuously flip-flopping 4v2s. Encourage the team on the penalty kill to push for shorthanded goals.

**Concepts:** puck support, line changes, powerplay, penalty kill, transition





## **Bantam Practice 6 Practice Theme/Goals: Small Area Games practice, Competition, Puck**

**Support, Offensive / Defensive Concepts, Power Play, Penalty Kill, Breakouts, Skills, FUN**

### **Equipment Needs: 4 nets, borders**

#### **3v3 any net, 1 pass Game (10 min)**

Players play 3v3 and can score on any net they choose. However, they must make at least one pass to a teammate before shooting on net.

**Concepts:** puck support, offensive concepts, defensive coverage, transition, line changes

#### **3v3 Coach Outlet Game Game (10 Min)**

Players play 3v3 and shoot at a designated net. There are two coaches in the play; one below the goal line and one along the blue line. Players must pass to a coach before they can shoot on net. They can pass to the coach as often as they'd like to.

**Concepts:** puck support, offensive zone play, defensive zone play, power play, penalty kill, breakouts, transition

#### **3v3 Coach Outlet Game Any Net (10 Min)**

Players play 3v3 and can shoot at any net. There are two coaches in the play; one below the goal line and one along the blue line. Players must pass to a coach before they can shoot on net. They can pass to the coach as often as they'd like to.

**Concepts:** puck support, offensive zone play, defensive zone play, power play, penalty kill, breakouts, transition, deception

#### **3v3 Coach Outlet Game- piggy back (10 Min)**

Players play 3v3 and shoot at a designated net. Note that the nets are piggy backed to promote more net front play. There are two coaches in the play; one below the goal line and one along the blue line. Players must pass to a coach before they can shoot on net. They can pass to the coach as often as they'd like to.

**Concepts:** puck support, offensive zone play, defensive zone play, power play, penalty kill, breakouts, transition, deception

#### **Back check game 2v2, 3v3 (10 Min)**

Players start by attacking 2v0 with 2 opposing players backchecking them. When the backcheckers gain possession of the puck, they breakout two players on their team waiting to attack the other way. After the offensive players are stopped, they become the backcheckers. Shift goes offense, backcheck to defense, breakout your team and change. Progress to 3v3 where the team breaking out has to pass to the center.

**Concepts:** puck support, breakouts, line rushes, backchecking, offensive zone play, defensive zone play, transition, line changes

#### **Midzone powerplay game (10 Min)**

One team starts out on a 5v4 situation. The team who has the 4v5 situation has a fifth player below the goal line of the end that they are defending. When the team with 4 gains possession, they regroup with their fifth player and execute a power play breakout and into a power play. The team that had 5 and lost possession goes off for a change and 4 new players for their team come out to represent the penalty kill. Upon each subsequent change of possession, the rotation continues and the game flows naturally.

**Concepts:** puck support, power play, power play break out, penalty kill, penalty kill forecheck, transition, line changes

