



West Madison Polar Caps

Youth Hockey Practice Plan

Full-Ice Stations Practice Plan

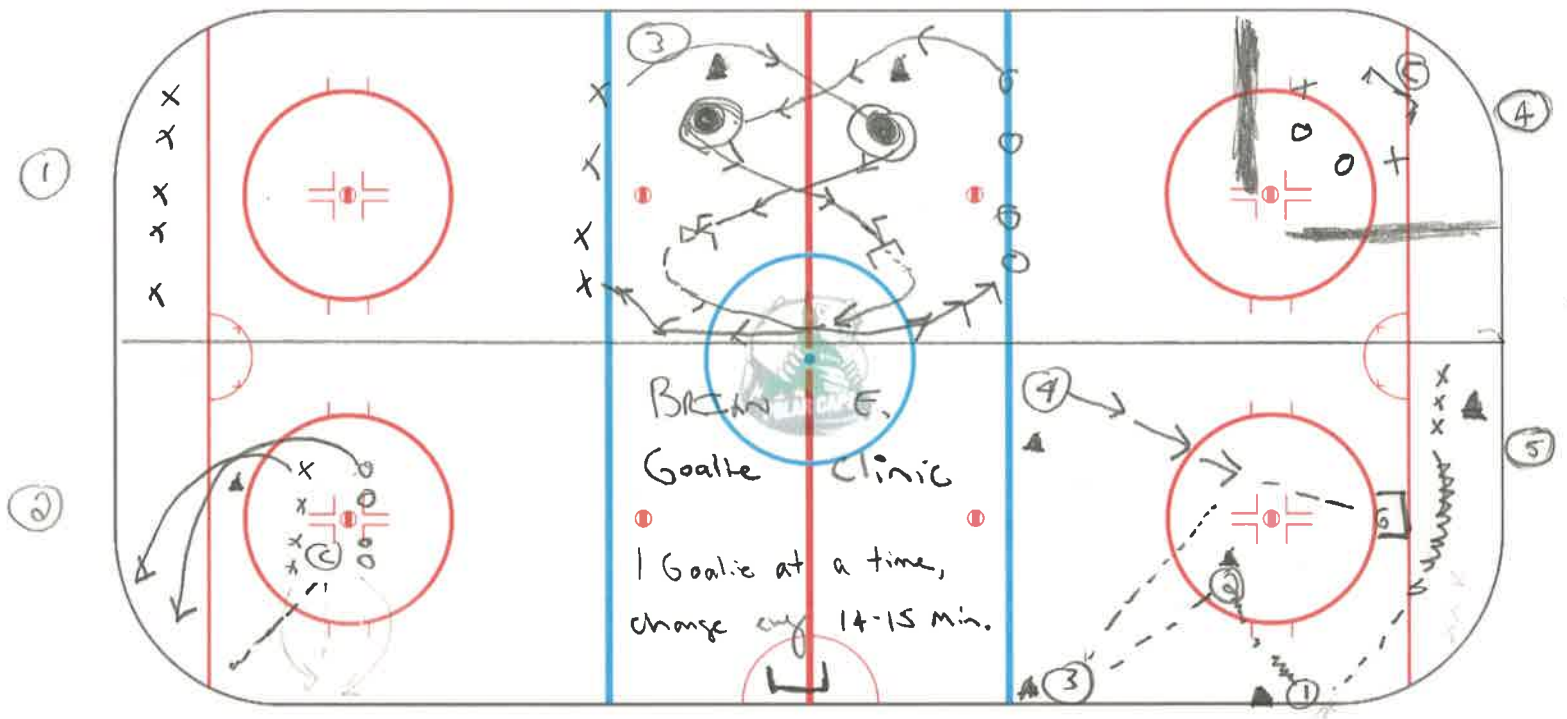
→ Skate	● Tire
- - - Pass	▲ Cone
⊥ Stop	X Skater / Defense
→ Carry Puck	○ Offense
~ Backward	G Goalie
Lateral Skate	© Coach
→ Shooting	

Coach: _____ Team(s): see below B's + see below A's

Date: _____ Start: _____ Station Length: _____ min Practice Duration: _____ min

Warm-Up: ① heel push slow/fast ③ full circle inside edge
 Skating ② forward lean ④ 1/2 circle glove touch
 ② 1/2 circle inside edge

<p>Drill: _____ Skill: <u>Skating</u></p> <p>① <u>outside edge skating progression.</u> (X) <u>walk, hop, run</u> (X) <u>figure 8 over stick</u></p>	<p>Drill: _____ Skill: <u>Small Area game</u></p> <p>④ <u>ava, coach behind net, pass to coach on change of possession + before shot on goal.</u></p>
<p>Drill: _____ Skill: <u>Body Contact Angl.</u></p> <p>② <u>Switch lines each time</u></p>	<p>Drill: _____ Skill: <u>Passing</u></p> <p>⑤ <u>Tide, toe, toe</u> <u>X breaks out behind net, pass + skate to progressive positions, 4 received a pass in motion for shot on goal.</u></p>
<p>Drill: _____ Skill: <u>Stickhandling</u></p> <p>③ <u>Maneuver through course, end in opposite line. speed! head up, quick feet!</u></p>	<p>Drill: _____ Skill: _____</p> <p>⑥ <u>Cross ice</u></p>



Game: 8 cones
2 Tires

Equipment:
4 dividers
4 nets