



Coaching Education Program

14-AND-UNDER PRACTICE PLANNER



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Introduction

This manual provides practice plans and materials needed for 14-and-under coaches. USA Hockey and its Coaching Education Program provide a vast amount of resources and plans for coaches. This manual is a small sample of resources that are available and will provide you links to additional information for each section.

SECTION 1 – ATHLETE DEVELOPMENT

Here we will introduce you to the understanding of long-term athlete development for this age group.

SECTION 2 – AGE-SPECIFIC PRACTICE PLANNING

Today, practices are more than just on-ice. It is important to incorporate things such as dynamic warmups, cool downs and other age-specific activities. In this section you will find numerous on-ice practice plans in addition to examples of how to organize your dynamic warmup and cool down.

SECTION 3 – AREAS OF FOCUS

Here we highlight some specific aspects of practice planning. You will find age-specific information on body contact, goaltending, small-area games and off-ice practices.

Be sure to check out usahockey.com for more coaching resources:

- Mobile Coach App
- Checking the Right Way
- Small-Area Games
- Skill Progressions for Youth Hockey
- Goaltending
- Off-Ice Training
- American Development Model
- Coaching Manuals
- Coaching Articles
- Coaching Videos
- AND MORE!

SECTION 1

Athlete Development



Long-Term Athlete Development

STAGES OF DEVELOPMENT

- Train to Train – ages 11-15 (female) and 12-16 (male)

This is a stage that sees kids go through their adolescent growth spurt. It may or may not cause disruptions to their immediate performance abilities. Some athletes may need to re-learn some skills that were previously refined due to rapid growth and changes in body proportions.

Good training habits should be developed while technical and fitness training programs should be individualized. The focus remains on learning the basics through a games based approach. Training volume should increase as athletes progress through this stage. Toward the end of this stage, athletes will likely begin to specialize in ice hockey.

GOALS/DESIRED OUTCOMES

- Focus on fun and engagement.
- Building the physical engine (endurance, speed and core strength).
- Further develop fundamental skills.

LONG-TERM ATHLETE DEVELOPMENT

- Building the engine and consolidating sports skills.
- Continue to play multiple sports (soccer, swimming, lacrosse, baseball, golf, track and field, etc.).

AGE-APPROPRIATE TRAINING

- Proper work-to-rest ratio.
- Be cognizant of development (physical and emotional) variance among athletes.
- Continue to use small-area and small-sided games to teach desired concepts.
- Allow players to learn through problem solving experiences.
- As body-checking is allowed in games, incorporate body-checking with a purpose in training (on- and off-ice).
- Nine-month training and competition calendar.
- 160 ice sessions per year (4-5 ice sessions per week).
- 80-minute practice sessions. Combined and separate practices for team and position.
- 120-130 practices and 40-50 games.
- 16 skaters and 2 goalies per team.

PRACTICE DESIGN SHOULD INCORPORATE THE PRINCIPLES OF:

- FUN/Engaging
- Looks like the game
- Constant decision making
- Lots of puck touches
- Challenging

**FOR MORE INFORMATION ON LONG-TERM ATHLETE DEVELOPMENT
OR USA HOCKEY'S AMERICAN DEVELOPMENT MODEL, VISIT:**

<http://www.admkids.com/page/show/910488-long-term-athlete-development>

SECTION 2

Practice Planning



Warmup

A proper team warmup is designed to get the body game-ready. Performing the activities below will improve cardiovascular, musculoskeletal, neurological, balance, coordination, visual and auditory readiness by challenging athletes dynamically. Ensure athletes understand proper technique for each exercise.

DYNAMIC WARMUP

Pre-Game/Practice (30-40 minutes before going on the ice) should take 10-15 minutes maximum.

STEP 1 Cardiovascular activity for five minutes with running and biking-type exercises.

STEP 2 Team forms four lines and perform these exercises for 10-20 yards. Choose 3-5 exercises from the following exercises for a total of 10 minutes:

1. **Forward and Backward Run** (*down and back*) – emphasize athletic ready posture.
2. **Butt Kickers** – emphasize hamstrings.
3. **Shuffle** (*facing left*) – emphasis on proper athletic-ready posture.
4. **Carioca** (*facing left*) – emphasis on trunk rotation.
5. **Walking RDL** – walk forward, reach with hands to forward leg; rear leg extends behind and upward. Alternate with one step forward to opposite leg. This stretches the hamstrings and opposite hip flexor. This exercise creates balance and core strength.
6. **Knee-to-Chest/Heel-to-Gut Stretch** (*alternating*) – hold each for 2 seconds; alternate leg as you walk forward for the 10-20 yards.
 - For knee-to-chest pull knee up to chest with good posture and balance.
 - For heel-to-gut pull heel into gut with care taken with the knee. This exercise focuses on hip and piriformis.
7. **Heel-to-Butt/Superman** – lean forward to emphasize stretch of the weight-bearing leg. Be sure to alternate leg as you walk forward 10-20 yards.
8. **Lunges with Twist** – with your hands behind head, lunge forward and do a trunk twist. Opposite elbow to forward leg. Alternate lunge as you walk forward 10-20 yards.
9. **Lateral Lunge with Sumo Squat** – rotate to the right side doing a wide-base squat, placing elbows into knees and pushing out. Be sure to feel the stretch in your right/left groin. Repeat on the opposite side as you move down the 10-20 yards.

10. **Soldiers** (*toe-to-hand kicks*) – extend both hands forward at shoulder height, stride forward and kick hand. Alternate feet/hands.
11. **Sprints Around Right of Stationary Player** (*1 length*) – with a player 5 feet in front of the line, another player sprints to the right of the stationary player (remaining facing forward), circles around that player and then sprints forward the remaining 10-20 yards. Each player in line follows. Promotes core strength, mobility/cardio and balance.
12. **Sprints Around Left of Stationary Player** (*1 length*) – with a player 5 feet in front of the line, another player sprints to the left of the stationary player (remaining facing forward), circles around that player and then sprints forward the remaining 10-20 yards. Each player in line follows. Promotes core strength, mobility/cardio and balance.
13. **Leg/Arm Swings**
14. **Push-Ups** – as a team; counted in unison (10-20)
15. **Crunches** – as a team; counted in unison (10-20)

Practice Plans

What to implement at the 14-and-Under level:

1. Increased hockey training schedule.
2. Player takes more responsibility for off-ice training.
3. Managing recovery becomes important.
4. Make sure the competition is meaningful.

While teams should increase the amount of time devoted to team play, the majority of practice time should be spent on improving individual skills and understanding concepts. Understanding and applying a concept, as opposed to just repeating an action, is crucial in the improvement of a player. Small-area games create a fun and competitive environment where players can learn the desired concept(s) through repetitions that will enhance decision-making skills, anticipation and awareness. Games with parameters will challenge players to create their own solutions, increasing their confidence and retention.

Practice should incorporate activities that teach the skills related to body contact and body-checking. Drills should focus on elements such as balance, stick position (stick-on-puck), puck protection, receiving a body check and delivering a body check. Body contact training should center on the ultimate goal of contact and checking to regain possession of the puck.

**THE FOLLOWING IS JUST A SAMPLING OF PRACTICE PLANS.
FOR ADDITIONAL PRACTICE PLANS, VISIT:**

<http://www.usahockey.com/practiceplans>

14U Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

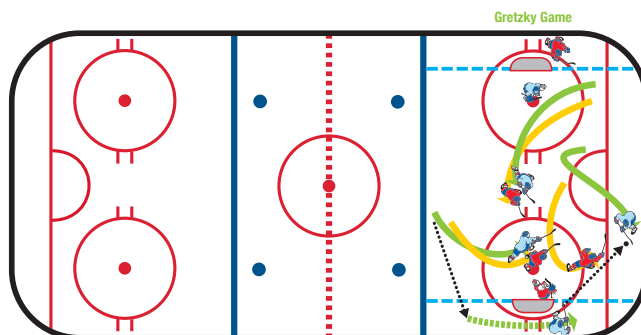
(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Gretzky Game

(10 minutes)

Play 3v3 with a support player (Gretzky) below the goal line on attacking net. Players must pass to their Gretzky before they can attempt to score. Defending players may not defend Gretzky; they 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.



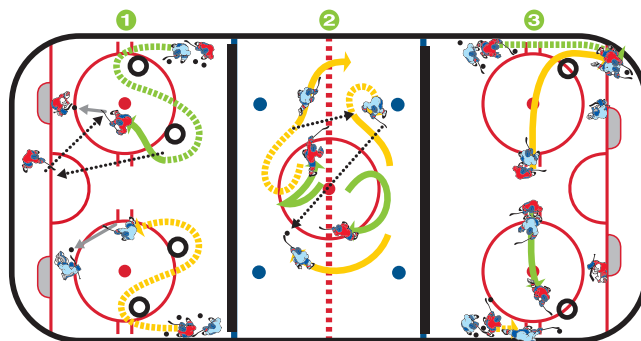
STATIONS

Station 1: Underhandle Shooting Progression

(7 minutes)

1st Progression – players skate around tires keeping the puck on their forehands the whole time and shooting it in stride when they clear the second tire.

2nd Progression – players skate around the tires keeping the puck on the forehands the whole time and they make a give-and-go with a player near the net after they clear the second tire. The passes should be either one-touched or catch-and-pass (DO NOT dust the puck off).



Station 2: 3v2 Keep-Away

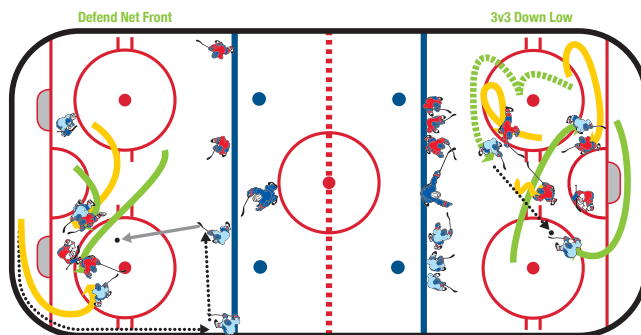
(7 minutes)

Play keep-away in a 3v2 setting in a small area. Emphasize moving to get open and gravitating toward the puck. If the team with 2 has possession, emphasize outnumbering the puck to win it back.

Station 3: Angle through the Dot 1v1

(7 minutes)

The player in the middle of the ice skates toward the wall through the face-off dot. Once he/she hits the dot, the first player in line can take off and attack the net. The angler's job is to try and eliminate the attacker's progress toward the net with proper angling and body contact. After the drill is whistled dead by the coach, the attacker becomes the next angler (defender) and the drill runs continuously.



GAMES

3v3 Down Low

(11 minutes)

Play 3v3 from the tops of the circles down. The offensive team is trying to score while the defensive team must try and skate the puck above the tops of the circles. Reps should be around 30 seconds.

Defend the Net Front Game with 2 Points

(11 minutes)

Play 3v3. Before they can shoot at their designated net, they must pass to one of their point players. The point player must pass to his/her partner who can shoot or pass but must do so by two-touching the puck (one touch stops it, second touch moves it). Players who are defending must defend the players at the net front, not the point players. Attacking forwards should get to the net for tips and screens.

14U Practice Plan 2

Date: Early Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

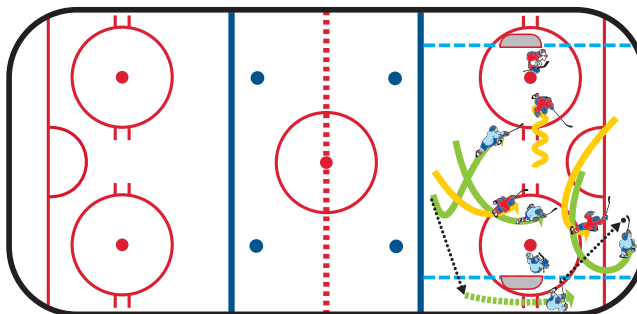
(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Regroup Game

(10 minutes)

Play 3v3 cross-ice, but before you can attack the opposition's net, you must regroup with a player on your team who cannot go above the goal line. The regroup player may move anywhere below the goal line but cannot come above it. Move to get open on the regroup.



STATIONS

Station 1: Wrap/Puck Protection Progression

(7 minutes)

1st Progression – player 1 wraps the puck to player 2 behind the net. Player 2 skates with the puck and picks it off the wall with his/her stick. When player 2 gains possession he/she cuts back to the corner, facing the wall, and attacks the net for a jam or reverse jam attempt.

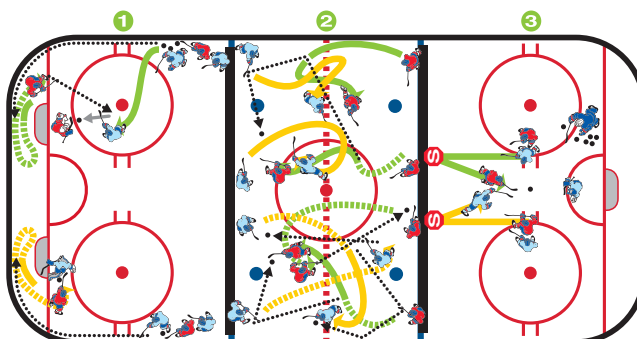
2nd Progression – player 1 wraps the puck to player 2 behind the net, player 2 protects the puck, cuts back to the corner and looks to hit player 1 for a one-timer off the post or in the slot.

Station 2: 4 Corner Passing Progression

(7 minutes)

1st Progression – players pass to any line.

2nd Progression – players play keep-away and can use their lines as well to make it a 4v2.



Station 3: Stop-and-Start Loose Puck Race

(7 minutes)

Players start at hash mark and sprint to blue line. They stop facing inside and sprint for a loose puck that coach leaves near the dot. Winner gets scoring chance.

GAME

3v1 Pit Game

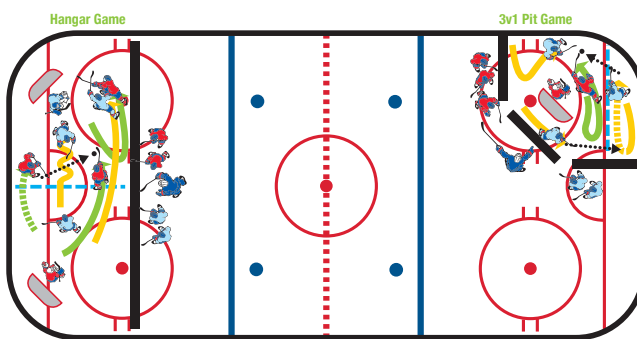
(11 minutes)

Players compete to score in a 3v1 pit game, but one of the offensive players always has to be below the goal line. The offensive players can rotate so that the player below the goal line can change mid shift. Defensive player should just try to apply all-out pressure on the puck to make the offense make plays under duress.

Hanger Game Out of Corners

(11 minutes)

Play 3v3 with the nets in each corner. One player must remain on his or her offensive side of the ice creating a 3v2 for the other team on their offensive side of the ice. Promote offensive players hunting loose pucks and outnumbering the D before they can transition.



14U Practice Plan 3

Date: Early Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

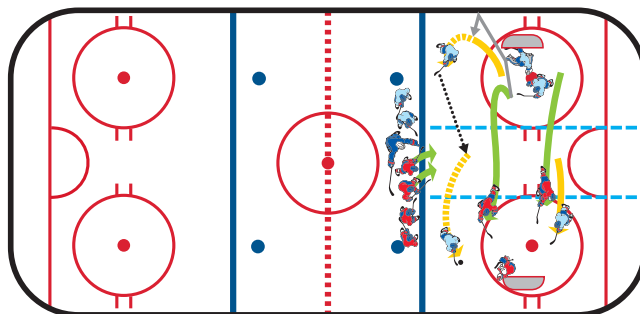
(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Backcheck Game

(10 minutes)

Players start by attacking 2v0 with 2 backcheckers. When the backcheckers gain possession of the puck, they initiate breakout with 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.



STATIONS

Station 1: Cross-Fire Passing

(8 minutes)

Players compete 2v2 within the box and on the outside of the box, the players have teammates on opposite sides of the box. The blue players can only pass to blue and green can only pass to green. Teams get a point when you complete passes from one side of the box to the other. You have to make a pass to a player within the box first. Two points are attained if both players in the box touch the puck before getting it to the other side.

Station 2: Underhandle Shooting

(8 minutes)

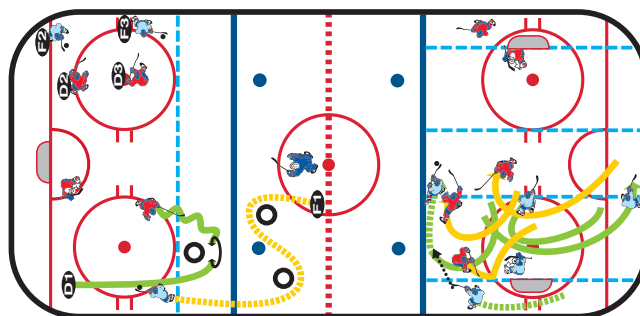
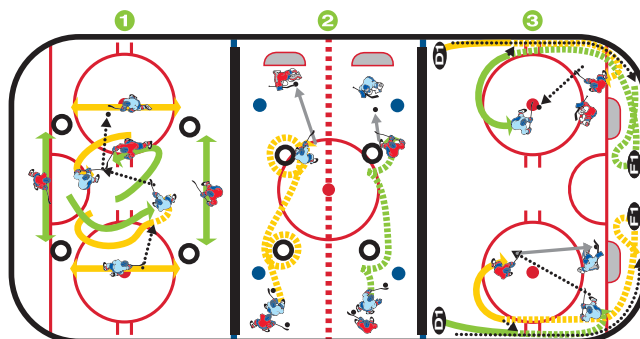
1st Progression – pivots around each tire getting the puck to the forehand as quickly as possible to shoot.

2nd Progression – pull/push at each tire; puck never leaves the forehand.

Station 3: High Roll Shooting

(8 minutes)

D1 rims a puck to player F1 behind the net. F1 picks it off the runner properly with his/her stick and protects the puck and cuts back to the corner. F1 continues up the wall with the puck at which point D1 moves down the wall. F1 stays to the inside and exchanges it with D1. D1 carries it to the goal line extended and hits F1 in the high slot for a scoring attempt. Have players go at both positions, have a line for each positions as well.



GAMES

Station 1: Shark 1v1 to Progressive 2v2, 3v3 Down Low

(10 minutes)

F1 and D1 start with a shark 1v1 and play it until whistle blows. On whistle, F2 and D2 activate with a puck to make it 2v2. On next whistle, F3 and D3 activate to make it a 3v3 from tops of circles down. F3 starts with puck on wall and D3 containing him.

Breakout/Forecheck Modified Regroup Game

(10 minutes)

Play 3v3 cross-ice but before you can attack the opposition's net, you must regroup with a player on your team who cannot go above the goal line. In addition, the regrouping players must come below the line that goes across the hash marks closest to their net to ensure good breakout habits/support. The regroup player may move anywhere below the goal line but cannot come above it. One of the attacking forwards must pressure the regroup player as if forechecking. Move to get open on the regroup and stay below the line.

14U Practice Plan 4

Date: Mid-Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

One Up and Hang On

(9 minutes)

The basic rule of this game is that you can only win by one goal. When a goal is scored, the team that is winning by one cannot score again until the game gets tied. They must try to keep possession until the match is over. If the game gets tied, then players play normally. **Note:** If the team that is winning does score again, the goal is disallowed and a penalty shot is given to the trailing team. If they score to tie the game, then either team can now score again to go up one. Play continues until time is up and one team wins by a goal.

Pearl 4v2 One Net

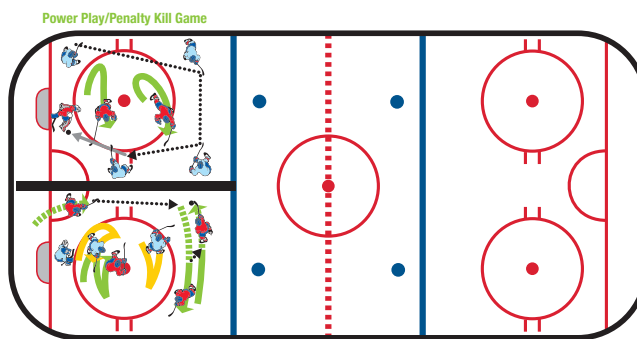
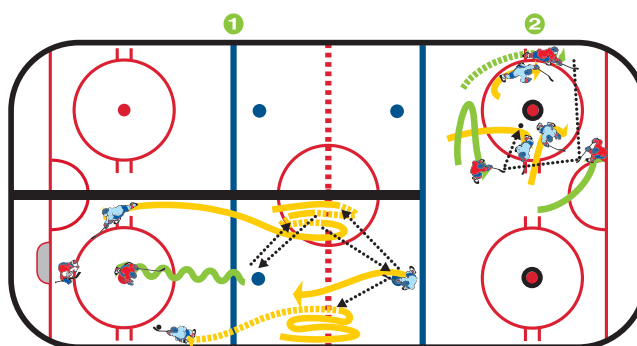
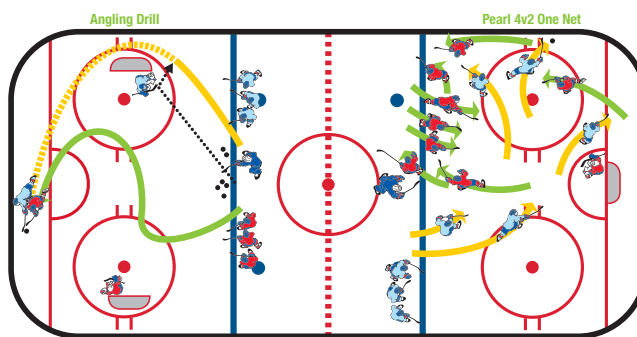
(9 minutes)

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. Keep score. Allow the defensive team to score points by making more than two consecutive passes within the zone (can use the goalie). If the defensive team clears the puck, they lose a point. Encourage the power-play team to attack the puck and retrieve it on a lost possession.

Angling Drill

(9 minutes)

Coach shoots a puck on goalie and player picks it up then wheels the net and drives toward the opposing net. The opposing player must go through both circles and angle the other player out of the play.



STATIONS

Station 1: Triple Regroup/Attack

(8 minutes)

Players regroup with own defenseman, then regroup with other defenseman, then regroup a third time with own defenseman. On third regroup they attack 2v1 with defenseman joining the rush to make it a 3v1. Wings post up on regroups and stay wide so they can attack with width and depth.

Station 2: Hit-the-Tire Passing Game

(8 minutes)

Play 3v3. Offensive team scores by hitting the tire in the opposite circle. Offensive team cannot enter the offensive circle, but the defensive team is allowed in the defensive circle. Object is to move the puck quickly to open up passing/scoring lanes.

GAME

Power Play/Penalty Kill Game

(11 minutes)

Each half of the ice has a 4v2 power play. Two players on the power play must remain above the tops of the circles, but they don't have to be the same two the whole time. Encourage switches, movement, etc., to get them to change places. The first power play that scores gets a point for their team. If the penalty kill players get the puck, they must try to maintain possession of it and play keep-away. Throwing the puck away is not allowed. Emphasize puck retrieval by the power play unit.

14U Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

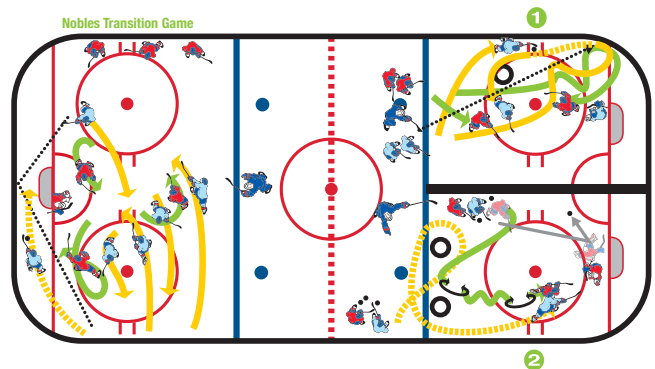
(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Nobles Transition Game

(10 minutes)

Play 3v3 in each zone. One team is on offense, the other on defense. When the defending team steals the puck, they pass to their teammates who are waiting on the side boards. The 3 that just passed to their teammates leave the zone; the 3 that were on offense become defense; and the 3 that received the pass attack on offense.



STATIONS

Station 1: 50/50 Takeover to 2v1 with Backchecker (8 minutes)

Coach dumps a puck in and players battle for the 50/50 puck. The player that wins the puck skates toward the tire, completes a takeover with the player waiting and they attack 2v1. After a second, the next player in line backchecks to turn it into a 2v2. Play it out until either a goal is scored or the defending team skates the puck out.

Station 2: Shot Into 1v1 Angling

(8 minutes)

O begins the drill when goalie is ready by taking a shot on net. X reacts to O's shot and X skates a figure 8 around the cones with a puck. After shot, O transitions and uses body language (stick, shoulders, skates) to take away middle of ice and steer the player to the outside and turn to skate forward with player and match speed starting off the back hip of the puck carrier (not cutting too early) with stick-on-puck, hands on hands, hips through hands. Offensive player should protect puck and drive to net for scoring opportunity.

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Station 3: Confined 2v2

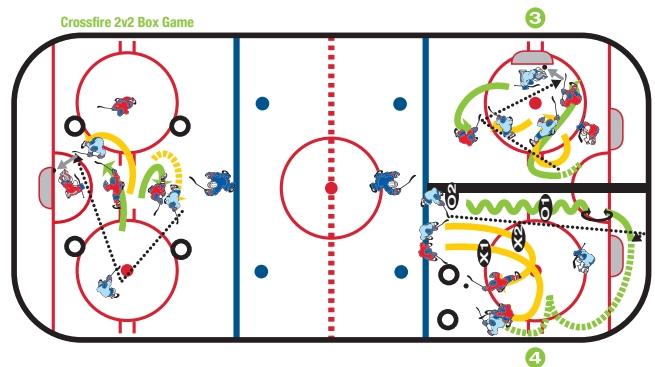
(8 minutes)

Play 2v2 in a confined area. Designate which net each team shoots at. Focus on winning pucks and underhanding to get pucks to the net.

Station 4: 2v1 Puck Pursuit

(8 minutes)

Player O2 chips puck in. Player O backpedals, transitions, and retrieves puck. Player O wheels the net attempting to skate through the two tires (the gate) while X1 and X2 forecheck. X1 tries to shut down player O before the gate. X2 reads, reacts and pressures to create puck possession turnovers and 2v1 offensive attack opportunities.



GAME

Crossfire 2v2 Box Game

(10 minutes)

Coach draws a box on ice (or creates one with 4 tires). Players compete 2v2 within the box, and on the outside of the box, players have teammates on opposite sides. Xs can only pass to X and Os can only pass to O. Teams transition from offense to defense when puck is passed to player outside of box. Outside players cannot shoot. **Keep Score:** 1 point for a goal, 2 points for a one-timer, extra point if puck is carried or passed across the Royal Road.

14U Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Shooting, puck control, zone entry, net front play, competition

Equipment Required: Nets, tires, borders, pucks, extra sticks

WARMUP

Free Play

(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

3v3 Below the Hashes

(9 minutes)

A 3v3 game that is played below the hash marks with the goals facing the corners to emphasize more board play and body contact. Each team defends a net. Different parameters can be created by the coach.

STATIONS

Station 1: Underhanding

(8 minutes)

Players skate a figure 8 pattern around cones, keeping the puck on their forehand. Pass puck off bumper and collect puck on forehand, push or pull around bumper executing a quick-release shot. Follow for rebound. Can progress to same as above but players skate a Russian figure 8 pattern (always facing the goalie).

Station 2: Bumper Scissor

(8 minutes)

Set up 2 lines. Players scissor in front of both bumpers, exchanging puck possession away from the bumper on each overlap. As players round the last bumper, they can shoot the puck or pass to their teammate crashing net for a rebound or redirection. Progression – allow players to sell the fake and maintain possession.

• • • • •

Station 3: Blue Line Reps

(10 minutes)

1st Progression – player X chips puck into corner, skates to retrieve puck, shoulder checks, surrounds puck when retrieving, skates behind net and escapes back toward corner. After escape, player X passes to player O at the blue line, who pushes or pulls the puck around the stick for a quick shot. Player X who made the pass looks to go to the net for a screen/tip.

2nd Progression – player O chips second puck on net, goalie plays puck behind net and O retrieves, escapes, and passes to X at the blue line for second shot.

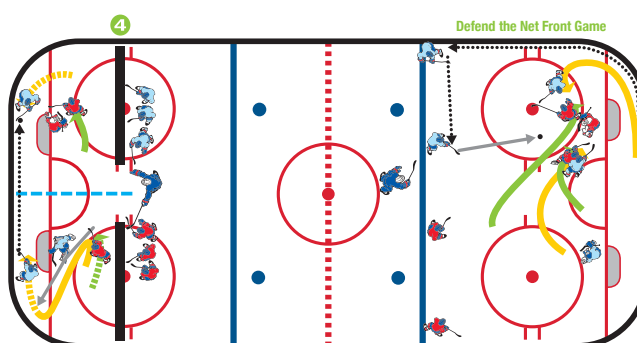
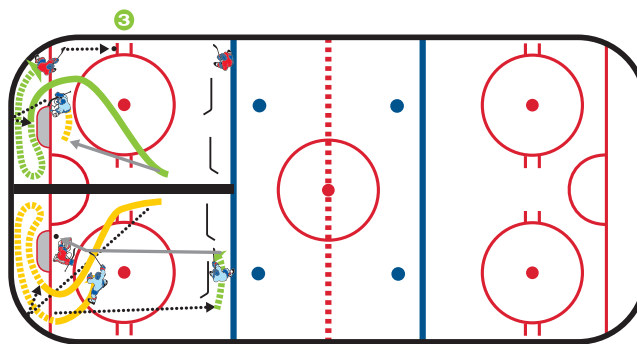
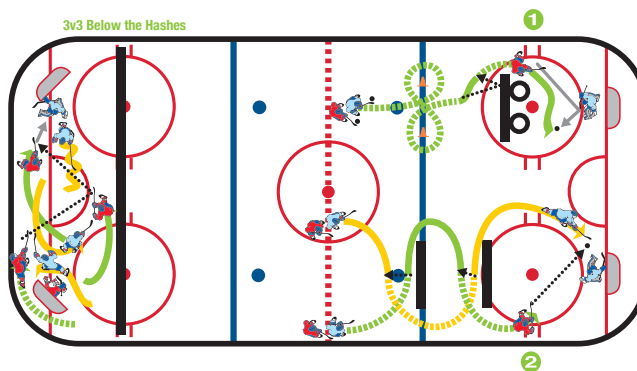
Additional Progressions – 1) blue line player can fake shot, and pull/push to the other side for quick shot. 2) add a second X at blue line and D-to-D pass.

Station 4: Continuous Corner 1v1 and 2v1

(10 minutes)

Defensive player works on angling in tight spaces steering forward, closing gap, and stick-on-puck, while offensive player tries to get to net to score. Offensive player gets a new puck if he/she scores. If defensive player steals puck, must pass puck to offensive player in opposite corner. 1v1 must stay in their half of zone; defensive player cannot attack until offensive player receives pass. Continuous drill.

Progression – add second offensive player and work on creating offense, moving toward puck, takeovers. Defensive player works on keeping stick in passing lanes and body position.



GAME

Defend the Net Front Game with 2 Points

(10 minutes)

Play 3v3. Before they can shoot at their designated net, they must pass to one of their point players. The point player must pass to partner who can shoot or pass but must do so by two touching the puck (one touch stops it, second touch moves it). Players who are defending must defend the players at the net front, not the point players. Attacking forwards should get to the net for tips and screens.

14U Practice Plan 7

Date: Mid-Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

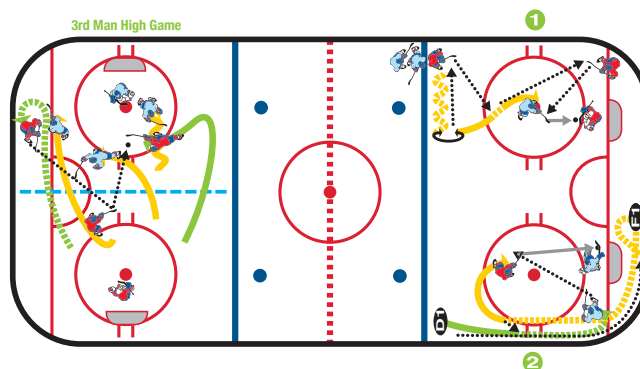
(6 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Third-Player High Game

(10 minutes)

Play 3v3 but the last attacking player cannot pass the halfway line. This leaves the attacking team with a 2v3 situation in the offensive half of the zone. The players on offense can use the third player high as an outlet if they would like, but he/she cannot enter the zone. Emphasizes the third forward reading as a high man in the attacking zone.



STATIONS

Station 1: Czech Agility Shooting

(8 minutes)

Player 1 pulls puck across blue line and passes back to player 2 in line, player 1 pivots to outside and gets pass back from player 2. Player 1 now passes to player 3 for a quick give-and-go. Player 1 one times it on net. 1 becomes 3, 3 goes to line, 2 becomes 1.

Station 2: High Roll Shooting

(8 minutes)

D1 rims a puck to F1 behind the net. F1 picks it off the runner properly with his/her stick and protects the puck and cuts back to the corner. F1 continues up the wall with the puck at which point D1 moves down the wall. F1 stays to the inside and exchanges it with D1. D1 carries it to the goal line extended and hits F1 in the high slot for a scoring attempt. Have players play both F/D positions, have a line for each position.

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Station 3: 1v1 Backcheck Game

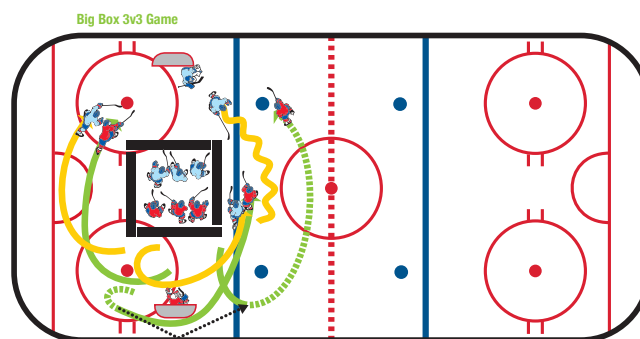
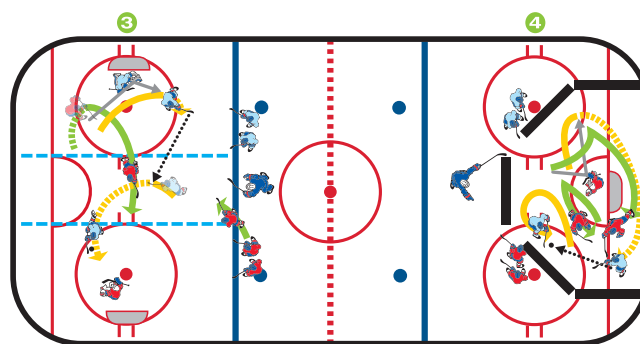
(8 minutes)

Players start by attacking 1v0 with one opposing player backchecking. When the backchecker gains possession of the puck, they break out a player on their team waiting to attack the other way. After the offensive player is stopped, they become the backchecker. Shift goes offense, backcheck to defense, breakout your team and change.

Station 4: 2v2 Clear Below the Goal Line

(8 minutes)

Play 2v2 in a tight area and before they can go on offense, they must take the puck below the goal line. On every change of possession, the puck goes below the goal line to promote switches on coverage and identification.



GAME

Big Box 3v3 Game

(10 minutes)

Play at both ends. Use center red line to divide the ice. The big box acts as a barrier that players must negotiate with skating and puck support skills. Encourage 3v3 play with pace and transition. The game will force offensive players away from the puck to skate hard to join the rush on the opposite side of the box. Coach players to attack with urgency when turnovers occur.

14U Practice Plan 8

Date: Late Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Forecheck Game

(10 minutes)

Play 3v3 and before they can attack the opposition's net, they must skate the puck behind their own net. The team without the puck must forecheck the team that is skating the puck behind its own net. Emphasize good angles and reading and reacting.

STATIONS

Station 1: Angling Drill

(8 minutes)

Coach shoots a puck on goalie. Player picks it up and wheels the net and drives toward the opposing net. The opposing player must go through the circle and angle the other player out of the play.

Station 2: Cross-Fire Passing

(8 minutes)

Coach forms a box with tires or cones. Players compete 2v2 within the box, and on the outside of the box, the players have teammates on opposite sides. The blue players can only pass to blue and green can only pass to green. Teams get a point for completing passes from one side of the box to the other. Players must make a pass to a player within the box first. Two points are attained if both players in the box touch the puck before getting it to the other side.

Station 3: 1v1 with Activation

(8 minutes)

F1 receives a pass from D1 and skates up around the line drawn down the middle. F1 attacks D1 on a 1v1. On the whistle, F2 receives a pass from D2 and skates up around the mid line and attacks 1v1. Progression to 2v2 – when coach blows whistle to activate F2 and D2, D1 joins F2 on offense and F1 backchecks to make it a 2v2 situation.

GAMES

4v2 Tight Areas

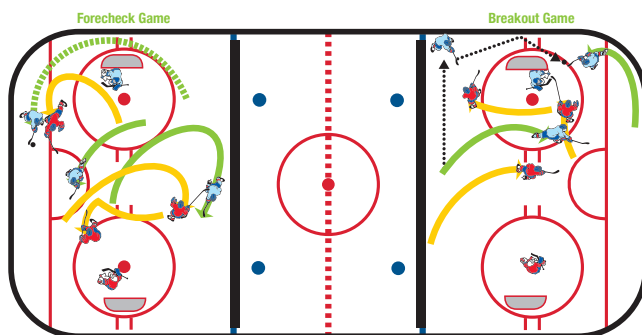
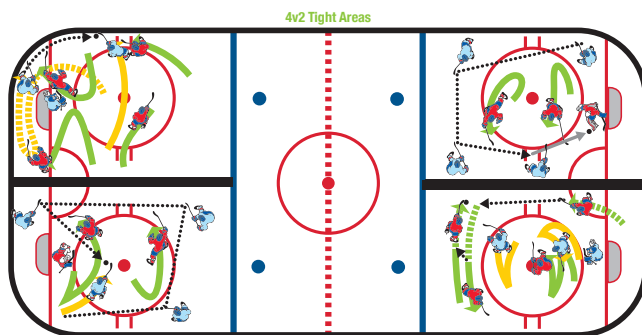
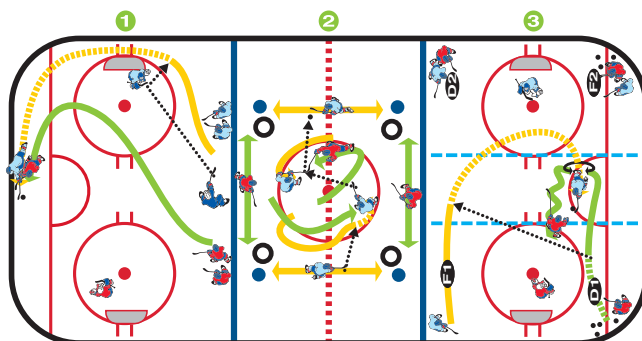
(10 minutes)

Play 4v2 in a sixth of the ice. If the 2 defensive players gain possession, they must try to maintain possession, forcing the offensive players to regain possession of the puck by outnumbering it. First team to score 3 goals wins.

Breakout Game

(10 minutes)

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 its own net. Emphasize good angles and reading and reacting.



14U Practice Plan 9

Date: Late Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

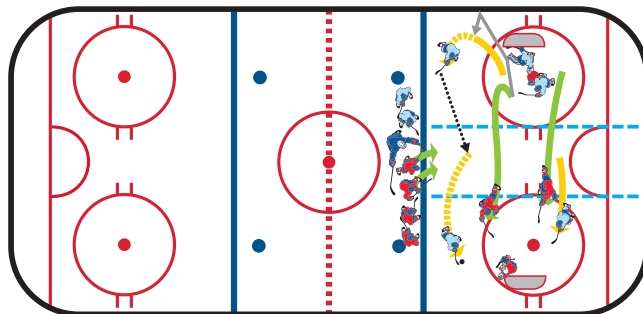
(6 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

Backcheck Game

(9 minutes)

Players start by attacking 2v0 with 2 backcheckers. 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.



STATIONS

Station 1: Quad Passing with Shot (Both Sides)

(8 minutes)

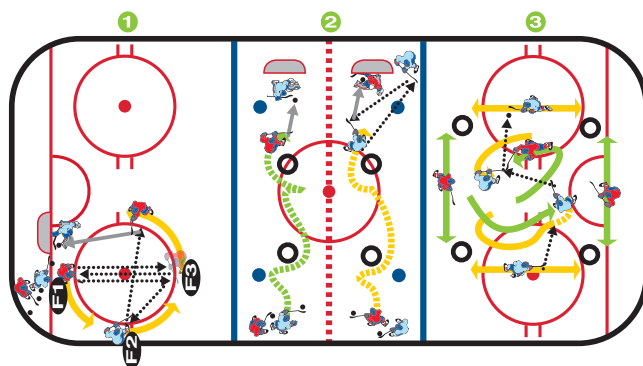
Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who catches and shoots (or one-times) without stickhandling.

Station 2: Underhandle Shooting

(8 minutes)

All moves are performed with the puck on the forehand only

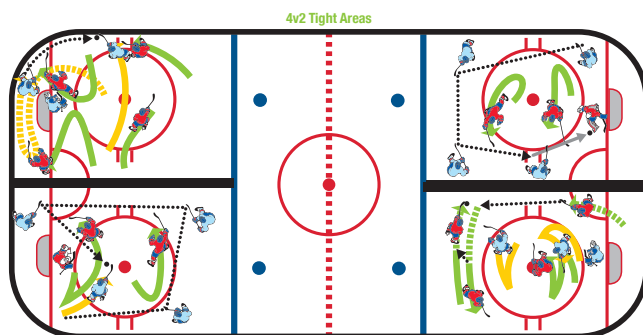
1. Toe drag at first tire; pull/push and shoot at second tire.
2. Pull/push at first tire, toe drag and give-and-go at the second tire.



Station 3: Cross-Fire Passing

(8 minutes)

Coach forms a box with tires or cones. Players compete 2v2 within the box, and on the outside of the box, the players have teammates on opposite sides. The blue players can only pass to blue and green can only pass to green. Teams get a point for completing passes from one side of the box to the other. Players must make a pass to a player within the the box first. Two points are attained if both players in the box touch the puck before getting it to the other side.



GAMES

Face-Off Competition/Live Action

(10 minutes)

Play 5v5 in zone starting with a face-off. Teams earn points in the following manner:

- Face-off possession = 1 point
- Shot on net = 1 point
- Goal = 2 points
- Skating puck out of zone for defenders = 1 point
- Blocked shot = 1 point

4v2 Tight Areas

(10 minutes)

Play 4v2 in a sixth of the ice. If the 2 defensive players gain possession, they must try to maintain possession, forcing the offensive players to regain possession of the puck by outnumbering it. First team to score 3 goals wins.

14U Practice Plan 10

Date: Late Season

Time: 60 minutes

Number of Players: 20-40

Practice Theme/Goals: Skating, passing, receiving, body contact, hockey concepts, fun

Equipment Required: Nets (4), pucks, tires, coaches (4-8)

WARMUP

Free Play

(5 minutes)

Let players do whatever they want to do (skate, stickhandle, shoot, pass, etc.). Make it fun.

3v3 Neutral Zone Game

(10 minutes)

Play 3v3 within the neutral zone. Any time a goal is scored, the goalie covers a puck, or the puck leaves the zone, the coach on that end passes to a player on his/her side to start a transition play.

STATIONS

Station 1: Player's Choice 1v1

(7 minutes)

Run drill on both sides. Place two pucks high in the zone, between the circle and the blue line. One player is designated offense and the other is designated defense. On the coach's command, the offensive player skates from the top of the circle and stops on the face-off dot. He or she can then choose which puck to play first. The defender (who starts at bottom of circle) activates when the offensive player stops on the dot. They battle 1v1. On coach's second command, the first puck is dead and the offensive player retreats for the second puck. The defender again gaps up and plays the 1v1. The defender focuses on taking away time and space, stick-on-puck defense, body position and initiating contact. The offensive player uses puck protection, creativity and deception skills to get to the net for scoring opportunities.

Station 2: Tika Taka Passing

(7 minutes)

Player 1 passes to player 2, who opens up around the tire and passes to player 1 who has skated to the middle tire. They perform a give-and-go and player 2 passes to player 3. 1 becomes 2, 3 becomes 1 and drill is continuous.

Station 3: 50/50 to 2v1 with Backchecker

(7 minutes)

Coach dumps a puck in and players battle for the 50/50 puck. The player that wins the puck passes back to teammate and they attack 2v1. After a second, the next player in line for the other team backchecks to turn it into a 2v2. Play it out until either a goal is scored or the defending team skates the puck out.

• • • • •

Station 4: Angling Drill

(7 minutes)

Coach shoots a puck on goalie. Player picks it up and wheels the net and drives toward the opposing net. The opposing player must go through the circle and angle the other player out of the play.

Station 5: Royal Road 3v2

(7 minutes)

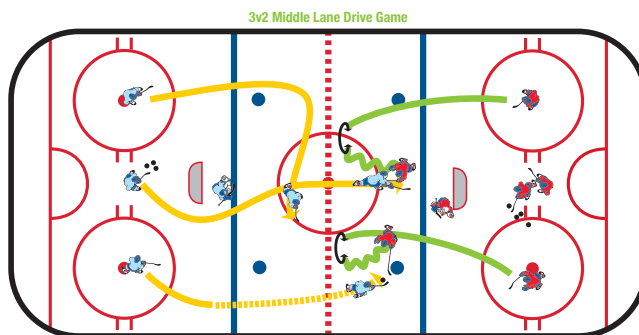
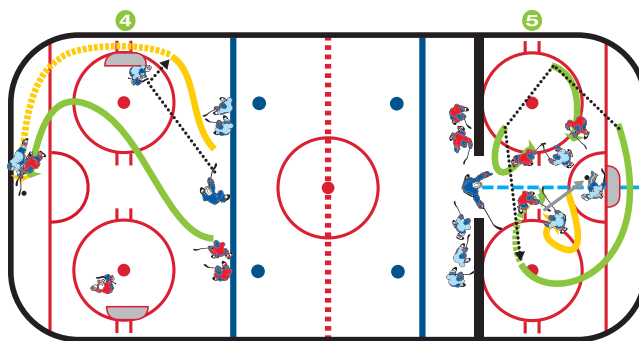
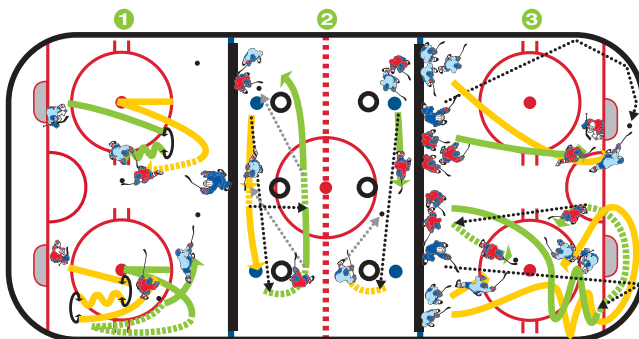
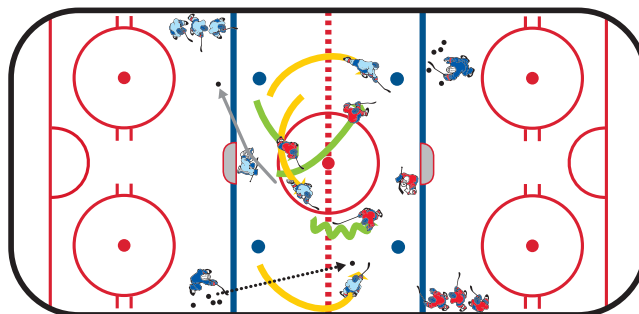
Players compete 3v2 from the tops of the circles down. Before they can attempt to score, they must make a pass over the drawn center line which signifies the Royal Road.

GAME

3v2 Middle Lane Drive Game

(10 minutes)

When coach says "Go," the center passes to a wing (before the blue line) who drives down the wall. The center drives the middle lane to the net while the far wing buys time and becomes the trailer. While this is happening, the opposing team has two players gap up to the red line and play it as a 3v2. On the whistle, the 3v2 starts from the opposing side.



Cool Down

POST-GAME/PRACTICE COOL DOWN

STEP 1 Five minutes of active cool down (jog, soccer, etc.).

STEP 2 Ten minutes of static stretching or substitute with foam roller (if available) on all muscle groups (pick three activities).

1. **Kneeling** (*1 leg forward*).
2. **Hip Flexor Stretch** (*hold 15 seconds*) – alternate legs; 2 reps each.
3. **Long Sitting Hamstring Stretch** (*hold 15 seconds*) – 2 reps.
4. **Legs Spread** – lean forward to center, then to left and to the right. Hold 15 seconds for each location and perform 2 reps each.
5. **Sitting Piriformis Stretch** – start with your left leg straight and your right leg over left. Hold for 15 seconds and perform for 2 reps each.
6. **Supine, Arms Out 90 Degrees** – lay down, then bring your right toe up and over to left hand. Hold for 15 seconds, then alternate and repeat for 2 reps each.
7. **Hamstring Stretch** – lay on back, bring your right toe straight up, use your left hand to touch your right toes. Move slowly, alternate legs and repeat for 15 reps. Be sure to keep the leg as straight as possible with an emphasis on reaching with your opposite hand to work the core.
8. **Core** – crunches; 15-30 reps.

SECTION 3

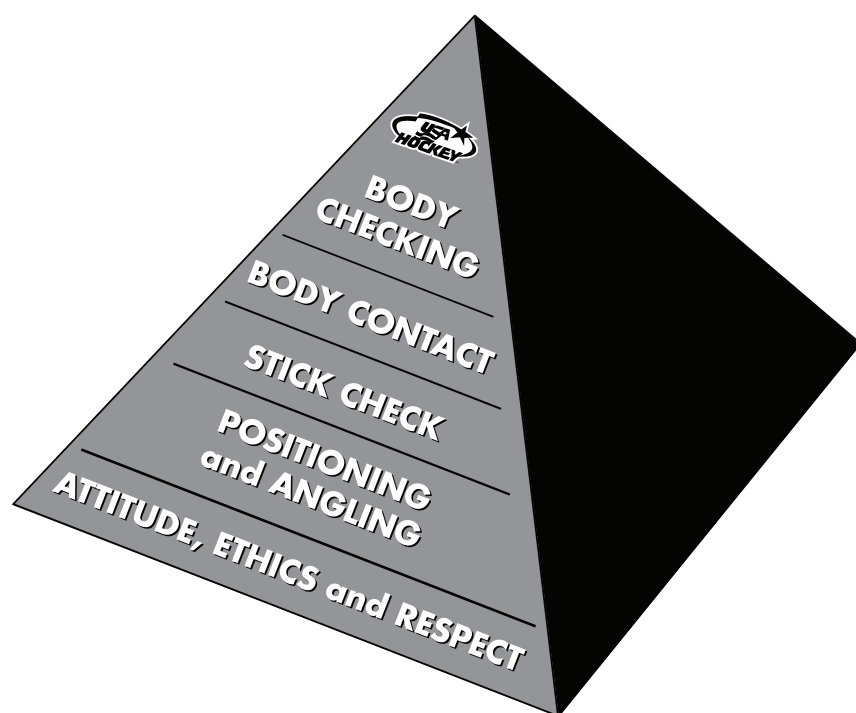
Areas of Focus



Body Contact

TEACHING POINTS

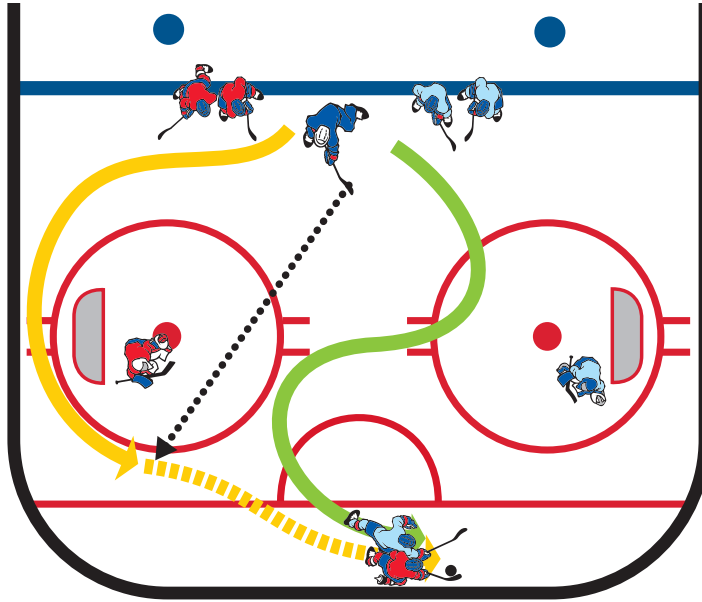
- Proper technique and timing.
- Recognize developing situations (anticipation and awareness).
- Understanding of proper gap, steering methods and active stick.
- Use of speed and timing; reading the ice.
- Importance of puck possession.
- Understanding when to close.
- Be respectful of opponents (understanding of dangerous hits and the purpose of body contact).



WHERE TO START

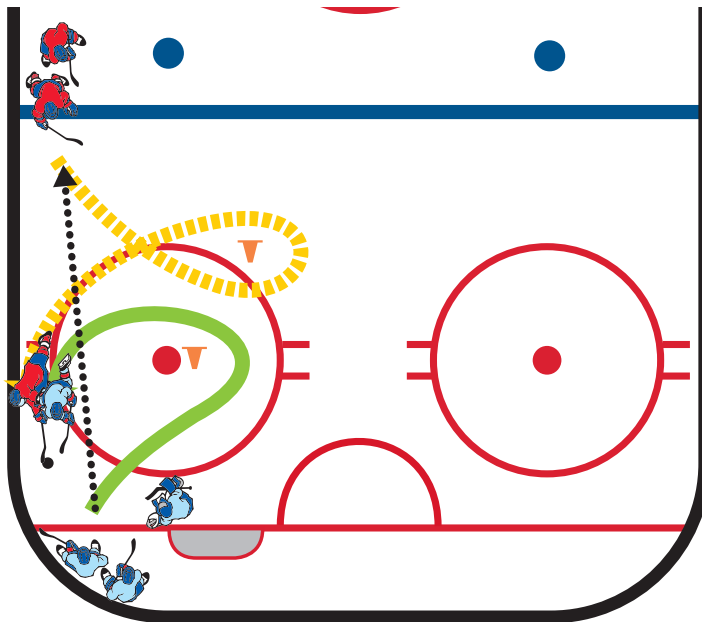
End Zone Angling/Drive Drill

Coach spots puck in one corner, O picks up the puck and drives to the net to score as diagrammed. X gaps up to take away ice and angles. Stick on stick, body on body. Alternate sides for coach's dump in. Players alternate lines.



Open Ice Angling

X begins with the puck and makes a pass to O, who starts at the blue line against the boards. O takes off, skates around the cone and attacks down the wall. X skates around the cone near the dot and then angles O into the corner. X uses timing, stick-on-puck and skating skills to close and pin.

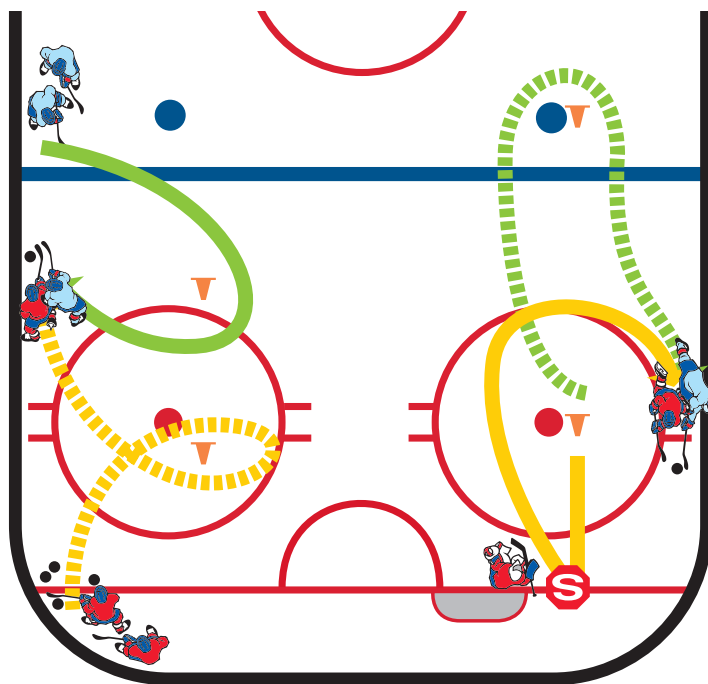


Angling Up and Down the Wall

Player X skates clockwise around the cone, trying to gain the blue line. Player O skates around the near cone clockwise at an angle to steer Player X into the boards and take possession of the puck.

Gap Up and Angle

O sprints to touch the goal line and then gaps up ice angling X outside of the Grade-A shooting and scoring area. Player X skates up ice around a cone with the puck when Player O initiates start of drill and tries to get a shot off or drives to the net for a scoring opportunity.



FOR ADDITIONAL INFORMATION ON BODY CONTACT,
ACCESS THE *CHECKING THE RIGHT WAY* MANUAL:

<http://bit.ly/2iEO7Cr>

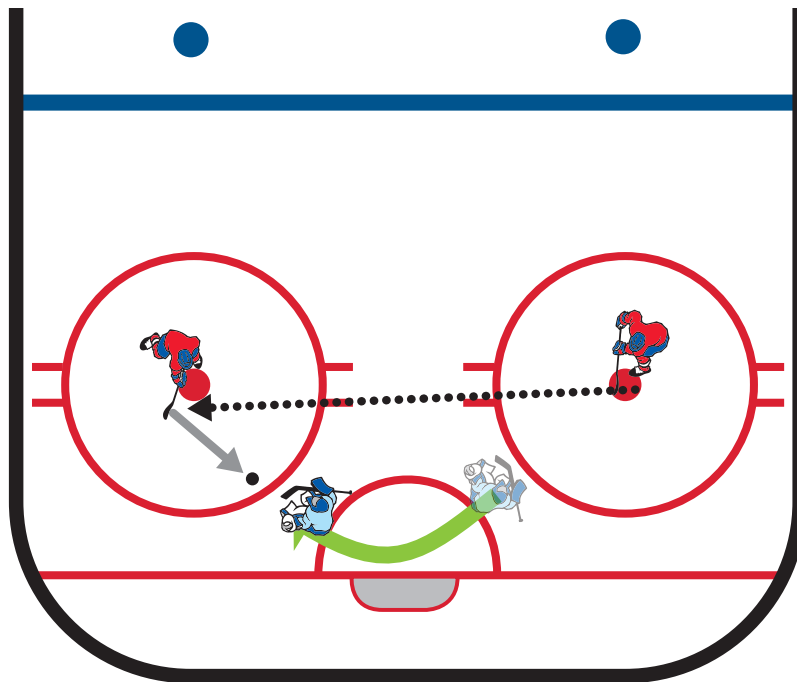
Goaltending

The 14U goaltender should be proficient in stance, depth, stickhandling, lateral standing movement technique and fundamental save techniques. All fundamentals must be practiced on a daily basis in order to develop consistent goalies. At this age, every practice should begin with goalies doing one movement drill and one fundamental save drill.

Add these concepts to drills with all players as well as to goaltender-specific drills.

MOVEMENT

- Focus on effective lateral movement while standing. This begins with being square to the puck when it is passed from dot to dot or all the way through the house.
- Goalies can t-push or shuffle. Focus on getting into position with one push without sliding.
- This will be difficult, so adjust the location of the shooter to challenge the goalie without encouraging bad habits.



POSITIONING

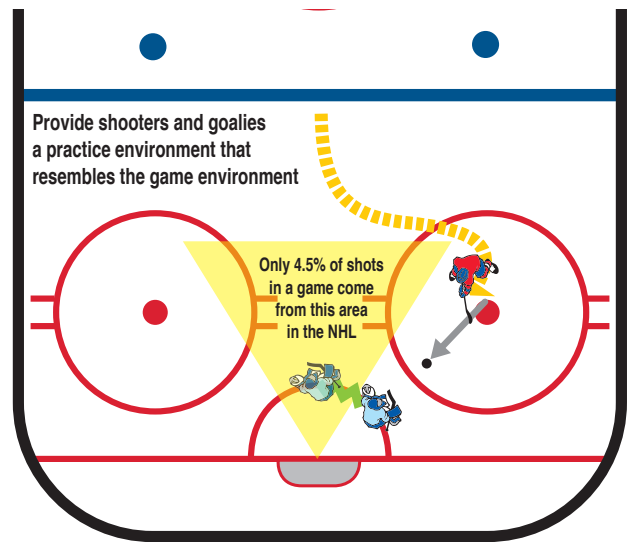
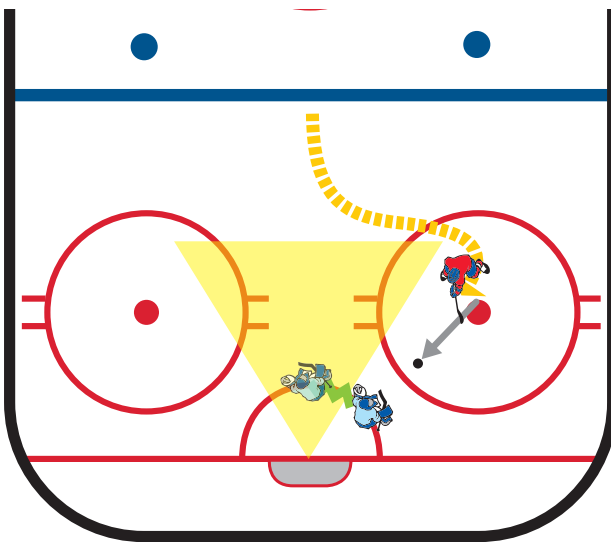
Introduce the concept of the reverse horizontal vertical (RHV). This pre-shot position is used when a play originates from below the goal line and there is an immediate threat of a wrap or jam play. This position can be over-used, so it's important for coaches to recognize it. This is NOT a default recovery position when pucks go below the goal line.

Seal the post. Practice the transition both in and out. Beware of goalies who simply stay in this position. Make sure they get back to their feet whenever possible.



SHOT LOCATION

- Make sure the goalies are seeing shots from various locations.



FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:

<http://www.USAHockeyGoaltending.com>

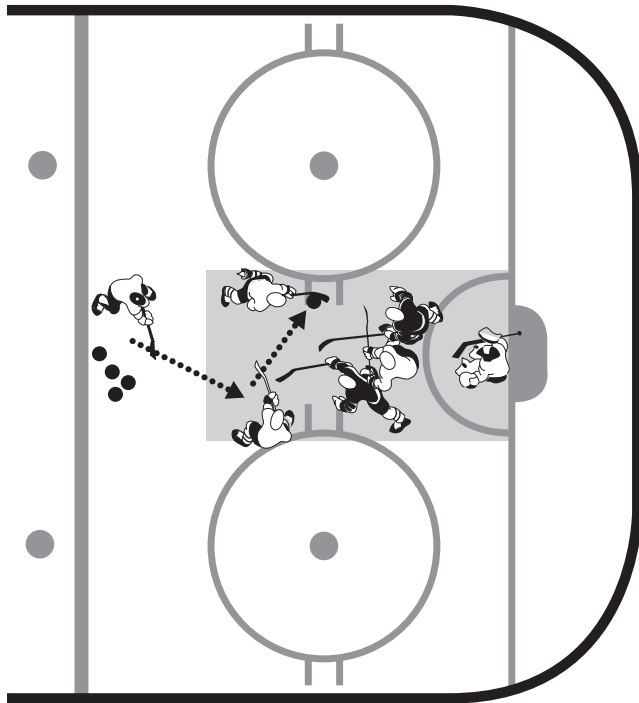
Small-Area Games

Competitive small-area games not only force players into tight competitive quarters, they also encourage players to battle hard for the puck while at the same time having lots of fun. Similar to how kids benefited from free-play and skating/competing on frozen ponds, these games help simulate game situations and develop valuable skills.

Utilizing small-area games provides many advantages. First and foremost, the games are designed to provide an environment to help players make quicker decisions. Small-area games also simulate intense game shifts and provide an excellent form of conditioning in practice.

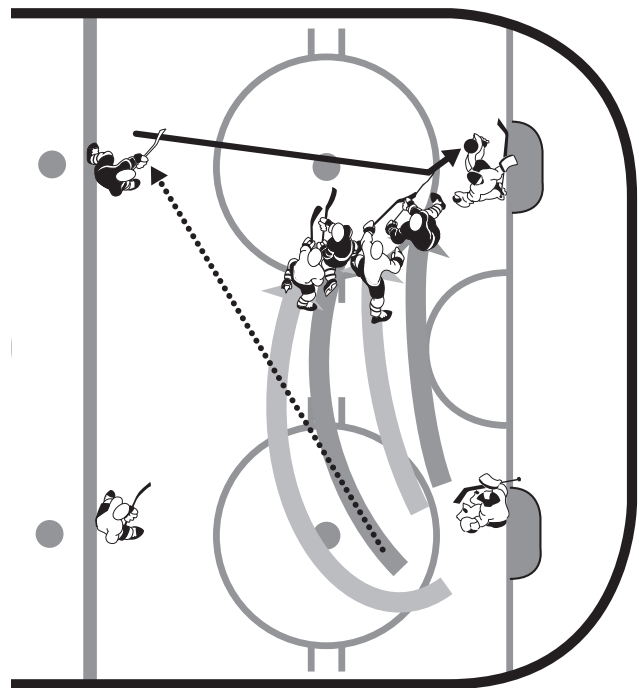
BETWEEN THE CIRCLES 3-ON-2

Place the net in its regular crease area. Place three offensive players between the circles and two defensemen. The offensive players try to score with quick puck movement while the defenders try to stop them. After a goal or a puck clearing, the coach passes a new puck to the offensive players. Change players after five pucks have been used.



HIGH/LOW 2-ON-2 TIP-INS

Divide the players into two teams and place one player per team at the blue line. Using two nets, players play a 2-on-2 in front. When the top player has the puck, they wait for a teammate to get in front for a tip-in. Goals only count if they are tipped-in. After each goal, the team that scores keeps possession of the puck. Players hustle from side to side playing offense or defense depending which point player has the puck. Change every 40 seconds.



FOR MORE SMALL-AREA GAMES, PLEASE VISIT:

<http://bit.ly/2wd94ZU>

Dryland Training

USA Hockey provides dryland training cards with age-appropriate exercises and guidelines to help every player become a physically-literate athlete. We must first develop athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players. By incorporating principles of Long-Term Athlete Development (LTAD), USA Hockey's American Development Model (ADM) allows coaches to utilize training, competition and recovery programming appropriate to the biological development of their players.

The ADM is a life-long athletic performance development model. The development of fundamental movement skills and fundamental sport skills is critical if young athletes are to feel confident about physical activity. All sports begin with basic fundamental movement and core sports skills. The ABCs of athleticism include agility, balance, coordination and speed, while fundamental movement skills include running, jumping, skating and throwing. Studies have shown that children who have a strong, broad-based foundation in the fundamental movements and sports skills from a variety of sports increase their potential for future success in sports.

At the 14-and-Under age group, off-ice training tends to be more individual in nature based upon, growth, maturation and previous training history. Some players will be much more advanced than others based upon these factors. Having training programs that fit individual differences, designed by a qualified National Strength and Conditioning Association professional is recommended.

Below are two sample dryland training practice plans. Each drill is detailed on the following pages.

DRYLAND TRAINING PRACTICE PLANS

Instructions for use:

- Set up six stations, one for each exercise.
- Each station should have 1-2 coaches facilitating the activity whenever possible.
- Each station runs for approximately 5 minutes: 30-60 seconds of explanation and 4 minutes of exercise.
- Length of exercise is 30 seconds active and 30 seconds resting.

PRACTICE PLAN 1

Station 1: Monster Walk Twist

Station 2: Ladder: In-In-Out-Out

Station 3: Inch Worm

Station 4: Spiderman Climbs

Station 5: Hip Turns & Sprint

Station 6: Touch Passing

PRACTICE PLAN 2

Station 1: Body Weight Squat

Station 2: Plank Hold to Bridge

Station 3: Stationary Saucer Passing

Station 4: Ladder: Lateral 2 in the Hole

Station 5: Skipping Rope Patterns

Station 6: Bait, Cup & Go Around

FOR ADDITIONAL INFORMATION ON OFF-ICE TRAINING, PLEASE VISIT:

<http://bit.ly/2iDMAMQ>

PRACTICE PLAN 1

Station 1:
Monster Walk Twist

Station 2:
Ladder:
In-In-Out-Out

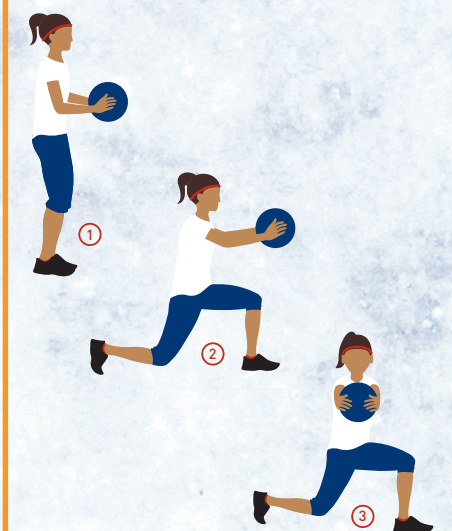
Station 3:
Inch Worm

Station 4:
Spiderman Climbs

Station 5:
Hip Turns & Sprint

Station 6:
Touch Passing

MONSTER WALK TWIST



MONSTER WALK TWIST

MOVEMENT

- Forward lunge, holding a soccer ball.
- Monster Walk Twist 10 yards.
- Alternate legs.

TECHNIQUE

1. Stand with feet shoulder width apart.
2. Hold soccer ball in front of body with elbows bent about 90 degrees.
3. Step forward with left foot into a lunge position.
- Be sure to keep knee over left foot and behind ankle; do not twist at the knee.
- From torso, twist upper body to the right-belly button should be at 3 o'clock.
- Arms are stretched straight out towards 3 o'clock.
- Maintain a slow and controlled movement throughout the exercise.
- Slowly move arms/ball to center and return to standing position.
- Step forward with the opposite foot.
- Twist to the other side-arms stretched out to 9 o'clock.

If players struggle with technique perform Monster Walk Twists without a ball.

ADVANCED

Use a 1lb, 2lb or 3lb medicine ball performing Monster Walk Twists. Do not add weight if technique diminishes.

PRACTICE PLAN 1

Station 1:
Monster Walk Twist

Station 2:
Ladder:
In-In-Out-Out

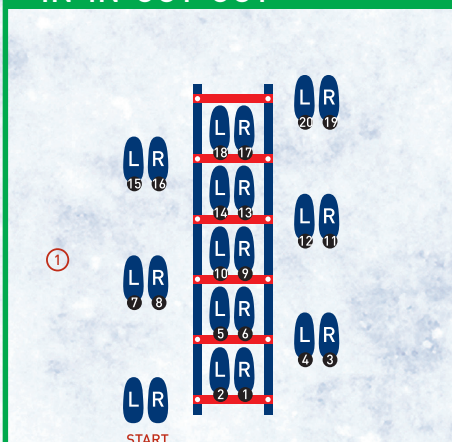
Station 3:
Inch Worm

Station 4:
Spiderman Climbs

Station 5:
Hip Turns & Sprint

Station 6:
Touch Passing

LADDER: IN-IN-OUT-OUT



LADDER: IN-IN-OUT-OUT

MOVEMENT

- Stand to the side at one end of the ladder with the ladder running vertical.
- 1. Step with one foot into the right square, followed by the opposite foot.
- Step forwards out of the square diagonally with the lead foot so that it is in front of the second square, follow with the trail foot.
- Repeat sequence down the ladder.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

PRACTICE PLAN 1

Station 1:
Monster
Walk Twist

Station 2:
Ladder:
In-In-Out-Out

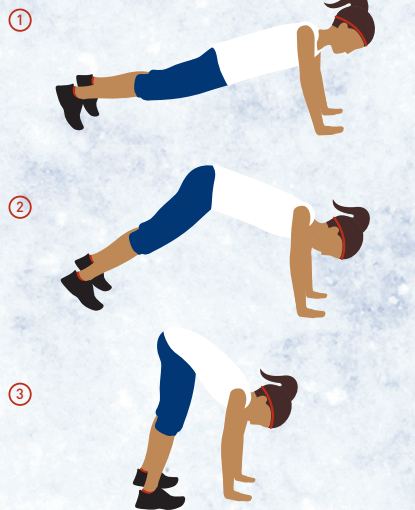
Station 3:
Inch Worm

Station 4:
Spiderman
Climbs

Station 5:
Hip Turns
& Sprint

Station 6:
Touch Passing

INCH WORM



INCH WORM

MOVEMENT

- ① Start in a push-up position.
- Back should form a flat bridge
- Perform 1 push-up.
- Lift hips to form a V.
- ②
- ③ Slowly walk feet to hands keeping knees straight.
- Repeat entire sequence.

Have players perform 5-10 Inch Worms.

REVERSE MOVEMENT

- Players start in a sandwich position.
- Place palms on ground outside feet.
- Walk feet backwards into push-up position.
- Perform one push-up.
- Walk hands back to feet.

Have players perform 5-10 reverse Inch Worms.

PRACTICE PLAN 1

Station 1:
Monster
Walk Twist

Station 2:
Ladder:
In-In-Out-Out

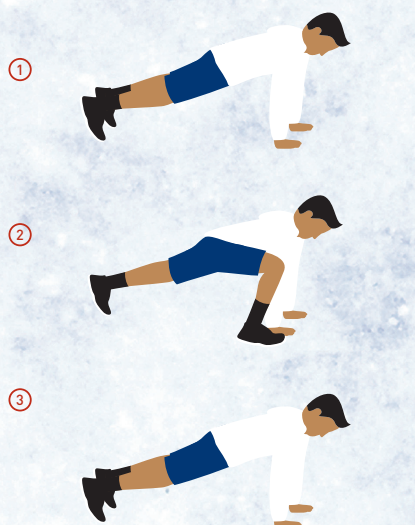
Station 3:
Inch Worm

Station 4:
Spiderman
Climbs

Station 5:
Hip Turns
& Sprint

Station 6:
Touch Passing

SPIDERMAN CLIMBS



SPIDERMAN CLIMBS

MOVEMENT

- ① Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
- Back should form a flat bridge.
- Pick up one foot off the ground.
- ② Slowly bring knee up outside right arm and place foot on the ground beside hand.
- Keeping abdominals braced.
- ③ Slowly return foot to starting position.
- Alternate sides.

Perform for 30 seconds, rest for 30 seconds. Repeat.

PRACTICE PLAN 1

Station 1:

Monster
Walk Twist

Station 2:

Ladder:
In-In-Out-Out

Station 3:

Inch Worm

Station 4:

Spiderman
Climbs

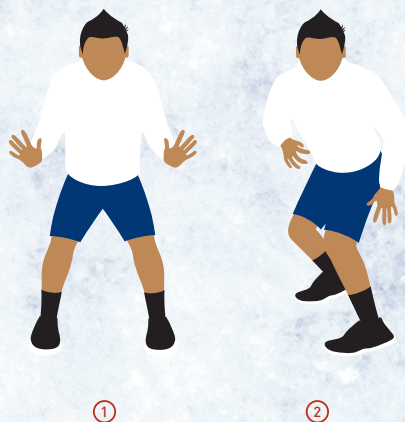
Station 5:

Hip Turns
& Sprint

Station 6:

Touch Passing

HIP TURNS & SPRINT



HIP TURNS & SPRINT

SETUP

- Stand facing coach with legs a little wider than shoulder width.
- Coach uses commands 1, 2, 3, reset.
- Turn hips/pivot 45 degrees to the left.
- ①
- ②
- Turn hips/pivots 45 degrees to the right.
- Sprint.
- Reset: stand facing coach with legs a little wider than shoulder width.
- Perform 1-4 hip turns to keep drill reactive, jog back to line.
- Repeat.

*Players should only turn hips. Shoulders should not turn.
To sprint players must cross-over feet to accelerate.*

PRACTICE PLAN 1

Station 1:

Monster
Walk Twist

Station 2:

Ladder:
In-In-Out-Out

Station 3:

Inch Worm

Station 4:

Spiderman
Climbs

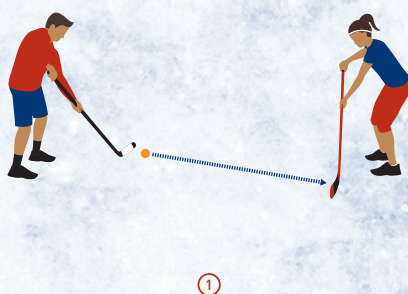
Station 5:

Hip Turns
& Sprint

Station 6:

Touch Passing

TOUCH PASSING



TOUCH PASSING

SETUP

- Players partner up.
- Stand 8-10 feet apart.
- Feet face partner.
- Use a hockey ball.

Touch Passing can only be done on the forehand and should be used to receive and pass the ball all in one motion. It can be used most effectively in a "give and go" situation where the passing distance is very short.

TECHNIQUE

- ①
- Bottom hand should be low on the shaft.
- Bear down, putting plenty of weight on bottom hand.
- The ball should be Touch Passed on the heel of the stick.
- This is the strongest part of the blade and it will eliminate bouncing.
- As the ball meets the stick player pushes through with bottom hand while pushing back with top hand quickly (push-pull action).
- The ball spins off the stick from heel to toe keeping the ball on the ground.
- Touch Pass ball in slow controlled movement.
- Players need to move feet and hands to one touch pass back to partner on forehand.

ADVANCED

As technique is learned players can pass harder and/or shorten distance between partners. Introduce 2 balls, Touch Passing. Player will need to lengthen the distance between partners and Touch Pass softer.

PRACTICE PLAN 2

Station 1:
Body Weight Squat

Station 2:
Plank Hold to Bridge

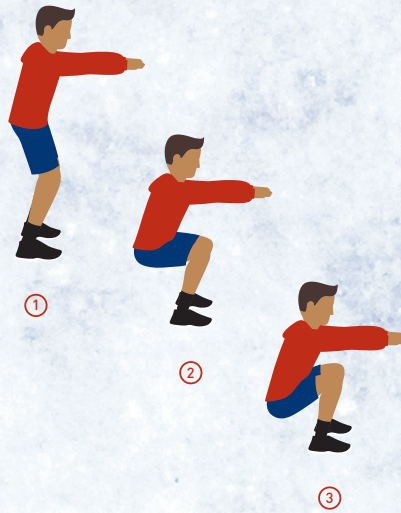
Station 3:
Stationary
Saucer Passing

Station 4:
Ladder: Lateral
2 in the Hole

Station 5:
Skipping Rope
Patterns

Station 6:
Bait, Cup &
Go Around

BODY WEIGHT SQUAT



BODY WEIGHT SQUAT

MOVEMENT

- Reach and hold hands straight out in front of body.
- Feet shoulder width apart with toes pointing straight ahead.
- Keep a tall chest and tight core.
- Keep heels on ground and breathe in while pushing hips back.

- 1 • Top-3/4 squat.
- 2 • Middle-90 degree squat.
- 3 • Bottom-heels on ground with glutes low to ground. Drive heels into ground. perform for 30 seconds and rest for 30 seconds.

REACTIVE

Lower body to 1 of the 3 positions on coach's command.

ADVANCED

Have players follow the leader, squatting together and counting backwards out loud to 10. Pick a pattern (bottom, top, middle...) and have players perform trying to execute together in sync.

PRACTICE PLAN 2

Station 1:
Body Weight Squat

Station 2:
Plank Hold to Bridge

Station 3:
Stationary
Saucer Passing

Station 4:
Ladder: Lateral
2 in the Hole

Station 5:
Skipping Rope
Patterns

Station 6:
Bait, Cup &
Go Around

PLANK HOLD TO BRIDGE

PLANK HOLD



PLANK TO BRIDGE



PLANK HOLD TO BRIDGE

PLANK HOLD MOVEMENT

- 1 • Begin with elbows under shoulders, hands in line with elbows and weight on forearms.
- Weight on toes and legs fully extended.
- Shoulders down and back with shoulder blades pinched.
- Core tight, tuck tail, squeeze glutes and draw belly button back into spine.

Perform for 30 seconds, rest for 30 seconds.

ADVANCED

PLANK TO BRIDGE PROGRESSION

- 1 • Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
- Back should form a flat bridge.
- Weight on toes and legs fully extended.
- Shoulders down and back with shoulder blades pinched.
- Core tight, tuck tail, squeeze glutes and draw belly button back into spine.
- 2 • With back slightly rounded move from push-up position to a plank position (hands to forearms).

PRACTICE PLAN 2

Station 1:
Body Weight
Squat

Station 2:
Plank Hold
to Bridge

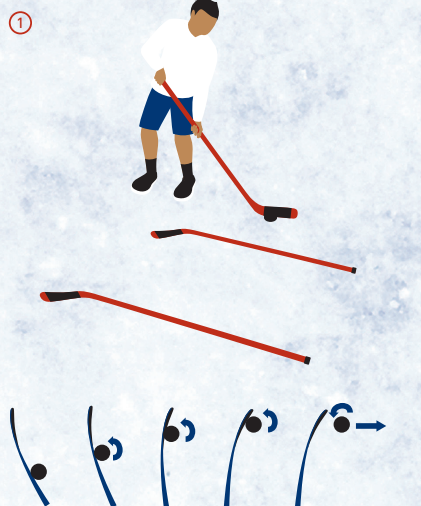
Station 3:
Stationary
Saucer Passing

Station 4:
Ladder: Lateral
2 in the Hole

Station 5:
Skipping Rope
Patterns

Station 6:
Bait, Cup &
Go Around

STATIONARY SAUCER PASSING



STATIONARY SAUCER PASSING

SETUP

- Set up 2 sticks on the player's forehand side of the body.
- Use a hockey puck.

TECHNIQUE

- 1 Similar to Touch Passing, the player pushes through with the bottom hand while pulling back with the top hand to open up the stick blade.
 - Keep the blade of the stick open as the puck spins off heel to the toe of blade.
 - This requires plenty of practice to develop the right touch.
 - Toes pointing forward, player Saucer Passes the puck over one stick at a time using a flip motion on forehand side of blade.
 - Return to starting position by saucer flipping the puck back over the obstacles using backhand side of the stick.

ADVANCED

Players partner up, stand 8-10 feet apart, lay a hockey stick between the players.

Players Saucer Pass over the stick to partner.

PRACTICE PLAN 2

Station 1:
Body Weight
Squat

Station 2:
Plank Hold
to Bridge

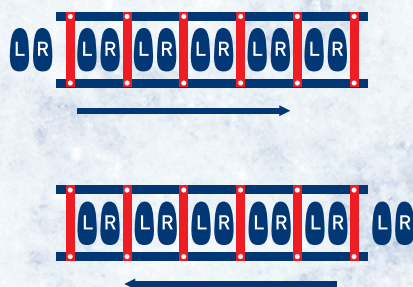
Station 3:
Stationary
Saucer Passing

Station 4:
Ladder: Lateral
2 in the Hole

Station 5:
Skipping Rope
Patterns

Station 6:
Bait, Cup &
Go Around

LADDER: LATERAL 2 IN THE HOLE



LADDER: LATERAL 2 IN THE HOLE

1 MOVEMENT

- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Shuffle laterally down the ladder, placing the lead foot in the square first then immediately followed by the other foot.
- Send next player when previous player reaches mid ladder.
- Jog back to line.
- Face other direction.
- Repeat.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

PRACTICE PLAN 2

Station 1:
Body Weight
Squat

Station 2:
Plank Hold
to Bridge

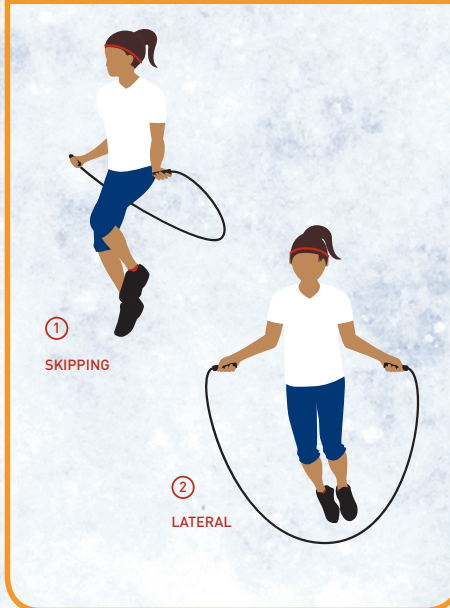
Station 3:
Stationary
Saucer Passing

Station 4:
Ladder: Lateral
2 in the Hole

Station 5:
Skipping Rope
Patterns

Station 6:
Bait, Cup &
Go Around

SKIPPING ROPE PATTERNS



SKIPPING ROPE PATTERNS

STATIONARY

Options for Jump Rope patterns:

- ① • Skipping (feet are staggered).
- Swinging rope backwards.
- ② • Lateral Jumps.
- Lateral skipping both directions.
- 1 foot hops with each foot, both directions.

MOVEMENT

- Set up two cones 20 yards apart.
- Skip forward, backwards, lateral, and 1 foot in all directions.

If too advanced, jump without rope.

PRACTICE PLAN 2

Station 1:
Body Weight
Squat

Station 2:
Plank Hold
to Bridge

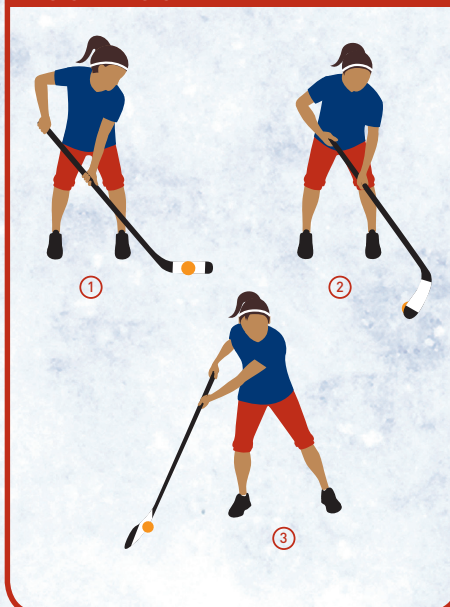
Station 3:
Stationary
Saucer Passing

Station 4:
Ladder: Lateral
2 in the Hole

Station 5:
Skipping Rope
Patterns

Station 6:
Bait, Cup &
Go Around

BAIT, CUP & GO AROUND



BAIT, CUP & GO AROUND

FOCUS

- Deception.
- Bait defensive player to poke check the ball, Cup ball and Go Around; beating defensemen by moving in opposite direction.
- Top hand wrist control.

MOVEMENT

- Quick short dribbles in front of body.
- ① • On forehand side of the body push ball away from body to entice opponent.
- ② • Quickly pull ball back using toe of blade.
- ③ • Extend reach to back hand as wide as possible.
- Repeat.

ADVANCED

Set up 5 cones 3-4 feet apart. Players walk through course: Bait, Cup and Go Around cones. As technique is perfected players can jog through course Bait, Cup, Go.

SECTION 4

Additional Resources



Additional Resources

USA HOCKEY WEBSITE

www.usahockey.com

USA HOCKEY COACHES PAGE

<http://www.usahockey.com/coaches>

USA HOCKEY MOBILE COACH APP

<http://www.usahockey.com/page/show/893678-usa-hockey-mobile-coach>

LONG-TERM ATHLETE DEVELOPMENT (LTAD)

<http://www.admkids.com/page/show/910488-long-term-athlete-development>

SKILL DEVELOPMENT

Skill Progressions for Youth Hockey

<http://www.usahockey.com/page/show/1510002-skill-progressions-for-youth-hockey>

Practice Plan Manuals

<http://www.usahockey.com/practiceplans>

ACTIVITY TRACKER

<http://www.admkids.com/page/show/977437-repetition-and-player-activity>

BODY CONTACT

Checking the Right Way Manual

http://assets.ngin.com/attachments/document/0042/2205/Checking_Manual_FINAL_15.pdf

GOALTENDING

<http://www.usahockeygoaltending.com/>

OFF-ICE TRAINING

<http://www.usahockey.com/page/show/893673-age-specific-training>

SMALL-AREA GAMES

Teaching Concepts Through Small-Area Games

http://assets.ngin.com/attachments/document/0065/0924/Teaching_Concepts_Through_Small-Area_Games_FINAL.pdf

USA Hockey Small-Area Competitive Games

<http://mobilecoach.usahockey.com/USAH/Manual0024/>

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