



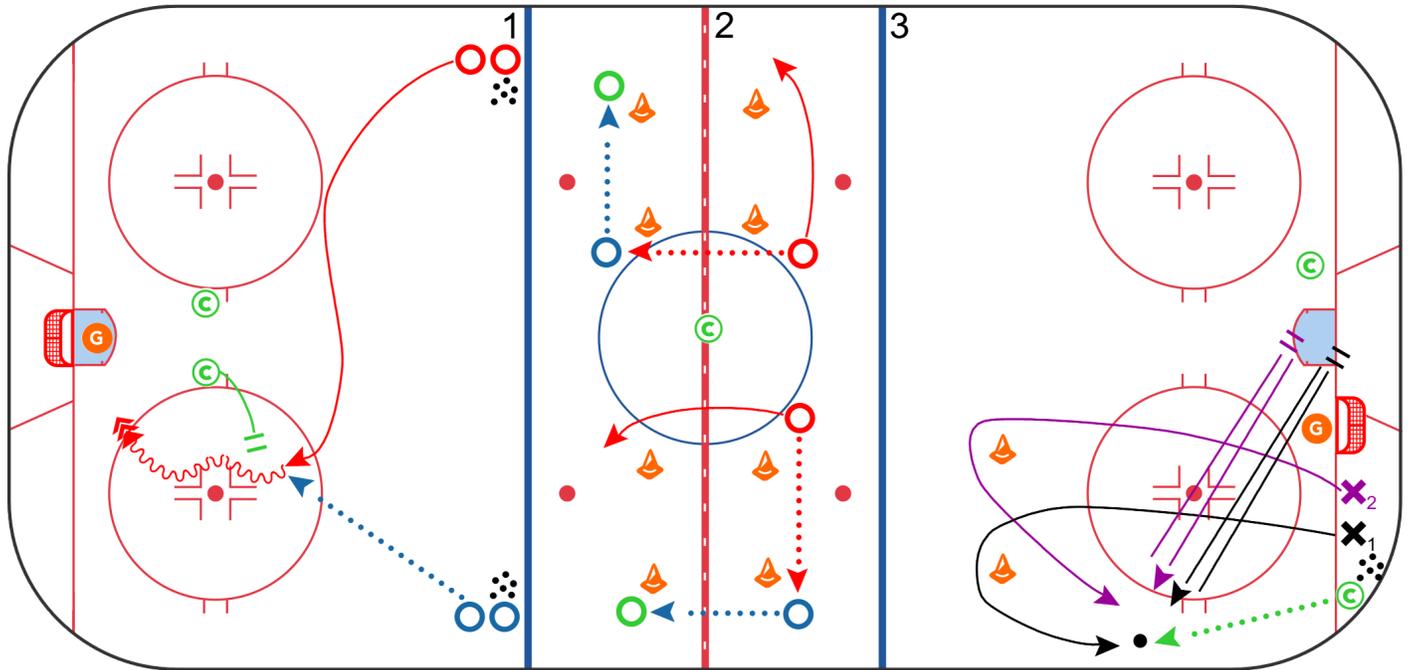
JSHL 10U, 12U & 14U #15 & #16

Duration: 60 mins

The practice plan is structured to run the three stations for the first 30 minutes. All coaches should work together, staff and volunteer, to facilitate the drills. Players may be mixed up in stations regardless of what team or they may be grouped by skill. Read over all drills for familiarity. Staff coaches will keep track of timing and directions for rotating stations. The last 30 minutes, team will split into half a sheet of ice each. Team coaches should lead their own drills with help of staff coaches. We have included some suggested drills and small area games in this plan that can be played during team time.

JSHL 10U, 12U, 14U PP15.16

30 mins

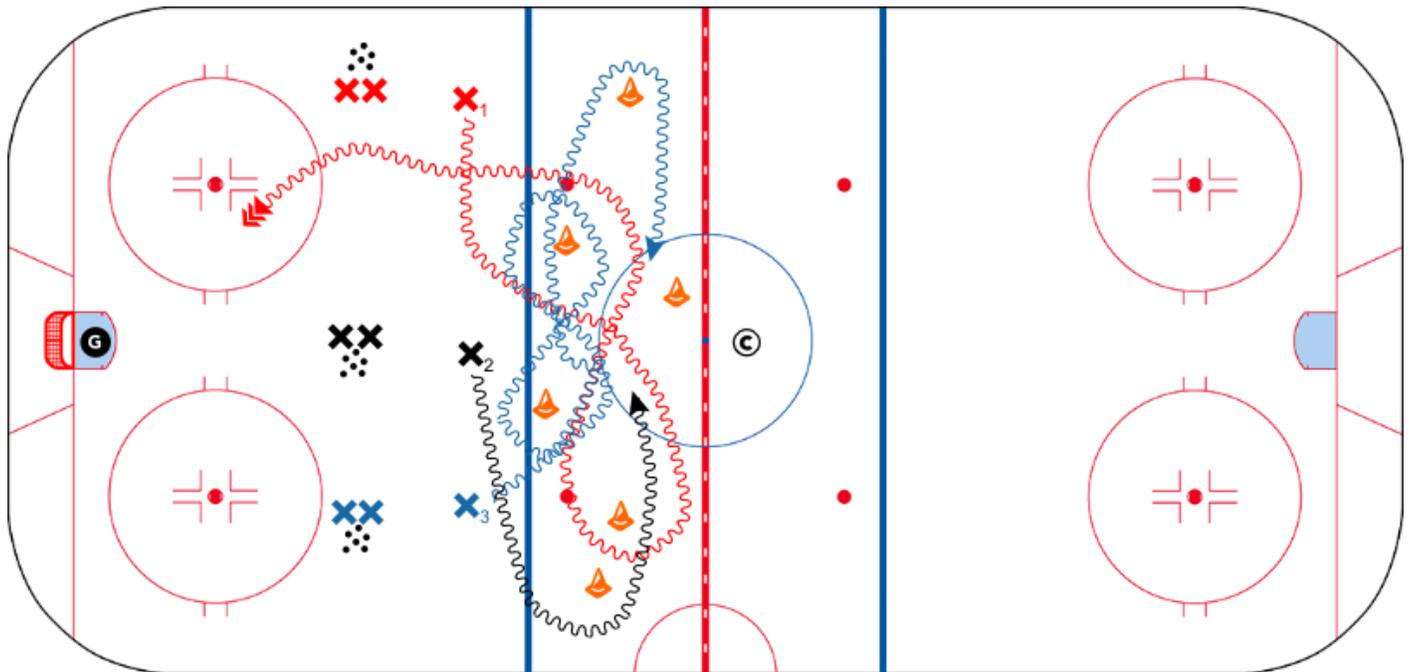


Description

- **1 | Net Drive** | Review net drive skills. Player leaves from blue line and skates across the ice to receive a pass from opposite line. They drive the net around coaches or token pressure from another player.
- **2 | Support Passing** | 4 pylons, 3 players. The players without the puck must move so the puck carrier always has two passing options on the outside of the box.
- **3 | Loose Puck Race 1vs1** | Players start race in corner, with coach spotting puck on boards. **X 1** turns around the outside pylon, while **X 2** takes the inside pylon. They battle for a shot on goal. After shot or whistle, players race to crease, stop, and then sprint back to half wall for a second spotted puck. They battle 1vs1 for a second shot on net.

Key Points

- Alternate sides on drives, driving towards the far post each time. Attack with speed, keep feet moving & protect the puck.
- Present a flat stick blade to the puck carrier. Be vocal when calling for and making passes.
- Shoulder checks and deceptive moves on puck retrievals.

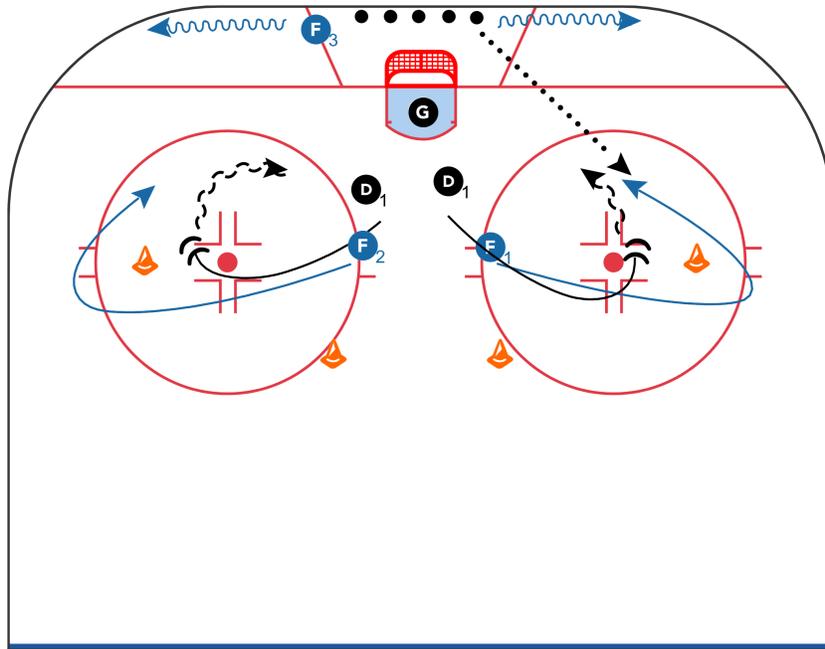


Description

- On whistle, first in each line skate between the blue and red with a puck - head up, stick handling the puck around cones and avoiding the other 2 players.
- Coach skates in the NZ and applies light pressure to make sure players have heads up.
- On first whistle, **X** 1 skates out of NZ and back into the zone and shoots on net making sure to avoid the lines. On 2 quick whistles, **X** 2 skates out of NZ back into the zone and shoots -> On 3 quick whistles, **X** 3 does the same.
- Finally, coach blows long whistle and the next 3 in line head into the NZ and stick handle around in the same space. If you have a goalie, very important to space your shots out.

Key Points

- Players, keeping head up through entire drill
- Coach, apply light stick pressure and follow play in NZ

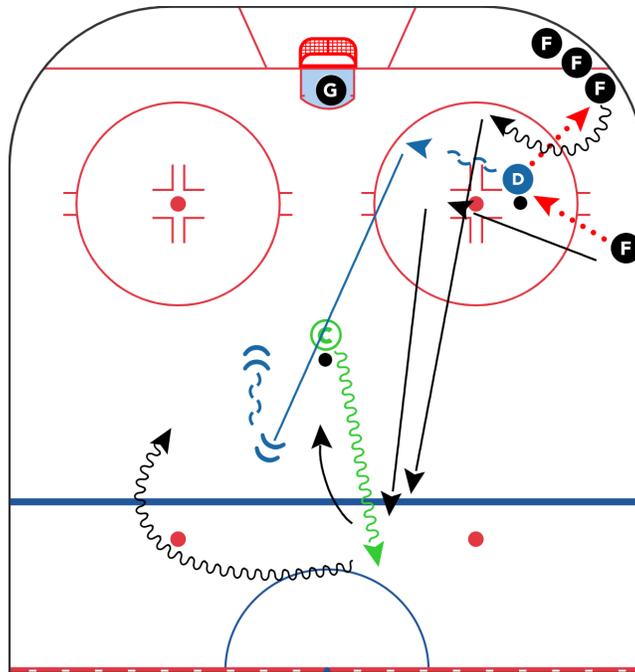


Description

- 5 pucks - **F** 3 stays below the goal line and looks to feed **F** 1 and **F** 2 for a shot (2 vs 1 net front).
- After the first puck or whistle from coach, **F** 1 & 2 around dot cones, **D** around the middle cones.
- **F** 3 moves below goal line looking for the forwards with second puck. This continues for pucks 3/4/5.

*Progression - 2 vs 2 situations or the forwards around middle cone, **D** around the dot cone.

NHLCA FEATURE DRILL
2022/2023 - Edmonton Oilers



Description

- The drill starts in the corner with the puck on the half wall.
- Forward pass to D1 and D1 to F2.
- Creating a 2v1 straight from the corner.
- Trying to attack as quickly as possible the net.
- The Ⓢ blows the whistle, and the middle Ⓢ starts skating toward the opposite zone.
- Both forwards are tracking hard on the Ⓢ and stealing the puck.
- D follows both forwards.
- When the forwards steal the puck, they tight turn and attack the defenceman for another 2v1, but this time, off the rush.

BLOG: Mitch Giguere
Training Camp 2023

Key Points

- communication
- moving skates
- supporting