



12U Advanced: 3 – Team Practice **Number of Players:** 45+ skaters & 4+ goalies

Practice Theme: Individual puck-handling skills, puck possession & awareness

Equipment: 8 tires, 4 nets

Time: 80 minutes

Warm-Up – Sharks and Minnows (10/10)

Select a few sharks to begin with as taggers. The sharks can only skate backward. Have the minnows start at one end and try to skate to opposite goal line without being tagged. If tagged, they become a shark.

Backward Tag (5/15)

Have players pair up with someone of similar skating ability. Start with one player skating backward and his partner attempting to tag him on the shoulder. If tagged, the roles are reversed with the new backward skater allowed a 3-second getaway. Continuous play for 5 min.

Puck Protection (5/20)

Keep the same pairs. Start with one player in physical contact with the puck carrier, directly behind him. Have players attempt to possess the puck in a small space positioning their body between the puck and the opponent. During rest intervals, have players pass with their partner (cannot stand still and must include a fake before passing). **Goalies:** Participate

3-Station Rotation @ 10 min (30/50)

1) 2v2 Possession – In groups of 4 players of similar ability, play 2v2 keep-away. During rest intervals have players pass within their group (cannot stand still and must include a fake before passing).

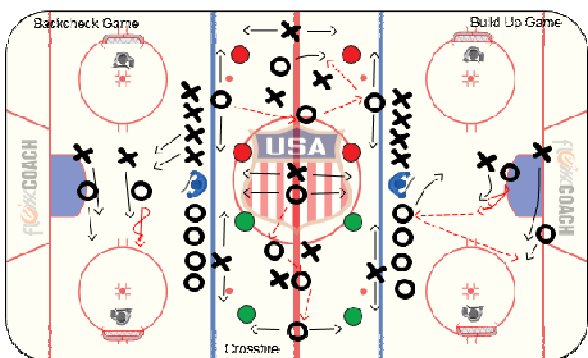
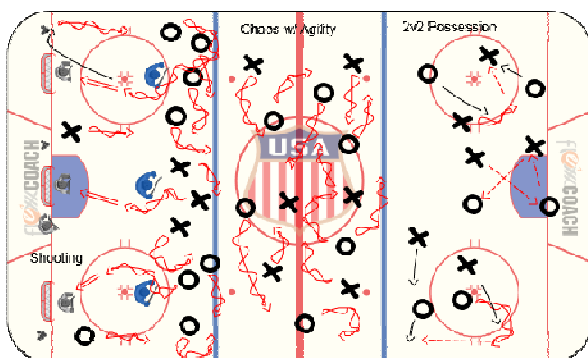
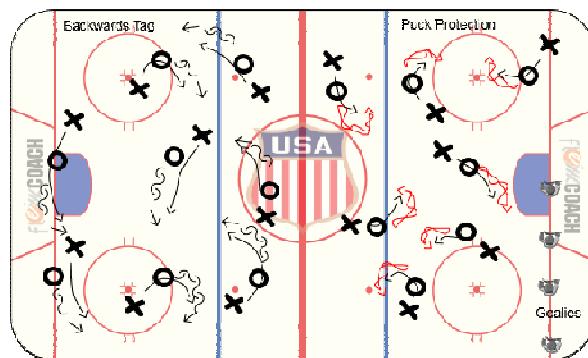
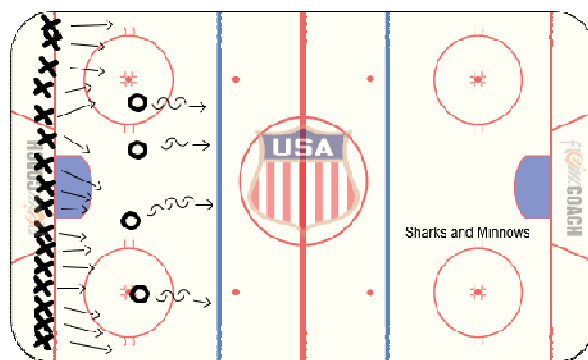
2) Chaos with Agility – All players have a puck skating around the zone. They are instructed to be creative with the puck and demonstrate fakes. On signal from the coach, they perform a designated agility twice then return to handling the puck around the zone. A) tight-turn figure 8 B) forward to backwards figure 8 C) stop-start both ways and accelerate for 5 hard strides. D) 360 tight turn each way. Continuous movement for 10 minutes.

3) Goalie Shots – Start with 3 nets and players in 3 groups above the top of the circles. Each player has a puck and must move around waiting for the goalie to signal for the net shooter. Players decide who shoots next. Must make a fake on the coach.

3-Station Rotation @ 10 min (30/80)

1) Build-Up Game – Start with a 2v2 loose puck race. The player that wins the puck can attack the opponent's net or pass back to his line to try to activate a second player. To activate, the player in line must successfully connect a direct pass back to his teammate. Each team can build up to 4 players per team. Play until a goal is scored.

2) Crossfire – Split into 2 teams of 4 players. Game starts with 2v2 in the middle of the square. Teams score points by completing passes from one side to another. 1 point for 1-player pass. 2 points for 2-player pass. Teach players on the outside of the square to move laterally to create passing lanes.



3) Backcheck Game – Players start by attacking 2v0 with 2 opposing players backchecking. When the backcheckers gain possession of the puck, they breakout two players on their team, who are moving to support. The two awaiting players cannot steal the puck; they must receive it from their active teammates. After the offensive players are stopped, they become the backcheckers. Shift goes from offense, to backcheck, to defense, breakout your team and change.