



Coaching Education Program

8-AND-UNDER PRACTICE PLANNER

The USA Hockey Coaching Education Program is presented by





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Table of Contents

Introduction.....	3
SECTION 1: Athlete Development.....	5
Long-Term Athlete Development.....	7
SECTION 2: Practice Planning	9
Warmup	11
Practice Plans.....	12
Cool Down.....	23
SECTION 3: Areas of Focus	25
Body Contact.....	27
Goaltending.....	29
Small-Area Games.....	31
Dryland Training	32
SECTION 4: Additional Resources.....	43

Introduction

This manual provides practice plans and materials needed for 8-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 Progression 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

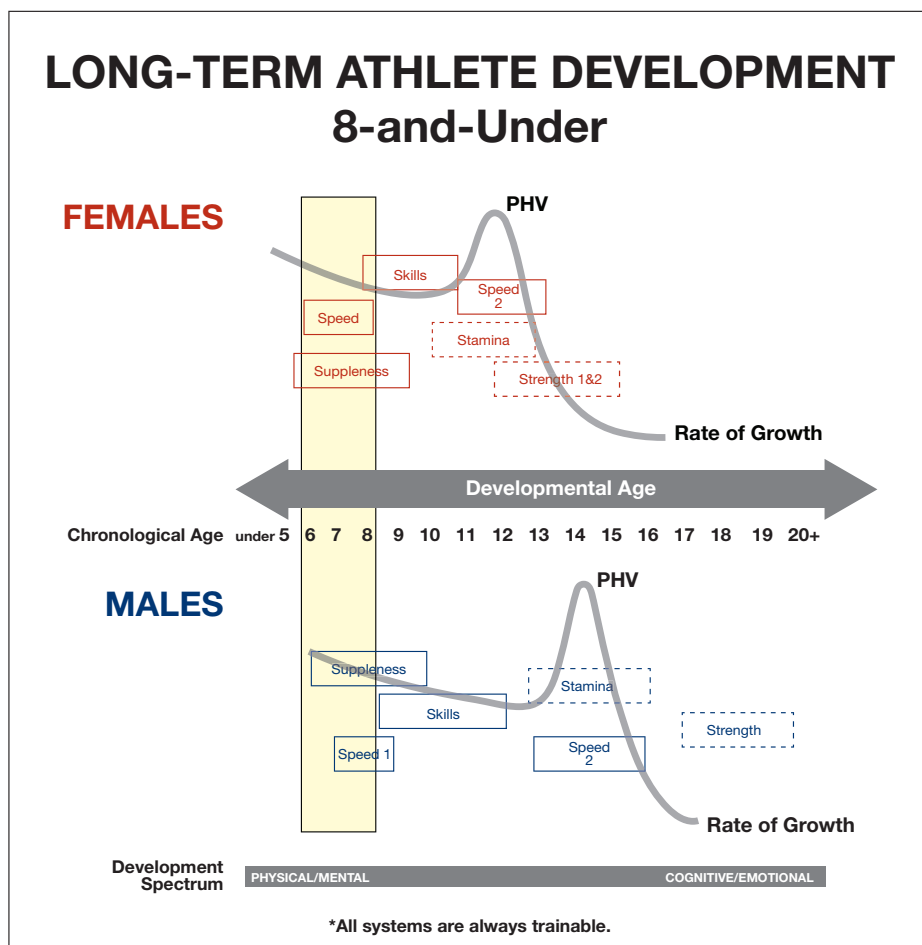
- Active Start – ages 0-6
- FUNdamentals – ages 6-8 (female) and 6-9 (male)

These stages focus on acquiring fundamental movement skills (running, jumping, kicking, etc.) and the development of physical literacy. Fun competitions are introduced in a team environment and the basic hockey skills of skating and puck control are introduced for optimal skill acquisition.

USA Hockey encourages activity that incorporates fundamental movement skills in the four environments that lead to physical literacy:

- In the water – swimming
- On the ground – athletics
- In the air – gymnastics
- On ice and snow – sliding (skating)

According to The Aspen Institute’s Project Play, physical literacy is the ability, confidence and desire to be physically active for life.



Balyi, E., Cardinal, C., Higgs, C., Norris, S., Way, R. (2010) Long-Term Athlete Development v2 - Canadian Sport For Life, Canadian Sports Centers, p27. ISBN 0-9738274-0-8

GOALS/DESIRED OUTCOMES

Put young athletes in an environment where they will **play**, **love** and **excel** at hockey.

- More puck touches. Smaller spaces mean more opportunity for a player to touch the puck and improve skills.
- Age-appropriate training. By scaling the ice to their level, children are more involved, more engaged and develop skills more efficiently.
- Increased competition. A smaller ice surface makes players of all skill levels think and act quicker, resulting in more frequent battles for the puck and hockey decision-making.
- FUN for all participants.

LTAD AND OPTIMAL WINDOWS OF TRAINABILITY

- Practice fundamental movement skills like running, jumping and swimming.
- Introduce the ABCs of athleticism – agility, balance, coordination and speed.
- Focus on flexibility.
- This is the first window for speed training with an emphasis on agility, quickness and change of direction. Bursts are less than 5 seconds in duration.
- Once a week, prior to or after practice, spend 30 minutes off-ice working on fundamental movement skills and the ABCs. Do this through games and challenging activities. Keep it fun.
- Play multiple sports (e.g., soccer, running, gymnastics, lacrosse, baseball, swimming, skiing, etc.).

AGE-APPROPRIATE TRAINING

- Keep players active. Station-based practices maximize ice time and repetitions.
- Design drills to focus on multiple skills and hockey situations.
- Use small-area games for individual skill development and to introduce basic concepts (puck pursuit, puck support).
- 30-60 players per practice session.
 - 2-3 ice touches per week
 - 50-minute ice sessions
 - 5 months = 20 weeks per season maximum
 - 50-60 ice touches per season (16-20 practices and 34-40 cross-ice games)
- 9-13 players per team; no full-time goalies

PRACTICE SHOULD FOCUS ON (*percentage of time listed after each*):

- Individual skill improvement (hockey skills, activities, and games) – 85%
- Hockey sense (teaching of concepts through small-area games) – 15%
- Tactics (team-play training) – 0%

**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** (*5 minutes*) – run/jog, tag, chase, mini soccer game, etc. Find fun activities that will keep younger kids moving.

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. **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.
8. **Soldiers** (*toe-to-hand kicks*) – extend both hands forward at shoulder height, stride forward and kick hand. Alternate feet/hands.
9. **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.

10. **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.
11. **Somersaults/Cartwheels** – spread lines out to create wide gaps between the athletes, as some may not be able to do these exercises in a straight line. Perform one length of somersaults and return one length with cartwheels.

Practice Plans

What to implement at the 8-and-Under level:

1. More puck touches.
2. Maximum ice utilization.
3. Increased competition and engagement for all players.
4. Fun for all participants.

Station-based practices will keep players active and engaged while utilizing the ice more efficiently. Players will receive more opportunities for individual coaching. They'll receive more repetitions which means more development. These best practices are designed to maximize activity in a fun and competitive environment. In addition to the core fundamentals (skating and stickhandling), players will develop contact confidence while battling for loose pucks in races and other small-area scenarios. Keep your players active and engaged. Players that have fun will want to return, and by getting them to return we can further their development.

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

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

Practice Plan 1

Date: Early Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, cones, nets (6), softballs (6-7)

WARMUP

Passing with Coaches

(5 minutes)

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board. Designate two additional coaches to set up stations.

STATIONS

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Skating (ABCs)

(6 minutes)

Have players put their sticks down in a row. They line up facing the sticks and perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, using edges to slalom between them.

Station 2: Stationary Passing

(6 minutes)

Players partner up, stand 8-10' apart and pass the softball back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. Softballs will encourage proper technique.

Station 3: Sharks and Minnows Tag

(6 minutes)

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 4: Slalom Puck Control

(6 minutes)

Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed.

Station 5: Shooting

(6 minutes)

Have players shoot against the boards. Work on proper wrist shot technique, shooting off the proper foot, and weight distribution. Players should stand sideways to the boards so that proper weight transfer is used. Start with the puck behind the back foot and sweep puck towards target.

Station 6: 1v1 Keep-Away

(6 minutes)

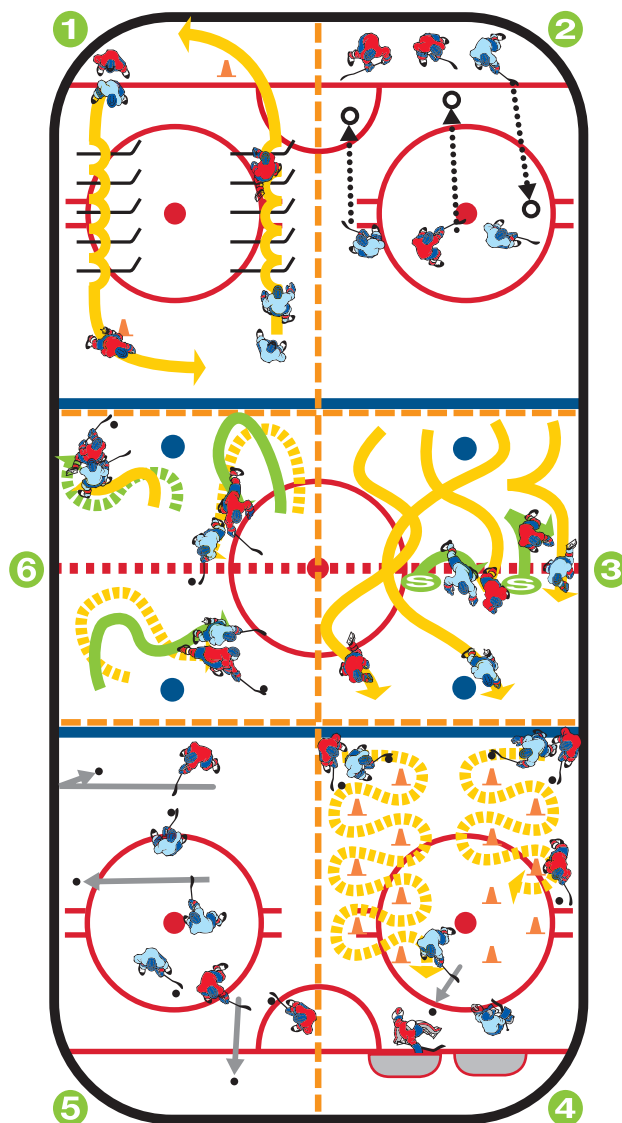
Have players play 1v1 keep-away in a tight area. Have multiple 1v1s going at once to encourage playing in traffic areas.

GAME

4v4 Cross-Ice Game

(9 minutes)

Play 4v4 cross-ice for the remaining time. Change every 30 seconds.



Practice Plan 2

Date: Early Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (6)

WARMUP

Passing with Coaches

(5 minutes)

Players skate around the rink with pucks and make passes to any coach. Coaches are stationed at various positions along the boards. Designate two additional coaches to set up stations.

STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Skating Edge Control (ABCs)

(6 minutes)

Swizzles, inside edges, outside edges, 2-foot slalom, inside edges pump, single-leg alternate edges, power jumps, swizzles out jump feet together. Practice the skill to the blue line and back.

Station 2: Puck Control

(6 minutes)

Slalom through cones and finish with wrist shot. For the more advanced players, stickhandle through the cones (or small tires) with the puck traveling on one side of the cone and the body on the opposite. This is a good coordination drill for puck control. Check to see that each player is holding his/her stick properly and that two hands are used to stickhandle.

Station 3: Tag with Both Feet on Ice

(6 minutes)

Players must push with inside edges and keep both feet on ice as they maneuver to escape the coach. If tagged, the tagged player drops to knees until a teammate skates a circle around him/her and is then set free.

Station 4: Passing Shuttle

(6 minutes)

Player with puck skates 3 strides, passes to opposite line and then skates to the back of that line. Next the player with the puck skates 3 strides and passes to opposite line. Work both forehand passing and backhand passing. Remember to sweep puck.

Station 5: 3v3 Tight Space

(6 minutes)

Play 3v3, change on whistle every 30 seconds.

Station 6: 1v1 or 2v2 Hit the Tire

(6 minutes)

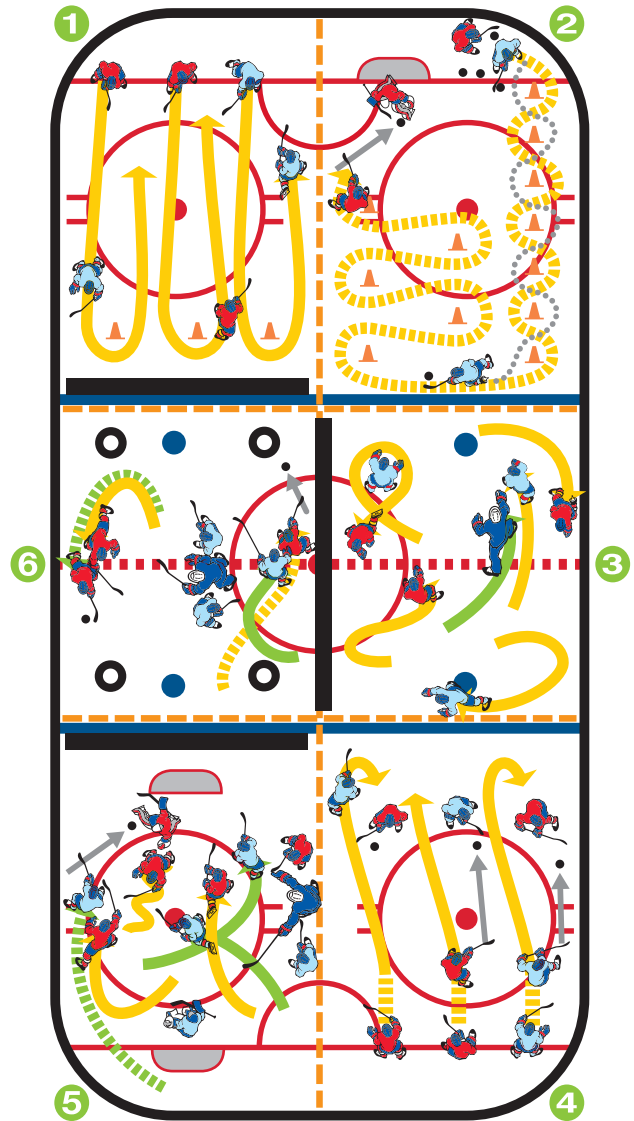
Pass the puck off the tire to score. The coach can have two 1v1s or 2v2s going on at the same time.

GAME

4v4 Cross-Ice Game

(9 minutes)

Play 4v4 cross-ice hockey in all three zones for the remaining time.



Practice Plan 3

Date: Early Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (6)

WARMUP

Stickhandling

(5 minutes)

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink. Coaches use this time to set up stations.

STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Forward Crossovers

(6 minutes)

Players skate around tires working on crossover skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 2: Net Tag

(6 minutes)

Player X attempts to evade player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops-and-starts. Use other obstacles like dividers or sets of tires if you don't have enough nets.

Station 3: Pass and Follow

(6 minutes)

Players pass the puck to the next player and then take that player's spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

Station 4: 3v3 Tight Space

(6 minutes)

Play 3 v 3 and change on the whistle every 30 seconds.

Station 5: Stickhandling and Skating

(6 minutes)

Make fakes and slide the puck by the attack triangles (use a stick on a tire and cone) then carry the puck using tight turns around the cones finishing with a shot on goal.

Station 6: Russian Shadows (Follow The Leader)

(6 minutes)

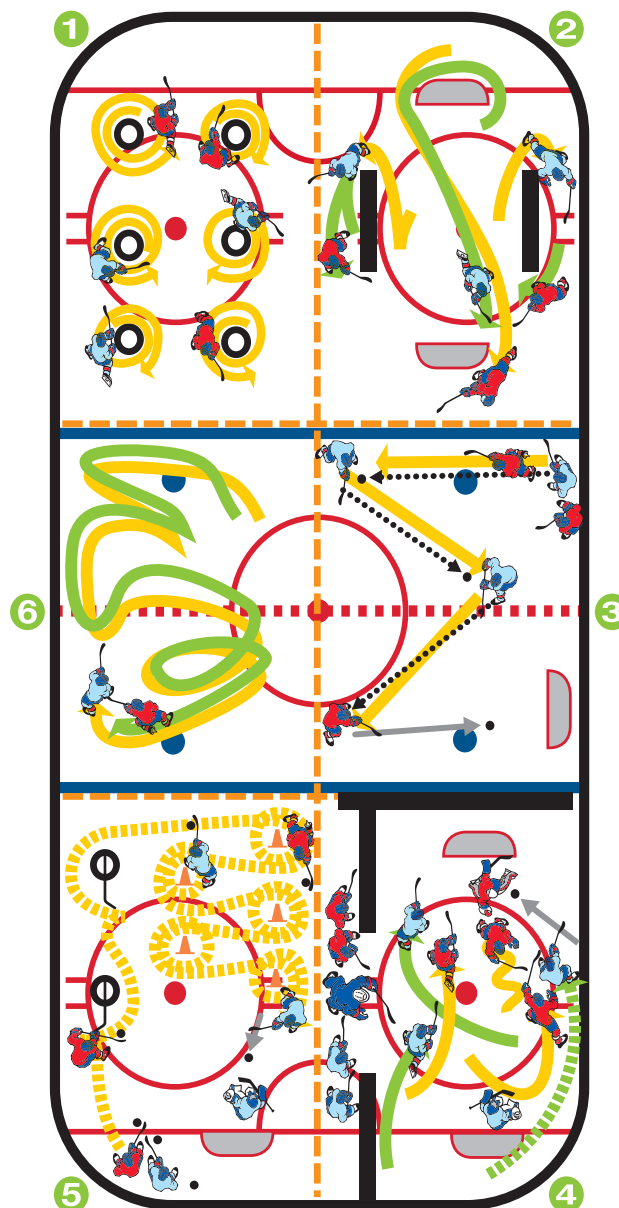
Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

GAME

Soccer

(9 minutes)

Cross-ice soccer in all three zones for remaining time.



Practice Plan 4

Date: Mid-Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (6), tennis balls, ringette rings

WARMUP

ABCs Warmup

(5 minutes)

Coaches should immediately set up the dividers across each blue line. Players will skate a figure 8 around the ice surface down the middle and back along the side boards. Players must jump over the dividers and perform a superman dive at the red line down the middle and drop to their knees at the red line coming back along the boards. Mix up the agility moves. Additional coaches to set up stations.

STATIONS

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: 3v3 Ringette

(6 minutes)

Play 3v3 tight-space ringette. 40-second shifts and change.

Station 2: Freeze Tag

(6 minutes)

Once tagged, the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him/her.

Station 3: Obstacle Course (ABCs)

(6 minutes)

Have players start on knees, stomach, back, etc. Jump dividers, dive under sticks and 360 around far tire. Keep stick under control and follow stick.

Station 4: Skating Tight Turns

(6 minutes)

Skate the tight turn slalom course. Halfway through, add pucks. Once started, work individually with players that need technical skills help. Keep stick down, under control and lead with stick. Add pucks.

Station 5: Puck Control Fakes

(6 minutes)

Begin by skating backwards and receiving a pass from the next player in line. Have players attempt a wide fake at each set of double tires. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

Station 6: Loose Puck Races (ABCs)

(6 minutes)

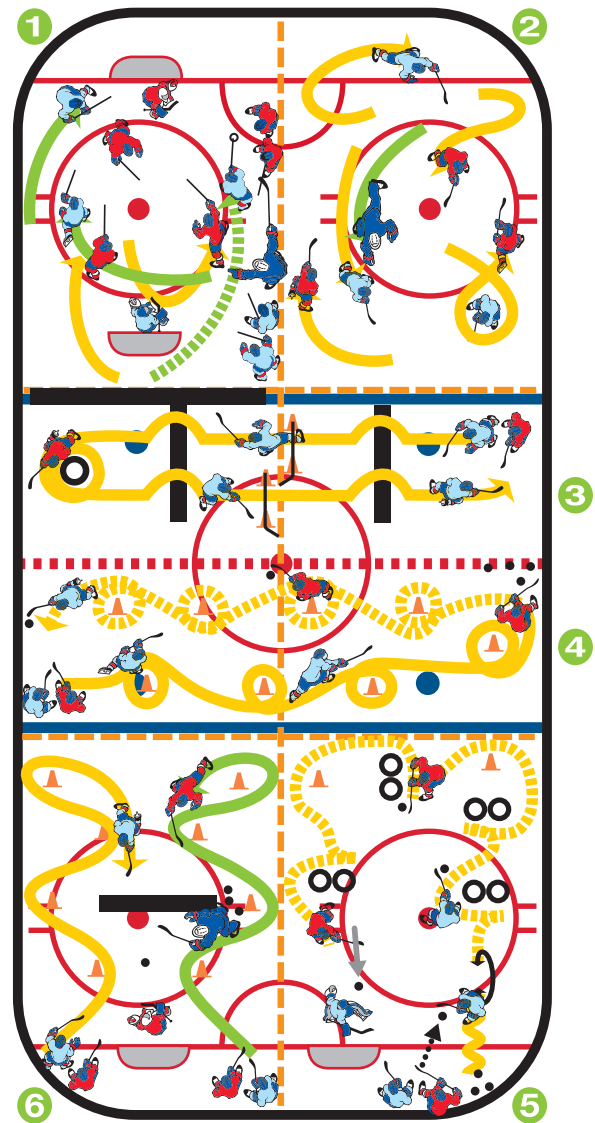
Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility components. Examples: start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick.

GAME

3v3 Cross-Ice Game with Tennis Balls

(9 minutes)

Play cross-ice hockey in all three zones using tennis balls. Change shifts every 30 to 40 seconds.



Practice Plan 5

Date: Mid-Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Borders, ice marker, nets (4)

WARMUP

Free Play

(5 minutes)

Let the players have the first five minutes for free play. Dump as many items as possible onto the ice and let kids experiment (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.). Coaches set up stations.

STATIONS

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: 1v1 Pit Game (x2)

(6 minutes)

Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored. **Variation:** score on either net.

Station 2: Edges Around Sticks

(6 minutes)

Players drop sticks lengthwise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2-foot side jumps over stick, 1-foot side hop over stick. Perform all exercises on both right and left feet.

Station 3: 1v1 Keep-Away and Passing

(6 minutes)

Players play 1v1 keep-away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible).

Station 4: Giveaway Game

(6 minutes)

Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game, the team with the fewest pucks in their zone wins. Dividers can also be used as the line in the middle so the players must lift the puck.

Station 5: Forward Crossovers

(6 minutes)

Players skate around tires working on crossover skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 6: Skating and ABCs

(6 minutes)

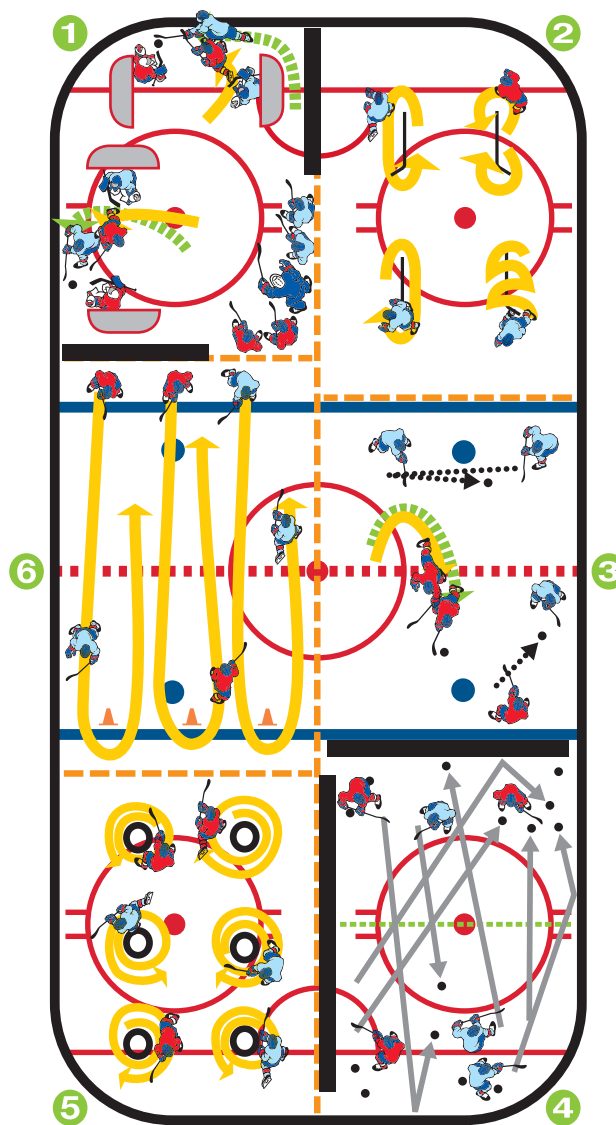
Step over stick, stick through legs, drop to knees, drop to knees 360, log role to left/right, run on skates forward, butt-to-heels glide, inside edge swizzles, swizzle out jump feet together, single-leg stride left/right.

GAME

Full-Ice Glove Tag

(9 minutes)

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.



Practice Plan 6

Date: Mid-Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (6)

WARMUP

Skating

(6 minutes)

Divide into 5 groups. Half of the players are stationary in a confined area, the other players skate random tight turns around the stationary players for 20 to 30 seconds. Then the groups switch. Players should lead with their stick down and in front following their stick blade around the turn. Keep head up to see traffic. Assign coaches to prepare stations.

STATIONS

On the whistle to change stations, players do popcorn (drop to their knees and up) 5 times before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Passing

(6 minutes)

Player starts backwards and gets a pass from the next person in line. Pivot forwards, give-and-go pass with coach. Skate through cones and make 2nd give-and-go pass to coach, 360 spin and finish with a shot on goal. The players must keep try to make passes without planting their feet (pass in stride). If on backhand, pass and receive on the backhand. Show a good target for reception.

Station 2: Bull in the Ring (x2)

(6 minutes)

Have players turn their sticks over. One player attempts to skate with a ringette ring inside the circle avoiding the checker. The checker attempts to steal the ring. Start with a ringette ring and then progress to using a puck if the players are advanced. Keep two sets of players moving within the circle.

Station 3: 2v2 Score on Either Net

(6 minutes)

Play 2v2 in a tight space. Players can score on either net. Coaches continue to spot pucks into play for 30-second shifts.

Station 4: Obstacle Course (ABCs)

(6 minutes)

Skate through course working on tight turns, stops, spins and ABCs. Lead with stick.

Station 5: Passing

(6 minutes)

Same drill as in station 1.

Station 6: Stops-and-Starts

(6 minutes)

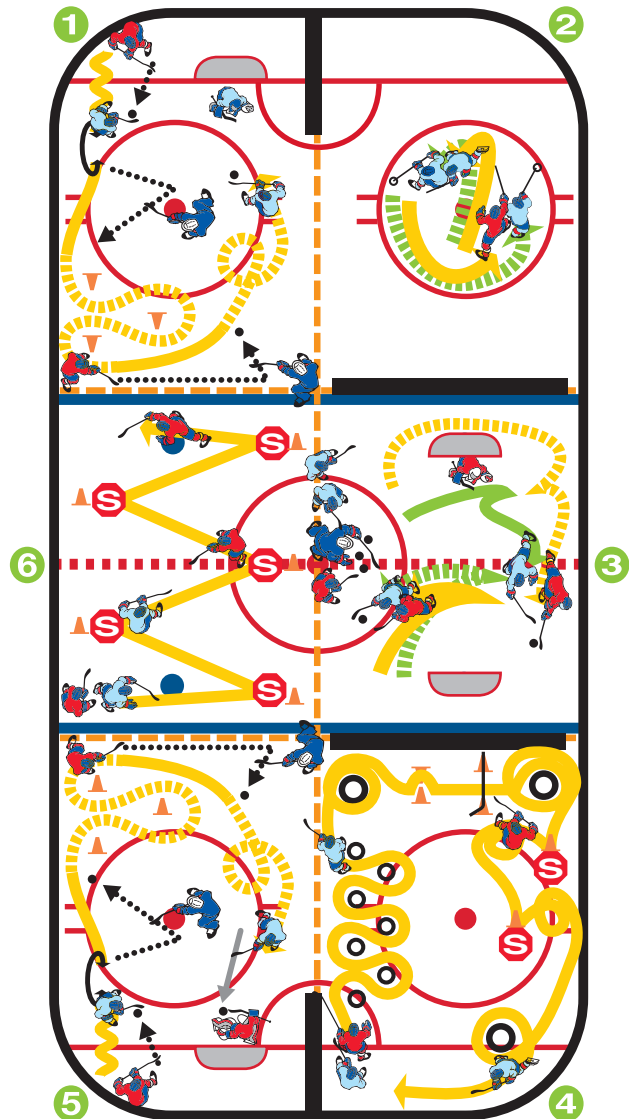
Stop and start at each cone working on technique. Coaches work individually with those that need help. Add in drop to knees between cones.

GAME

Cross-Ice Score

(7 minutes)

Line each team up on opposite side boards. Put 20 pucks into the middle of the zone. On the whistle, each team tries to put as many pucks into the other team's net as possible. When all the pucks are in a net, the team with the most goals wins.



Practice Plan 7

Date: Mid-Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (6)

WARMUP

Partner Skills

(10 minutes)

Divide into six groups with two groups in each zone. Players work in pairs through the following sequence: Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep-away. 2v2 keep-away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible) Designate additional coaches to set up dividers.

STATIONS

On the whistle to change station, players drop to the ice and do two log roles to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Forward and Backward (ABCs)

(6 minutes)

Step over stick R/L hands and F/B, stick through legs F/B, drop to knees F/B, Drop to one knee L/R and F/B, Log role L/R. Arm circles F/B, Arm circles 1F/1B.

Station 2: 3v3 Tight Space

(6 minutes)

Play 3v3 in the defined area with 30-second shifts.

Station 3: Forward and Backward Tag

(6 minutes)

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backwards on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.

Station 4: Stops-and-Starts

(6 minutes)

Stop and start at each cone working on technique. Coaches should pull players aside and work individually with those who need instruction. Add some agility between cones like drop to knees and get up or carry pucks.

Station 5: Backwards Crossovers

(6 minutes)

Players skate around tires working on crossover skating technique. Keep stick to inside. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 6: Puck Control, Follow the Leader

(6 minutes)

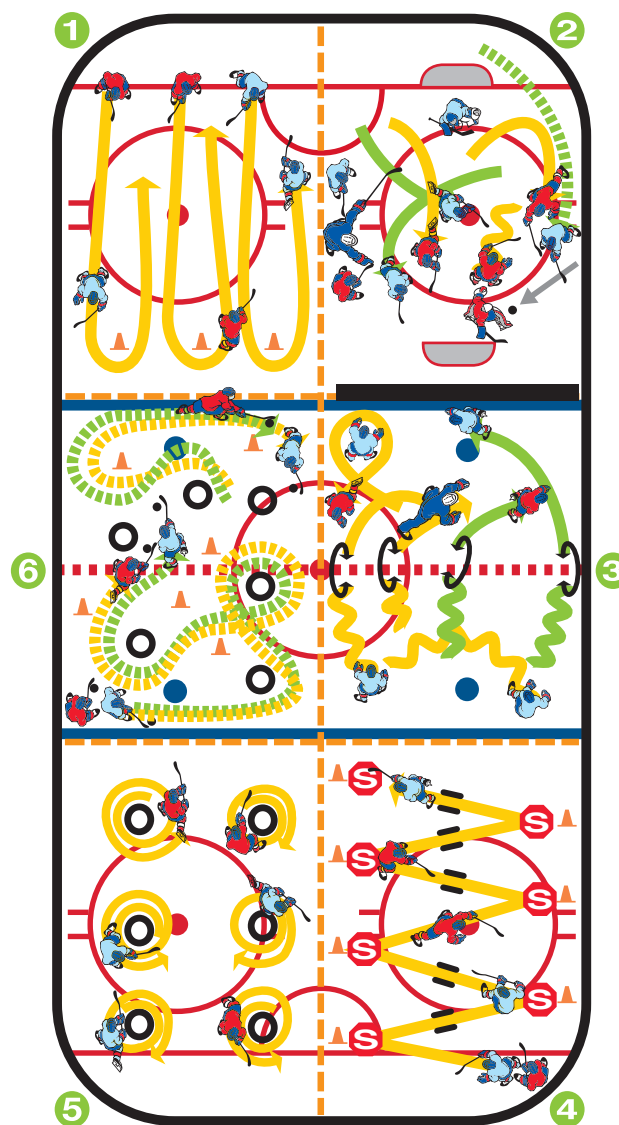
Players go in pairs with multiple pairs involved at a time. Each player has a puck with the first player designating the course through the obstacles. The second player follows the path of the first player. Take turns as to who is leading.

GAME

Pom Pom Pull Away

(9 minutes)

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged, players stand along boards. Last survivor wins.



Practice Plan 8

Date: Late Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (4)

WARMUP

Free Play

(5 minutes)

Dump as many items as possible onto the ice and let kids experiment (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.). Players pair up and pass various objects to each other around the rink. Coaches set up stations.

STATIONS

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Edges (ABCs)

(6 minutes)

Run on skates F/B, inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards and backwards to forwards (face same side), single leg step forward to backwards and backwards to forwards (face same side).

Station 2: Pass, Follow Pass

(6 minutes)

Players make a pass to the next player in the chain and then follow their pass by pivoting and skating backwards to take the receiver's spot. Last player in the chain finishes off with a shot on goal.

Station 3: 1v1 (x2)

(6 minutes)

Play 1v1 in tight space for 30-second shifts. Have two sets of 1v1s in play.

Station 4: Puck Control, Fake and Shoot

(6 minutes)

Players handle a puck through obstacles. At the double tire, the players must use an exaggerated fake before shooting on goal.

Station 5: Forward and Backward Crossovers

(6 minutes)

Work on skating technique. Each player skates two laps around the figure 8 with the next player in line starting as Player 1 passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 6: 1v1 Keep-Away and Passing

(6 minutes)

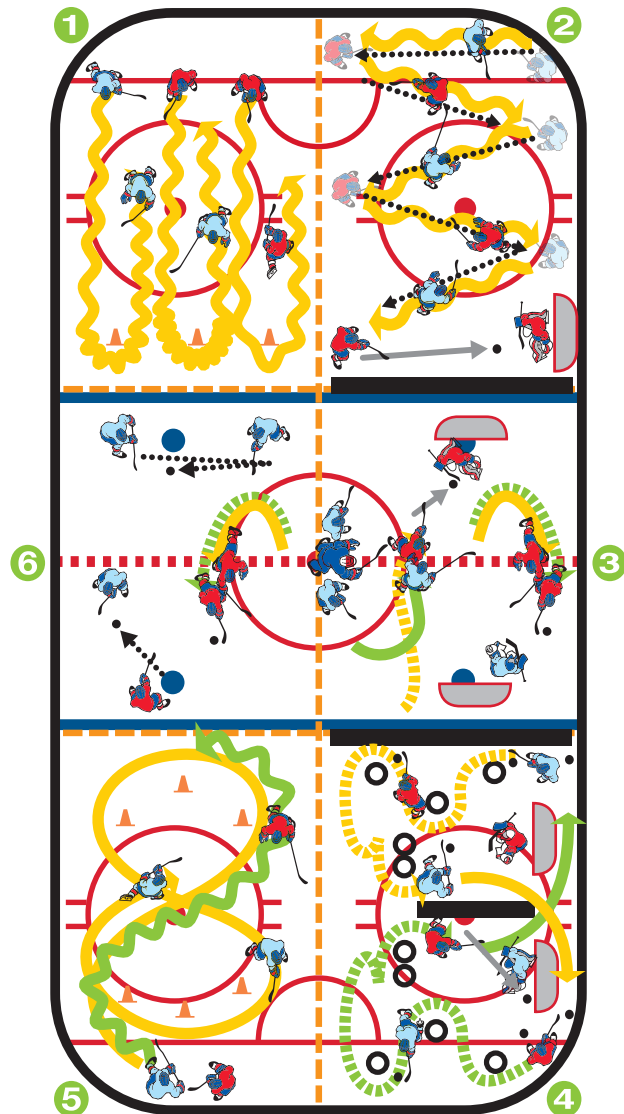
Players play 1v1 keep-away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible). 30 seconds keep-away then 30 seconds of passing. Coaches help with technique.

GAME

Ringette

(9 minutes)

Play 4v4 cross-ice ringette with 30 to 40 second shifts for the remaining time.



Practice Plan 9

Date: Late Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (4)

WARMUP

Free Play

(5 minutes)

Dump as many items as possible onto the ice and let kids experiment (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.). Players pair up and pass various objects to each other around the rink. Coaches set up stations.

STATIONS

On the whistle, players do 5 two-foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

Station 1: Puck Control – Indirect Pass

(6 minutes)

Players make an indirect pass to themselves at each tire. They then proceed to make an exaggerated fake to the left and to the right at the obstacles before shooting on goal.

Station 2: 2-on-0 Passing

(6 minutes)

Two players make as many passes as possible while moving down the center lane. Return through the cones.

Station 3: Puck Control – Indirect Pass

(6 minutes)

Players make an indirect pass to themselves at each tire. They then proceed to make an exaggerated fake to the left and to the right at the obstacles before shooting on goal.

Station 4: Ringette

(6 minutes)

Play cross-ice ringette in the narrow lane.

Station 5: Puck Control (ABCs)

(6 minutes)

Players side jump back and forth over the divider, then pick up a puck and control it through the tires, finishing off with an exaggerated fake and shot on goal.

Station 6: 1v1 (x2)

(6 minutes)

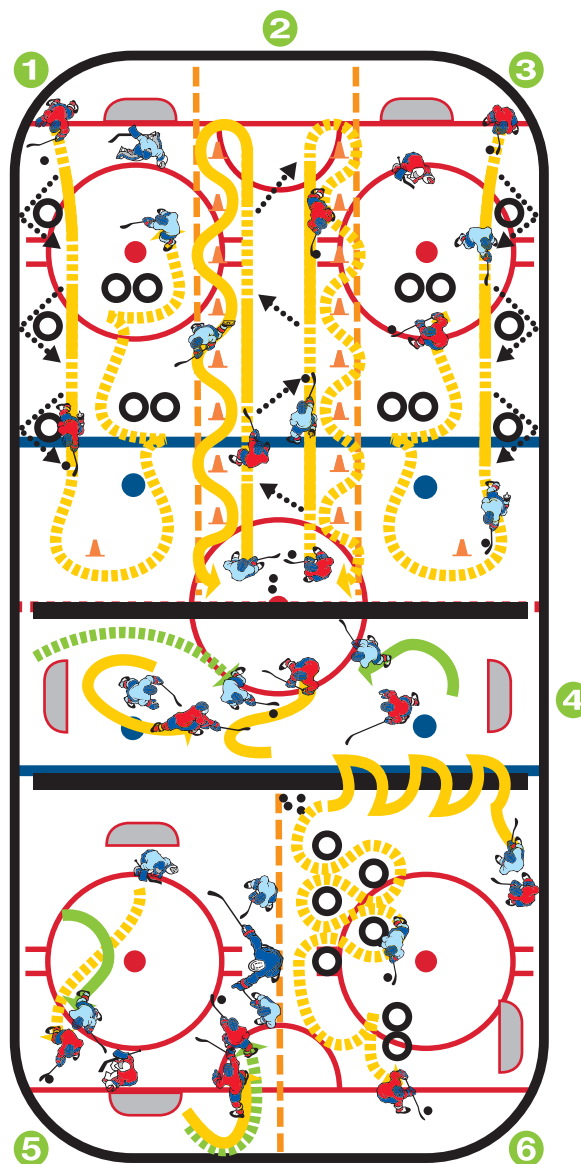
Play 1v1 in tight space for 30-second shifts. Keep multiple 1v1s going.

GAME

Full-Ice Glove Tag

(9 minutes)

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.



Practice Plan 10

Date: Late Season

Time: 50 minutes

Number of Players: 30-60

Practice Theme/Goals: Skill development, fun

Equipment Required: Cones, tires, borders, nets (4)

WARMUP

Boards Pass 2-on-0 (7 minutes)

Players make indirect passes to themselves by the obstacles down the outside and return passing 2-on-0 down the middle. Assign coaches to set up stations.

STATIONS

On the whistle to change stations, the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: Loose Puck Race (6 minutes)

Players race through the slalom course and compete for a loose puck. Whoever gains possession attempts to score and the other player defends.

Station 2: Backwards Bumper Butts (6 minutes)

Players skate backwards and attempt to run into each other knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing wins.

Station 3: Obstacle Course (ABCs) (6 minutes)

Run obstacle course to focus on agility, balance and coordination skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course.

Station 4: Loose Puck Race 1v1 Game (6 minutes)

Coach spots a puck for the players to race to. Players compete for 30-second shifts. Keep two 1v1 battles going at a time.

Station 5: Backwards Crossovers with Tight Turn (6 minutes)

Players skate two laps around the circle using backwards crossovers. On a cue from the coach, the player cuts back using a tight turn to the outside completing a 360 degree turn and then continues on with the crossovers.

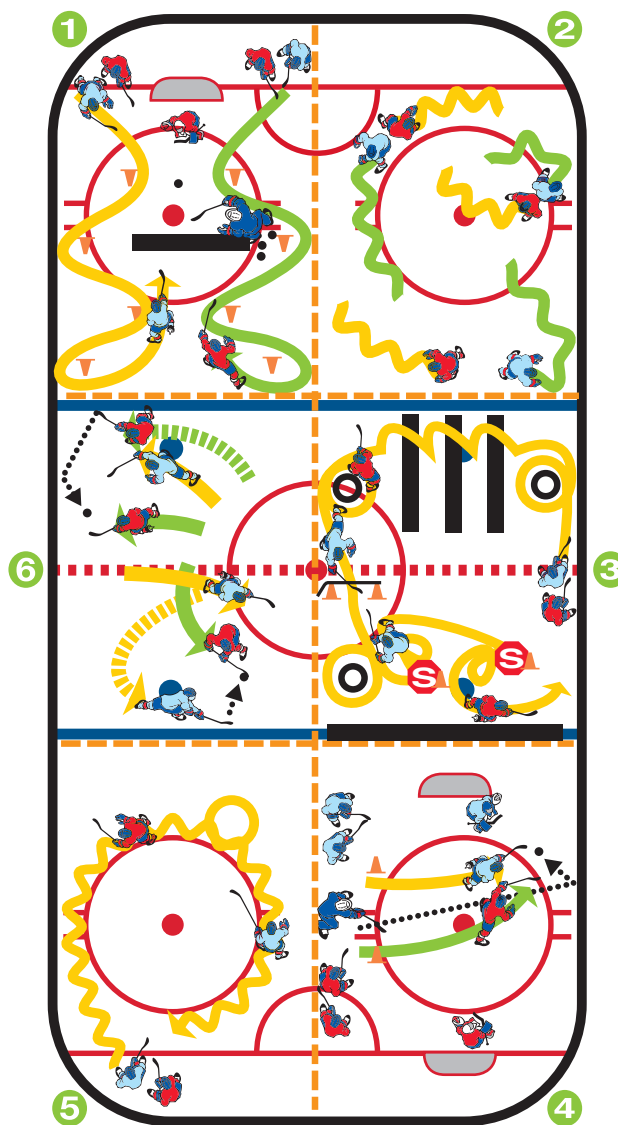
Station 6: 2v1 Keep-Away (6 minutes)

Divide players into groups of three. Two players attempt to play keep-away from the other player in their group. If the puck is stolen, a new player becomes the odd-man out.

GAME

4v4 Cross-Ice Hockey (7 minutes)

Play 4v4 cross-ice hockey in all three zones for the remaining time.



Cool Down

POST-GAME/PRACTICE COOL DOWN

STEP 1 Five minutes of active cool down (jog, tag, 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

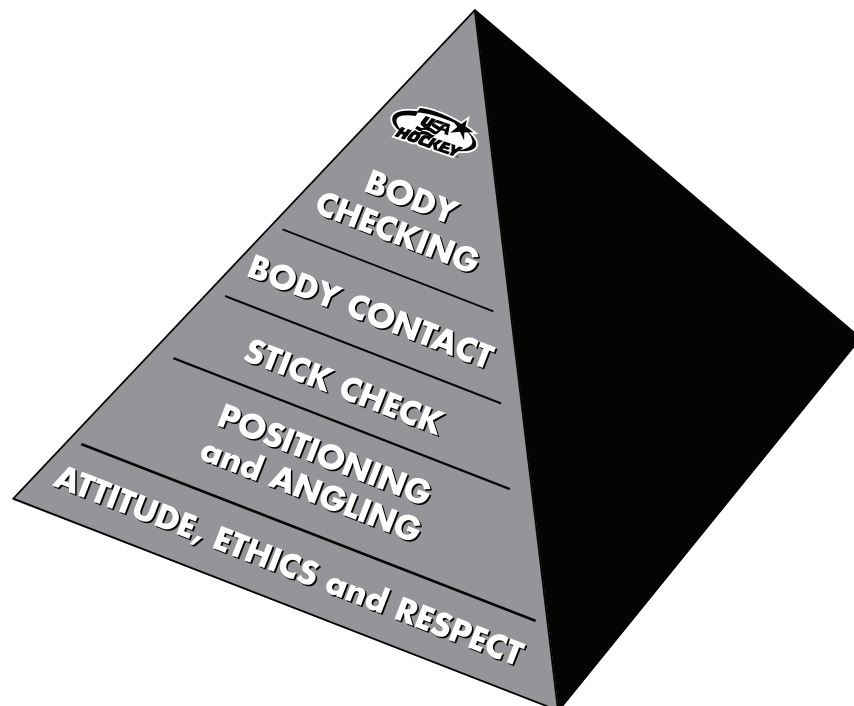
Areas of Focus



Body Contact

TEACHING POINTS

- Create understanding that you will have contact with other players.
- Foster contact confidence.
- Players learn by participating and getting involved in play.
- Players know what to expect and how incidental contact feels.
- Introductory body contact phase.
- Bumping in small-area games.
- Learning to fall, learning proper body position.
- Understanding danger areas.
- Basic sportsmanship.

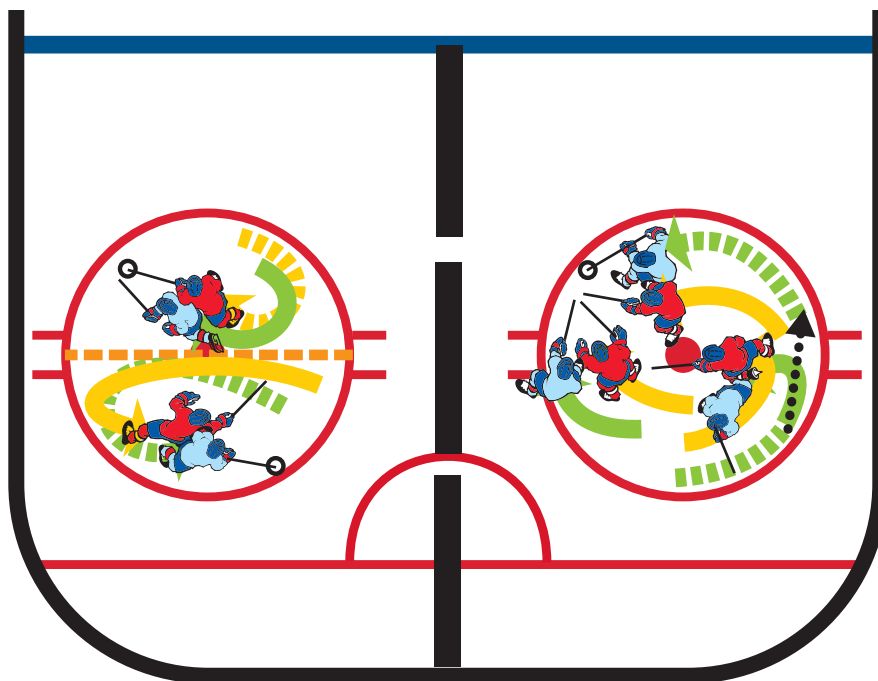


Ringette Keep-Away (Contact)

Draw a line through the face-off circle. Play 1v1 keep-away in each half of the circle and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain ring.

Ringette Keep-Away and Protection (Contact)

Every player participates simultaneously. Use 2 or 3 ringettes depending on the number of kids in the station. If 6 players, use 2 ringettes, if 8 players, use 3 ringettes. Players compete for ringettes and play keep-away. If you have a ringette, protect it; if you don't have one, try to take one away from someone who does. This game emphasizes puck protection, competing, stick strength, and heads-up awareness.



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

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

Goaltending

INTRODUCTION TO GOALTENDING

QuickChange Equipment

- It allows all players to try goaltending.
- Players put pads on over standard player equipment.
- Players are the goalie for one station and then they switch with another player.
- Coaches create an environment for the goalies to make saves.
- Coaches should encourage and celebrate saves.
- Let the goalies play and be kids.

Fully-Dressed Goalies

If you have fully-dressed goalies, they should rotate with a group through all stations and participate in the same manner as the other players.

Goal Crease

Draw a crease for all nets and encourage the goalie to play on the top of the crease (base depth). If they're in the correct position, goalies should erase the crease by the end of the drill with their movements.



Goal Stance

The stance should reflect the standard athletic posture; well-balanced, elbows and hands in front of the body. Teach the stance to the whole group before players get their chance to be the goalie.



Benchmarks

Players should be able to complete the following fundamental goaltending activities before moving on to the next level of goaltending development.

1. Proper stance (without micro-adjustments).
2. Play at the top of the crease (without reminders).
3. Be able to skate forward and complete 360-degree turns in both directions with goalie pads on.
4. Make a save while watching the puck all the way into their equipment and then continue to watch it/play it until the play is over.



FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:

<http://www.USAHockeyGoaltending.com>

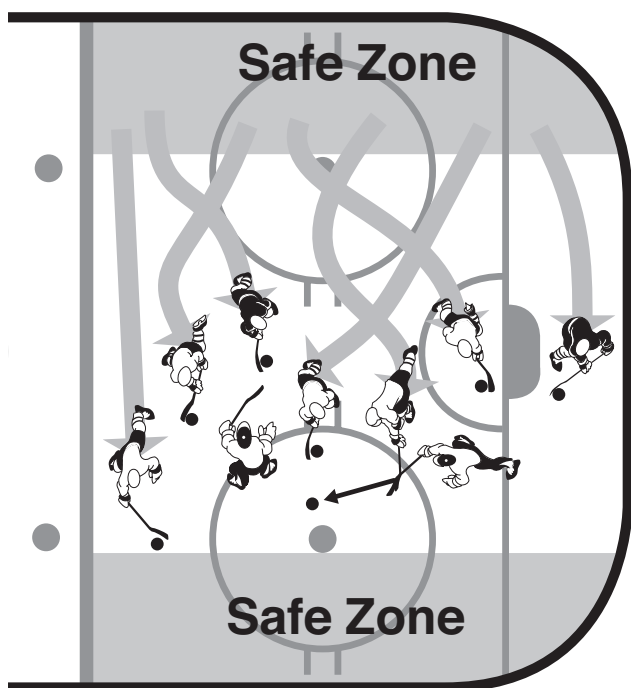
Small-Area Games

Small-area competitive games not only force players into tight competitive quarters, they also encourage players to battle aggressively for the puck while having lots of fun. Similar to how kids used to play growing up and skating on frozen ponds, these games help replicate the best ‘free play’ environments of the past and develop critical skills in today’s future stars.

Utilizing small-area competitive games provides many advantages. First and foremost, the games are designed so players are forced to make quicker decisions and do so under pressure from other players. Small-area games also simulate game shifts and provide an excellent form of conditioning in practice. Below are two examples of small-area games.

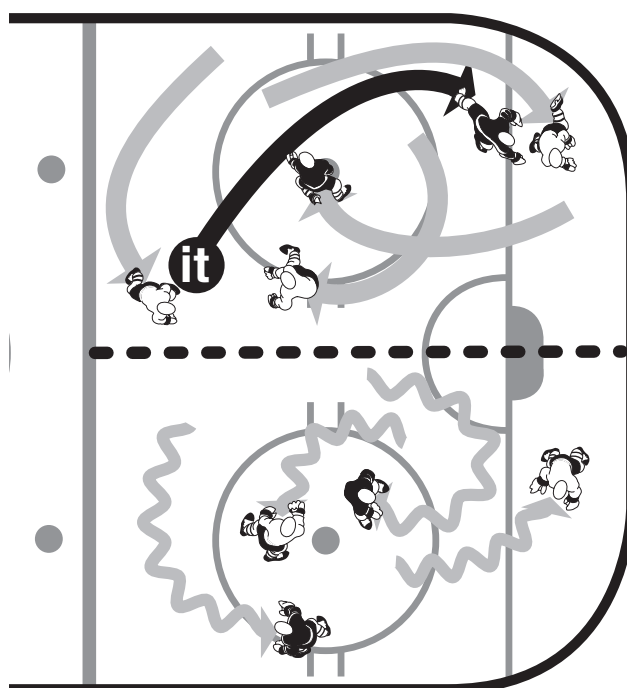
SHARKS AND MINNOWS

The minnows line up across the boards with pucks, while the shark begins in the middle. Minnows skate from dot to dot with their puck. If the shark takes or knocks the puck from their stick, they too become sharks and help check the remaining minnows. The minnows are safe from the dots to the boards as shown. The game is over when every player has their puck knocked off of their stick.



FORWARD/BACKWARD TEAM TAG

Using one third of the ice, divide the area in two with an ice pen. On one side, players can only skate forward while on the other side they must skate backward. One player is “it” and begins the game by tagging the other players. If any player, including “it”, crosses the line to the other side, they must skate forward or backward depending on which side they are on. Once a player has been tagged, he/she must help tag everyone else.



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.

It's important that we develop athletes first; athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players with higher upside due to their enhanced overall athleticism.

The development of fundamental movement skills and fundamental sport skills is critical if children 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. Children must have a solid foundation in these fundamental movement skills before they can successfully acquire sports skills. 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.

This guide provides a sample dryland training plan. For additional age-appropriate on- and off-ice practice plans, please see ADMkids.com for resources you can use to easily design additional plans for your team. Below are three 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: Relay Race

Station 2: Dot Drill

Station 3: Tug of War/
Push of War

Station 4: Expansion of Reach

Station 5: Wrist Shot

Station 6: Bird Dog

PRACTICE PLAN 2

Station 1: Jumping Jacks/
Seal Jacks

Station 2: IVM Sprints

Station 3: Leap Frog

Station 4: Quick Stick

Station 5: Monkey in the Middle

Station 6: Crab Walk

PRACTICE PLAN 3

Station 1: Stick Catchers

Station 2: Hop Scotch

Station 3: Long Jump

Station 4: Wide Dribble

Station 5: Circle Passing

Station 6: Bear Crawl

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

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

PRACTICE PLAN 1

Station 1:
Relay Race

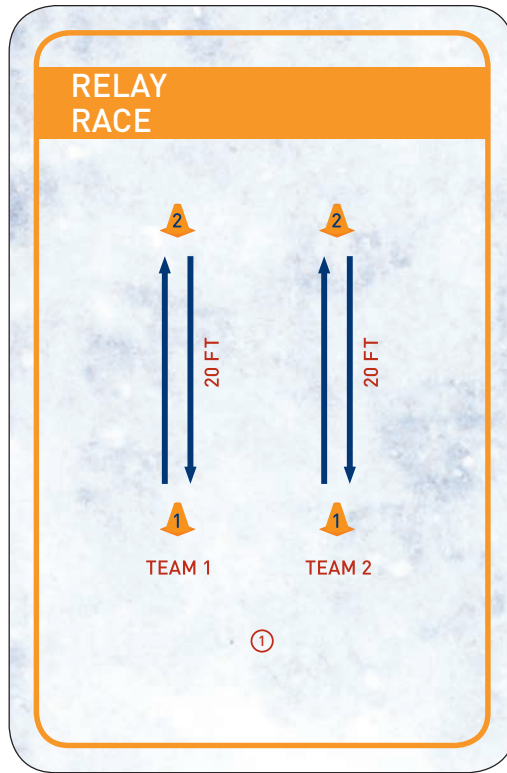
Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog



RELAY RACE

SETUP

- Divide players into two equal groups.
- Set up two cones 20 feet apart from each other.

① MOVEMENT

- Players sprint to touch cone #2, sprint back through cone #1, high five next player in line to initiate their turn.
- First team to get all players across start line wins.

Be creative and have them sprint forward, backward, laterally, skip, carioca...

PRACTICE PLAN 1

Station 1:
Relay Race

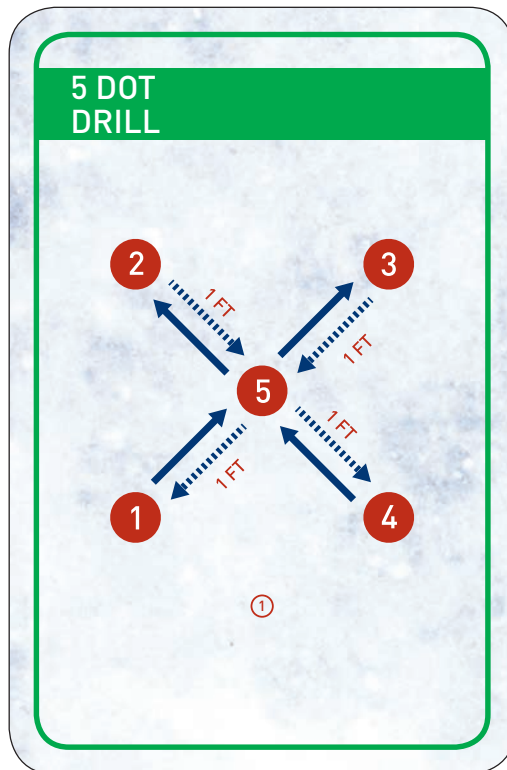
Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog



5 DOT DRILL

SETUP

- Use tape to form the 5 dot drill on the floor.
- Dots are about 12 inches apart.*

① MOVEMENT

- Using 2 feet player jumps from dot #1.
- Forward to dot #5 (center), then forward to dot #2.
- Backward to dot #5 (center).
- Forward to dot #3.
- Backward to dot #5 (center), then backward to dot #4.
- Forward to dot #5 (center).
- Backward to dot #1.
- Repeat for entire timed repetition.

Set up a couple 5 dot drills and make it into a race once the players get the pattern and technique down.

ADVANCED

Perform exercise hopping on 1 foot.

PRACTICE PLAN 1

Station 1:
Relay Race

Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog



TUG OF WAR & PUSH OF WAR

SETUP

- Divide players into partners.
- Separate players from their partner by a line on the ground (use tape).

- 1 **MOVEMENT - TUG OF WAR**
 - Players reach across line to grasp partner's hands (right handed and left handed shake).
 - Players try to pull partner across the line.
 - If successful, player receives a point.
 - First player to 5 points wins, then switch partners.
- 1 **MOVEMENT - PUSH OF WAR**
 - This game is similar to **TUG OF WAR** except the players are pushing each other.
 - Put both hands up palm to palm with partner.
 - Players try to cross the line with both feet.

PRACTICE PLAN 1

Station 1:
Relay Race

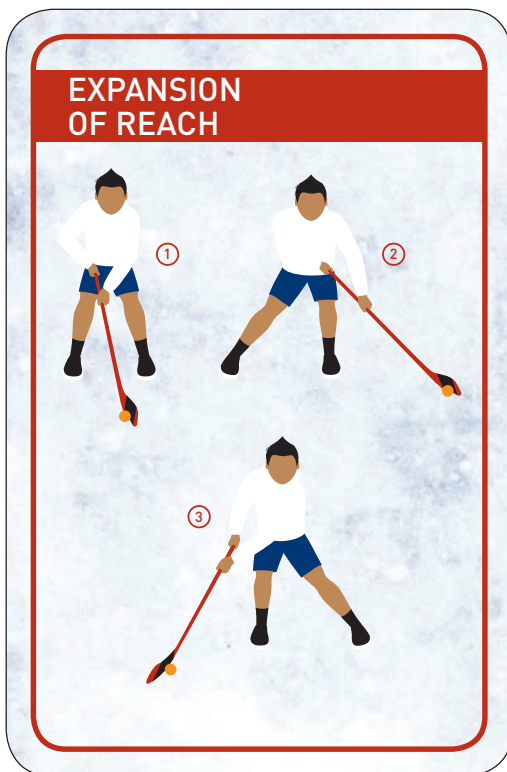
Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog



EXPANSION OF REACH

FOCUS

- Loose bottom hand, hand slide, expansion of reach.

MOVEMENT

- 1 • Stickhandle ball out in front of body.
- 2 • Short, quick dribble in front of body.
- 2 • Extend ball to maximum distance on forehand side of body.
- 3 • Short, quick dribble in front of body.
- 3 • Extend ball to maximum distance on backhand side of body.
- 3 • Extend to the forehand 10x.
- 3 • Extend to the backhand 10x.

TECHNIQUE

- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body-hands are wide.
- Players should transfer body weight during expansion.

Use split vision to survey surroundings and the ball.

PRACTICE PLAN 1

Station 1:
Relay Race

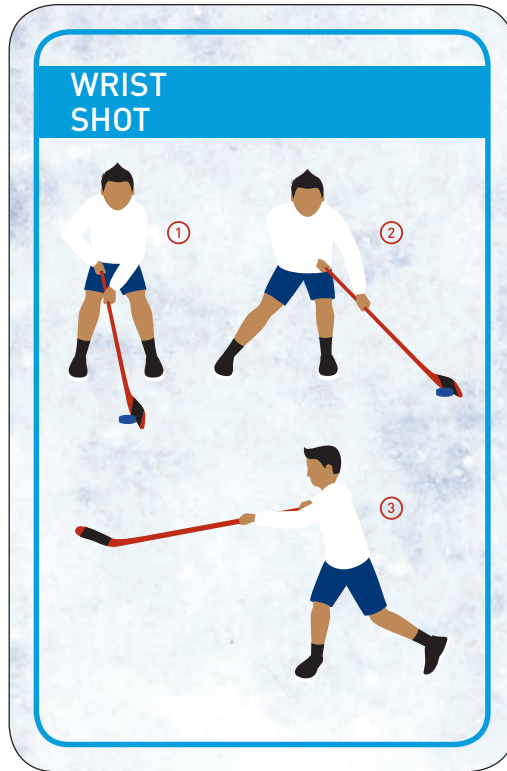
Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog



WRIST SHOT

SETUP

- When shooting off of plexiglass use blue pucks.
- When shooting off of concrete use a hockey ball.
- Forehand Wrist Shot 20x.

TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent, with head and chest up.
- 2 Body is turned to the side with weight on the back foot.
- 3 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- 4 Puck begins on the heel of the blade with the blade cupped.
- 5 Stick and puck start behind back foot.
- 6 Sweep the puck forward and shift weight to the front leg.
- 7 Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
- 8 Rotate upper body toward the net; shoulders finish square to net.
- 9 Puck moves from heel to toe of the stick blade as it is released.
- 10 Rolling wrists over, follow through low, pointing stick at target.
- 11 Keep the blade cupped over the puck.
- 12 Follow through by pointing the toe of the stick toward the target.
- 13 Follow through until top hand palm is facing up and bottom hand palm is facing down.

*Proper weight transfer gives the shot power.
The higher the follow through, the higher the shot.*

ADVANCED

Players shoot at a **Shooter Tutor** aiming for all 5 openings.

PRACTICE PLAN 1

Station 1:
Relay Race

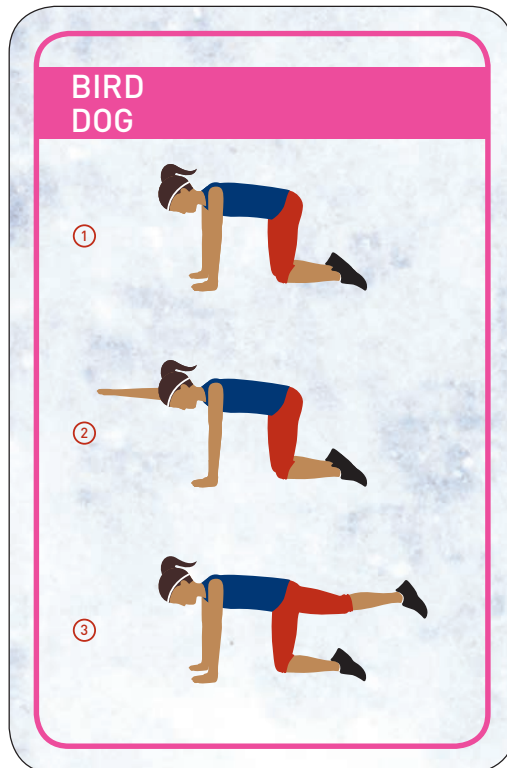
Station 2:
5 Dot Drill

Station 3:
Tug of War &
Push of War

Station 4:
Expansion
of Reach

Station 5:
Wrist Shot

Station 6:
Bird Dog



BIRD DOG

MOVEMENT

- 1 Kneel on the floor with hands firmly placed about shoulder width apart.
- 2 Point right arm out straight in front of body, parallel to the ear, and hold for 5 seconds.
- 3 Return hand to floor.
- 4 Point left arm out straight in front of body, parallel to the ear, and hold for 5 seconds.
- 5 Return hand to floor.
- 6 Brace the abdominals, extend right leg off the ground, and hold for 5 seconds.
- 7 Don't move hips or weight to left leg.
- 8 Brace the abdominals, extend left leg off the ground, and hold for 5 seconds.
- 9 Don't move hips or weight to right leg.
- 10 During all movements players maintain a flat back (bridge).

ADVANCED

Have players lift a single arm or leg and move it in slow controlled movements across the body and out to the side.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

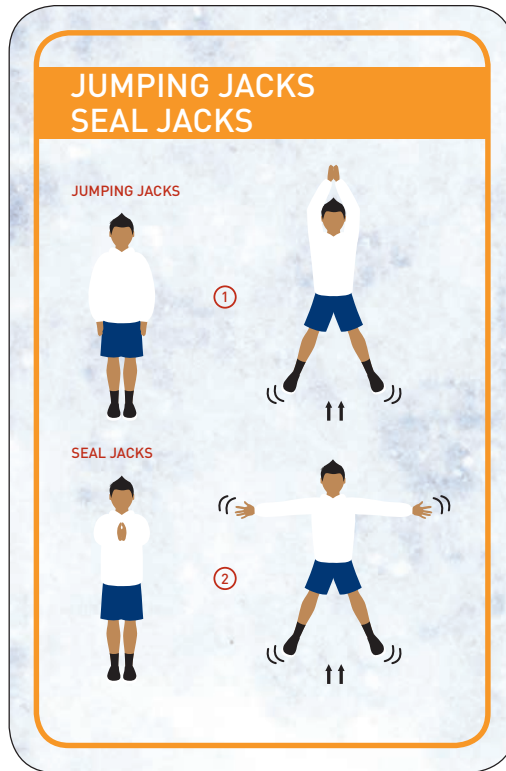
Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in
the Middle

Station 6:
Crab Walk



JUMPING JACKS SEAL JACKS

- ① **JUMPING JACKS**
STATIONARY
 - Stand in a position with feet together and arms down by side.
 - Jump to a position with the legs spread wide and the hands touching overhead.
 - Jump back to starting position.
- ② **SEAL JACKS**
STATIONARY
 - Stand in a position with feet together and arms extended in front of chest at shoulder level.
 - Jump spreading legs and swinging arms to the sides.
 - Jump back to starting position.

MOVEMENT
Perform Jumping Jacks or Seal Jacks moving forward 10 yards.
Perform Jumping Jacks or Seal Jacks moving laterally 10 yards.

ADVANCED
All players perform Jumping Jacks or Seal Jacks moving in a circle. Players work on timing while avoiding running into each other.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

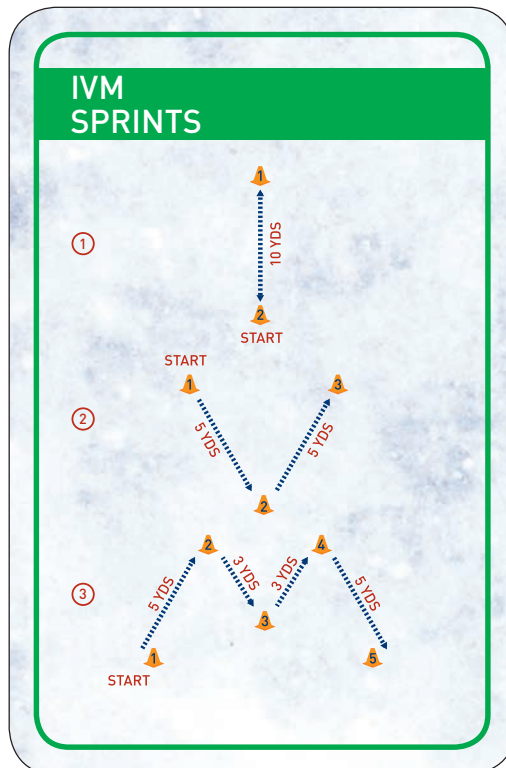
Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in
the Middle

Station 6:
Crab Walk



IVM SPRINTS

SETUP "I," "V," "M"

- Set up 2 cones to form the pattern of the letter I.
- Set up 3 cones to form the pattern of the letter V.
- Set up 5 cones to form the pattern of the letter M.

- ① **MOVEMENT "I"**
 - Run Forward to cone #2, pivot and run forward to cone #1.
- ② **MOVEMENT "V"**
 - Run forward from cone #1 to cone #2, pivot and run forward from cone #2 to cone #3.
- ③ **MOVEMENT "M"**
 - Run forward to each cone crossing over and exploding to the next cone.

ADVANCED
All drills can be done facing forward, backward, or facing one direction the entire repetition, transitioning from forward to backward.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

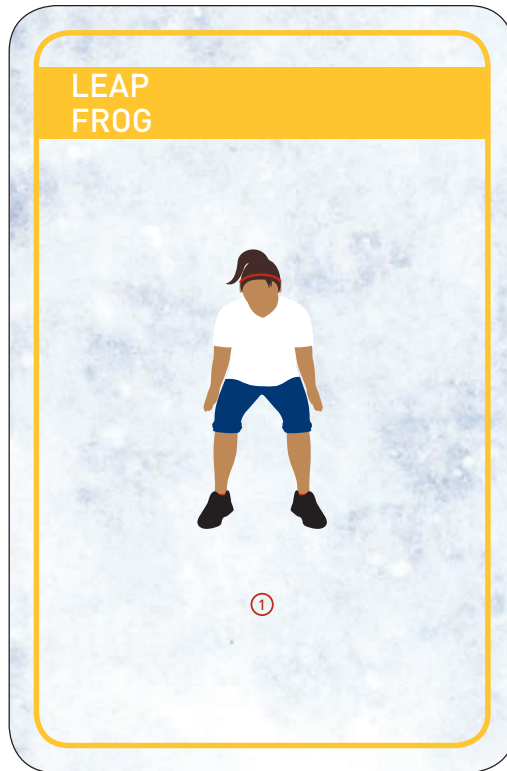
Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in the Middle

Station 6:
Crab Walk



LEAP FROG

- ① **MOVEMENT**
- Stand in a wide squat stance with toes pointed out.
 - Squat down into a 3/4 stance.
 - The lower the squat the harder the exercise.
 - Leap Frog forward 2 jumps, then backward 2 jumps for 20-30 seconds.

LATERAL MOVEMENT

- Stand in a wide squat stance with toes pointed out.
- Squat down into a 3/4 stance.
- The lower the squat the harder the exercise.
- Leap Frog to the right 2 times, then back to the left 2 times for 20-30 seconds.

Once players have the technique down have them Leap Frog in a designated area playing tag.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

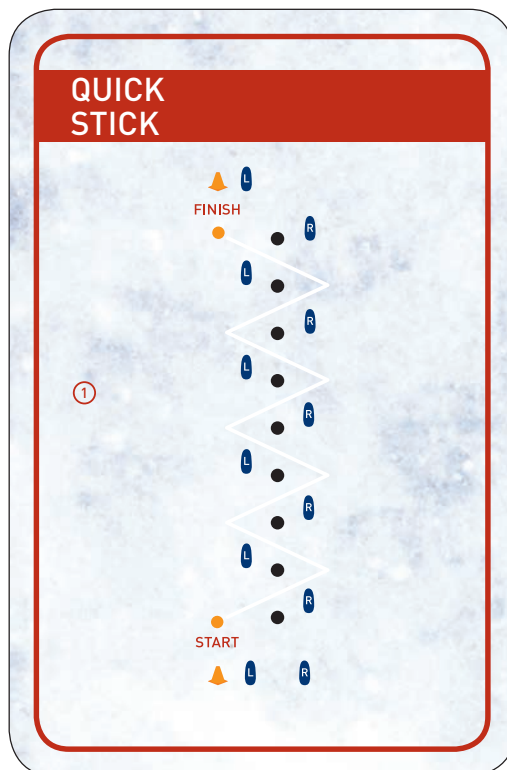
Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in the Middle

Station 6:
Crab Walk



QUICK STICK

FOCUS

- Hand speed, wrist action, cupped blade.
- Short dribbles.

SETUP

- 8 pucks in a vertical line, pucks are about 2 feet apart.
- Use a hockey ball to perform drill.

- ① **MOVEMENT**
- Player stickhandles ball between each puck while straddling the vertical row of obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.
- Player rolls wrist to cup the ball.

Slow down drill for younger or beginner players.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

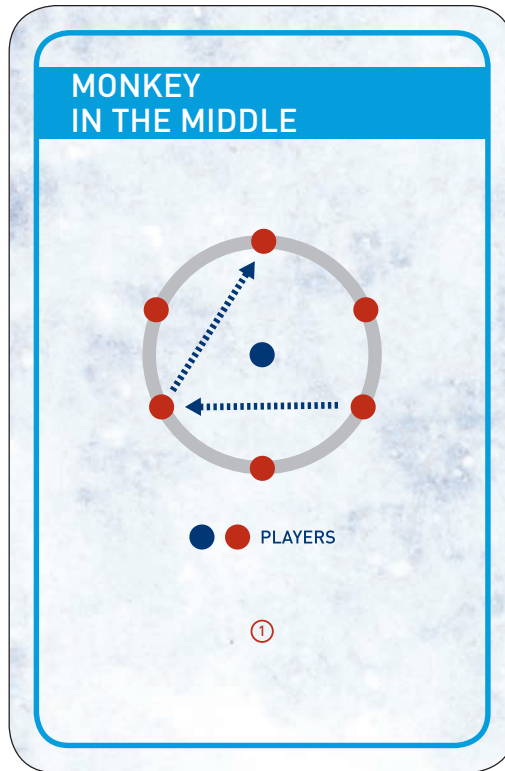
Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in the Middle

Station 6:
Crab Walk



MONKEY IN THE MIDDLE

- ① **SETUP**
- Players form a circle with one player in the middle.
 - The player in the middle (monkey) attempts to intercept passes made between the outside players.
 - If the monkey steals the ball they move to the outside and new player becomes the monkey.

5-6 players works best. Make players move feet, position hands correctly and make good passes by receiving only on forehand or backhand. If they catch the ball on the wrong side of the stick they become the monkey.

PASSING TECHNIQUE

- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.
- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.

Backhand-use same technique.

PRACTICE PLAN 2

Station 1:
Jumping Jacks
Seal Jacks

Station 2:
IVM Sprints

Station 3:
Leap Frog

Station 4:
Quick Stick

Station 5:
Monkey in the Middle

Station 6:
Crab Walk



CRAB WALK

STATIONARY

- ① • Sit on floor with hand about a foot behind glutes.
- ② • Alternate lifting opposite hands and legs in place.
- Slow, medium and fast...mix it up.
 - Play "follow the leader" or "simon says." Be predictable at first when calling out cues, then challenge the players with more unpredictable commands.

MOVEMENT

*Forward: Start in Crab Walk position and walk forward 10 yards.
Backward: Start in Crab position and Walk backward for 10 yards.
Lateral: Players Crab Walk sideways 10 yards each way.*

PRACTICE PLAN 3

Station 1:
Stick Catchers

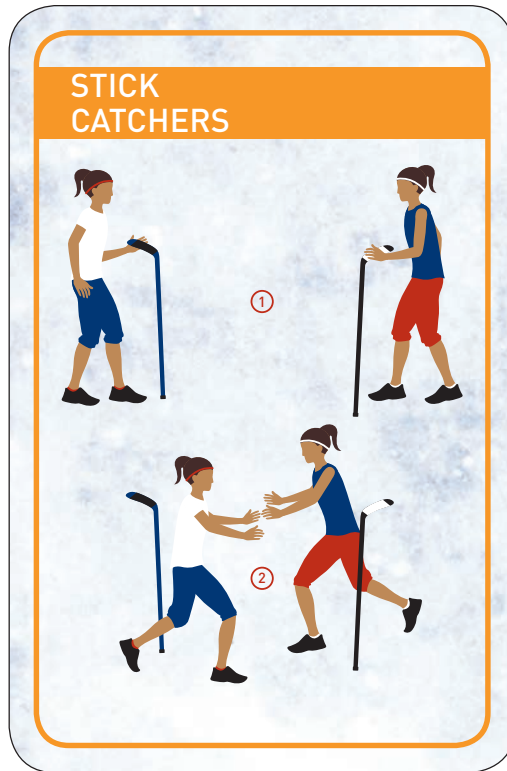
Station 2:
Hop Scotch

Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl



STICK CATCHERS

- 1 SETUP**
 - Divide players into partners.
 - Each player has a hockey stick resting on the butt end of the shaft.
 - Players stand 3 feet apart with stick positioned in left hand.
- 2 MOVEMENT**
 - One player counts 1, 2, 3...on 3 each player lets go of his/her stick, and explodes to catch partner's stick before it falls to the ground.

ADVANCED
After 3 successful attempts at 3 feet apart, players progress to 4 feet and then 5 feet apart.

Switch to right hand after a few repetitions.

PRACTICE PLAN 3

Station 1:
Stick Catchers

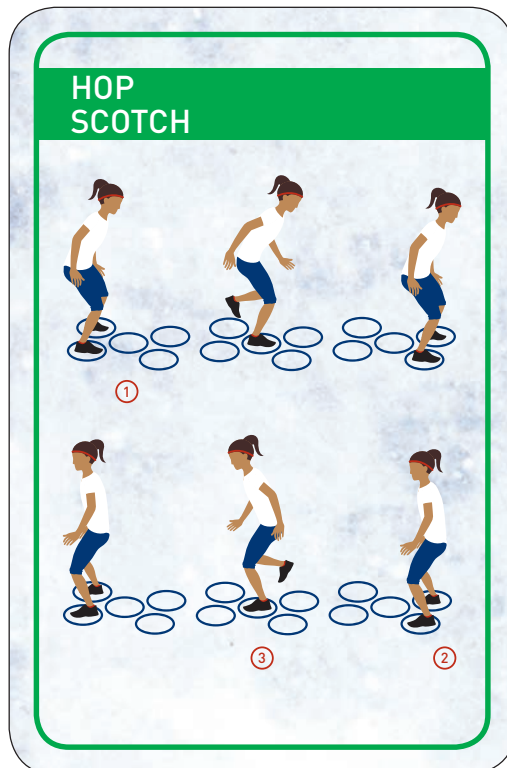
Station 2:
Hop Scotch

Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl



HOP SCOTCH

- SETUP**
- Use 5 hula hoops, chalk, or tape 5 X's on the ground.
- MOVEMENT**
- 1** • Jump forward in a 2-1-2 progression.
 - 2** • Jump 180 degrees on 4th jump and repeat 2-1-2 progression back to starting position.
 - 3** • Switch using left and right foot on single leg jumps.

PRACTICE PLAN 3

Station 1:
Stick Catchers

Station 2:
Hop Scotch

Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl



LONG JUMP

SETUP

- Mark the starting line with a piece of tape on the floor or use a hockey stick.

MOVEMENT

- 1 • Place toes behind the line.
- 2 • Have players jump as far forward as they can from starting line.
- 3 • Place a piece of tape with their name at the first landing spot (where heel of foot strikes the ground).
• Do the same for all players in the station.
• Have each player complete 5-10 jumps.

Encourage players to jump farther than their first attempt. If the player succeeds, move their marker.

ADVANCED

To work on deceleration, mark an attainable distance and have players try to jump to the target. Players should jump as close to the line as possible without going over it.

PRACTICE PLAN 3

Station 1:
Stick Catchers

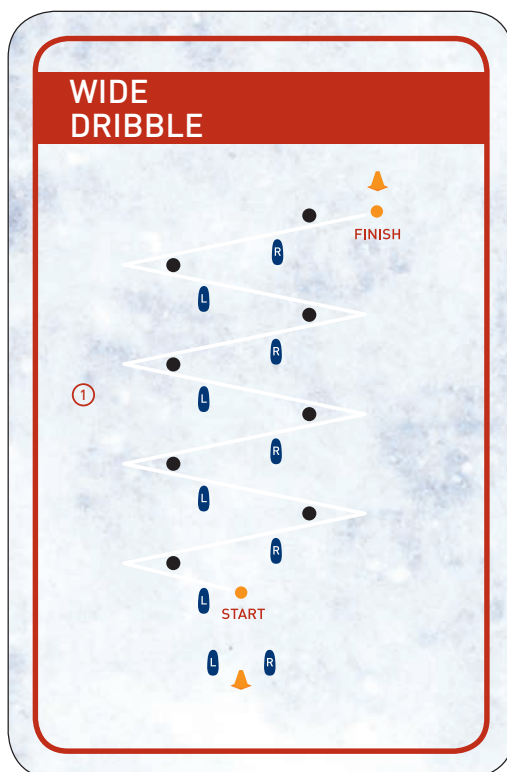
Station 2:
Hop Scotch

Station 3:
Long Jump

Station 4:
Wide Dribble

Station 5:
Circle Passing

Station 6:
Bear Crawl



WIDE DRIBBLE

FOCUS

- Loose bottom hand, hand slide, expansion of reach.

SETUP

- 8 Stationary pucks in a slalom pattern approximately 6 feet wide and 3 feet in distance between pucks.
- Distance separating pucks dictates level of difficulty.
- Use a hockey ball to perform drill.

MOVEMENT

- 1 • Alternate extending ball to both sides of the body while moving down the middle of the obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Use a wide dribble from side to side.
- Hands slide together for a greater reach.
- Wrist movement is key to cupping the ball and maintaining control.
- Cup ball on forehand and backhand side of blade.

Slow down drill for younger or beginner players. Speed dictates level of difficulty.

PRACTICE PLAN 3

Station 1:
Stick Catchers

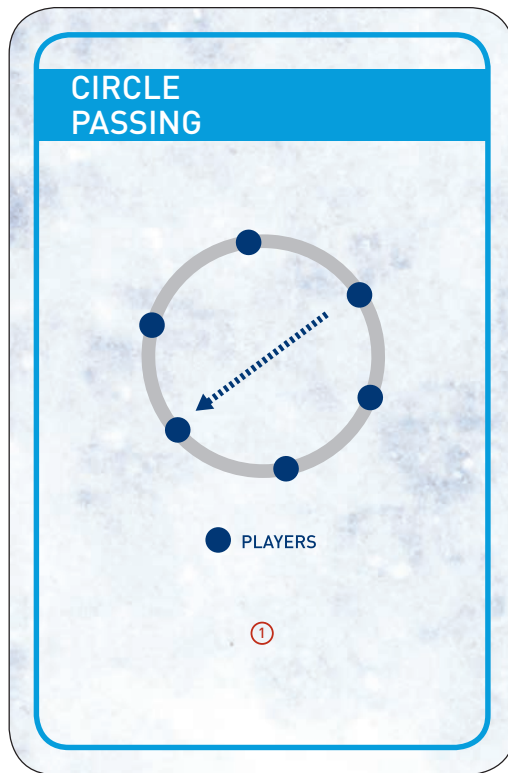
Station 2:
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Wide Dribble

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CIRCLE PASSING

- ① **SETUP**
- Players form a circle.
 - Two balls are in play.
 - Using the forehand players pass ball to any teammate in the circle.
 - Using the backhand players pass ball to any teammate in the circle.

GAME
Players must say the name of the player they pass the ball to.

- PASSING TECHNIQUE**
- Allow for cross body passing.
 - Begin with ball behind the back foot on the heel of the blade.
 - Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
 - Transfer weight from back leg to front leg as the ball is swept.

- RECEIVING TECHNIQUE**
- Receiver presents a full target with the stick blade.
 - Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.
 - Cup the ball and pull the ball across the front of the body on the forehand.
 - Keep arms free away from the body, rotate upper body.

Backhand-use same technique.

ADVANCED
Players pass ball on forehand but receive ball on backhand.

PRACTICE PLAN 3

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Station 6:
Bear Crawl



BEAR CRAWL

- MOVEMENT / FORWARD**
- ①
- Start on all fours.
 - Pick up right hand and left leg, extend forward.
- ②
- Pick up left hand and right leg, extend forward.
 - Players Bear Crawl forward for 10 yards.

- MOVEMENT / BACKWARD**
- Start on all fours.
 - Lift right hand and left foot extend backward quickly, alternating arms and legs.
 - Players Bear Crawl backward for 10 yards.

- MOVEMENT / LATERAL**
- Start on all fours.
 - Lift right hand and right leg extend to the right, repeat.
 - Players Bear Crawl sideways each way for 10 yards.

Once all three movements are introduced, coach calls out "Bear Crawl forward," "Bear Crawl backward," or "Bear Crawl lateral." The players perform the exercise on command.

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-](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/>

