



Coaching Education Program

12-AND-UNDER PRACTICE PLANNER



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Introduction

This manual provides practice plans and materials needed for 12-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



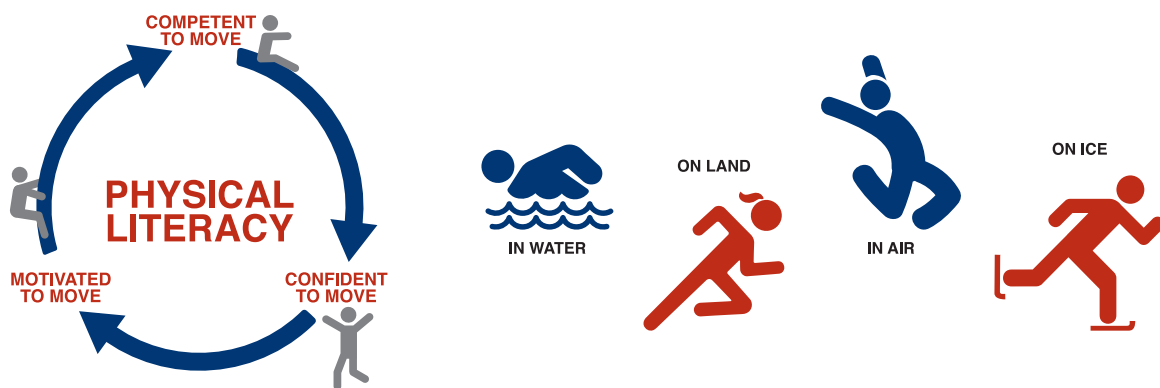
Long-Term Athlete Development

STAGES OF DEVELOPMENT

- Learn To Train – ages 8-11 (female) and ages 9-12 (male)
- Train to Train – ages 11-15 (female) and 12-16 (male)

Prior to the beginning of the adolescent growth spurt, children grow overall at a slower pace while the nervous system develops more rapidly.

As 12U players, there is a need to continue to develop physical literacy along with their sports specific skills. Coaches should remember that mastering fundamental skills takes a tremendous amount of time and the time invested at this stage will pay great dividends later. At 12U, players should be able to transfer skills and concepts from practices to games and really begin to develop an understanding of how the game is linked together. A proper balance of practices and games will promote the continued development and mastery of key hockey abilities.



According to SHAPE America (the society of health and physical educators), **“Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.”**

GOALS/DESIRED OUTCOMES

- Focus on skill development and fun.
- Continue development of physical literacy and general athleticism.
- Prepare players for 14-and-Under hockey where body-checking is permitted.

LONG-TERM ATHLETE DEVELOPMENT

- Continue development of general athletic skills, play multiple sports.
- Continue development of sports specific skills in game situations.
- Focus on athleticism and ABCs (agility, balance, coordination).

AGE-APPROPRIATE TRAINING

- Use small-area games to train team concepts and decision-making skills.
- Hockey sense development through games and situational play.
- Maintain proper work-to-rest ratio; game-like scenarios in training.
- Increase body-contact training (on- and off-ice); angling, puck protection, stick-on-puck, contact confidence, receiving a check, etc.
- 7-month training calendar.
- 105-120 ice sessions per season (4 sessions per week).
- 15 skaters and 2 goalies per team.
- Increase off-ice training.

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 jogging or even games like tag.

STEP 2 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 12-and-Under level:

1. A proper practice-to-game ratio (at least 2.5 practices to every one game).
2. Heavy emphasis on skill development.
3. Training plans and schedules that build all-around athletes first, then hockey players.
4. Increased emphasis on decision-making skills.

Players will remain active with the increased engagement, puck touches and playing time they'll receive in station-based practices. More efficient skill development will result from more repetitions and experience in specific game situations. Coaches should emphasize hockey sense development in conjunction physical abilities through a games based approach. This includes the ability to understand and execute age-appropriate concepts and tactics. Through small-area games and small-sided games, players will become better problem-solvers. The majority of your practice time at 12U should be spent on development of skills and game awareness.

Instead of a random collection of drills or games, practices should be developed with a common theme so that the focus is on improving one or two particular aspects of play. This can provide players with more and varied repetition on a particular concept, tactic or game aspect and increase their ability to learn.

Training (on- and off-ice) should include skills related to body contact in a safe environment. This should include stick position, angling, delivering a body check and receiving a body check. Training should reinforce the ultimate purpose of body contact which is to gain possession of the puck.

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

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

12U Practice Plan 1

Time: 60 minutes

Number of Players: 15+ skaters and 2 goalies

Practice Theme/Goals: half-ice practice; defensive gapping and passing

Equipment Required: divider pads (6), nets (2), tires or cones (3)

WARMUP: SKATERS AND GOALIES

Keep-Away

(8 minutes)

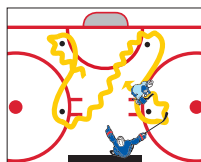
Players pair up. On whistle, play 1v1 keep-away for 30 seconds. Players must stay in a small area and try to beat each other 1v1. Don't let them skate all over the ice to maintain possession; work on deception and hand skills. Have players stationary pass during rest periods. Stay 15 to 20 feet apart to increase reps. Have players make a different random type of pass each time (i.e. bullet, sauce, backhand).

Goalie Movement Drill: Box Drill Edge Work

1. Forward
2. Backward

Goalie Fundamental Saves

1. Standing glove (x5), standing blocker (x5)
2. Start in a butterfly alternating side stick saves (x10)
3. Start on the post, out to the top of the crease, body (x5)



STATIONS

Station 1: 1v1 Continuous

(10 minutes)

X1 begins by retrieving a puck and breaking out X2. X2 tags up around one of the 2 tires (inside out) and then attacks the net. X1 must gap up and play X2 1v1. As the play enters the zone, X3 moves to the high slot and waits for X1 to steal the puck. As X1 gains puck possession, X3 jumps to support and receives a breakout pass. X3 then tags up around one of the 2 tires and attacks the net. X2 then becomes the new X1 and gaps up to defend. Drill continues as a new X3 moves to slot.

Station 2: Grillo Gap Drill

(10 minutes)

F1 starts at top of the circle and D1 at bottom of the circle. F1 begins by sprinting to the dot. F1 must stop on the dot; D1 is then activated. F1 now sprints to one of the two puck piles. D1 sprints behind F1 to close the gap. Once F1 gathers a puck, he/she can break right or left and challenge D1 attempting to score. D1 does not stand still or skate backward. Instead, D1 closes the gap & leads with stick, putting body between F1 & the net. **NOTE: D1 should angle the player with good body position and stick-on-puck defense. Once the 1v1 thrust is over, coach blows whistle and F1 sprints & gathers puck from opposite pile and drill repeats.**

Station 3: 2v1 with Backcheck

(10 minutes)

D breaks out F1 & F2. F1 & F2 then pass to X1 and tag up onside for a return pass from X1. As soon as the puck re-enters the zone, X1 is activated as a backchecker. The D must follow the play and gap up for the 2v1 back. Play until the whistle.

Station 4: 1v1 Through the Gate

(10 minutes)

O1 starts behind the net and on the signal from the coach attempts to carry the puck through the 2 tires. X1 starts near the blue line and activates when O1 begins to move. X1 must gap up and angle O1 attempting to deny him access through the gate. If X1 can steal the puck, he attacks the net. Encourage good use of body positioning and stick on puck defensively. Coach can vary the space between players at the start to increase or decrease difficulty.

GAME: Nobles Transition Game

(12 minutes)

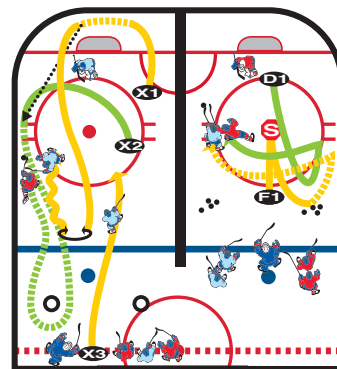
Players play 3v3 in the end zone. One team is on offense, the other on defense. When the defending team steals the puck, they pass to their teammates who are waiting at the red line. The 3 that just passed to their teammates leave the zone, the 3 that were on offense gap up to play defense, and the 3 that received the pass attack on offense.

KEEP-AWAY



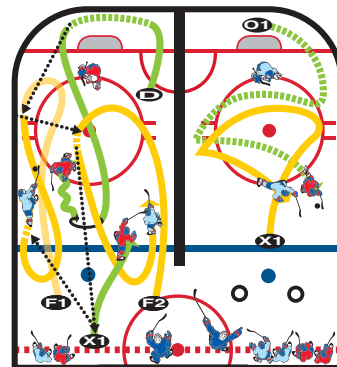
STATION 1 (LEFT)

STATION 2 (RIGHT)

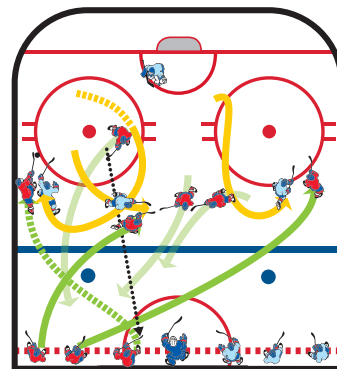


STATION 3 (LEFT)

STATION 4 (RIGHT)



NOBLES
TRANSITION
GAME



12U Practice Plan 2

Time: 60 minutes

Number of Players: 30+ skaters and 4 goalies

Practice Theme/Goals: game role #1 – puck carrier

Equipment Required: cones/tires, nets (2)

Chaos Puck Control Sequence

(30 minutes)

1. Half stationary stickhandling, half moving
2. Everyone moving
3. In pairs, half stationary passing, half moving and passing
4. Everyone moving, passing with partner
5. Blender – half skate clockwise and half skate counter-clockwise around outside of zone while stickhandling. On whistle, each player tight turns and skates in the opposite direction.
6. Puck Pirates – all players on the red line with pucks (25) spread around the end zone. On the signal from coach, players attempt to retrieve a puck and maintain possession. On each signal to stop, the players with a puck get 1 point. Each player tracks their score. Run several reps from red line then several from the blue line with fewer pucks (20). Then move to starting players at the top of the circles and fewer pucks (10).

GOALTENDERS

Clockwork

(15 minutes)

Goalies focus on forward/backward c-cuts and left/right t-pushes as they enter and leave the net. Once they are in the middle of the crease they will receive a shot from a distance so they can track the puck. Shots will be placed to the glove, blocker, body, left pad and right pad. Once the goalies get a few reps to each location switch sides.

Rebound Alley

(15 minutes)

One goalie is in the net, one goalie is standing in front as a screen/to shoot rebounds and the two other goalies are in butterfly off to either side of the net. The shooter can either shoot through the screen or on the ice to either goalie off to the side of the net. The goalies off to the side of the net will attempt to score by using proper rebound control. All goalies can try and score on rebounds if one is given out.

GAMES WITH FOCUS ON ROLE #1

3v3 Skate Out of Trouble

(10 minutes)

Play cross-ice with a small defensive zone (draw line between dot and edge of circle). If a player gains possession of the puck inside their own small defensive zone that player must try to skate the puck over the line before they can pass. Otherwise play normal 3v3. The emphasis is on role #1 stealing the puck and moving their feet right away.

Touch the Tire

(10 minutes)

In pairs play 1v1. To score a player must touch the puck to the tire (not shooting it). Each pair has their own tire so everyone is active the entire time. Role #1 gets reps at solving an opponent.

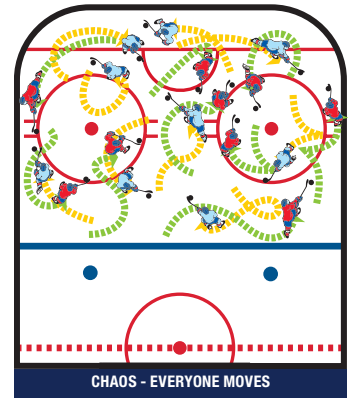
Gates Game

(10 minutes)

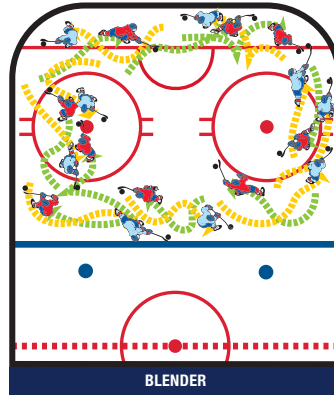
Play 3v3 or 4v4 depending on player numbers. To score a player must skate the puck through the gate. Role #1 now gets reps at skating while protecting the puck with an opponent leaning on them and attacking a specific space.



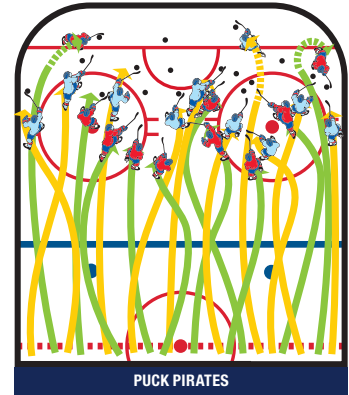
CHAOS - HALF STATIONARY



CHAOS - EVERYONE MOVES



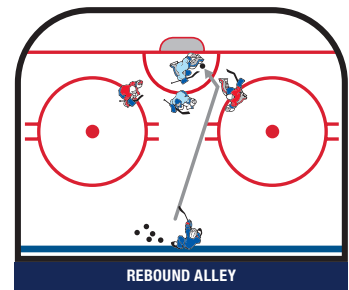
BLENDER



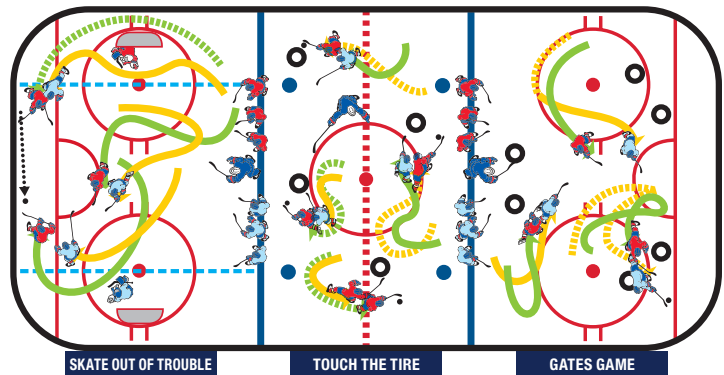
PUCK PIRATES



CLOCKWORK



REBOUND ALLEY



SKATE OUT OF TROUBLE

TOUCH THE TIRE

GATES GAME

12U Practice Plan 3

Time: 60 minutes

Number of Players: 30 skaters and 4 goalies

Practice Theme/Goals: puck possession

Equipment Required: divider pads (8), nets (4)

WARMUP: SKATERS AND GOALIES

3v3 All Touch

(10 minutes)

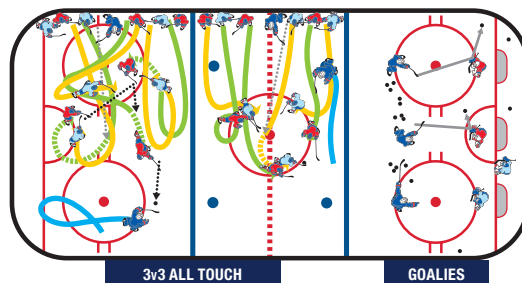
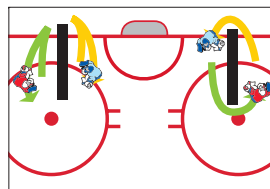
Game starts with players along the boards in various positions, on knees, stomach, etc. Coach spots a puck into the middle of the zone and signals the players to start. The goal is to gain puck possession for your team and have each team member touch the puck before passing to the extra coach to win the point. Play until a point is gained or 40 seconds, whichever comes first.

Goalie Movement Drill: Border Tag

1. No stick, start standing
2. Start from back or stomach
3. Carrying a puck, both must keep the puck.

Goalie Fundamental Save: Blocker

1. Start from a butterfly (x6)
2. Standing butterfly saves (x6)
3. Push from "C" depth to "B" depth and react



STATIONS

Station 1: 2v1 Pressure Keep-Away

(10 minutes)

Create a confined area for players to play 2v1 keep-away. The defender must pressure the puck as opposed to sitting back. The goal is for the two players to maintain possession while being pressured by the defender. Play for 30 seconds and then switch players.

Station 2: Cross Fire

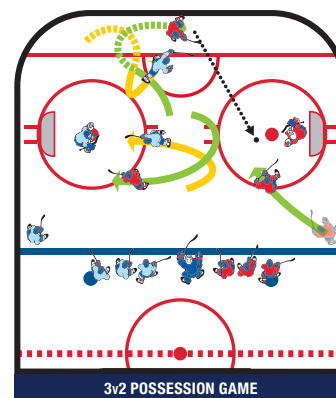
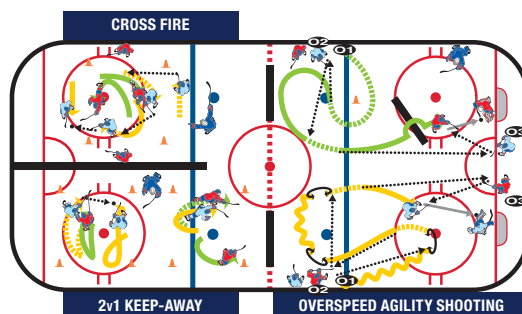
(10 minutes)

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. Force players on the outside of the square to move laterally to create passing lanes. Puck must travel from the outside of the box to a middle player then to the opposite side.

Station 3: Overspeed Agility Shooting

(10 minutes)

O1 skates backward to dot and gets pass from O2. O1 transitions to forward and passes back to O2. O1 skates to NZ dot, pivoting to backward. O1 gets pass from O2, transitions to forward passing to O3 with return pass and shot. **NOTE: All to be done at top speed! Don't slow down to wait for passes. After shot, 1 becomes 3. Coaches keep players moving at top speed. Part 2 is done skating forward and jumping over the divider pad for a return pass and shot. The return pass should require the player to make adjustments.**



GAMES

3v2 Possession Game

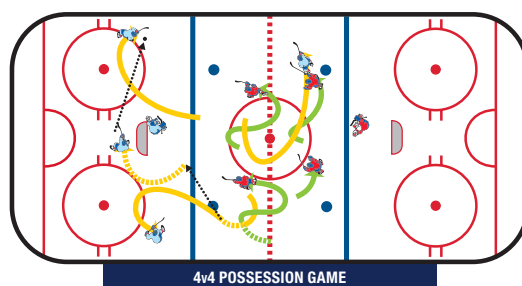
(10 minutes)

Start with a 2v2 loose puck battle. The teams that gains possession is allowed to have a 3rd player jump into the action. On change of possession, the extra player must exit the play and the new puck-possessing team gets to have their 3rd player jump in. When under pressure, your team has an extra player so protect the puck and make a play!

4v4 Possession Game

(10 minutes)

Play 4v4 between the top of the circles. On change of possession, the team without the puck must tag up on the red line before they can forecheck. The possessing team must move the puck behind its net before it can attack. 3 of the 4 attacking players must also support below their team's goal line. On the whistle to change, the player that has the puck stays on the ice (cannot attack the net) and possesses the puck until he can make a pass to one of the new on-coming teammates. The opponent closest to the puck carrier is also allowed to stay on to pressure the puck until a play is made, then changes.



12U Practice Plan 4

Time: 60 minutes

Number of Players: 30-40 skaters and 4 goalies

Practice Theme/Goals: individual puck handling skills, puck possession and skating

Equipment Required: nets (2)

WARMUP

Sharks and Minnows

(8 minutes)

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. **Goalies:** participate.

Backward Tag

(7 minutes)

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 minutes. **Goalies:** participate.

Puck Protection

(5 minutes)

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.

STATIONS

Station 1: 2v2 Possession

(12 minutes)

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).

Station 2: Chaos with Agility

(12 minutes)

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.

1. Tight-turn figure 8.
2. Forward to backward figure 8.
3. Stop-start both ways and accelerate for 5 hard strides.
4. 360 tight turn each way.

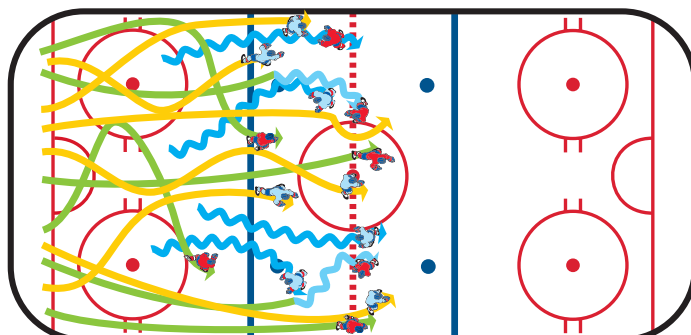
Continuous movement for 10 minutes. Coaches should pay attention to modifying space to increase or decrease conflict.

Station 3: Backcheck Game

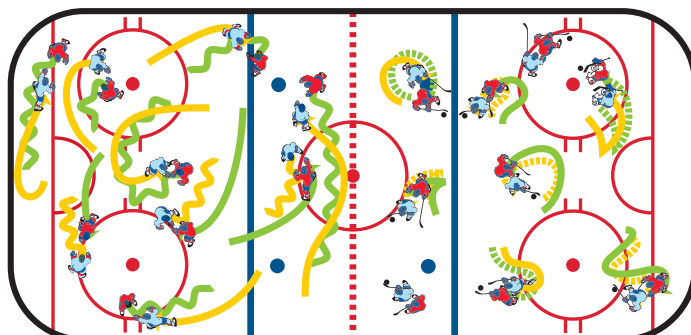
(12 minutes)

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.

Goalies: the 2 additional goalies can work with a coach in NZ.



SHARKS AND MINNOWS



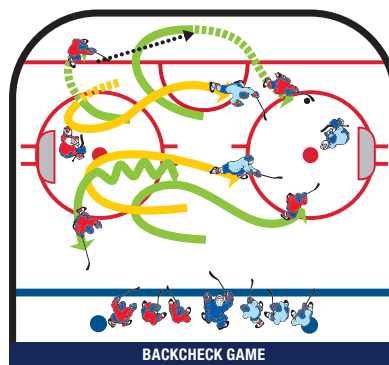
BACKWARD TAG

PUCK PROTECTION



POSSESSION

CHAOS WITH AGILITY



BACKCHECK GAME

12U Practice Plan 5

Time: 60 minutes

Number of Players: 30-40 skaters and 4 goalies

Practice Theme/Goals: game role #2 – offensive support on breakout

Equipment Required: nets (2)

WARMUP: SKATERS AND GOALIES

2v2 Possession

(10 minutes)

In groups of 4 players of similar ability, play 2v2 keep-away in one end zone and NZ. During rest intervals have players pass within their group (cannot stand still, must include a fake before passing and must make a different type of pass each time [bullet, sauce, backhand, etc.]).

Goalies: Clock Work

Goalies line up front to back to the left of the net with the first goalie on the goal line. The first goalie will c-cut to the top of the crease and t-push to the middle of the crease on angle with the puck. The shooter will shoot to the left side of the net in which the goalie will control the puck to the corner. The goalie will then recover to their left and c-cut backward before t-pushing to get in the back of the line they started in. Switch sides at 5 minutes.

DRILLS

Breakout Support

(10 minutes)

Players line up as diagrammed and breakout. Coach is inside the red line and spots puck to create different situations for offensive team to solve situation & breakout before passing to coach to complete the drill. Vary player starting points and puck placement. Drill should be done at the young ages with no regard to position but can be also be done at the older ages in position.

3v2 Breakout Support

(12 minutes)

Use marker to identify starting areas for players. Have 5 players ready to go and alternate sides. Drill starts when coach "places" puck in zone. Place puck in different spots to vary the playing situation. All 5 players start at the same time and must skate around the tire. The 3 defensive players breakout by skating the puck out of the zone. The 2 opponents provide a hard forecheck with F1 and read and react F2 attempting to steal puck and attack net. The rep is over once the defending team breakouts, a goal is scored or the goalie freezes the puck. Emphasis is on getting to the puck first as well as look over shoulder to find teammates while under pressure. The other 2 must work to support and breakout.

2v3 to 2v1 Transitions

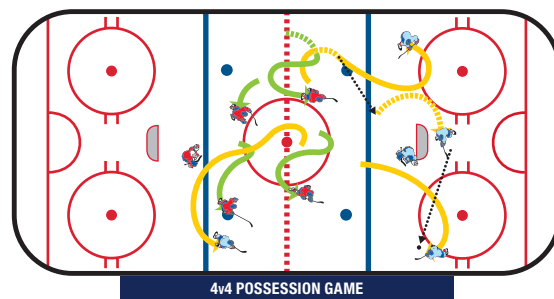
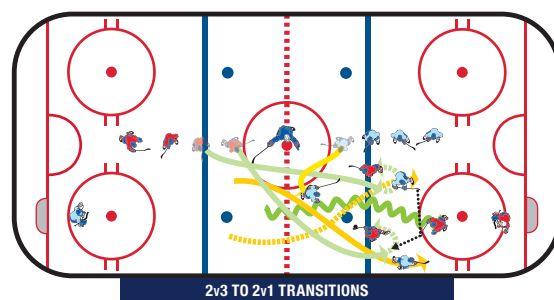
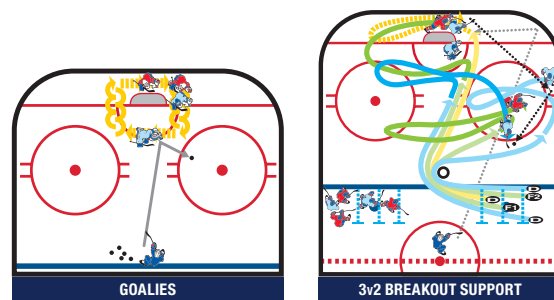
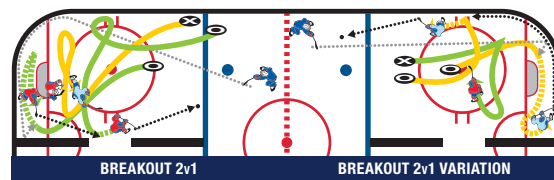
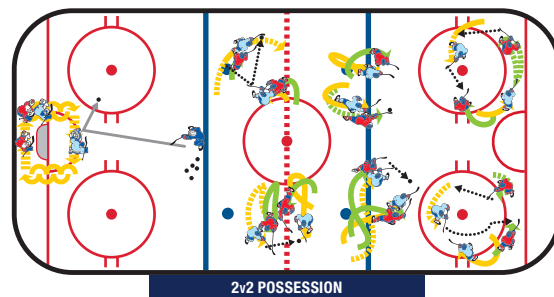
(13 minutes)

Start by cutting the ice in half lengthwise using the extra players in NZ as barrier. Begin with a 2v1 rush. As soon as the puck crosses the redline, 2 new defensive players begin to backcheck and outnumber the offensive players 2v3. Once the puck changes possession 2 of the 3 defensive players transition to offense and attack a new defender in the opposite direction. Players are allowed to backcheck to the near blue line before disengaging. There are no set positions in this drill. Emphasis is on the offensive support of players moving into positions to easily receive pass and getting up the ice quickly for support.

GAME: 4v4 Possession Game

(15 minutes)

Play 4v4 between the top of the circles. On change of possession, the team without the puck must tag up on the red line before they can forecheck. The possessing team must move the puck behind its net before it can attack. 3 of the 4 attacking players must also support below their team's goal line. On the whistle to change, the player that has the puck stays on the ice (cannot attack the net) and possesses the puck until he can make a pass to one of the new on-coming teammates. The opponent closest to the puck carrier is also allowed to stay on to pressure the puck until a play is made, then changes.



12U Practice Plan 6

Time: 60 minutes

Number of Players: 30+ skaters and 4 goalies

Practice Theme/Goals: game role #2 – offensive support players

Equipment Required: nets (4), ice marker

Individual Techniques

(10 minutes)

1. Chaos stickhandling in NZ, on whistle tight turn and accelerate for 5 to 7 seconds.
2. In pairs, half stationary passing, half moving and passing.
3. Everyone moving, passing with partner.
4. Same as 3, high speed skating for 5 to 7 seconds.

Goaltenders Double Trouble

(10 minutes)

The goalie below the goal line is focusing on reading the pressure of the forecheck to then make a clean pass to either the other shooter below the goal line or back up to the coach in the middle. Once the coach in the middle gets the puck they shoot and both the goalie and the shooter below the goal line crash the net front to play out rebounds. The goalie in the net is shoulder checking the shooter in the middle to read if they have the time and space to move on their feet or slide once the play is made to the middle.

3v2 Side-to-Side Possession

(12 minutes)

Draw center line through crease to split the zone and have waiting players across the top of the circles to confine space. Play 3v2 keep-away on one side with the defensive teams 3rd player waiting in the opposite zone. When the 2 steal the puck they pass it to their waiting teammate and join him in the other half. The 2 closest new defenders move into the opposite zone to pressure and regain possession while their 3rd player remains. The focus is on the supporting players (#2s) moving quickly to find open space and easy outlets for their teammate with the puck.

2v3 to 2v1 Transitions

(13 minutes)

Start by cutting the ice in half lengthwise using the extra players in NZ as barrier. Begin with a 2v1 rush. As soon as the puck crosses the red line, 2 new defensive players begin to backcheck and outnumber the offensive players 2v3. Once the puck changes possession, 2 of the 3 defensive players transition to offense and attack a new defender in the opposite direction. Players are allowed to backcheck to the near blue line before disengaging. There are no set positions in this drill. Emphasis is on the offensive support players moving into positions to easily receive pass and getting up the ice quickly for support.

3v3 Length of Ice

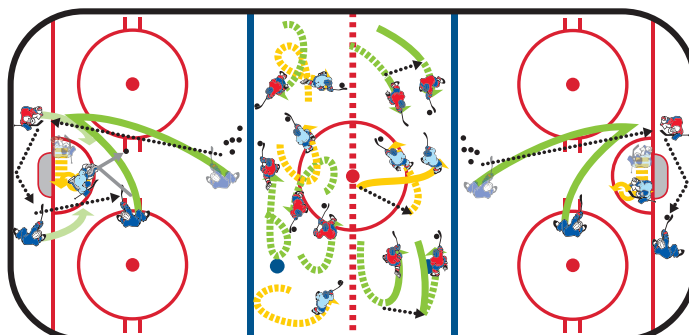
(12 minutes)

Cut the ice in half lengthwise using the extra players in NZ as barrier. Play 3v3 with additional parameters that support the activities around role #2. In this case goals scored with all offensive players inside the offensive zone count as 2 points.

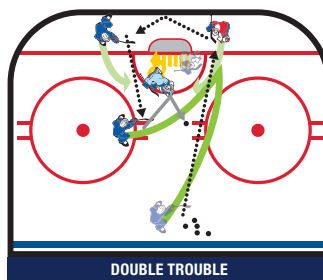
3v3 with Point Play

(12 minutes)

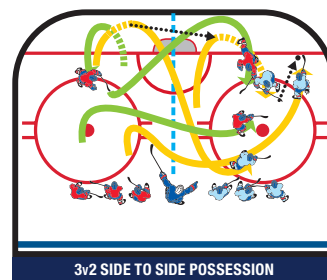
Play 3v3 side by side in end zone with each team having a point man on their offensive side of the ice. On change of possession players can use either point players as an outlet, but the puck must rotate to the offensive team's point player. Additional parameters are put into play to support the activities of player role #2. Goals scored off a 1 touch, deflect or rebound count as 2 points.



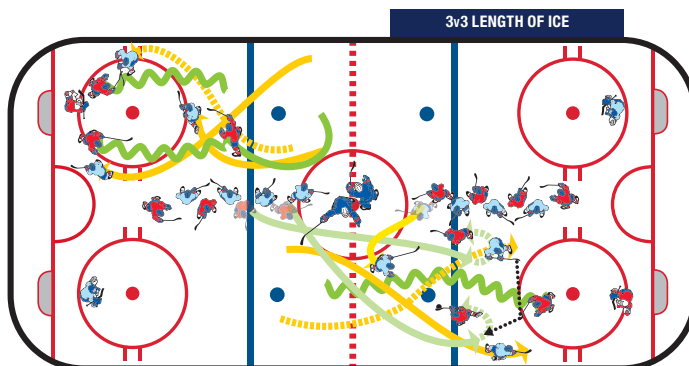
CHAOS PASSING



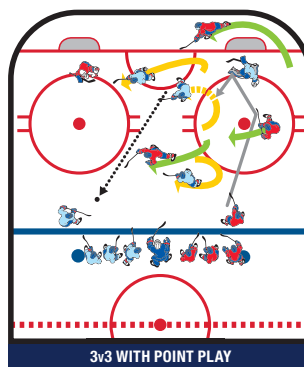
DOUBLE TROUBLE



3v2 SIDE TO SIDE POSSESSION



2v3 TO 2v1 TRANSITION



3v3 WITH POINT PLAY

12U Practice Plan 7

Time: 60 minutes

Number of Players: 30+ skaters and 4 goalies

Practice Theme/Goals: angling, body and stick positioning

Equipment Required: divider pads, nets (4)

WARMUP: SKATERS AND GOALIES

4 Corners Support Game

(8 minutes)

2v2 competition in each zone. This is a puck possession game with two rules: first, the two Xs or Os must get the puck and give it to a player in the front of any of the four lines. The recipient then returns it back to the team that gave it. Team with possession then must give it to a player in the front of a line on the other side of the rink to score another point. 30-second shifts with the first player in each line becoming the competing players and the 4 who were in the middle going back to the end of their line.

Goalie Movement Drill: Lateral Release

1. Long shuffle into a butterfly (x4 each way)
2. Two puck recovery (x4 each way)

Goalie Fundamental Save: Rotation Tracking

1. Stick (x5 each way)
2. Blocker (x7)
3. 5-hole (x8)

STATIONS

Station 1: 1v2 Forecheck

(10 minutes)

Offensive player with puck skates behind the net trying to breakout by skating out of zone while two defenders work together to angle, defend and gain possession. On turnover, defenders transition to offense and attack 2v1 on net. The coach releases each X one at a time so there are different reads.

Station 2: Transition Skate Angling

(10 minutes)

O with puck and X without puck start on whistle. O must skate completely around the first tire so he/she completes the full rotation skating out on the net side of the tire before skating through the middle of the two top tires as diagrammed. X skates forward around the single tire as diagrammed as few (once) or as many times (up to the player) in order to create proper speed and gap with offensive player. O tries to score, X tries to protect the middle of the ice and angle O out of the play.

Station 3: Guard the Gate 1v1 or 2v2

(10 minutes)

Place tires 8 feet apart as diagrammed. The player starting with puck faces away from tires with defender behind. To start, the defender slides puck between O's legs. O reacts to puck and tries to carry puck between the two tires. Defender must use body and stick position to defend gate. Roles immediately reverse on change of possession. 30 second shifts.

Station 4: 1v1, 2v2 Angling and Drive Drill

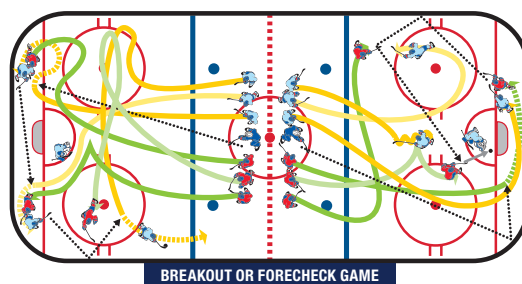
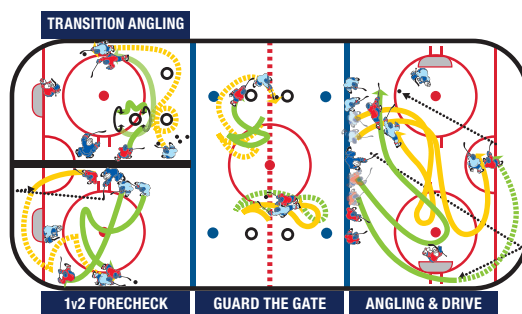
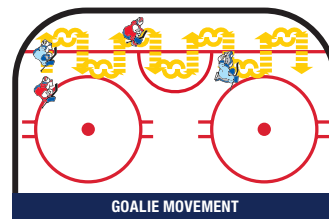
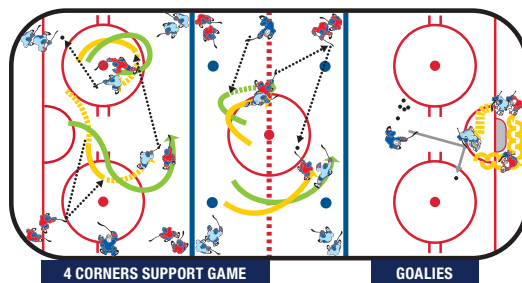
(10 minutes)

Coach spots puck in either corner or on net. X1 picks up puck, wheels net driving wide with X2 moving to support. O1 and O2 must tag up with skates touching inside opposite circle and angle X1 to deny middle ice with O2 picking up the open X2. O1 and O2 work together to re-gain possession and counterattack. Let counterattack play out, then alternate sides.

GAME: Breakout or Forecheck Game

(12 minutes)

Coaches identify which team is on offense and which team is on defense in each zone. One coach oversees each zone & game is played 3v3 simultaneously with one team attacking to score and one team defending breakout by skating the puck over the blue line. A new puck is spotted in once a goal is scored, a stoppage of play is earned or the defending team breaks the puck out over the blue line before passing to coach. Have players execute team forecheck. **NOTE:** Players in line need to pay attention to both zones and be ready to perform either defensive or offensive role depending on what zone the new puck is dumped.



12U Practice Plan 8

Time: 60 minutes

Number of Players: 15+ skaters and 2 goalies

Practice Theme/Goals: offensive zone play, support and crossing patterns

Equipment Required: divider pads (6), nets (3), tires (2), cones (2)

WARMUP: SKATERS AND GOALIES

4-Corner Passing

(8 minutes)

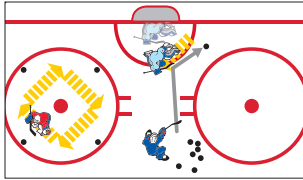
4 players enter the zone with a puck, make eye contact with the 1st player in another line, pass and then catch a return pass. On receiving the return pass the player should tight turn and accelerate for 3-4 strides before passing again. Change to forward-to-backward pivots after each pass, catch pass on backhand, etc.

Goalie Movement Drill: Box Drill

1. Shuffle
2. Butterfly full recovery (x2 around each way)

Goalie Fundamental Save: Stick Save

1. Starting and staying in a butterfly (8 shots/4 per side)
2. From stance, react to make a butterfly stick save (x6)
3. Shuffle from dot angle to the puck for stick save (x6)



STATIONS

Station 1: Drop Pass Exchanges

(10 minutes)

2 forwards sprint to regroup with coach, then perform 2 drop pass exchanges at the pads and finish with shot on net. Both players stop at the net. Drop pass is done to the defensive side of the puck carrier by leaving the puck just a bit early for teammate to skate into.

Station 2: CJ Scissor

(10 minutes)

X1 starts with the puck and drops it to X2. They attack the D 2v1. On whistle X1 becomes the new X2 on the opposite side, X2 becomes the new D and the D rotates out.

Station 3: 360, Pull Push, Shooting

(10 minutes)

Players do a 360 spin to the backhand at each tire. Immediately finish second spin with a backhand shot on goal. Change to pull (toe drag) push (to forehand) move at each tire. At second tire, underhandle and immediately shoot off of move. Use coaches instead of tires when possible. Players must read coaches stick position to know which way to move.

GAMES:

Exchange Game

(11 minutes)

Play 3v3 cross ice. Shots off of a crossing play count as 1 point, goals count as 3 points and goals scored off of a crossing play count as 5 points. Coaches can vary the point scoring system to encourage screen, pick or crossing patterns within the play. Focus is to encourage the offensive support players to read and move into position for the puck carrier.

Third Man High Game

(11 minutes)

Players play 3v3 but the last attacking player cannot pass the midline. This leaves the attacking team with a 2v3 situation in the offensive half of the zone. The players on offense can use the third man high as an outlet if they would like but he/she cannot enter the zone unless another offensive player exchanges and rotates out. This game emphasizes the third forward reading the play as a high man in the attacking zone.

4 CORNER PASSING



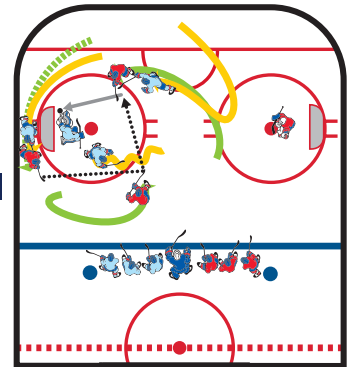
STATION 1 (UPPER LEFT)

STATION 2 (UPPER RIGHT)

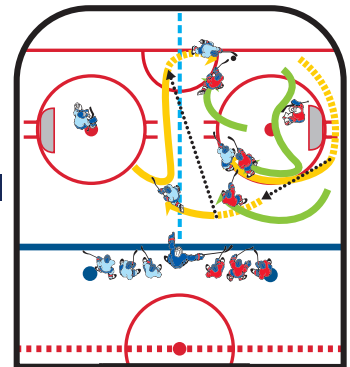
STATION 3 (BOTTOM)



EXCHANGE GAME



THIRD MAN HIGH GAME



12U Practice Plan 9

Time: 80 minutes

Number of Players: 45+ skaters and 6 goalies

Practice Theme/Goals: individual defensive skills and small area confrontations

Equipment Required: divider pads (10), nets (5)

WARMUP: SKATERS AND GOALIES

Stick-on-Puck Figure 8

(5 minutes)

Players pair up along boards with one player protecting puck in a figure 8 pattern, protecting puck toward the boards and away from the opponent, while opponent practices stick-on-stick positioning.

Goalie Movement Drill: Inside Edge Figure 8

1. Forward (x2)
2. Backward (x2)
3. Forward with lateral bound to a shuffle (x3)

Goalie Fundamental Save: Pad Save

1. Start in butterfly (x3 per side)
2. Start from standing (x3 per side)
3. Long lateral shuffle to reaction save (x5)

STATIONS – 1ST ROTATION

Station 1: 1v1 Point Shot/Net Front Play

(7 minutes)

Coach spots puck for 1v1 battle. On possession, player must pass to teammate at point and gain position for pass, tip or rebound. Pit players cannot cover point. 30-second shifts.

Station 2: Guard the Tire

(7 minutes)

Players pair up with 1 tire per pair. The player with the puck attempts to touch the puck to the tire and his partner defends the tire with good body and stick position. If the puck changes possession, the players switch roles.

Station 3: 1v1 Keep-Away

(7 minutes)

Play 1v1 keep-away for 30-second intervals. Have players stay in a confined space. Partner pass during rest intervals.

Station 4: Bad Pass 1v0

(7 minutes)

Two players stand facing each other 10 feet apart. P1 passes puck to the backhand side of P2, P2 receives pass, transfers puck across body to forehand, makes forehand pass to the backhand side of P1. P1 catches and repeats pass to P2 who receives, transfers puck to forehand and attacks the net on breakaway. Last 3 minutes, have P2 chase P1 on breakaway. Players alternate lines.

Station 5: 2v2 Goal Line Game

(7 minutes)

Draw a line as diagrammed. Players start 2v2 in pit, coach spots puck and players battle for possession. On every turnover, the attacking team must take puck below the goal line to attack. Four roles of hockey apply to every situation.

Station 6: Under-Speed Skating

(7 minutes)

Focus is on under-speed skating technique with an emphasis on edge control, balance and coordination.

Goalies: Goalies rotate through stations 1, 4, 5, 6 and GS.

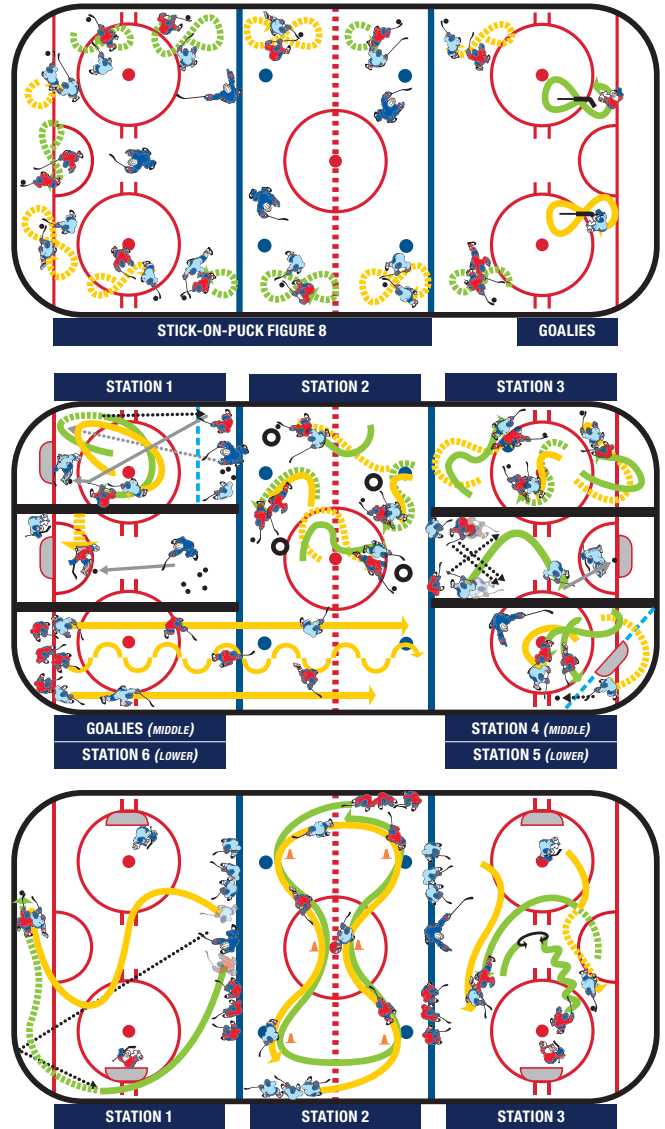
STATIONS – 2ND ROTATION

Players grouped by team. Coaches rotate with their team.

Station 1: Angling/Drive Drill

(11 minutes)

Coach spots puck in either corner or on net for goalie to set it up behind the net. O picks up puck and wheels the net driving wide to attack. X must tag up with skates touching inside circle and then



angle stick-on-stick, body-on-body establishing middle ice position and denying opponent a lane to the net. Alternate sides, players should alternate lines.

Station 2: Over-Speed Skating

(11 minutes)

Players in 2 lines follow pattern at top speed. Each drill is done for 2 reps without pucks, then two reps with pucks (1-forward, 2-backward, 3-forward/backward transition, 4-backward/forward transition at each cone).

Station 3: 2v2 Defend to Score

(11 minutes)

Players compete 3v3 for 30-second shifts. Hold players accountable for quick transitional concepts both from offense to defense and defense to offense.

12U Practice Plan 10

Time: 80 minutes

Number of Players: 45+ skaters and 4+ goalies

Practice Theme/Goals: passing skills, puck possession and awareness

Equipment Required: tires (8), nets (4)

WARMUP: SKATERS AND GOALIES

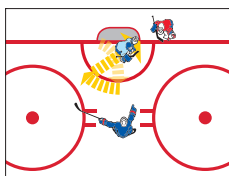
Individual Techniques

(8 minutes)

1. Chaos stickhandling in NZ, on whistle tight turn and accelerate for 5 to 7 seconds.
2. In pairs, half stationary passing, half moving and passing.
3. Everyone moving, passing with partner.
4. Same as 3, high speed skating for 5 to 7 seconds.

Goalie Movement Drill: Out, Over, Back

1. All standing (x2 from each post)
2. Butterfly (x2 from each post)
3. Butterfly slide (x1 from each post)



Goalie Fundamental Save: Body

1. Start in a butterfly (x5)
2. Start from goalie stance (x5)
3. Start from the post (x5)

6v3 Possession

(12 minutes)

Create 3 zones. The 6 end zone players work to maintain puck possession with the goal of moving the puck from one end zone to the other. The 3 players in the NZ can send 1 forechecker into an end zone to steal the puck. The other 2 players must stay in the NZ and try to intercept passes. Forechecker must call out that he is F1. Can progress to 4 players in NZ with 2 allowed to forecheck.

STATIONS – 1ST ROTATION

Station 1: 2v2 Possession

(10 minutes)

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).

Station 2: Chaos with Agility

(10 minutes)

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. **1**–tight-turn figure 8; **2**–forward to backward figure 8; **3**–stop-start both ways and accelerate for 5 hard strides; **4**–360 tight turn each way. Continuous movement for 10 minutes.

Station 3: Goalie Shots

(10 minutes)

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.

STATIONS – 2ND ROTATION

Station 1: Build-Up Game

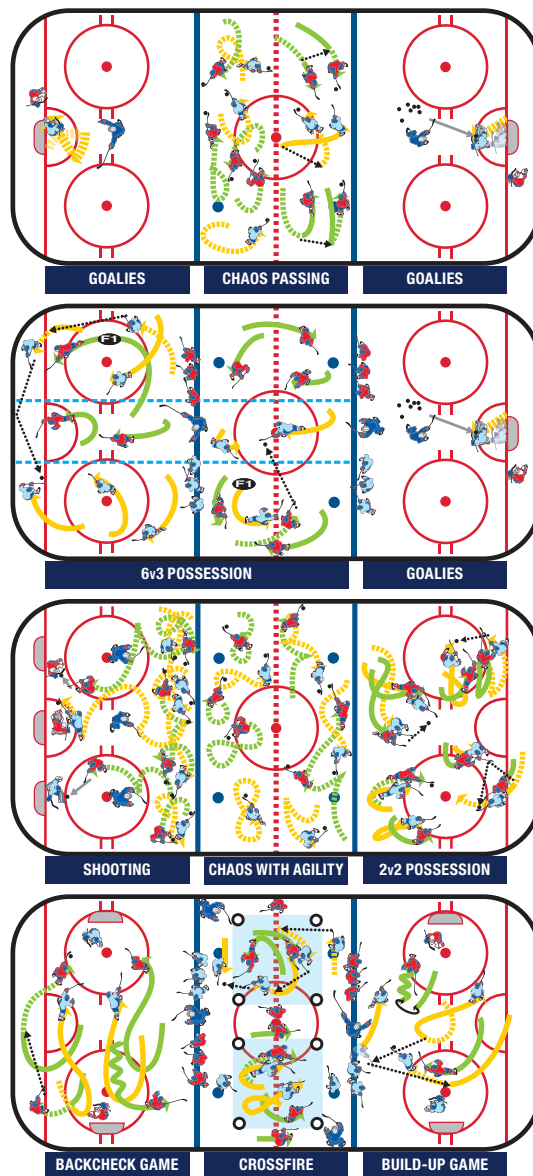
(10 minutes)

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.

Station 2: Crossfire

(10 minutes)

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.

Station 3: Backcheck Game

(10 minutes)

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.

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

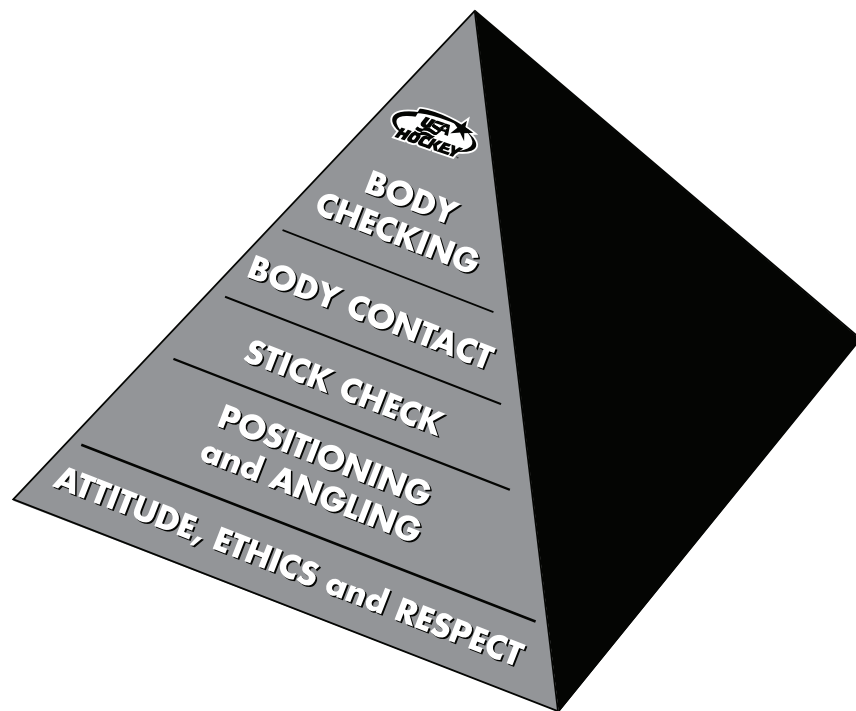
Areas of Focus



Body Contact

TEACHING POINTS

- Full understanding of the purpose of body contact.
- Ensure that players understand the principles of Heads Up, Don't Duck.
- Focus on stability (flexion in ankles, knee bent, hips down, heads up).
- Puck retrieval (shoulder check, create an angle and accelerate).
- Have an understanding of danger areas and ways to escape pressure (create time and space).
- Taking a check and giving a check.
- Stability (solid base, knees bent, bottom hand pressure on stick), awareness (head on a swivel).
- Steering, taking ice away, controlling speed, angling, active stick.



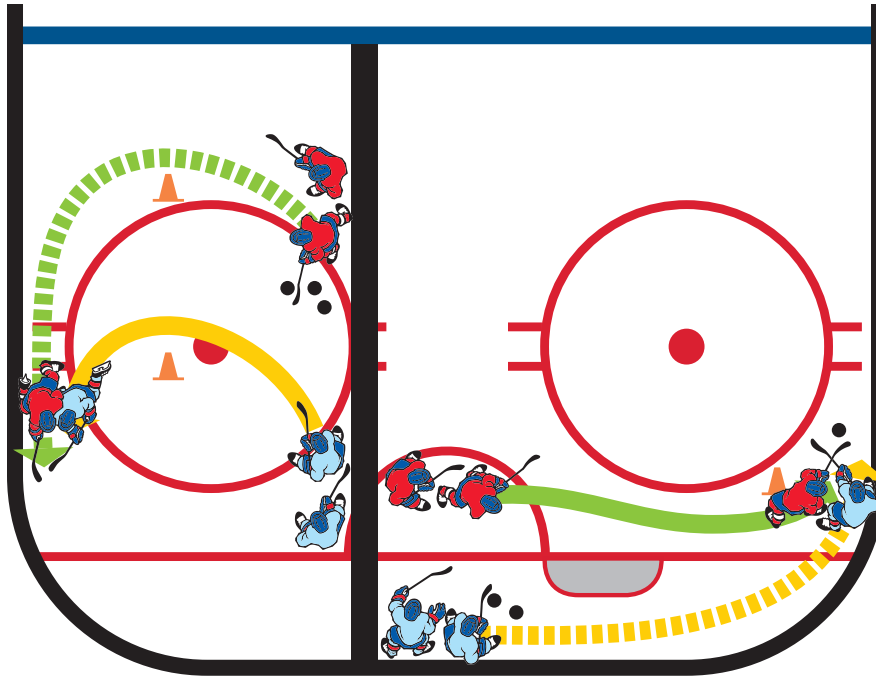
WHERE TO START

Angling into Corner

X begins with the puck and carries it down the wall. O attacks X at an angle. O must try to pinch X off before the cone and separate X from the puck. If O separates the puck, the next two go. The drill emphasizes angling, body contact and body control.

Angling and Body Contact

Set up two cones 10 feet apart and 5-8 feet off the boards. Player X starts with puck on stick and goes around cone while Player O angles and pins. Focus on feet and hips facing correct direction and proper use of stick.



Thrust of War – Side

Players pair up and begin shoulder-to-shoulder. On signal from the coach, the players push against each other. Keep the stick and arms down while using the legs to push against your partner. Knee bend is important for balance and stability.



Thrust of War – Front

Players pair up and face each other. Start with the front of the shoulders in contact. On the signal from the coach, players push against each other. Keep the stick and arms down while using the legs to push against your partner. Be sure to emphasize knee bend.



Side Check Reaction

Three players are lined up in a straight line 6-8 feet apart. The outside players are facing each other and the middle player is turned so his/her shoulders line up with the two other players. All players are in an athletic position with deep knee bend, alert and ready to go.

A coach is positioned behind the player in the middle. The coach will give a sign, which the player in the middle can't see. The two other players will react to the sign. Whoever is chosen by the instructor will take 2-3 steps forward and execute a side check on the player in the middle. He/she should react to the checker as quickly as possible, take a lateral step and "hit back."

The drill can be done with or without sticks. If sticks are used, make sure the sticks are down at all times.



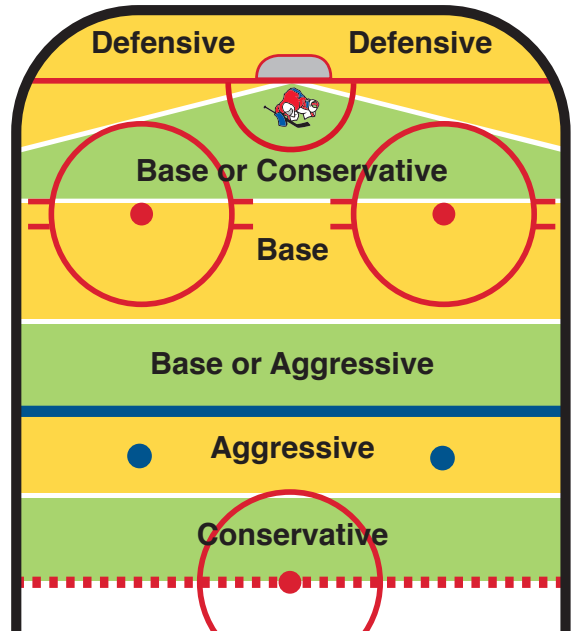
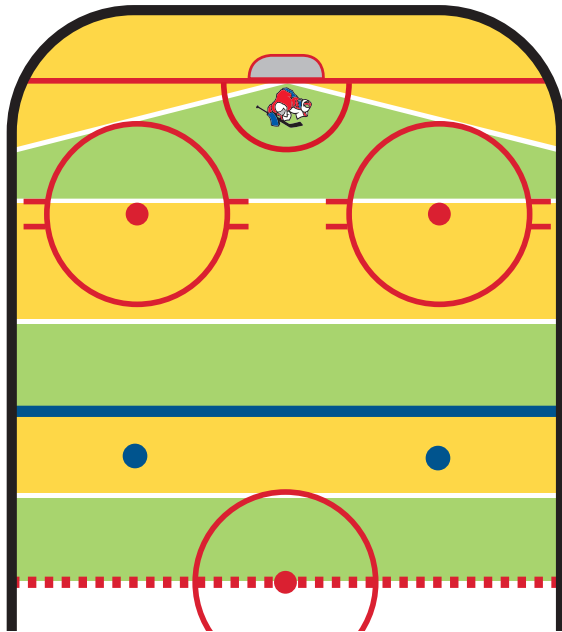
**FOR ADDITIONAL INFORMATION ON BODY CONTACT,
ACCESS THE *CHECKING THE RIGHT WAY* MANUAL:**

<https://bit.ly/3cak78l>

Goaltending

POSITIONING

- Square to the puck – eyes, shoulders, toes, hips and knees facing the puck.
- Angles – puck is lined up with the goaltender's midsection and the center of the net.
- Depth – understand the ABCs of depth.



When the puck is in these areas, the goalie should be at the appropriate depth in their crease.

STICKHANDLING

- One-hand forehand, one-hand backhand, two-hand forehand and two-hand backhand passing.
- Fast, efficient skating to retrieve loose pucks.
- Effective communication with teammates.



SKATING

- Introduce on-ice recovery. When the goalie is down in a butterfly position with an immediate threat of a second shot, goalies should use a proper on-ice recovery.



Benchmarks

Players should be able to complete these fundamental goaltending activities to move on to the next level.

1. Understand the four depths and when they should utilize each depth.
2. Make accurate flat passes utilizing each of the four types of passing techniques.
3. Effectively utilize on-ice recoveries in both directions.

FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:

<http://www.USAHockeyGoaltending.com>

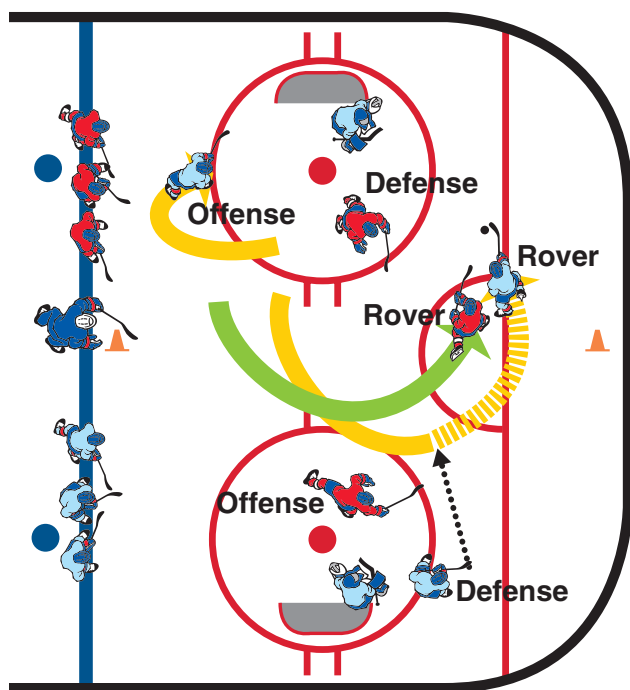
Small-Area Games

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. 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 where players are exposed to continuous decision making, and are challenged to execute technical and tactical abilities within live play that more closely represents the real game. Small-area games also simulate intense game shifts and provide an excellent form of conditioning in practice.

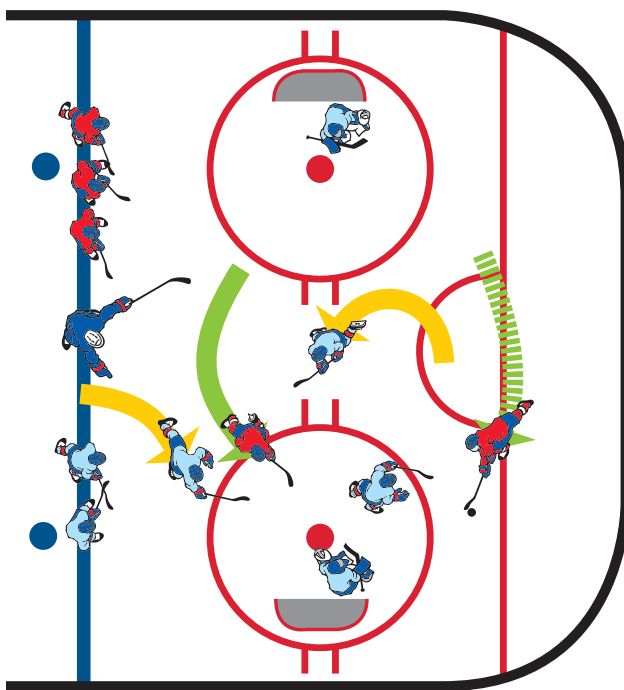
ROVER TRANSITION GAME

Each team starts out with one designated defensive and offensive player who must remain on their respective side of the center line. (Use cones to mark the center line.) The third player on each team is a rover who can play on either side of the center line. The game is a continuous 2-on-2. Create a variation by removing one rover and creating a 2-on-1 allowing the remaining rover to play on offense for both teams.



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:

<https://bit.ly/3fAQCiU>

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. The basis of which should be created around play and games.

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 should have a solid foundation in these fundamental movement skills and 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:

- Start or conclude the session with a fun game using a variation of tag.
- 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: Push Up Scramble

Station 2: Ladder: Single Leg Slalom

Station 3: T-Push

Station 4: Plank Hold to Bridge

Station 5: Monster Walk/
Bear Crawl

Station 6: PVC Pipe Figure 8s

PRACTICE PLAN 2

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 3

Station 1: Hurdle Jumps Lateral

Station 2: Ladder: Lateral 1
in the Hole

Station 3: Inverted Rows

Station 4: Burpees

Station 5: Zig Zag Skaters

Station 6: Stationary Saucer
Passing

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

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

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

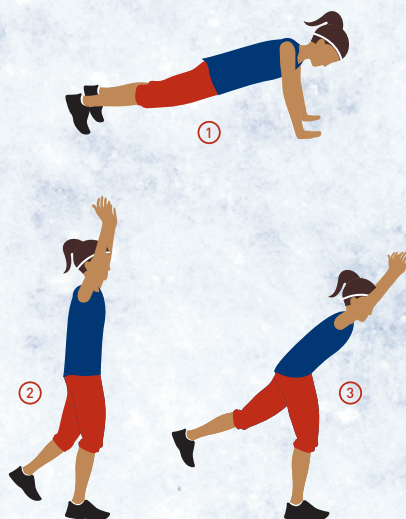
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

PUSH UP SCRAMBLE



PUSH UP SCRAMBLE

MOVEMENT

- Lie on Stomach.
- ① • Perform push-ups and scrambles on left foot and scrambles on right foot.
- ② • Scramble: get off the ground into a standing position.
- ③ • Scramble to standing on 1 foot and sway side to side and front to back.
- Repeat technique sequence 4 times.

Perform 2-3 push-ups in a row followed by 2-3 scrambles in a row.

VARIATION

- Lie on back.
- Scramble to standing on 1 foot, sway side to side and front to back.

ADVANCED VARIATION

Lie on back, complete a full roll each direction, scramble to standing on 1 foot, sway side to side and front to back.

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

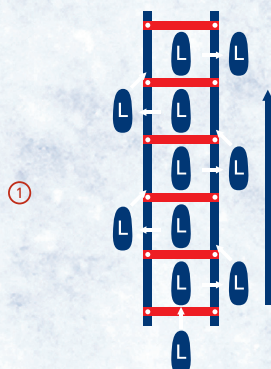
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

LADDER: SINGLE LEG SLALOM



LADDER: SINGLE LEG SLALOM

MOVEMENT

- Begin standing at one end of the ladder standing on one leg.
- ① • Jump into the first square, upon landing immediately jump laterally to one side of the first square.
- Immediately jump diagonally and forward in to the second square, then jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig-zag pattern.
- 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:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

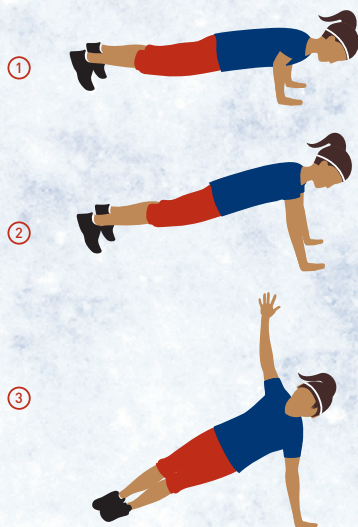
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

T-PUSH



T-PUSH

MOVEMENT

- ① • Start at the bottom of a push-up position.
- Back should form a flat bridge.
- ② • Perform a push-up and hold at the top of exercise.
- ③ • Lift one arm from the floor and raise towards the ceiling.
- Roll hips so belly button faces 3 o'clock or 9 o'clock.
- Roll onto the side of feet and keep body straight for entire movement.
- Create a sideways T-shape with arms and body.
- Return to the starting position.
- Repeat raising opposite arm.
- 1 T-Push repetition with each arm constitutes 1 full repetition.

Perform 5 repetitions, rest for 30 seconds and repeat.

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

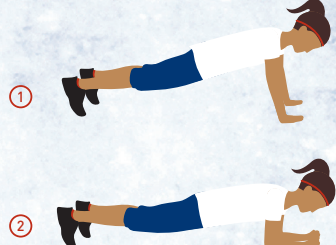
Station 6:
PVC Pipe Figure 8s

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 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

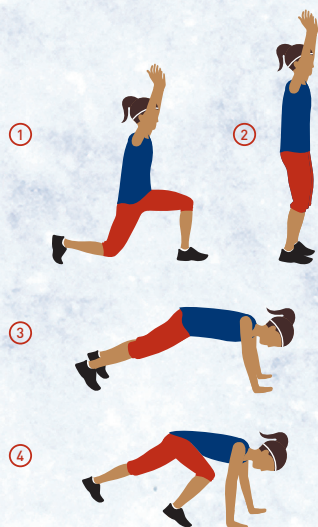
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

MONSTER WALK/ BEAR CRAWL



MONSTER WALK/ BEAR CRAWL

MOVEMENT

- Perform 6 Monster Walks (forward lunge) transitioning into 6 Bear Crawls.

MONSTER WALK TECHNIQUE

- Stand with feet shoulder width apart.
- Arms are stretched straight up over head in line with ears.
- Step forward, landing with the heel first.
- Knee should be at 90 degrees.
- Long strides so knee does not go past toes.
- Right knee touches ground.
- Looking straight ahead with back straight.
- Return to standing position driving up with front leg.
- Alternate legs.

BEAR CRAWL TECHNIQUE

- Start on all fours.
- Pick up right hand and left leg, extend forward.
- Pick up left hand and right leg, extend forward.
- Repeat.

ADVANCED

Perform Monster Walk/Bear Crawl backwards and laterally.

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

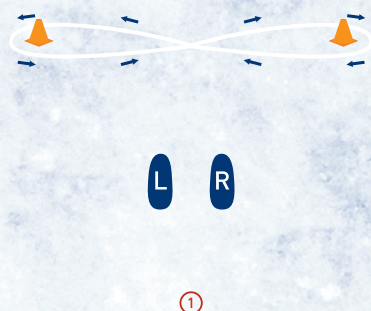
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

PVC PIPE FIGURE 8s



PVC PIPE FIGURE 8s

FOCUS

- Loose bottom hand, expansion of reach, cupped blade, top hand control.

SET UP

- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.
- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

TECHNIQUE

- Feet are 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.
- Move the ball wide with the backhand side of the blade.
- Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- Continue to handle the ball in a Figure 8 pattern in front of the body.
- Top hand controls the movement of the ball.
- Have players change Figure 8 direction halfway through station.
- Execute for 20 seconds, rest for 20 seconds...repeat.

Top hand will fatigue quickly.

PRACTICE PLAN 2

Station 1:
Monster Walk Twist

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

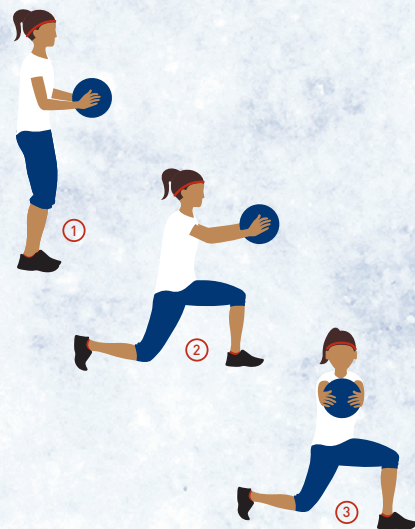
Station 3:
Inch Worm

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.
4. Be sure to keep knee over left foot and behind ankle; do not twist at the knee.
5. From torso, twist upper body to the right—belly button should be at 3 o'clock.
6. Arms are stretched straight out towards 3 o'clock.
7. Maintain a slow and controlled movement throughout the exercise.
8. Slowly move arms/ball to center and return to standing position.
9. Step forward with the opposite foot.
10. 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 2

Station 1:
Monster Walk Twist

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

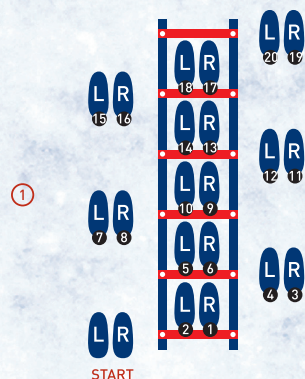
Station 3:
Inch Worm

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.
- 2. 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.
- 3. Repeat sequence down the ladder.
- 4. Jog back to line.
- 5. 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 2

Station 1:

Monster
Walk Twist

Station 2:

Ladder:
In-In-Out-Out

Station 3:

Inch Worm

Station 4:

Spiderman
Climbs

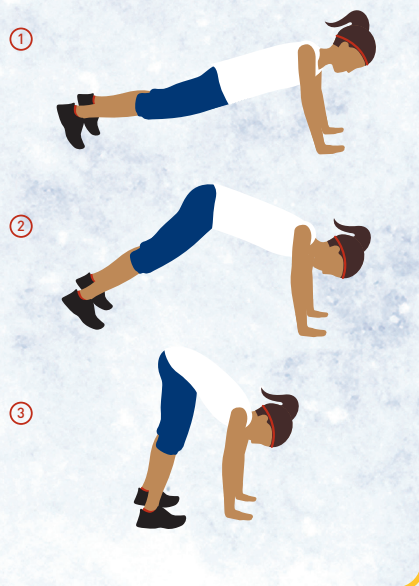
Station 5:

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 2

Station 1:

Monster
Walk Twist

Station 2:

Ladder:
In-In-Out-Out

Station 3:

Inch Worm

Station 4:

Spiderman
Climbs

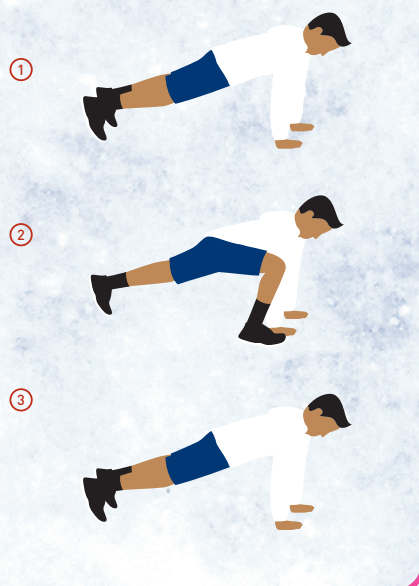
Station 5:

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 2

Station 1:
Monster
Walk Twist

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

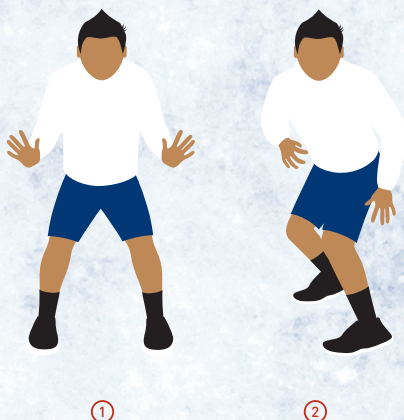
Station 3:
Inch Worm

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.

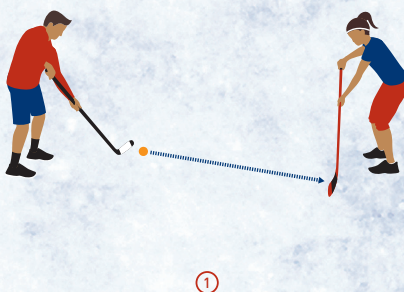
①

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.*

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:
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 3

Station 1: Hurdle Jumps Lateral

Station 2: Ladder: Lateral 1 in the Hole

Station 3: Inverted Rows

Station 4: Burpees

Station 5: Zig Zag Skaters

Station 6: Stationary Saucer Passing

HURDLE JUMPS LATERAL



HURDLE JUMPS LATERAL

SETUP

- Use 6 inch or 12 inch hurdles.
- Place 3 to 4 hurdles in a straight line approximately 2 feet between each other.

MOVEMENT

- 1 Stand laterally next to hurdles in an athletic position.
- 1 Bend knees and spring off both feet jumping laterally over hurdle.
- 1 Land on both feet, knees bent in an athletic position.
- 1 Hold position for 3 seconds.
- 1 Repeat jumps and technique over remaining hurdles.
- 1 After last jump, land and sprint 10 yards.
- 1 Face opposite direction on next repetition.
- 1 Repeat technique.

ADVANCED

Jump hurdles, land and immediately jump again...single leg low hurdle hops.

PRACTICE PLAN 3

Station 1: Hurdle Jumps Lateral

Station 2: Ladder: Lateral 1 in the Hole

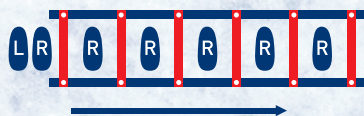
Station 3: Inverted Rows

Station 4: Burpees

Station 5: Zig Zag Skaters

Station 6: Stationary Saucer Passing

LADDER: LATERAL 1 IN THE HOLE



LADDER: LATERAL 1 IN THE HOLE

MOVEMENT

- 1 Stand sideways at one end of ladder.
- 1 Hop laterally through entire ladder with foot closest to ladder.
- 1 Halfway through time allocated repeat using opposite (outside) foot.

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 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

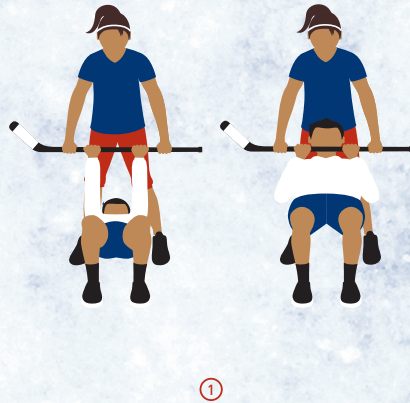
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

INVERTED ROWS



INVERTED ROWS

SETUP

- ① Divide players into partners.
- One player lies on ground face up.
- Player straddles partner holding hockey stick horizontally in front of body.
- Player on the ground holds the stick with palms facing in, knees bent, feet flat the on floor.

MOVEMENT

- ② Perform an Inverted Row pulling chest and hips to a bridge position.
- Keep elbows tucked close to body.
- Lead with chest, keeping chin tucked and shoulder blades back and down.
- Lower body back to the ground.

Repeat for 5 repetitions then switch roles with partner.

ADVANCED

Perform Inverted Rows with legs straight and heels on the floor.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

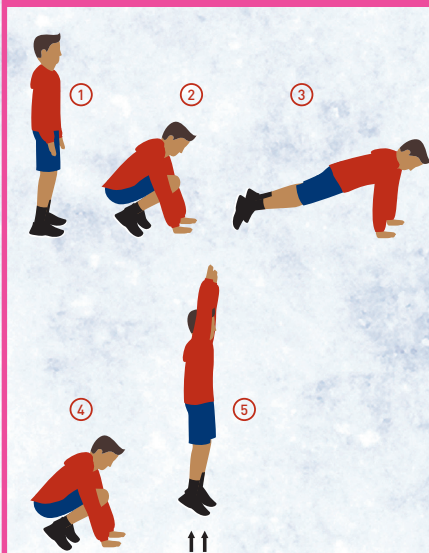
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

BURPEES



BURPEES

MOVEMENT

- ① Stand in athletic position: feet shoulder width apart and knees slightly bent.
- ② Squat down into a crouched position with hands on ground out in front of feet.
- ③ Extend legs behind hands into a push-up position.
- ④ Jump back into the crouched position.
- ⑤ Jump up into a standing position.

Repeat for 5-10 reps or 30 seconds, rest for 30 seconds. Players will fatigue quickly.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

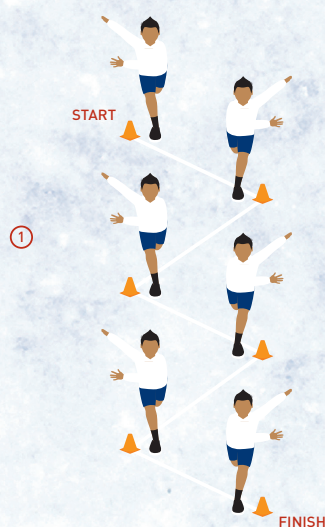
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

ZIG ZAG SKATERS



ZIG ZAG SKATERS

SETUP

- 6 cones 3-5 feet apart in a zig zag pattern.

MOVEMENT

1. Start standing comfortably on the inside of cone #1.
 - Load weight onto right leg with a deep knee bend.
 - Place left leg behind right leg in the air.
 - Jump to cone #2 landing on left leg while swinging arms to the left-simulating a hockey stride.
 - Jump to cone #3 landing on right leg while swinging arms to the right-simulating a hockey stride.
 - Perform skaters zig zagging through all 6 cones.
 - Hold each landing for 3 seconds.
 - Players jog back to line.
 - Repeat.

ADVANCED

Perform Zig Zag Skaters backwards.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

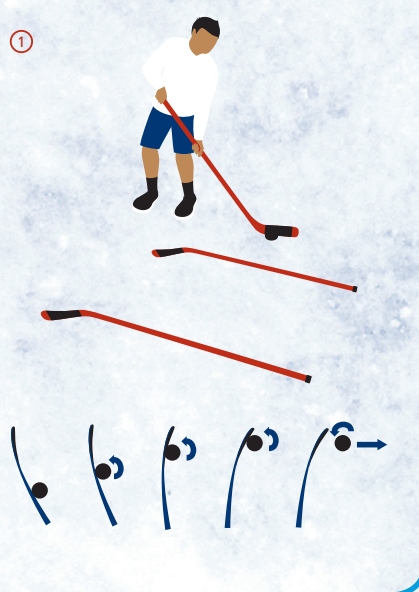
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

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.

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

<https://bit.ly/3cak78J>

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

<https://bit.ly/3fAQCIu>

USA Hockey Small-Area Competitive Games

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

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