



Practice plan

Winterland Ice Hockey

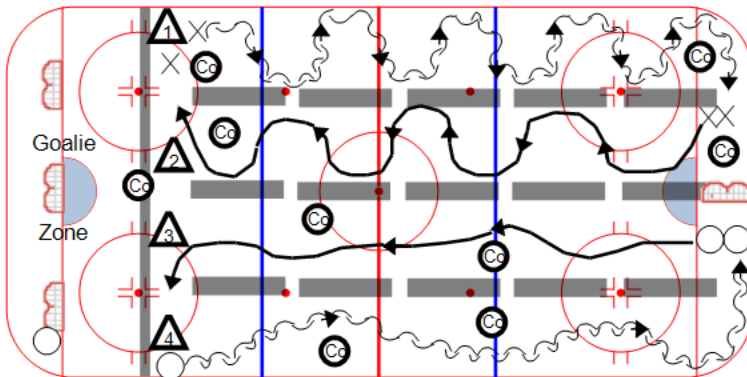
Week 4

SquirtPLUS
PeeweePLUS



Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

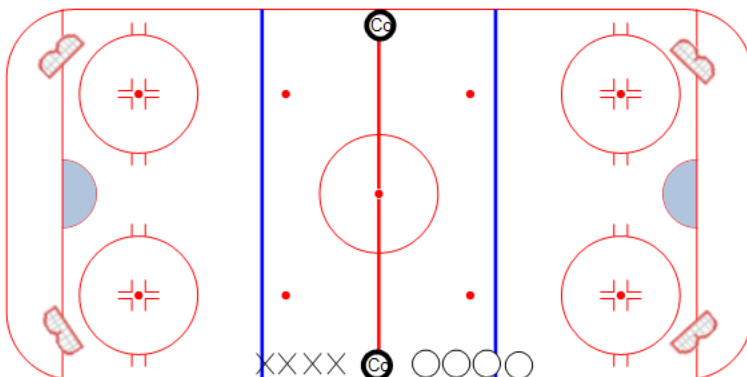
Pucks

4 Lane-F&B Skate/w goalies

- Station 1 - Skating - Backward Edges**
Inside & Outside Edges - Jumping from foot to foot
- Station 2 - Skating - Forward Edges**
Inside & Outside Edges - Jumping from foot to foot
- Station 3 - Skating - Forward Strides**
Drive off Toes - Knees Bent - Shoulders Up
- Station 4 - Skating - Backward Strides**
Drive off Toes - Hips Down - Back / Chest Up

Category #1 : Full ice

Category #2 : Competition



SCORE

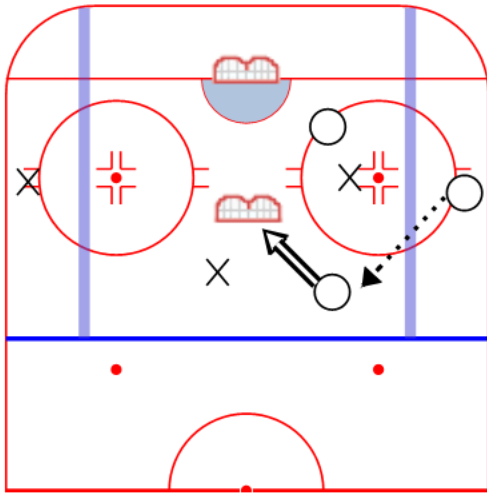
Knees Bent

Skate Hard

Head Up

All Out War

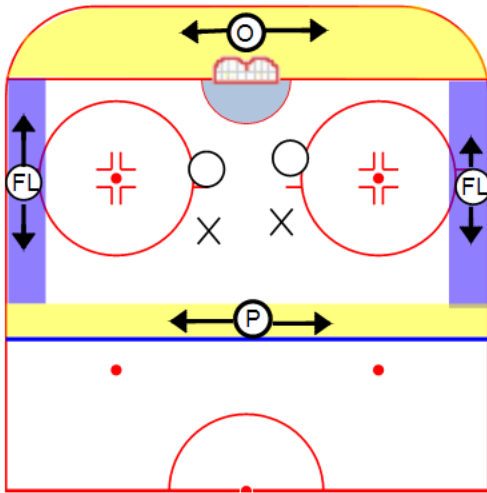
Players line up on either side of the red line. Coach shoots a puck into play, players battle 1 v 1 - 2 v 2 - until they score. Players can score on any net. Keep head up to watch for other players on the ice.



Layers Game

Draw lines from Blue Line to end boards 10-15 feet off the side boards.
 Each team has 2 players in the middle zone & 1 player on opposite side boards.
 Team can score on either net.
 This game encourages moving the puck from low to high to low.

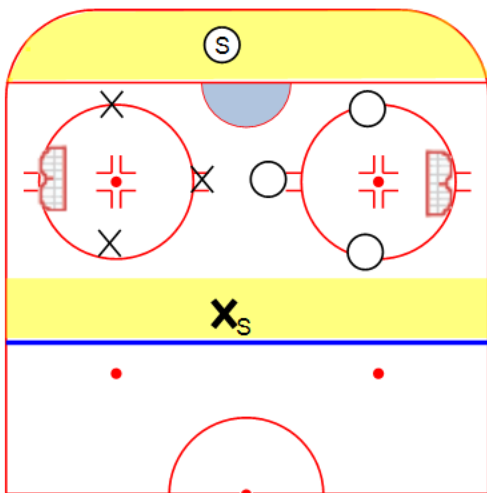
Category #1 :
 Category #2 :



Boxed in Battle

Players play 2v2
 On each turnover, players in the pit must pass to their assigned support players
 X Team Passes to the Flank Players (Blue)
 O Team Passes to Office or Point (Gold)

Category #1 :
 Category #2 :



Cross ice Flank Game

Play 3v3 in the zone.
 Each team has a player on the side of the game. (Goalline for O - Blue line for X)
 On each turnover, team must pass to the player in the flank in order to attack the net.

<input type="text" value="Puck Support"/>	<input type="text" value="D-Zone Coverage"/>
<input type="text" value="Get Stick Open"/>	<input type="text" value="Man on Man Coverage"/>

Category #1 :
 Category #2 :