

12U Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Skating fundamentals, passing, shooting, puck protection, competition

Equipment Required: Borders, cones, tires, nets (4)

WARMUP

Free Play

(5 minutes)

Let the players play with a variety of objects such as black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.

STATIONS

Station 1: Skating Fundamentals/Sprints

(9 minutes)

Power skating drills to work on stride, technique and mechanics. Drills should incorporate fun into teaching.

Work on the following:

- C cuts/edges
- Stride length and recovery
- Explosive starts

Goalies can do specific movement drills as well.

Station 2: Outnumbered Competition

(9 minutes)

Have players play in a small area in outnumbered formats. Play 2v1, 2v2, 3v2, etc. Change the format each shift so players have to recognize situations and work to exploit man advantage. Players should use puck protection skills, creativity and deception to create offensive opportunities.

Station 3: Puck Control with Fakes

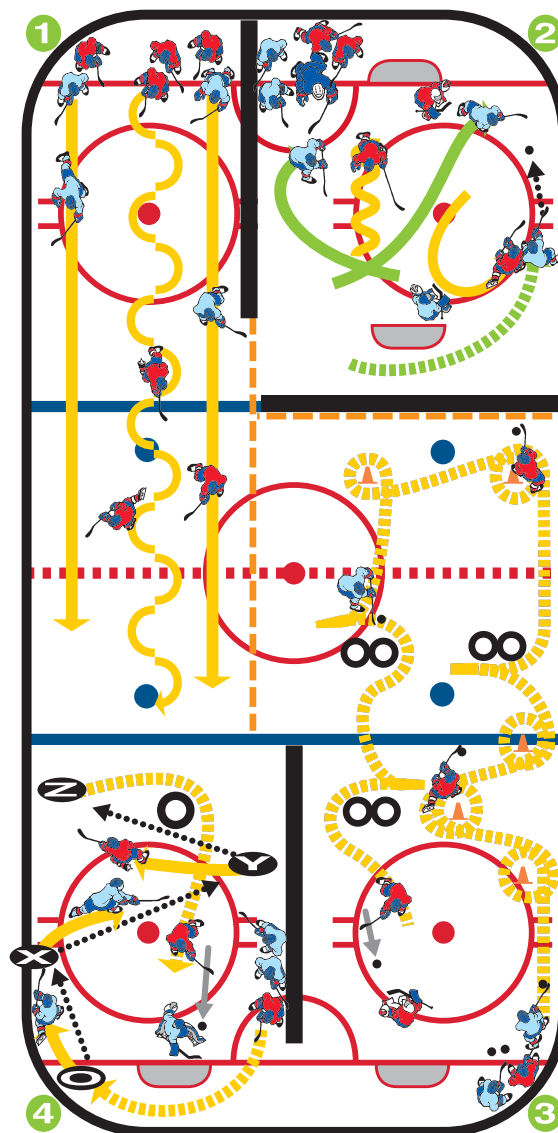
(9 minutes)

Players skate through obstacle course using fakes at the tires. Emphasis should be on exaggerating the fakes. Correct players if they do not extend themselves. Play the rebound if it is there. Shoot to score.

Station 4: Pass and Follow with Shot

(9 minutes)

O carries puck behind net and passes to X. X passes to Y, Y passes to Z, Z skates around tire and attacks net avoiding other players and shoots to score. After each pass, sprint to the spot where you just made your pass. O becomes X, X becomes Y, Y becomes Z, Z sprints back to line after scoring/rebound chance. Encourage players to make good passes and get to the next spot with urgency.



GAME

Full-Ice Scrimmage

(12 minutes)

Play full-ice scrimmage. Remind players to execute the skills that were reinforced with previous drills. Compete for pucks, use puck protection skills and creativity to create offense. Be creative (coach) – use 4 nets and 4 goalies, play 6v5, etc.

