

## Practice plan



SKILLS & GAMES

WINTERLAND

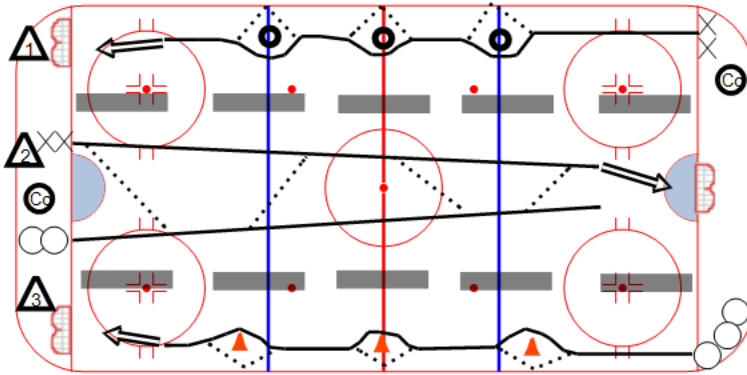
Week 5

SquirtPLUS  
PeeweePLUS



Category #1 : 3 Station

Category #2 : 3 Lane Shooting



Keep puck in front

Knees Bent

Skate Hard

Head Up

3 lane Chip & Pass small

**Lane 1 - Skating - Forward Edges**

**Puck Control - Board Pass / Chip**

**Lane 2 - Skating - Strides - F/B**

**Puck Control - 2 on 0**

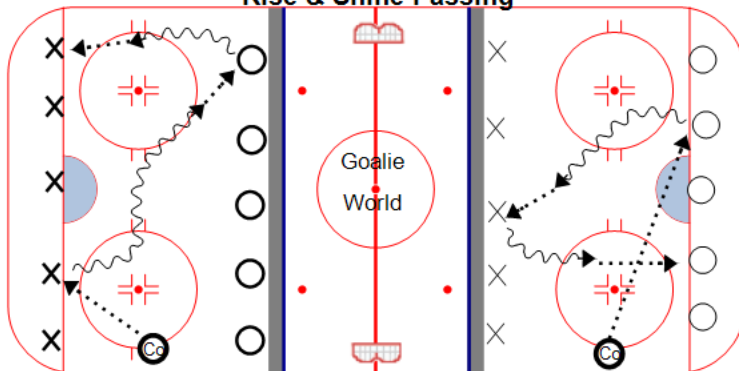
**Lane 3 - Skating - Backward Edges**

**Puck Control - Board Pass / Chip**

Category #1 : Showdown Season

Category #2 : Warm Up

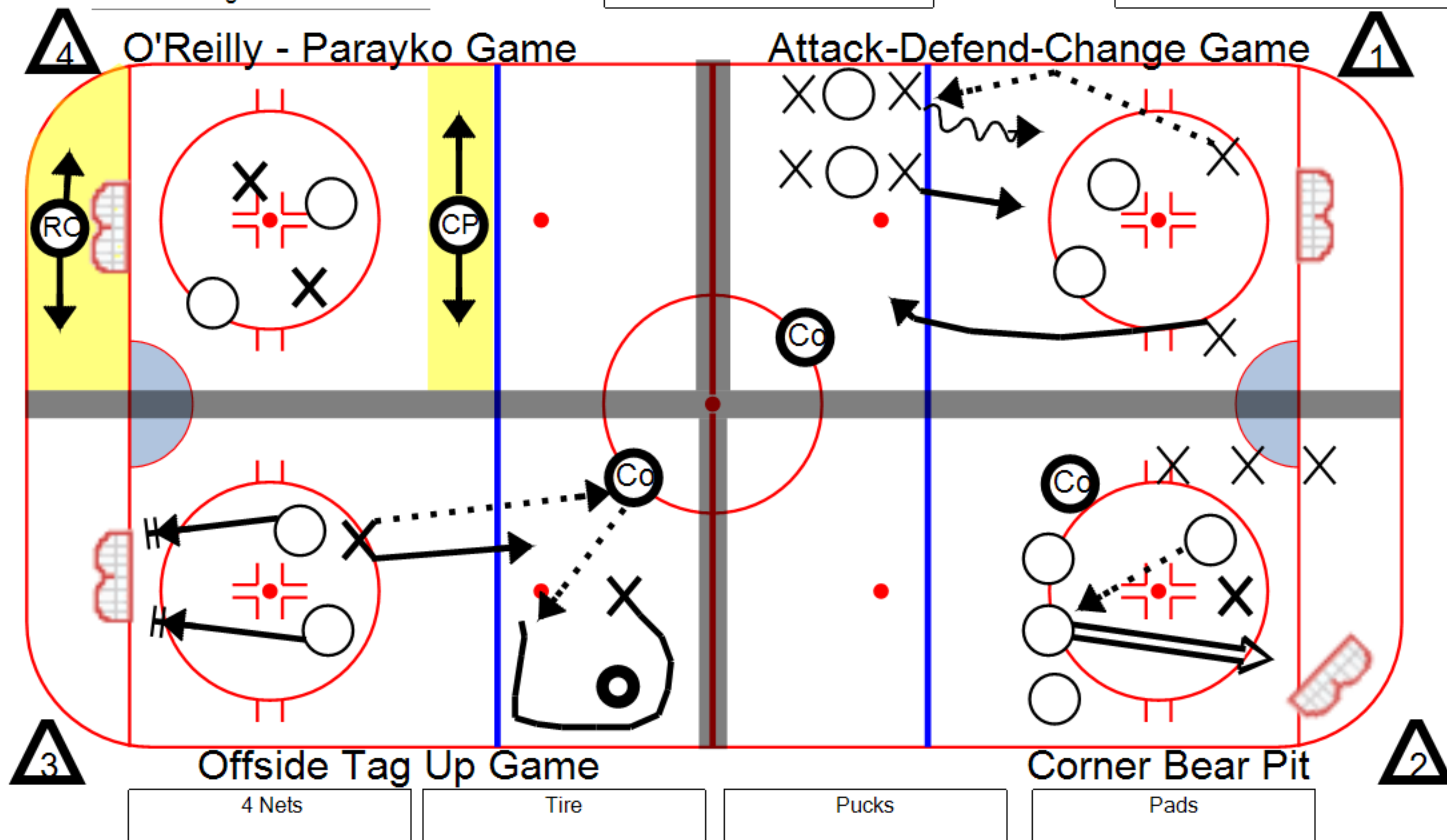
### Rise & Shine Passing



Rise & Shine Passing

**Rise & Shine Passing** - Split the group in half and have them stand on the Blue Line & Goal Line. Coach passes to the 1st player. That player carries the puck towards the opposite line, calls a players name, passes them the puck, then replaces that player. New player repeats skating towards the opposite line. Coach continues to put more pucks in play. Option 1 - Pass to backhand only / Option 2- Pass to 2 lines before they replace a player / Option 3 - Pass, open up for return pass, then pass back to original line.

**FOCUS - Good Crisp Passes Communicate!**



## SKILLS TO REINFORCE

### Shooting / Scoring Skills - Encourage players to work on proper shooting technique.

*Bend Knees - Head Up - Find Target - Load Stick - Shift Weight - Follow Through -  
Be Ready to Shoot Before You Get the Puck!*

### Passing Skills - Encourage players to work on proper passing technique.

*Head Up - Find Target - Crisp Pass - Follow Through -  
Catch Pass - Call For Puck - Hands Away From Body - Take Heat Off Pass - Sticks to Your Tape - Be Ready To Shoot*

### Battle Skills - Encourage players to work together & Compete!

*Head Up - Communicate - Provide Support - Get Open For Teammate - Battle Hard for Puck - Work Hard For Team*

**1. Attack-Defend-Change Game** - Play 2v2 or 3v3. Team X starts in the zone on defense. Team O starts on offense. Once team X steals the puck, they must pass to their teammates waiting at the blue line. Once they pass, they must hustle out of the zone. The players at the blue line attack the net against Team O. Repeat after every turnover.

**2. Corner Bear Pit** - Play 1v1 or 2v2. Coach shoots puck into the pit and players battle to score. Game Variations:  
Give & Go Pit - Players must pass to their line & get the puck back before they can score. Players cannot attack the passer. They must work on covering their opponents stick.

Playmaker Pit - Players battling in the zone cannot shoot. They must pass to their line to get all shots on net. Players need to work on chasing down rebounds & creating passing lanes to the players waiting in front to shoot  
Snipe & Rebound - Players must pass to line for initial shot on net. They can then score on a redirection or a rebound. Players should attack the net & get into position to score. Defense must keep Forward from getting puck

**3. Offside Tag Up Game** - Play 2v2 or 3v3. To go on offense, team must pass to coach & 1 player must loop around tire to get a pass back from coach. All offensive players must get to the correct side of the blue line before the puck can enter the zone. The team that lost the puck must skate back & touch the post before they can defend.

**4. O'Reilly - Parayko Game** - Play 2v2. Players must pass to either O'Reilly or Parayko before they can score. Coach can force each team to pass to one of the players.