



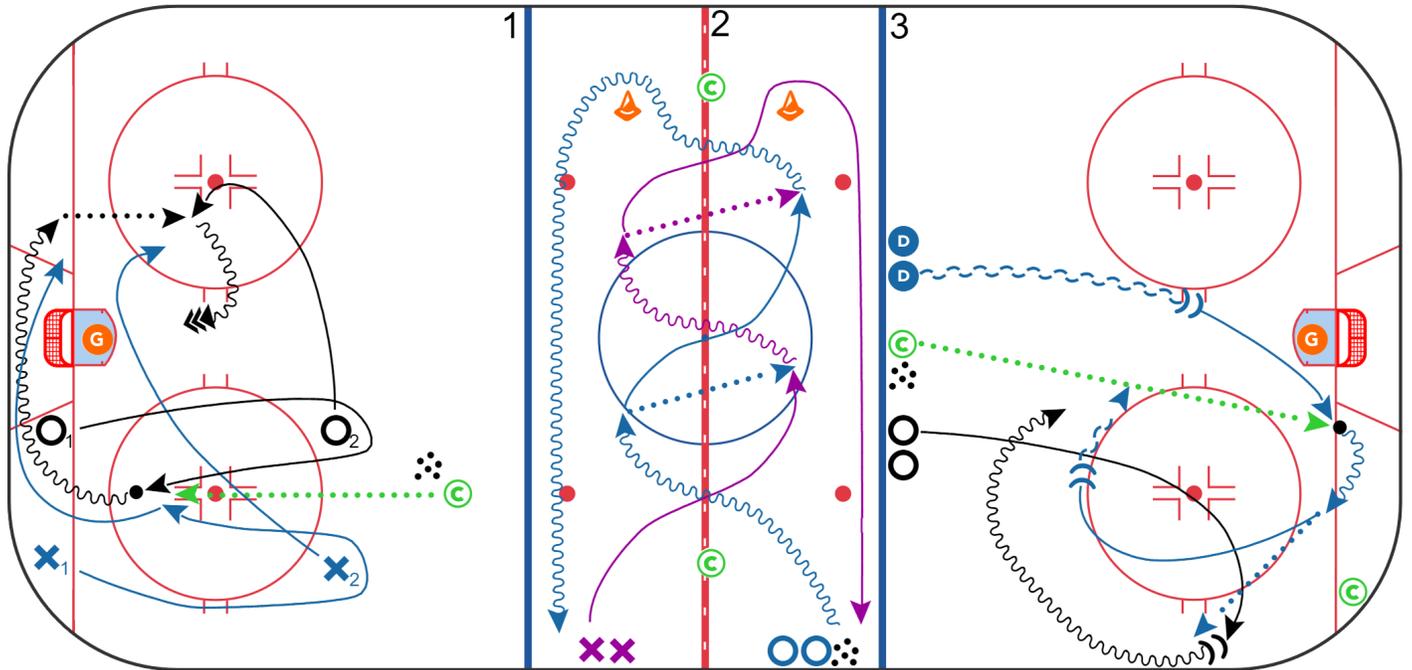
# JSHL 10U, 12U & 14U #13 & #14

Duration: 60 mins

The practice plan is structured to run the three stations for the first 30 minutes. All coaches should work together, staff and volunteer, to facilitate the drills. Players may be mixed up in stations regardless of what team or they may be grouped by skill. Read over all drills for familiarity. Staff coaches will keep track of timing and directions for rotating stations. The last 30 minutes, teams will split into half a sheet of ice each. Team coaches should lead their own drills with help of staff coaches. We have included some suggested drills and small area games in this plan that can be played during team time.

JSHL 10U, 12U, 14U PP13.14

30 mins

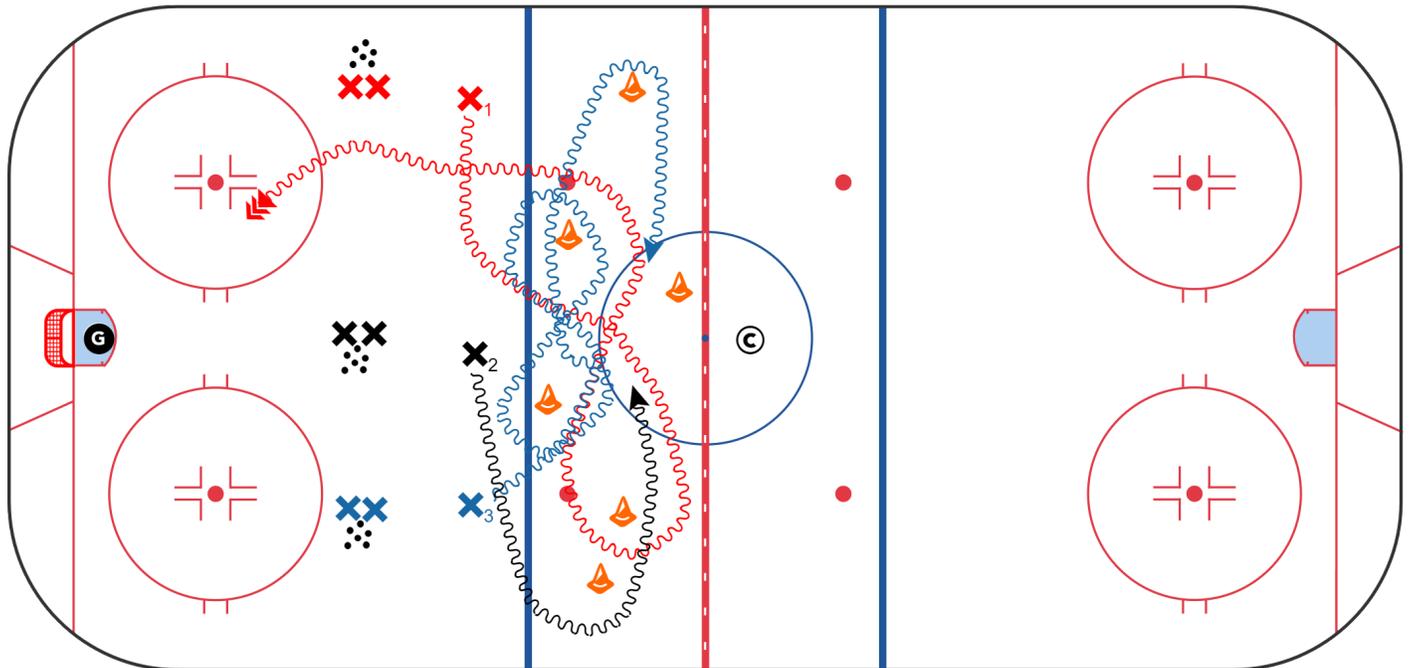


## Description

- **1 | 1 vs 1 Race Into 2 vs 2 |** ○ 1 & × 1 line up at the goal line. ○ 2 & × 2 line up at the top of the faceoff circle. © spots a puck down the middle of the group. The two players from the goal line take off in a 1vs1 race, turn around their teammates at the top of the circle, and race to get the puck possession first. The player who collects the puck first is on offensive and player without the puck is defensive. Once possession has been established, the teammates from the top of the circle join in a 2vs2 battle.
- **2 | Pass & Follow |** ○ skates with puck and exchanges position with ×. After the cross, ○ passes in front of ×. Players again exchange positions, × in front, ○ behind. × makes pass in front of ○. At far side players execute a tight turn around pylons and return to opposite line.
- **3 | Breakout Support 1 vs 1 |** Players line up on blue line as shown. Coach dumps puck in and ● starts skating backwards, pivots at hash marks and retrieves puck. ○ anchors on wall for outlet pass from ●. ○ skates between blue line and top of the circles to attack 1vs1 against ● who has closed the gap. Players can take turns playing the two roles.

## Key Points

- Shoulder check, eye contact with passer, give target on ice with stick.
- Scan the ice, protect the puck, react, move your feet and repeat.



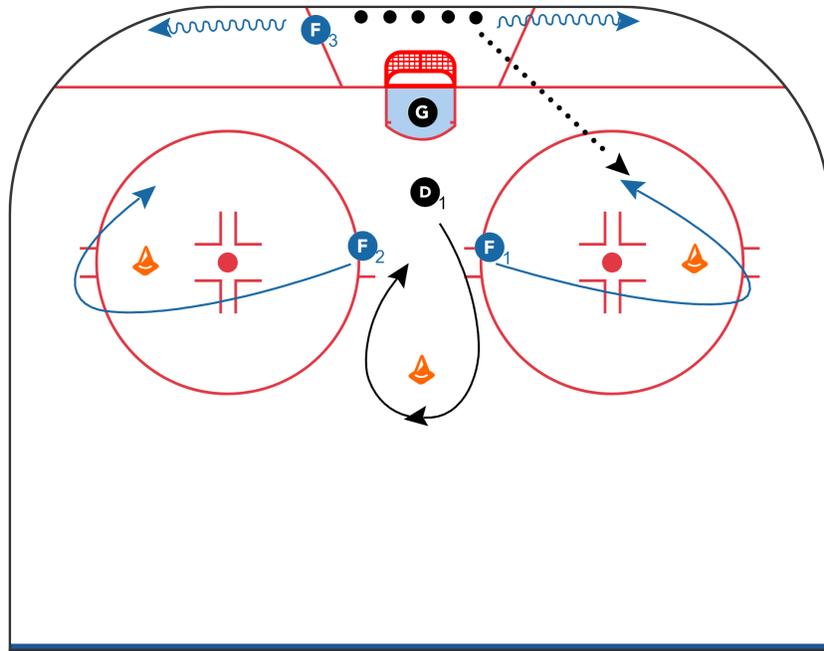
### Description

- On whistle, first in each line skate between the blue and red with a puck - head up, stick handling the puck around cones and avoiding the other 2 players.
- Coach skates in the NZ and applies light pressure to make sure players have heads up.
- On first whistle, **X** 1 skates out of NZ and back into the zone and shoots on net making sure to avoid the lines. On 2 quick whistles, **X** 2 skates out of NZ back into the zone and shoots -> On 3 quick whistles, **X** 3 does the same.
- Finally, coach blows long whistle and the next 3 in line head into the NZ and stick handle around in the same space. If you have a goalie, very important to space your shots out.

### Key Points

- Players, keeping head up through entire drill
- Coach, apply light stick pressure and follow play in NZ



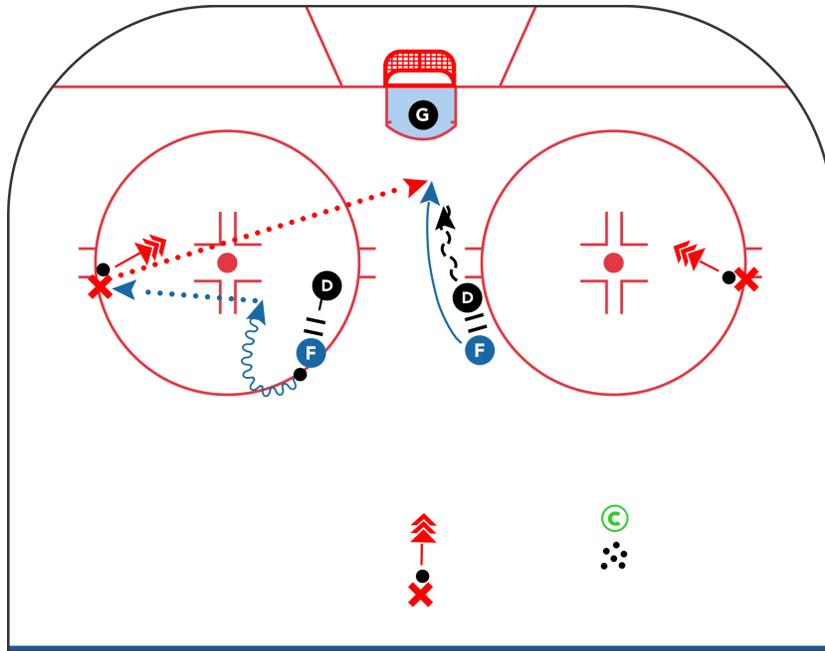


### Description

- 5 pucks - **F** 3 stays below the goal line and looks to feed **F** 1 and **F** 2 for a shot (2 vs 1 net front).
- After the first puck or whistle from coach, **F** 1 & 2 around dot cones, **D** around the middle cones.
- **F** 3 moves below goal line looking for the forwards with second puck. This continues for pucks 3/4/5.

\*Progression - 2 vs 2 situations or the forwards around middle cone, **D** around the dot cone.

**NHLCA FEATURE DRILL**  
2022/2023 - Edmonton Oilers

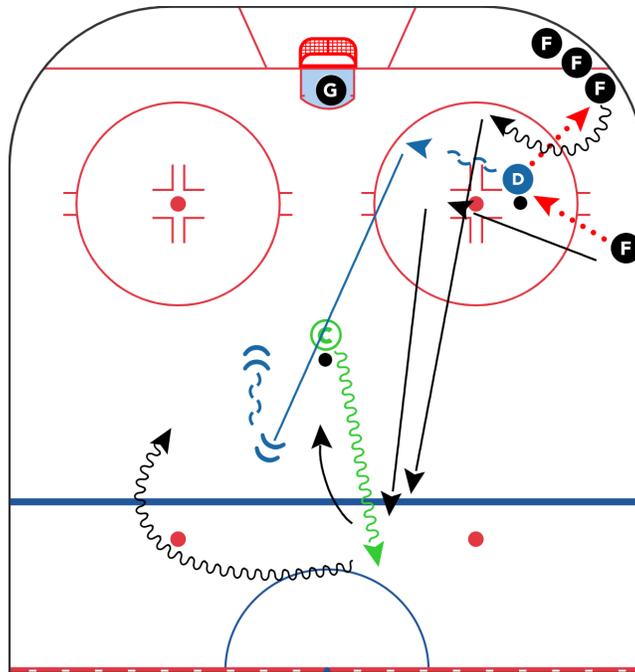


### Description

- 2 vs 2 net front battle
- 2 **F** s have 3 shooters/passers on their side. 2 Forwards can give 'n' go with 3 outside shooters. Shooters can not keep the puck, but send it right away on net or to driving Forwards stick. **F** s drive and fight for position in front. If puck goes below the goal line or out of the zone --> **C** will give a new puck to one of the 2 forwards.
- **D** : Talk, sort out, box out, stick on puck on the puck carrying forward, box out on the driving forward, See the puck and your player.

### Key Points

- F: Protect puck, shots on net, drive and battle for position in front
- D: Talk, sort out, box out
- G: Control rebounds, eyes on the puck through traffic



### Description

- The drill starts in the corner with the puck on the half wall.
- Forward pass to D1 and D1 to F2.
- Creating a 2v1 straight from the corner.
- Trying to attack as quickly as possible the net.
- The Ⓢ blows the whistle, and the middle Ⓢ starts skating toward the opposite zone.
- Both forwards are tracking hard on the Ⓢ and stealing the puck.
- D follows both forwards.
- When the forwards steal the puck, they tight turn and attack the defenceman for another 2v1, but this time, off the rush.

**BLOG: Mitch Giguere**  
**Training Camp 2023**

### Key Points

- communication
- moving skates
- supporting