



Coaching Education Program

**10-AND-UNDER
PRACTICE PLANNER**



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Contributors: Chuck Gridley, Al Bloomer, Mike MacMillan, David Hoff, Ty Newberry, Mark Tabrum, Phil Osaer, Matt Cunningham, Guy Gosselin, Roger Grillo, Bob Mancini, Kevin Margarucci, Ken Martel and Brent Seidel.

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Introduction

This manual provides practice plans and materials needed for 10-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 some off ice training each week into your sessions. Exposure to a board base of movement activities will help players increase their movement capabilities and gain confidence as athletes.

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

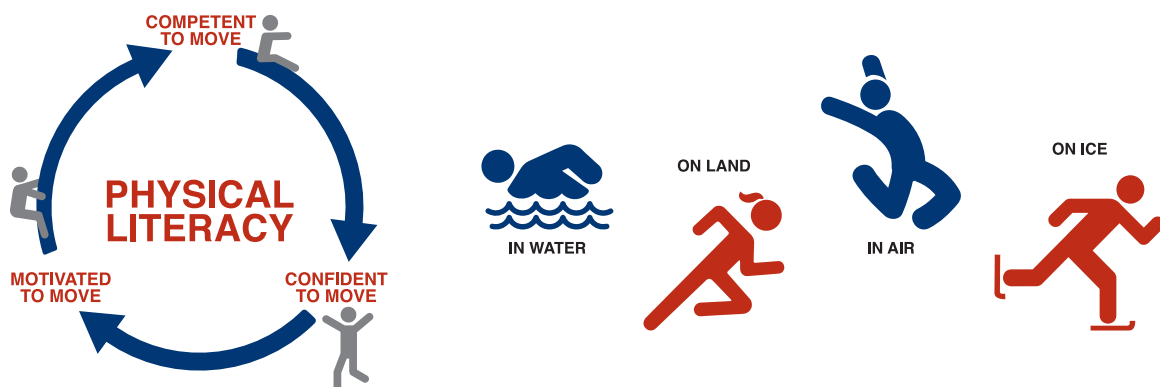
STAGES OF DEVELOPMENT

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

Prior to the beginning of the adolescent growth spurt, players have the best opportunity to learn and begin mastering fine motor skills (the small movements of the hands, wrists, fingers, feet, toes) that can be used in combination with other skills.

In most cases, what is learned or not learned in this stage will have a significant effect on the level of play that is ultimately achieved later in a player's life. As these 10U players are in the Golden Age of Skill Development (a prime age for children to acquire and develop sport 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.

In this stage, players should be able to begin transferring skills and concepts from practices to games. A proper balance of practices and meaningful games will promote the continued development and mastery of key hockey skills.



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 physical literacy, general athleticism (ABCs) and hockey skills.
- Competition with puck races and small-area games.
- FUN for all participants.

LONG-TERM ATHLETE DEVELOPMENT

- Hockey-like speed training (e.g., stopping, starting, changes in direction, puck races).
- Continue development of general athletic skills; play multiple sports.
- Focus on athleticism and ABCs (agility, balance, coordination).

AGE-APPROPRIATE TRAINING

- Small-area games, with decision-making elements, will nurture hockey sense development.
- Basic hockey concepts (support, give-and-go, numerical superiority, etc.).
- 6- to 7-month training calendar.
- 95-100 ice sessions per season (3-4 sessions per week).
- 75-80 practices and 20-25 games.
- 30-45 players per practice session.
- 10-12 skaters and 1 goalie per team.
- Twice a week, before practice, invest 30 minutes in training and development of fundamental movement skills off the ice.

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 team warmup is designed to get the body game-ready. Perform activities that will improve cardiovascular, musculoskeletal, neurological, balance, coordination, visual and auditory readiness by challenging athletes dynamically.

DYNAMIC WARMUP

Pre-Game/Practice (30-40 minutes before going on the ice) should take 10 minutes maximum.

Activity Through Play/Games – Tag, chase, mini soccer game, etc. Find fun activities that will keep younger players moving and engaged.

Practice Plans

What to implement at the 10-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, players will become better problem-solvers. The majority of your practice time at 10U should be spent on development of skills.

Training (on- and off-ice) should include skills related to body contact in a safe environment. This should include stick position, angling, body position and contact confidence. 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>

10U Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Basic skills, early season acclimation to ice

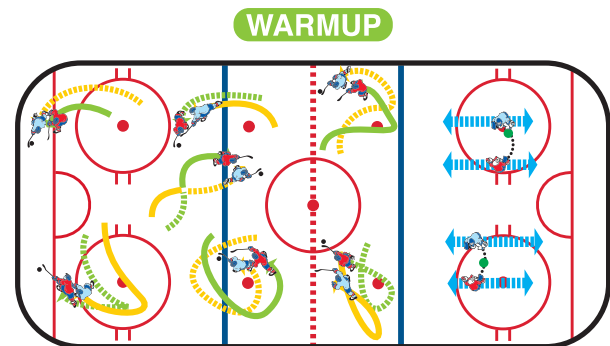
Equipment Required: Ice marker, cones, tires

WARMUP

(10 minutes)

Players pair up with one puck per pair. On the whistle, play 1v1 keepaway with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Players must make a different type of pass on each repetition.

Goalies: Goalies pair up and play catch with a medium-sized ball while doing lateral steps. During rest time, stationary passing.



STATIONS

On the whistle to change station, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: Net Tag

(10 minutes)

Players attempt to evade the tagger using the nets or tires as a screen. This activity can be done 1v1 in pairs or with multiple players at the same time. Puck can also be given to the evading players to work on puck control while reading the opponents' position.

Station 2: Puck Control – Chaos

(10 minutes)

Players carry a puck at half speed in the designated area. On a command, the players pick up the pace. Change the size of the designated area to smaller or larger to force heads up and awareness.

Station 3: Musical Cones

(10 minutes)

Coach puts out one less cone than players in the station. Players all start in the middle of the zone. When coach says "Go," it's a race to an open cone. Only one player allowed at each cone. The player without a cone comes back to the middle. On the next "Go" command, the players must perform a skating movement of some type: pivots, power turns edge work, balance work, etc. All players must perform the skating movement before a race to a new cone.

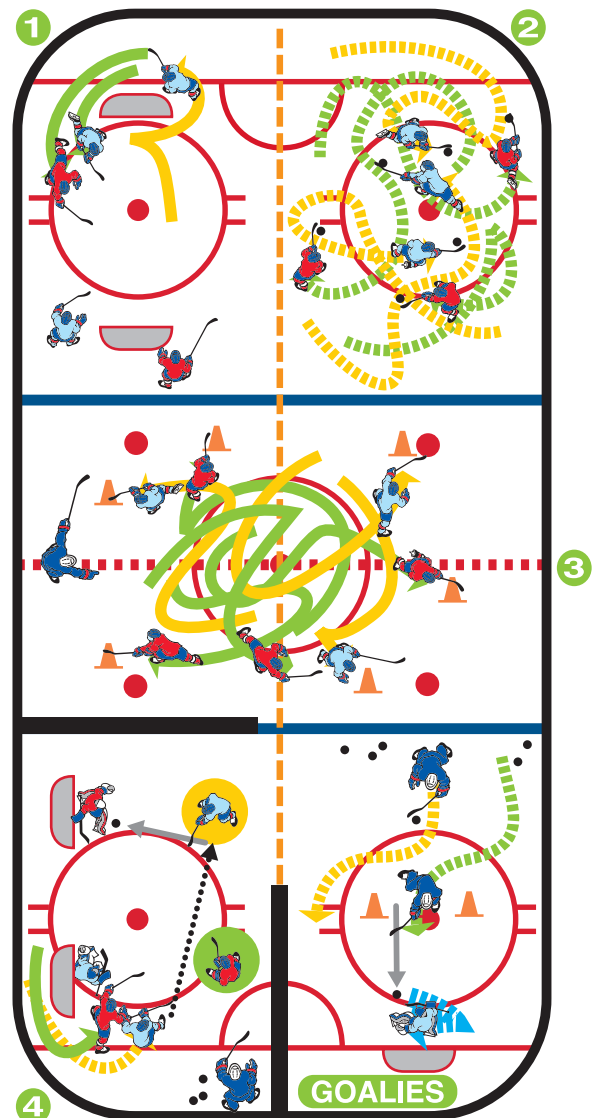
Station 4: Wrist Shot Shooting

(10 minutes)

Each player starts with 10 pucks. Practice wrist shots by selecting a target on the boards and shooting with head up, weight transfer and good follow through. Coach provides feedback if necessary. Then they play a 1v1 or 2v2 game (depending on the number of players) with a designated shooter. The puck gets spotted into the zone and a battle for possession ensues. Whoever wins possession gets the puck to the designated shooter who must shoot a quick wrist shot. The original puck possession team must battle for rebounds while the other team tries to win possession and reverse the roles by getting the puck to their shooter. Every first shot must come from the designated shooter.

Goalies: Out-and-In, In-and-Out

Coach carries puck either outside to inside or vice versa. Goalie follows staying belly button to puck, maintaining good depth and holding edges. Coach shoots at any point in travel. Play out rebounds before starting again.



GAME

Gretzky Game

(10 minutes)

Play cross-ice 2v2 or 3v3 depending on the number of players. The puck must go to the player (Gretzky) behind the offensive net first before the initial scoring chance. Gretzky can only pass.

10U Practice Plan 2

Date: Early Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Skill development, fun, competitiveness, contact

Equipment Required: Cones, tires, bumpers

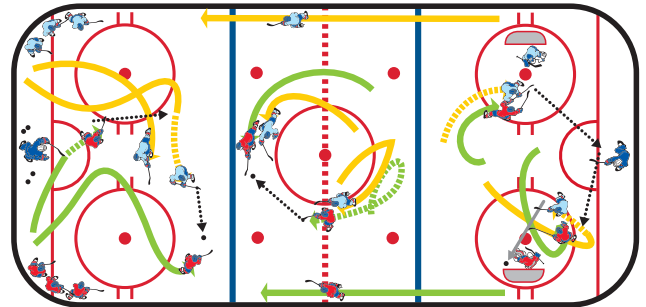
WARMUP

3-Zone Warmup: 40 second stations

(12 minutes)

All the players start at one end of the rink. On the whistle, the first 2 players from each line jump into Zone 1. On the next whistle, the first 4 players move to Zone 2 and 2 new players come out of each line so by the third whistle there are 12 players going with four in each zone. On the fourth whistle, the group in Zone 3 skates back to the original end and gets in their line. The groups will be performing three different things in each zone. **Zone 1:** Four-person pass-and-go. There will be one puck and all four players must move to support and give-and-go, always facing the puck. **Zone 2:** 2v2 keep-away first couple of times in a small space, next couple of times use bigger space. **Zone 3:** 2v2 give-and-go with coach. Team with possession must go through coach before they can score. All transition must go through coach. If greater numbers, then go 3v3.

WARMUP



STATIONS

Station 1: Net Tag with Pucks

(8 minutes)

Players begin with pucks and attempt to evade the tagger using the nets or tires as a screens. Once the tagger steals a puck the roles are reversed.

Station 2: Musical Pucks

(8 minutes)

Players skate in the designated space with a puck. Coach takes the puck from one of the players and puts it into the net. The puck is live until it goes into the net. Any player without a puck must now help the coach steal other players' pucks and put them into the net.

Station 3: Forward and Backward Tag

(8 minutes)

Players play tag within a confined area. When a player has been tagged, that player becomes the tagger. Using the center red line to divide the ice, all players must skate forward on one side of the red line and pivot to skate backward on the opposite side.

Station 4: Guard the Gate

(8 minutes)

Using a ringette, one player is trying to get through the gate while the other is trying to guard the gate and not allow the ringette-carrying player through the gate. The defending player must use an angle and use body contact to defend the gate. Focus on good angles, feet moving, head up and good body contact with the shoulder and hip.

Station 5: 1v1 with Low Outlet

(8 minutes)

Play 1v1 in a small area. Outlet players are below the offensive goal lines and can't score. They only pass. Players in the middle must make a pass to their outlet player before attacking. Play 40-second shifts.

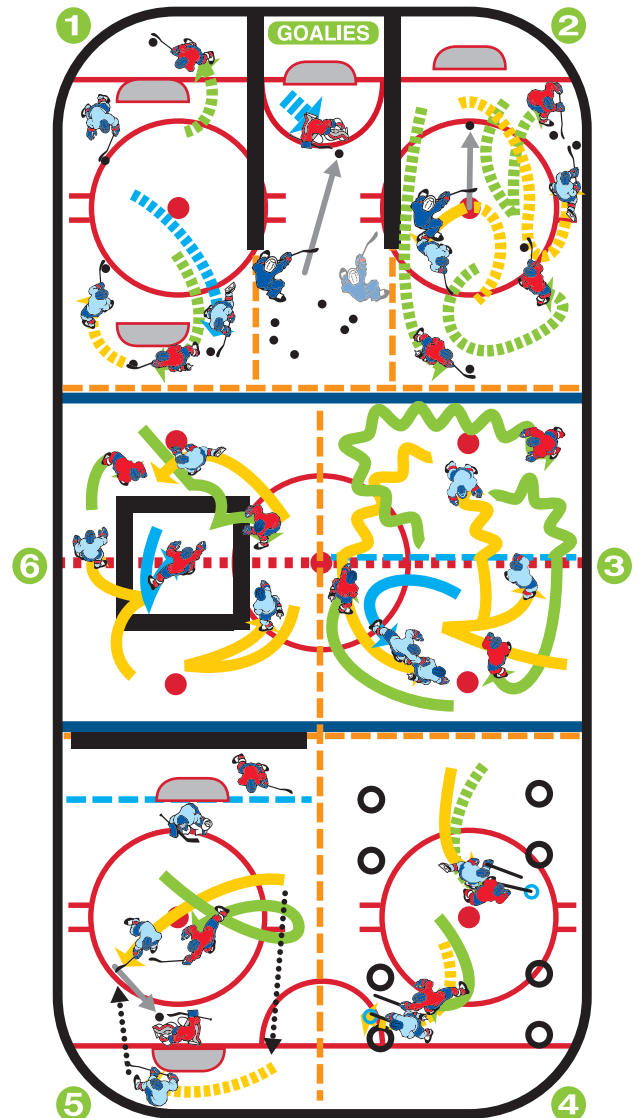
Station 6: Box Tag

(8 minutes)

Build a box out of bumpers. Put one player inside the box. The rest of the players are on the outside of the box. In order to get a point, the players on the outside must enter into the box by jumping over the bumpers and get out of the box without getting tagged. If they get tagged, they replace the player inside the box.

Goalies: Middle-Out Skill Development

Mix up where goalie starts drill (posts, 45s, middle of net). Goalie pushes out to be square with puck. Shooter shoots to either gloves or on the ice to either side of goalie so goalie can execute various, proper save techniques. Shooter needs to move to different shooting locations. No more than 3 shots from the same place.



10U Practice Plan 3

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Defensive zone coverage/offensive zone play, puck support

Equipment Required: Nets (5), cones or tires, ice marker

WARMUP

4 Corners Give-and-Go

(8 minutes)

Four players, each with a puck in the middle of each zone as diagrammed. Players pass give-and-go with the first player in each line at the four corners staying in their zone. Players should talk and read which of the players are open so two players do not pass to the same player at the same time. A new group of four players rotate into the middle after 30 seconds.

Goalies: Edges Around Center Circle

Create various patterns for goalies to follow using shuffles, T-pushes, C-cuts and slides.

3v3 Support Game

(8 minutes)

Have two groups on the boards at each end. Coach throws a puck into the middle of the zone and 3 players from each group try to gain initial possession. The objective of the game is to get possession and pass to the other two players on your team. Each player must touch the puck and then pass it to the support coach who is moving around in the zone to win the point.

Goalies: Zone Work with Shot

Goaltender starts on the post and shuffles to opposite post along goal line while looking into all 4 zones behind the net. Once goalie arrives at far post, he/she pushes off post, sets feet while getting square to puck. Shooter shoots in various spots and from various spots. Use other goalies to move the puck from zone to zone.

STATIONS

Station 1: Battle in the Box

(9 minutes)

Draw a box on the ice as shown. Play 2v2 in the box, one group of two is on offense the other group of two is on defense. Coach is outside the box with pucks. Coach feeds five pucks to the offensive group and they try to score as many goals as they can. Focus on defensive and offensive concepts, make sure all players get the chance to be on O and D and make sure, as the coach, that you switch sides halfway through. Have coach move and insert pucks from various angles.

Station 2: Push/Pull Shooting

(9 minutes)

Push the puck to open space or pull the puck to open space. Teach the players how to use the space to the outside or inside of a defender. Players should strive to get to open space, then shoot quickly.

Station 3: 1v1/2v1 Low Play

(9 minutes)

Coach dumps a puck into the corner, two players activate and compete to gain puck possession. The player who gains possession becomes the attacker and tries to get to the net front to score. The other player becomes the defender and tries to take the puck away from the attacker and pass it to coach. After 3-5 seconds, coach sends in a second player to support the attacker and they play 2v1 and try to score.

Station 4: Own the Middle

(9 minutes)

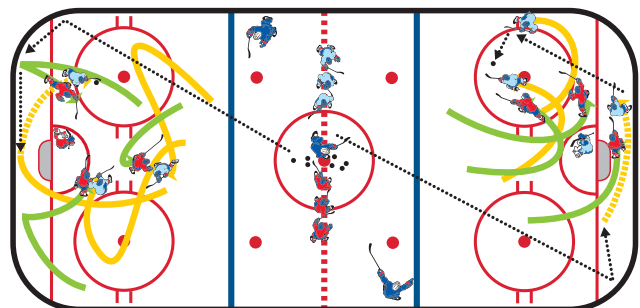
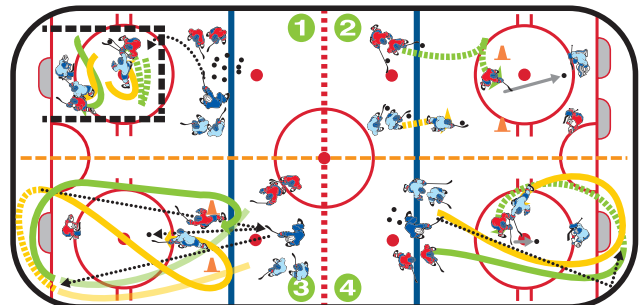
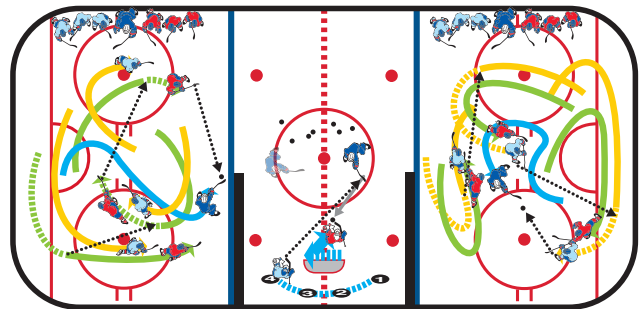
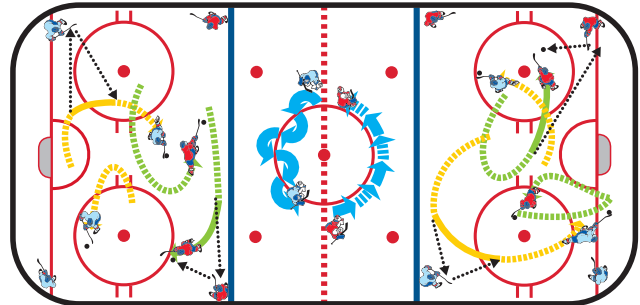
Coach spots a puck into zone initiating 1v1 battle. The player that gains possession passes back to the coach. Both players must then skate outside-in and around their designated cone. Coach places puck up the middle for loose puck race. The player that gains possession can attack the net. Each change of possession must be passed back to coach and a new race around the cones ensues. Play for 30-40 seconds.

GAME

4v4 Breakout vs. Forecheck

(8 minutes)

The coach designates a defensive end for both teams and an offensive end of the rink for both teams. The goal is then to have the group on offense,



forecheck the puck and try to score. The defensive team is trying to get possession and break the puck out over the blue line. It's a continuous game. As soon as a goal is scored or the goalie freezes the puck or the defensive team skates or passes the puck over the blue line, the coach throws another puck into that zone and the next group of players enter into the zone and battle for possession. Play 2v2, 3v3, 4v4 or 5v5 depending on the number of players at the practice.

10U Practice Plan 4

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Coordination, athleticism, puck skills

Equipment Required: Nets (3), pucks, cones or tires/bumpers

WARMUP

Chaos

(4 minutes)

Players carry a puck around the rink attempting to dodge and weave around other players. Coaches can reduce the space to increase difficulty.

Goalies: Rise from the Dead

Goalie starts drill lying on back in crease. When coach taps stick, goalie gets to feet as quick as possible while locating the shooter. Goalies not in net are moving in various directions to create distractions for goalie in the crease. Shooter takes shot just before goalie is set to make the goalie have to make save off angle/balance. Everyone plays rebound. Shooter must shoot from various locations on the ice.

STATIONS

Station 1: Gap Up Drill

(8 minutes)

Offensive player skates to dot, stops and grabs a puck from either pile and attacks 1v1. Defensive player activates on the stop, and gaps up to play 1v1. Coach yells 'second puck' and the offensive player goes to the other pile and grabs a puck and the defensive player gaps back up for the second 1v1.

Station 2: Trucks, Trailers and Dogfight

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck. After 30 to 40 seconds, switch trucks and trailers. **Dogfight:** Have the trailer try to touch the truck's skate with their puck. On touch, players switch roles. Condense the space to increase the conflict and encourage awareness.

Station 3: 1v1 Battle for Puck and Score

(8 minutes)

Split the group into two teams and set up a small target for each team (a tire or cone so the puck stays in play). Put a puck in the middle and have the first two players in each line battle to score as many goals as they can in about 30 seconds (touching puck to tire). Coach throws new pucks into drill if a puck leaves the playing area. Tell the puck carrier to score as many times as they can to force the defender to battle and the offensive player to stay in the scoring area.

Station 4: Forecheck vs. Breakout

(8 minutes)

Defensive player tries to skate the puck behind the net then out through the two cones. The two fore-checking players try to take the puck away and score 2v1. The coach sends checker 1 and checker 2 at different times to force them to make good reads, use angles and their bodies to win the puck. Make sure every player gets the opportunity to play each position. Encourage body contact.

Station 5: Chaos Passing

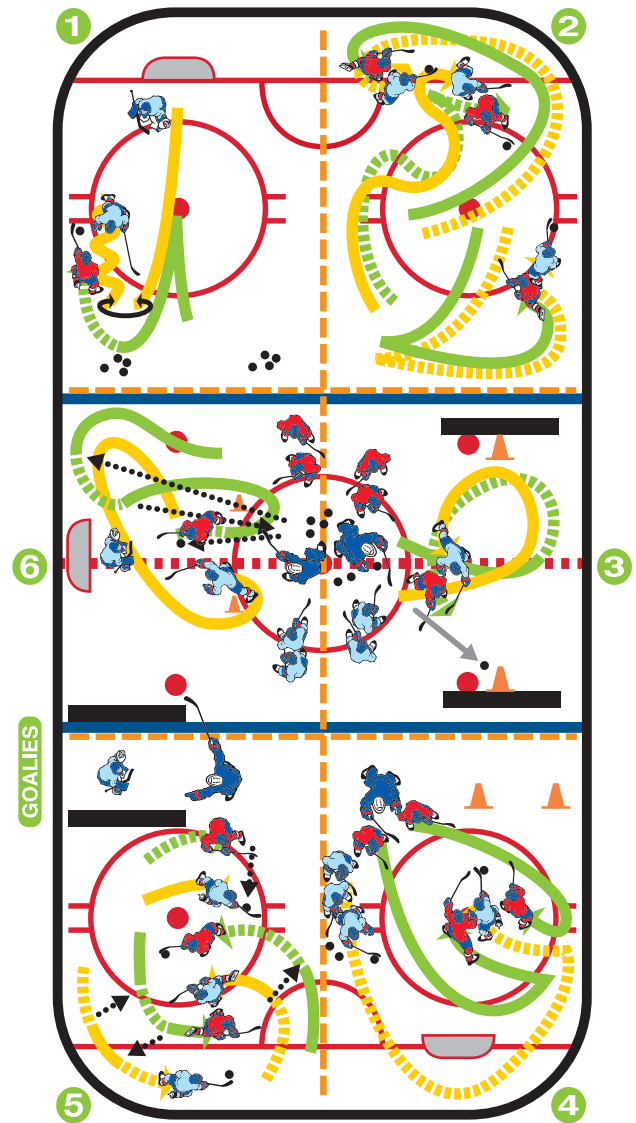
(8 minutes)

Have players pair up and move around the zone passing with their partner while avoiding the other players. After a few minutes, begin to reduce the space. Find a balance between success and failure for the players. Then change to 2v2 keep-away.

Station 6: Own the Middle

(8 minutes)

Play 2v2 or 1v1 depending on the number of players. Coach throws a puck into the zone; two or four players battle to get the puck to the coach. They then have to skate around their cone and then the coach passes back to the player or team who passed the puck to the coach. They attack the net to score. The player or team who lost initial possession must skate around their cone then play D. Every transition must go through the coach and the player or players must skate around the cones from the outside back into



the middle of the zone. If the puck leaves the playing area, put a new puck into the game. Have the shifts go for about 25-30 seconds.

GAME

1v1, 2v1, 2v2, 3v2, 3v3

(8 minutes)

Play cross ice. Coach throws a puck into the zone; the first two players on each team attack it for possession. The player who wins the puck now has a decision to make: Do I attack or do I give the puck to the next player on my team for the odd-man advantage? This continues until 3v3 happens and then the process starts again from the initial 1v1. If the player chooses to use a player on their team for the odd-man advantage, the coach only gives them 3-4 seconds of advantage and then sends in another player from the defending team. A team may only have a 1-player advantage.

10U Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Skating and attacking skills

Equipment Required: Ice marker, tires, cones

WARMUP

Free Play

(5 minutes)

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

Chaos Progression

(12 minutes)

Start with each player carrying a puck around the zone looking to dart in and out of traffic with their head up. Speed is not the goal; handling the puck with awareness is the goal. On the whistle, add in various skating maneuvers for 10 seconds before returning to chaos, i.e., figure 8s, forward-to-backward figure 8s, stop and start both directions, shuffle stride around the ice, etc. Next, have players pair up for trucks and trailers with one leader and one follower. Follower must stay as close to the leader as possible. Switch to rockets and spaceships, on coach's signal, have the leader accelerate for 10 seconds before returning to $\frac{3}{4}$ speed.

Goalies: Circle Edges

Place goalies in different spots around the same circle. Create various patterns and movements for goalies to work on edges.

Goalies: Boards Bank Shots

Set net up in corner, on an angle, beside the boards. Coach shoots puck off boards at net. After multiple shots, turn net to face other way. This is not a rapid-fire drill; let goalie get set on puck before shooting next shot.

STATIONS

Station 1: Backward Tag

(8 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.

Station 2: ABCs

(8 minutes)

Drop to knees and up, moving forward, head and chest up. Drop to knees and up, moving backward. Drop to single knee and up, alternate knees, moving forward. Drop to single knee and up, alternate knees, moving backward. Teach duck walk around tires or cones. Repeat all with pucks. Encourage the goalies to go through this station as well.

Station 3: 2v2 with Outlets

(8 minutes)

Play 2v2 cross-ice. On a change of possession, players must pass to a coach before they can attack the net.

Station 4: 1v1 Out of Corner (Angling)

(8 minutes)

The attacking player starts in the corner with a puck (from knees, on stomach, etc.). On whistle, the attacker jumps up and attacks the net with a defender starting in front of the net. Play until a goal is scored, goalie covers puck or defender steals puck and passes back to coach. Angle with stick on puck, encourage contact.

Goalies: Mad Scramble

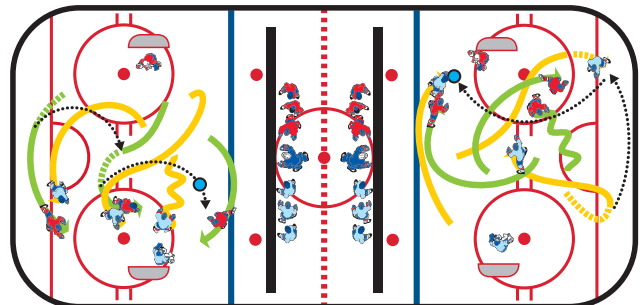
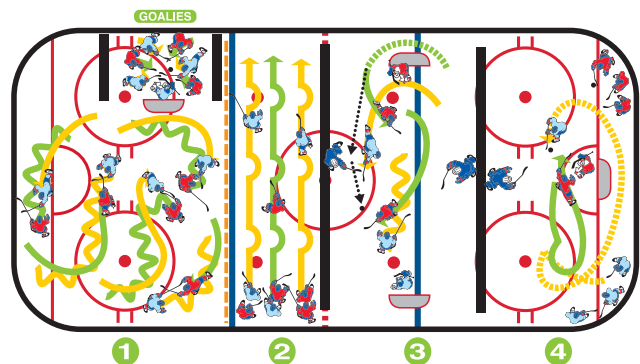
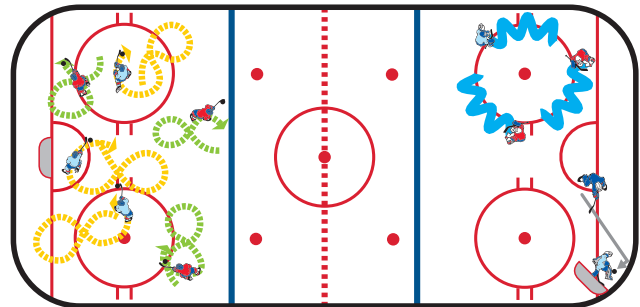
Turn net so goal mouth faces boards. Line up players from post to boards. Coach drops puck in middle of players. Game ends when goalie covers puck(s), players score, or puck(s) leave playing area. Coaches can add more pucks as game goes on.

GAME

Team Handball

(11 minutes)

Without sticks, using a soccer ball, players pass the ball to each other and attempt to score on the opponent's net. They can only carry the ball a maximum of 3 strides before a pass. The goal is to not let the ball touch the ice.



10U Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Skating, ABCs, timing, body contact

Equipment Required: Dividers, cones, soccer balls, ringettes

WARMUP

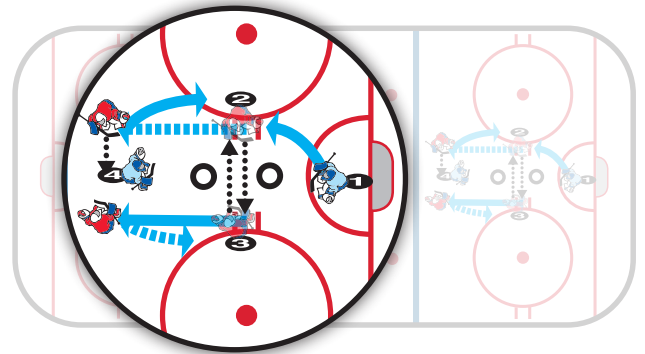
Knockout then Shooting

(10 minutes)

Play between the blue lines. Everybody has a puck they must skate in the neutral zone, protecting their puck while trying to knock other players' pucks over one of the blue lines. If a player's puck goes over one of the blue lines, they must go to one of the ends, find a puck and take ten shots on the boards, wrist, snap, backhand. The last player with a puck wins. Once you get down to 6 players, put them in the center circle. Hold accountable to space.

Goalies: 4-Way Stop

Goalies 3 and 2 begin making passes back and forth. If Goalies 4 or 1 chase the puck holder, the puck holder must skate away from chaser and make complete pass behind goalie standing still. Once pass is completed, goalies skate back to their starting position and continue drill. Goalies need to communicate and keep their heads up.

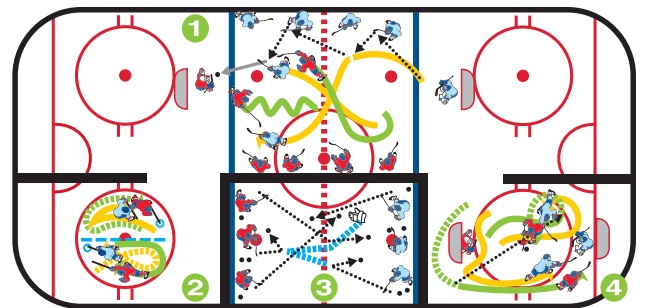


STATIONS

Station 1: 1-Second Game

(9 minutes)

Everyone plays. Nets moved up to the tops of the circles. Player can only have the puck on their stick for 1 second and has to move it. Players in line cannot be pressured, so it's man-on-man in the middle. Play 2v2, 3v3 or 4v4 depending on the number of players. The objective is to move the puck up the ice using your teammates in the middle or your teammates in line to score a goal. Everyone on the ice is in the game. Play for 25 seconds then, on the whistle, four new players from line replace their teammates in the middle.



Station 2: Ringette (Contact)

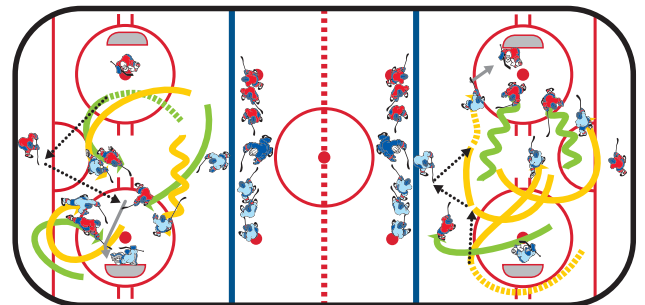
(9 minutes)

Draw a line through the face-off circle. Play 1v1 keep-away in each half and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain puck.

Station 3: Passing Tug of War

(9 minutes)

Coach puts his glove in the middle of the zone. Then split the group into two teams. Use as many pucks as you can get. Coach says "Go" and the players, using the proper technique, pass the puck at the glove and try to push as close to the other team as possible. Play forehand, backhand, sauce pass over sticks.



Station 4: 2v2 Tight Space Game (Contact)

(9 minutes)

Play 2v2 for 40-second shifts. Emphasis is on scoring. Add in different rules. Goal counts as 2 if shot off of pass, backhand goal counts as 2, etc. Encourage body contact while attempting to gain puck possession.

GAME

2v2, 3v3 with Outlets

(14 minutes)

Play 2v2 or 3v3 cross-ice. On change of possession, the players must pass to one of the two outlet players before they can attack the net. USE PLAYERS AS OUTLET PASSER.

10U Practice Plan 7

Date: Late Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Basic skills, passing and team play

Equipment Required: Dividers and tires

STATIONS

On the whistle to change station, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station.

Goalies

One coach/player stands in front of goalie and redirects shot from coach. Play out rebounds. Make sure shots come from different angles and areas of the ice.

Station 1: Passing

(9 minutes)

Start with a few minutes of stationary partner passing to work on technique, sweep puck, forehand and backhand. Next progress to monkey-in-the-middle game: Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck, he/she moves to the outside and a new player takes his/her place.

Station 2: Mirror Puck Control

(9 minutes)

Players pair up with one partner on each side of the line. One is designated as the leader and the other player mirrors his or her movements. Players must try not to turn their backs to their partners so that they work both forward and backward skating. Try to maintain eye contact between partners.

Station 3: 1v1 – Fake Only (Body Contact)

(9 minutes)

Players compete in a confined area 1v1 for 30-second shifts. Only fakes on the goalie are allowed to score. No shooting. Have the additional players work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.) Encourage body contact while using good stick-on-puck technique to gain possession.

Station 4: Double Net Support

(9 minutes)

Play 2v2 or 3v3 depending on the number of players. Each team has a designated passer. On change of possession, players must use their passer before they can attempt to score. Passer cannot shoot or be pressured.

Station 5: 2v1 Keep-Away

(9 minutes)

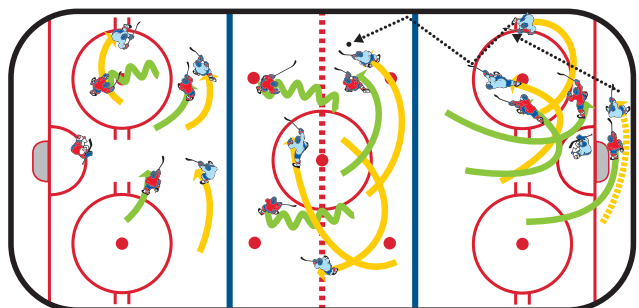
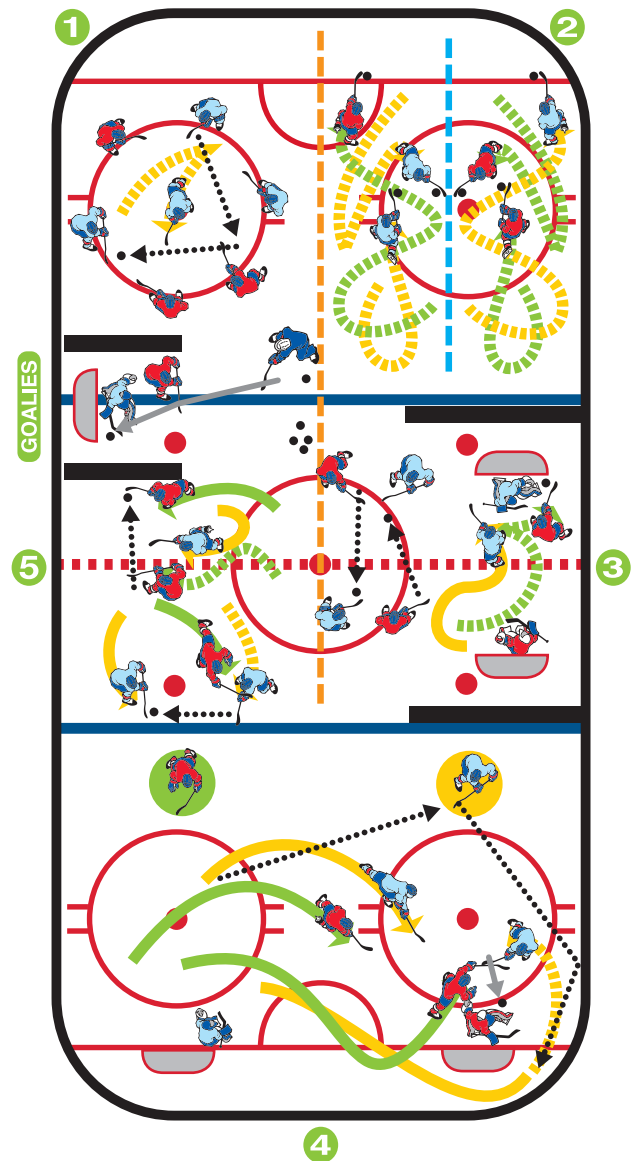
Divide players into groups of three. Two players attempt to play keep-away from the other player in their group. If the puck is stolen, a new player becomes the odd player out.

GAME

3-Zone Game

(12 minutes)

Players will be placed in one of three zones but will be on one of two teams. Coach throws multiple pucks into the game. Players must move pucks from their d-zone to teammates in the n-zone, then the n-zone players must move the pucks to their teammates in their designated offensive zone. Coach throws pucks into the game if needed after goals are scored. Keep a running score. After 5 minutes, have the players move to the zone they have not played in. Each player should play in the d-zone, n-zone and offensive zone.



10U Practice Plan 8

Date: Late Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Basic skills, angling and body positioning

Equipment Required: Nets (4), dividers, tires

WARMUP

4 Corners and Support Game

(10 minutes)

Begin with the first player in each line moving into the zone with a puck. Make eye contact with one of the lines, pass and get a one-touch pass back. Tight turn, accelerate for three strides and then find a new line to pass with. 20-second shifts.

Next, is a 2v2 competition in each zone. This is a puck-possession game with two rules: 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 player then gives it back to the team that gave it to them. Team with possession must then 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 four that were in the middle going back to the end of their line.

Goalies: 2 x 2

2 goalies start in the crease with 1 on each post plus 1 goalie on each side of net to stop rebounds and pass back to coach. One goalie pushes off the post to be square to shot. Coach shoots either low stick or glove for fundamental save. Goalie at side of net stops rebound, then passes back to coach. Goalie at top of crease follows rebound, then pushes back to post. Goalie on opposite post repeats drill. Make sure to switch positions for goalies during drill.

STATIONS

Station 1: Forecheck vs. Breakout

(8 minutes)

Defensive player tries to skate the puck behind the net then out through the two cones. The two fore-checking players try to take the puck away and score 2v1. The coach sends checker 1 and checker 2 at different times to force them to make good reads, use angles and their bodies to win the puck. Make sure every player gets the opportunity to play each position. Encourage body contact.

Station 2: Transition Skate Angling

(8 minutes)

Offensive player with puck and defender start on whistle. O must skate completely around the first tire so he/she completes the full rotation skating out the net side of the tire before skating through the middle of the two top tires as diagrammed. D skates forward to backward around the single tire as diagrammed as few (once) or as many (up to the player) times in order to create proper speed and gap with offensive player. O tries to score, D tries to protect the middle of the ice & angle O out of the play.

Station 3: Guard the Gate 1v1/2v2

(8 minutes)

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

Station 4: Pit Support

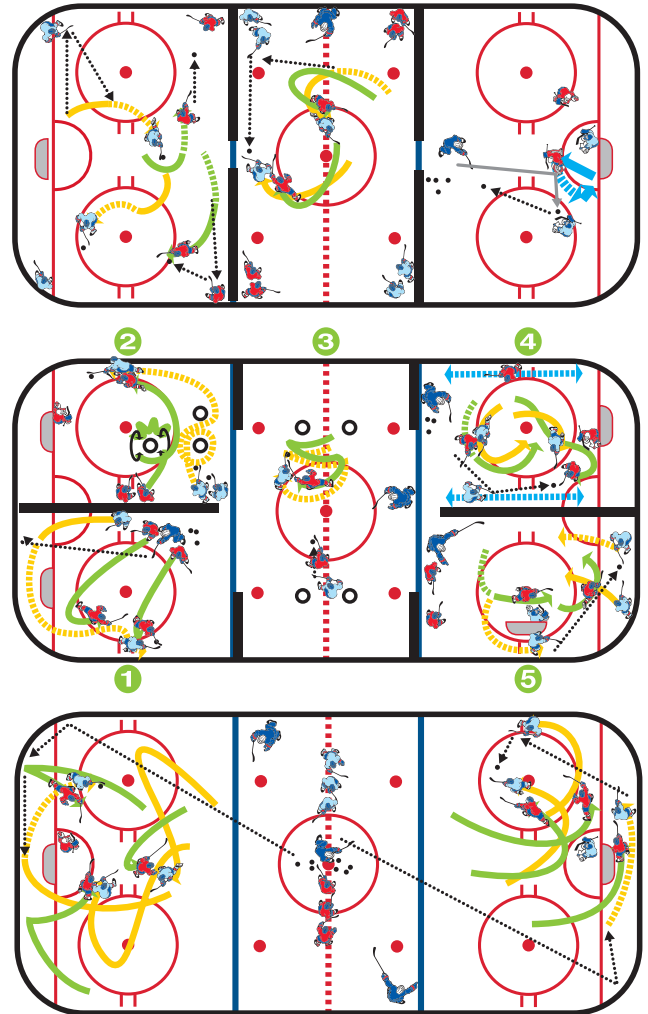
(8 minutes)

Coach spots puck in pit for players to compete 2v2. On every turnover, offensive players must make at least one pass to either support player before attacking. Both support players are always on offense but cannot shoot. 30- to 40-second shifts.

Station 5: Nobles 2v2

(8 minutes)

Coach starts with pass to offensive team. Defenders work to gain possession & pass to any teammate who is waiting on the side (at blue or behind goal line). The 2 defenders who passed to their teammate leave the zone and



the 2 original offensive players transition to defense. The 2 new players who received the pass attack on offense. Play is continuous.

GAME

Breakout or Forecheck

(10 minutes)

Coaches identify which team is offense and which team is on defense. A coach oversees each zone and game is played 3v3 simultaneously with one team attacking to score and one team attempting to breakout by skating the puck over the blue line. A new puck is put in play once a goal is scored, a stoppage of play is earned, or the defending team breaks the puck out over the blue line.

10U Practice Plan 9

Date: Late Season

Time: 60 minutes

Number of Players: 40-45

Practice Theme/Goals: ABCs, body positioning

Equipment Required: Nets (5), tires, ice marker, ringette rings

WARMUP

Chaos Progression

(12 minutes)

Start with each player carrying a puck around the zone looking to dart in and out of traffic with their head up. Speed is not the goal, handling the puck with awareness is the goal. On the whistle, add in various skating maneuvers for 10 seconds before returning to chaos, i.e., figure 8s, forward-to-backward figure 8, stop and start both directions, shuffle stride around the ice, etc. Next, have players pair up for trucks and trailers with one leader and one follower. Follower must stay as close to the leader as possible. Switch to rockets and spaceships, on coach's signal, have the leader accelerate for 10 seconds before returning to $\frac{3}{4}$ speed.

Goalies: Puck Placement

(6 minutes)

Partner up. Starting at goal line, one goalie takes puck and does one T-push toward blue line, leaves puck and does a T-push back to the goal line. The partner then T-pushes out to puck and moves puck one T-push further, then leaves puck and T-pushes back to goal line. Drill repeats. Mix up movements (C-cuts, T-push, shuffles).

Goalies: 4-Way Stop

(6 minutes)

Goalies 3 and 2 begin passing back and forth. If Goalie 4 or 1 chases the puck holder, the puck holder must skate away from chaser and complete a pass behind goalie standing still. Once pass is completed, goalies skate back to their starting position and continue drill. Goalies need to communicate and keep their heads up.

STATIONS

Station 1: Crossfire

(9 minutes)

Split into 2 teams of 4 players. Game starts with 2v2 in the middle of the Square and their supporting 2 teams across from each other. Teams score points by completing passes from one outside player to a middle player then to their opposite side player. Teach players on the outside of the square to move laterally to support.

Station 2: Royal Road

(9 minutes)

Coach draws line down middle of playing area. Two offensive players attack 2 defenders. When defenders gain control of puck, they pass to teammates at blue line and go to the end of the line. New offensive players attack the previous offensive players who are now defenders. If a goal is scored off of a play where the puck is carried or passed across the middle line, it counts as an additional point (2). Play is continuous.

Station 3: Always on Powerplay Game

(9 minutes)

Draw a center line to divide the zone and play 3v3 for 40-second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.

Station 4: Slot Shot Designated Shooter

(9 minutes)

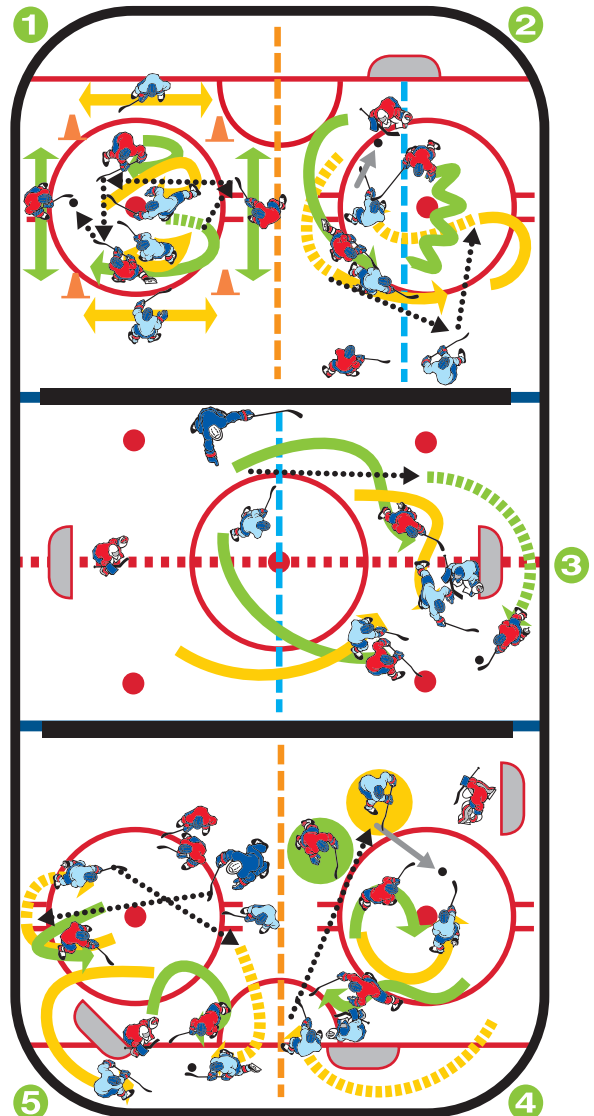
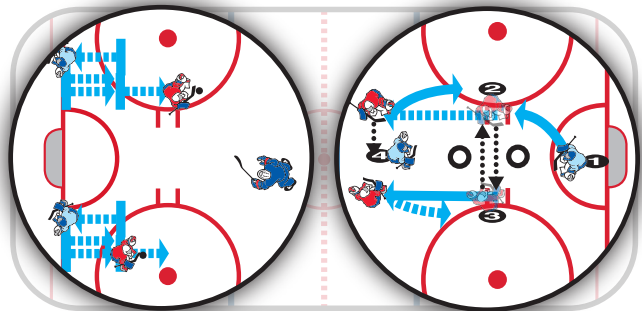
2v2 with a designated shooter for each team. Coach throws a puck in the zone and the two teams of two battle for possession. Puck is then moved to their designated shoot of for shot on goal. Immediate rebound can be scored and all possession changes must initiate a pass to that teams designated shooter.

Station 5: Corner 2v2 from Back of the Net

(9 minutes)

Coach dumps a puck into the corner. The team that wins possession is on offense. The other two players are on D. If the offensive team can get the puck to the next player on their team, they will have a 3v2 low and can use the back of the net. If the puck transitions to the defending team, they must get the puck to the coach to win.

WARMUP



10U Practice Plan 10

Date: Late Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Puck possession

Equipment Required: Nets (4)

WARMUP

Sharks and Minnows

(7 minutes)

Select a few sharks to begin 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.

SKILL DRILLS

Backward Tag

(7 minutes)

Players pair up with someone of similar skating ability. Start with one player skating backward and his/her partner attempting to tag him/her on the shoulder. If tagged, the roles are reversed with the new backward skater allowed a 3-second getaway. Continuous play for 7 minutes.

Puck Protection

(6 minutes)

Keep the same pairs. Start with one player in physical contact with the puck carrier, directly behind him/her. 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: Logatron

(6 minutes)

Goalies create square with backs to middle. Coach attempts to get puck while goalies use body to protect it and pass to either their left or right.

STATIONS

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. Agility examples include: tight turn figure-8; forward-to-backward figure 8; stop start both ways and accelerate for 3-5 hard strides; 360 tight turn each way. Continuous movement for 10 minutes.

Station 3: Cross-Ice 1v1

(10 minutes)

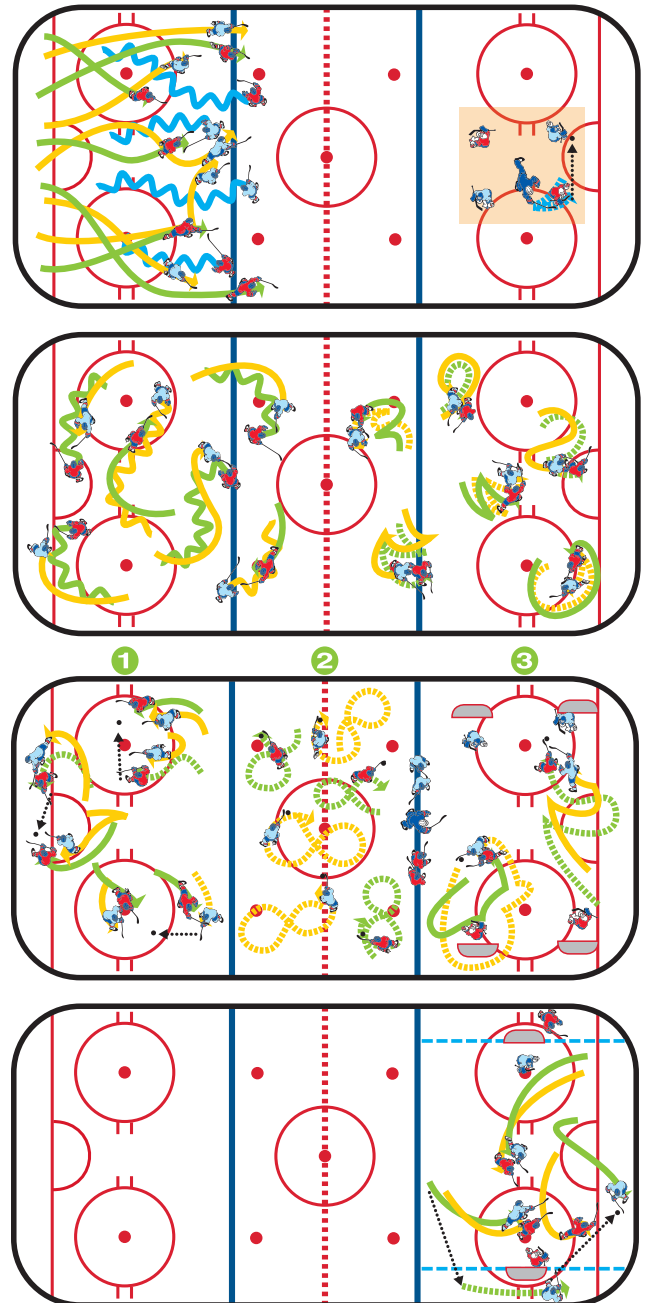
Divide players into 2 teams. Play 1v1 cross-ice for 2 shifts each. Play another 2 shifts and switch opponents again, etc.

GAME

Gretzky Game

(10 minutes)

Players compete 3v3 cross-ice with an extra player below goal line. Every change of possession you must pass to your team's extra player before you can score.



SECTION 3

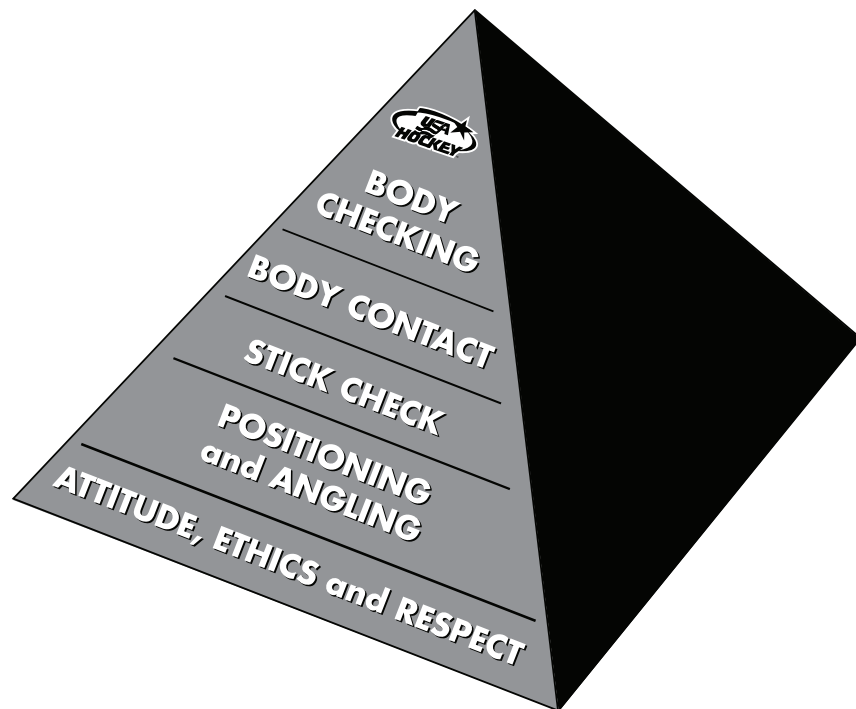
Areas of Focus



Body Contact

TEACHING POINTS

- Create a safe, structured environment with positive teaching.
- Try to partner players of like size and skill sets.
- Start players out close and slow, under control.
- Proper stance and stick control (stick-on-puck).
- Insure that players understand the principles of Head's Up, Don't Duck.
- Use simple angling drills.
- Emphasize puck protection.
- Practice receiving a check on and off the boards.
- Provide an understanding of dangerous hits and the purpose of a body check.



BODY CONTACT CONFIDENCE DRILLS

Tripod Push

Match players in pairs. One player should be positioned in hockey-ready position with deep knee bend and using the stick as a third leg for support. The other player pushes on the positioned player's shoulders and then the hips in an attempt to disrupt balance. Pushing should be under control. Partners switch roles after 30 seconds.

Shoulder Bump

Without sticks, players lock arms and, on the count of three, they bump shoulders. Repeat on both right and left sides of the body and then while moving.

BODY CONTACT TECHNIQUE

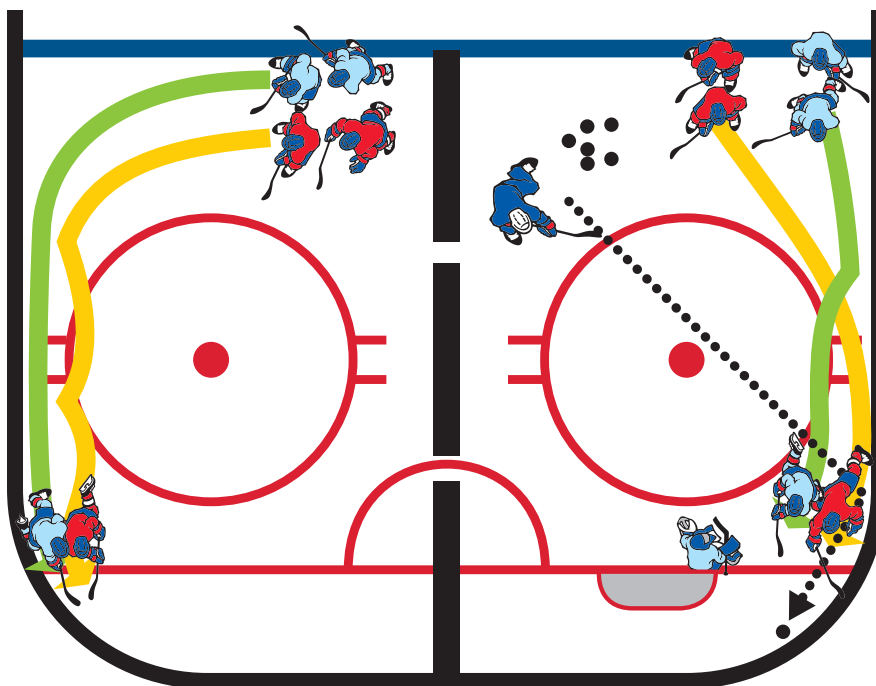
1v1 Angling Down Boards

Use this progression to foster contact confidence and body control.

1. Players line up a few steps from the boards. The players work on their own, starting stationary and hitting the boards, using shoulders and hips.
2. The puck carrier is stationary. The defender skates through the offensive player; stick-on-puck, hips through hands and takes control of the puck.
3. Both players are skating slowly. The defender angles and engages, leading with stick-on-puck contact.

1v1 Loose Puck Race

The coach spots a puck down the boards to create a loose puck race. If Player O gains the puck, he or she can attack the net. If Player X gains possession, he or she must skate the puck out over the top of the circles. Encourage body contact. Both players must bend their knees in contact situations. Players must play the puck, but they both can lean into their opponent to establish body position on the puck.

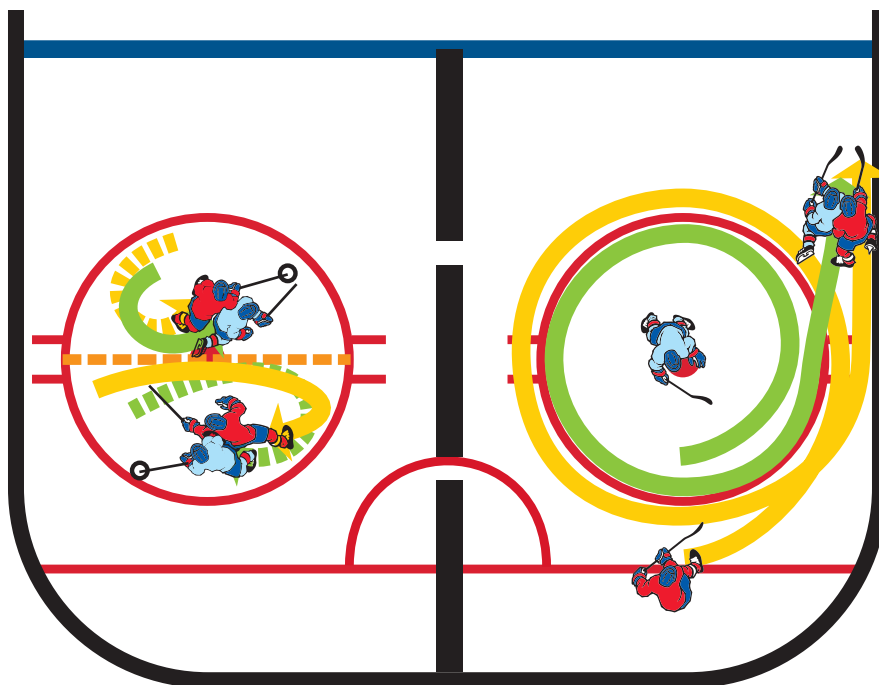


Mirror Angle Drill (Body Contact)

Player O starts with a puck and skates around the circle. Player X mirrors Player O on the inside of the circle with correct body and stick position (shoulder-to-shoulder and with stick on the ice, blade-to-blade). As the players begin to head up the boards, player X angles and rubs out the opponent, maintaining proper body and stick position.

Ringette Keep-Away (Contact)

Draw a line through the face-off circle. Play 1v1 keep-away in each half and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain puck.

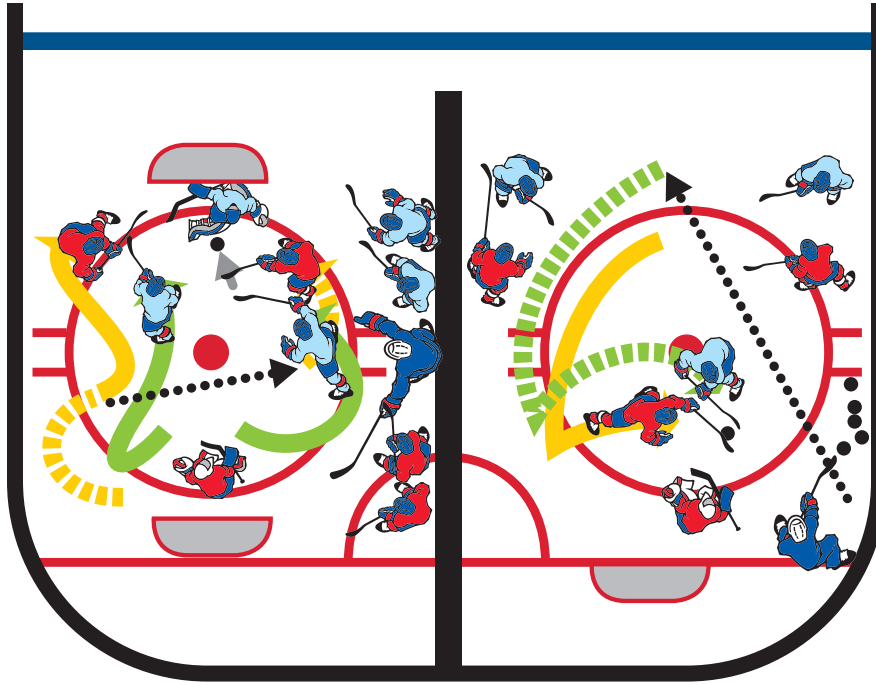


2v2 Tight Space Game (Contact)

Play 2v2 for 40-second shifts. Emphasis is on scoring. Add different rules, e.g., score on any net, backhand shots only, dekes only, etc. Encourage body contact while attempting to gain puck possession.

Small Space 1v1 (Body Contact)

Players pair up with one player on offense and the other player on defense. Coach begins the drill by passing to one of the offensive players. As soon as Player O receives the puck, he or she attacks the net with Player X defending. Play until whistle and then the coach makes the next pass. Have players switch positions.



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

<http://bit.ly/2iEO7Cr>

Goaltending

FUNDAMENTAL SAVES

- Stick Saves – start with standing stick save. Focus on deflecting the puck into the corner.
- Blocker Saves – start with standing blocker save. Focus on deflecting the puck into the corner.
- Glove Saves – start with standing glove save. Focus on catching the puck in the mesh of the glove.
- Butterfly Saves – make sure knees and hips are in line. Shoulders should be slightly forward toward the puck.



PROPER RECOVERY FROM A BUTTERFLY

- Eyes, stick and gloves always (attached) facing the puck.
- The first leg up is the drive leg, which is the side that will push to the intended direction of the rebound.
No double-leg jump recoveries.



STANDING POST POSITION

- Post-side skate firmly against the post.
- Inside heel in line with post side skate toe (slightly off the goal line).
- Body balanced and hands and stick free to deflect passes through the crease.
- Stick blade slightly outside and in front of post-side skate.



SKATING (performed from a basic goalie stance)

- Lateral Shuffle – pushing laterally with toes, knees, hands and shoulders facing the same direction. (Use this for short distances and when there is a threat of a shot.)
- T-Push – lead foot turns so the toe is pointed in the intended direction of travel. (Use this when the puck is not on an opponent's stick.)





Benchmarks

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

1. Consistently make proper fundamental saves. Saves should look fluid with effective rebound control.
2. Recover to a proper stance from a butterfly with either leg starting the recovery.
3. Hold a proper standing post position and shuffle post to post utilizing two shuffles.
4. Complete two shuffles and T-pushes in each direction while maintaining a proper stance.
 - Also should demonstrate an understanding of when they should use each skating movement.

FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:

<http://www.USAHockeyGoaltending.com>

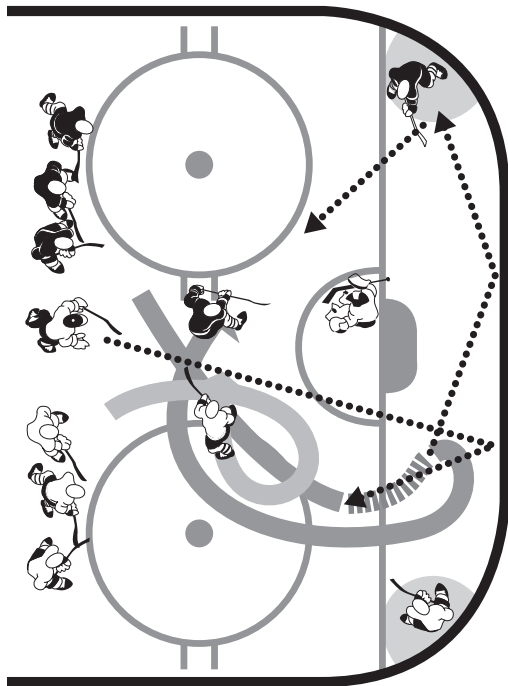
Small-Area Games

Small-area competitive games not only force players into tight competitive quarters, they also encourage players to battle aggressively for the puck while having lots of fun. Similar to how kids used to play growing up and skating on frozen ponds, these games help replicate the best ‘free play’ environments of the past and develop critical skills in today’s future stars.

Utilizing small-area competitive games provides many advantages. First and foremost, the games are designed so players are forced to make quicker decisions and do so under pressure from other players. Small-area games also simulate game shifts and provide an excellent form of conditioning in practice. Below are two examples of small-area games.

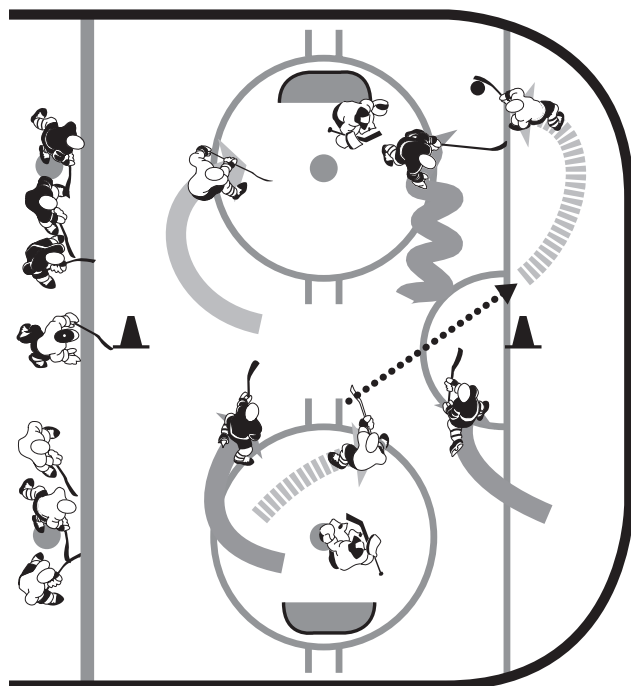
SAFEHOUSE DRILL

Divide the players into two teams with the coach in the middle. One player from each team is placed in opposing corners. These players are safe and can handle the puck without being checked. The coach calls out 1-on-1 or 2-on-2, etc. The players must pass to their corner teammate first, then receive a pass back to be able to play offense and score.



CENTER LINE BOUNDARY SCRIMMAGE

Using one third of the ice, the coach divides the players into two teams. Players are designated as forwards and defensemen and cannot cross the center line. This line can be marked on the side with cones. Start the game with two defensemen and four forwards. Alternate players and allow them to play both positions. Start the game with a 2-on-1 at each end. The defense, after a turnover, passes the puck to the forwards at the other end creating a continuous 2-on-1. Progress using more players and build the game into a 2-on-2, and eventually a 3-on-2.



FOR MORE SMALL-AREA GAMES, PLEASE VISIT:

<http://bit.ly/2wd94ZU>

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 before they can successfully acquire 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: Jump Rope

Station 2: Ladder: 2 In 2 Out

Station 3: Monster Walk

Station 4: Bridge Log Roll

Station 5: Monkey in the Middle

Station 6: Toe Drag

PRACTICE PLAN 2

Station 1: Multi-Directional Sprints

Station 2: Ladder: Lateral 2 in the Hole

Station 3: Body Weight Squat

Station 4: Superman Log Roll

Station 5: Stickhandle Wrist Shot

Station 6: Figure 8s

PRACTICE PLAN 3

Station 1: Jump Sprints

Station 2: Ladder: Slalom

Station 3: March & Catch

Station 4: Crab Walk Bridge

Station 5: Pass, Catch & Wrist Shot

Station 6: PVC Pipe Stickhandling

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

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

PRACTICE PLAN 1

Station 1: Jump Rope

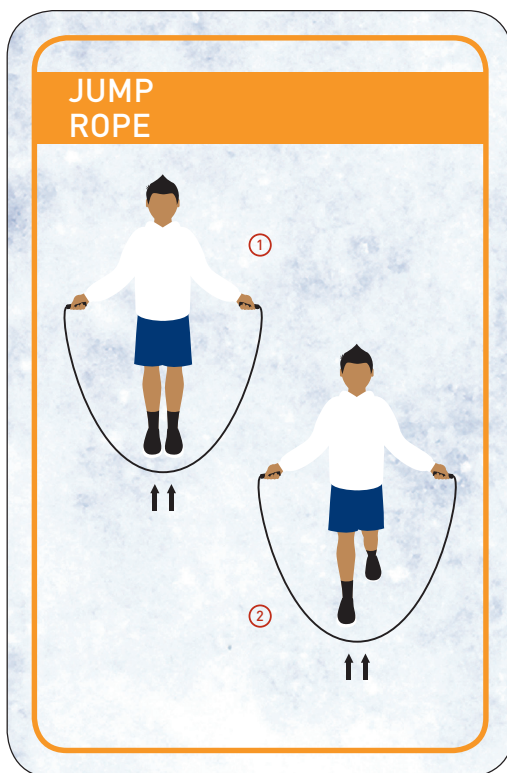
Station 2: Ladder: 2 In 2 Out

Station 3: Monster Walk

Station 4: Bridge Log Roll

Station 5: Monkey in the Middle

Station 6: Toe Drag



JUMP ROPE

- MOVEMENT**
- Jump Rope on 2 feet using ball of foot.
 - Work on rhythm and timing.
 - Have players count repetitions trying to beat previous personal score.

- ADVANCED**
- Have players Jump Rope swinging rope backwards, hopping on one leg.

PRACTICE PLAN 1

Station 1: Jump Rope

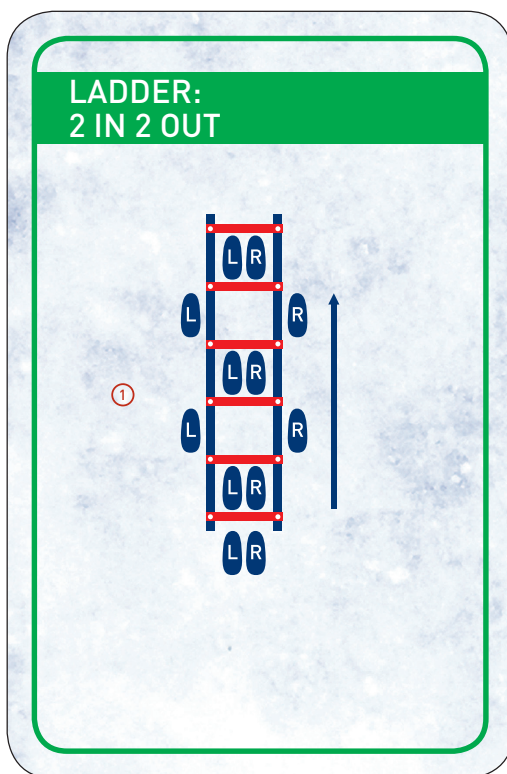
Station 2: Ladder: 2 In 2 Out

Station 3: Monster Walk

Station 4: Bridge Log Roll

Station 5: Monkey in the Middle

Station 6: Toe Drag



LADDER: 2 IN 2 OUT

- MOVEMENT**
- Stand and face the ladder at one end.
 - Attempt to minimize vertical movement.
 - Jump into the first square with both feet.
 - Upon landing, quickly jump and straddle the next square up the ladder.
 - Perform this pattern until the end of the ladder is reached.
 - Player tries to avoid stepping on a ladder rung (land mind).
 - Jog back to line.
 - Repeat.

ADVANCED
Have players attempt this pattern backwards.

- 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:
Jump Rope

Station 2:
Ladder: 2 In 2 Out

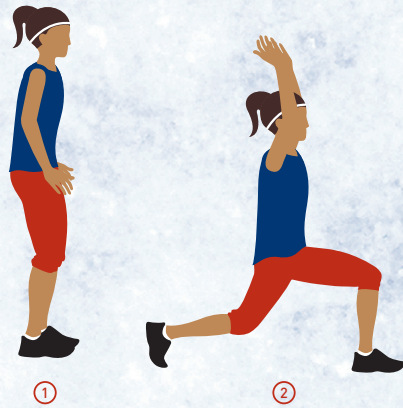
Station 3:
Monster Walk

Station 4:
Bridge Log Roll

Station 5:
Monkey in the Middle

Station 6:
Toe Drag

MONSTER WALK



MONSTER WALK

MOVEMENT

- Mimic a Monster Walk (forward lunge) with claws up in air above your head, eyes up looking ahead, wide strides.
- Monster Walk lunge from cone to cone (10 yards).

REACTIVE

Coach gives commands to make exercise reactive:

- Red Light: **Stop.**
- Green Light: **Walk.**
- Yellow Light: **Walk slow.**
- Pink Light: **Hop like a bunny.**
- Purple Light: **Best dance moves.**

TECHNIQUE

1. Stand with feet shoulder width apart.
2. Step forward, with the heel landing first.
 - Knee should be at 90 degrees.
 - Long strides so knee does not go past toes.
 - Return to standing position driving up with front leg.
 - Alternate legs.

PRACTICE PLAN 1

Station 1:
Jump Rope

Station 2:
Ladder: 2 In 2 Out

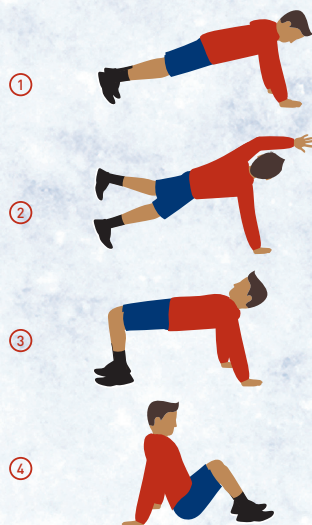
Station 3:
Monster Walk

Station 4:
Bridge Log Roll

Station 5:
Monkey in the Middle

Station 6:
Toe Drag

BRIDGE LOG ROLL



BRIDGE LOG ROLL

MOVEMENT

1. Start on all fours in push-up position.
2. Rotate hip up towards ceiling lifting left hand and left foot off floor.
3. Stop with hips as high as possible contracting glutes.
4. Roll into the crab position.
 - Rotate hip back towards floor lifting right hand and right leg off the floor.
 - Repeat for 5 rolls one direction and then switch directions.
 - No burns and no knees can touch the floor.

PRACTICE PLAN 1

Station 1:
Jump Rope

Station 2:
Ladder: 2 In 2 Out

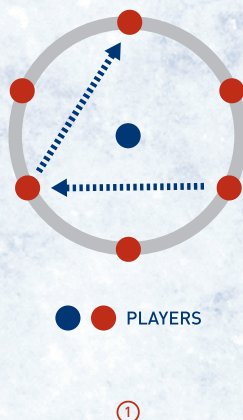
Station 3:
Monster Walk

Station 4:
Bridge Log Roll

Station 5:
Monkey in the Middle

Station 6:
Toe Drag

MONKEY IN THE MIDDLE



MONKEY IN THE MIDDLE

- ① SETUP**
- Players form a circle with one player in the middle.
 - The player in the middle (monkey) attempts to intercept passes made between the outside players.
 - If the monkey steals the ball they move to the outside and new player becomes the monkey.

5-6 players works best. Make players move feet, position hands correctly and make good passes by receiving only on forehand or backhand. If they catch the ball on the wrong side of the stick they become the monkey.

PASSING TECHNIQUE

- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.
- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.

Backhand-use same technique.

ADVANCED

Add agility-touch one knee, 360 spin...before ball is passed.

PRACTICE PLAN 1

Station 1:
Jump Rope

Station 2:
Ladder: 2 In 2 Out

Station 3:
Monster Walk

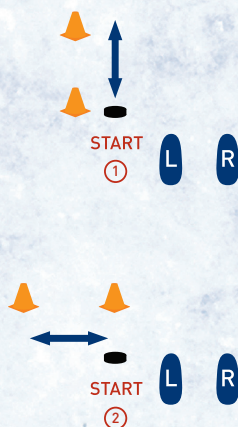
Station 4:
Bridge Log Roll

Station 5:
Monkey in the Middle

Station 6:
Toe Drag

TOE DRAG

LEFT HANDED



TOE DRAG

FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

MOVEMENT

- ①**
- Push ball away from body to entice opponent.
 - Quickly pull ball back using toe of blade.
 - Quick, short dribble in front of body then push ball away from front of body as far as possible and quickly pull back.
 - In tight, hands are wide. The ball is pushed forward with the heel out in front of the body while the hands slide together.
 - The ball is stopped with toe of blade pulled back in tight to body.
- ②**
- The same process is repeated out to the forehand side.

ADVANCED

Perform movement #1 and #2 in one fluid movement.

PRACTICE PLAN 2

Station 1:
Multi-Directional Sprints

Station 2:
Ladder: Lateral 2 in the Hole

Station 3:
Body Weight Squat

Station 4:
Superman
Log Roll

Station 5:
Stickhandle
Wrist Shot

Station 6:
Figure 8s

MULTI-DIRECTIONAL SPRINTS



MULTI-DIRECTIONAL SPRINTS

SETUP

- 4 cones are 5 feet apart in a square formation.

①

MOVEMENT

- Face forward the entire sprint.
- Start at cone #1 and shuffle right to cone #2-keep butt down and knees bent.
- Face forward the entire sprint.
- Sprint to cone #3.
- Shuffle left to cone #4-keep butt down and knees bent.
- Back pedal to cone #1.
- Next player starts when previous player hits cone #2.
- Reverse pattern after 3 repetitions.

REACTIVE

On coaches command all players activate reverse pattern.

PRACTICE PLAN 2

Station 1:
Multi-Directional Sprints

Station 2:
Ladder: Lateral 2 in the Hole

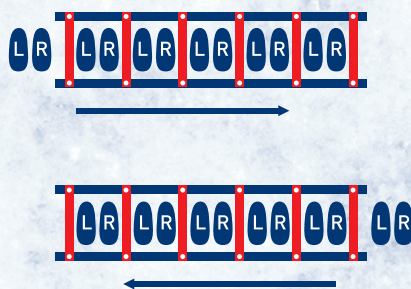
Station 3:
Body Weight Squat

Station 4:
Superman
Log Roll

Station 5:
Stickhandle
Wrist Shot

Station 6:
Figure 8s

LADDER: LATERAL 2 IN THE HOLE



LADDER: LATERAL 2 IN THE HOLE

①

MOVEMENT

- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Shuffle laterally down the ladder, placing the lead foot in the square first then immediately followed by the other foot.
- Send next player when previous player reaches mid ladder.
- Jog back to line.
- Face other direction.
- Repeat.

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:
Multi-Directional
Sprints

Station 2:
Ladder: Lateral
2 in the Hole

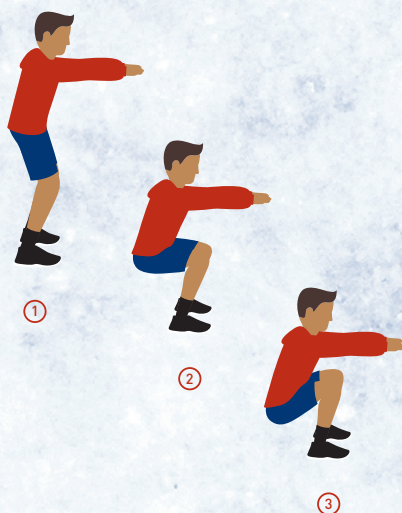
Station 3:
Body Weight Squat

Station 4:
Superman
Log Roll

Station 5:
Stickhandle
Wrist Shot

Station 6:
Figure 8s

BODY WEIGHT SQUAT



BODY WEIGHT SQUAT

MOVEMENT

- Reach and hold hands straight out in front of body.
- Feet shoulder width apart with toes pointing straight ahead.
- Keep a tall chest and tight core.
- Keep heels on ground and breathe in while pushing hips back.

- 1 • Top-3/4 squat.
- 2 • Middle-90 degree squat.
- 3 • Bottom-heels on ground with glutes low to ground.
• Drive heels into ground.
• perform for 30 seconds and rest for 30 seconds.

REACTIVE

Lower body to 1 of the 3 positions on coach's command.

ADVANCED

Have players follow the leader, squatting together and counting backwards out loud to 10. Pick a pattern (bottom, top, middle...) and have players perform trying to execute together in sync.

PRACTICE PLAN 2

Station 1:
Multi-Directional
Sprints

Station 2:
Ladder: Lateral
2 in the Hole

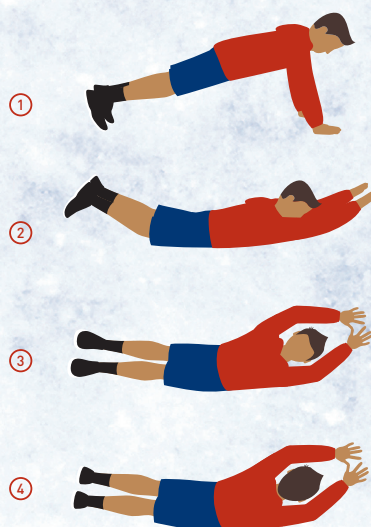
Station 3:
Body Weight Squat

Station 4:
Superman
Log Roll

Station 5:
Stickhandle
Wrist Shot

Station 6:
Figure 8s

SUPERMAN LOG ROLL



SUPERMAN LOG ROLL

MOVEMENT

- 1 • Start in push-up hold position.
- 2 • Back should form a flat bridge.
- 3 • Lower body to ground.
- 4 • Extend arms, lift feet and arms off ground like Superman.

- 3 • Roll one complete rotation (360 degrees) maintaining the Superman position.
- 4 • Make body as long as possible during movement.

- Return to push-up hold position.
- Repeat other direction.

ADVANCED

Players perform multiple Superman Log Rolls in a row and change direction on coach's command.

PRACTICE PLAN 2

Station 1:
Multi-Directional Sprints

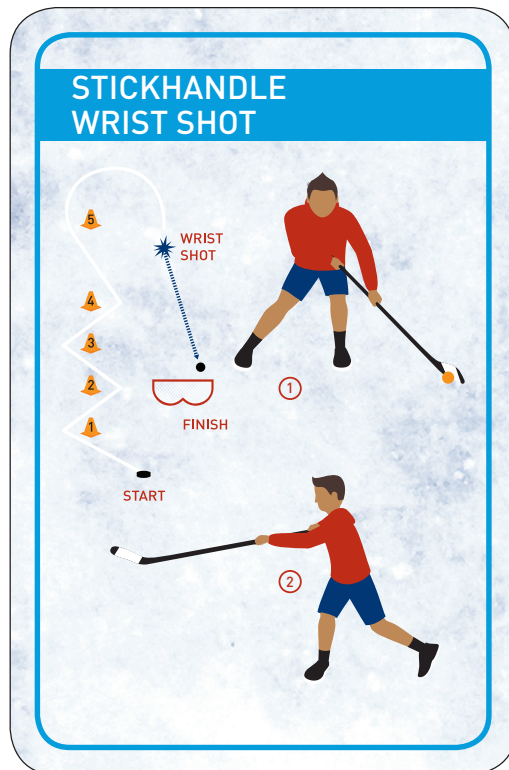
Station 2:
Ladder: Lateral 2 in the Hole

Station 3:
Body Weight Squat

Station 4:
Superman Log Roll

Station 5:
Stickhandle Wrist Shot

Station 6:
Figure 8s



STICKHANDLE WRIST SHOT

SET UP

- Use a hockey ball.
- Cones 3 feet apart and the 5th cone 6 feet from the 4th cone.

MOVEMENT

- Stickhandle through the 4 cones and end with a wrist shot.
- Look over shoulder to find the net and opening before rounding cone.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

TECHNIQUE

1. Position your body at a 45 degree angle to the net.
2. Lower the bottom hand slightly on the shaft of the stick, grip is firm.
3. Ball begins on the heel of the blade with the blade cupped.
4. Stick and ball start behind back foot.
5. Sweep the ball forward and shift weight to the front leg.
6. Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
7. Ball moves from heel to toe of the stick blade as it is released, ending with a flick of the wrists which accelerates the ball.
8. Rotate upper body toward the net; shoulders finish square to net.
9. Follow through until top hand palm is facing up and bottom hand palm is facing down, pointing stick at target.

Power of a Wrist Shot comes from lower body strength more than arm strength. Proper weight transfer gives the shot power.

ADVANCED

Players shoot at a Shooter Tutor aiming for all 5 openings.

PRACTICE PLAN 2

Station 1:
Multi-Directional Sprints

Station 2:
Ladder: Lateral 2 in the Hole

Station 3:
Body Weight Squat

Station 4:
Superman Log Roll

Station 5:
Stickhandle Wrist Shot

Station 6:
Figure 8s

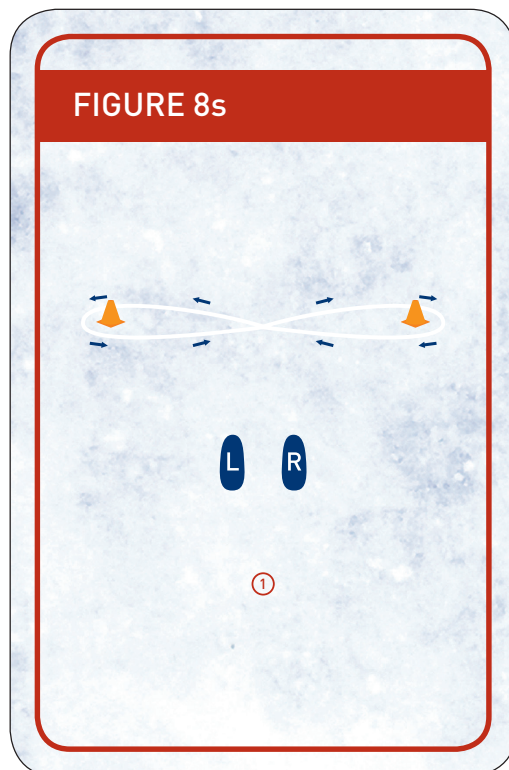


FIGURE 8s

FOCUS

- Wrist action and cupped blade.

SETUP

- Use hockey ball to perform drill.
- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.

TECHNIQUE

1. Feet are shoulder width apart.
2. Head and chest up.
3. Hands are closer together within a standard range.
4. Tight grip with top hand.
5. Loose grip with bottom hand.
6. Move the ball wide with the backhand side of the blade.
7. Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
8. Continue to handle the ball in a Figure 8 pattern in front of the body.
9. Top hand controls the movement of the ball.

Have players change Figure 8 direction halfway through station. Execute for 30 seconds, rest for 30 seconds. Repeat.

ADVANCED

Perform Figure 8s while using PVC piping with bottom hand.

PRACTICE PLAN 3

Station 1: Jump Sprints

Station 2: Ladder: Slalom

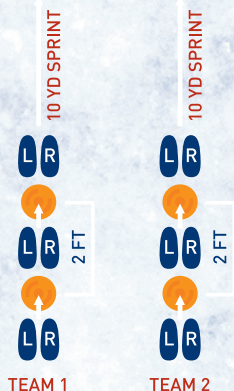
Station 3: March & Catch

Station 4: Crab Walk Bridge

Station 5: Pass, Catch & Wrist Shot

Station 6: PVC Pipe Stickhandling

JUMP SPRINTS



JUMP SPRINTS

SETUP

- 2 cones are 2 feet apart.
- 3 players per 2 cones line up in front of the cones.

① MOVEMENT

- 2 foot jump over both cones, landing softly.
- Sprint 10 yards.
- Jog back to line slowly.
- Repeat.

ADVANCED

Jump over cone using one leg. Use the same leg for both jumps. Switch legs and repeat. Create 2-3 lines and make this a race.

PRACTICE PLAN 3

Station 1: Jump Sprints

Station 2: Ladder: Slalom

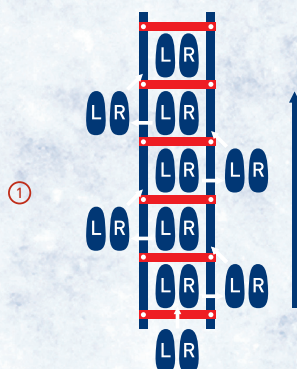
Station 3: March & Catch

Station 4: Crab Walk Bridge

Station 5: Pass, Catch & Wrist Shot

Station 6: PVC Pipe Stickhandling

LADDER: SLALOM



LADDER: SLALOM

① MOVEMENT

- Stand and face the ladder at one end.
- Keep both feet together and jump into the first square.
- Upon landing immediately jump laterally outside of first square.
- Immediately jump diagonally and forward into the second square.
- 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.
- Repeat.

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:
Jump Sprints

Station 2:
Ladder: Slalom

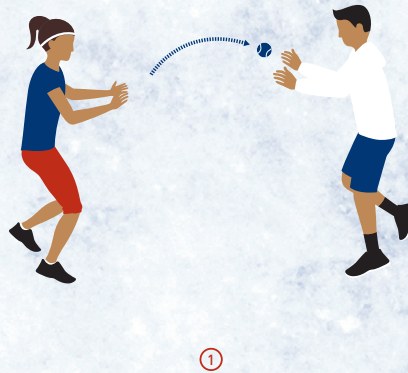
Station 3:
March & Catch

Station 4:
Crab Walk
Bridge

Station 5:
Pass, Catch
& Wrist Shot

Station 6:
PVC Pipe
Stickhandling

MARCH & CATCH



MARCH & CATCH

SETUP

- Divide players into partners and position them 8-10 feet apart.
- Each group has 1 tennis ball.

①

MOVEMENT

- March while playing Catch with teammate.
- Throws can be overhand or underhand.
- Throw ball with dominant hand.
- Challenge players to make 5-10 consecutive catches without dropping the ball.

If players have trouble, simplify by playing catch without marching, or toss ball underhand.

ADVANCED

- Catch and/or throw with non-dominant hand.
- Hop on one foot while playing Catch.

PRACTICE PLAN 3

Station 1:
Jump Sprints

Station 2:
Ladder: Slalom

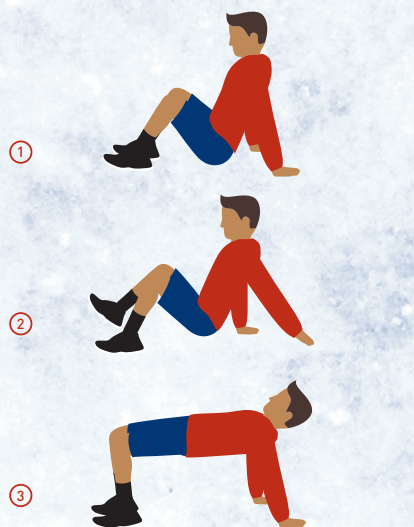
Station 3:
March & Catch

Station 4:
Crab Walk
Bridge

Station 5:
Pass, Catch
& Wrist Shot

Station 6:
PVC Pipe
Stickhandling

CRAB WALK BRIDGE



CRAB WALK BRIDGE

STATIONARY

- ①
- Sit on floor with hands about a foot behind glutes.

MOVEMENT

- ②
- Alternate lifting opposite hands and legs walking forward two steps.
- ③
- Stop and lift hips as high as possible contracting glutes.
 - Hold for 3-5 seconds.
 - Lower hips and Crab Walk forward another 2 steps.
 - Repeat for 10 yards.

PRACTICE PLAN 3

Station 1:
Jump Sprints

Station 2:
Ladder: Slalom

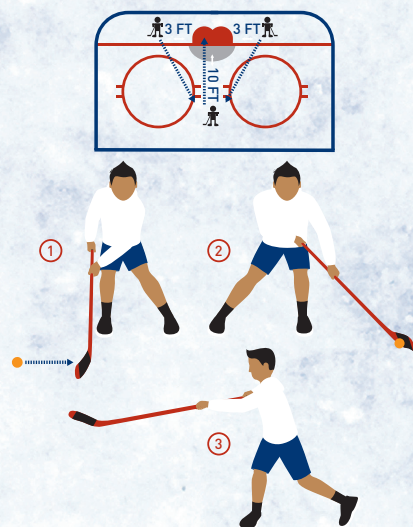
Station 3:
March & Catch

Station 4:
Crab Walk
Bridge

Station 5:
Pass, Catch
& Wrist Shot

Station 6:
PVC Pipe
Stickhandling

PASS, CATCH & WRIST SHOT



PASS, CATCH & WRIST SHOT

SET UP

- Use a hockey ball.
- One player stands 3-4 feet to the left or right of the goal post.
- Shooter stands 8-10 feet out from the middle of the net.
- Post player passes ball to shooter.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent with head and chest up.
 - 2 Body is turned to the side with weight on the back foot.
 - 3 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- Ball begins on the heel of the blade with the blade cupped.
 - Stick and ball start behind back foot.
 - Sweep the ball forward and shift weight to the front leg.
 - Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
 - Rotate upper body toward the net; shoulders finish square to net.
 - Ball moves from heel to toe of the stick blade as the ball is released, ending with a flick of the wrists which accelerates the ball.
 - Follow through by pointing the toe of the stick toward the target.
 - Follow through until top hand palm is facing up and bottom hand palm is facing down.

Power of a Wrist Shot comes from lower body strength more than arm strength. Proper weight transfer gives the shot power.

ADVANCED

Players shoot at a Shooter Tutor aiming for all 5 openings.

PRACTICE PLAN 3

Station 1:
Jump Sprints

Station 2:
Ladder: Slalom

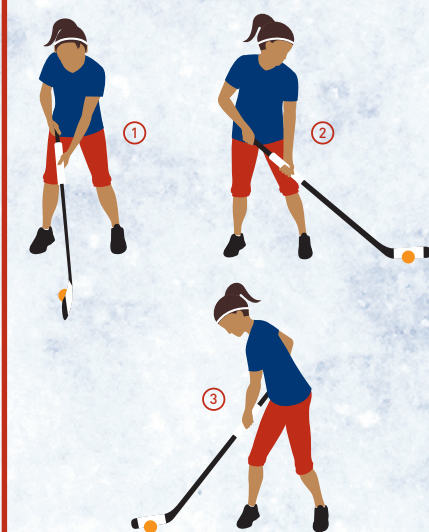
Station 3:
March & Catch

Station 4:
Crab Walk
Bridge

Station 5:
Pass, Catch
& Wrist Shot

Station 6:
PVC Pipe
Stickhandling

PVC PIPE STICKHANDLING



PVC PIPE STICKHANDLING

FOCUS

Top hand control, top hand strength, loose bottom hand.

SETUP

- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

MOVEMENT

- Perform stationary Quick Stick movements and stickhandle around the body.
- Top hand will fatigue quickly.
- 20 seconds active 20 seconds rest...

TECHNIQUE

- 1 Feet are shoulder width apart.
 - 2 Head and chest up.
 - 3 Hands are closer together within a standard range.
- Tight grip with top hand.
 - The top of the stick shaft should be held in the top hand with a hammer grip.
 - Loose grip with bottom hand holding pvc piping.
 - Arms loose and away from body.
 - Emphasis is on wrist movement, not arm movement.
 - Cup ball on forehand side of blade.
 - 2 Cup ball on backhand side of blade.
 - 3 Player rolls top wrist to cup the ball.

ADVANCED

"Chaos" stickhandle in designated area with other players.

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

http://assets.ngin.com/attachments/document/0042/2205/Checking_Manual_FINAL_15.pdf

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

http://assets.ngin.com/attachments/document/0065/0924/Teaching_Concepts_Through_Small-Area_Games_FINAL.pdf

USA Hockey Small-Area Competitive Games

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

Notes

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