



Practice Planning



Curriculum C
Coaching Education Program

What are the Five Elements of a good drill?

What are the Four Roles?

What is a concept?

What is a habit?

Breakout – 15 minutes
Age-Specific groups of 3

Practice Activity Considerations

8U

OFFENSIVE ROLE

Offense

DEFENSIVE ROLE

Defense

10U/12U

OFFENSIVE ROLE

Offense away from
the puck

DEFENSIVE ROLE

Defense on the puck

13+

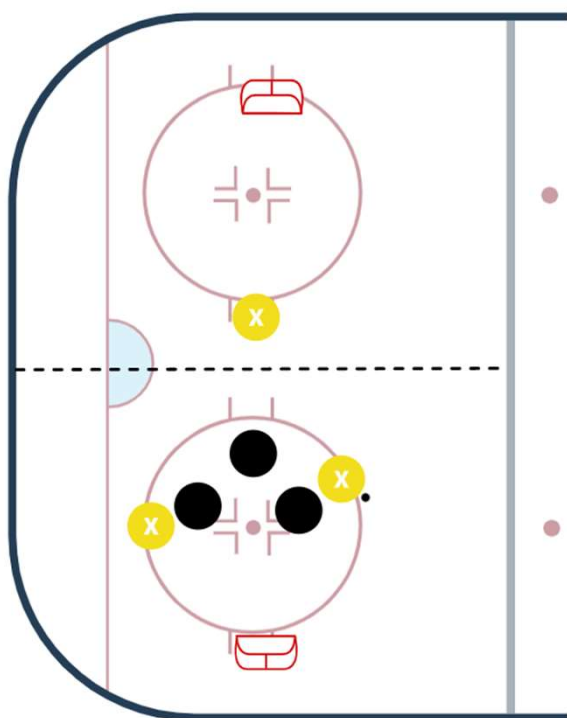
OFFENSIVE ROLE

Offense away from
the puck

DEFENSIVE ROLE

Defense away from
the puck

Third Man High



Focus on offense with the puck

What are the concepts and habits?

Intentional Design

Create your own drill or activity 2v2 or 3v3

- **Breakout**
- **Passing & Receiving, Puck Possession, Puck Protection**
- **Forecheck**
- **Defending Stick-on-Puck**
- **Creating Odd Number Attack Situations**
- **Choose Own**

Start with the end in mind

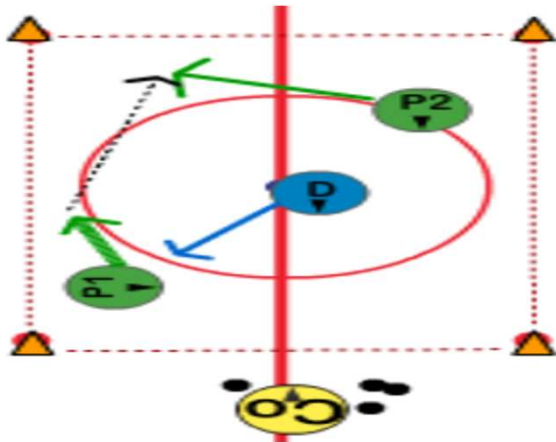
- **Identify the game problem from situations listed to the left**
- **Determine the exact underlying issue you are trying to improve**
- **Design practice activity to address the underlying issues through constraints**
- **Focus on each role, what do you expect each role to learn?**

Practice Design (mjh added)

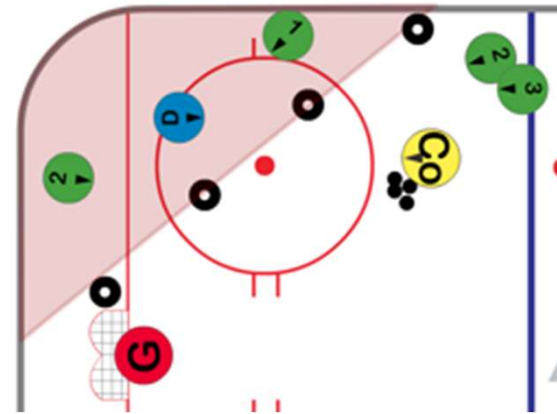


Passing, Receiving, Puck Protection

7 Pass 2v1



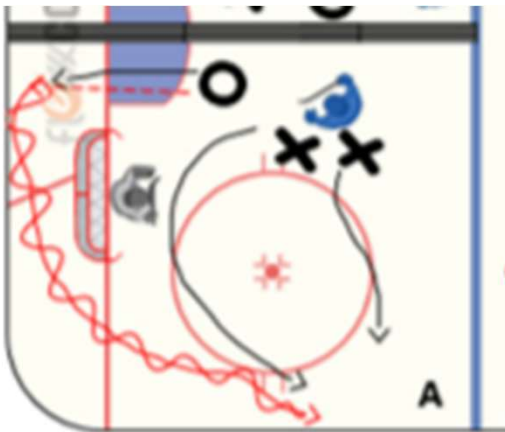
Corner to half wall 2v1



Intentional Design (mjh added)

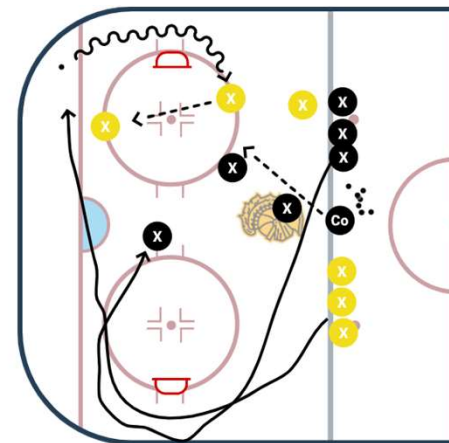


Forecheck



1v2 Forecheck – Offensive player with puck skates behind the net trying to break out by skating out of zone while two defenders work together to angle, defend & gain possession. On turnover, defenders transition to offense & attack 2v1 on net. The coach releases each X one at a time so there are different reads.

<https://www.usahockey.com/smallareagames>



**Puck dumped into corner
Players race around the net opposite of where the puck lies
First team to the puck is on O and breaks out against forecheck
Second team forechecks and works to create a turnover for quick transition offense**

Breakout – 15 minutes
Groups of 3 – Age Specific

Keep your original game and
modify the space

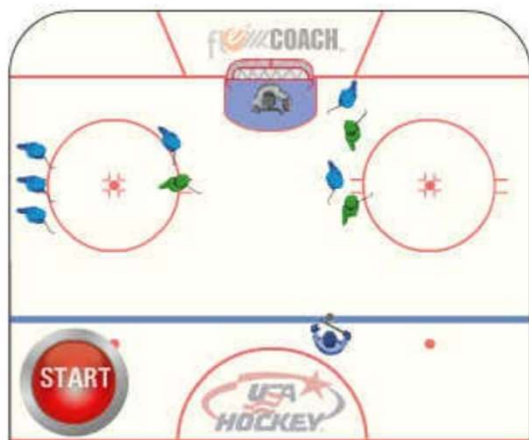
How does this change the purpose/outcome?

Practice Design (mjh added)



Nobles Game

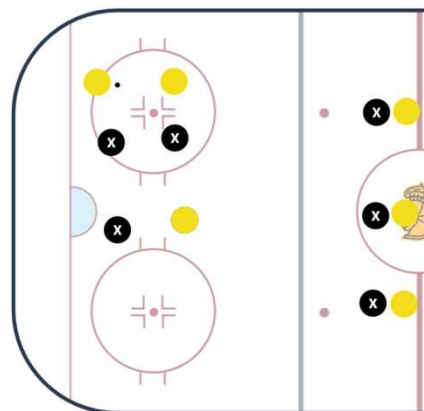
3v3



<https://www.usahockey.com/smallareagames>

https://cdn3.sportngin.com/attachments/document/0065/0924/Teaching-Concepts-Through-SAG.pdf#_ga=2.137962616.93406768.1635813725-100328358.1593362182

3v3

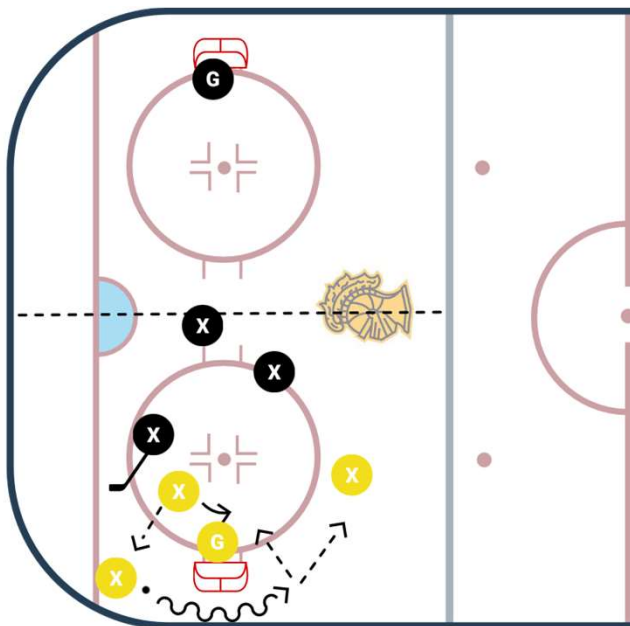


Offense / defense ? out

Offense attacks from red line

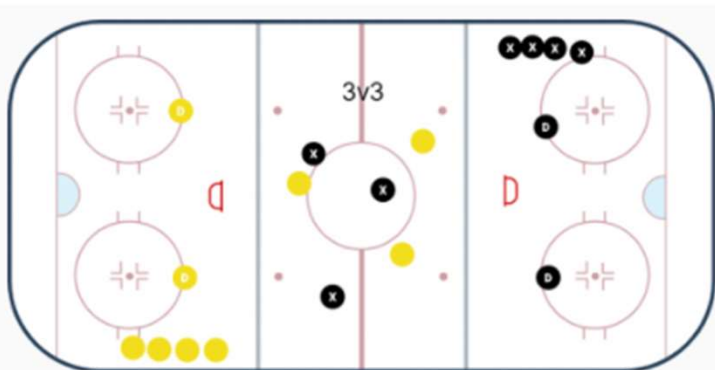
Defense tries to recover puck and pass to their team at red line

3v3 Forecheck Game



- Two rules
 - Defensive team gets possession, they must skate the puck behind their net
 - Team who lost possession must send one player hard on the puck to force the play and take away the middle
- If possession is gained by forechecking team before mid-line, they can immediately attack

Neutral Zone Transition BO/FC

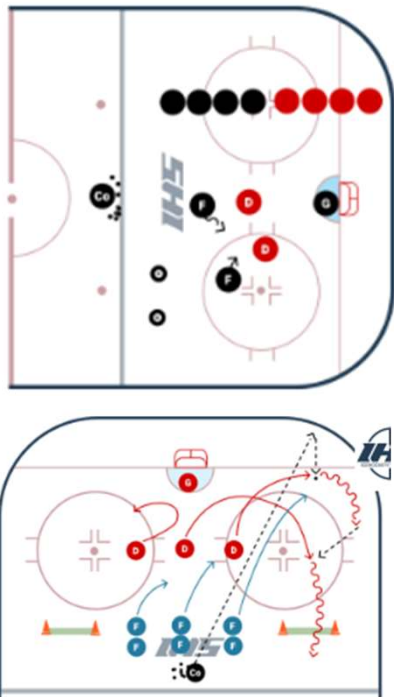


B and G play 3v3 in the neutral zone.

If the team with possession loses the puck, they must immediately change with the next three players who come out forechecking.

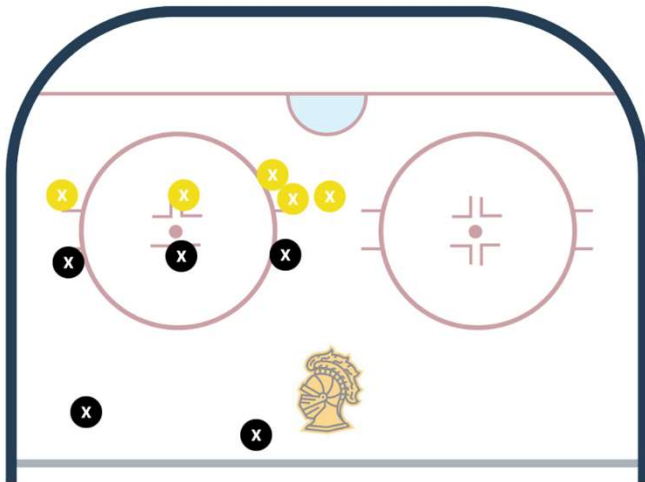
The team that gains possession of the puck must transition by passing the puck to one of their defensemen behind the net. They then work on getting open for a quick regroup so they can go the other way. The...

Picket Fence



- Rules
 - Play out until goal, freeze or puck is brought out of zone by defending team with possession
 - 1 point for possession off draw
 - 1 point for shot on net
 - 2 points for a goal
 - 1 point for blocked shot
 - 1 point for breaking the puck out of zone with possession

Face-off Game



- Rules

- Play out until goal, freeze or puck is brought out of zone by defending team with possession
- 1 point for possession off draw
- 1 point for shot on net
- 2 points for a goal
- 1 point for blocked shot
- 1 point for breaking the puck out of zone with possession