12 & UNDER
PEE WEE
Practice Plan Manual

A Publication Of The USA Hockey Coaching Education Program
DEDICATION AND ACKNOWLEDGMENTS

I dedicate this collection of eclectic hockey materials to my sister Geraldine, who bought me my first pair of skates when I was ten years old. She gave me a love for life.

Stephen A. O’Connor was the most courageous man I have ever known and Ann McCarty O’Connor was a woman loved by all who I have heard so much about. Guidance and patience were given to me by my sisters and brothers Stephen, Anne, Joan, Gerry, Lawrence; sister-in-law Helen and brother-in-law Bill Devereaux. Gerry gave me my first pair of skates and Lawrence instilled in my by encouragement the motivation that enabled me to reach a higher level of competition. Richard Hugh O’Connor was a twin who I have always missed. Miss Neary, an outstanding all grades teacher, provided tough love. Congressman Bob Tiernan, All-ECAC Tim Tiernan and Peter Tiernan taught me the passion for the game through the teaching of Eddie Jeremiah and Lloyd Percival. The talents of Jim Ford and John Blair combined to make a forward line that set the standard to be measured by. George Army, immortal trainer of The Reds, gave me my first pair of Tacks.

Mentors are guardians. They are wise and trusted counselors. A mentor master hockey coach builds good people through good hockey and good coaching. I had many mentor coaches and mentor friends.

Thanks to Coach Lou Cimini for a chance and his belief in me; Coach Dick Rondeau for setting a standard; Coach Ladd MacMillan and Coach Tom Eccleston who instilled confidence and had great patience; Jim Fullerton, a coaching innovator; Bill Cleary, one of the greatest ambassadors of hockey and a true magician on ice; Lou Lamoriello, a master coach, general manager and hockey visionary; Lou Vairo, a coach with courage and imagination; David Peterson, a caring leader, a master coach, a builder of men through self esteem and common touch, and a man with awesome integrity and loyalty.

Thanks to Larry Johnson, Red Gendron, Val Belmonte, Tim Taylor, Kevin Sullivan, Bart Larson, Willard Ikola, Dick Emahiser, Gary Gregus, John Mickler, Dean Blais, Keith Allain, Ralph J. Bammert, Ted Brill, Larry McMahon, Ron Gamer and many others who love the game of hockey for their caring, sharing and support. And to Brian Burke, a great hockey man, who never forgets about his early rat rink friends.

Thanks to Alice O’Connor, a woman of intelligence, grace, common sense and patience, for allowing me to pursue my love of hockey; and to Michael and Paul, men of their own convictions and ambitions - may they have the good fortune of having as many mentors as I have to help them do the right thing in having a full and happy life.
INTRODUCTION

As part of an ongoing effort to promote enthusiasm and enjoyment in hockey, USA Hockey has prepared a Practice Plan Manual for 12 & Under (Pee Wee).

The objective of this manual is to provide coaches with the resources to create a positive and healthy environment for players to learn. The emphasis is to develop a non-competitive environment for the younger age levels that stresses the fun of playing and the learning of basic skills.

This manual provides the coach with the knowledge to develop successful practice sessions. The drills have been developed to stress the youngsters’ individual improvement. The fundamental skills of skating, puck control, passing, shooting and checking are presented in a progressive manner.

It is important that coaches prepare and organize their session prior to going on the ice. The better thought out a practice, the more successful it will be. Coaches are encouraged to use their own imagination to create drills.

The overall emphasis at the 12 & Under (Pee Wee) level is fun, enjoyment, and a maximum amount of active participation for each player.

OBJECTIVES

- Enjoyable introduction and experience in ice hockey
- Provide a healthy atmosphere for fun and learning
- Introduce the concept of games and the fun in playing hockey
- Development of communication at the player’s level of learning
- Encourage the players to enjoy, learn and continue to play hockey
- Develop qualities important to hockey: quickness, agility, coordination, balance, strength and flexibility

PHILOSOPHY

Enjoyment and recreational benefits are the major focus of new guidelines for youth hockey issued by the USA Hockey Board of Directors. More than 80% of registered teams play in the classification of 8 & Under (Mite), 10 & Under (Squirt), 12 & Under (Pee Wee), 14 & Under (Bantam), 16 & Under (Midget), 18 & Under (Midget), prompting the Youth Council of USA Hockey to emphasize the educational and recreational values of ice hockey.

The USA Hockey recommended guidelines for youth hockey encourage an environment in which children and youth can learn the basic skills without the distractions that are often associated with an overemphasis on winning. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey. Programs must be conducted to accommodate the number of new players who wish to play hockey and to reduce the number who become disenchanted and drop out.

These voluntary guidelines are directed at youth programs, but they must be implemented by adults if they are to influence youth hockey programs. Coaches, parents, administrators and rink operators must all do their part to ensure that the USA Hockey philosophy and the following guidelines are upheld.

THE COACH

Your impression upon these youngsters is profound. How they relate to the game of hockey depends upon you. Your role is vital and heavy with responsibility.

The Coach...
- Their actions and attitudes help shape the player’s views
- At times, plays a more important role than the child’s parents
- Is a teacher
- Is a leader

Coach’s Code of Conduct:
- Hockey is fun
- Honest representation; skills should decide final outcome of games
- Opponents are to be respected and complimented
- Rules and regulations are to be viewed as mutual agreement in spirit and trust
- Officials are to be viewed as honest arbitrators
- Winning is a consideration, but not the only one, nor the most important one
- Set a good example of behavior

Teach Players to:
- Play for the love of the game
- Respect their opponent
- Work for the good of the team
- Accept the official’s decisions and respect their judgment
- Play within the rules of the game
- Be generous in victory and gracious in defeat
- Always conduct yourself with honor and pride
- To play the game is great, to win the game is greater, to LOVE the game is the greatest

RECOMMENDED PROGRAMS

- Two or three practices to every game
- Practice sessions lasting one to one and a half hours
- We encourage or recommend the implementation of in-house teams
- While emphasis of development of the fundamental skills is still important, it becomes important that more time is now spent teaching the principles of the game

House League - 30 games maximum = 90 practices
Travel Team - 35 games maximum = 105 practices

ON-ICE TRAINING

- One hour practice
- Individual instruction
- Fun games
- Scrimmage
- Skating
- Passing and receiving
- Shooting
- Puckhandling
- Cross ice/small game activities

Prepare interesting and challenging practice sessions. Utilize all the variables within each time allotment, i.e., backward skating, turning, etc.

OFF-ICE TRAINING

- Only for those who wish to participate
- Stress flexibility
- Encourage players to participate in all sports
- Develop qualities important to hockey
- Stickhandling and skating
DEVELOPMENT OF SPEED
- Sudden bursts in different directions
- Obstacle courses
- Track and field
- Soccer
- Jumping
- Team combination drills
- Wrestling

PHYSICAL PREPARATION
- Daily physical education
- Stress proper posture
- Include games and activities that involve physical contact and rough and tumble play in a safe and organized environment
- Stress agility, quickness, balance, coordination and dexterity
- Encourage the players to participate in school activities and other sports
- Flexibility drills
- Alternate work and rest periods; youngsters are easily fatigued

PSYCHOLOGICAL PREPARATION
- By seeking alignment with peer groups, team loyalty develops; youngsters need the coach’s approval and encouragement
- Help the players develop self-reliance and independence
- Build confidence
- Stress group participation and sharing; be aware of the individual needs of the youngster
- Support and protect the youngster in situations they are not prepared to handle

TECHNICAL PREPARATION
- Introduction of specific skills by position
- Master principle game elements, methods and techniques
- Continued refinement of skills necessary to perform elements of team play
- Introduction of checking skills and techniques

TACTICAL PREPARATION
- Development of attention, visual memory, relaxed concentration and orientation
- Simple combinations in pairs, or in a line
- Simple game situation theory (when to pass, when to shoot, where to pass, where to shoot)
- Introduction to group interactions
- Introduction of a basic team system including offensive and defensive tactics

### Performance Areas

<table>
<thead>
<tr>
<th>Performance Areas</th>
<th>Skating</th>
<th>Puck Control</th>
<th>Passing &amp; Receiving</th>
<th>Shooting</th>
<th>Checking</th>
<th>Goalkeeping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offense</td>
<td>Edge control</td>
<td>Forehand shift</td>
<td>Backhand shift</td>
<td>Snap</td>
<td>Wrist Snap</td>
<td>Poke check</td>
</tr>
<tr>
<td>Defense</td>
<td>Ready position</td>
<td>Change of pace</td>
<td>Slip through</td>
<td>Flip</td>
<td>Backhand Snap</td>
<td>Hook check</td>
</tr>
<tr>
<td></td>
<td>Forward start</td>
<td>Slip across</td>
<td>Receiving (stick)</td>
<td>Receiving (skate)</td>
<td>Snap</td>
<td>Lift the stick check</td>
</tr>
<tr>
<td></td>
<td>Forward start right/left</td>
<td>Puck off boards</td>
<td>Receiving (skate)</td>
<td>Receiving (hand)</td>
<td>Flip</td>
<td>Covering</td>
</tr>
<tr>
<td></td>
<td>Forward stride</td>
<td></td>
<td></td>
<td></td>
<td>Slap</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Control stop</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Backward skating</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Backward stop</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Control turn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Forward crossunder</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Suggested Emphasis for 12 & Under (Pee Wee)

- Skating
- Puck Control
- Passing & Receiving
- Shooting
- Checking
- Goalkeeping

- Edge control
- Ready position
- Forward start
- Forward start right/left
- Forward stride
- Control stop
- Backward skating
- Backward stop
- Control turn
- Forward crossunder

- Forehand shift
- Change of pace
- Slip through
- Slip across
- Puck off boards
- Snap
- Backhand
- Flip
- Receiving (stick)
- Receiving (skate)
- Receiving (hand)
- Wrist
- Snap
- Backhand
- Flip
- Slap
- Poke check
- Hook check
- Lift the stick check
- Covering

- Parallel shuffle
- Lateral T-glide
- Forward/backward moves
- Stick saves
- Body saves
- Glove saves
- Leg saves
- Skate saves
- Stacking pads
- Rebounds
- Playing angles
- Situations

- Edge control
- Ready position
- Forward start
- Forward start right/left
- Forward stride
- Control stop
- Backward skating
- Backward stop
- Control turn
- Forward crossunder

- Forehand shift
- Change of pace
- Slip through
- Slip across
- Puck off boards
- Snap
- Backhand
- Flip
- Receiving (stick)
- Receiving (skate)
- Receiving (hand)
- Wrist
- Snap
- Backhand
- Flip
- Slap
- Poke check
- Hook check
- Lift the stick check
- Covering

- Parallel shuffle
- Lateral T-glide
- Forward/backward moves
- Stick saves
- Body saves
- Glove saves
- Leg saves
- Skate saves
- Stacking pads
- Rebounds
- Playing angles
- Situations
Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills.

**Date:** ______________________

**Practice:** ______________________

**Level:** ______________________

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Competitive Drills</th>
<th>Team Systems (Optional)</th>
<th>Fun/Modified Scrimmages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skating</td>
<td>Skill Races</td>
<td>Positional Play</td>
<td>Tag Games</td>
</tr>
<tr>
<td>Puck Control</td>
<td>1 on 1</td>
<td>Breakout</td>
<td>Relay Races</td>
</tr>
<tr>
<td>Passing</td>
<td>2 on 2</td>
<td>Lanes</td>
<td>3 on 3 scrimmage</td>
</tr>
<tr>
<td>Shooting</td>
<td>Time Skills</td>
<td>Off. Triangle</td>
<td>4 on 4 scrimmage</td>
</tr>
<tr>
<td>Checking</td>
<td></td>
<td></td>
<td>5 on 5 scrimmage</td>
</tr>
<tr>
<td>Agility</td>
<td></td>
<td></td>
<td>Miscellaneous</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins.</td>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>5.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>6.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>7.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>8.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>9.</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>10.</td>
<td></td>
</tr>
</tbody>
</table>
Hockey Practice Plan

**Objectives:** Stretching is very important: 10 minutes off-ice then five minutes on-ice. Inside and outside edges, ready position power stroke slide and stride sequence, compass drill, forward stopping, control turning, forward crossovers, puck control, shooting.

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>1 on 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Shooting</td>
<td>2 on 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Checking</td>
<td>3 on 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Agility Work</td>
<td>3 on 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Goaltending</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>Stretching office warm-up, neck exercises</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>Moving stretches in lines; legs, back, shoulders, waist, wrist, ready position, in and outs, S-drill, railroader, hurdler, knee ups, high kick, ostrich</td>
<td>Slow and Easy</td>
</tr>
<tr>
<td>5 mins.</td>
<td>Edges: inside, outside, three cone triangle, Big C, six cone rhythm skate, continuous crossovers with long coast</td>
<td>Push and Pull</td>
</tr>
<tr>
<td>5 mins.</td>
<td>Ready position, power stroke, slide and stride sequence push/hitch-coast sequence, stopping, control turns, crossover compass</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>Stickhandling - carry puck in shooting position, push puck with top hand for speed, normal striding with puck</td>
<td>Go with the flow</td>
</tr>
<tr>
<td>10 mins.</td>
<td>Yo-yo pull, yo-yo L and reverse L, yo-yo T, compass with puck</td>
<td>Heads up, Don’t Duck drill</td>
</tr>
<tr>
<td>10 mins.</td>
<td>Shooting - sweep wrist shot forehand and backhand on boards, shoot backhand close to boards</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>Close to boards pull it back with toe of stick, flip it up</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>Shoot moving - move in from top of circle, shoot, get rebound, go to forehand or backhand, shoot</td>
<td>Keep feet moving</td>
</tr>
<tr>
<td>5 mins.</td>
<td>Shoot moving - move in from top of circle, shoot, get rebound</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>Skate left six feet, skate right six feet, skate left six feet, skate right six feet, then shoot at a spot on boards</td>
<td></td>
</tr>
</tbody>
</table>

**Drill — Ready Position**

A. Skate down full rink with puck in shooting position

B. Puck in front of player - push puck with rotation of stick, blade flip-flop

C. Stride with puck
Drill — Buddy Up - Triangle on Stick Moves
• Head or shoulder fake, change pace go around
• Slip around, skate other side
• Slip across from backhand to forehand
• Slip through legs, go around, fake slip, fake wrist, go to forehand side
• Fake wrist, fake slap shot, pull to forehand

Drill — Stick in Air Wrist Roll
• Stick on ice, wrist roll
• One hand - top hand - with puck - wrist roll
• Stepping left to right, right to left, side to side on skates passing to self, sliding puck left to right, right to left
• Same with puck forward then pull backward

Drill — Sweep Wrist Shot on Forehand and Backhand
• Sweep wrist shot both on forehand and backhand 20 feet from boards
• On side stationary position - shoot backhand, get rebound
• Pull back, flip, shoot

Drill — Compass With Puck
• Coach points with stick forward, backward, left, right
• To get off ice, must shoot puck into empty net

Drill — Yo-Yo Push Puck Out in Front
• Yo-Yo push puck out in front of you, pull it back with stick toe
• Same with step out to either side
• Yo-Yo out - pull back with toe, do reverse L to backhand side, pull across to forehand side and step out

Drill — Sweepwrist Shot
• Sweepwrist, get rebound, shoot rebound
• Sweepwrist shot, get rebound, step out to right six feet, step out to left six feet; do this two times, then shoot

Drill — stick in air wrist roll
• Stick on ice, wrist roll
• One hand - top hand - with puck - wrist roll
• Stepping left to right, right to left, side to side on skates passing to self, sliding puck left to right, right to left
• Same with puck forward then pull backward

Drill — Yo-Yo Push Puck Out in Front
• Yo-Yo push puck out in front of you, pull it back with stick toe
• Same with step out to either side
• Yo-Yo out - pull back with toe, do reverse L to backhand side, pull across to forehand side and step out

Drill — Buddy Up - Triangle on Stick Moves
• Head or shoulder fake, change pace go around
• Slip around, skate other side
• Slip across from backhand to forehand
• Slip through legs, go around, fake slip, fake wrist, go to forehand side
• Fake wrist, fake slap shot, pull to forehand

Drill — Stick in Air Wrist Roll
• Stick on ice, wrist roll
• One hand - top hand - with puck - wrist roll
• Stepping left to right, right to left, side to side on skates passing to self, sliding puck left to right, right to left
• Same with puck forward then pull backward

Drill — Sweep Wrist Shot on Forehand and Backhand
• Sweep wrist shot both on forehand and backhand 20 feet from boards
• On side stationary position - shoot backhand, get rebound
• Pull back, flip, shoot

Drill — Compass With Puck
• Coach points with stick forward, backward, left, right
• To get off ice, must shoot puck into empty net
Drill — Edges
- One cone - four turns with inside edge of outside foot, then outside edge of inside foot
- Big C with inside edge of outside foot
- Natural rhythm skating
- Continuous crossovers with long balance on outside edge

Drill — Snow Plow Stop
- One leg drag stop
- One foot inside edge, stop and balance, touch heel to heel - point other toe the way you want to go

Drill — Control Turns

Drill — Power Stroke Slide and Stride Sequence
- Four slides and four strides - if you want to go right, balance on right foot and stop out on four strides

Drill — Forward Crossovers on Circles
A. Crossover circle
B. Figure 8 crossovers
C. Twice around big circles
D. Crossovers on gloves

Drill — Push - Touch - Coast
- Push - touch - coast
- Push - touch
- Push - almost touch
- Fast
**Drill — The Compass**

- Coach points direction he/she wants players to skate - forward, backward, crossover/left, crossover/right, stepouts

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Hockey Practice Plan

Objectives: Building a strong foundation in the fundamentals so team play will be easier.

Date: Practice: #2
Level: 12 & Under (Pee Wee)

### Stretching Drills

1A. In ready position - width of rink - in and outs

1B. S-drill - throw heel and hip to a straight leg and keep other bent at knee

1C. Railroad tracks — weight shifting

1D. Hurdler - stretch leg

### Skating Drills

2A. Big C

2B. Balance on back leg - step out with front inside edge

2C. Continuous crossovers with coasting

2D. Push - touch - coast sequence

- Normal stride with good technique - increase tempo from comfortable to very fast - next sequence - weight shifting with power slide and stride

### Drill — Skating - Control Turns

- Control turns around rink
- Control turns on spots
**Drill — Puckhandling**
- Controlled turn around cone
- Head or shoulder fake
- Carry in shooting position
- Fake wrist or slap shot

**Drill — Puckhandling**
- Forward - backward - forward
- Escape either control turn, pivot or crossovers

**Drill — Puckhandling**
- Two cone crossovers
- 360 degree circle on two low circle - one big 360 degree circle in middle with crossovers

**Drill — Puckhandling**
- Three players with puck stickhandle in circle
- All players with pucks jam neutral zone
- Three players with pucks keep away from three players without pucks

**Drill — Backward Swizzles**
- Inside edges
- Backward stops - side stop
- Backward pumps - push and recover
- Backward crossover on glove
- Backward crossover - two gloves - Figure 8

**Drill — Mohawking**
- Forward - backward - forward
- Escape either control turn, pivot or crossovers

**Drill — Mohawking**
- Forward turn backward
- Backward turn forward
- Forward - backward - forward
- Forward - turn hips - point backside backward
- Always turn to center of circle forward - backward - forward - backward
Drill — Shooting

- Shooting forehand and backhand - start 30 feet out, practice carrying in and shooting, then in puck handling position, then pull to shooting position - pick up rebound
- Shoot stationary at boards 15 feet out - pull back - rebound - flip it up
- Puck handle - shoot - rebound left - right - left - right and shoot

Drill — Buddy Pass - Forehand and Backhand Pass

- Two stick lengths away
- 30 feet away
- 40 feet away
- Ten forehand - ten backhand at each distance - quality passes - raise stick when finished
- Moving buddy passes upon forehand, back on backhand to make 10 good passes

Drill — Flyer Pass

- Buddy up two lines - 30 feet apart - pucks start on right - three stationary passes, must make good quality passes to top of circle, then can shoot.
- Player of left then picks up puck, long passes back
- Switch lines

Drill — Follow Your Pass

- Follow your pass
- Remedial review of basic skill - a goaltender coach should be working with goaltender

Drill — Follow Pass With Walkout

- Goalie movement drills
- Post to post
- Around the arc
- V-drill
- X-drill
- Y-drill

Drill — 3 on 3

- 30 second shifts
Hockey Practice Plan

Objectives: Building a strong foundation in the fundamentals so team play will be easier as a team.

Drill — Stationary - Ready Position
• All players are in a stationary ready position
• Ready position in and out;
• S-drill
• Hurdler
• Two foot jump at each line
• Slide on stomach between blue lines - stick, hands, arms out in front, heads up, don’t duck

Drill — Skating
• Skate back around cone, then go forward, then turn backward in middle
• Skate backward - step out with escape to forward at middle turn backward

Drill — Skating
• Spread out - step out and touch skate to skate, balance inside edge weight shift
• Stationary power slide: cadence shift weight, push down, push out to full extension then shift weight - push down, push out to full extension

Skill Work | Team Play | Systems/Concepts | Speed/Games Testing
--- | --- | --- | ---
X Skating | 1 on 1 | Defensive Cov. | Short Work - Quickness
X Puck Control | 2 on 0 | Backcheck | Small Ice Modified Games
X Passing/Receiving | 2 on 1 | Forecheck | Full Ice Modified Games
X Shooting | 2 on 2 | Breakouts | FUN - Relay Contests
X Checking | 3 on 1 | Entering Attack Zone | Skills Testing
X Agility Work | 3 on 2 | Triangulation/Cycling | Misc.
X Goaltending |  |  |  
Def./Forwards

Time | Drill | Emphasis
--- | --- | ---
10 mins. | 1. Skating: a. stationary ready position, b. moving ready position, c. skating basics, d. moving stretches, e. heads up, don’t duck drill | Good Form
10 mins. | 2. a. stationary step and balance, stationary weight shifting, skating stride; b. c. power slide and stride moving; d. push-touch-coast, push-touch, push-almost touch; e. speed; f. same backward; g.-i. agility using one glove or two gloves on ice foreskater to move around; j. m. all drills for backward to forward, forward to backward mohawking | Good strong thrust
10 mins. | 3. Puckhandling | Quickness, eyes up
10 mins. | 4. Passing | Be a good receiver
10 mins. | 5. Puckhandling, shooting | Eyes up
10 mins. | 6. 3 on 3 in two zones | Be competitive
Drill — Skating
- Skate forward, turn and skate backward then skate forward
- Skate forward, backward, forward, backward
- Skate forward, backward, forward, backward with step out escape

Drill — Power Stride & Slide
- Power slide and stride sequence (four slides and four strides)
- Quality execution to blue line, speed between blue lines
- Same as above, but backward

Drill — Agility Skating
- Forward crossovers
- Backward crossovers
- Forward - sliding stop - flip hip - point backside - go backward
- Control turns, forward crossovers backward crossovers, scootering, push-unders

Drill — On Glove Sequence
- Freestyle puckhandling all over rink - forward, backward, turns, pivots
- Forward puckhandling - half rink
- Forward puckhandling in neutral zone

Drill — Puckhandling
- Puckhandling over/back
- Over and back skating while carrying puck 4 times over - back
- Puckhandling backwards 4 times, return forward
- Player on player moves-fake shot, pulls, kick puck to stick, etc. - four times then switch

Drill — Buddy Passes
- 20 feet, 30 feet, 40 feet passes - forehand and backhand, flip pass
- Skating forward and backward pass puck back and forth. Forward to middle and backwards to wall
- Three strides pass, go to end of line and give and go
- Triangle pass - surround puck pass to forehand
Drill — Shooting and Puckhandling
- Head deke - shoulder deke - pull puck around all three cones, shoot on goal and go for rebound

Drill — Passing
- Five players: 1 passes to 2, 2 passes to 3, 3 passes to 4, 4 passes to 5 - then all move up to next zone

Drill — Passing
- Two zones of 3 on 3
Hockey Practice Plan

Objectives: Review skating, puckhandling, passing and shooting. Introduce breakout positioning, basic breakout options.

Date: Practice: #4 Level: 12 & Under (Pee Wee)

Drill — Formation Stretches

• Butterfly formation moving stretches

Drill — Formation Stretches

• Forward rhythm push-almost-touch
• Backward swizzle skating
• Backward crossover skating
• Backward two or three step crossovers - right then left

Drill — Formation Stretches

• Backward with partner - turn to middle - chest to chest - skate forward - inward player is leader

Time Drill Emphasis

5 mins. Off-ice stretching Nice and Easy

10 mins. 1. a. butterfly stretch - Big C crossovers continuous, hurdler, ostrich, in and out, S-drill, sprints red to blue, sprints blue to blue, quality skating with speed, get out of comfort zone; b. forward rhythm skating, push almost touch with good weight shifting; c. backward swizzle; d. backward crossovers; e. backward two crossovers and then three backward crossovers - left then right; f. backward with partner - forward to backward; g. back crossovers then mohawk forward; h. control turn with mohawk; i.-j. control turns; k. two big 360° crossovers; l.-n. crossover skating; m. out of zone crossovers; n. peanut crossovers; o. stopping on boards; r. forward to backward race
Quality Focus Control

10 mins. 2. a.-c. puckhandling stationary drills; d. puckhandling war; e. Olympic puckhandling drill; f. puckhandling against flow; g. puckhandling go to forehand side
Heads up

10 mins. 3. a.-d. shooting on boards with buddy; e.g. puckhandling through cones; h. different angle approaches to net; i. pretzel with pass; j. pretzel with pass and rebound Keep head up

10 mins. 4. a. passing six stationary pass - three forehand, three backhand; b. board passing; c. 2 on 0 around rink, rob out, board pass, give and go, pass with diagonal pass, return pass, drop pass, escape pass, forward against defense skating, forward against defense passing; d.-j. breakout drills Tape to tape passes

10 mins. 5. Showdown Fun competition

Skill Work Team Play Systems/Concepts Speed/Games Testing

| X Skating | ___ 1 on 1 | ___ Defensive Cov. | ___ Short Work - Quickness |
| X Puck Control | ___ 2 on 0 | ___ Backcheck | ___ Small Ice Modified Games |
| X Passing/Receiving | ___ 2 on 1 | ___ Forecheck | ___ Full Ice Modified Games |
| X Shooting | ___ 2 on 2 | ___ Breakouts | ___ FUN - Relay Contests |
| ___ 3 on 1 | ___ Triangulization/Cycling | ___ Skills Testing |
| ___ 3 on 2 | ___ Face-offs | ___ Misc |
| ___ Def./Forwards | ___ Power Play/Penalty Kill | |

Date: Practice: #4 Level: 12 & Under (Pee Wee)
Drill — Formation Stretches
- Two big 360 degree circles - near and middle zones

Drill — Formation Stretches
- Skate forward, do control turn toward middle - flip hip, go backward to boards then step out with a mohawk

Drill — Formation Stretches
- Backward crossover to middle then step forward and skate to boards - continue drill to end

Drill — Formation Stretches
- Two big crossovers

Drill — Formation Stretches
- Russian circles - 360 degree - scootering with outside skate and inside edge
- Push-unders with inside skate - outside edge

Drill — Control Turns
- Keep low center of gravity
- Strong thrusts
Drill — Crossovers
• Forward and backward

Drill — Peanut Crossovers
• Keep good form
• Quick feet
• Good body shifting

Drill — Puckhandling War
• One puck - start with face-off then protect puck with keep-away
• 1 on 1 in circle

Drill — Heel to Heel Stepouts
• Focus on form
• Keep knees bent
• Low center of gravity
• Open up hips and shoulder

Drill — Olympic Puckhandling
• Players are in opposite corners with pucks
• On whistle, three players from each corner with pucks skate into the neutral zone, on each successive whistle, one, two or three go in and shoot on goal

Drill — Skating
• Forward point backside - flip hip, backward crossovers, skate forward at hash marks - go backward - race
Drill — Puckhandling
- Eyes up, skate half speed, three-quarters speed - handling the puck against flow

Drill — Shooting
- Partner up - four pucks
- Shoot forehand off pass
- Shoot forehand with partner tipping
- Drag puck and shoot
- Curl and shoot backwards

Drill — Puckhandling
- Stationary Figure 8 with puck
- Skate circles with puck - left to right, right to left, forward to backward, diagonal, yo-yo, full extension forehand then backhand, left to right, right to left fast

Drill — Pretzel With Pass
- Player skates up and over blueline
- Receives pass from opposite corner
- Shoots on goal and gets rebound shot

Drill — Puckhandling
- Player pushes puck one handed to blue line then two hands on stick, go around neutral zone dots, skate in on coach, coach points to player’s forehand, player goes to forehand then shoots on goal

Drill — Control Turns
- Skate up boards and go around all three cones
- Shoot on goal using wrist shot, backhand shot or snap shot, go for rebound
- Skate up boards, 360 degree circle, puckhandle on three cones, go through middle, fake to backhand, go to forehand
Drill — Six Station Pass
• Start drill in middle
• Player picks puck up in corner
• Makes 3 give and go passes and shoots on goal
• Picks up another puck and gives 3 give and go passes and takes another shot on goal at the other end

Drill — Zig-Zag Right Angle
• Zig-zag right angle mohawk on cones then come across far post and shoot

Drill — Angles Pass
• Player in corner makes an angle pass off the boards to a player in the neutral zone
• The player in the neutral zone receives the pass off the boards and shoots on goal

Drill — Different Approaches to Net
• Angle and different approaches to shooting on net

Drill — 2 on 0 Around Rink
• Board pass give and go
• Pass with diagonal return pass, drop pass
• Escape pass
• Group in middle practicing drop pass

Drill — Passing
• B.O. carry around net and pass to forward
Drill — Puckhandling
• Defenseman dumps puck into corner, then retrieves the puck and carries it around the net
• F1 goes to far B.O. position, F2 goes to near B.O. position, D passes to F2, F1 comes across for board pass

Drill — Passing
• The defenseman carries the puck around the net and passes to the forward
• The forward makes a return pass to the defenseman
• They skate up the ice 2 on 0 and shoot on goal

Drill — B.O. Practice
• Carry around, pass-return-pass, counter, reversing

Drill — Passing
• Defenseman carries puck behind the net to far post, come back to near post and pass to forward
• Variation counter to near post

Drill — Passing
• B.O. stretch pass
• Player 1 skates towards net with puck and shoots on goal
• Player 1 then retrieves puck in other corner and makes long pass to Player 2
• Run drill on both sides

Drill — Passing
• Reverse ring - the defenseman carries the puck behind the net to the far post and brings it back around to the forward
Drill — Showdown

- Individual or team
- Time or not timed
Hockey Practice Plan

Objectives: Firm up skating, puckhandling with better speed; passing and shooting with more speed. Introduce angling for forechecking. Review breakouts, introduce center swing breakout. End with fun competition.

Date: Practice: #5
Level: 12 & Under (Pee Wee)

Skill Work | Team Play | Systems/Concepts | Speed/Games Testing
---|---|---|---
X | ___ | ___ | ___
X | ___ | ___ | ___
X | ___ | ___ | ___
X | ___ | ___ | ___
X | ___ | ___ | ___
X | ___ | ___ | ___
X | ___ | ___ | ___
X | ___ | ___ | ___

Drill — Butterfly Stretch
- Hurdler, ostrich, in and outs, S-drill, no lift striding, Big C, continuous crossovers, sprints blue to red, sprints blue to blue - backward between blue lines

Drill — Skating
- Compass - skate the direction the coach points with sticks, flip hip, point backside going forward to backward, right angle mohawk step out, going right to left

Drill — Figure 8
- Full 360 degree Figure 8 - do both forward and backward
- Figure 8 backward around circles, turn forward in middle of Figure 8

Time | Drill | Emphasis
---|---|---
10 mins. | Office stretch | Concentrate on quickness and good puck protection
10 mins. | Russian circles with puck, a coach is stationed top of circle and another in middle circle, coach points to forehand of skater, skater goes to forehand | Be a good receiver
10 mins. | Pass and shoot - 360 degrees around face-off spot, receives pass on forehand side and shoots, a. player passes puck across to other boards, follows puck, retrieves puck and goes in and out back and rebounds, c. alternate sides, pass and shoot, d. 2 on 0 with backcheck, e. funnel drill, f. off wing shooting | Hit the net
5 mins. | Shooting | Angling and steering
5 mins. | Forechecking | Tape to Tape
10 mins. | Breakouts | Fun
10 mins. | 3 on 0 - three puck competition |
- Drill — Passing Give and Go
  - Set up passers - one at inside top of circle, another over red lines on boards
  - Player receives pass from coach
  - Player curls out and passes to player at the top of the circle
  - Receives pass back
  - Passes to player at red line
  - Receives pass back and continues in on goal for a shot

- Drill — Skating
  - Rhythm forward skating, weight shift full stride, extension, recovery low position, from E hips
  - Same backward swizzles, backward crossovers

- Drill — Passing
  - Player 1 does crossover, turn around face-off dot then skates to middle - player 2 passes to player 1 - player 1 shoots on goal
  - Player passes puck across the rink and off the boards and retrieves puck, skates in for a shot on goal

- Drill — Puckhandling
  - Player skates around top of one circle and the bottom of the other circle
  - Coach points to forehand, skater carries puck on forehand
  - Skates in for shot on goal

- Drill — Puckhandling
  - Player makes pass to player at hash marks, player curls out and makes move on dots. Double pull, fake shot or controlled turns
  - Skate in for shot on goal
Drill — Funnel
- Start behind red line - puck starts on right - pass before a stride - 2 passes before top circle - shot on goal - look for rebound - backcheck to blue line, 3 passes, then 4 off wing - pass to forehand
- Off wing pass, shot on goal

Drill — Puckhandling
- Each player lines up at blue line with a puck, skates into top of circle, shoots wrist shot, flip hip and skate backward
- Two puck shooting drill

Drill — Breakouts
- Review breakouts - half ice
- Defenseman carries puck around net and passes to forward at hash marks along the wall
- Forward skates around center ice circle and skates in 1 on 1 on defenseman

Drill — Forechecking
- Forechecking angle to top of circle through face-off dot, curl to far post, turn through face-off dot to top of circle, turn curl to far post, go to blue line, pick up puck, play 1 on 1 with defense

Drill — Center Swing
- Defenseman dumps puck in, D retrieves puck, F swings, picks up puck, skates around net - D & F skate 2 on 0, can alternate both ways

Drill — Forechecking Angle
- Angle player at first post
- Do not chase behind net
- If play cannot be made at first post skate in front of the net and angle into far corner
Drill — 3 on 0 Show Down
• Two groups at once - three pucks on each blue line - three players go from each group
• Must make three passes (each player must touch puck), continue until goal is scored, all three up over blue line - get next puck

Drill — Forechecking
• F, D, Coach in mid-zone circle, coach, dumps puck to corner - D skate backward turn forward at top circle and retrieves puck, forward forecheck with C angel, D tries to carry out
• Coach dumps the puck into the corner, skater retrieves puck, skates behind the net, stops and reverse puck to next player in line
Hockey Practice Plan

Objectives: To teach options on offense and improve the passing game.

Date:
Practice: #6
Level: 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>X 1 on 1</td>
<td>___ Defensive Cov.</td>
<td>___ Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>___ Backcheck</td>
<td>___ Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>X 2 on 1</td>
<td>___ Forecheck</td>
<td>___ Full Ice Modified Games</td>
</tr>
<tr>
<td>___ Shooting</td>
<td>X 2 on 2</td>
<td>___ Breakouts</td>
<td>X ___ FUN - Relay Contests</td>
</tr>
<tr>
<td>___ Checking</td>
<td>___ 3 on 1</td>
<td>___ Entering Attack Zone</td>
<td>___ Skills Testing</td>
</tr>
<tr>
<td>___ Agility Work</td>
<td>___ 3 on 2</td>
<td>___ Triangulization/Cycling</td>
<td>___ Misc.</td>
</tr>
<tr>
<td>X Goaltending</td>
<td>X 3 on 0</td>
<td>___ Face-offs</td>
<td></td>
</tr>
<tr>
<td>___ Def./Forwards</td>
<td></td>
<td>___ Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

Time | Drill | Emphasis |
---|---|---|
10 mins. | Off-ice stretch - neck exercises | Slow and Easy |
10 mins. | 1. On-ice stretches: hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, control turns to boards, sprints | |
5 mins. | 2. Heads Up, Don’t Duck drills | Heads up!! |
5 mins. | 3. a. around rink backwards: swizzles, stops, crossovers, two pump, three pump, three back crossovers then three swizzles; b. forward rhythm, forward two step, backward, 2 on 0 rob out | Agility |
10 mins. | 4. a. around rink 1 on 0 passing off boards to self; b. 2 on 0 pass around rink all forehand, all backhand; c. 1 on 0 board passing around rink; d. 2 on 0 passing through cones around rink, 2 on 0 backward passing around rink; e. 1 on 1 passing backward around rink; f. 1 on 1 around rink - forward always stays in front of defense; g. 2 on 0 diagonal passing | Puck control; Puck protection |
5 mins. | 5. 3 on 0 straight up rink, 3 on 0 weave up rink, 3 on 0 swing up rink, 3 on 0 deep arc up rink | Good flow |
10 mins. | 6. Gapping - 1 on 1, 2 on 1, 2 on 2, 3 on 2 | Control the gap |
5 mins. | 7. Pom pom with pucks - pom pom without pucks | Fun |

Drill — On-Ice Stretches
• Hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, control turns to boards, sprints
• Include goaltenders

Drill — Heads Up, Don’t Duck
• From manual - goaltenders too

Drill — Skating
• Around rink backward: swizzles, stops on whistle, crossovers two pump, three pump, three back crossovers then three swizzles
• Forward rhythm, forward two step, three step crossovers
Drill — Passing
- Around the rink 2 on 0 off board passing

Drill — Rob Out
- Goaltenders in middle

Drill — Skating
- Partner up
- Include goaltenders
- One player skating forward, one player skating backwards

Drill — Passing
- 2 on 0 passing through cones

Drill — Passing
- 2 on 0 around rink - pass on forehand - pass on backhand

Drill — Passing
- Around the rink 1 on 0 passing off boards - goaltenders in middle
Drill — Skating With Puck
• 1 on 1 - F always stays in front of D
• Defense keeps a tight gap on forward as they move down ice 1 on 1

Drill — Passing
• 3 on 0 straight passing

Drill — Center Swing Net
• This is a flow 3 on 0 drill

Drill — Skating With Puck
• 1 on 1 - F always stays in front of D
• Defense keeps a tight gap on forward as they move down ice 1 on 1

Drill — Passing
• 3 on 0 weave - follow behind your pass

Drill — Passing
• Skating backward passing 2 on 0

Drill — Passing
• Backward passing 2 on 0

Drill — Passing
• 3 on 0 weave - follow behind your pass

Drill — Center Swing Net
• This is a flow 3 on 0 drill

Drill — Passing
• 3 on 0 weave - follow behind your pass

Drill — Skating With Puck
• 1 on 1 - F always stays in front of D
• Defense keeps a tight gap on forward as they move down ice 1 on 1

Drill — Passing
• Skating backward passing 2 on 0

Drill — Passing
• Backward passing 2 on 0

Drill — Passing
• 3 on 0 straight passing

Drill — Center Swing Net
• This is a flow 3 on 0 drill
Practice Plans

1. **Drill — Passing**
   - 2 on 0 diagonal passing

2. **Drill — Gapping**
   - 1 on 1
   - Quick feet
   - Keep tight gap
   - Forward picks up puck and skates behind the net
   - Defenseman skates over blue line to top of the circle and pivots backwards to play 1 on 1

3. **Drill — Arc Swing**
   - 3 on 0 deep arc swing
   - Center swings deep in corner to pick up puck, and passes to the wing

4. **Drill — Pom Pom/No Sticks/No Pucks**
   - Have fun
   - Keep away

5. **Drill — Gapping**
   - 2 on 2
   - Quick feet
   - Tight gaps
   - Forward picks up puck and skates behind the net
   - Defenseman skates over blue line to top of circles and pivots backwards to play 2 on 2

6. **Drill — Gapping**
   - 2 on 1
   - Quick feet
   - Tight gaps
   - Forward picks up puck and skates behind the net
   - Defenseman skates over blue line to top of circles and pivots backwards to play 2 on 1

7. **Drill — Gapping**
   - 1 on 1
   - Quick feet
   - Keep tight gap
   - Forward picks up puck and skates behind the net
   - Defenseman skates over blue line to top of the circle and pivots backwards and plays the 1 on 1

8. **Drill — Gapping**
   - 2 on 2
   - 1st forward picks up puck and skates behind the net
   - 2nd forward skates down to goal line and turns up ice to play 2 on 2 with 1st forward
   - 2 defensemen skate over blue line to top of circles and pivot backwards to play 2 on 2
**Drill — Gapping**

- 3 on 2
- 1st forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and turns up ice
- 3rd forward skates behind the net and fills the third lane
- 2 defensemen skate over blue line to top of circles and pivot backwards to play 3 on 2

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Diagram of gapping drill](image-url)

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Diagram of gapping drill](image-url)

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Diagram of gapping drill](image-url)

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Diagram of gapping drill](image-url)

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Diagram of gapping drill](image-url)
Hockey Practice Plan

**Objectives:** Teach the following concepts:
- Time and space, read and react, support 2 on 0 options

**Date:**
**Practice:** #7
**Level:** 12 & Under (Pee Wee)

### Drill — Butterfly Stretch
- Big C, continuous crossovers, long reaching strides, backward swizzle c-cuts, backward crossovers, backward between blue lines, continuous mohawk

### Drill — Skating
- On gloves: knee up - foot over foot, crossovers, J start, Figure 8 control turns, backward Figure 8, flip hip backward, mohawks on gloves, pointer - slide and stride

### Time Drill Emphasis
- 10 mins. Off-ice stretch - neck exercises
  - Slow and Easy
- 5 mins. 1. Butterfly stretch - Big C, continuous crossovers, long strides, backward swizzles, backward crossovers, backward between blue lines, continuous mohawks, on gloves: knee up - foot over foot, crossovers, J start, Figure 8, control turns, backward Figure 8, flip hip point backside forward to backward, mohawks on glove, pointer, slider stride, blue line sprints, push up puck, peanut forward and backward
- 10 mins. 2. Puckhandle - stationary circle, Figure 8, full extensions, head up, half extensions, mix-em up, the L, the T, escape on partner at blue lines, push puck, pull, fake wrist shot, slap, pull back, go forward, escapes
- 6 mins. 3. Passing - circle pass to forehand, circle pass to backhand, tape to tape surround puck, follow pass, monkey in middle, round and round pass, escape with pass, 2 on 0 forehand, 2 on 0 backhand, 2 on 0 shoot, rebound, backcheck
- 10 mins. 4. Teach 2 on 0 concept - read, react, support
- 6 mins. 5. 2 on 0 return back pass, 2 on 0 off board pass
- 10 mins. 6. 3 on 3 - half or full ice

### Skill Work
- Skating
- Puck Control
- Passing/Receiving
- Shooting
- Checking
- Agility Work
- Goal tending
- Def./Forwards

### Team Play
- 1 on 1
- 2 on 0
- 2 on 1
- 2 on 2
- 3 on 1
- 3 on 2
- 3 on 0

### Systems/Concepts
- Defensive Cov.
- Backcheck
- Forecheck
- Breakouts
- Entering Attack Zone
- Triangulization/Cycling
- Face-offs
- Power Play/Penalty Kill

### Speed/Games Testing
- Short Work - Quickness
- Small Ice Modified Games
- Full Ice Modified Games
- FUN - Relay Contests
- Skills Testing
- Misc.

## Table of Contents
- Drill — Butterfly Stretch
- Drill — Skating
**Drill — Skating**
• Skating around rink, push puck - skating around rink at each blue line, different dekes, moves, fake shot

**Drill — Sprints**
• Blue line sprints - blue to red, blue to blue backward between blue lines

**Drill — Passing**
• Peanut with puck - do peanut both forward and backward

**Drill — Puckhandling**
• Semi-stationary with little movement, circles, Figure 8, side to side, extension long, extension short, mix-em up, L, T, escapes, moves on partner

**Drill — Passing**
• 2 on 0 - 10 passes on forehand 2 on 0, 10 passes on backhand

**Drill — Passing**
• Circle pass to forehand, circle pass to backhand, surround puck, turn from backhand to forehand, pass - follow pass, monkey in the middle, round and round pass, escape then pass: Bob Johnson Circle Passing
Drill — Passing
• 2 on 0 - six passes, shoot on goal, look for rebound, backcheck to far blue line
• Put cones in middle

Drill — Passing
• Make 2 passes with partner
• Drive to net
• Diagonal back pass at the top of the circle to player supporting
• Shot on goal
• Both players look for rebound

Drill — Passing
• Make 2 passes with partner
• Drive to the net and get shot on goal
• Look for rebound

Drill — Passing
• Escape with walk-in
• Make 2 passes with partner
• Player with puck escapes toward the boards and shoots on goal
• Partner supports puck carrier and looks for rebound

Drill — Passing
• Make 2 passes with partner
• Drive to the net and take a shot on goal
• Look for rebound
• Partner supports puck carrier

Drill — Passing
• 2 on 0 quick diagonal back pass with return pass - shoot, rebound, get the opposing defenseman turning
Drill — Skating

- Escape with pass and off wing loop
- Make 2 passes with partner
- Player with puck escapes towards the boards and passes to partner who is supporting through the middle
- Shot on goal
- Player who did escape drives to the net and looks for rebound

Drill — Passing

- Make 2 passes with partner
- Diagonal back pass to partner who is supporting
- Stops in middle of ice
- Player who made pass drives to the net and looks for rebound or tip
- Can also fake shot and pass back

Drill — Skating

- Center with puck cuts towards the boards, wing slows up, center drops, winger with puck cuts to middle then returns a pass to the center, who shoots, cuts across or passes back to the winger

Drill — Passing

- Player 1 skates with the puck behind the net and makes a pass to player 2 in front of the net
- Player 2 passes back to player 1
- Player 1 escapes towards the boards and passes back to player 2
- Player 2 shoots on goal and player 1 looks for rebound
Drill — Passing

- Player 1 skates behind the net with a puck and passes to player 2 along the boards
- Player 2 passes off the boards to player 1
- Player 1 escapes towards the boards and passes to player 2
- Player 2 shoots on goal and player 1 looks for rebound

Drill — Small Games

- 3 on 3 small games at both ends of the rink
Hockey Practice Plan

Objectives: Quality execution fundamentals:
- 3 on 0 passing as a unit
- 3 on 1 play passing options

Date: Practice: #8
Level: 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>1 on 1</td>
<td>____ Offensive Cov.</td>
<td>____ Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>____ Backcheck</td>
<td>____ Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td>____ Forecheck</td>
<td>____ Full Ice Modified Games</td>
</tr>
<tr>
<td>X Shooting</td>
<td>2 on 2</td>
<td>____ Breakouts</td>
<td>____ FUN - Relay Contests</td>
</tr>
<tr>
<td>Checking</td>
<td>3 on 1</td>
<td>____ Entering Attack Zone</td>
<td>____ Skills Testing</td>
</tr>
<tr>
<td>X Agility Work</td>
<td>3 on 2</td>
<td>____ Triangulation/Cycling</td>
<td>____ Misc.</td>
</tr>
<tr>
<td>X Goaltending</td>
<td>3 on 0</td>
<td>____ Face-offs</td>
<td></td>
</tr>
<tr>
<td>X Def./Forwards</td>
<td></td>
<td>____ Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

Drill — Stretching
- Around rink - ostrich, hurdler, in and outs, S-drill, Big C, continuous crossovers, stick behind hip

Drill — Skating
- Long reaching strides
- Blue line to red line sprints
- Blue line to blue line sprints

Drill — Breakout
- Coach dumps puck in the corner
- 5 on 0 breakout to red line.
- Attack from red line to top of circle, shoot on goal, look for rebound, set up offense, backcheck to box plus one
Drill — Pom Pom Tag
• Coaches in the neutral zone try and tag players as they skate from one end to the other
• If a player is tagged, that player helps the coaches
• Play until one player is left

Drill — Skating
• Control turns towards the boards on whistle

Drill — Pom Pom Tag
• Coaches in the neutral zone try and tag players as they skate from one end to the other
• If a player is tagged, that player helps the coaches
• Play until one player is left

Drill — Skating
• Around rink backward between blue lines

Drill — Pom Pom Tag
• Coaches in the neutral zone try and tag players as they skate from one end to the other
• If a player is tagged, that player helps the coaches
• Play until one player is left

Drill — Skating
• Pivots, escape, forward-backward-forward, fake wrist shot, fake slap shot, pulls
Drill — Skating
- Around all four corner circles, push unders and crossovers

Drill — Stickhandling
- Zig-zag stickhandling with controlled turns in the end zones, right angle step outs

Drill — Passing
- Devil’s passing - player 1 with puck skates with puck in the middle of group 1-2-3-4-5-6-7-8-9. Player to the left of 1 or 2 skates 20 feet away from 1 who will make three passes to any of three players, then passes to 2 who will make three passes then pass to 3. After 3 passes, pick up puck and shoot on goal

Drill — Passing
- Keep away passing - move to get open

Drill — Shooting
- Half moon shooting
- Wrist shot, snap shot
- One puck and two pucks
- One puck and two pucks
- Pass out, shoot off pass
Drill — Passing
• Montreal two pass
• Player 1 passes puck across ice to player 2
• Player 1 skates across ice on blue line and turn up ice at far dot
• Player 1 receives pass back from player
• Timing and angle are important for return pass

Drill — Shooting
• Skate around dot with speed, shoot backhand, go for rebound and back into same line

Drill — Passing
• Pass puck from behind goal line to player at top of the circle, pass across to player at top of the other circle, surround puck, shoot off pass

Drill — Shooting
• Skate out of corner and around top of circle, shoot forehand, pick up puck in opposite corner and shoot backhand

Drill — Passing
• Montreal four pass - player 1 makes pass across ice to player 2, player 1 receives return pass on turn at neutral zone face-off dot and passes to X1 who receives the pass and makes a return pass, player 1 goes in on coach to make move and shoots on goal

Drill — Shooting
• Double J Drill
• The forward passes to defenseman at center red line
• The forward makes a controlled turn around the neutral zone face-off dot. Then receives a pass from the defenseman
• The forward makes an escape towards the boards and passes back to the defenseman who has followed up the play
• The defenseman shoots and the forward looks for a rebound or tips the puck
**Drill — Shooting**
- Shooter and rebounder - 20 feet back, go to net

**Drill — Skating**
- Skate forward with puck to red line, mohawk turn chest to boards, skate backward with puck, heel to heel step out, skate forward, pass to coach, receive a return pass, go in on goal for a shot

**Drill — Skating**
- Double H - 1 and 2 alternate. They start around dots in Figure 8 then go in on goal for a shot
- Same, but go with one puck, drop in middle, go in 2 on 0

**Drill — Passing**
- L and R up one side and back same side - 10 tape to tape passes
- Go up one side and back other side
- Go in on goal

**Drill — Shooting**
- Double J II - defenseman skates forward to red line, flip hip, points backside backward, receives pass from forward, defenseman goes backward to blue line, step out pass to forward who has skated around face-off dot and across blue line for a shot on goal

**Drill — Shooting**
- Defenseman skates to red line pivots backwards and receives a pass from the forward, the defenseman steps out and makes a return pass to the forward
- The forward makes a controlled turn and receives the pass back from the defenseman and skates in for a shot on goal
Drill — Passing
• 3 on 0 straight
• Tape to tape
• Be a good receiver

Drill — Passing
• 3 on 0 weave - carries puck, pass to LF, LF cut to the center lane, LF now in center passes to RF, then cuts behind and moves to right lane

Drill — Passing
• 3 on 0 around net - center swings behind the net and picks up puck
• Center makes pass to wing
• Attack 3 on 0 at far blue line

Drill — Passing
• 3 on 0
• Center skates behind the net and picks up a puck
• Head man pass and drive to net, drive with back diagonal criss-cross, center trailer, center through off-wing trailer, drop, double drop

Drill — Skating
• Double drop - center carries puck, drops to winger who has slowed up, winger carries across to opposite top of circle and drops it for other winger

Drill — Big “L”
• Big “L” with loop de loop
**Drill — Passing**
- Center passes to wing, wing drives to bottom of circle, passes back to top of circle, where off-wing has skated to, center goes to net
- Wing can also escape towards boards in the corner

**Drill — Skating**
- Center passes to wing, wing drives to bottom of circle, passes back to top of circle, where off-wing has skated to, center goes to net
- Wing makes loop with puck can pass or shoot on goal

**Drill — Passing**
- Short passes
- Long passes behind net

**Drill — Passing**
- Defense - carry puck around net, pass, get return pass then make a stretch pass to partner
- Defense - carry puck around net and counter back at post, pass to partner

**Drill — Skating/Passing**
- Defense - carry up
- Defense - carry puck around net - pass
Drill — Passing

- Carry puck around the net and make pass
- Make D to D pass behind net and pass to player skating in front of net

Drill — Passing

- Coach dumps puck in corner
- Defense skates backward, picks up puck, carries around to far post of net, passes back off boards, other D yells reverse and picks up puck and skates up

Drill — Passing

- Reverse ring - defense carries puck to far goal post and brings it back around to player at boards
- Off-wing ring - defense skates backward, turns, picks up puck, rings it to off-wing around boards

Drill — Skating

- Defensive skating exercises
Hockey Practice Plan

Objectives: Refine foundation skills - edges skating rhythm, puck handling, passing, shooting, breakouts.

Date: Practice: #9
Level: 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>X 1 on 1</td>
<td>X Defensive Core</td>
<td>X Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>X 2 on 0</td>
<td>X Backcheck</td>
<td>X Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td>X Forecheck</td>
<td>X Full Ice Modified Games</td>
</tr>
<tr>
<td>X Shooting</td>
<td>X 2 on 2</td>
<td>X Breakouts</td>
<td>X FUN - Relay Contests</td>
</tr>
<tr>
<td>— Checking</td>
<td>X 3 on 1</td>
<td>X Entering Attack Zone</td>
<td>X Skills Testing</td>
</tr>
<tr>
<td>— Agility Work</td>
<td>X 3 on 2</td>
<td>X Triangulization/Cycling</td>
<td>X Misc.</td>
</tr>
<tr>
<td>— Goaltending</td>
<td>X 3 on 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>— Def./Forwards</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table of Contents

Drill — Stretch Exercises
- Around middle circle - moving stretches around rink: hurdler, ostrich, stick behind hips, touch toes, in and out, 5-drill

Drill — Skating
- Big C, slide and stride, PTC, push-touch, push almost touch, long reaching strides
- Big circle crossovers once around
- Big circle crossovers twice around three players go at one time
Drill — Skating
- Skate around circle turn forward to backward, backward to forward, chest always toward face-off dot
- Skate down the ice, turn forward, backward, forward, backward
- Skate forward, flip hip, point backside skate backward
- Control turn, flip hip, backward, step out and flip hip

Drill — Skating
- Stationary and semi-movement circle puckhandle, Figure 8, left to right, right to left, diagonal puckhandle L pull to both sides, reverse to both sides, yo-yo, move forward, move backward with puck, freestyle handle puck

Drill — Skating
- On circle - outside edge of inside foot - push under

Drill — Puckhandling
- Jam middle

Drill — Control Turns
- On face-off dots - control turns with push-unders

Drill — Passing
- Forehand/backhand pass - 10 passes forehand then backhand, each distance, raise stick when finished
- Flip pass
- Alley-oop pass
- Over-back passing
- Same, but do escape after receiving puck going backward
### Drill — Puckhandling
- Olympic puck handling one way
- Five players at one time
- Puck handle in middle
- 1st player skates in and shoots on goal
- 2nd, 3rd, 4th, 5th

### Drill — Passing
- Diagonal back passing - player with puck moves forward, turns slightly to the direction in which he/she will pass, and pass back to partner

### Drill — Puckhandling
- Weave through line puck handling, shoot, go to end of line
- Dekes, fakes, wide pulls

### Drill — Passing
- 2 on 0 partner up - pass only to partner all over the ice, quality execution - board passing, forehand passing, backhand passing, eyes-up - good tempo

### Drill — Russian Courage
- Three players at blue-red-blue. They cannot move, stick handle by them, next sequence they can take two steps

### Drill — Passing
- 2 on 0 over and back passing
- Wide/narrow
Drill — Passing/Double J

- The forward passes to the defenseman. The forward skates a controlled turn around the face-off dot and receives a pass back from the defenseman.
- The forward makes an escape towards the boards and passes back to the defenseman.
- The defenseman shoots on goal and the forward looks for a tip or rebound.

Drill — Passing

- Swedish pass with rebound.
- Players in opposite corners skate up ice along the boards. They exchange pucks in the neutral zone. Both players skate in, take a shot on goal and look for rebound.

Drill — Shooting

- Shoot on boards - 1 on 0 stationary, 1 on 0 moving in from mid-ice, 1 on 0 pass out; one touch shot, shoot and go for rebound, pull back, flip up, zig-zag with puck, backhand and forehand on boards.

Drill — Passing/Shooting

A

- Follow your pass, #5 shoots on goal.

B

- Follow your pass with walkout and backdoor helper.

Drill — Passing

- Pretzel pass - pretzel pass with rebound

Drill — Fussen Drill

- 2 on 0
- Player 1 drives to net and shoots on goal then skates to opposite corner and picks up puck and passes to player 2 skating through the neutral ice.
- Attack 2 on 0.
Drill — Swedish Pass
- Pass across and back
- Start on the whistle
- 1's go first, then 2's
- Alternate corners
- Shoot on goal and look for rebound

Drill — Passing
- The defenseman carries the puck behind the net and passes to the forward against the boards
- The forward makes a return pass to D
- Attack 2 on 0
- Both ends go at the same time
- Start drill on the whistle

Drill — Showdown
- Both sides go at the same time
- Timed and not timed
- Shoot to score

Drill — Showdown With Pressure
- Shooters have a player back check them
- Go until you score or lose the puck

Description

Notes/Comments

Practice Plans
Hockey Practice Plan

Objectives: Offensive concepts with quality execution.

Date: Practice: #10
Level: 12 & Under (Pee Wee)

Table of Contents

Time | Drill | Emphasis
--- | --- | ---
10 mins. | Office stretch - neck exercises | On your own
5 mins. | 1. Butterfly stretch - hurdler, ostrich, overhead - touch ice, kick stick, in and out forward and backward, sprints | Quick feet
10 mins. | 2. Skating: width wide, over-back forward, over-back backward, over backward, back forward, on gloves crossovers, forward-backward, control turn, Figure 8, flip hip point backside, pointer, around circle push-unders, forward, backward turn to middle fast 360 degrees forward, backward | Quick feet
10 mins. | 3. Puckhandling: stationary circles, Figure 8, long and short, lefts and rights, forward, backward diagonal, L pull, T pull, yo-yo, partner up moves on partner, protect puck from partner, zig-zag puckhandle, out of corner - go to forehand on coach | Quick hands
10 mins. | 4. Passing/Shooting: Olympic pass two players, three players, four players, four pass around the horn, reverse the drill, four passes around horn with walk-out, come around with pass out, pass out to D, D to D passing, then passing to forwards, 3 on 0 weave, 3 on 0 around net | Stay focused
10 mins. | 5. Breakouts: attacks, set-up, backcheck | Good passes
10 mins. | 6. 5 on 5 scrimmage - 3 on 3 scrimmage | Be competitive

Drill — Skating
- Butterfly stretch
- Be creative
- Two groups on each side of the rink
- Sprint between the blue lines

Drill — Skating
- Over and back
- Players alternate

Drill — Skating
- Over and back backward
Drill — Skating
• Around gloves: players drop one or two gloves depending on drill

Drill — Skating
• Over forward
• Back, backwards
• Alternate players

Drill — Skating
• Compass
• React to coach’s signal
• Up – back – side – back

Drill — Skating
• X goes over and back
• O chases X and goes over and back

Drill — Skating
• 360 degree push under around circle

Drill — Stopping
• Over and back
• Stop on whistle and change directions
Drill — Skating
- 360 degree forward, turn skate backward, always turn with chest on puck, turn toward the dot
- 360 degree fast forward with good quality execution
- 360 degree fast backward with good quality execution

Drill — Skating
- Players line up with pucks in diagonal corners, skate out with puck around middle circle, when player is two stick lengths away from the coach, coach points in the direction the player should skate, the player then drives toward the net for a shot on goal

Drill — Puckhandling
- Set up stations
- Players active on whistle, stop on second whistle

Drill — Puckhandling
- Partner up
- Protect the puck
- Keep away

Drill — Passing
- Olympic pass - one puck, two players, three players, four players, four players pass to each other in middle and always have chest to player with puck, alternate sides or both sides at once
Drill — Passing
- Follow your pass - right side start
- Player #5 shoots on goal

Drill — Passing Down
- Pass puck around with shot
- Follow your pass
- Player #5 drives towards the net and shoots on goal
- Players #2 and #3 look for rebound

Drill — Puckhandling
- Zig-zag puckhandle - shoot on goal and look for rebound

Drill — Breakouts
- Breakout with control learned options
- Attack zone with play options, diagonal back pass, diagonal back pass with return pass, trailer, drop pass, set-up offensive triangle - backcheck

Drill — Walk-Out
- Follow your pass
- Player #5 skates out of the corner and shoots on goal
- Look for rebound

Drill — Passing
- 2 zone drills
- Passing and shooting

Drill — Breakouts
- Breakout with control learned options
- Attack zone with play options, diagonal back pass, diagonal back pass with return pass, trailer, drop pass, set-up offensive triangle - backcheck
Drill — Scrimmage
- 5 on 5 scrimmage
- 3 on 3 scrimmage
- Individual or team showdown

Drill — Passing/Shooting
- 3 on 0 weave, go to the net
- Use different support play options

Drill — Skating
- 3 on 0
- Center skates around net and picks up puck
Hockey Practice Plan

Objectives: Teaching right angle mohawk skating;
Agility skating;
Offensive concepts.

Date: Practice: #11
Level: 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>1 on 1</td>
<td>Defensive Cov.</td>
<td>Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>Backcheck</td>
<td>X Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td>Forecheck</td>
<td>Full Ice Modified Games</td>
</tr>
<tr>
<td>X Shooting</td>
<td>2 on 2</td>
<td>X Breakouts</td>
<td>FUN - Relay Contests</td>
</tr>
<tr>
<td>X Checking</td>
<td>3 on 1</td>
<td>X Entering Attack Zone</td>
<td>Skills Testing</td>
</tr>
<tr>
<td>X Agility Work</td>
<td>3 on 2</td>
<td>X Triangulization/Cycling</td>
<td>Misc.</td>
</tr>
<tr>
<td>X Goaltending</td>
<td>X 3 on 0</td>
<td>Face-offs</td>
<td></td>
</tr>
<tr>
<td>___ Def./Forwards</td>
<td>___</td>
<td>Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

Drill — Stretching
• Middle circle stretch - butterfly stretch

Drill — Skating
• Over and back
  • Backward-forward, forward-backward, backward, over and back control turns

Drill — Skating
• Stops and starts along boards
  • Heel to heel point the toe the way you want to go, push-coast-turn, do over, open hip starts along boards
**Drill — Skating**

- Four lines in the neutral zone, start on dots, start with open hip, start turn facing middle with flip hip, sliding stop with inside edge of outside skate, point backside, swizzle backward to boards - heel to heel point toe the way you want to go - skate to blue line

**Drill — Skating**

- Compass
- Coach points with stick forward, backward, left, right

**Drill — Skating**

- Skate forward to blue-red-blue, do a control turn at lines - flip hip - swizzle backward to boards then heel to heel, point the front toe the way you want to go

**Drill — Skating**

- Skate forward to glove, make sliding stop with inside edge of outside skate, swizzle backward around glove

**Drill — Skating**

- Skate forward, heel to heel right angle mohawk, skate laterally heel to heel right angle mohawk, continue
- Skate backward mohawk - step out forward
Drill — Skating
- Lateral skating with mohawk step-outs
- Use mohawk step outs

Drill — Agility
- Face the flag drill with puck
- Can do this drill with or without puck

Drill — Shooting
- Backhand
- Reverse from backhand to forehand
- Forehand - fast feet
- Different angle shooting

Drill — Skating
- Quick strides
- Quick stops
- Quick starts

Drill — Agility
- Face the flag drill with puck
- Can do this drill with or without puck

Drill — Shooting
- 2 zone drill
- Hit the net
- Walk outs
- Skate across
- Shoot on goal and look for rebounds

Drill — Skating
- Control turns around face-off dots
- Quick feet

Drill — Shooting
- Backhand
- Reverse from backhand to forehand
- Forehand - fast feet
- Different angle shooting
Drill — Passing
• Follow your pass
• Player #5 shoots on goal and looks for rebound

Drill — Passing
• Pair up
• Pass to each other
• Play keep away - on whistle

Drill — Passing
• Three zone pass
• Start on 1
• On whistle, 1 moves to 2 and five new players go - 1 and next whistle 2 moves to 3 - now all zones are full

Drill — Passing
• Defenseman drives towards net and shoots on goal. After the shot is taken, the defenseman skates to the corner, picks up a puck and makes a long pass to the forward who is stretching
• The forward drives toward the net and shoots on goal

Drill — Breakouts
• The center skates around the net, picks up a puck and makes a pass the winger at the hash marks along the boards
• Breakout and attack 3 on 0

Drill — Passing
• Breakout counter, then 2 on 1
• Defenseman dumps puck into corner then picks up puck and counters behind net - makes a pass to wing who board passes to the other forward coming across the ice - both forwards go down ice, defense skates to neutral zone for oncoming 2 on 1
Drill — Passing
- Stretch pass - defense can move up with forward for pass out or move up to neutral zone for a 1 on 1

Drill — Breakout
- Breakout with D to D pass into 3 on 2
- Alternate ends

Drill — Passing
- Stretch pass
# Hockey Practice Plan

**Objectives:** Passing, shooting, tape to tape passing, offensive play options, support (help) the puck carrier.

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>Office stretch - neck exercises</td>
<td>Easy</td>
<td>Defensive Cov.</td>
<td>Short Work - Quickness</td>
</tr>
<tr>
<td>5 mins.</td>
<td>1. Butterfly warm-up with skating</td>
<td>Slow</td>
<td>Backcheck</td>
<td>Small Ice Modified Games</td>
</tr>
<tr>
<td>10 mins.</td>
<td>2. Shooting: wrist shot one puck, two pucks, three pucks - backhand, backhand with reverse to forehand - player carries puck out of corner upon coming to three cone shaped triangle, pulls back to forehand or backhand - angle shoot behind net play, walk-out, amigo one player shoots, two rebound</td>
<td>Hit the net</td>
<td>Forecheck</td>
<td>Full Ice Modified Games</td>
</tr>
<tr>
<td>5 mins.</td>
<td>3. Providence: 1 on 1</td>
<td>Gap control</td>
<td>Breakouts</td>
<td>FUN - Relay Contests</td>
</tr>
<tr>
<td>10 mins.</td>
<td>4. Play options: diagonal back pass, board back pass, center through off-wing trailer, center trailer, drop with loop de loop, drop pass, ring arounds</td>
<td>Read, react</td>
<td>Entering Attack Zone</td>
<td>Skills Testing</td>
</tr>
<tr>
<td>10 mins.</td>
<td>5. Passing and shooting</td>
<td>Be alert</td>
<td>X Triangulization/Cycling</td>
<td>Misc.</td>
</tr>
<tr>
<td>15 mins.</td>
<td>6. 3 on 3, 4 on 4, 5 on 5 scrimmage, 45 second shifts - on whistle leave puck</td>
<td>Fun</td>
<td>X Faceoffs</td>
<td></td>
</tr>
</tbody>
</table>

**Skill Work:**

- Skating (X)
- Puck Control
- Passing/Receiving
- Shooting
- Checking
- Agility Work
- Goaltending
- Def./Forwards

**Team Play:**

- 1 on 1
- 2 on 0
- 2 on 1
- 2 on 2
- 3 on 1
- 3 on 2
- 3 on 0

**Systems/Concepts:**

- Defensive Cov.
- Backcheck
- Forecheck
- Breakouts
- Entering Attack Zone
- X Triangulization/Cycling
- Faceoffs
- Power Play/Penalty Kill

**Date:**

- Practice: #12
- Level: 12 & Under (Pee Wee)

**Drill — Stretch**

- Butterfly moving stretch

**Drill — Warm Up**

- Partner pass - 30 feet away - on whistle, play keep away, then on whistle start passing again

**Drill — Shooting**

- Wrist shot - one puck, two pucks
- Backhand
- On backhand - reverse to forehand
**Drill — Providence 1 on 1**

- Coach in middle of center ice circle - make pass to F, at the time F receives pass, D starts swizzling backwards playing 1 on 1, F tries to cut in on D

**Drill — Play Options**

- Player carries puck through cones, either on forehand or backhand
- Coach points to go to either forehand or backhand

**Drill — Play Options**

- Center passes to wing along boards
- Wing makes a diagonal back pass or board back pass
- Center shoots on goal, winger and center look for rebound
- Center can also pass back to wing

**Drill — Shooting**

- Angle shooting
- Different angles
- Counter behind net and pass out

**Drill — Play Options**

- Center through off-wing trailer
- Center trailer

**Drill — Shooting**

- Player 1 drives to net and shoots on goal, then picks up a puck in the corner and passes out to player #2 who is skating to the net
- Amigo - shooting - one player shoots, two players rebound
Drill — Play Options
- Drop with loop de loop
- Drop pass with shot or pass

Drill — Play Options
- Ring arounds
- Ring arounds with trailer
- Skate around with trailer

Drill — Passing and Shooting
- X1 receives a pass from X2. X1 drives to net, shoots on goal and looks for rebound
- Alternate sides

Drill — Passing
- Player 1 skates around face-off dot then across to middle of rink
- Player 2 makes a pass to player 1 who then shoots on goal

Drill — Passing
- 2 on 0, one pass to player in middle of zone, who selectively passes to the forehand of one of the players
- Same, but middle player passes to backhand and that player reverses to forehand

Drill — Passing
- Give and go laterally receive a pass from opposite line, skate in and shoot
- 2 on 0 funnel - progressively make one pass - shoot - rebound, two passes - shoot - rebound, four passes - shoot - rebound
**Drill — Scrimmage**

- 3 on 3, 4 on 4, 5 on 5 - 45 second shifts

**Drill — Passing**

- Montreal - two pass - four pass - six pass - eight pass - X1’s and X2’s alternate passing and following passes, can pass to one, two, three, or all four lines at each blue line
Hockey Practice Plan

Objectives: Refine and expand the fundamentals: edge work, skating, puck handling, shooting, passing and combination of timing, passing and shooting drills, and pressure shooting.

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins.</td>
<td>Office stretch - neck exercises</td>
<td>Office</td>
</tr>
<tr>
<td>10 mins.</td>
<td>1. Butterfly stretches: in and outs, S-dribble, slide and stride, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, backward crossovers, blue-red-blue, forward-backward-forward, pointer</td>
<td>Slow stretches</td>
</tr>
<tr>
<td></td>
<td>2. Puck handling: stationary circle Figure 8, freestyle all over rink - partner up, dekes on partner, keep away from partner, partner passing - one touch passing</td>
<td>Good form, eyes up, good technique</td>
</tr>
<tr>
<td></td>
<td>3. Skating: skate with pucks, circle around dots with crossovers, crossovers then control turns around dots, mohawks around circle - on turning always face with chest on dots, control turns - pick up puck</td>
<td>Work hard, fast feet</td>
</tr>
<tr>
<td>10 mins.</td>
<td>4. Shooting: different angle shooting, defense shooting - Montreal six pass, Montreal half rink six pass, Devils eight pass with walk-out, Boston pass and timing, Buffalo 3 on 0 drill, Buffalo 2 on 1 drill, Davos 2 on 0, 2 on 1, 1 on 0, 1 on 1</td>
<td>Hit the net</td>
</tr>
<tr>
<td></td>
<td>5. 1 on 1 loop de loop, 2 on 1 loop de loop, 2 on 2 loop de loop, Hornets 1 on 1, Hornets 2 on 2</td>
<td>Gap control</td>
</tr>
<tr>
<td>10 mins.</td>
<td>6. Pressure showdown right, center left sides</td>
<td></td>
</tr>
</tbody>
</table>
**Drill — Skating**
- Control turns
- Be creative

**Drill — Skating**
- Skate the dots with crossovers then control turns

**Drill — Skating**
- Skate the circles with puck, mohawk turning - always have chest facing up ice

**Drill — Skating**
- Drive to net and shoot on goal

**Drill — Shooting**
- Angle shooting
- Defenseman shooting

**Drill — Shooting**
- Forwards two puck shooting
  Defender: Defenseman blue line shooting
Drill — Shooting
- Montreal - full ice: X1 with puck takes three to four strides - passes to X2. X2 then skates in on goal and shoots.

Drill — Shooting
- Montreal half ice: X1 the corner of the drill box that has been formed alternately pass and receives pass and, after making full circle, shoots.

Drill — Shooting
- Buffalo 2 on 1 drill:
  - Players 1 and 2 criss cross at far end and receive a pass from the line in the corner.
  - Defenseman plays 2 on 1.

Drill — Passing
- Devils passing: one, two or three pass drill - pass puck selectively to three players around the ice.

Drill — Passing
- Davos 2 on 0, 2 on 1, 1 on 0, 1 on 1: D1 breaks out around net and passes to either 1 or 2 then goes 2 on 0 to other end and picks up puck to come back 2 on 1.

Drill — Passing
- Boston passing and timing drill:
  - Shooter shoots on goaltender, picks up puck in corner, passes to 1 who has curled at top of circle, 1 then passes to 2 who has curled across top of blue line then goes in to shoot and continue drill.
  - Do not turn your back to the puck.
Drill — Passing
• Davos 2 on 0, 2 on 1, 1 on 0: D2 skates around the net and makes a stretch pass to 3 who goes in 1 on 0 then picks up puck and comes back 1 on 1

Drill — Passing
• Buffalo 3 on 0 drill: Forward 1 skates up near side forward 2 goes up far side, either forward 1 or forward 2 receives pass from defenseman who joins in the attack

Drill — Passing
• Davos - both ways

Drill — Skating
• 1 on 1 loop de loop: forward with the puck goes 1 on 1 against defenseman, on whistle forward turns and skates a circle, defenseman skates forward, and then pivots backward
• Gap control
• Coach blows whistle two or three times

Drill — Skating
• Hornets 2 on 1, second forward comes across ice for board pass and two forwards go down ice for 2 on 1
• Defenseman plays 2 on 1 from opposite end

Drill — Skating
• 2 on 1 loop de loop: same as above
• Defenseman – gap control
**Drill — Showdown**

- Pressure showdown - shooter goes in on goaltender with backchecker in pursuit

**Drill — Skating**

- Hornets 1 on 1: defenseman with puck does a counter breakout and passes to forward along the boards, the forward skates down the ice for a 1 on 1, who has done the same thing at the other end
- Defenseman plays 1 on 1 from opposite end
Hockey Practice Plan

Objectives: Down low in defensive end - pack it in tight.

Date: Practice: #14
Level: 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>X 1 on 1</td>
<td>X Defensive Cov.</td>
<td>____ Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>____ Backcheck</td>
<td>____ Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td>____ Forecheck</td>
<td>X ____ Full Ice Modified Games</td>
</tr>
<tr>
<td>X Shooting</td>
<td>2 on 2</td>
<td>____ Breakouts</td>
<td>____ FUN - Relay Contests</td>
</tr>
<tr>
<td>X Checking</td>
<td>3 on 1</td>
<td>____ Entering Attack Zone</td>
<td>____ Skills Testing</td>
</tr>
<tr>
<td>X Agility Work</td>
<td>3 on 2</td>
<td>____ Triangulization/Cycling</td>
<td>____ Misc.</td>
</tr>
<tr>
<td>X Goaltending</td>
<td>3 on 0</td>
<td>____ Faceoffs</td>
<td></td>
</tr>
<tr>
<td>____ Def./Forwards</td>
<td></td>
<td>____ Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

Time | Drill | Emphasis |
---|---|---|
10 mins. | Off-ice stretch - neck exercises | On own |
5 mins. | 1. Butterfly stretches: in and outs, S-drill, hurdler, ostrich, Big C, continuous crossovers, sprints, blue to red, blue to blue, forward and backward | Slow and easy |
10 mins. | 2. Puckhandling: width wise - push puck - puckhandle skating backward, skating crossovers, skating stepouts, skating with puck backward then skating forward, skating with puck doing escapes | Heads up |
5 mins. | 3. Shooting: board shooting by forwards, defensemen, goaltender works with goaltender coach, defensemen shooting half ice, forwards shooting half ice | Hit the net |
10 mins. | 4. 1 on 1 down low out of corner, 2 on 1 down low out of corner, 2 on 2 down low, 3 on 3 down low out of corner | Good puck protection |
5 mins. | 5. Around the horn pass and follow pass: give and go passing from player in deep corner to mid-board player | Tape to tape |
5 mins. | 6. Boston passing drill | Be a good receiver |
5 mins. | 7. Breakout - attack - setup defense against two forecheckers | |
10 mins. | 8. Team showdown | Fun |

Drill — Stretching
- Butterfly stretches: in and outs, S-drill, hurdle, ostrich, Big C, continuous crossovers, sprint blue to red - blue to blue, forward and backward

Drill — Puckhandling
- Push puck over and back
- Skate backward handling puck
- Puckhandle doing crossovers
- Four stride right angle step-outs, puckhandle backward then forward
- With puck escapes

Drill — Shooting
- On board shooting: defense shoot drag shot, shoot off of pass, pass out, drag shot, pass return pass
- Drag shot, forward sweep shot, moving sweep shot, pull in shot, shoot off pass, pull back shot, counter shot
Drill — Shooting
- Defense shooting
- Hit the net
- Move puck quickly
- Quick release

Drill — Shooting
- Forward with fast feet skates around face-off dot and shoots. F2 skates behind by 30 feet and goes for rebound
- Skate with puck and shoot in stride
- Take a different angle every time

Drill — Shooting
- Defense: 1, 2, 3 blocking shots and evading blocker
- Defense: slot coverage - 3 on 3 all with defensemen

Drill — Skating
- 1 on 1 down low out of corner
- 2 on 1 down low out of corner

Drill — Shooting
- Forwards: curl around face-off dot and shoot on net
- Double curl, double shot

Drill — Skating
- 3 on 3 down low out of corner
- 2 on 2 down low out of corner
**Drill — Passing**

- Around the horn - pass and follow pass
- Player #5 shoots on goal

**Drill — Passing**

- Three pass down-up-down, carry around, three pass up-down-up
- Pass-out or carry

**Drill — Passing**

- Around the horn with walk-out.
- 1 carries and drives board side lane and passes out from behind net to 2, coach plays defense

**Drill — Passing**

- Shooter starts and skates in to top of circle, shoots, picks up puck in corner and skates up boards, passes to 1 who has curled - 1 passes to 2 who has curled, 2 is now the shooter
- Do not turn your back to the puck

**Drill — Passing**

- Three pass up-down
- Three pass down-up-down-around

**Drill — Skating**

- Breakout, attack, set up offense, against two forecheckers
### Table of Contents

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drill — Puckhandling</td>
<td></td>
</tr>
<tr>
<td>• Down - switch - carry up</td>
<td></td>
</tr>
<tr>
<td>• Up - switch - carry down</td>
<td></td>
</tr>
</tbody>
</table>

### Diagrams

1. **Drill — Puckhandling**
   - Diagram showing puck handling with directions.

2. **Drill — Team Showdown**
   - Diagram showing team showdown with directions.
## Hockey Practice Plan

**Objectives:** Practice passing.

### Time Drill Emphasis

- **5 mins.** Off-ice stretch - neck exercises
- **10 mins.**
  - 1. Butterfly stretches: in and outs, S-drill, behind back twister, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, sprints blue to red, blue to blue, forward and backward
  - 2. Puckhandling: peanut, jam full ice, jam mid-zone push puck for breakaway, escapes, backward swizzles, skate two hands on stick, control turns with puck, dekes at blue-red-blue, zig-zag right angle
- **10 mins.**
  - 3. Passing/Shooting: 1 on 0 with chaser, 1 on 0 with pass, 1 on 0 with board pass, 3 on 0 with board pass, 2 on 0 breakout pass, return pass, stretch pass, pass out with tip, 12 pass lateral passing, half ice 2 on 0
- **5 mins.**
  - 4. Competition A and B
- **5 mins.**
  - 5. Half ice two forwards, two defense passing: 5 on 2 half ice. Breakout, regroup, attack, full ice breakouts one way or both ways, breakout to red line with four to five passes, dump over red line, breakout from defensive positions
- **15 mins.**
  - 6. Two half ice 2 on 2 or 3 on 3 scrimmages

### Drill — Stretching

- **Butterfly stretch**

### Drill — Puckhandling

- **Peanut with puck forward then backward**

### Skill Work

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>1 on 1</td>
<td>Offensive Cov.</td>
<td>Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>Backcheck</td>
<td>X Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td>Forecheck</td>
<td>Full Ice Modified Games</td>
</tr>
<tr>
<td>___ Shooting</td>
<td>2 on 2</td>
<td>X Breakouts</td>
<td>X FUN - Relay Contests</td>
</tr>
<tr>
<td>___ Checking</td>
<td>3 on 1</td>
<td>X Entering Attack Zone</td>
<td>___ Skills Testing</td>
</tr>
<tr>
<td>___ Agility Work</td>
<td>3 on 2</td>
<td>X Triangulization/Cycling</td>
<td>___ Misc.</td>
</tr>
<tr>
<td>___ Goaltending</td>
<td>3 on 0</td>
<td>Face-offs</td>
<td></td>
</tr>
<tr>
<td>X Def./Forwards</td>
<td>3 on 0</td>
<td>Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

### Date:
- **Practice:** #15
- **Level:** 12 & Under (Pee Wee)
**Drill — Puckhandling**
- Puckhandle at blue-red-blue
- Push puck breakaway
- Escapes
- Two hands backward puckhandle
- Control turns
- Fake shot - pulls double shift

**Drill — Puckhandling**
- Right angle skate with puckhandling
- Zig-zag right angle puckhandle, shoot, rebound

**Drill — Passing and Shooting**
- 1 on 0 with chaser
- Shooter becomes chaser

**Drill — Passing**
- 1 on 0 with pass

**Drill — Passing**
- 1 on 0 with board pass

**Drill — Passing and Shooting**
- 2 on 0 breakout pass, return pass, stretch pass with pass out
- Two players: 1 goes, keep 30 feet between player 2, player 2 passes to 1 at hash marks, player 1 makes return pass to 2. Player 1 skates over red line, gives good angle, receives, drive then passes back for shot on goal and look for rebound. Can be done both sides.
**Drill — Passing**
- Lateral passing - 12 pass circuit
- Passing wide and narrow

**Drill — Passing**
- 2 on 0 with board pass

**Drill — Competition**
- Coach has pucks in middle circle, coach dumps puck just over blue line or in the corner - players compete for puck
- Cones at bottom of circle

**Drill — Breakout**
- Alternate breakout to red line - dump in to far boards

**Drill — Passing**
- Half ice - 2 on 0
- Players criss cross at center ice
- Players drive to net and shoot on goal
- Both players stop at net and look for rebound

**Drill — Passing**
- Half ice - two forwards passing, two defensemen passing while skating backwards
Drill — Breakout
• Breakout from defensive face-off position

Drill — Breakout
• 5 on 2 half ice - 5 on 0 breakout - pass at blue line to far defensemen at second blue line, fill the lanes or regroup in neutral zone for pass from defensemen, then attack 3 on 2

Drill — Full Ice Breakout
• Both ways: run all breakouts the players know. Two coaches dump pucks to opposite end of rinks. Groups of five breakout of each end. Can alternate breakouts or at the same time. When entering offensive zone, do play option.

Drill — Scrimmage
• Two half ice scrimmages - 2 on 2 and 3 on 3
Hockey Practice Plan

Objectives: Offensive skills with high tempo.

Date: Practice: #16
Level: 12 & Under (Pee Wee)

Drill — Warm Up
- Butterfly warm up stretch: hurdler, ostrich, touch ice with stick straight knees, stick behind back twister, in and outs, S-drill, continuous crossovers, on whistle control turn to boards, sprints forward and backward between blue lines, blue to red sprints, blue to blue sprints

Drill — Puckhandling
- Stationary, circles, Figure 8, side to side, forward to backward, L pulls, T pulls, yo-yo, forward to backward

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>Office stretch - neck exercises</td>
<td>On your own</td>
</tr>
<tr>
<td>5 mins.</td>
<td>1. Butterfly stretches - hurdler, ostrich, touch ice with stick, stick behind back twister, in and outs, S-drill, continuous crossovers, on whistle control turn to boards, sprint forward then backward between blue lines, blue to red, blue to blue</td>
<td>Slow and easy</td>
</tr>
<tr>
<td>5 mins.</td>
<td>2. Puckhandling: stationary, circles, Figure 8, side to side, forward to backward L pull, T pull, yo-yo, peanut, middle circle Figure 8, Olympic four man stickhandle</td>
<td>Quick hands, Protect the puck</td>
</tr>
<tr>
<td>5 mins.</td>
<td>3. Olympic four man pass, circle pass, all over partner pass</td>
<td>Tape to tape</td>
</tr>
<tr>
<td>5 mins.</td>
<td>4. Half ice give and go pass, shoot, pass to forearm shoot, one on one tip, 3 on 0 around net weave</td>
<td>Good flow</td>
</tr>
<tr>
<td>5 mins.</td>
<td>5. Five pass dump, breakout variety</td>
<td>Read and react</td>
</tr>
<tr>
<td>5 mins.</td>
<td>6. Regroup - regroup attack - regroup scramble</td>
<td>Quick transition</td>
</tr>
<tr>
<td>5 mins.</td>
<td>7. Face-off offense, neutral zone, defensive zone</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>8. Forward: 3 on 1 cycle, defense, breakout options, shoot and shot blocking</td>
<td>Compete hard</td>
</tr>
<tr>
<td>15 mins.</td>
<td>9. 3 on 3 full ice scrimmage</td>
<td>Fun</td>
</tr>
</tbody>
</table>
Drill — Passing/Shooting
- Olympic Four Player Pass
- Four players go with one puck to the neutral zone and pass. All players have chest toward the puck, then all drive the net - pass and shoot on goal, looking for a rebound

Drill — Puckhandling
- Peanut Drill
- Backward in between blue lines

Drill — Passing
- Five players on circle
- Pass
- Pass and follow pass
- Escape and pass tape to tape
- Coach shoots on goalie

Drill — Puckhandling
- Middle circle Figure 8 with puck forward then backward

Drill — Passing
- Pass all over ice to partner; off boards, forehand and backhand

Drill — Shooting
- Olympic Four Player Freestyle
- All players have pucks
- All players skate to neutral ice
- Player #1 shoots
- Player #2 shoots
- Player #3 shoots
- Player #4 shoots
- Look for rebound
Drill — Shooting
- Skate around dot then to middle to receive pass - wrist shot - rebound
- Alternate give and go

Drill — Skating
- One way: alternate both ways
- 1 on 1: forward skates with puck to corner, pass out to defenseman who shoots, the forward looks for tip and rebound then go 1 on 1

Drill — Breakout
- 5 on 5 breakout and forecheck drill: Coach dumps the puck in the corner five players breakout and the second five forecheck. When the five breakout to the center red line, coach dumps in another puck - start sequence all over again

Drill — 3 on 0 Weave

Drill — Regroup
- Breakout and regroup in neutral ice
- Regroup with far defensemen, attack the defensemen 3 on 2 that initiated the breakout

Drill — Five Pass Dump
- D passes to D, D passes to C, C passes to wing, wing passes to center, center passes to other wing, other wing dumps over red line into other end
Drill — Regroup Scramble
• Two lines of forwards scramble - skate in neutral zone: when coach passes to one pair of defense their forwards regroup, the other line forechecks

Drill — Breakout Variety
• One way breakout: D carries direct, D carries around, D to D to center, D around to wing, D counter to C or wing, C swings, D around pass to wing, wing returns pass back to D

Drill — Skating
• Defensive agility skating

Drill — Cycling Options
• Wisconsin Z with delay: puck is dumped into the corner, W2 retrieves, pass out to D, D pass to D then pass back to W2 for a shot on goal

Drill — Scrimmage
• 3 on 3 fun scrimmage

Description

Notes/Comments

Practice Plans


Hockey Practice Plan

Objectives: Transition practice.

Date:

Practice: #17

Level: 12 & Under (Pee Wee)

### Skill Work

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>Office stretch, neck exercises, Heads Up, Don't Duck drills</td>
<td>Office</td>
</tr>
<tr>
<td>5 mins.</td>
<td>1. Butterfly stretch: Big C, continuous crossovers, in and outs, S-drill, scooter, hurdler, ostrich, backward swizzles, backward crossovers, on whistle control turns to boards, sprints forward, backward, pointer, stop and starts</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>2. Puckhandling: three in a circle, Olympic puckhandling</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>3. Warm up skate pass shot: Swedish warm up, Swedish board</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>4. Warm up 1 on 0, 2 on 0: St. Moritz 1 on 1, loop de loop 2 on 2, North Dakota 2 on 2, 3 on 1 continuous</td>
<td>Good Flow Good speed</td>
</tr>
<tr>
<td>10 mins.</td>
<td>5. 5 on 0 in zone behind net, go to weak side and pass out to defense</td>
<td>Good speed Good passing</td>
</tr>
<tr>
<td>10 mins.</td>
<td>6. 5 on 0 in zone behind net, go to weak side and pass out to defense</td>
<td>Head man the puck</td>
</tr>
<tr>
<td>5 mins.</td>
<td>7. 5 on 3 chasers</td>
<td>Swarm the puck</td>
</tr>
<tr>
<td>5 mins.</td>
<td>8. Regroup - breakout regroup - regroup, attack</td>
<td>Quick transition</td>
</tr>
<tr>
<td>5 mins.</td>
<td>9. Survival 1 on 1</td>
<td>Fun</td>
</tr>
</tbody>
</table>

### Team Play

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>5 on 0 in zone behind net, go to weak side and pass out to defense</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>5 on 0 in zone behind net, go to weak side and pass out to defense</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>7. 5 on 3 chasers</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>8. Regroup - breakout regroup - regroup, attack</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>9. Survival 1 on 1</td>
<td></td>
</tr>
</tbody>
</table>

### Systems/Concepts

- Defensive Cov.
- Backcheck
- Forecheck
- Breakouts
- Entering Attack Zone
- Swedish warm up
- Swedish board
- 1 on 1
- 1 on 1
- 2 on 0
- 2 on 1
- 2 on 1
- 3 on 0

### Speed/Games Testing

- Short Work - Quickness
- Small Ice Modified Games
- Full Ice Modified Games
- FUN - Relay Contests
- Skills Testing
- Misc.
# Drill — Warm Up

- **St. Moritz - 1 on 1 - 2 on 1**
- **Defense in middle circle skates with puck over blue line by ten feet, passes to forward who receives puck then goes 1 on 1**

# Drill — Swedish Warm Up

- **1 on 0 pass out - go in and shoot, then follow receiver**

# Drill — Loop De Loop

- **2 on 2**
- **On the whistle, make a controlled turn and continue 2 on 2 up ice**
- **Defensemen keep good gap control**

# Drill — Swedish Board Pass

- **1 on 0**
- **Pass off boards**

# Drill — North Dakota

- **2 on 2**
- **Defense position themselves 10 feet inside blue line, forwards at opposite face-off dots - on pass from F to F, defensemen skate backward and play 2 on 2**

# Drill — Swedish Board Pass

- **2 on 0**
- **Pass off boards**
Drill — Skating
• 3 on 1 continuous
• 3 on 2 continuous

Drill — Five Pass Dump
• D to D to C to W to W to C and dump in

Drill — Offensive Zone Play
• 5 on 3 in offensive zone chaser
• Three forechecking chasers

Drill — Notre Dame Dump
• Breakout
• Coaches apply pressure in neutral zone
• Dump into zone
• Continuous breakouts and dump in zone

Drill — Regroup
• Breakout - regroup - attack

Drill — 5 on 5 Breakout - Forechecking Drill
• Try to breakout with over to center, carry around, throw up, throw back, over throw up, throw back, reverse to center
• Coach dumps puck into corner
• Try to breakout against 5 player forecheck
• Read options available
Drill — Survival 1 on 1

- Play until you score one

Drill — Passing

- 5 on 0 offensive passing movement inside zone: set up behind net, pass around or go to weak side and pass out to either weak or strong side to defensemen
# Hockey Practice Plan

**Objectives:** 3 on 0 options - read and react, power play concept, power play options, cycling concept, cycling options, power play breakout.

## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>Office stretch - neck exercises</td>
<td></td>
</tr>
<tr>
<td>3 mins.</td>
<td>1. Skate around the rink with puck</td>
<td>Easy</td>
</tr>
<tr>
<td>3 mins.</td>
<td>2. 3 on 0 enter around net, play options, one way then both ways</td>
<td>Be creative</td>
</tr>
<tr>
<td>5 mins.</td>
<td>3. Power play concept, power play options</td>
<td>Read</td>
</tr>
<tr>
<td>5 mins.</td>
<td>4. Cycling concept, cycling options</td>
<td>Good flow</td>
</tr>
<tr>
<td>3 mins.</td>
<td>5. Clearing rebounds, defending slot, offensive movement between forwards and defense</td>
<td>Bear down on the puck</td>
</tr>
<tr>
<td>5 mins.</td>
<td>6. Regroup</td>
<td>Transition</td>
</tr>
<tr>
<td>5 mins.</td>
<td>7. More offensive movement between forward and defense</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>8. Power play breakout</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>9. Stretch passing</td>
<td>Tape to tape</td>
</tr>
<tr>
<td>10 mins.</td>
<td>10. Team showdown</td>
<td>Fun</td>
</tr>
</tbody>
</table>

**Date:**

**Practice:** #18

**Level:** 12 & Under (Pee Wee)

### Skill Work

- Skating
- Puck Control
- Passing/Receiving
- Shooting
- Checking
- Agility Work
- Goaltending
- Def./Forwards

### Team Play

- 1 on 1
- 2 on 0
- 2 on 1
- 2 on 2
- 3 on 1
- 3 on 2
- 3 on 0

### Systems/Concepts

- Defensive Cov.
- Backcheck
- Forecheck
- Breakouts
- Entering Attack Zone
- Triangulization/Cycling
- Faceoffs
- Power Play/Penalty Kill

### Speed/Games Testing

- Short Work - Quickness
- Backcheck
- Full Ice Modified Games
- FUN - Relay Contests
- Skills Testing
- Misc.

### Drill — Skating

- Stay close to boards: skate with puck at blue-red-blue, one knee, two knees, hurdler, scooter, Big C, continuous crossovers, in sprints push the puck, backward with pucks, crossovers

### Drill — 3 on 0 Around Net

- Play options: drive speed, diagonal back pass, diagonal back pass with return, off wing trailer, center trailer, board pass, drop pass, double drop

### Drill — 3 on 0 Around Net

- Play options and then cycle with two options on two different circles then backcheck to slot
Drill — Power Play
• Up - down walk out
• Down walk out

Drill — Power Play
• D walks and shoots
• D walks, passes to player at mid-board
• Mid-board player shoots on net

Drill — Power Play
• Down switch, carry up
• Up - down switch, carry up

Drill — Power Play
• D walks, passes to mid-board player who walks out, shoots, takes shot or passes
• D passes low weak side, shoots or passes across

Drill — Power Play
• Up switch carry down around or walk out
• Down - up switch carry around or walk out

Drill — Power Play
• D walks, passes to mid-board player
• Down - up mid-board and walk out
• Up - down - up three pass mid-board and walk out
Drill — Power Play

• Montreal down - up switch carry around: first options - 1D and 2D
• Wrap around, come around low, come around high, come around with pass out to D

Drill — Power Play

• King of Prussia carry around - up - down - up, three pass - shoot or pass

Drill — Cycling

• Curl circle, bump pass, pass from deep in corner for Wisconsin Z

Drill — Cycling

• Curl, shoot
• Double curl, shoot pass

Drill — Cycling

• Come around with trailer
• Come around with off-wing trailer

Drill — Cycling

• Curl, bump pass, walk out
• Curl circle, go behind net with reverse pass
Drill — Cycling
- Behind net pass out
- Three pass diagonal return passes with escape and pass

Drill — Defending Slot
- Forward passes to defenseman
- Defense shoots from the blue line
- Forward in front of net tries to screen and tip

Drill — Clearing Rebounds
- Defenseman passes out to defenseman at blue line for shot on goal
- Defenseman clears puck to boards
- Defensive players clear puck to boards

Drill — Power Play
- Transition from formations, transition from overload to house to church

Drill — Offensive Movement
- 2 zone drill
- Pass out to defenseman
- Walks out and shoots
- Forward looks for tip and rebound

Drill — Regroup
- Regroup and attack the same net
- Be creative
Drill — Offensive Movement
• Move the puck around

Drill — Regroup
• Breakout, regroup with original D, regroup with far D, attack

Drill — Wisconsin Z
• Forwards in both corners
• Pass out to defenseman
• Defenseman pass D to D
• Defenseman passes back to forward for shot on net. Both forwards look for rebound

Drill — Shooting
• Pass to any player for shot
• Forward passes puck to defenseman
• Defenseman pass D to D
• Forwards criss cross and receive pass back from defenseman
• Skate in 2 on 0 for shot on goal and look for rebound

Drill — Offensive Movement
• Forward passes out to defenseman at blue line
• Defenseman walks out and shoots on net
• Forward looks for tip and rebound

Drill — Power Play Breakout
• Right center curl - power play breakout
Drill — Power Play
Regroup
• Regroup on clearing
• Pass for power play

Drill — Power Play
Breakout
• Left center curl, power play breakout

Drill — Stretch Passing
• Defenseman dumps the puck into the corner and retrieves it
• Can skate behind the net or turn up right away
• Make long pass to forward coming out of zone

Drill — Power Play
Breakout
• Defensemen begin breakout

Drill — Stretch Passing
• Defenseman makes pass to forward skating through the neutral ice
• Variation and defenseman can shoot on net

Drill — Power Play
Breakout
• Center skates behind net and picks up puck from defenseman
<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Hockey Practice Plan

**Objectives:** Refine breakout and power play.

**Date:**

**Practice:** #19

**Level:** 12 & Under (Pee Wee)

#### Skill Work
- **Skating**
- **Puck Control**
- **Passing/Receiving**
- **Shooting**
- **Checking**
- **Agility Work**
- **Checking**
- **Def. /Forwards**

#### Team Play
- X 1 on 1
- 2 on 0
- 2 on 1
- X 2 on 2
- 3 on 1
- X 3 on 2
- 3 on 0
- X

#### Systems/Concepts
- Defensive Cov.
- Backcheck
- Forecheck
- Breakouts
- Entering Attack Zone
- Triangulization/Cycling
- Faceoffs
- X Power Play/Penalty Kill

#### Speed/Games Testing
- Short Work: Quickness
- Backcheck
- Full Ice Modified Games
- Power Play/Penalty Kill
- X FUN - Relay Contests
- X Misc.

#### Time | Drill | Emphasis
--- | --- | ---
10 mins. | Office stretch - neck exercises |  
5 mins. | 1. Butterfly warm-up |  
5 mins. | 2. Puckhandle: three in a circle | Let them go
5 mins. | 3. Passing: circle passing, Montreal 6 pass | Quick passes
10 mins. | 4. 1 on 1 defenseman shot - tip 1 on 1, 2 on 2 North Dakota | Puck protection
10 mins. | 5. Breakout: 3 on 0 around net use play entering zone, 3 on 2 on net quick breakout 911, breakout 5 pass dump, breakout Notre Dame dump, F.L. breakout/forecheck | Good flow
10 mins. | 6. Power play breakout, setup, regroup, setup |  
10 mins. | 7. Showdown: quality, anticipate, creative execution | Fun

#### Drill — Warm Up
- Butterfly: in and outs, S-drill, scooter, hurdler, ostrich, Big C, continuous crossovers, slide and stride between blue lines, sprint forward then backward blue to blue, peanut with puck

#### Drill — Puckhandling
- Three in a circle puckhandling, on whistle go to next circle after coach’s whistle go one at a time to shoot on net

#### Drill — Passing
- Circle pass: pass across circle, follow pass around circle, move around in circle passing, monkey in middle passing, escape then pass
Drill — North Dakota
- 2 on 2
- Forward passes across to the other forward
- Play 2 on 2 with defenseman

Drill — Passing
- Big circle passing
- One touch passes

Drill — Breakout
- 3 on 0 around net, use play options: drop pass, trailer pass, diagonal back passing
- One touch
- Be creative

Drill — Shooting
- Forward passes out to the defenseman at the blue line
- The defenseman walks out and shoots on goal
- The forward looks for a tip and a rebound
- The forward heads up ice 1 on 1 on the defenseman
**Drill — Breakout**
- Both ways
- At the same time

**Drill — Breakout**
- Make 5 passes and dump into corner

**Drill — Power Play**
- Breakout, setup, regroup, setup
- Pass the puck around

**Drill — Breakout**
- Notre Dame dump with coaches pressuring in the neutral zone

**Drill — Showdown**
- Practice
- Contest

**Drill — Breakout**
- Coach dumps puck into the corner
- 5 players breakout
- 5 players forecheck
Drill — Power Play
Breakout Options

- D passes to prime receiver center
- C passes off boards to left wing
- C passes off boards to right wing
- Right D carries
- Right D passes to left D
Hockey Practice Plan

Objectives: Almost no puck practice.

Date:
Practice: #20
Level: 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>1 on 1</td>
<td>Defensive Cov.</td>
<td>Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>Backcheck</td>
<td>Small Ice Modified Games</td>
</tr>
<tr>
<td>__ Passing/Receiving</td>
<td>2 on 1</td>
<td>Forecheck</td>
<td>Full Ice Modified Games</td>
</tr>
<tr>
<td>__ Shooting</td>
<td>2 on 2</td>
<td>Breakouts</td>
<td>FUN - Relay Contests</td>
</tr>
<tr>
<td>__ Checking</td>
<td>3 on 1</td>
<td>Entering Attack Zone</td>
<td>Skills Testing</td>
</tr>
<tr>
<td>__ Agility Work</td>
<td>3 on 2</td>
<td>Triangulization/Cycling</td>
<td>Misc.</td>
</tr>
<tr>
<td>__ Goaltending</td>
<td>3 on 0</td>
<td>Face-offs</td>
<td></td>
</tr>
<tr>
<td>__ Def./Forwards</td>
<td></td>
<td>Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins.</td>
<td>Office stretch - neck exercises</td>
<td></td>
</tr>
<tr>
<td>50 mins.</td>
<td>1. Moving stretch the length of rink: Big C, continuous crossovers, in and outs, S drill, scooter, hurler, ostrich, around gloves crossovers forward and backward, Figure 8 control turns, flip hip point backside, go backward from forward, slide and stride 4 on 3, Gretzky step-out 3 on 3, sprints blue line to red line and blue line to blue line, crossovers around ends, backward between blue lines, go forward, backward, forward, backward, control turns top circle blue line circle line-blue line, top circle heel to heel, point the way you want to go, stopping agility warm-up eagles, compass, long strides</td>
<td>Work hard and stick with it</td>
</tr>
</tbody>
</table>

Drill — A

Drill — B

Drill — C
Drill — Compass
• Follow coach’s stick: skate forward, skate backward, step out heel to heel, point toe the way you want to go, skate left then right

Drill — Striding
• Long strides

Drill — Escapes

Drill — Skate the Box

Drill — Russian Circles
• Russian circles 360 degrees
• Russian circles 180 degrees

Drill — Agility Skate
• Feel the corners
Drill — J

Drill — Control Turns

Drill — Forward Flip Hip
- Do backward

Drill — Skating
- Two cones for skating crossovers

Drill — Three Cone M
- Skate crossovers

Drill — Skating
- Neutral zone figure 8 forward and backward
TABLE OF CONTENTS

Drill — Fast Feet

Drill — N

Drill — L

Drill — O

Drill — M

Drill — P
# Hockey Practice Plan

**Objectives:** Down low in defensive end - pack it in tight.

**Date:**

**Practice:** #21

**Level:** 12 & Under (Pee Wee)

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins.</td>
<td>Office stretch - neck exercises</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>1. Butterfly warm-up</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>2. Puck handling: forehand pointer, Green Bay warm-up, 2 on coach</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>3. 1 on 1 shot - tip attack, 2 on 1 alternate sides, 2 on 2 alternate sides, double JJ stretch pass, Bowling Green warm-up, Olympic 3 on 1 six pass, regroup, attack</td>
<td>Puck protection Gap control</td>
</tr>
<tr>
<td>10 mins.</td>
<td>4. Face-off breakouts, face-off center ice attack</td>
<td>Bear down</td>
</tr>
<tr>
<td>10 mins.</td>
<td>5. DZC pointer</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>6. Stretch passing</td>
<td>Use good sense</td>
</tr>
<tr>
<td>10 mins.</td>
<td>7. Pressure showdown; team showdown</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>8. Three goal blitz</td>
<td>Fun</td>
</tr>
</tbody>
</table>

---

## Drill — Warm Up

- Butterfly warm up: hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, scooter, backward and forward crossovers around ends then turn backward between blue lines

---

## Drill — Puckhandling

- Player carries puck out of corner and around neutral zone circle, goes in on coach, coach points the direction he/she wants the player to pull and go; coach mostly points to players forehand side

---

## Drill — Puckhandling

- Both ways - Green Bay warm up
Drill — Shooting
- Forward passes out to the defenseman at the blue line. The defenseman walks out and shoots on net. The forward skates in front of the net and looks for a tip.
- The forward plays a 1 on 1 with the defenseman up the ice.

Drill — Puckhandling
- Player #1 receives a pass from player #2. Player #1 skates around face-off dot, drives toward the net, shoots on goal and looks for rebound.
- Player #2 then takes a turn.

Drill — Shooting
- Forward passes out to the defenseman at the blue line. The defenseman walks out and shoots on net. The forwards in each corner skate in front of the net and look to tip the puck on goal.
- The two forwards play a 2 on 1 with the defenseman up the ice.

Drill — Puckhandling
- Warm up and with give and go pass.

Drill — 2 on 2
- Forward passes out to the defenseman at the blue line. The defenseman passes D to D and shoots on goal. The two forwards skate in front of the net and look to tip the puck on goal.
- The two forwards play 2 on 2 against the two defensemen up ice.

Drill — Puckhandling
- 2 on 0 around coach - use speed with rebound trailer, pass return pass or diagonal back pass.
Drill — Puckhandling
• Alternate both sides, double JJ stretch pass
• The forward passes to the defenseman who passes back to the forward
• The forward drives toward the net and shoots on goal
• The forward picks up a puck in the corner and passes to the defenseman for a shot on goal

Drill — Bowling Green
Warm Up
• D passes to F who circles from red line to blue line towards the boards, receives a pass from D, goes in and shoots, curls out, gets second puck to pass out to D for a shot on goal

Drill — face-off Attack
• Center ice
• Neutral zone pattern
• Center pulls the puck back to the defenseman. The defenseman passes the puck D to D. The defenseman passes to the winger.
• Attack 5 on 0

Drill — Passing
• 3 on 1 Olympic
• Six pass regroup
• Attack 3 on 1

Drill — face-off
• Center ice
• Dump the puck in the corner
• Offensive zone play

Drill — face-off Breakout
• All five move up and pass in offensive movement

Drill — Passing
• 3 on 1 Olympic
• Six pass regroup
• Attack 3 on 1
**Drill — face-off**
- Offensive zone

**Drill — face-off Breakout**
- Defensive zone

**Drill — DZC Pointer**
- Defensive zone coverage
- The coach points to one of the four areas
- The players rotate to their defensive zone responsibilities

**Drill — Stretch Passing**
- Forward receives pass from the defenseman. The forward passes back to the defenseman. The forward skates laterally through the neutral ice and receives a long pass from the defenseman.
- The forward skates in on goal for a shot on the net.

**Drill — Stretch Passing**
- On the whistle, the defenseman skates behind the net with a puck and passes out to a forward who is skating through the neutral ice.

**Drill — Team Showdown**
- Pick up puck in the center ice circle skate in on net for a shot on goal
# Table of Contents

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drill — Three Goal Blitz</strong></td>
<td></td>
</tr>
<tr>
<td>• Fastest scoring three goals with three pucks; all three players must touch the puck before shooting on goal</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Drill — Stretch Passing</strong></td>
<td></td>
</tr>
<tr>
<td>• The defenseman skates to the corner and picks up a puck</td>
<td></td>
</tr>
<tr>
<td>• The forward skates through the neutral zone and receives a long pass from the defenseman</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Drill — Pressure Showdown</strong></td>
<td></td>
</tr>
<tr>
<td>• The shooter drives to the net for a shot on goal</td>
<td></td>
</tr>
<tr>
<td>• The back checker chases the shooter putting pressure on the shooter</td>
<td></td>
</tr>
</tbody>
</table>
Hockey Practice Plan

Objectives: Full sequence of game drills.

Date: Practice: #22
Level: 12 & Under (Pee Wee)

Drill — Warm Up

- Butterfly warm up stretch

Drill — Puckhandling

- Natural stride, two forward and backward, three backward
- Zig-zag
- Right angle stepouts
- Control turns
- Crossovers
- Speed over back control turns
- Escapes
- Pull backs
- Backward with escape to forward

Drill — Puckhandling

- Same as previous drills with pucks

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins.</td>
<td>Office stretch - neck exercises</td>
<td>Focus</td>
</tr>
<tr>
<td>10 mins.</td>
<td>1. Butterfly stretch, sprints, board pointer, open ice pointer, power slide and stride, push-touch long strides</td>
<td>Easy</td>
</tr>
<tr>
<td>10 mins.</td>
<td>2. Stationary puckhandling: circles Figure 8, left-right-forward-backward, width side over-back, crossovers, control turns forward and backward, 1-11 puckhandle</td>
<td>One Touch</td>
</tr>
<tr>
<td>5 mins.</td>
<td>3. Pass, shoot</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>4. 2 on 1 breakouts, 2 on 1 forechecking, 1 on 2 backcheck</td>
<td>Contact</td>
</tr>
<tr>
<td>10 mins.</td>
<td>5. Breakout drills</td>
<td></td>
</tr>
<tr>
<td>15 mins.</td>
<td>6. Full cycle game drills</td>
<td>Fun</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skill Work</th>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>1 on 1</td>
<td>Defensive Cov.</td>
<td>Short Work - Quickness</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>2 on 0</td>
<td>X Backcheck</td>
<td>X Small Ice Modified Games</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>2 on 1</td>
<td>X Forecheck</td>
<td>X Full Ice Modified Games</td>
</tr>
<tr>
<td>X Shooting</td>
<td>2 on 2</td>
<td>X Breakouts</td>
<td>X FUN - Relay Contests</td>
</tr>
<tr>
<td>X Checking</td>
<td>3 on 1</td>
<td>X Entering Attack Zone</td>
<td>X Skills Testing</td>
</tr>
<tr>
<td>X Agility Work</td>
<td>3 on 2</td>
<td>X Triangulization/Cycling</td>
<td>Misc.</td>
</tr>
<tr>
<td>X Def./Forwards</td>
<td>3 on 0</td>
<td>X Face-offs</td>
<td></td>
</tr>
<tr>
<td>X Goaltending</td>
<td>3 on 0</td>
<td>X Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>
Drill — Puckhandling
- 360 degree Russian circles with good push unders
- Shoot on goal

Drill — Puckhandling
- Backward puckhandling
- Shoot on goal

Drill — Puckhandling
- Forward with puck
- Shoot on goal

Drill — Puckhandling
- Backward puckhandling
- Shoot on goal

Drill — Shooting
- Forehand and backhand
- Fast feet

Drill — Passing/Shooting
- Pretzel with pass
- Pretzel with pass then rebound
- Skate around top of circle and shoot on goal

Drill — Passing/Shooting
- Around the horn pass - follow pass
- Player #5 shoots on goal or walks out of corner for shot on goal
Drill — Passing/Shooting
• Montreal 6 pass - make move on coach

Drill — Passing/Shooting
• Down and around
• Behind net
• Player #5 shoots on goal or walks out from behind net for a shot on goal

Drill — Passing/Shooting
• Boston timing drill

Drill — Passing/Shooting
• Pass out to D
• Pass out to D, regroup, 3 on 0 attack

Drill — Passing/Shooting
• Rangers timing escape drill, alternate side then both sides together

Drill — Passing/Shooting
• Devils 6 pass with wraparound
### TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Drill — Passing/ Shooting</th>
<th>Drill — 2 on 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stretch pass to the center circle</td>
<td>• The defenseman dumps the puck in the corner</td>
</tr>
<tr>
<td>• Counter, alternate sides, defenseman dumps in, skates after puck and goes behind net, counters passes to wing, breakout, pass off boards to self twice then shoot at goalie, retrieves puck, pass out to D for shot tip</td>
<td></td>
</tr>
<tr>
<td>• Long stretch pass, D carries puck around net and moves up to face-off dot and passes to F who has skated around to blue line, D makes long pass, moves up for shot</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill — Passing/ Shooting</th>
<th>Drill — Breakout</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Counter, alternate sides, defenseman dumps in, skates after puck and goes behind net, counters passes to wing, breakout, pass off boards to self twice then shoot at goalie, retrieves puck, pass out to D for shot tip</td>
<td></td>
</tr>
<tr>
<td>• 5 pass breakout</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill — Passing/ Shooting</th>
<th>Drill — Backchecker Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Counter, alternate sides, defenseman dumps in, skates after puck and goes behind net, counters passes to wing, breakout, pass off boards to self twice then shoot at goalie, retrieves puck, pass out to D for shot tip</td>
<td></td>
</tr>
<tr>
<td>• 1 on 2 backchecker drill: F1 skates with puck up to first blue line, passes it to F2 who skates up ice, F2 then turns at second blue line to become receiver, backchecker covers F1</td>
<td></td>
</tr>
</tbody>
</table>
Drill — Breakout

- Notre Dame breakout
- Continuous

Drill — Full Cycle Game Drill

- Defend 2D on 5 - breakout 5 on 2D
- Attack with play option, defense on whistle breakout

Drill — Full Cycle Game Drill

- Breakout attacks - point shot, regroup, attack, cycle point shot, backcheck to slot

Drill — Scrimmage

- 3 on 3 triangle
- 4 on 4 box

Drill — Full Cycle Game Drill

- Cycle: 1 curl and shoot on goal
- Double curl shoot or pass, also use fake shot, curl, bump pass, walkout, curl, bump pass, reverse, curl, bump pass, come around with wrap or trailer

Description

Notes/Comments
Hockey Practice Plan

Objectives: Fast feet warm ups, quick one touch shooting, agility passing drills, gap control, break down of game drills.

Table of Contents

Time Drill Emphasis
5 mins. Off-ice stretch, neck exercises, Heads Up, Don’t Duck drills
5 mins. 1. On ice stretch around rink Easy
5 mins. 2. Fast feet with puck handling and shooting Quick feet
5 mins. 3. Pressure shooting Hit the net
5 mins. 4. Gap control Control
5 mins. 5. Qualitative break down of game drills - breakouts, attack, forecheck, backcheck, tag-up, regroup Good passes
10 mins. 6. Small games
10 mins. 7. Skating conditioning Work hard
5 mins. 8. Circle stretch

Drill — Stretching
- Around the rink with counter circle stretch: in and outs, S-drill, scooter, Big C, continuous crossovers, hurdler, ostrich, behind back stretch, sprints, peanut, big Figure 8

Drill — Puckhandling
- Olympic puck handling: three players from each end skate to the neutral zone, stick handle, on whistles one at a time, skate in on the goaltender and shoot on goal
Drill — Shooting
• Players skate around all 3 cones and shoot on goal

Drill — Puckhandling
• Crossovers with puck in neutral zone
• Shoot on goal

Drill — Shooting
• 1 on 1: D skates with swizzles, F drives to net for a shot on goal
• D plays 1 on 1

Drill — Skating
• Control turns with puck - fast feet
• Shoot on goal

Drill — Shooting
• 2 on 0 with backcheck, shoot, rebound and return

Drill — Shooting
• Both sides: the defenseman skates with the forward to face-off dot, pivots backward, steps out forward, makes a pass to the forward, timing turn, the forward receives pass, shoots on goal, gets rebound, passes out to the defenseman for a shot on goal
Drill — Gap Control
• 2 on 1
• Forward 1 picks up a puck from behind the net
• Play 2 on 1 against defenseman

Drill — Shooting
• Niagara curl shooting drill, warm up drill: timing drill, tape to tape, passing, crossover skating, X2 and X3 curl simultaneously with X3 timing off X2, X1 passes to X2 and replaces, X2 passes to X3 and replaces on whistle

Drill — Gap Control
• 3 on 2 - use play options: trailer pass, ring around, split the defensemen, criss-cross
• Forward 1 picks up a puck behind the net
• Play 3 on 2 against 2 defensemen

Drill — Gap Control
• 1 on 1
• The forward picks up a puck behind the net
• Play 1 on 1 against defenseman
Drill — Gap Control
- 2 on 1 with counter
- Both directions

Drill — Game Drill
- Breakout, regroup
- Attack, pass out to defense, puck in neutral ice for regroup

Drill — Game Drill
- Breakout, attack forecheck, backcheck on whistle

Drill — 5 Pass Dump
- One touch passing on breakout
- Dump the puck in

Drill — 5 Pass Dump
- 5 pass dump, Notre Dame, shadow in middle, shadow going in

Drill — Small Games
- 3 on 3

Drill — Small Games
Drill — Skating
- Over and back skating forward four times, backward four times
- Over skating forward X back skating backwards

Drill — Forecheck
- 5 on 5
- Work on breakouts
- Work on forechecking patterns

Drill — Circle Stretches
- 10 push up
- 10 push up
- Walrus
## Table of Contents

### Table

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Warm Up</strong></td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>Office stretch - neck exercises - Heads Up, Don’t Duck drill</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>1. Butterfly warm up - ins and outs, S-drill, Big C, continuous</td>
<td>Quick feet</td>
</tr>
<tr>
<td></td>
<td>crossovers, hurdler with toe drag, hurdler with side of skate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>drag, ostrich, scooter, stick behind hip stretch, crossover</td>
<td></td>
</tr>
<tr>
<td></td>
<td>around end of rink with backward skating</td>
<td></td>
</tr>
<tr>
<td></td>
<td>between blue lines, sprint between blue to red to blue,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>forward and backward</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>2. Peanut forward with puck, peanut backward with puck,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pointer with puck, jam zone with puck, moves on stationary</td>
<td></td>
</tr>
<tr>
<td></td>
<td>partner, keep away from partner radius 1.5 feet, pair up in circle</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>3. Contact drills, angling drills, angling forechecking drills</td>
<td>Angle - steer</td>
</tr>
<tr>
<td>5 mins.</td>
<td>4. Passing drills: stationary passing, over and back passing,</td>
<td>Be a good receiver</td>
</tr>
<tr>
<td></td>
<td>partner up passing</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>5. Passing/Shooting: #99 drill, offensive movement with</td>
<td>Support and read</td>
</tr>
<tr>
<td></td>
<td>supportive read and react, station shooting</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>6. Breakouts: 3 on 1 continuous, 3 on 2 carry out of corner,</td>
<td>Compete</td>
</tr>
<tr>
<td></td>
<td>5 on 0 bath ways, 5 on 0 pass to red line dump, 5 on 2 go two ways</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>7. Fun three puck showdown, team showdown</td>
<td>Fun</td>
</tr>
<tr>
<td>5 mins.</td>
<td>8. Skate</td>
<td>Free wheel</td>
</tr>
<tr>
<td></td>
<td><strong>Systems/Concepts</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Defensive Cov.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Backcheck</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Forecheck</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Breakouts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Entering Attack Zone</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Triangulization/Cycling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Faceoffs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Power Play/Penalty Kill</td>
<td></td>
</tr>
</tbody>
</table>

### Drill — Warm Up
- Butterfly: in and outs, S-drill, Big C, continuous crossovers, hurdler with toe drag, hurdler with side of skate drag, ostrich, scooter, stick behind hip stretch, crossover around end of rink, backward between blue lines.

### Drill — Sprints
- Blue to red, blue to blue - forward and backward

### Drill — Stickhandling
- Peanut forward with puck
- Peanut backward with puck
Drill — Passing
- Pair up and play keep away within a 15 foot radius
- Pair up; protect puck inside circle
- 30 second shifts

Drill — Pointer
- Coach points with stick the direction to skate with mohawk step out, turn with puck forward, left-right-backward with or without escape

Drill — Skating
- Jam neutral zone with puck, freestyle skate and puckhandle all over, half speed then three-quarter speed, eyes up
- Pair up: player skates with puck over-back-over-back which is four times making a different move on stationary player, after four times, reverse roles

Drill — Guard The Spots
- No pucks
- Dots: inside circle, one player guards face-off dot, the other tries to touch dot with stick
**Drill — Guard The Goal**

- One player guards the goal crease, the other tries to touch with stick

**Drill — Contact Drill**

- 1 on 1 angling defensemen skates behind net
- 1 on 1 angling defensemen counters behind net
- The forward angles the defenseman towards the boards

**Drill — Contact Drill**

- 1 on 1 angling from neutral zone start: D will try to carry out, F will angle, finish check, if turnover happens, F will try to score

**Drill — Contact Drill**

- 1 on 1 angling
- D behind net, F in front of net
- D in slot, F at blue line

**Drill — Contact Drill**

- 2 on 1 angling from neutral zone start: D retrieves puck and attempts to carry it out, F1 attacks, angles, tries to create turnover. If that happens, F1 passes to F2 for shot. If D beats F1, F2 moves in and angles

**Drill — Contact Drill**

- Angling off goal post: F curls from post to post always a step behind on post so D can not cut back
- F1 curls so D comes out on backhand
Drill — Contact Drill

- 2 on 2 angling from neutral zone: D try to get the puck out over the blue line by skating it or passing it; F try to work off one another and create a turnover then attack.

Drill — Contact Drill

- 1 on 1 checking from slot position: D tries to carry it out, F will angle, finish check and create a turnover and try to score, D will defend.

- 2 on 1: D tries to carry out, F1 will angle, finish check, F2 will pick up puck, F1 and F2 will attack 2 on 1.

Drill — Contact Drill

- 3 on 2 angling from neutral zone start: D try to get the puck out of the zone by passing or carrying it. F1 and F2 try to angle and create a turnover. When they do, F3 moves into the zone as a late trailer.

Drill — Passing

- Stationary passing: side by side, edge of circles, from the face-off dots, from the outer part of circles, board to board, one player at boards with puck and the other in middle; puck carrier moves to middle and the middle man moves backhand pass.

Drill — Passing and Shooting

- 2 supports 1

- 1 supports 2

Drill — Passing

- Stay with partner: the pair go all over the ice passing to each other, good, quality tape to tape passes.
Drill — Passing and Shooting
• 1 passes to 3
• 3 walks out, shoots and looks for tip
• 1 supports 1

Drill — Passing and Shooting
• #99 drill: X1 takes a puck and skates back and forth behind the net for a period of time the player chooses, the player then passes to X2 for a shot; X2 mirrors puck side to side in front of net

Drill — Passing and Shooting
• Walkout, come across, drag and shoot on net
• 2 passes to 1 walkout, 3 passes to 2 come across, 1 passes to 3 drag and shoot

Drill — Passing and Shooting
• 1 skates behind the net and passes out to 2 or 3

Drill — Passing and Shooting
• Up-down-up passing with a shot on net

Drill — Passing
• 2 supports 2
• Behind net wraparound or pass out
Drill — Passing and Shooting

- Down-switch-carry up
- Pass to D to D - Wisconsin Z passing

Drill — Passing and Shooting

- Down-up-down passing with shot on net

Drill — Passing and Shooting

- Follow your pass
- Player #5 shoots on goal or walks out from the corner

Drill — Passing and Shooting

- Up-switch-carry down or around passing with shot on goal

Drill — Passing and Shooting

- Follow your pass
- Player #5 shoots on goal or walks out and shoots on goal

Drill — Passing and Shooting

- Down-switch-carry up passing with shot on goal
Drill — Breakout
• 3 on 1 around net continuous

Drill — Breakout
• 3 on 2 carry out of corner

Drill — Team Showdown
• Shoot until you score

Drill — Breakout
• 5 on 0 alternate both ways
• 5 on 0 pass to red line, dump

Drill — Skating
• Forward skating over-back-over-back; 10 push-ups
• Same backward
• Skate forward, on whistle go back other direction; do that until reach other side before whistle

Drill — Breakout
• 5 on 2: go two ways, up and back same five man unit
<table>
<thead>
<tr>
<th>Description</th>
<th>Notes/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drill — Skating</td>
<td>• Big Figure 8</td>
</tr>
<tr>
<td>Drill — Showdown</td>
<td>• Three puck showdown: must score with each puck, all players must touch the puck before shooting</td>
</tr>
<tr>
<td>Drill — Skating</td>
<td>• Small Figure 8: forward and backward</td>
</tr>
</tbody>
</table>
Hockey Practice Plan

Objectives: Pressure passing, pressure shooting, backchecking, shooting three or four shot sequence.

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 mins.</td>
<td>Off-ice stretch - neck exercises - Heads Up, Don't Duck drill</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>1. Butterfly warm up - in and outs, S-drill, Big C, continuous</td>
<td></td>
</tr>
<tr>
<td></td>
<td>crossovers, hurdler with drag toe, hurdler with drag side of skate,</td>
<td>face-offs, drive cut in</td>
</tr>
<tr>
<td></td>
<td>ostrich, scooter, stick behind hips stretch down behind heels,</td>
<td>and shoot</td>
</tr>
<tr>
<td></td>
<td>crossover around end of rink with backward between blue lines,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>sprint between blue to red, blue to forward and backward</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>2. Puckhandling</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>3. Pressure: 1 on 1</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>4. Backchecking</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>5. One touch passing drills</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>6. Behind net passing and shooting</td>
<td></td>
</tr>
<tr>
<td>5 mins.</td>
<td>7. Shooting: three or four shot sequence</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>8. Team play: 2 on 2, 3 on 2, 5 on 2</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>9. Breakout, attack, forecheck, backcheck, DZ coverage</td>
<td></td>
</tr>
<tr>
<td>10 mins.</td>
<td>10. 3 on 3, 4 on 4, 5 on 5 full ice</td>
<td></td>
</tr>
</tbody>
</table>

Drill — Butterfly Stretch
• In and outs through cones, pull to right on each cone, pull to left on each cone, right on one, pull left on second alternating cones, escapes on cones, pull back reverse on cones, fake shots on cones, drive cut in and shoot

Drill — Puckhandling
• Three circle puck handling: player with puck puck handles inside 1 circle, on whistle moves to 2, on next whistle moves to 3, on next whistle moves to goal and shoots

Drill — Puckhandling
• Off and on in and outs through cones, pull to right on each cone, pull to left on each cone, right on one, pull left on second alternating cones, escapes on cones, pull back reverse on cones, fake shots on cones, drive cut in and shoot

Skill Work
<table>
<thead>
<tr>
<th>Team Play</th>
<th>Systems/Concepts</th>
<th>Speed/Games Testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Skating</td>
<td>X Defensive Cov.</td>
<td>X Face-offs</td>
</tr>
<tr>
<td>X Puck Control</td>
<td>X Backcheck</td>
<td>X Power Play/Penalty Kill</td>
</tr>
<tr>
<td>X Passing/Receiving</td>
<td>X Forecheck</td>
<td>X Small Ice Modified Games</td>
</tr>
<tr>
<td>X Shooting</td>
<td>X Breakouts</td>
<td>X Fun - Relay Contests</td>
</tr>
<tr>
<td>X Checking</td>
<td>X Entering Attack Zone</td>
<td>X Skills Testing</td>
</tr>
<tr>
<td>X Agility Work</td>
<td>X Triangulization/Cycling</td>
<td>Misc.</td>
</tr>
<tr>
<td>X Goaltending</td>
<td></td>
<td></td>
</tr>
<tr>
<td>X Def./Forwards</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Drill — Backchecking
- Pressure/resistance: 1 skates puck over second blue line, passes to 2, 1 then backchecks 2

Drill — Puckhandling
- #99 drill: X1 goes behind net and skates back and forth, X2 skates to slot and does lateral movements either control turns or mohawk steps out
- X1 passes to X2 for a shot on goal

Drill — Backchecking
- F1 skates with puck the length of ice, shoots and then backchecks F2 who was doing the same thing

Drill — One on One
- Providence: coach passes to forward at red line, the defenseman is positioned three feet in front of the face-off dot backwards and the forward drives to the net to get a shot on goal

Drill — Backchecking
- After shot, pick up puck and passes then backchecks

Drill — Puckhandling
- #99 drill: X1 goes behind net and skates back and forth, X2 skates to slot and does lateral movements either control turns or mohawk steps out
- X1 passes to X2 for a shot on goal

Drill — One on One
- The forward takes a puck and skates outside cones, the defenseman skates on the inside of cones giving resistance with body and stick
- Resistance shooting with speed
Drill — Passing
- Quick one touch passing
- Shoot on goal

Drill — Skating
- Transition skating: forward-turn, backward-pass, return pass
- Shoot on goal

Drill — Passing
- Behind net reverse pass

Drill — Passing
- Stretching pass: O1 skates back into zone and picks up puck in the circle, O2 skates back over the red line and has to time receiving on a lateral passing angle, does escape and passes back to X1 for a shot on goal

Drill — Passing
- Behind net trailer pass

Drill — Passing
- Behind net passing: X1 passes to X2, X2 walks out or attacks net
Drill — Shooting
- F1 passes to D, D shoots, F1 goes to front of net for tip or rebound, F1 then picks up puck from either circle, shoots, picks up another puck, curls circle and shoots

Drill — Passing
- Behind net passing: X2 passes puck to X1, X1 receives puck and skates circle, passes back to X2 who has skated behind net for a shot on goal

Drill — Shooting
- Out of corner shooting: 1 curls circle, shoots and goes to front of net, 1 curls circle, shoots and goes to net, coach passes out to D who shoots, has 1 and 2 looking for a tip

Drill — Team Play
- 3 on 2, forwards regroup and attack with play options, back pass, diagonal back pass

Drill — Shooting
- Four shot sequence: F1 passes out to D who drags and shoots, D gets puck and passes to F1 who curls circle, F1 picks up puck and passes out to D who shoots, F1 picks up puck and does wraparound or walk out

Drill — Shooting
- Shooter skates in, shoots, picks up puck, passes to 1 curling top of circle who then passes to 2 who is curling the blue line
- Shoot on goal
- Pick up puck in corner and continue drill
Drill — Team Play
• 5 on 2 breakout, regroup attack

Drill — Team Play
• 2 on 2 half ice: F1 passes to D1, D1 passes to D2, D2 passes to F2, as soon as F2 touches puck, 2 on 2 rush starts

Drill — Breakout
• Breakout, attack, forecheck, backcheck, DZ coverage
12 & UNDER

PEE WEE

Practice Plan Manual

A Publication Of The USA Hockey Coaching Education Program