

# 12U Practice Plan 1

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skating fundamentals, passing, shooting, puck protection, competition

**Equipment Required:** Borders, cones, tires, nets (4)

## WARMUP

**Free Play** (5 minutes)

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

## STATIONS

**Station 1: Skating Fundamentals/Sprints** (9 minutes)

Power skating drills to work on stride, technique and mechanics. Drills should incorporate fun into teaching.

Work on the following:

- C cuts/edges
- Stride length and recovery
- Explosive starts

Goalies can do specific movement drills as well.

**Station 2: Outnumbered Competition** (9 minutes)

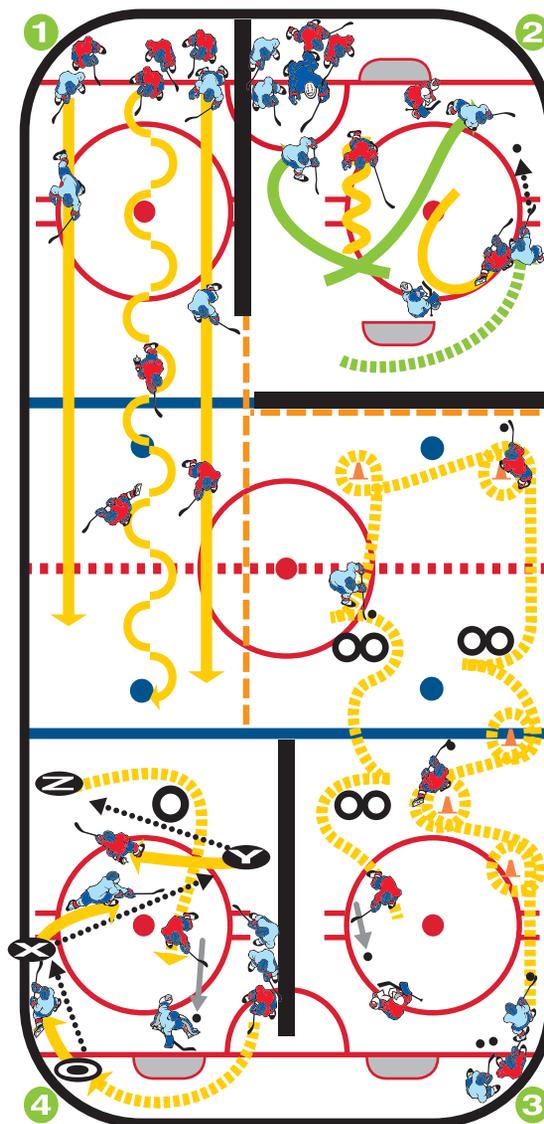
Have players play in a small area in outnumbered formats. Play 2v1, 2v2, 3v2, etc. Change the format each shift so players have to recognize situations and work to exploit man advantage. Players should use puck protection skills, creativity and deception to create offensive opportunities.

**Station 3: Puck Control with Fakes** (9 minutes)

Players skate through obstacle course using fakes at the tires. Emphasis should be on exaggerating the fakes. Correct players if they do not extend themselves. Play the rebound if it is there. Shoot to score.

**Station 4: Pass and Follow with Shot** (9 minutes)

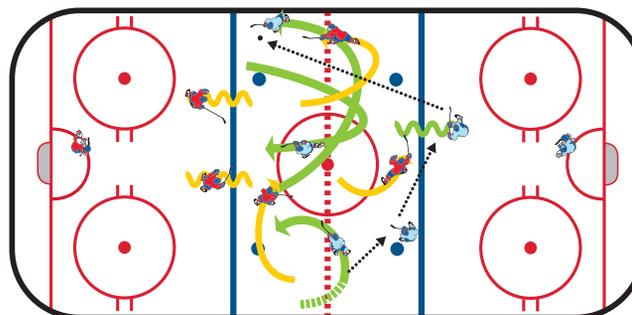
O carries puck behind net and passes to X. X passes to Y, Y passes to Z, Z skates around tire and attacks net avoiding other players and shoots to score. After each pass, sprint to the spot where you just made your pass. O becomes X, X becomes Y, Y becomes Z, Z sprints back to line after scoring/rebound chance. Encourage players to make good passes and get to the next spot with urgency.



## GAME

**Full-Ice Scrimmage** (12 minutes)

Play full-ice scrimmage. Remind players to execute the skills that were reinforced with previous drills. Compete for pucks, use puck protection skills and creativity to create offense. Be creative (coach) – use 4 nets and 4 goalies, play 6v5, etc.



# 12U Practice Plan 2

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skating, passing and receiving, puck skills, body contact, competition, fun

**Equipment Required:** Cones, tires, borders, ringette rings, nets (3)

## WARMUP

### Free Play

(5 minutes)

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

## STATIONS

### Station 1: Skating Fundamentals/Sprints

(9 minutes)

Power skating drills to work on stride technique and mechanics. Drills should incorporate fun into teaching. Work on the following:

- Balance and agility
- C cuts/edges
- Stride length and recovery
- Explosive starts

### Station 2: Puck Skills

(9 minutes)

Coach gives the player a pass who catches it and shoots without stickhandling. Once the player catches and shoots and looks for an immediate rebound, the player picks up a puck in the corner and stickhandles through the tires with a 360 on the last one. After coming out of the 360, pass to player O. O passes to coach and goes back into line. X who made the pass to O then becomes O. Be sure to switch sides so that players catch pucks from both sides of their bodies.

### Station 3: Ringette Keep-Away

(9 minutes)

Players play keep-away with rings in odd-numbered situations. You can play 1v1, 2v1, 2v2, etc. Work on stick strength and a strong bottom hand. Use deception and exaggerated movements when in possession of the ring. Encourage them to stay in a tight area so body contact occurs.

### Station 4: Small-Area Game Always 2v1

(9 minutes)

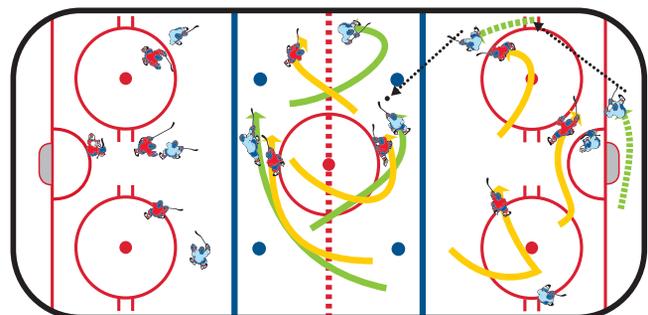
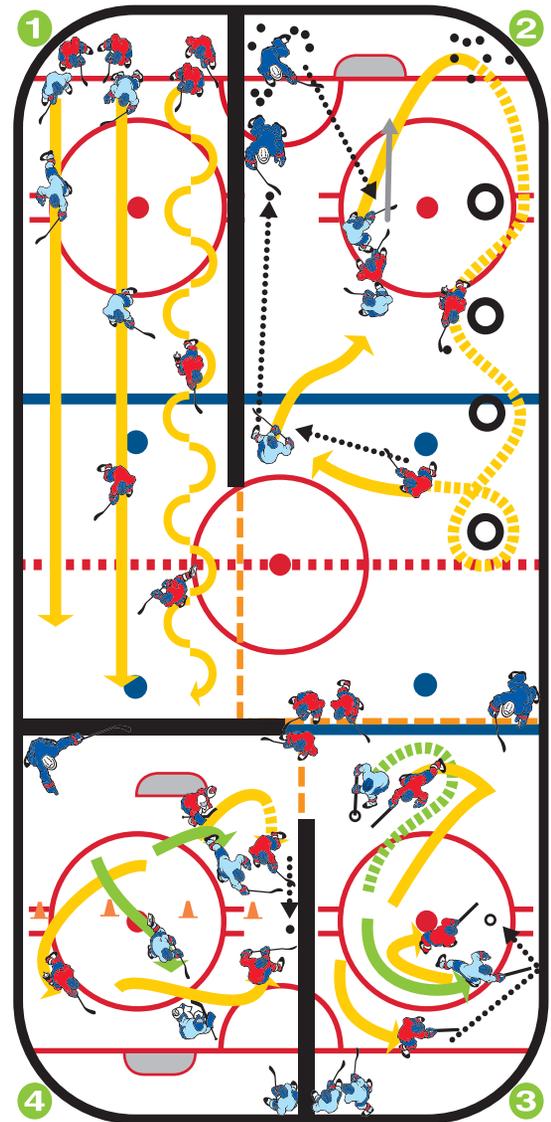
Players play a small-area game that is always a 2v2 game with the parameter that, when they are on offense, it is always a 2v1. One player from each team is designated to always stay on the offensive side of the midline. When in possession on offense, a 2v1 should always be the case. Have players work on odd-man situations. On the defensive side, have the player who is not allowed back into the defensive zone always ready to get open for a clearing pass. Body contact is allowed and encouraged in tight areas.

## GAME

### Full-Ice Scrimmage

(12 minutes)

Teams are split into 3 zones by color. The black team (B) is attacking one direction while the white team (W) is attacking the other direction. The goal is for the teams to advance the puck, zone by zone, to their teammates and then for the group in the offensive zone to score. Only players in the offensive zone are allowed to score. The players in the neutral zone and defensive zone must maintain possession of the puck until they can pass to a player in the offensive zone. Encourage communicating and calling for pucks. Discourage dumping pucks out and in and just getting rid of it. Players will rotate zones every couple of minutes so they play in each zone.



# 12U Practice Plan 3

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** ABCs, athleticism, stickhandling, passing, competition

**Equipment Required:** Cones, tires, borders, nets (3), marker

## WARMUP

### Free Time

(5 minutes)

Encourage players to imitate moves of their favorite players.

## STATIONS

### Station 1: Stickhandling – 2 Parts

(9 minutes)

1. Chaos Stickhandling – have half of the players go at a time and stickhandle any way they choose between the obstacles on the ice. Encourage them to be creative. Have them go in 20-second intervals. 20 on/20 off.
2. Ducks on the Pond – clear the obstacles and throw out fewer pucks than there are players. For example, if you start with 8 players, use 6 pucks. Play keep-away for 20-30 seconds and blow whistle. Keep progressing using fewer and fewer pucks.

### Station 2: Passing/Shooting

(9 minutes)

X passes to Y, Y passes to Z, Z passes to M, M shoots. After each pass, sprint to the spot where you just made your pass. X becomes Y, Y becomes Z, Z becomes M, M sprints back to line. Focus on making each pass a good one.

### Station 3: Dodgeball

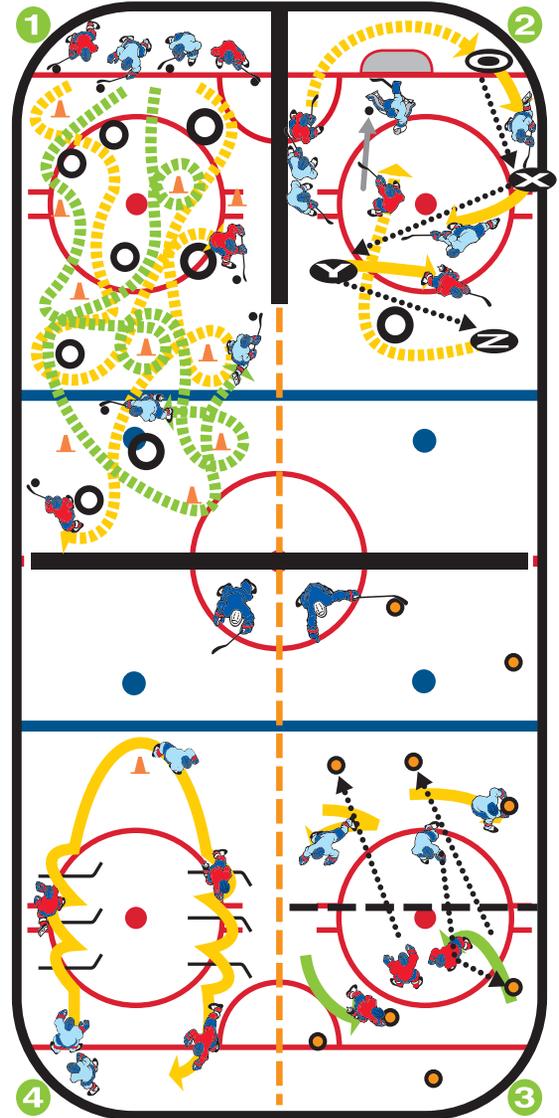
(9 minutes)

Players play dodgeball in an area cordoned off with borders. Draw a line down the middle so they know where they can't cross. Rules of dodgeball apply. Works on athleticism, balance, agility, coordination, and edge control.

### Station 4: Agility Skating (No Sticks)

(9 minutes)

- Run over sticks x2
- 2-legged hop over sticks x2
- Lift left leg, hop on right leg over sticks x1
- Lift right leg, hop on left leg over sticks x1
- Swizzle through sticks

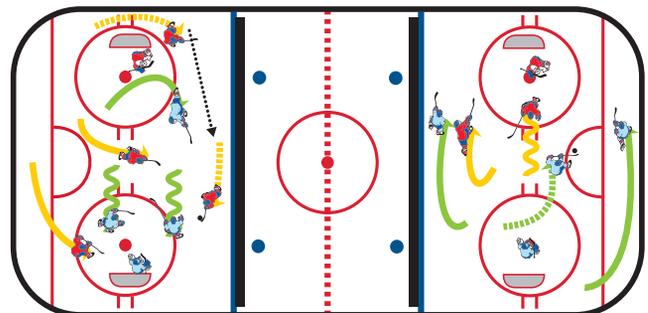


## GAME

### Odd-Man Games

(12 minutes)

Play cross-ice with many different number structures. Play games at two ends and have free play in the middle for those that aren't playing. The rotation should go as follows: playing the game to free play to being in line. Have shifts of 3v2, 4v2, 4v3, 5v3, etc.



# 12U Practice Plan 4

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Basic skating skills, puck control with deception, competition, fun

**Equipment Required:** Cones, tires, dividers, ringette rings, extra sticks, nets (4-6)

## WARMUP

### Free Play

(5 minutes)

Players are free to do whatever they want.

### Passing and 1v1

(8 minutes)

Players pair up with one puck per pair. On the whistle, play 1v1 keep-away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15 feet apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

## STATIONS

### Station 1: Puck Control – Deception

(10 minutes)

Use rings and pucks – controlled, exaggerated movements.

- Using rings make wide exaggerated moves to forehand and backhand. Emphasis on knee bend and loading legs.
- Exaggerated moves using pucks
- Exaggerated moves sliding under stick
- 1v1 shuttle, attack triangle, against passive players

### Station 2: Stops, Starts, Transition Skating

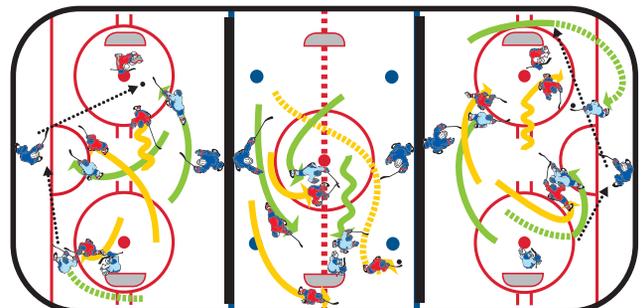
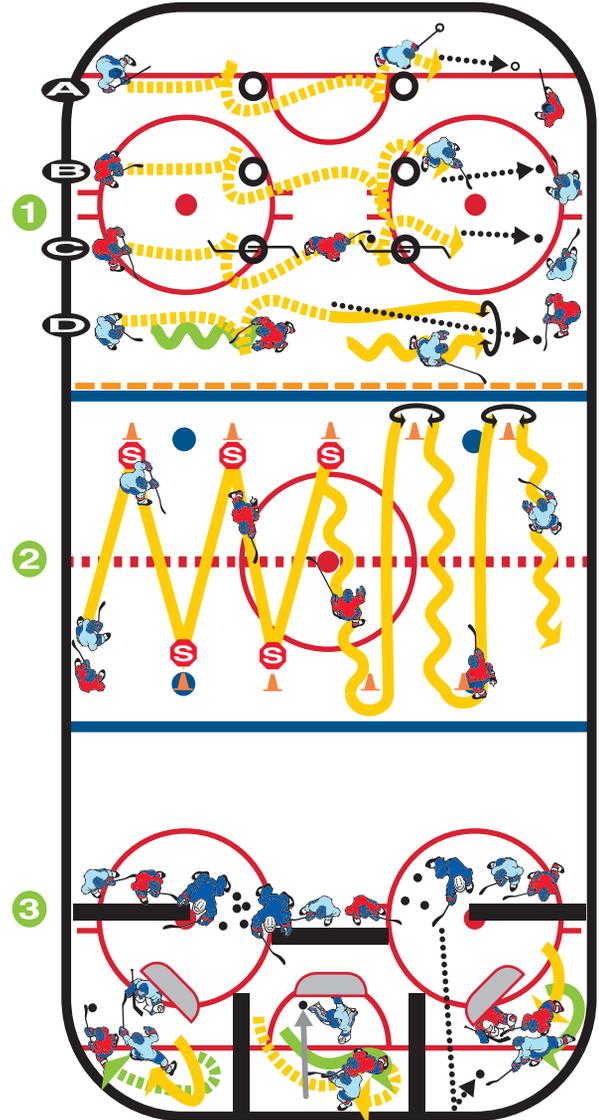
(10 minutes)

Skating skills technique, stop and start at each cone (head and chest up). Progress from forward to backward pivots. Add agility at the red line (drop to knees and up) and then add pucks.

### Station 3: 1v1 Competitions

(10 minutes)

Players compete 1v1 for 30-second shifts. Coaches add additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1. (Use a tire as a goal if not enough goalies or nets).



## GAMES

### 3v3 with Outlets

(15 minutes)

Play 3v3 cross-ice for 40-second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Use tires for goals if not enough goalies or goalies.

# 12U Practice Plan 5

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Basic skating skills, puck control with deception, competition, fun

**Equipment Required:** Cones, tires, dividers, ringette rings, extra sticks, nets (4-6)

## WARMUP

### Free Play

(5 minutes)

Players are free to do whatever they want.

### Passing and 1v1

(8 minutes)

Players pair up with one puck per pair. On the whistle, play 1v1 keep-away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15 feet apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

## STATIONS

### Station 1: Skating

(10 minutes)

Work on all facets of skating...edges, agility, balance, coordination, transition, backward, etc. Mix in some short burst sprints as well. Halfway through the time of the station, add pucks into the mix. Be creative and make it fun.

### Station 2: Agility, Stickhandling, Passing, Receiving and Shooting

(10 minutes)

X starts out by jumping over the border and picking up a puck behind it. X skates through the tires and makes a pass to the coach who passes it right back. X catches the pass and goes between the next two tires where X passes to the next coach for another give-and-go. X then goes through the last set of tires and passes to O in the corner (who was the last player to go) who gives it back. X collects the pass and attempts to score.

### Station 3: 3v3 with Outlets

(10 minutes)

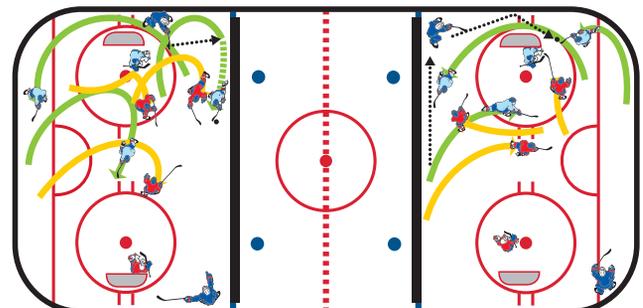
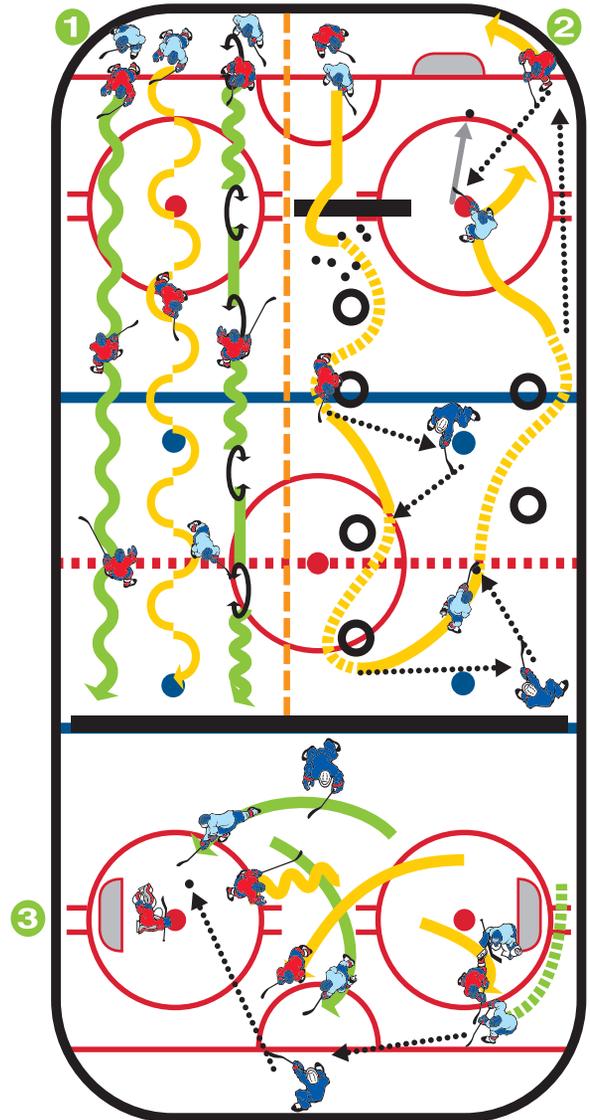
Play 3v3 cross-ice for 40-second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Emphasize players moving to get open and teach transition. Allow the players to use the coaches as often as they want to replicate a power play.

## GAMES

### 3v3 Regroup

(15 minutes)

3v3 game where, in order to go on offense, you must regroup with a coach behind the net you are defending. At least two players must come below the goal line to get a pass from the coach. Works on passing, receiving, skating, competing, team play, puck support and hockey sense.



# 12U Practice Plan 6

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skills, skating, ABCs, competition, fun

**Equipment Required:** Cones, tires, borders, soccer balls, nets (4)

## WARMUP

### Free Play

(5 minutes)

Players are free to do whatever they want.

### Edge Control Around Sticks

(8 minutes)

Split into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as an obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two-foot side jumps over stick
- One-foot side jumps over stick L/R

## STATIONS

### Station 1: Stick Skills

(10 minutes)

X skates on the inside of the cones and makes two indirect passes to himself/herself then skates behind the net and performs a give-and-go with the coach. X then skates around the two outside cones, slaloms down the middle cones and shoots to score. Switch sides each time.

### Station 2: Passing/Timing

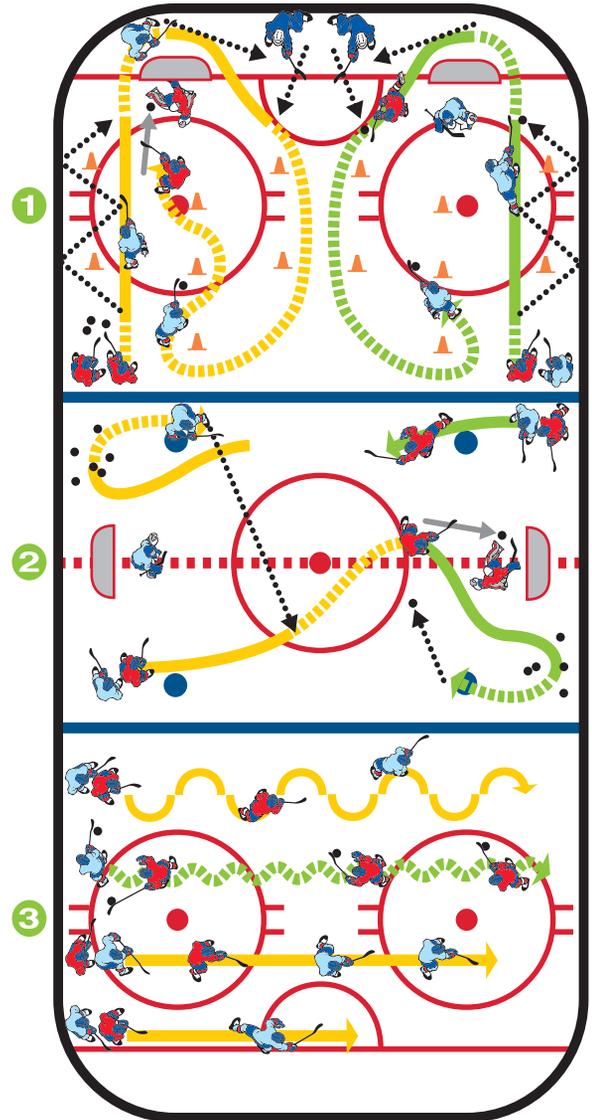
(10 minutes)

X breaks as O retrieves a puck after shooting on net. O passes to X who goes down and shoots to score. After X shoots, X curls and picks up a puck to restart the timing and activates the next player. Players need to keep their eyes up to maintain the same timing on both sides of the ice. Tell them not to hurry but to make sure they execute the drill. Timing is a skill as well.

### Station 3: Skating

(10 minutes)

Players work on skating fundamentals and technique. Enforce edge control and move into forward stride with good technique and recovery. Add pucks as well. Be creative to make it fun and competitive. Mix in some short burst races or toss-and-catch drills.



## GAMES

### Game 1: Gretzky Game

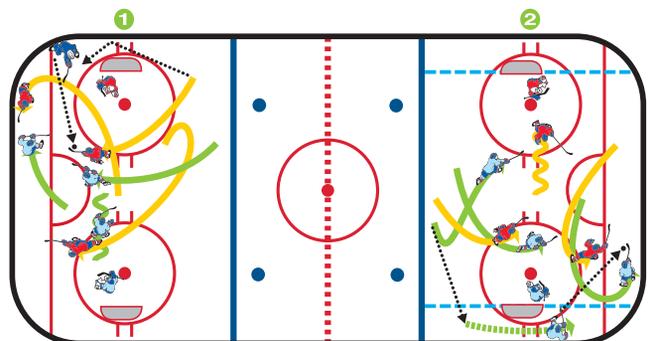
(10 minutes)

Players must pass to a teammate behind their attacking net before attempting to score. The player behind the net (Gretzky) can move laterally behind the net but must not cross the goal line. Emphasize moving to get open.

### Game 2: Regroup/Breakout Game

(10 minutes)

Players must regroup/breakout with the coach behind the net they are defending before they can go on offense.



# 12U Practice Plan 7

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skills, skating, ABCs, competition, fun

**Equipment Required:** Cones, tires, borders, soccer balls, nets (5)

## WARMUP

### Free Play

(5 minutes)

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

### Edge Control Around Sticks

(8 minutes)

Split into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two-foot side jumps over stick
- One-foot side jumps over stick L/R

## STATIONS

### Station 1: Pass and Chase Tag

(8 minutes)

Player X passes to player O who must skate around the tires and attempts to evade player X who then chases him/her. Player O then passes to player Y and the rotation continues. Each player is finished after he/she receives a pass, goes around the tires and then gives a pass and becomes the chaser.

### Station 2: Stretch Pass Short Version

(8 minutes)

Play O breaks as Player X retrieves puck. X passes to O, who shoots on goal and then picks up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

### Station 3: Attack Under Pressure

(8 minutes)

Player O begins with a puck five feet in front of player X. On the coach's signal, Player X chases player O around the tires and attempts to stop player O before he/she can score. Vary the start distances so that player O is forced to skate at top speed.

### Station 4: 1v1 with Low Outlet

(8 minutes)

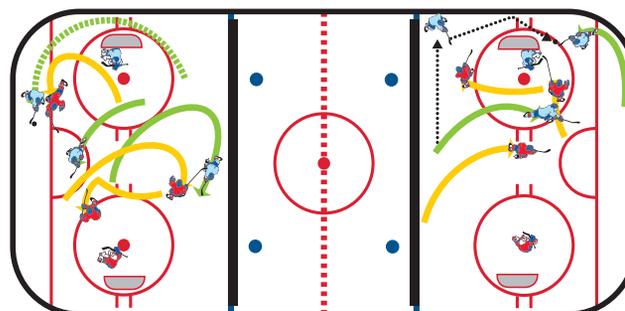
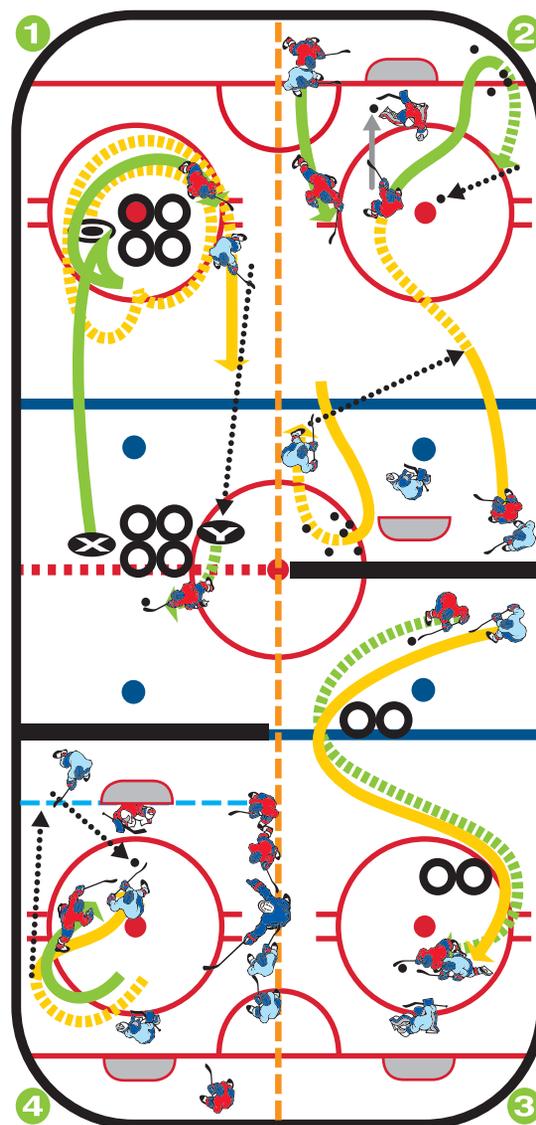
Play 1v1 in a small area. Outlet players are below the goal lines and can't score. They can only pass. Players in the middle must make a pass to their outlet before they can score. Play 40-second shifts.

## GAME

### 3v3 Breakout Game

(13 minutes)

Play 3v3 cross-ice for 40-second shifts. Upon each change of possession, a team must either carry the puck or pass the puck behind their own net before they can attack.



# 12U Practice Plan 8

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skills, skating, ABCs, competition, fun

**Equipment Required:** Cones, tires, borders, soccer balls, nets (4)

## WARMUP

### Free Play

(5 minutes)

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

### Skating/Stickhandling

(10 minutes)

1. Players skate around the rink handling a puck while the coach yells out different agility drills to perform (examples: drop to knees, Russian walk, pull puck through legs, jumps, etc.).
2. Players skate around the rink with puck and on whistle enter the nearest circle and stickhandle in traffic within that circle. Next whistle, exit the circle, continue the rotation. Go each direction.
3. Ducks on the Pond: Split players into two ends. Have roughly the amount of pucks in an end as there are players. Players play keep-away from each other. Example: If there are 10 players, start with 6 pucks, then go to 5, 4, 3, etc.

## STATIONS

### Station 1: Keep-Away

(8 minutes)

2v2 game with the support of a coach (makes it 3v2) where players play keep-away. Emphasize moving without the puck, covering your opponent, and communication. Explain odd-man situations offensively and defensively.

### Station 2: Pass and Backcheck

(8 minutes)

X passes to Y who catches pass and skates to tire. After reaching the tire, Y can cut to the net or shoot. X must backcheck Y to make Y skate hard with the puck. X should aim for the tire to create a good angle. If X beats Y, use proper angle and body contact to separate puck.

### Station 3: Handball

(8 minutes)

Play 3v3 with a soccer ball and no sticks. Players must use their hands to throw and catch the ball. No goalies. Goalies play as regular players here. Must make 3 passes before you can shoot on net. Emphasize puck support and short passes.

## GAMES

### Game 1: 2v2 with Point

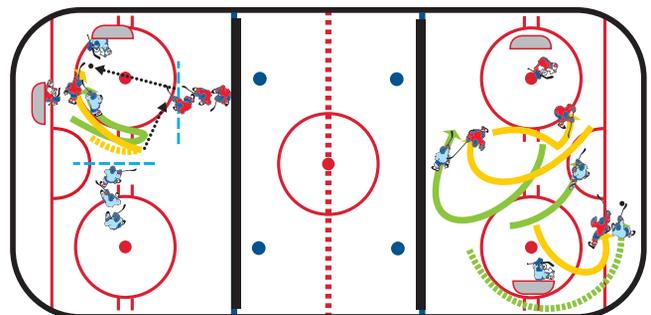
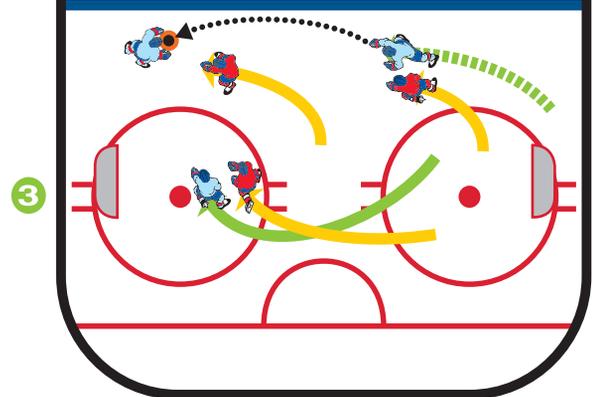
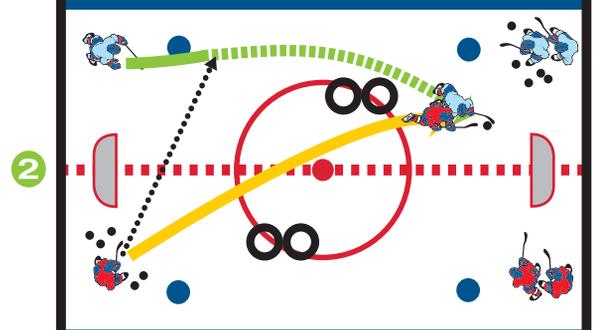
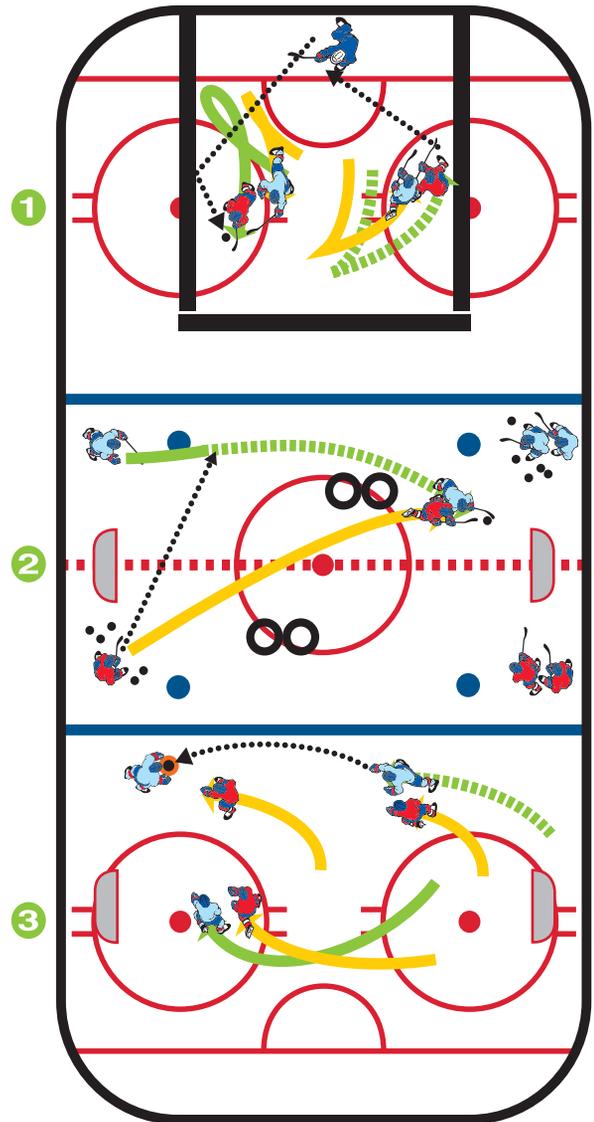
(10 minutes)

2v2 game in a tight area where the players must pass back to their point man before they can go on offense. Points can pass or shoot when they receive puck. Works on hockey sense, stickhandling, puck support, skating, loose puck battles, competing, and team play.

### Game 2: 3v3 Breakout Game

(10 minutes)

Play 3v3 cross-ice for 40-second shifts. Upon each change of possession, a team must either carry the puck or pass the puck behind their own net before they can attack.



# 12U Practice Plan 9

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skating, puck protection, scoring 1v1 play, body contact

**Equipment Required:** Cones, tires, borders, soccer balls, nets (4)

## WARMUP

### Free Play

(6 minutes)

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

### Skating Crossovers

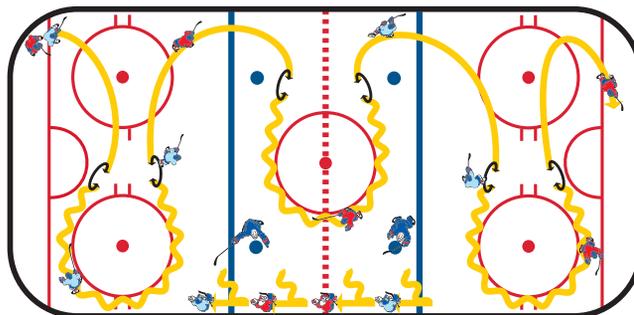
(7 minutes)

Skate forward and backward crossovers pivoting each time they cross center ice. No gliding on turns. Focus on keeping the feet moving and acceleration through turns.

### Skating Agility/Puck Control

(7 minutes)

Board pass to self and jump the dividers, players finish with a shot on goal. 2-on-0 passing back down the middle.



## STATIONS

### Station 1A: 1v1 Angle Through Dot

(4 minutes)

Player X begins skating through the face-off dot. Once over the dot, player O begins skating down the wall and tries to attack the net. Players O and X play 1v1 until the whistle, at which time player O becomes the new X and starts the next sequence by skating through the face-off dot. Switch side halfway through.

### Station 1B: 1v1 Defend The House

(4 minutes)

The defensive player X begins on the face-off dot. Throughout the drill player X must stay inside the face-off circle. The offensive player O must attack the grade A scoring area by moving inside the face-off circle. Player O can only shoot from inside the circle.

### Station 2: 1v1 F and D

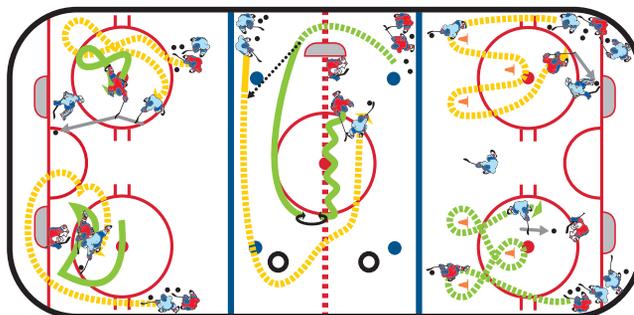
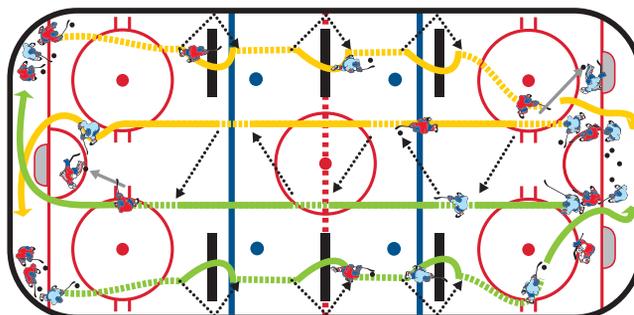
(8 minutes)

Player X carries puck around net and makes a breakout pass to player O. Player O carries the puck around the tire and attacks against player X who has gapped up. Play the 1v1 and then start the drill from the opposite side.

### Station 3: Puck Control

(8 minutes)

Players carry the puck through the course and finish with a shot on goal. Begin with tight turns at each cone, then progress to 360-degree turns around each cone. If no goalie, place one of the dividers in front of the goal to force a shot over it in order to score.



## GAMES

### Game 1: Quick Score

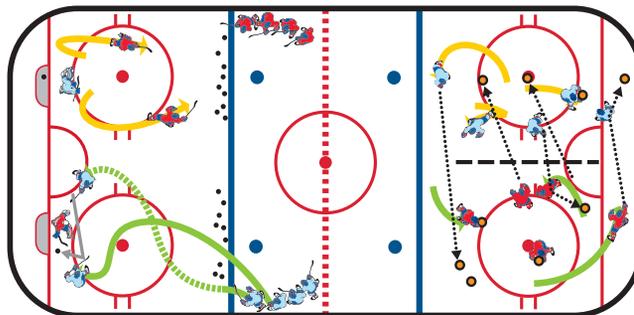
(8 minutes)

Teams line up along the boards at each blue line. Ten pucks are placed on the blue line for each team. Players attack the net 2v0 and go until they score. Once they score, they sprint out of the zone over the blue line at which point the next 2v0 begins. Teams play until all 10 pucks are scored. The first team to score all 10 of their pucks wins.

### Game 2: Dodgeball

(8 minutes)

Play dodgeball in an area cordoned off with borders. Draw a line down the middle so they know where they can't cross. Rules of dodgeball apply. Works on athleticism, balance, agility, coordination and edge control.



# 12U Practice Plan 10

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skating, puck protection, scoring, 1v1 play, body contact, fun

**Equipment Required:** Cones, tires, borders, soccer balls, nets (5), ringette rings

## WARMUP

### Free Play

(5 minutes)

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

### Stops-and-Starts

(7 minutes)

Work on stops and starts facing both ways. Work on exploding starts out of the stops. See how much snow they can spray on the boards. Do without and then with pucks.

### Agility and Passing

(7 minutes)

Skate up the wall and pass to the coach before jumping the border. After jumping, the coach will give you a pass back. Shoot on the net. Come back up the middle touching your knees at each line while carrying a puck.

## STATIONS

### Station 1: 1v1 Tight Area Game

(8 minutes)

Players compete 1v1 in a tight area. Whomever has the puck is on offense but they must pass to the coach before they can shoot. The coach can move laterally behind the net so the players must have their heads up to see where they are passing. Encourage body contact, defending, getting open by moving the feet and scoring. Have players switch sides so they are going against different players and attacking at a different angle.

### Station 2: 2v1 F and D

(8 minutes)

Player X carries puck around net and makes a breakout pass to player O. Player O carries the puck around the tire and passes to player Y. Y and O skate around the tires and attack X 2v1 who has gapped up. Have players start at all three spots. Works on team play, odd-man rushes, passing, scoring, defending.

### Station 3: Three Shot Unjam

(8 minutes)

X starts with a puck and takes a wrist shot. X then skates to the net and gets a pass from the coach for a second shot. After the second shot, X touches the post and backs out into the high slot for another pass from the coach. X catches the pass and takes a third shot. Works on receiving, shooting, agility, scoring and hockey sense.

## GAMES

### Game 1: 3v3 with Rover

(10 minutes)

Play 3v3 with a rover. The rover is always on offense. Whichever team has the puck, the rover plays with them. On any transition, the rover switches to the other team always creating a 4v3 opportunity. Works on transition, puck possession, power play/penalty kill, communication and team play.

### Game 2: Passing Gate Game

(10 minutes)

Possession/passing game where you score points by passing the puck through the gates to your teammates. Works on puck support, puck possession and protection.

