



12U Advanced: 2 – Team Practice
Practice Theme: Puck possession
Equipment: 4 nets, 8 divider pads

Number of Players: 30 skaters & 4 goalies

Time: 60 minutes

3v3 All Touch (10/10)

Game starts with players along the boards in various positions, on knees, stomach, etc. Coach spots a puck into the middle of the zone and signals the players to start. The goal is to gain puck possession for your team and have each team member touch the puck before passing to the extra coach to win the point. Play until a point is gained or 40 seconds, whichever comes first.

3 Station Rotation @ 10 min (30/40)

A) 2v1 Pressure keep-away – Create a confined area for players to play 2v1 keep-away. The defender must pressure the puck as opposed to sitting back. The goal is for the two players to maintain possession and while being pressured by the defender. Play for 30 seconds and then switch players.

B) Cross Fire – Split into 2 teams of 4 players. Game starts with 2v2 in the middle of the square. Teams score points by completing passes from one side to another. 1 point for 1-player pass. 2 points for 2-player pass. Force players on the outside of the square to move laterally to create passing lanes. Puck must travel from the outside of the box to a middle player then to the opposite side.

C) Overspeed Agility Shooting – O1 skates backward to dot and gets pass from O2. O1 transitions to forward & passes back to O2. O1 skates to NZ dot, pivoting to backward. O1 gets pass from O2, transitions to forward passing to O3 with return pass and shot.

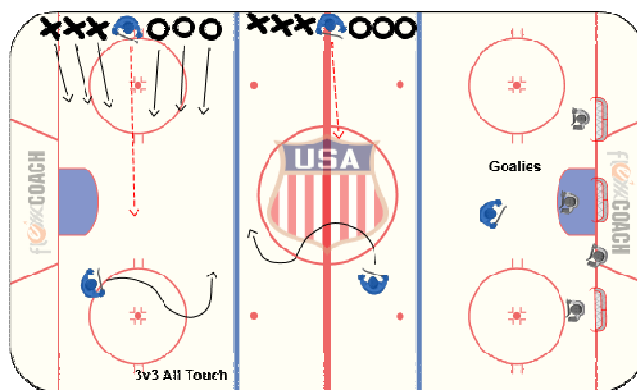
All to be done at top speed! Don't slow down to wait for passes. After shot, 1 becomes 3. Coaches keep them moving at top speed. Part 2 is done skating forward and jumping over the divider pad for a return pass and shot. The return pass should require the player to make adjustments.

3v2 Possession Game (10/50)

Start with a 2v2 loose puck battle. The teams that gains possession is allowed to have a 3rd player jump into the action. On change of possession, the extra player must exit the play and the new puck-possessing team gets to have their 3rd player jump in. When under pressure, your team has an extra player so protect the puck and make a play!

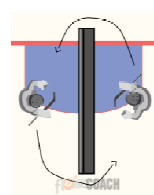
4v4 Possession Game (10/60)

Play 4v4 between the top of the circles. On change of possession, the team without the puck must tag up on the red line before they can forecheck. The possessing team must move the puck behind its net before it can attack, 3 of the 4 attacking players must also support below their teams goal line. On the whistle to change, the player that has the puck stays on the ice (cannot attack the net) and possesses the puck until he can make a pass to one of the new oncoming teammates. The opponent closest to the puck carrier is also allowed to stay on to pressure the puck until a play is made, then changes.



Goalie Movement Drill: Border Tag

- A. No stick, start standing
- B. Start from back or stomach
- C. Carrying a puck, both must keep the puck.



Goalie Fundamental Save: Blocker

- A. Start from a butterfly. X6
- B. Standing butterfly saves. X6
- C. Push from 'C' depth to 'B' depth and react.

