



12U Advanced: 3 – Team Practice **Number of Players:** 45+ skaters & 6 goalies
Practice Theme: Individual skills & small area confrontations
Equipment: 10 divider pads, 5 nets **Time:** 80 minutes

Warm-Up – Stick-on-Puck Figure 8 (5/5)

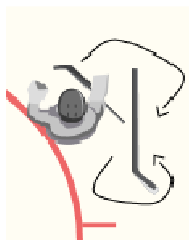
Players pair up along boards with one player protecting puck in a figure 8 pattern, protecting puck toward the boards and away from the opponent, while opponent practices stick-on-stick positioning.

Goalie Movement Drill: Inside Edge Figure 8 Skating

- A. Forward X3
- B. Backward X3
- C. Forward with lateral bound to a shuffle X3

Goalie Fundamental Save: Pad Save

- A. Start in butterfly. X3 per side.
- B. Start from standing. X3 per side
- C. Long lateral shuffle to reaction save X5.



1st Rotation 6 Stations @ 7 min (42/47)

Station 1: 1v1 Point Shot/Net Front Play – Coach spots puck for 1v1 battle. On possession, player must pass to teammate at point & gain position for pass, tip or rebound. Pit players cannot cover point. 30-sec shifts.

Station 2: Figure 8 Passing – Players are in groups of 3 as figure 8 diagrammed. X1 passes to O who passes back to X1 and skates fig.8 pattern as shown. X1 passes to X2 who passes to O, repeat and continuous. 15 sec., then interchange players. 1) **Players 15 feet apart – catch & pass.** 2) **Players 15 feet apart-one touch**

Station 3: 1v1 Keep-Away – Play 1v1 keep-away for 30-second intervals. Have players stay in a confined space. Partner pass during rest intervals.

Station 4: Bad Pass 1v0 – 2 players stand facing each other 10 feet apart. P1 passes puck to the backhand side of P2, P2 receives pass, transfers puck across body to forehand, makes forehand pass to the backhand side of P1. P1 catches and repeats pass to P2 who receives, transfers puck to forehand and attacks the net on breakaway. Last 3 minutes, have P2 chase P1 on breakaway. Players alternate lines.

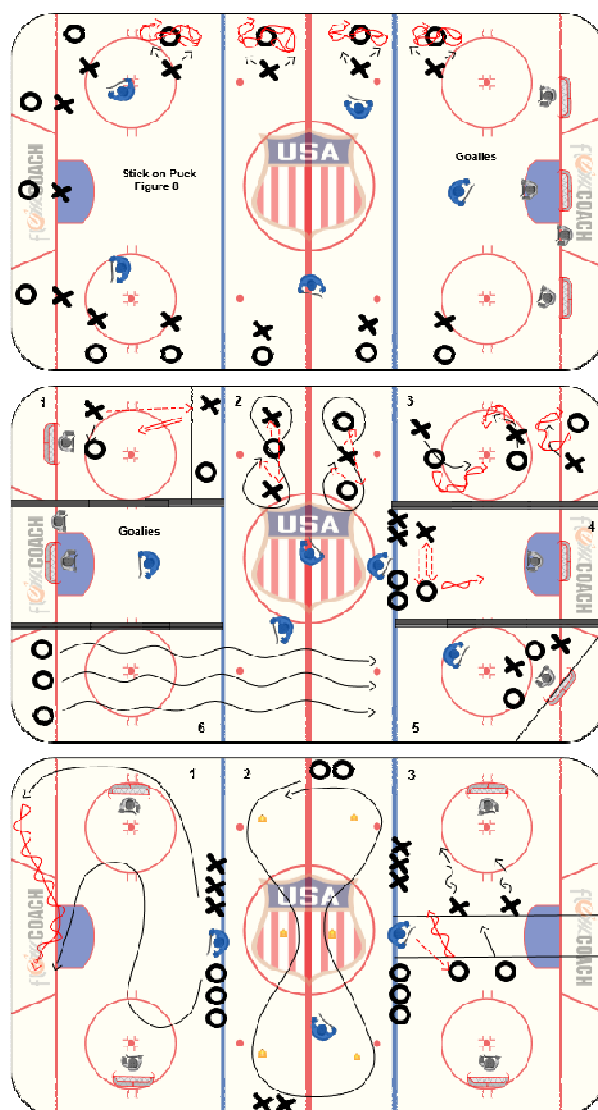
Station 5: 2v2 Goal Line Game – Draw a line as diagrammed. Players start 2v2 in pit, coach spots puck & players battle for possession. On every turnover, the attacking team must take puck below the goal line to attack. 4 roles of hockey apply to every situation.

Station 6: Under-Speed Skating – Focus is on under-speed skating technique with an emphasis on edge control, agility, balance and coordination.

Goalies –

Goalies rotate through stations 1, 4, 5, 6 & GS.

2nd Rotation 3 Stations w/ players grouped by team – Coaches rotate with their teams (36/80)



Station 1: Angling/Drive Drill – Coach spots puck in either corner or on net for goalie to set it up behind the net. O picks up puck and wheels the net driving wide to attack. X must tag up with skates touching inside circle and then angle stick-on-stick, body-on-body establishing middle ice position & denying opponent a lane to the net. Alternate sides, players should alternate lines.

Station 2: Over-speed Skating – Players in 2 lines follow pattern at top speed. Each drill is done for 2 reps without pucks, then two reps with pucks. (1-forward, 2- backward, 3-forward/backward transition then backward/forward transition at each cone.)

Station 3: 2v2 Defend to Score – Players compete 3v3...30-second shifts. Hold players accountable for quick transitional concepts both from offense to defense and defense to offense.