



## Practice plan

SKILLS & GAMES

WINTERLAND

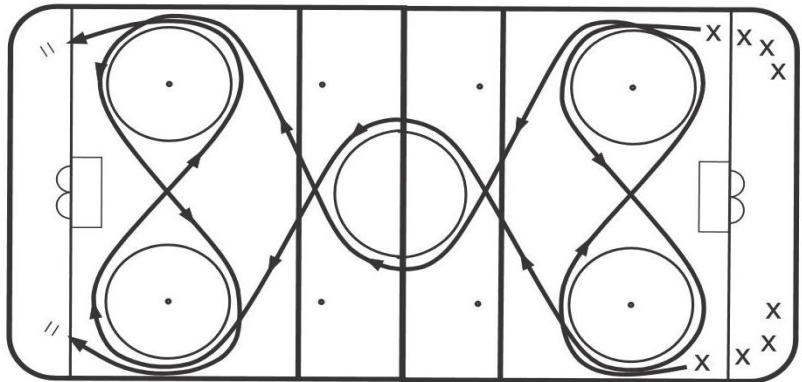
Week 6

SquirtPLUS  
PeeweePLUS



### Drill #1 – Skate Circles

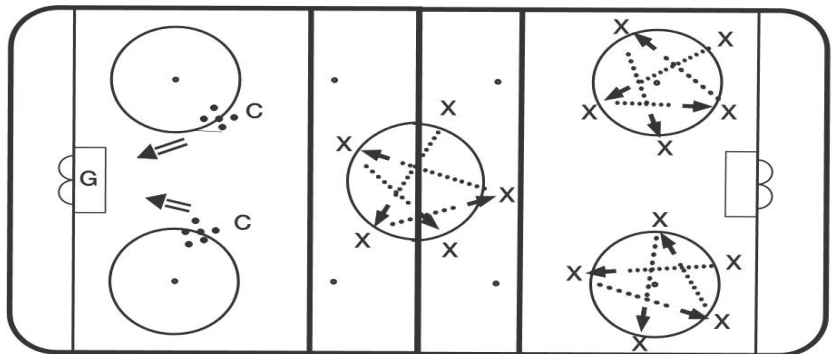
- Players start in corners at one end.
- On coach's whistle, first players in each line start and skate.
- Do drill with and without pucks, forward and backward



**Notes/Comments:** Skate circles, head up, move feet, full crossovers.

### Drill #2 – Circle passing

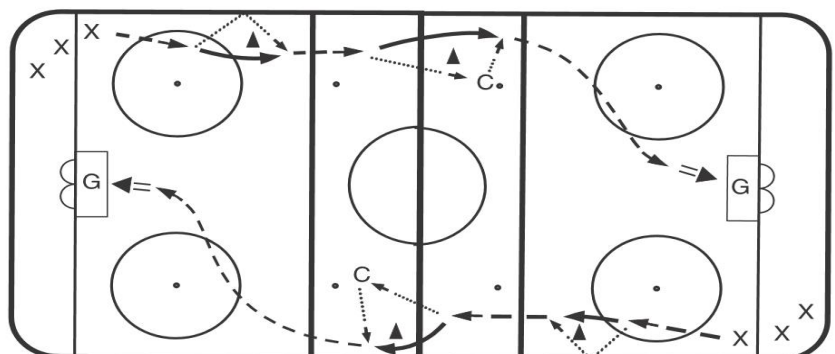
- Players pass within circles.
  - receive and pass
  - receive forehand, pass backhand
  - receive backhand, pass forehand
  - one touch passing
- Coaches work goaltenders side to side.



**Notes/Comments:** Stress good hockey position; don't slap the puck; concentrate on hitting the target

### Drill #3 – Double Pass with shot

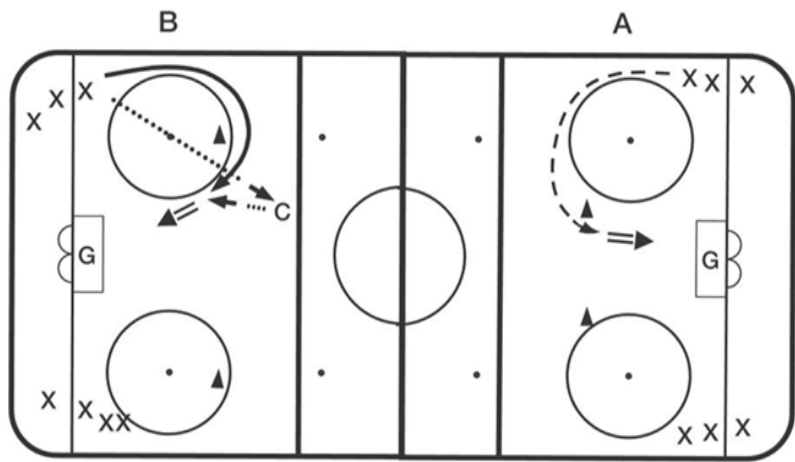
- Players skate and pass off boards (around cone) to themselves.
- After receiving puck, player continues skating, passes to coach and breaks around cone.
- Coach gives player a return pass and player shoots on goal and gets rebound.



**Notes/Comments:** Full speed and break to open space

## Drill #4 — Out of Corners Shooting

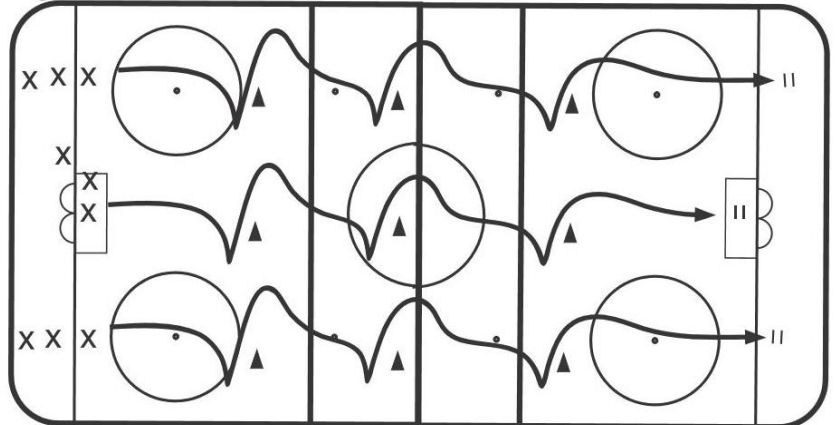
- A - players skate with pucks around circle, crossing over. When player reaches cone, he takes a shot and continues for a rebound. Player must shoot backhand if on backhand side.
- B - player passes to coach then skates around circle. Coach gives player a return pass. Player skates and shoots on goaltender.



**Notes/Comments:** Keep feet moving; look at target while skating around circle

## Drill #5 — Moving Stickhandling

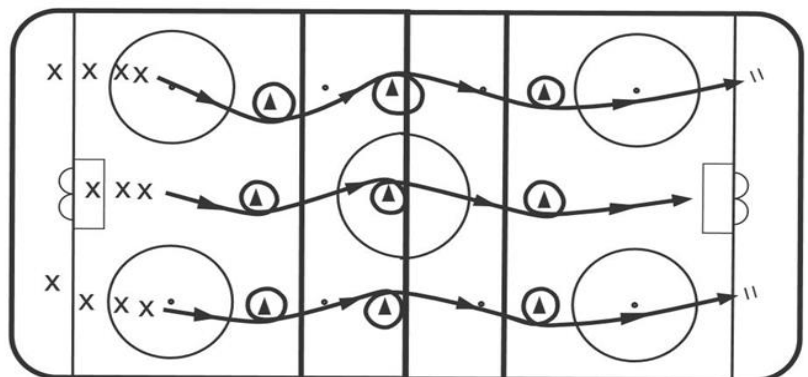
- Players start in three lines. When first players approach blue line, next players in line go.
- Player skates to cone, fake to one side, pull puck wide across and accelerate to next cone.
- Goaltenders continue to work on angles.
- Use pucks.
  - wide to backhand
  - toe in puck around cone
  - put puck in skates, kick up to stick, around cone either way



**Notes/Comments:** Moving stickhandling; head up; wide movement; accelerate between cones

## Drill #6 — Power Circles

- Players start in three lines, first player in each line goes at same time.
- Next player starts when first player hits near blue line.
- Player skates forward, making a tight control turn around each cone, accelerating out of turn to next cone.
- \* Do drill with and without pucks, forward and backward.



**Notes/Comments:** Power circles around cones, keep low with knee bent and accelerate to the next cone.