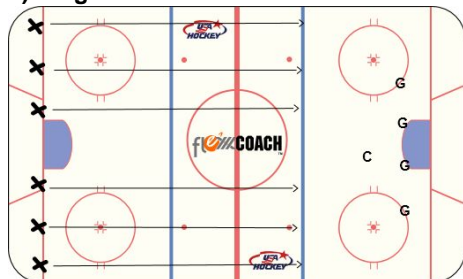


1) Edge Control



DRILL OBJECTIVE: Have players divide in 6 lines.

10 min.

KEY ELEMENTS:

ORGANIZATION: Edge Control

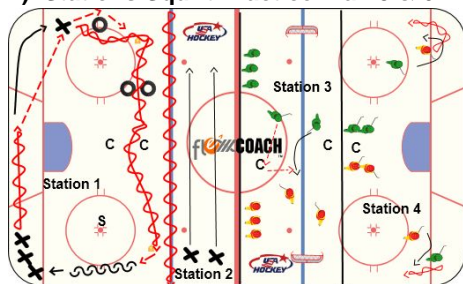
- Inside Edges Forward (2x)
- Outside Edges Forward w/out crossovers (2x)
- Inside Edges Backward
- Outside Edges Backwards w/crossovers (2x)
- Single leg inside/outside edge forwards L/R
- Single leg inside/outside edge backwards L/R
- Two foot power jumps (2x)
- 1 footed hops L/R

Goalies: Movement drills
Draw line for each goalie on ice.
Movement drill A.1-See page 2
Movement drill A.2-See page 2

VARIATION:

GOALIE:

2) Stations Squirt Practice Plan 5 & 6



DRILL OBJECTIVE: On whistle change station,

36 min.

KEY ELEMENTS:

ORGANIZATION: Station 1: Puck Control

x1 carries puck around the net and passes to x2. x1 takes x2's position. x2 receives pass and banks puck back to himself off wall around the tire. x2 then attacks coach (attack triangle), jumps the tires and pivots to backwards at far cone. Switch sides halfway through drill. Goalie instruction: goalies rotate with their groups. Station Drill 1-see Page 2

Station 2: ABC's

Drop to knees and up moving forwards, head and chest up. Drop to knees and up backwards. Single knee and up alternating knees moving forwards, High knee run on skates forwards; high knee run backwards; high knee run side to side. Repeat all with pucks.

Station 3: 2v2 with outlets

Play 2v2 cross ice. On change of possession, players must pass to coach before they can attach the net.

Station 4: 1v1 out of corner (Angling)

Player starts out of corner w/puck (from knees, on stomach, etc.). On whistle, player jumps up and attacks net with opposite player defending. Play until offensive goal, save or turnover.

VARIATION:

GOALIE:

3) Soccer with Puck



DRILL OBJECTIVE:

9 min.

KEY ELEMENTS:

ORGANIZATION: Play soccer 4 v 4 cross ice while each player carries a hockey puck. Players must have possession of their own puck at all times. This game helps players automate their puck handling skills as the soccer ball provides an outside object to focus on.

Goalies can have extra work with the coach in the neutral zone.

VARIATION:

GOALIE:

Post-Practice Comments:

Practice Theme/Goals: Basic skills, early season acclimation to ice
Equipment Required: Ice marker, tires, cones

Warmup: Free play- let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, ringette rings, etc.)

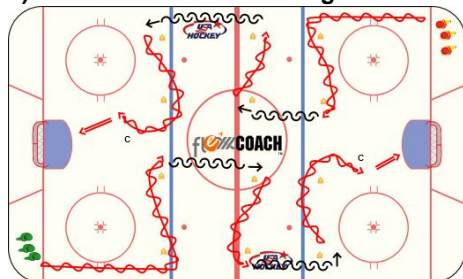
GOALIE:

GOALIE:

GOALIE:

Warm up: Free play- Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.)

1) Puck Control and Skating



DRILL OBJECTIVE:

KEY ELEMENTS:

8 min.

ORGANIZATION: Skate forwards and backwards with puck through the course, make a fake on the coach and finish with a shot on goal. When the first player gets around the first cone, send the next skater....keep 4-5 players on the course at a time so that the work/rest ration is 3/1 or 4/1.

VARIATION:

GOALIE:

2) 4 Stations Squirt 35 and 36



DRILL OBJECTIVE:

KEY ELEMENTS:

36 min.

ORGANIZATION: Station 1: 1v1 LRA- Player X gaps up, passes to player O, pivots backwards and players 1v1 line rush against. Player O must wait to receive puck before he can begin skating. Have player switch lines so they experience both situations. Switch sides/location so players get reps from both sides.

Station 2: ABC's loose puck races-Have players perform different agility, balance and coordination moves before competing for loose puck. Examples: Drop to knees and get up before jumping over a divider, etc. All races finish with a shot on goal.

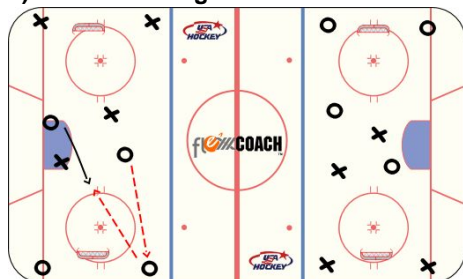
Station 3: Back Checking- Player X carries puck around the cone and passes before the blue line to player O who times movement so that he can collect the pass with speed. Player O then skates through the cones before attacking the net w/ player X chasing him down. This drill forces player O to attack under pressure and with speed.

Station 4: Small Space 1v1-Pair up with one Offensive player and one Defensive. Coach makes pass to one player who attacks net vs. partner.

VARIATION:

GOALIE:

3) 4 on 2 below goal



DRILL OBJECTIVE:

KEY ELEMENTS:

11 min.

ORGANIZATION: Play 2 v 2 cross ice with 2 additional stationary teammates below the opponents goal line. Players must pass to a teammate below the goal line before they can score.

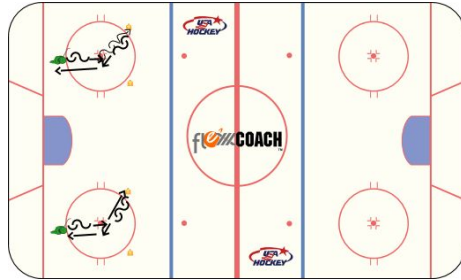
VARIATION:

GOALIE:

Post-Practice Comments:

Warm up: Free play- Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, etc.)

1) Y Pivot Drill



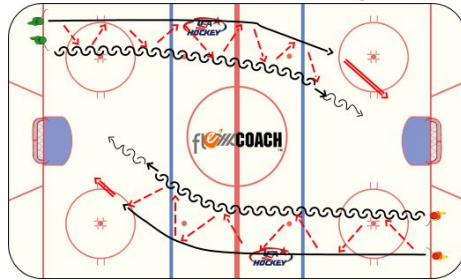
DRILL OBJECTIVE:
KEY ELEMENTS:

7 min.

ORGANIZATION: Divide up into 5 groups, one at each face off circle. Player starts at bottom of a circle and skates backward to the dot. At the dot, they pivot at a 45 degree angle and skate forward to the edge of the circle. At the edge of the circle they stop and transition backwards to the dot again. At the dot they pivot and skate to the bottom of the circle where they started. The player then repeats that on the other side of the circle. Teaching points-players always skate backwards into the circle, forwards to the edge of the circle. Emphasize using their sticks to lead them into the pivot direction. Discourage crossing over.

VARIATION:
GOALIE:

2) Forward/Backwards Passing



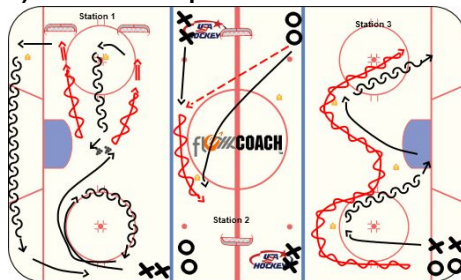
DRILL OBJECTIVE:
KEY ELEMENTS:

8 min.

ORGANIZATION: Pass the length of the ice with one player skating forwards and one player skating backwards. Finish off with a shot on goal.

VARIATION:
GOALIE:

3) 3 Stations Squirt 43 and 44



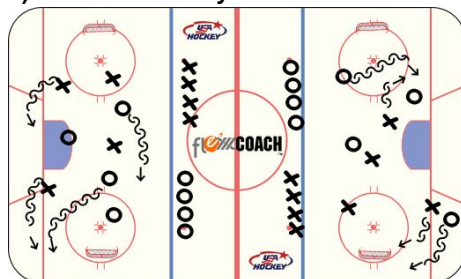
DRILL OBJECTIVE: On whistle change station,
KEY ELEMENTS:

27 min.

ORGANIZATION: Station 1: Skating Skills- Players skate forward and backwards through the course, picking up pucks and shooting on each net. If short goalies, place a divider in front of the goal. Focus on agility and pivoting forwards to backwards. Station 2: Back Pressure Shooting- Player O passes to player X who must stay wide until the cone. After passing to player X, player O chases down providing pressure from the back. Focus for player X is driving the net and backchecking for player O. Encourage body contact. Station 3: Defensive skating- Player O carries a puck around the cones while player X attempts to mirror the movements of player O. Focus on staying with the puck carrier, transition skating and maintaining defensive side body position.

VARIATION:
GOALIE:

4) Backwards Only



DRILL OBJECTIVE:
KEY ELEMENTS:

12 min.

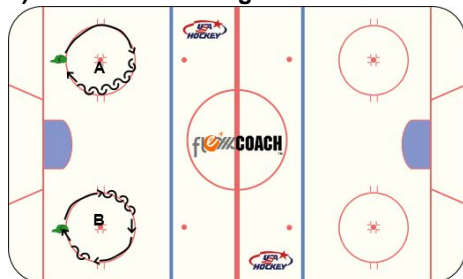
ORGANIZATION: Play 4 v 4 cross ice for 40 second shifts. The players can only skate backwards during the game. This forces them to keep their heads on a swivel as they must look to where they are skating. The game improves skating and puck control skills.

VARIATION:
GOALIE:

Post-Practice Comments:

Warm Up: Have the players identify their favorite NHL player. For 5 minutes have the players pretend they are that NHL player. They can do whatever they want that emulates their favorite player....be creative.

1) Transition Skating



DRILL OBJECTIVE:

KEY ELEMENTS:

8 min.

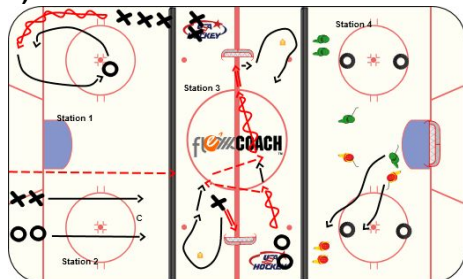
ORGANIZATION: Divide into 5 groups, one at each faceoff circle
A) 1/2 Forwards, 1/2 backwards- Player begins skating from the bottom of the circle crossing over to the top of the circle. At the top, player pivots to backwards skating back around the bottom where he transitions to skating forward again.

B) 1/4 Forwards, 1/4 backwards- Same concept as in A, but pivot from forwards to backwards and backwards to forwards at each 1/4 way around the circle.

VARIATION:

GOALIE:

2) 4 Stations 51 and 52



DRILL OBJECTIVE:

KEY ELEMENTS:

36 min.

ORGANIZATION: Station 1: Angling 1v1- Player O skates over the faceoff dot. As soon as he touches the dot, player X carries the puck down the wall and then attacks the net. Player O angles off player X. O and X compete until the coach blows the whistle. Player X then skates through the faceoff circle and then becomes next O player.

Station 2: ABC's short sprints- Have player sprint to coach starting from various positions (knees, etc.)

Station 3: After player X shoots, he skates around the cone and heads back towards original end. Player O begins with a puck and times his start with Player X. O passes to X and then gets an immediate return pass. O now shoots on goal and rounds cone for next player to go.

Station 4: Guard the Gate (Body Contact)- Play 2v2 or 3v3 depending on numbers. To score a player must carry the puck through the opponent's tires. Works on body contact, body and stick position, angling and driving the net.

VARIATION:

GOALIE:

3) Game: 3 on 2



DRILL OBJECTIVE:

KEY ELEMENTS:

15 min.

ORGANIZATION: 2 defensive players and 3 offensive players are on each side of the center line. Play 3 v 2 with all players staying on their side of the line. When the defensive players gain possession of the puck they pass it over the line to their offensive teammates. Rotate players through both offensive and defensive positions.

VARIATION:

GOALIE:

Post-Practice Comments:

Warm up: Pump, Pump Tag- Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several players to be taggers. Once a player is tagged they must stand still until a teammate skates a circle around them to free them. Can switch game to taggers all forwards, everyone else backwards. Once tagged the players join the taggers and skate forward.
