12-AND-UNDER

PEE WEE

Practice Plan Manual

A Publication Of The USA Hockey Coaching Education Program

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EASTON

Labatt Blue

Practice Plan Manual For

12-and-UNDER (Pee Wee)

Philosophy
Areas of Development
Practice Plans
Drills

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DEDICATION AND ACKNOWLEDGMENTS

I dedicate this collection of eclectic hockey materials to my sister Geraldine, who bought me my first pair of skates when I was ten years old. She gave me a love for life.

Stephen A. O'Connor was the most courageous man I have ever known and Ann McCarty O'Connor was a woman loved by all who I have heard so much about. Guidance and patience were given to me by my sisters and brothers Stephen, Anne, Joan, Gerry, Lawrence; sister-in-law Helen and brother-in-law Bill Devereaux. Gerry gave me my first pair of skates and Lawrence instilled in my by encouragement the motivation that enabled me to reach a higher level of competition. Richard Hugh O'Connor was a twin who I have always missed. Miss Neary, an outstanding all grades teacher, provided tough love. Congressman Bob Tiernan, All-ECAC Tim Tiernan and Peter Tiernan taught me the passion for the game through the teaching of Eddie Jeremiah and Lloyd Percival. The talents of Jim Ford and John Blair combined to make a forward line that set the standard to be measured by. George Army, immortal trainer of The Reds, gave me my first pair of Tacks.

Mentors are guardians. They are wise and trusted counselors. A mentor master hockey coach builds good people through good hockey and good coaching. I had many mentor coaches and mentor friends. Thanks to Coach Lou Cimini for a chance and his belief in me; Coach Dick Rondeau for setting a standard; Coach Ladd MacMillan and Coach Tom Eccleston who instilled confidence and had great patience; Jim Fullerton, a coaching innovator; Bill Cleary, one of the greatest ambassadors of hockey and a true magician on ice; Lou Lamoriello, a master coach, general manager and hockey visionary; Lou Vairo, a coach with courage and imagination; David Peterson, a caring leader, a master coach, a builder of men through self esteem and common touch, and a man with awesome integrity and loyalty.

Thanks to Larry Johnson, Red Gendron, Val Belmonte, Tim Taylor, Kevin Sullivan, Bart Larson, Willard Ikola, Dick Emahiser, Gary Gregus, John Mickler, Dean Blais, Keith Allain, Ralph J. Bammert, Ted Brill, Larry McMahon, Ron Gamer and many others who love the game of hockey for their caring, sharing and support. And to Brian Burke, a great hockey man, who never forgets about his early rat rink friends.

Thanks to Alice O'Connor, a woman of intelligence, grace, common sense and patience, for allowing me to pursue my love of hockey; and to Michael and Paul, men of their own convictions and ambitions - may they have the good fortune of having as many mentors as I have to help them do the right thing in having a full and happy life.

LEGEND

Backward Skate

Backward Skate With Puck

Drop Pass

Forward Skate

Forward Skate With Puck

Forward Stroke

Pass

Shoot

Stop

INTRODUCTION

As part of an ongoing effort to promote enthusiasm and enjoyment in hockey, USA Hockey has prepared a Practice Plan Manual for 12-and-Under (Pee Wee).

The objective of this manual is to provide coaches with the resources to create a positive and healthy environment for players to learn. The emphasis is to develop a non-competitive environment for the younger age levels that stresses the fun of playing and the learning of basic skills.

This manual provides the coach with the knowledge to develop successful practice sessions. The drills have been developed to stress the youngsters' individual improvement. The fundamental skills of skating, puck control, passing, shooting and checking are presented in a progressive manner.

It is important that coaches prepare and organize their session prior to going on the ice. The better thought out a practice, the more successful it will be. Coaches are encouraged to use their own imagination to create drills.

The overall emphasis at the 12-and-Under (Pee Wee) level is fun, enjoyment, and a maximum amount of active participation for each player.

OBJECTIVES

- Enjoyable introduction and experience in ice hockey
- Provide a healthy atmosphere for fun and learning
- Introduce the concept of games and the fun in playing hockey
- Development of communication at the player's level of learning
- Encourage the players to enjoy, learn and continue to play hockey
- Develop qualities important to hockey: quickness, agility, coordination, balance, strength and flexibility

PHILOSOPHY

Enjoyment and recreational benefits are the major focus of new guidelines for youth hockey issued by the USA Hockey Board of Directors. More than 80% of registered teams play in the classification of 8-and-Under (Mite), 10-and-Under (Squirt), 12-and-Under (Pee Wee), 14-and-Under (Bantam), 16-and-Under (Midget), 18-and-Under (Midget), prompting the Youth Council of USA Hockey to emphasize the educational and recreational values of ice hockey.

The USA Hockey recommended guidelines for youth hockey encourage an environment in which children and youth can learn the basic skills without the distractions that are often associated with an overemphasis on winning. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey. Programs must be conducted to accommodate the number of new players who wish to play hockey and to reduce the number who become disenchanted and drop out.

These voluntary guidelines are directed at youth programs, but they must be implemented by adults if they are to influence youth hockey programs. Coaches, parents, administrators and rink operators must all do their part to ensure that the USA Hockey philosophy and the following guidelines are upheld.

THE COACH

Your impression upon these youngsters is profound. How they relate to the game of hockey depends upon you. Your role is vital and heavy with responsibility.

The Coach...

- Their actions and attitudes help shape the player's views
- At times, plays a more important role than the child's parents
- Is a teacher
- Is a leader

Coach's Code of Conduct:

- Hockey is fun
- Honest representation; skills should decide final outcome of games
- Opponents are to be respected and complimented
- Rules and regulations are to be viewed as mutual agreement in spirit and trust
- Officials are to be viewed as honest arbitrators
- Winning is a consideration, but not the only one, nor the most important one
- Set a good example of behavior

Teach Players to:

- Play for the love of the game
- Respect their opponent
- Work for the good of the team
- Accept the official's decisions and respect their judgment
- Play within the rules of the game
- Be generous in victory and gracious in defeat
- Always conduct yourself with honor and pride
- To play the game is great, to win the game is greater, to LOVE the game is the greatest

RECOMMENDED PROGRAMS

- ❖ Two or three practices to every game
- ❖ Practice sessions lasting one to one and a half hours
- ❖ We encourage or recommend the implementation of in-house teams
- ❖ While emphasis of development of the fundamental skills is still important, it becomes important that more time is now spent teaching the principles of the game

House League - 30 games maximum = 90 practices
Travel Team - 35 games maximum = 105 practices

ON-ICE TRAINING

- One hour practice
- Individual instruction
- Fun games
- Scrimmage
- Skating
- Passing and receiving
- Shooting
- Puckhandling
- Cross ice/small game activities

Prepare interesting and challenging practice sessions. Utilize all the variables within each time allotment, i.e., backward skating, turning, etc.

OFF-ICE TRAINING

- Only for those who wish to participate
- Stress flexibility
- Encourage players to participate in all sports
- Develop qualities important to hockey
- Stickhandling and skating

DEVELOPMENT OF SPEED

- ❖ Sudden bursts in different directions
- ❖ Obstacle courses
- ❖ Track and field
- ❖ Soccer
- ❖ Jumping
- ❖ Team combination drills
- ❖ Wrestling

PHYSICAL PREPARATION

- ❖ Daily physical education
- ❖ Stress proper posture
- ❖ Include games and activities that involve physical contact and rough and tumble play in a safe and organized environment
- ❖ Stress agility, quickness, balance, coordination and dexterity
- ❖ Encourage the players to participate in school activities and other sports
- ❖ Flexibility drills
- ❖ Alternate work and rest periods; youngsters are easily fatigued

PSYCHOLOGICAL PREPARATION

- ❖ By seeking alignment with peer groups, team loyalty develops; youngsters need the coach's approval and encouragement
- ❖ Help the players develop self-reliance and independence
- ❖ Build confidence
- ❖ Stress group participation and sharing; be aware of the individual needs of the youngster
- ❖ Support and protect the youngster in situations they are not prepared to handle

TECHNICAL PREPARATION

- ❖ Introduction of specific skills by position
- ❖ Master principle game elements, methods and techniques
- ❖ Continued refinement of skills necessary to perform elements of team play
- ❖ Introduction of checking skills and techniques

TACTICAL PREPARATION

- ❖ Development of attention, visual memory, relaxed concentration and orientation
- ❖ Simple combinations in pairs, or in a line
- ❖ Simple game situation theory (when to pass, when to shoot, where to pass, where to shoot)
- ❖ Introduction to group interactions
- ❖ Introduction of a basic team system including offensive and defensive tactics

Performance Areas	
Offense	**Defense**
Offense in the defensive zone	Territorial defense
Offense in the neutral zone	One-man forechecking
Offense in the offensive zone	Two-man forechecking
Face-offs	Backchecking (neutral zone)
	Center on defenseman coverage
	Wing on defenseman coverage

SKILLS AND ABILITIES

Suggested Emphasis for 12-and-Under (Pee Wee)

Performance Areas					
Skating	**Puck Control**	**Passing & Receiving**	**Shooting**	**Checking**	**Goalkeeping**
Edge control Ready position Forward start Forward start-right/left Forward stride Control stop Backward skating Backward stop Control turn Forward crossunder	Forehand shift Backhand shift Change of pace Slip through Slip across Puck off boards	Forehand Backhand Snap Flip Receiving (stick) Receiving (skate) Receiving (hand)	Wrist Backhand Snap Flip Slap	Poke check Hook check Lift the stick check Covering	Parallel shuffle Lateral T-glide Forward/backward moves Stick saves Body saves Glove saves Leg saves Skate saves Stacking pads "V" drop Playing angles Rebounds Situations

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills.

Date: _____
Practice: _____
Level: _____

Skill Work	**Competitive Drills**	**Team Systems (Optional)**	**Fun/Modified Scrimmages**
____ Skating	____ Skill Races	Positional Play	____ Tag Games
____ Puck Control	____ 1 on 1	____ Breakout	____ Relay Races
____ Passing	____ 2 on 2	____ Lanes	____ 3 on 3 scrimmage
____ Shooting	____ Time Skills	____ Off. Triangle	____ 4 on 4 scrimmage
____ Checking			____ 5 on 5 scrimmage
____ Agility			____ Miscellaneous

Time	Drill	Emphasis
5 mins.	1.	
5 mins.	2.	
5 mins.	3.	
5 mins.	4.	
5 mins.	5.	
5 mins.	6.	
5 mins.	7.	
5 mins.	8.	
5 mins.	9.	
5 mins.	10.	

SAMPLE

12-and-Under (Pee Wee) Practice Plans

Hockey Practice Plan

Objectives: Stretching is very important: 10 minutes off-ice then five minutes on-ice Inside and outside edges, ready position power stroke slide and stride sequence, compass drill, forward stopping, control turning, forward crossovers, puck control, shooting.

Date: _____
Practice: #1
Level: 12-and-Under (Pee Wee)

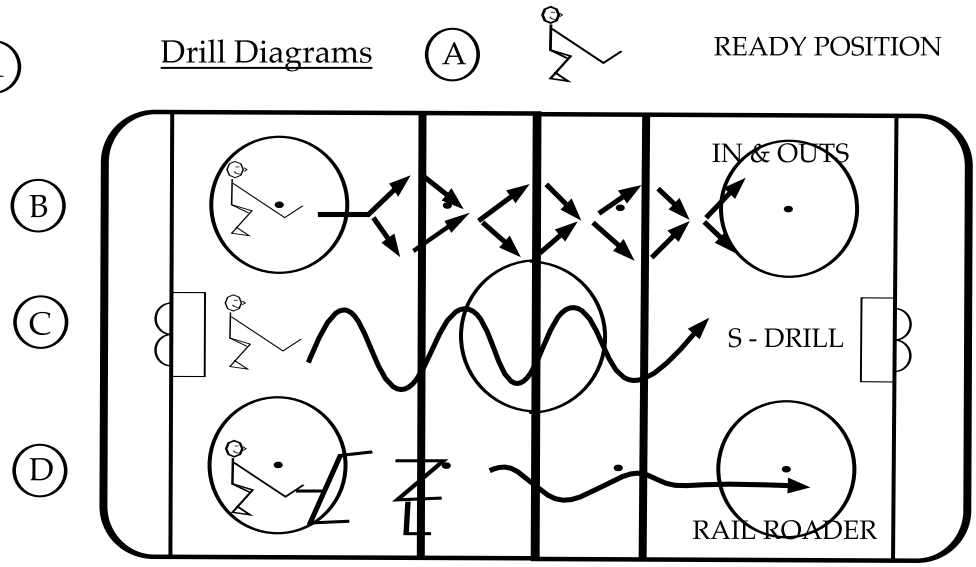
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
_X_ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
____ Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
_X_ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
_X_ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
_X_ Goaltending		____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Stretching off-ice warm-up; neck exercises	
5 mins.	Moving stretches in lines; legs, back, shoulders, waist, wrist, ready position, in and outs, S-drill, railroader, hurdler, knee ups, high kick, ostrich	Slow and Easy
5 mins.	Edges: inside, outside, three cone triangle, Big C, six cone rhythm skate, continuous crossovers with long coast	Push and Pull
5 mins.	Ready position, power stroke, slide and stride sequence push-touch-coast sequence, stopping, control turns, crossover compass	
5 mins.	Stickhandling - carry puck in shooting position, push puck with top hand for speed, normal striding with puck	Go with the flow
10 mins.	Yo-yo pull, yo-yo L and reverse L, yo-yo T, compass with puck	Heads up, Don't Duck drill
10 mins.	Shooting - sweep wrist shot forehand and backhand on boards, shoot backhand close to boards	
5 mins.	Close to boards pull it back with toe of stick, flip it up	
10 mins.	Shoot moving - move in from top of circle, shoot, get rebound, go to forehand or backhand, shoot	Keep feet moving
5 mins.	Shoot moving - move in from top of circle, shoot, get rebound	
10 mins.	Skate left six feet, skate right six feet, skate left six feet, skate right six feet, then shoot at a spot on boards	

Drill Diagrams

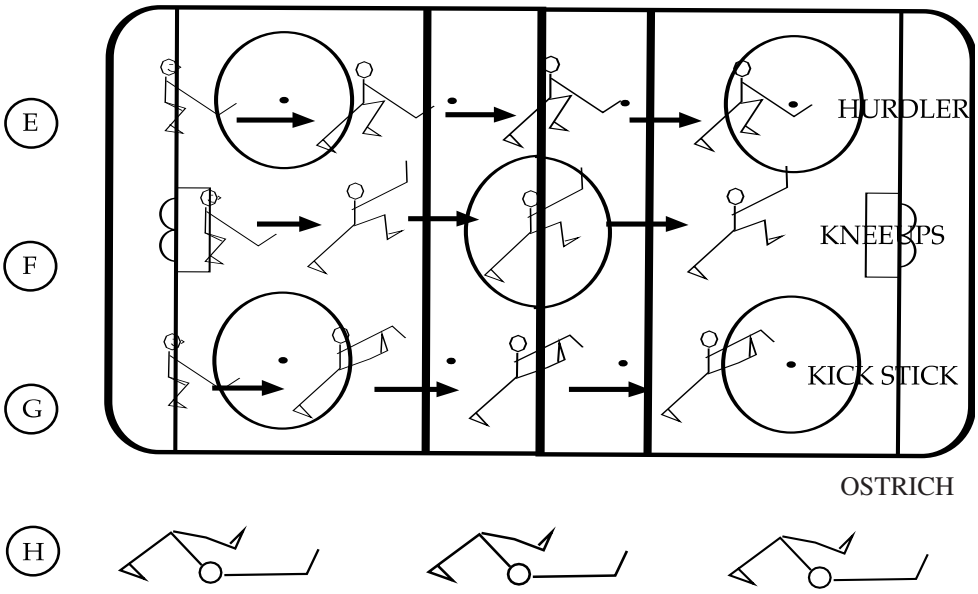
1

Drill — Ready Position



2

Drill — Ready Position

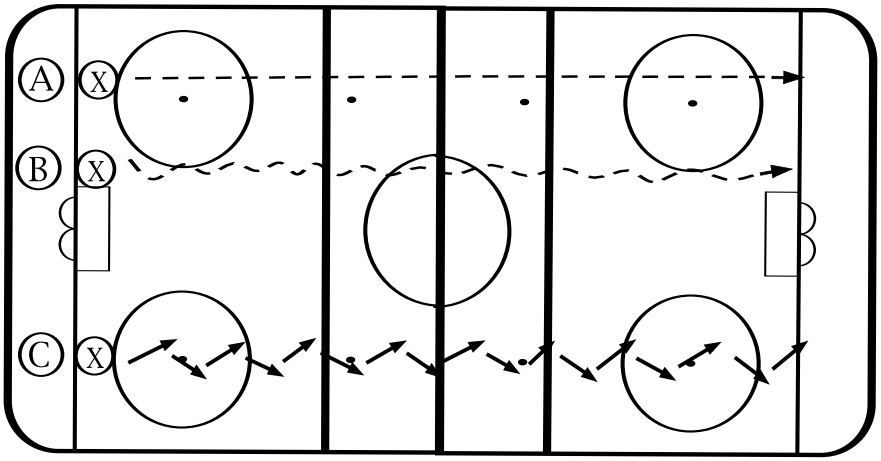


Drill — Stickhandle With Puck In Shooting Position

A. Skate down full rink with puck in shooting position

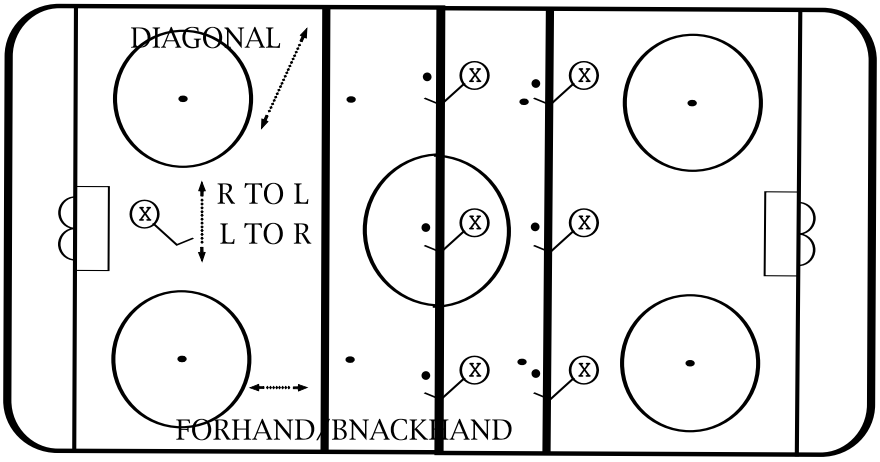
B. Puck in front of player - push puck with rotation of stick; blade flip-flop

C. Stride with puck



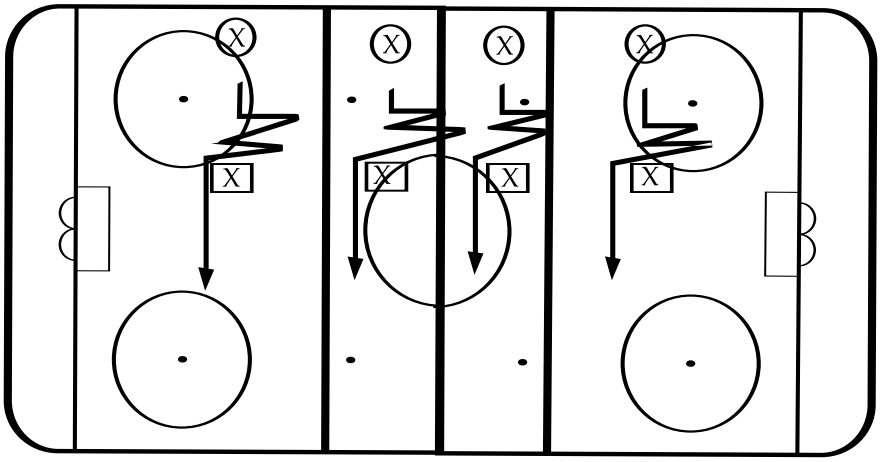
Drill — Buddy Up - Triangle on Stick Moves

- Head or shoulder fake, change pace go around
- Slip around, skate other side
- Slip across from backhand to forehand
- Slip through legs, go around, fake slip, fake wrist, go to forehand side
- Fake wrist, fake slap shot, pull to forehand



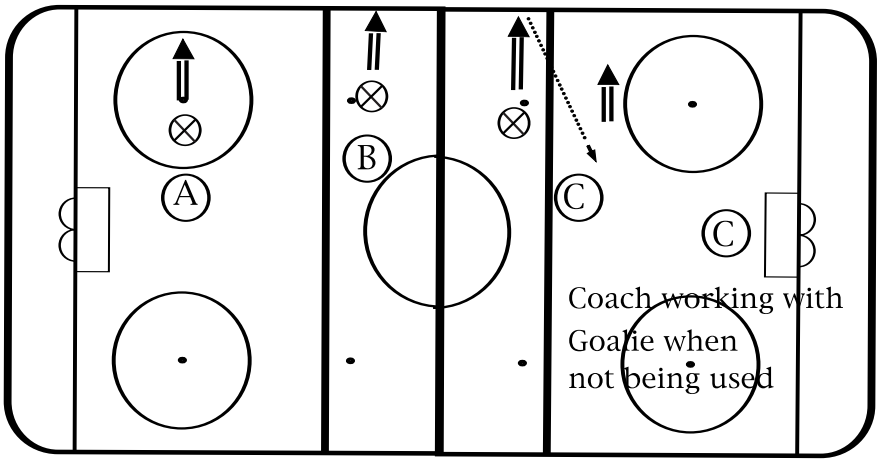
Drill — Stick in Air Wrist Roll

- Stick on ice, wrist roll
- One hand - top hand - with puck -wrist roll
- Stepping left to right, right to left, side to side on skates passing to self, sliding puck left to right, right to left
- Same with puck forward then pull backward



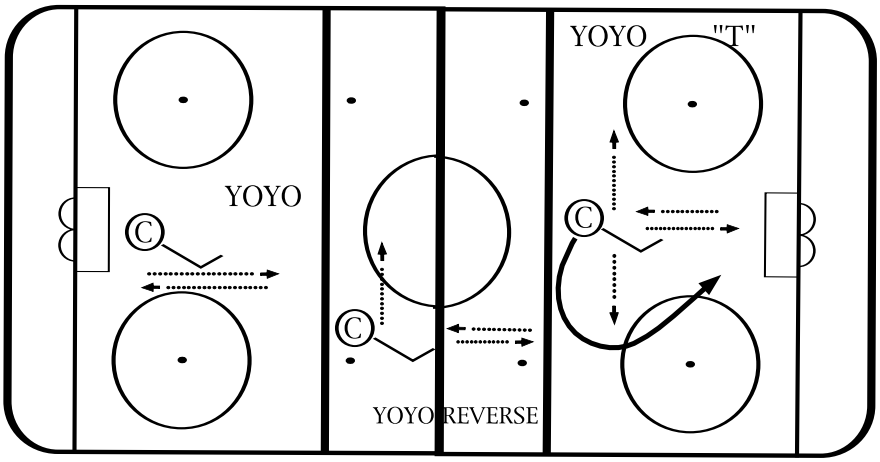
Drill — Sweep Wrist Shot on Forehand and Backhand

- Sweep wrist shot both on forehand and backhand 20 feet from boards
- On side stationary position - shoot backhand, get rebound
- Pull back, flip, shoot



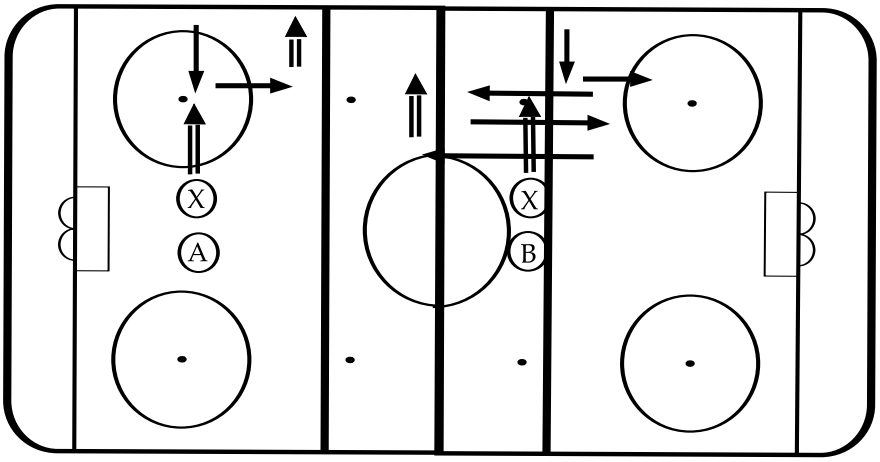
Drill — Yo-Yo Push Puck Out in Front

- Yo-Yo push puck out in front of you, pull it back with stick toe
- Same with step out to either side
- Yo-Yo out - pull back with toe, do reverse L to backhand side, pull across to forehand side and step out



Drill — Sweepwrist Shot

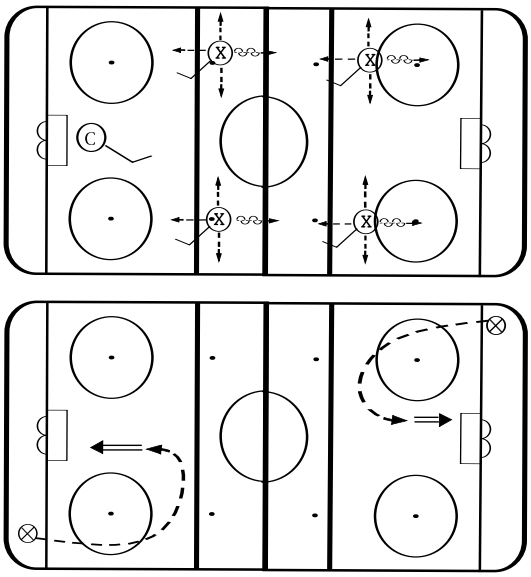
- Sweepwrist, get rebound, shoot rebound
- Sweepwrist shot, get rebound, step out to right six feet, step out to left six feet; do this two times, then shoot



SKATE TO BOARDS - SHOOT GET REBOUND

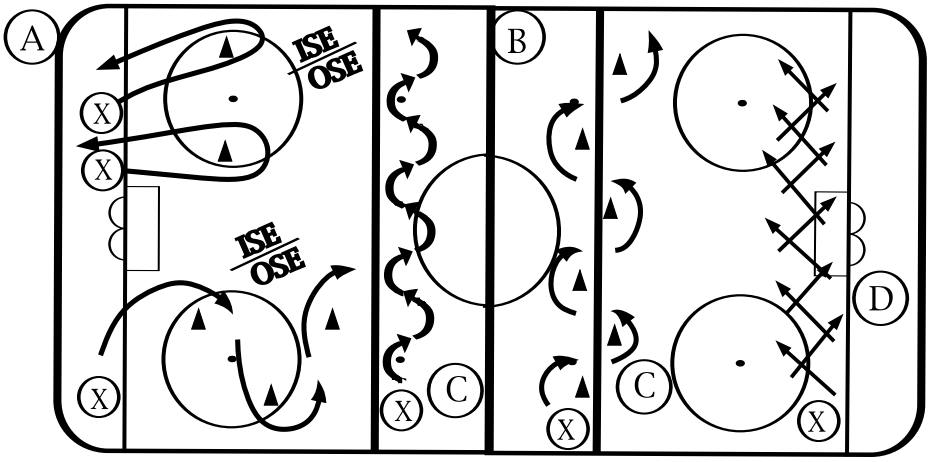
Drill — Compass With Puck

- Coach points with stick forward, backward, left, right
- To get off ice, must shoot puck into empty net



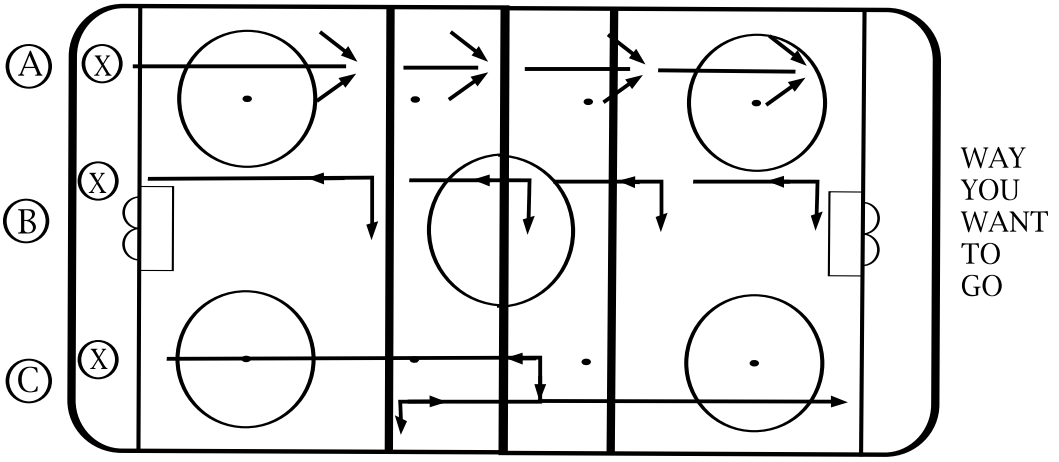
Drill — Edges

- One cone - four turns with inside edge of outside foot, then outside edge of inside foot
- Big C with inside edge of outside foot
- Natural rhythm skating
- Continuous crossovers with long balance on outside edge

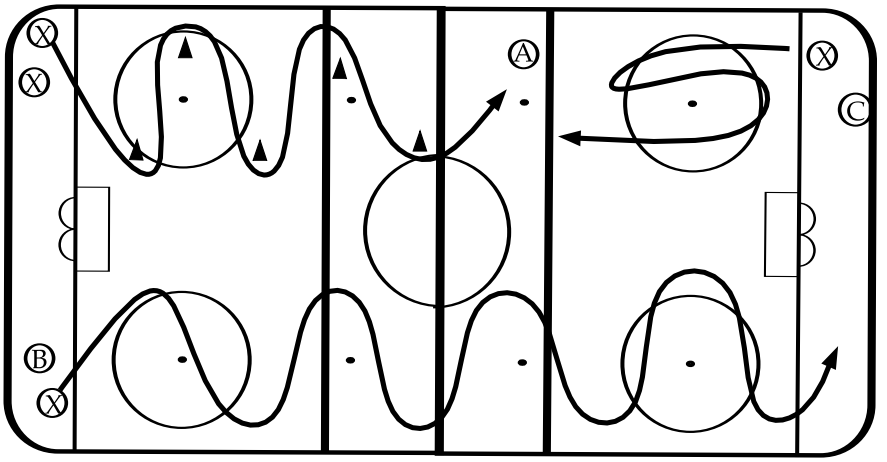


Drill — Snow Plow Stop

- One leg drag stop
- One foot inside edge, stop and balance, touch heel to heel - point other toe the way you want to go

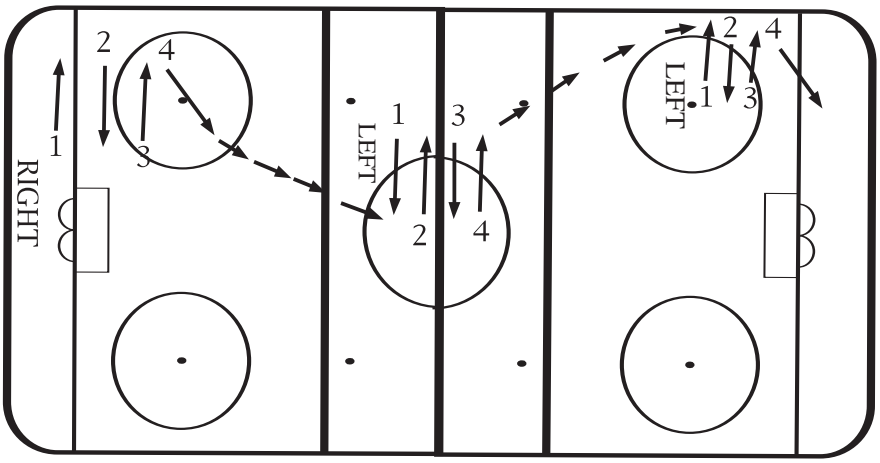


Drill — Control Turns



Drill — Power Stroke Slide and Stride Sequence

- Four slides and four strides - if you want to go right, balance on right foot and stop out on four strides



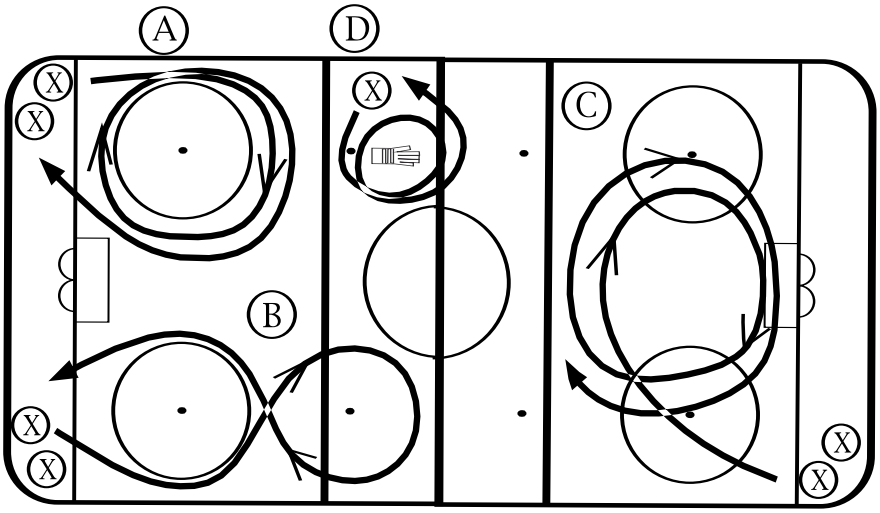
Drill — Forward Crossovers on Circles

A. Crossover circle

B. Figure 8 crossovers

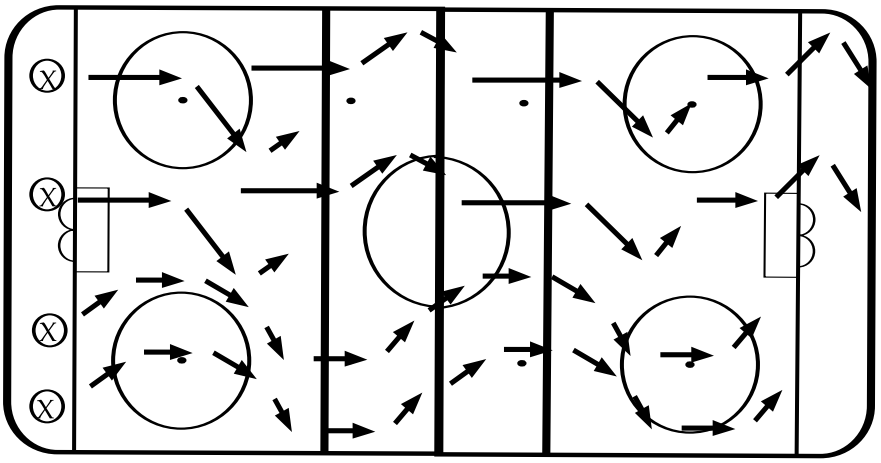
C. Twice around big circles

D. Crossovers on gloves



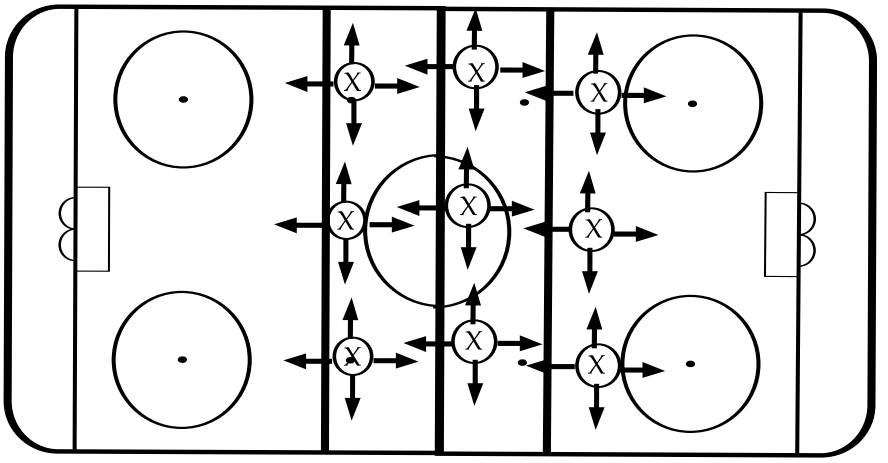
Drill — Push - Touch - Coast

- Push - touch - coast
- Push - touch
- Push - almost touch
- Fast



Drill — The Compass

- Coach points direction he/she wants players to skate - forward, backward, crossover/left, crossover/right, stepouts



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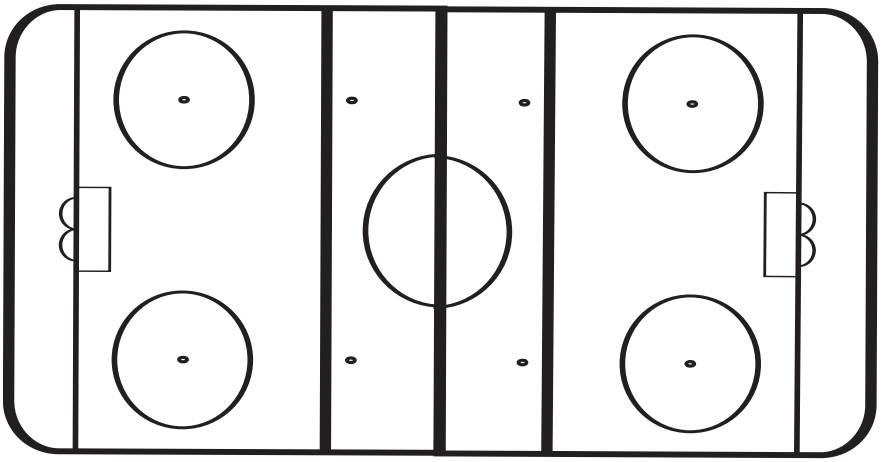

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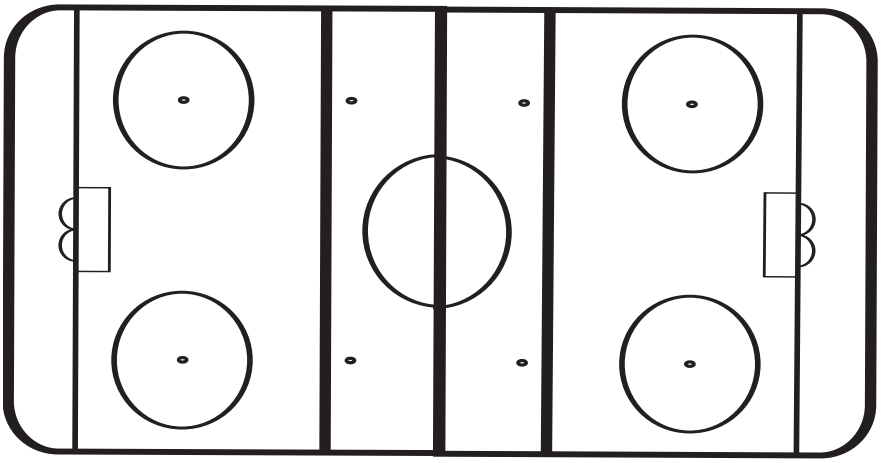

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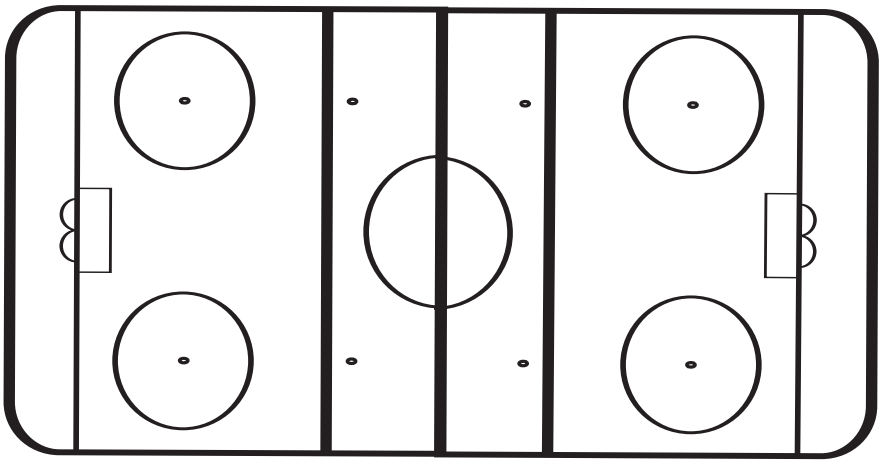

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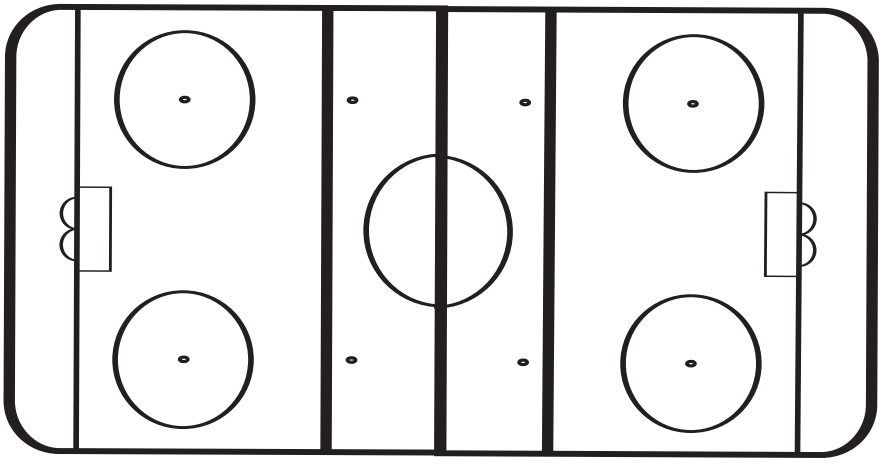

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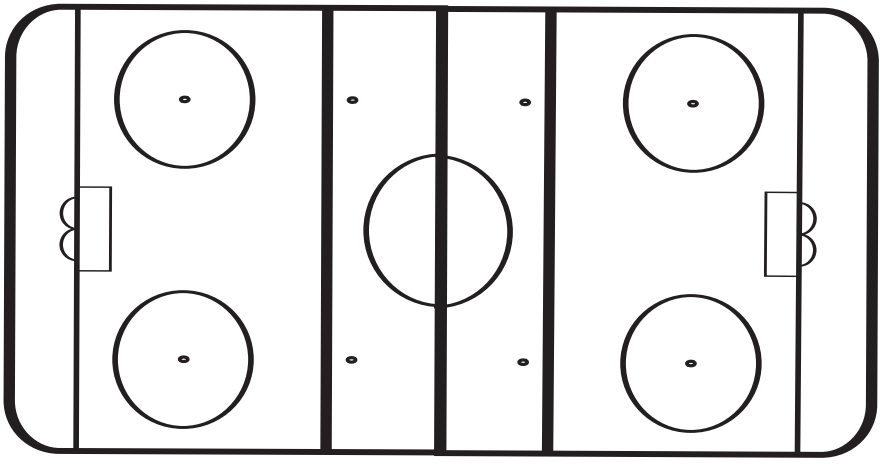


Notes/Comments

Hockey Practice Plan

Objectives: Building a strong foundation in the fundamentals so team play will be easier.

Date: _____
Practice: #2
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
_X_ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
_X_ Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
_X_ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
_X_ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
_X_ Goaltending		____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Stretching off-ice warm-up including neck exercises	
10 mins.	1. Moving stretches on lines: a. easy position in and outs, width of rink; b. drill; c. railroad tracks; d. hurdler, etc. from first practice, knee ups, high kick, skate to blue line, between blue lines slide on knees, slide on backside, slide on stomach, stick, hands, arms out in front, do heads up don't duck drills	Slow and constant stretch
10 mins.	2. Skating: a. Big C; b. continuous crossovers; c. push - touch - coast sequence; d. normal strides with good technique - increase tempo from comfortable to very fast, then follow with weight shifting, power slide and stride; e. control turns; f.-g. forward crossovers; h.-l. backward skating; m.-q. mohawking - turn from forward to backward to forward	Keep players focused
10 mins.	3. Puckhandling	Quickness
10 mins.	4. Shooting	Follow through
10 mins.	5. Passing	Hit the target
5 mins.	6. Cool down	Have fun

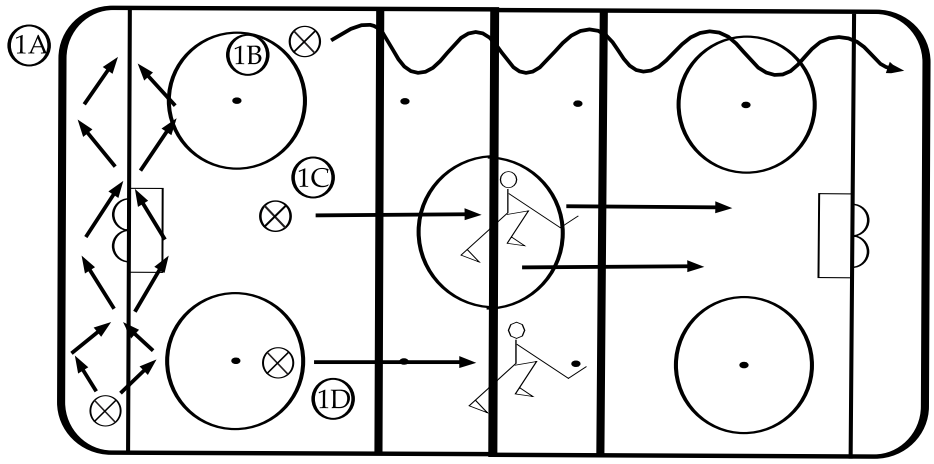
Stretching Drills

1A. In ready position - width of rink – in and outs

1B. S-drill - throw heel and hip to a straight leg and keep other bent at knee

1C. Railroad tracks — weight shifting

1D. Hurdler - stretch leg



Skating Drills

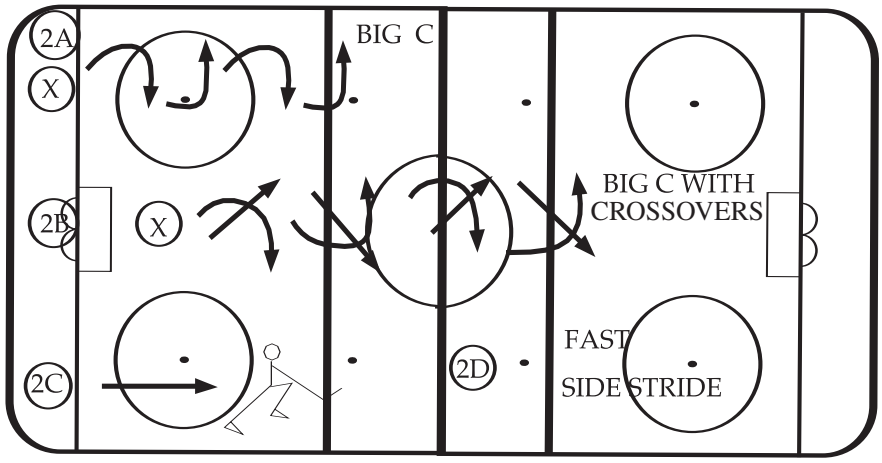
2A. Big C

2B. Balance on back leg - step out with front inside edge

2C. Continuous crossovers with coasting

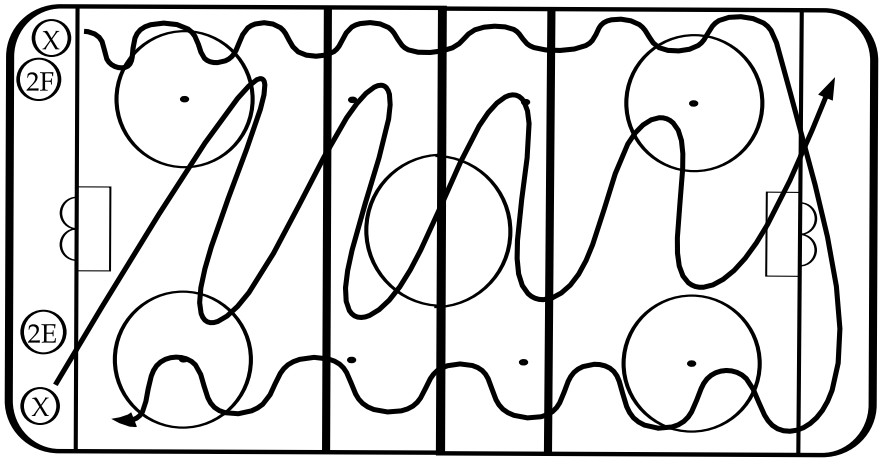
2D. Push - touch - coast sequence

- Normal stride with good technique - increase tempo from comfortable to very fast - next sequence - weight shifting with power slide and stride



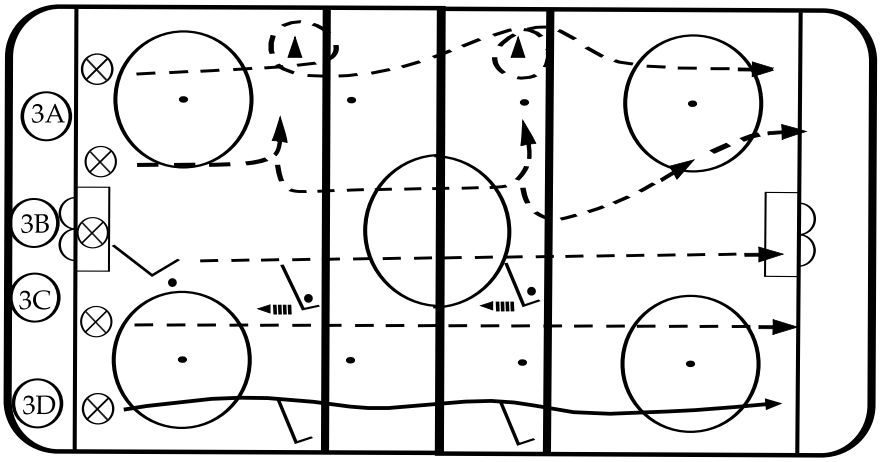
Drill — Skating - Control Turns

- Control turns around rink
- Control turns on spots



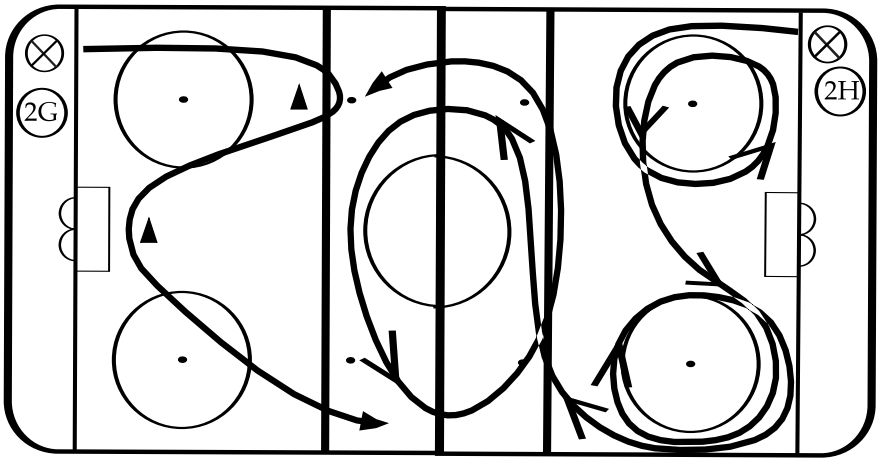
Drill — Puckhandling

- Controlled turn around cone
- Head or shoulder fake
- Carry in shooting position
- Fake wrist or slap shot



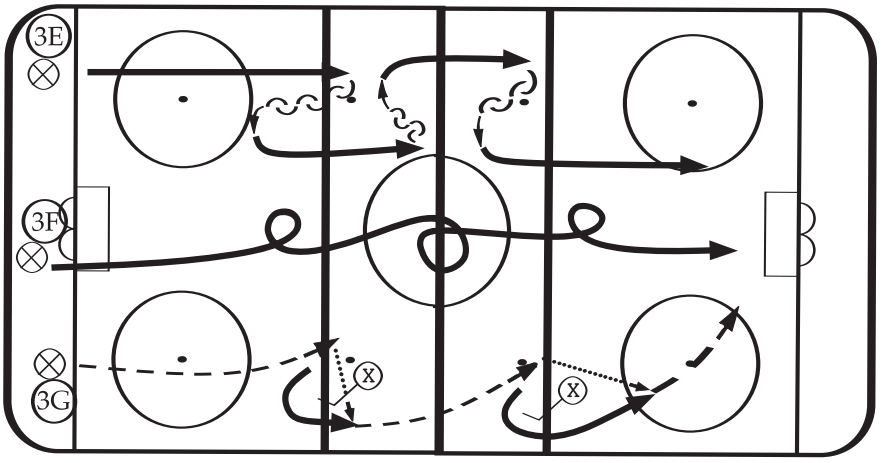
Drill — Puckhandling

- Two cone crossovers
- 360 degree circle on two low circle - one big 360 degree circle in middle with crossovers



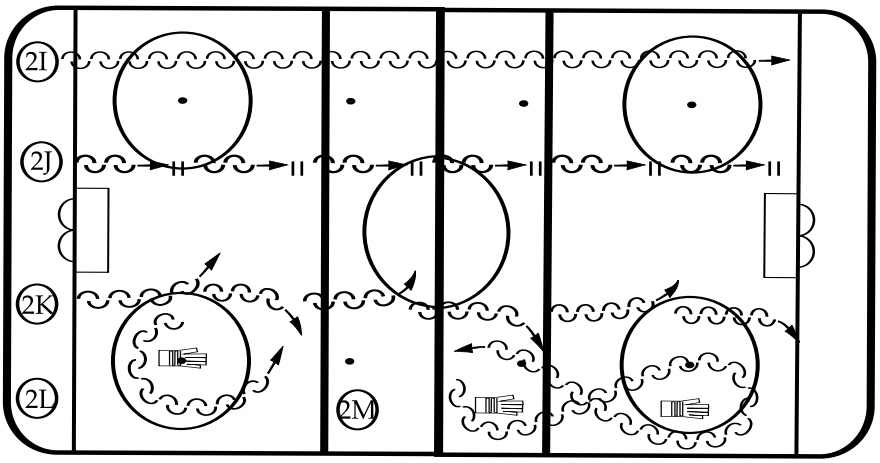
Drill — Puckhandling

- Forward - backward - forward
- Escape either control turn, pivot or crossovers



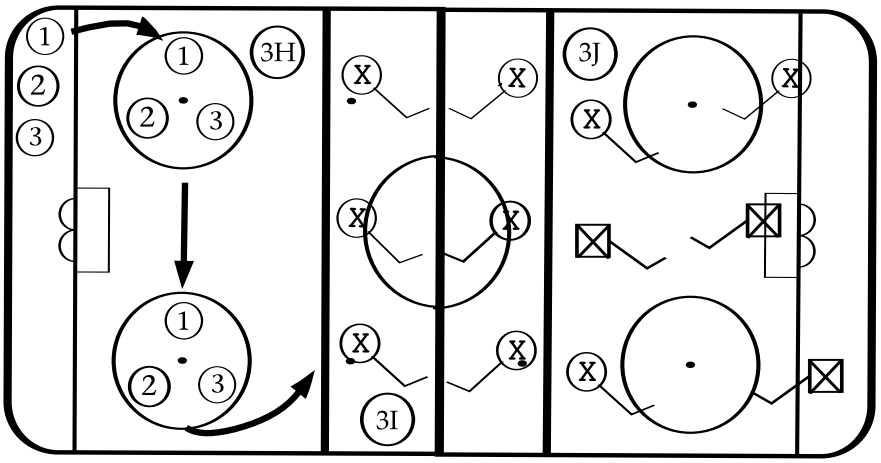
Drill — Backward Swizzles

- Inside edges
- Backward stops - side stop
- Backward pumps - push and recover
- Backward crossover on glove
- Backward crossover - two gloves - Figure 8



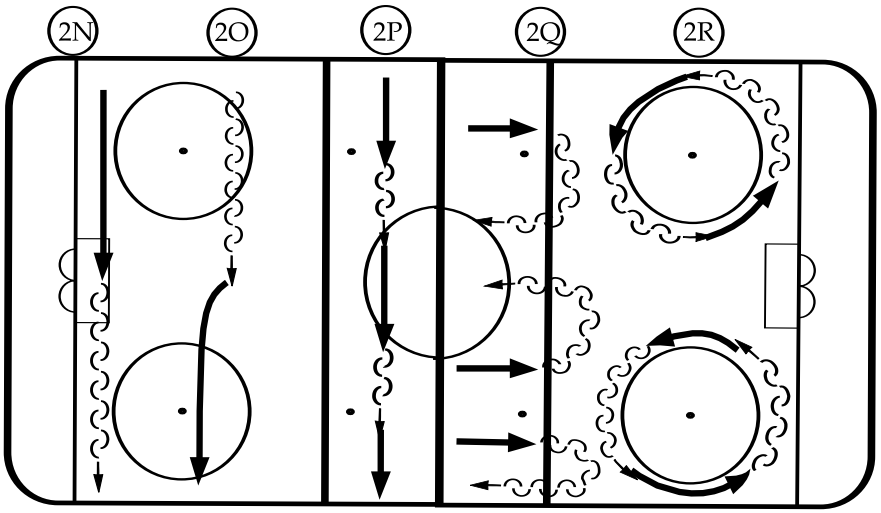
Drill — Puckhandling

- Three players with puck stickhandle in circle
- All players with pucks jam neutral zone
- Three players with pucks keep away from three players without pucks



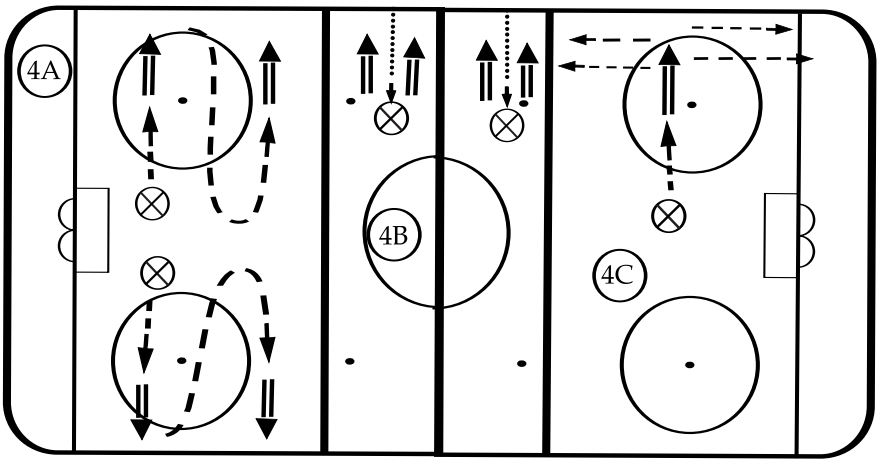
Drill — Mohawking

- Forward turn backward
- Backward turn forward
- Forward - backward - forward
- Forward - turn hips - point backside backward
- Always turn to center of circle forward - backward - forward - backward



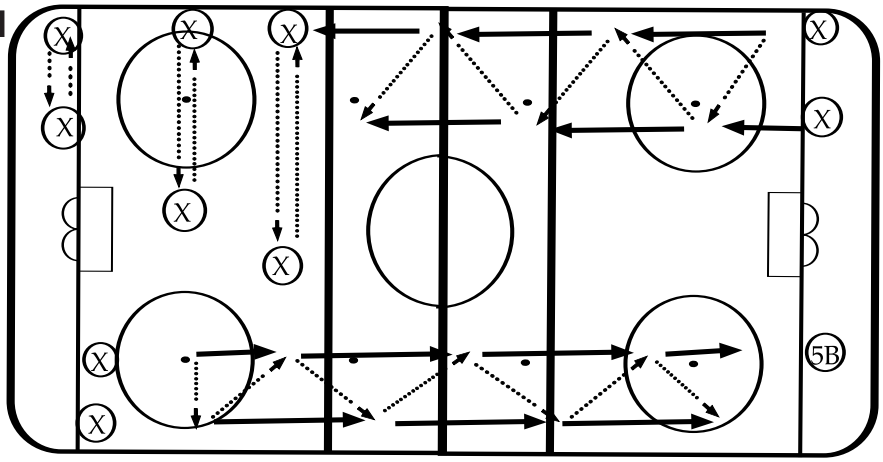
Drill — Shooting

- Shooting forehand and backhand - start 30 feet out, practice carrying in and shooting, then in puckhandling position, then pull to shooting position - pick up rebound
- Shoot stationary at boards 15 feet out - pull back - rebound - flip it up
- Puckhandle - shoot - rebound left - right - left - right and shoot



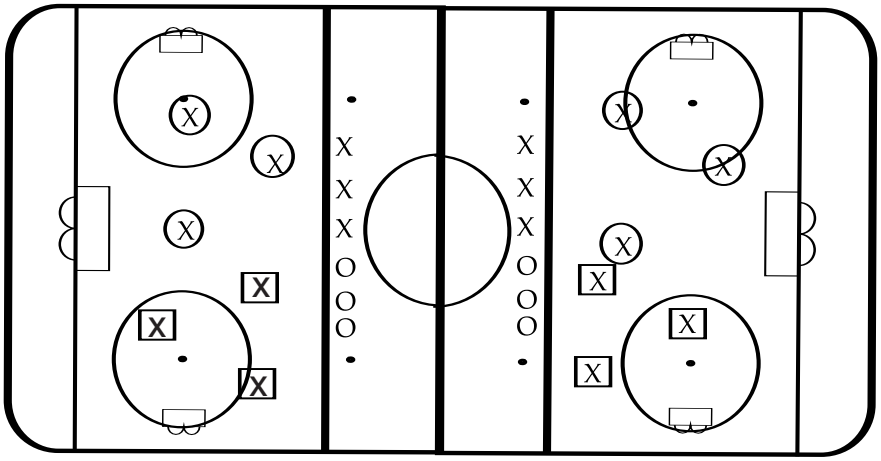
Drill — Buddy Pass - Forehand and Backhand Pass

- Two stick lengths away
- 30 feet away
- 40 feet away
- Ten forehand - ten backhand at each distance - quality passes - raise stick when finished
- Moving buddy passes upon forehand, back on backhand to make 10 good passes



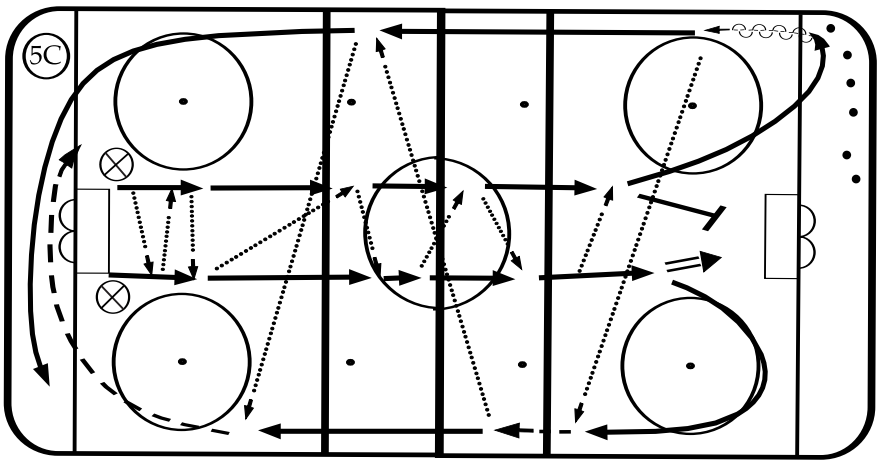
Drill — 3 on 3

- 30 second shifts



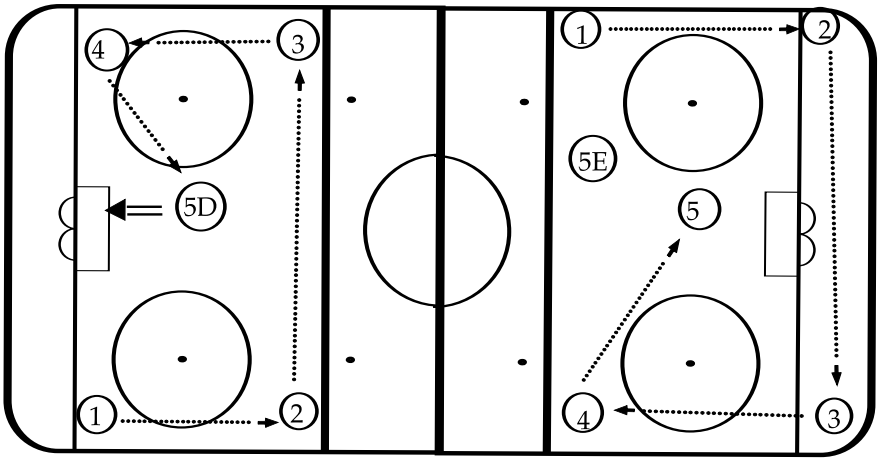
Drill — Flyer Pass

- Buddy up two lines - 30 feet apart - pucks start on right - three stationary passes, must make good quality passes to top of circle, then can shoot. Player of left then picks up puck, long passes back
- Switch lines



Drill — Follow Your Pass

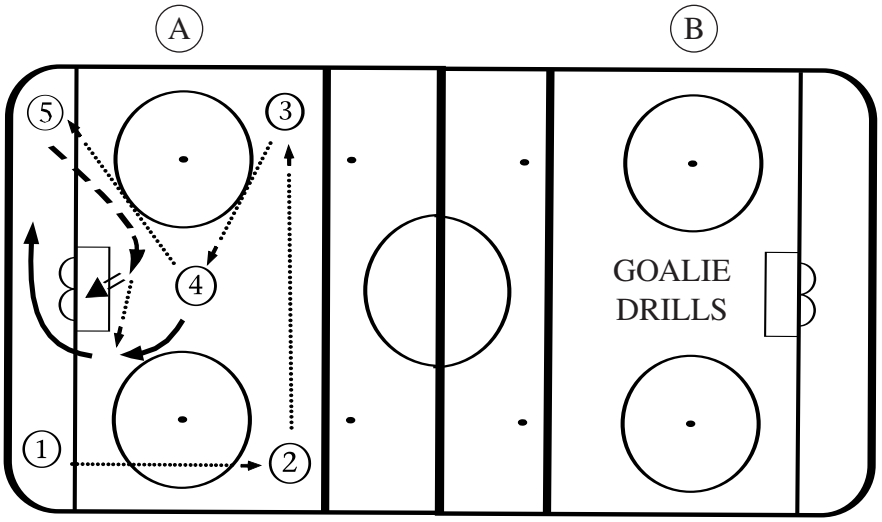
- Follow your pass
- Remedial review of basic skill - a goaltender coach should be working with goaltender



Drill — Follow Pass With Walkout A

B

- Goalie movement drills
- Post to post
- Around the arc
- V-drill
- X-drill
- Y-drill



Hockey Practice Plan

Objectives: Building a strong foundation in the fundamentals so team play will be easier as a team.

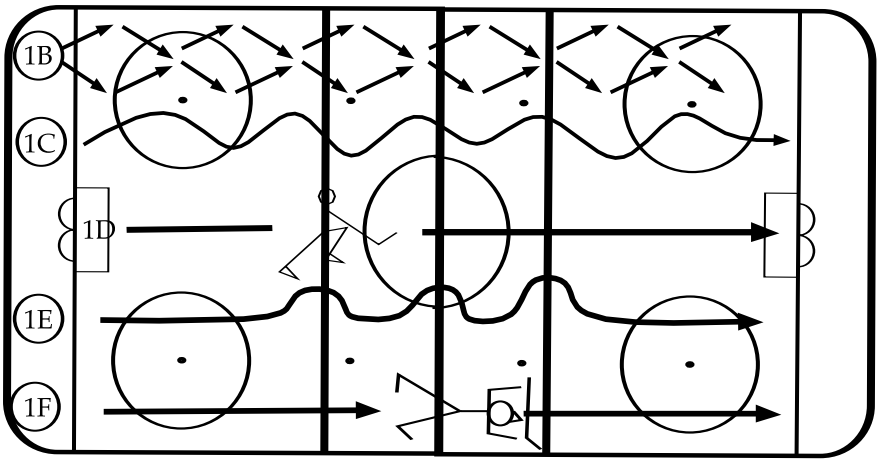
Date: _____
Practice: #3
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
_X_ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
_X_ Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
_X_ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
_X_ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
_X_ Goaltending		____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	1. Skating: a. stationary ready position, b. moving ready position, c. skating basics, d. moving stretches, e. heads up, don't duck drill	Good Form
10 mins.	2. a. stationary step and balance, stationary weight shifting, skating stride; b.-c. power slide and stride moving; d. push-touch-coast; push-touch; push-almost touch; e. speed; f. same backward; g.-i. agility using one glove or two gloves on ice foreskater to move around; j.-m. all drills for backward to forward, forward to backward mohawking	Good strong thrust
10 mins.	3. Puckhandling	Quickness, eyes up
10 mins.	4. Passing	Be a good receiver
10 mins.	5. Puckhandling, shooting	Eyes up
10 mins.	6. 3 on 3 in two zones	Be competitive

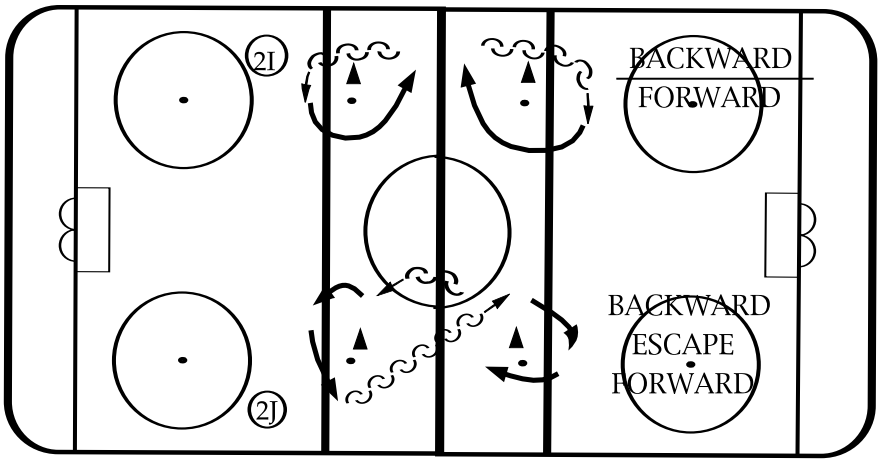
Drill — Stationary - Ready Position

- All players are in a stationary ready position
- Ready position in and out;
- S-drill
- Hurdler
- Two foot jump at each line
- Slide on stomach between blue lines - stick, hands, arms out in front, heads up, don't duck



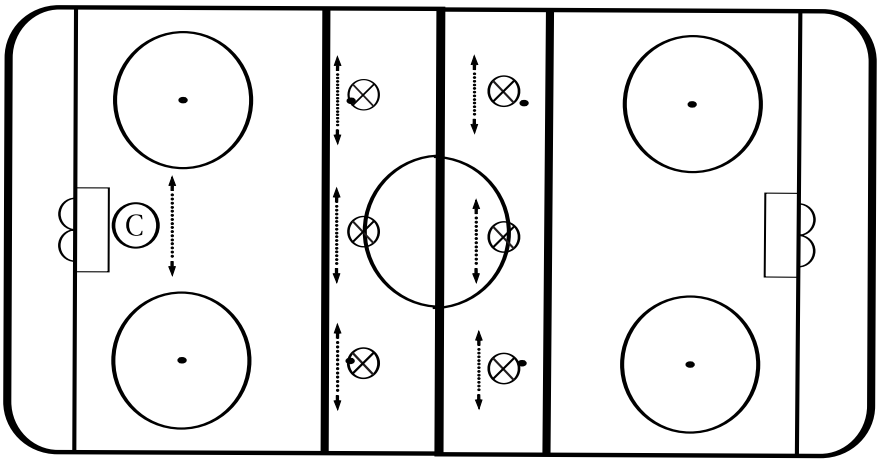
Drill — Skating

- Skate back around cone, then go forward, then turn backward in middle
- Skate backward - step out with escape to forward at middle turn backward



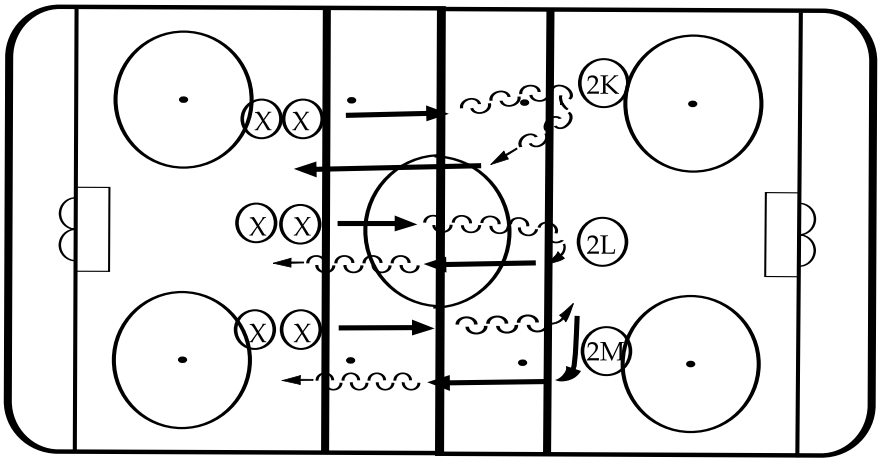
Drill — Skating

- Spread out - step out and touch skate to skate, balance inside edge weight shift
- Stationary power slide: cadence shift weight, push down, push out to full extension then shift weight - push down, push out to full extension



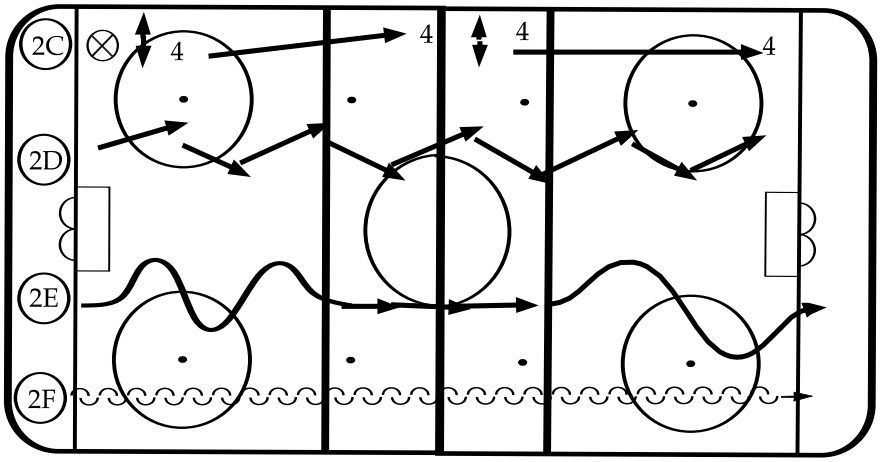
Drill — Skating

- Skate forward, turn and skate backward then skate forward
- Skate forward, backward, forward, backward
- Skate forward, backward, forward, backward with step out escape



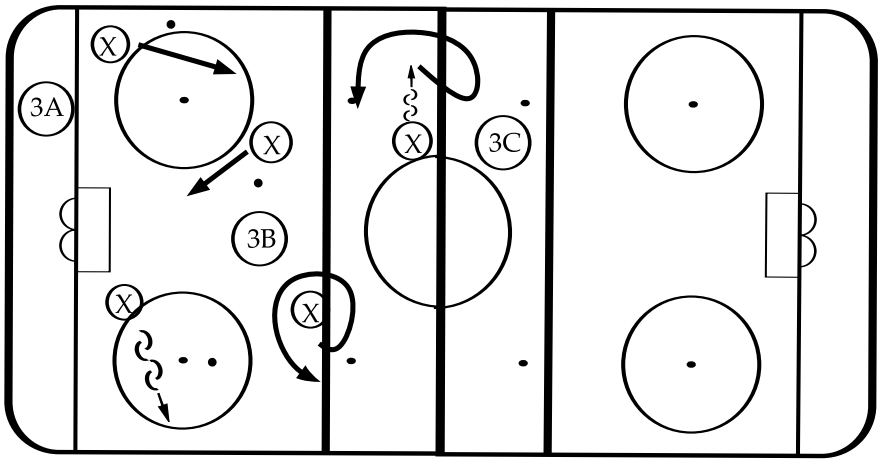
Drill — Power Stride and Slide

- Power slide and stride sequence (four slides and four strides)
- Quality execution to blue line, speed between blue lines
- Same as above, but backward



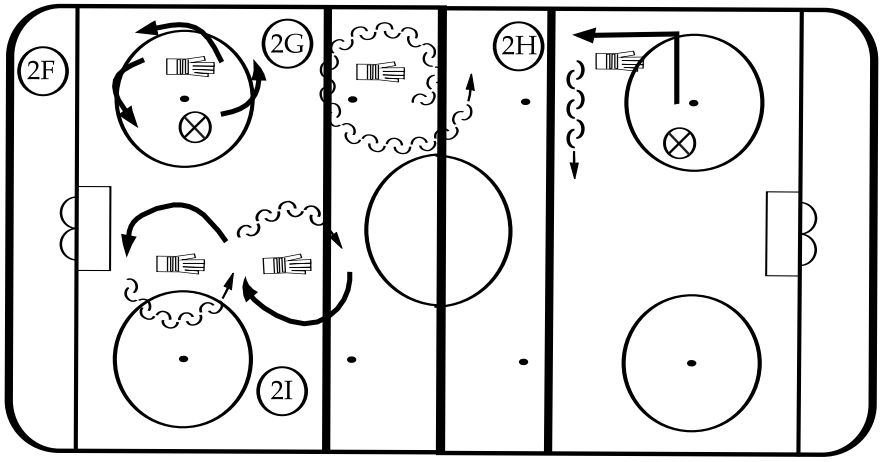
Drill — Puckhandling

- Freestyle puckhandling all over rink - forward, backward, turns, pivots
- Forward puckhandling - half rink
- Forward puckhandling in neutral zone



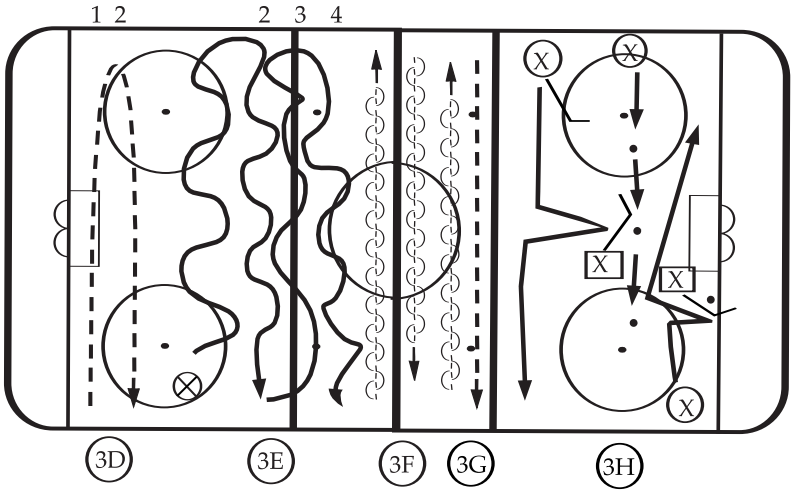
Drill — On Glove Sequence Agility Skating

- Forward crossovers
- Backward crossovers
- Forward - sliding stop - flip hip - point backside - go backward
- Control turns, forward crossovers backward crossovers, scootering, push-unders



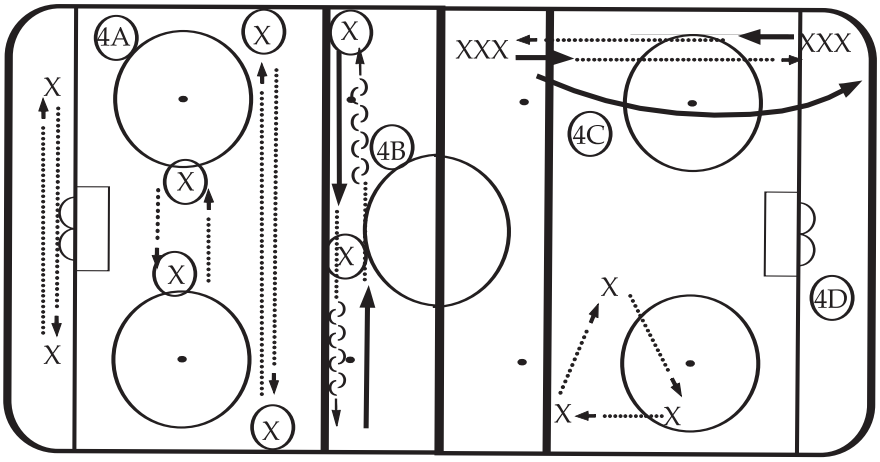
Drill — Puckhandling

- Puckhandling over/back
- Over and back skating while carrying puck 4 times over - back
- Puckhandling backwards 4 times, return forward
- Player on player moves-fake shot, pulls, kick puck to stick, etc. - four times then switch



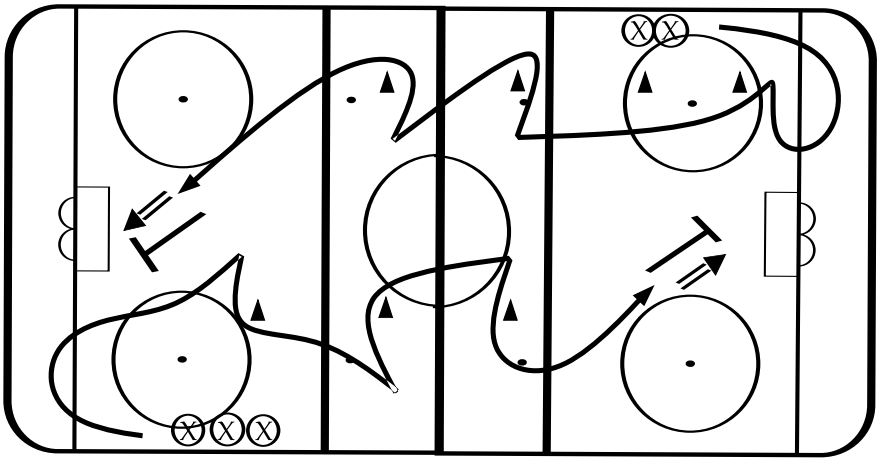
Drill — Buddy Passes

- 20 feet, 30 feet, 40 feet passes - forehand and backhand, flip pass
- Skating forward and backward pass puck back and forth. Forward to middle and backwards to wall
- Three strides pass, go to end of line and give and go
- Triangle pass - surround puck pass to forehand



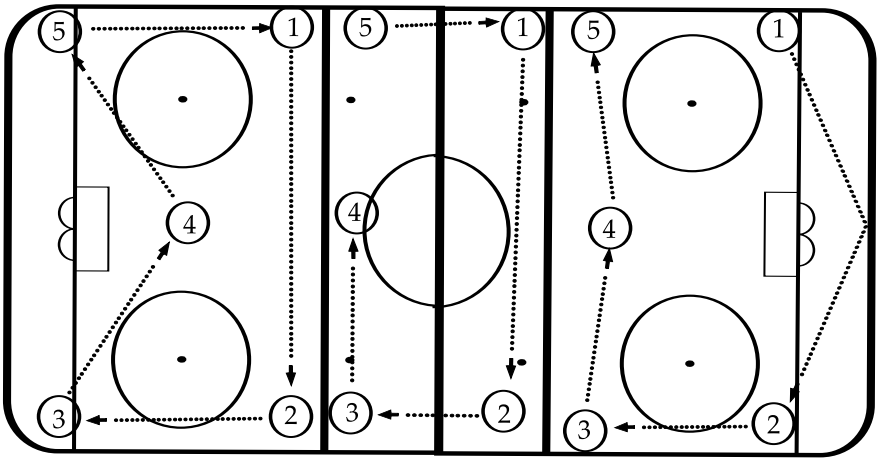
Drill — Shooting and Puckhandling

- Head deke - shoulder deke - pull puck around all three cones, shoot on goal and go for rebound



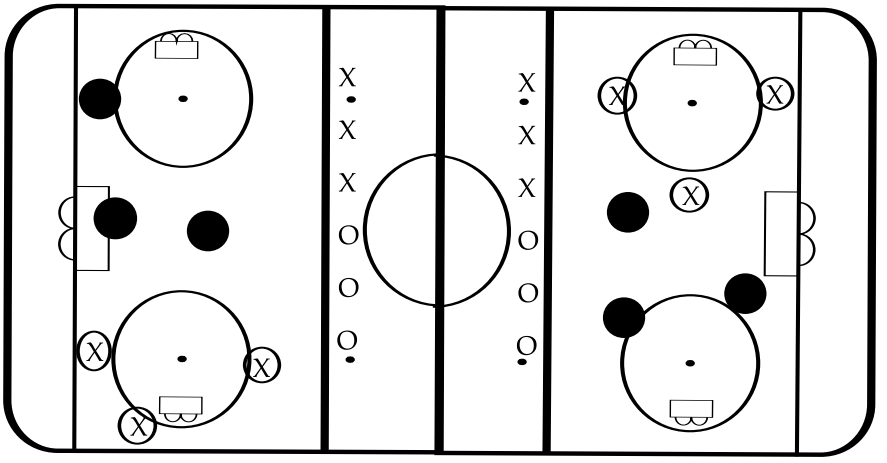
Drill — Passing

- Five players: 1 passes to 2, 2 passes to 3, 3 passes to 4, 4 passes to 5 - then all move up to next zone



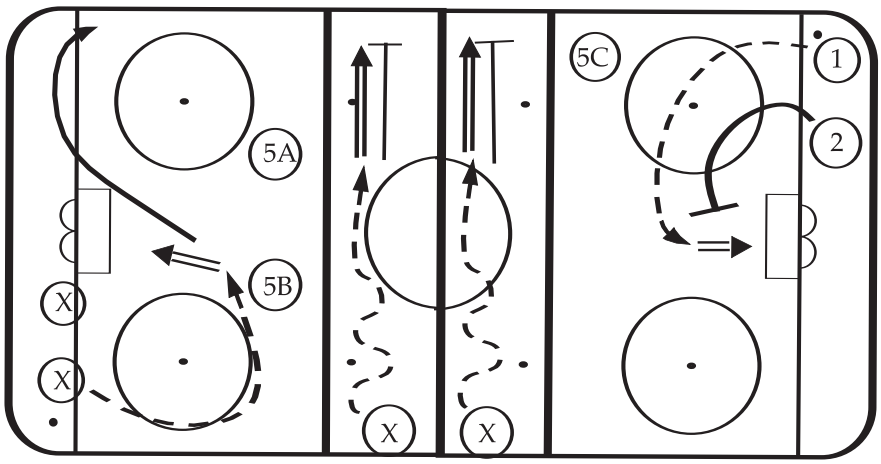
Drill — Passing

- Two zones of 3 on 3



Drill — Puckhandling - Shooting

- Players skate around top of the circle and takes a shot on goal
- Player crosses over both directions, shoots against boards and gets rebound
- Two players are 15 feet apart - player one shoots at the top of the circle, player two goes for the rebound.



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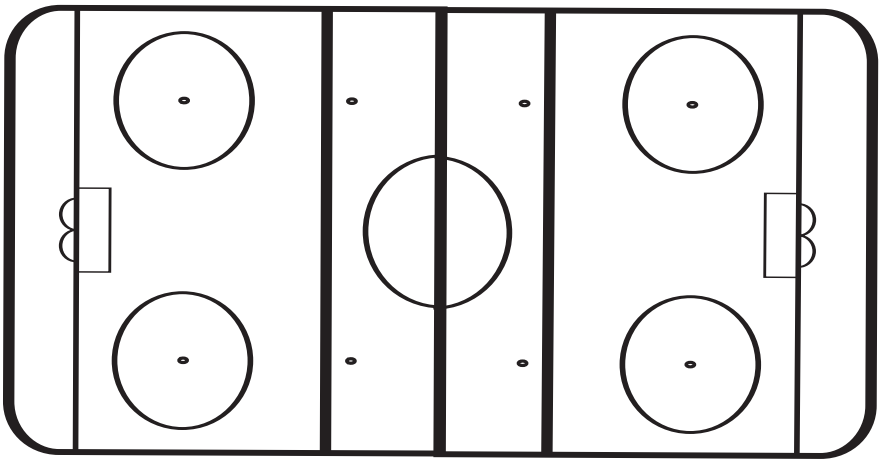
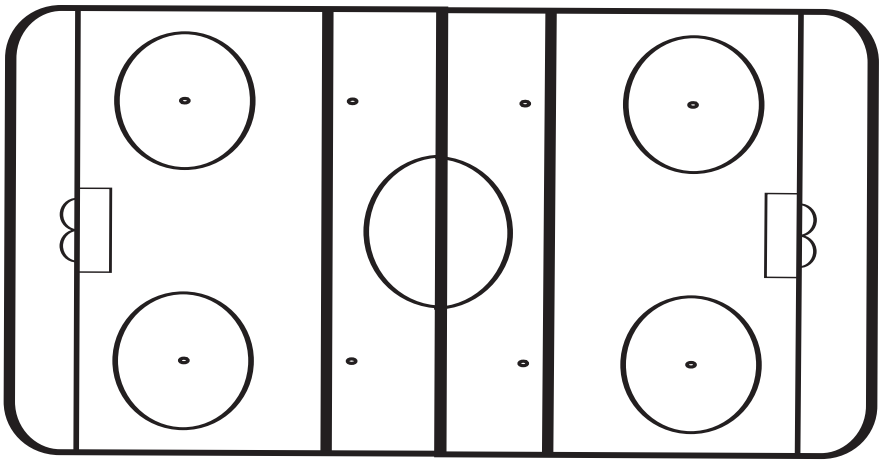


Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

Objectives: Review skating, puckhandling, passing and shooting.
Introduce breakout positioning, basic breakout options.

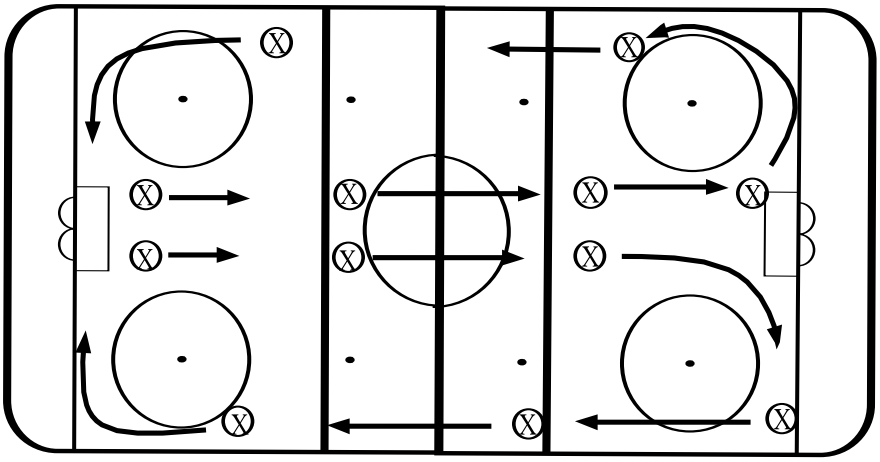
Date: _____
Practice: #4
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
_X_ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
_X_ Passing/Receiving	____ 2 on 1	____ Forecheck	_X_ Full Ice Modified Games
_X_ Shooting	____ 2 on 2	_X_ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
_X_ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
_X_ Goaltending		____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretching	Nice and Easy
10 mins.	1. a. butterfly stretch - Big C crossovers continuous, hurdler, ostrich, in and outs, S-drill, sprints red to blue, sprints blue to blue, quality skating with speed, get out of comfort zone; b. forward rhythm skating, push almost touch with good weight shifting; c. backward swizzle; d. backward crossovers; e. backward two crossovers and then three backward crossovers - left then right; f. backward with partner - forward to backward; g. back crossovers then mohawk forward; h. control turn with mohawk; i.-j. control turns; k. two big 360° crossovers; l.-n. crossover skating; o. out of zone crossovers; p. peanut crossovers; q. stopping on boards; r. forward to backward race	Quality Focus Control
10 mins.	2. a.-c. puckhandling stationary drills; d. puckhandling war; e. Olympic puckhandling drill; f. puckhandling against flow; g. puckhandle go to forehand side	Heads up
10 mins.	3. a.-d. shooting on boards with buddy; e.-g. puckhandling through cones; h. different angle approaches to net; i. pretzel with pass; j. pretzel with pass and rebound	Keep head up
10 mins.	4. a. passing six stationary pass - three forehand, three backhand; b. board passing; c. 2 on 0 around rink, rob out, board pass, give and go, pass with diagonal pass, return pass, drop pass, escape pass, forward against defense skating, forward against defense passing; d.-j. breakout drills	Tape to tape passes
10 mins.	5. Showdown	Fun competition

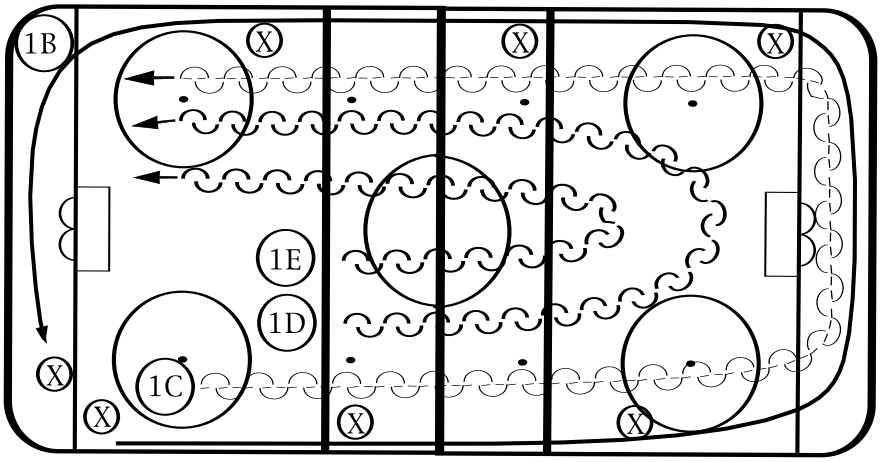
Drill — Formation Stretches

- Butterfly formation moving stretches



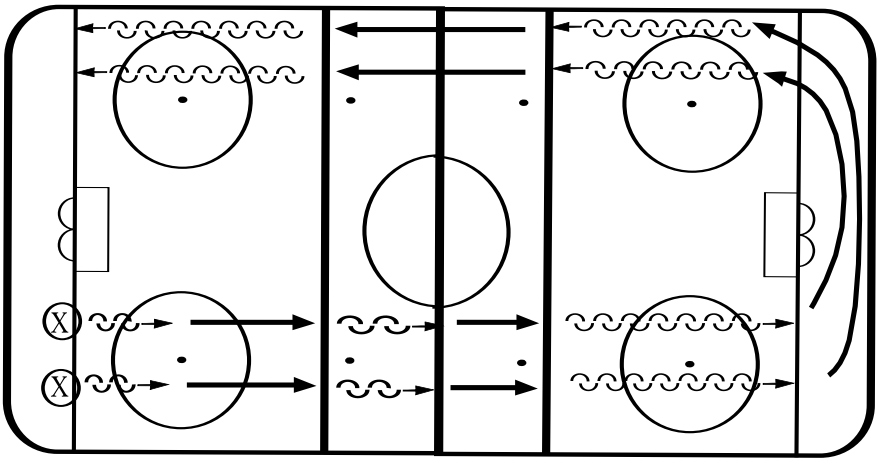
Drill — Formation Stretches

- Forward rhythm push-almost-touch
- Backward swizzle skating
- Backward crossover skating
- Backward two or three step crossovers - right then left



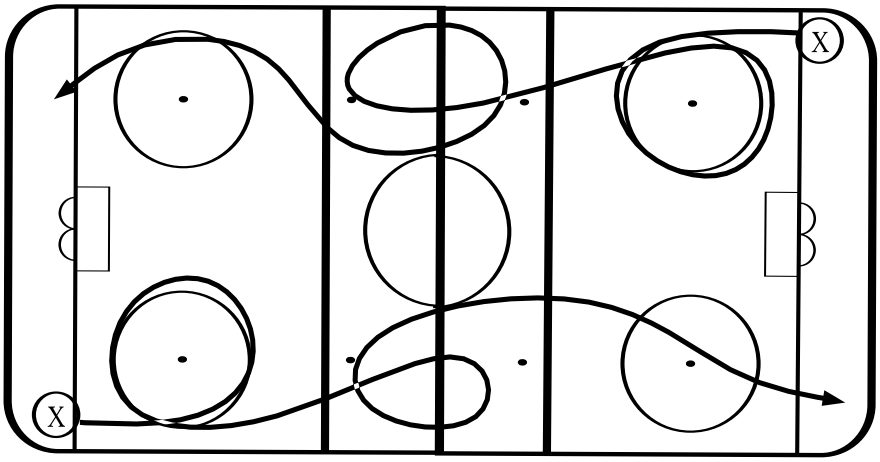
Drill — Formation Stretches

- Backward with partner - turn to middle - chest to chest - skate forward - inward player is leader



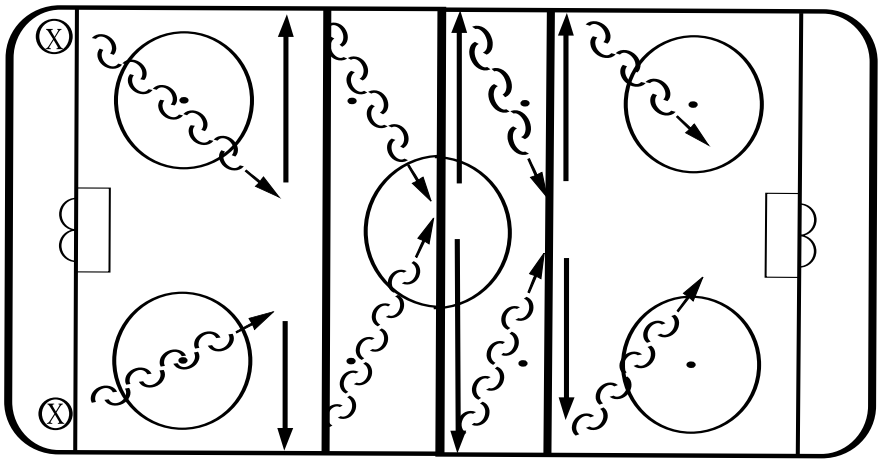
Drill — Formation Stretches

- Two big 360 degree circles - near and middle zones



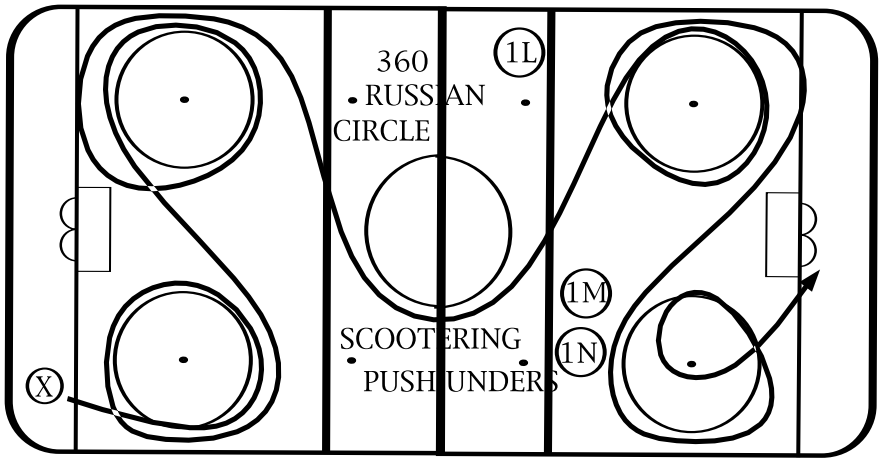
Drill — Formation Stretches

- Backward crossover to middle then step forward and skate to boards - continue drill to end



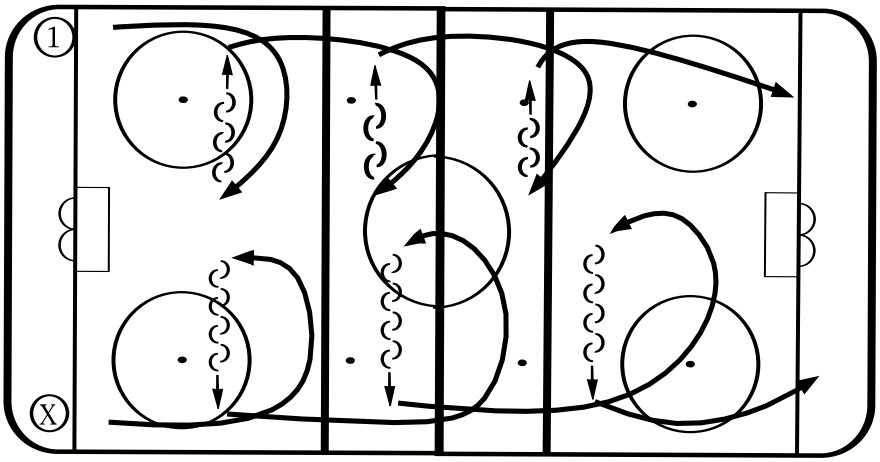
Drill — Formation Stretches

- Russian circles - 360 degree - scootering with outside skate and inside edge
- Push-unders with inside skate - outside edge



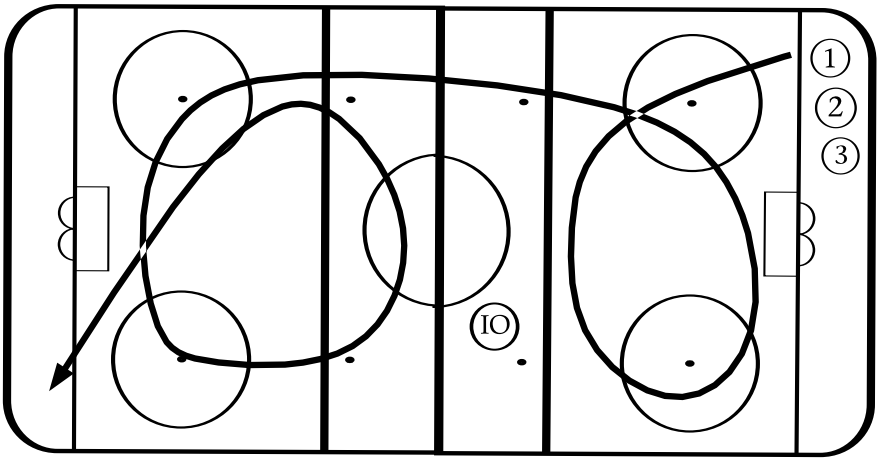
Drill — Formation Stretches

- Skate forward, do control turn toward middle - flip hip, go backward to boards then step out with a mohawk



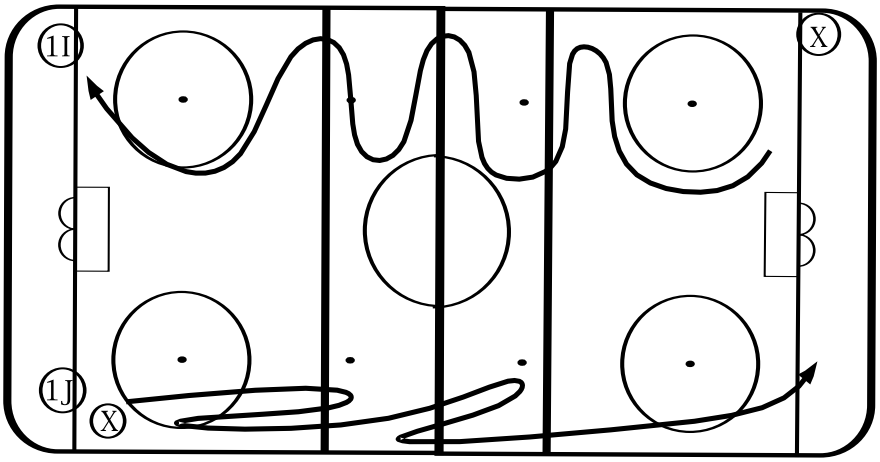
Drill — Formation Stretches

- Two big crossovers



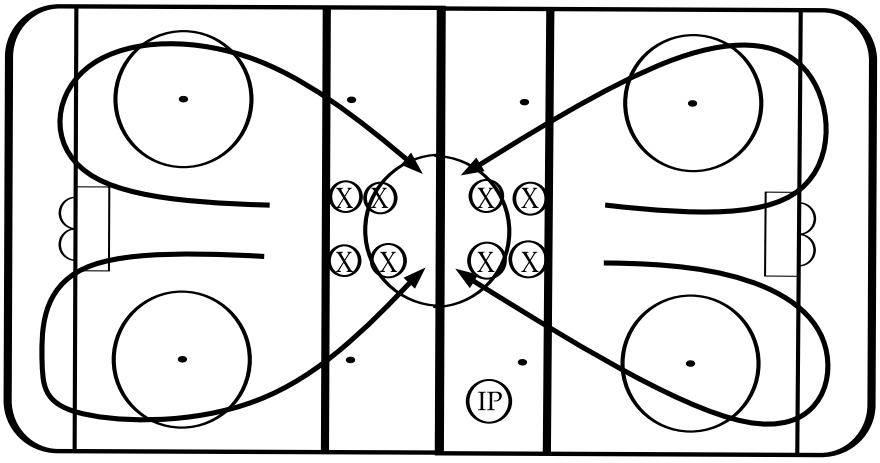
Drill — Control Turns

- Keep low center of gravity
- Strong thrusts



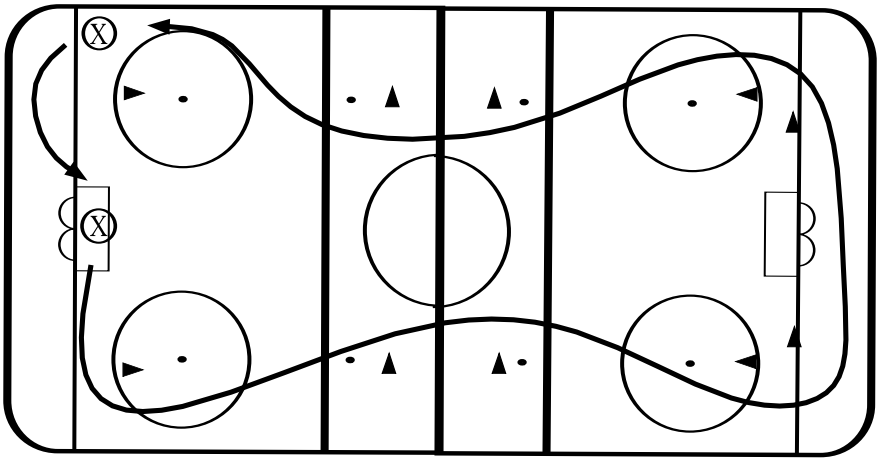
Drill — Crossovers

- Forward and backward



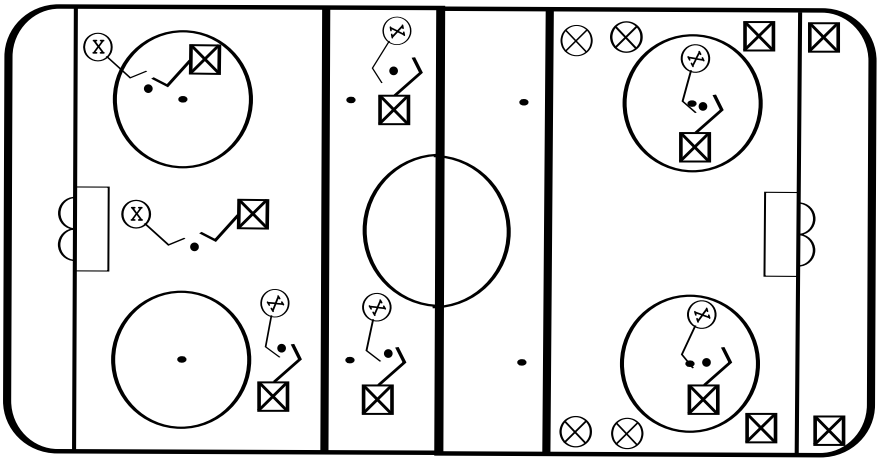
Drill — Peanut Crossovers

- Keep good form
- Quick feet
- Good body shifting



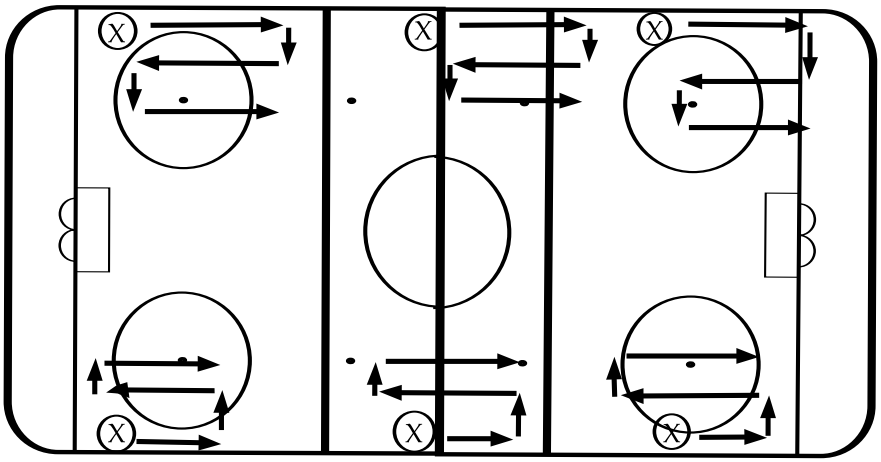
Drill — Puckhandling War

- One puck - start with face-off then protect puck with keep-away
- 1 on 1 in circle



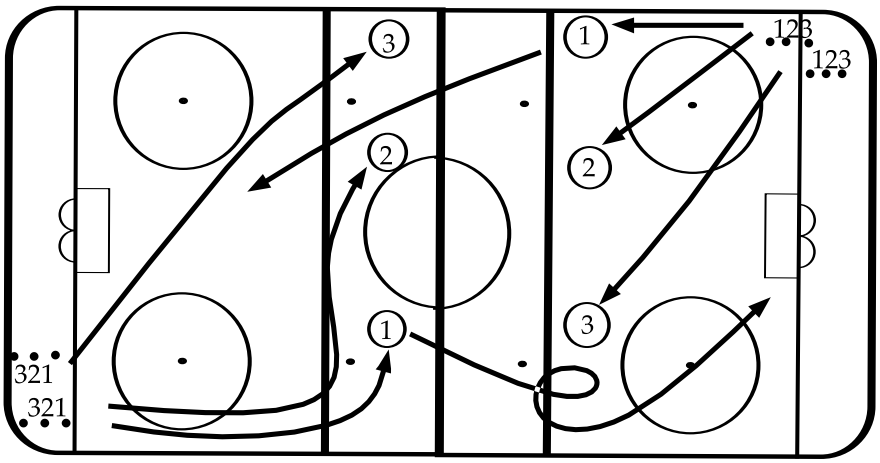
Drill — Heel to Heel Stepouts

- Focus on form
- Keep knees bent
- Low center of gravity
- Open up hips and shoulder



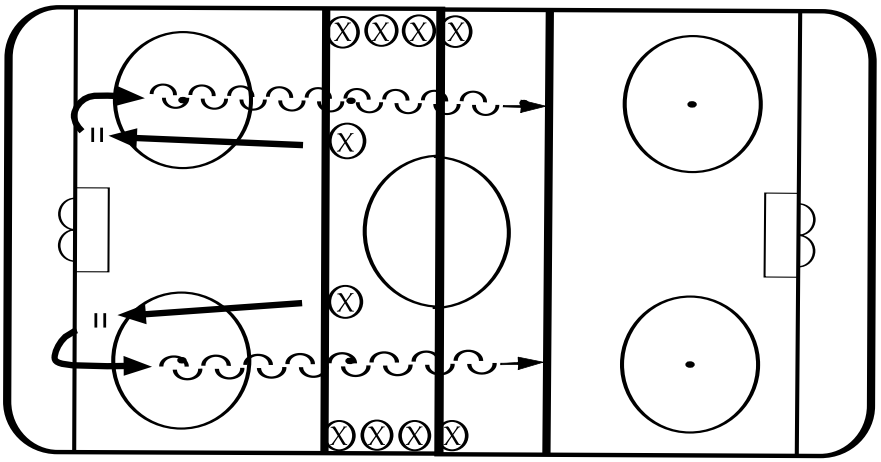
Drill — Olympic Puckhandling

- Players are in opposite corners with pucks
- On whistle, three players from each corner with pucks skate into the neutral zone, on each successive whistle, one, two or three go in and shoot on goal



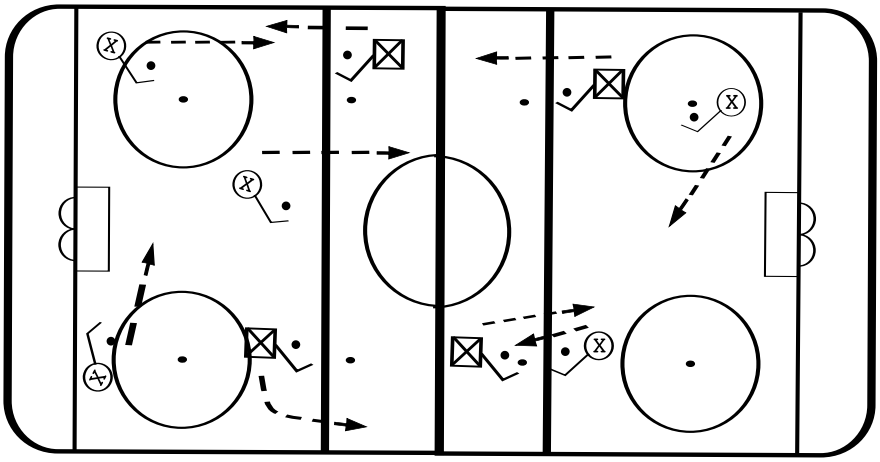
Drill — Skating

- Forward point backside - flip hip, backward crossovers, skate forward at hash marks - go backward - race



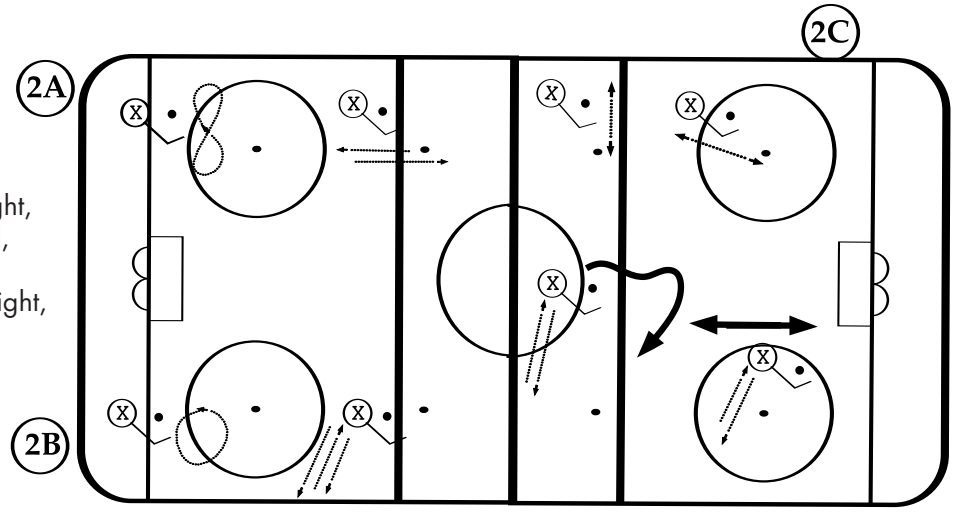
Drill — Puckhandling

- Eyes up, skate half speed, three-quarters speed - handling the puck against flow



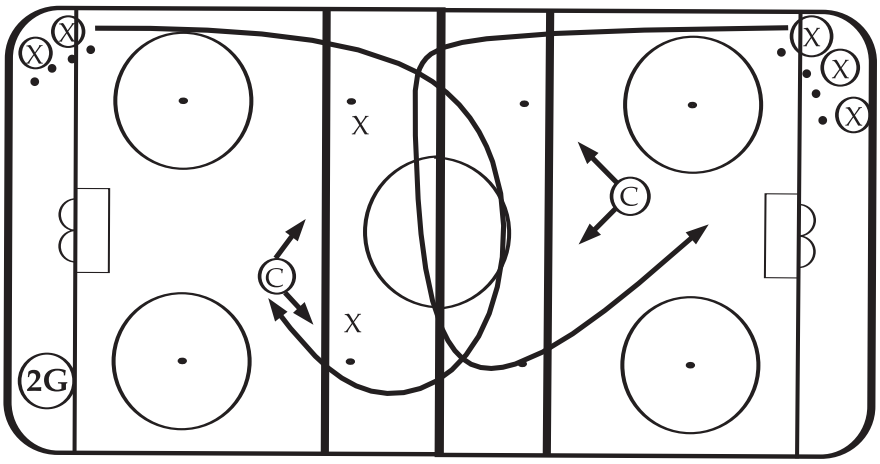
Drill — Puckhandling

- Stationary Figure 8 with puck
- Skate circles with puck - left to right, right to left, forward to backward, diagonal, yo-yo, full extension forehand then backhand, left to right, right to left fast



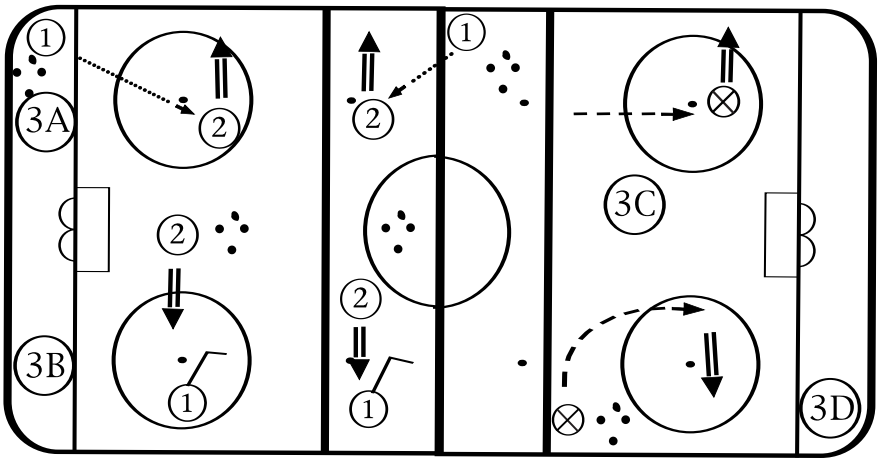
Drill — Puckhandling

- Player pushes puck one handed to blue line then two hands on stick, go around neutral zone dots, skate in on coach, coach points to player's forehand, player goes to forehand then shoots on goal



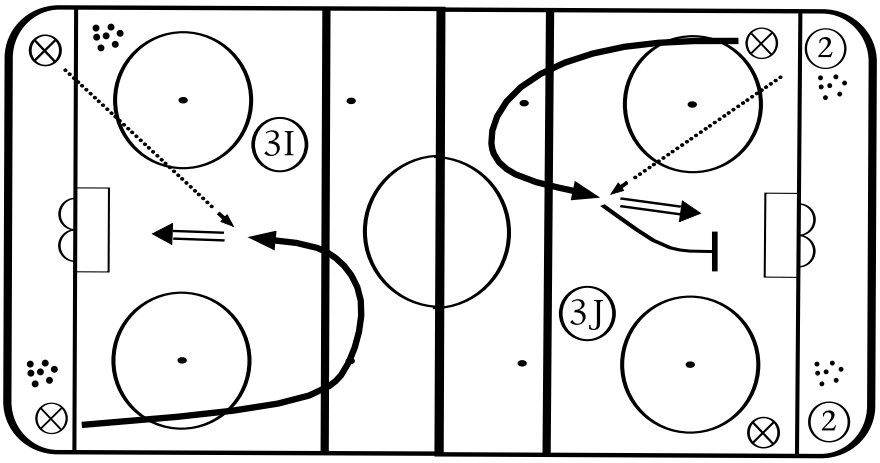
Drill — Shooting

- Partner up - four pucks
- Shoot forehand off pass
- Shoot forehand with partner tipping
- Drag puck and shoot
- Curl and shoot backwards



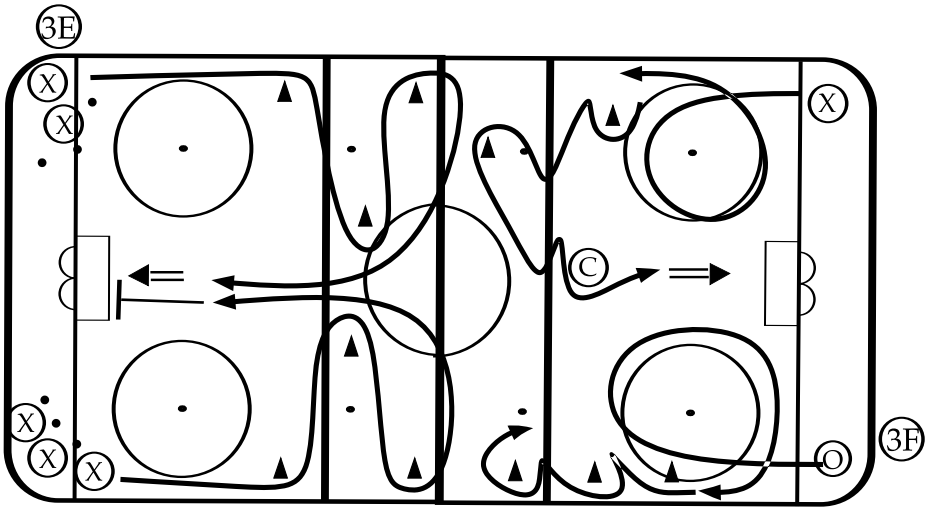
Drill — Pretzel With Pass

- Player skates up and over blueline
- Receives pass from opposite corner
- Shoots on goal and gets rebound shot



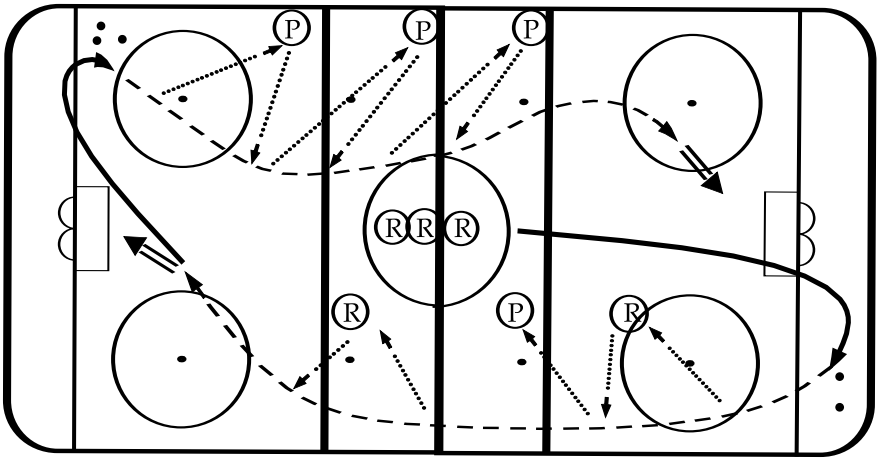
Drill — Control Turns

- Skate up boards and go around all three cones
- Shoot on goal using wrist shot, backhand shot or snap shot, go for rebound
- Skate up boards, 360 degree circle, puckhandle on three cones, go through middle, fake to backhand, go to forehand



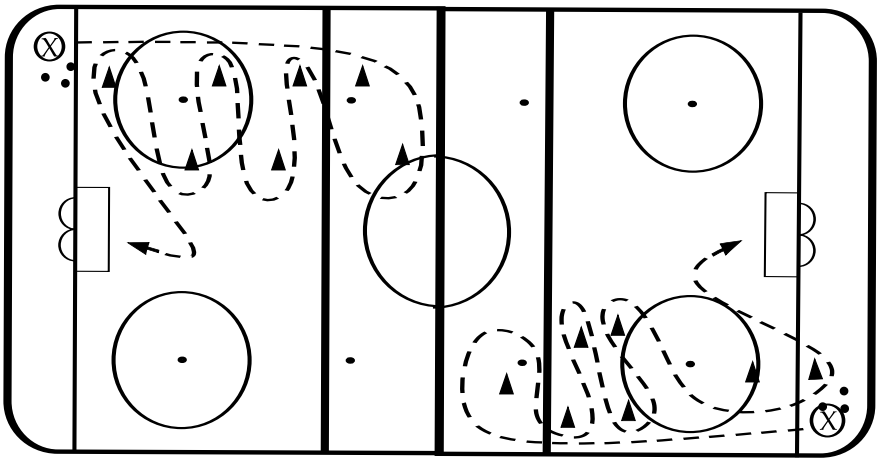
Drill — Six Station Pass

- Start drill in middle
- Player picks puck up in corner
- Makes 3 give and go passes and shoots on goal
- Picks up another puck and gives 3 give and go passes and takes another shot on goal at the other end



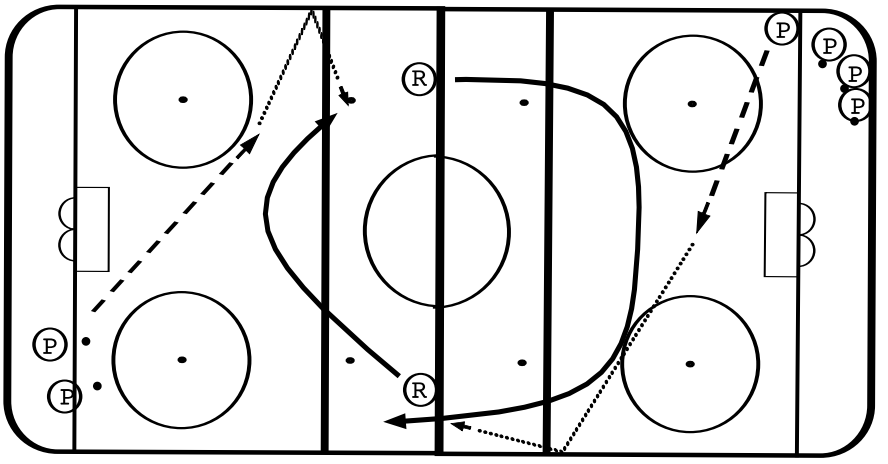
Drill — Zig-Zag Right Angle

- Zig-zag right angle mohawk on cones then come across far post and shoot



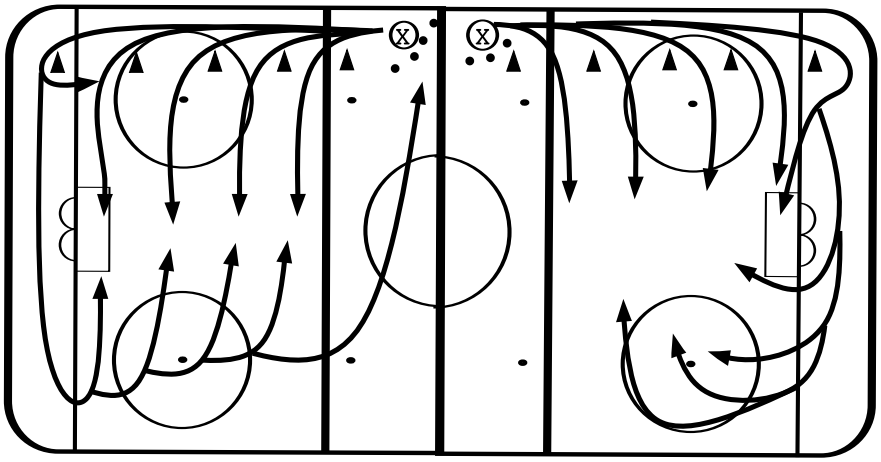
Drill — Angles Pass

- Player in corner makes an angle pass off the boards to a player in the neutral zone
- The player in the neutral zone receives the pass off the boards and shoots on goal



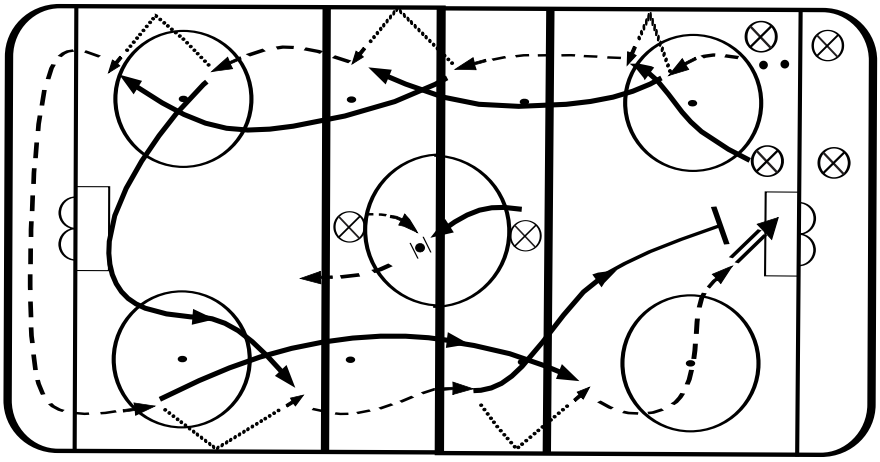
Drill — Different Approaches to Net

- Angle and different approaches to shooting on net



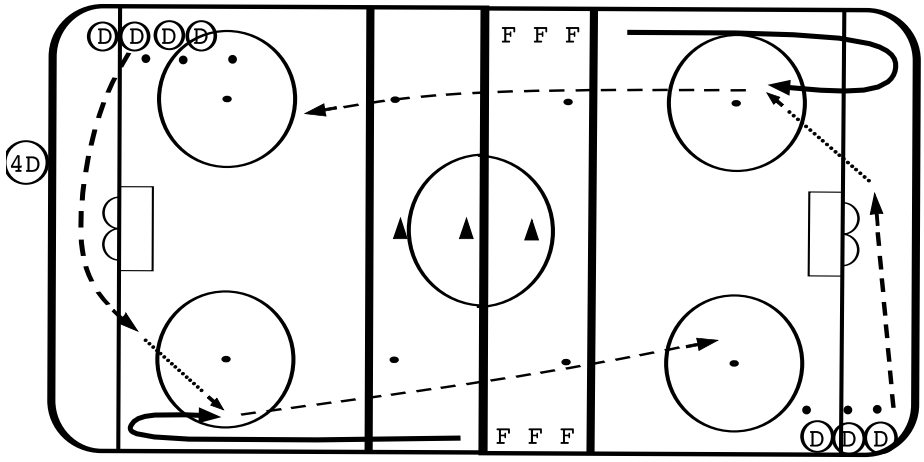
Drill — 2 on 0 Around Rink

- Board pass give and go
- Pass with diagonal return pass, drop pass
- Escape pass
- Group in middle practicing drop pass



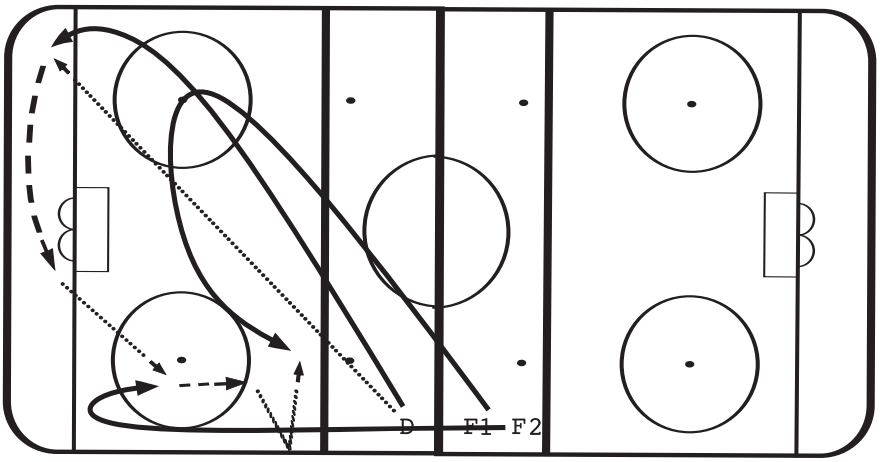
Drill — Passing

- B.O. carry around net and pass to forward



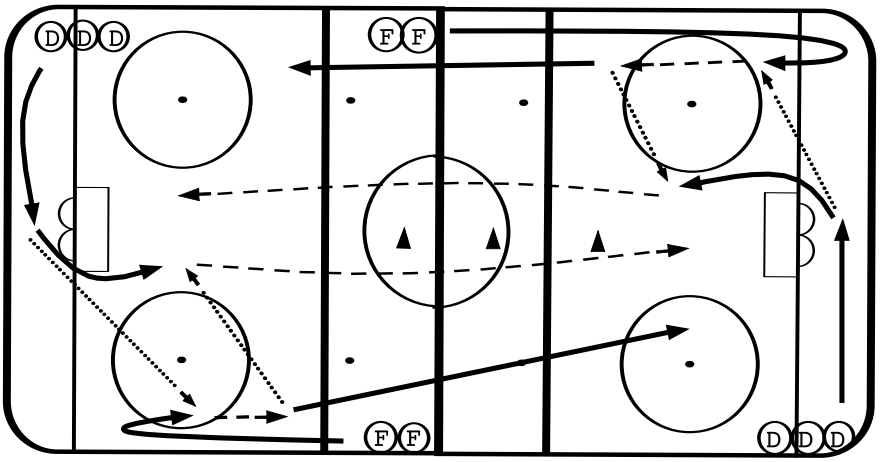
Drill — Puckhandling

- Defenseman dumps puck into corner, then retrieves the puck and carries it around the net
- F1 goes to far B.O. position, F2 goes to near B.O. position, D passes to F2, F1 comes across for board pass



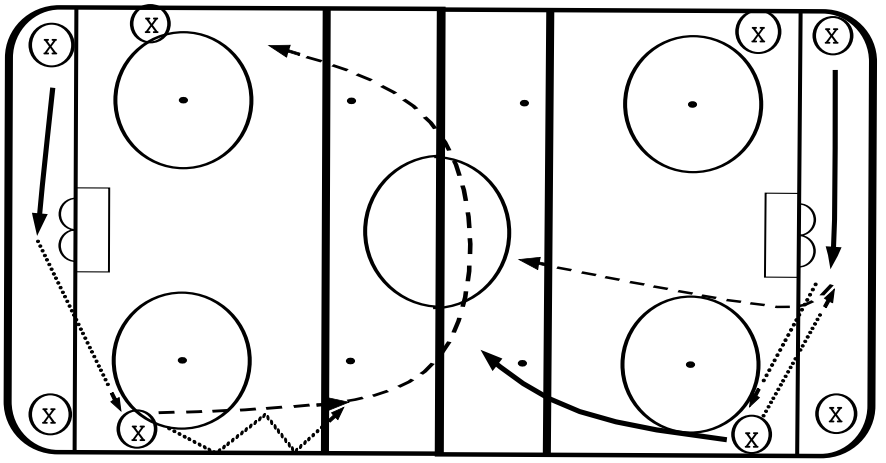
Drill — Passing

- The defenseman carries the puck around the net and passes to the forward
- The forward makes a return pass to the defenseman
- They skate up the ice 2 on 0 and shoot on goal



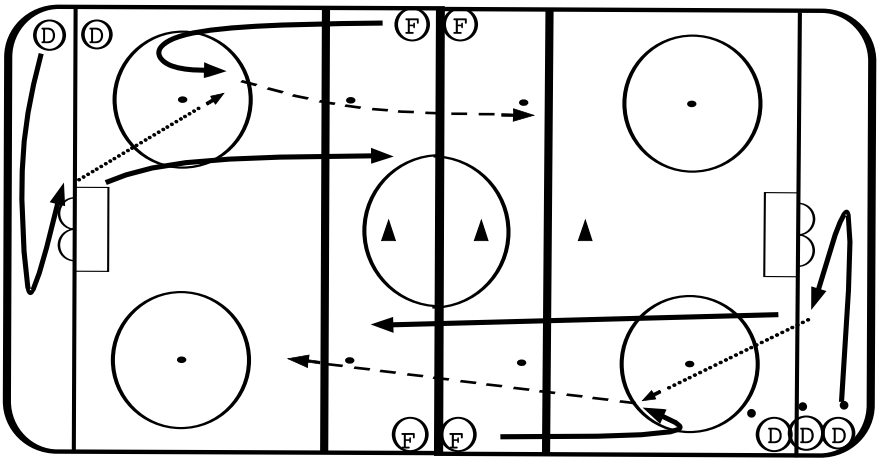
Drill — B.O. Practice

- Carry around, pass-return-pass, counter, reversing



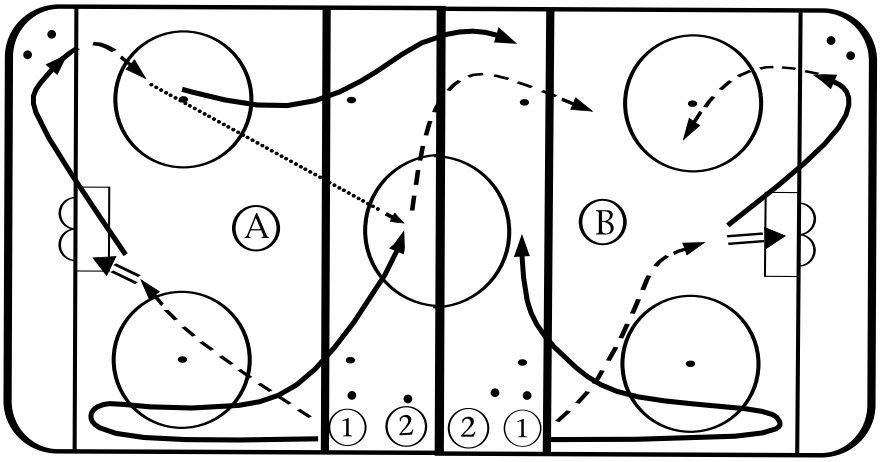
Drill — Passing

- Defenseman carries puck behind the net to far post, come back to near post and pass to forward
- Variation counter to near post



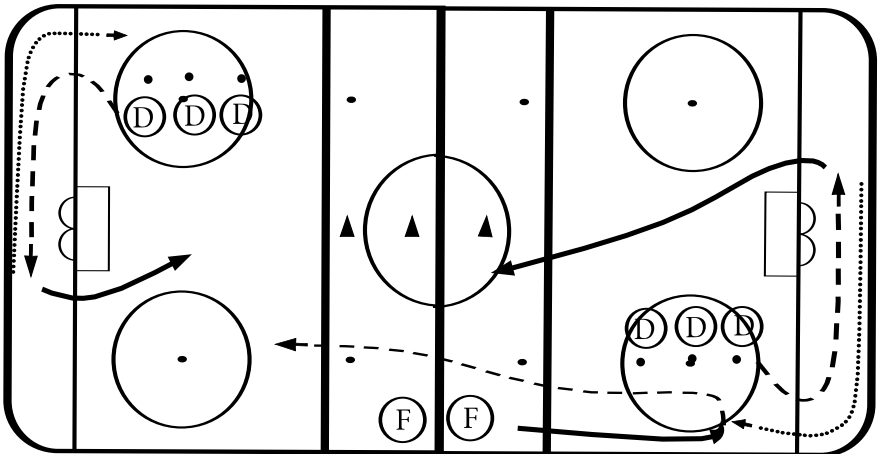
Drill — Passing

- B.O. stretch pass
- Player 1 skates towards net with puck and shoots on goal
- Player 1 then retrieves puck in other corner and makes long pass to Player 2
- Run drill on both sides



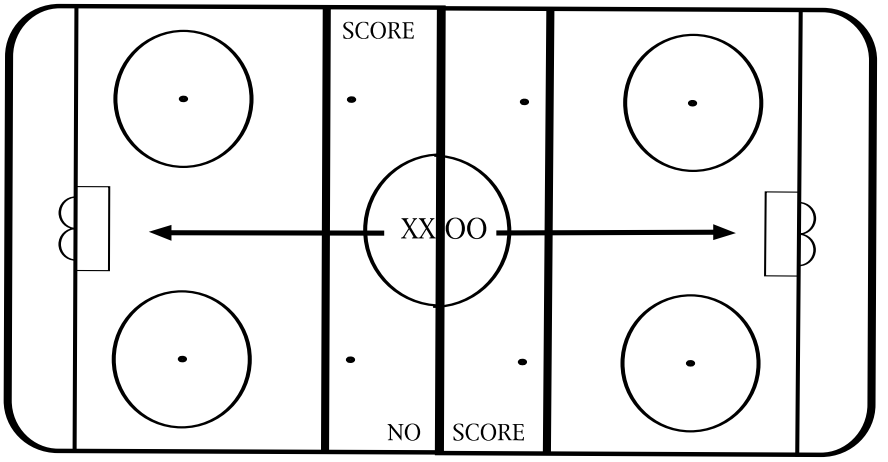
Drill — Passing

- Reverse ring - the defenseman carries the puck behind the net to the far post and brings it back around to the forward



Drill — Showdown

- Individual or team
- Time or not timed



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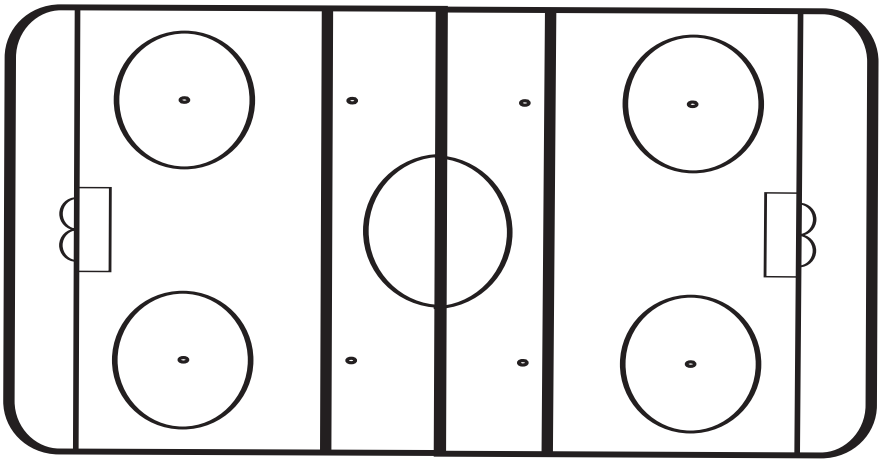
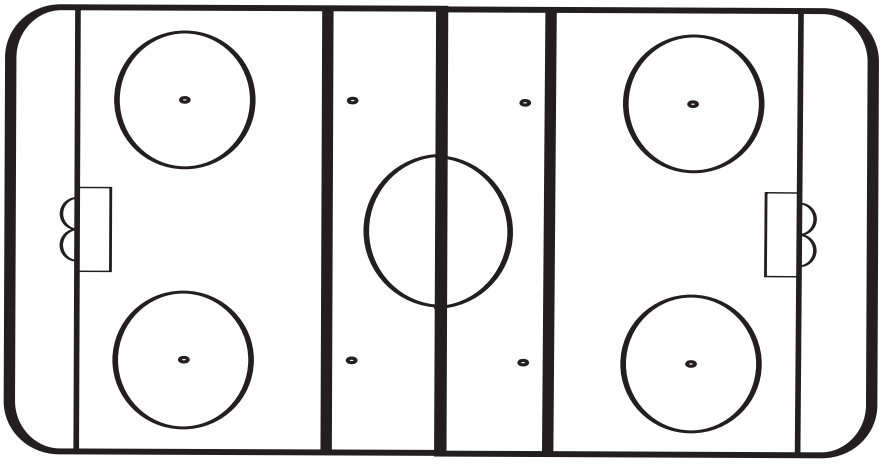


Notes/Comments

Description



Notes/Comments

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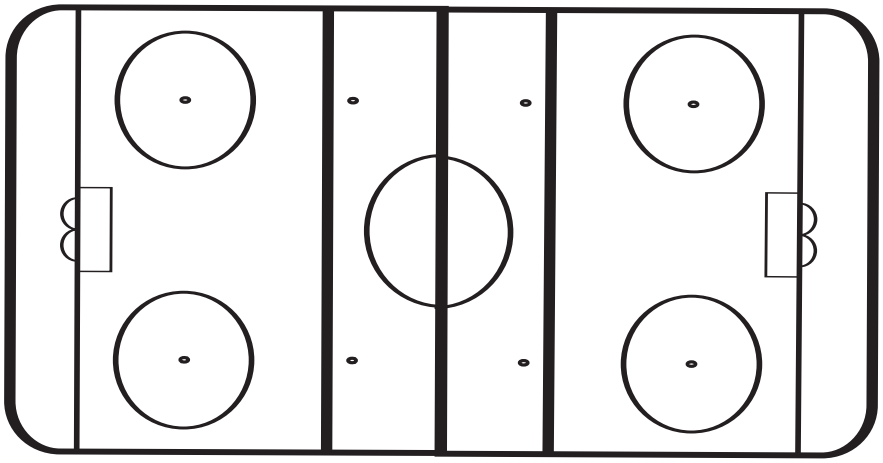

Notes/Comments

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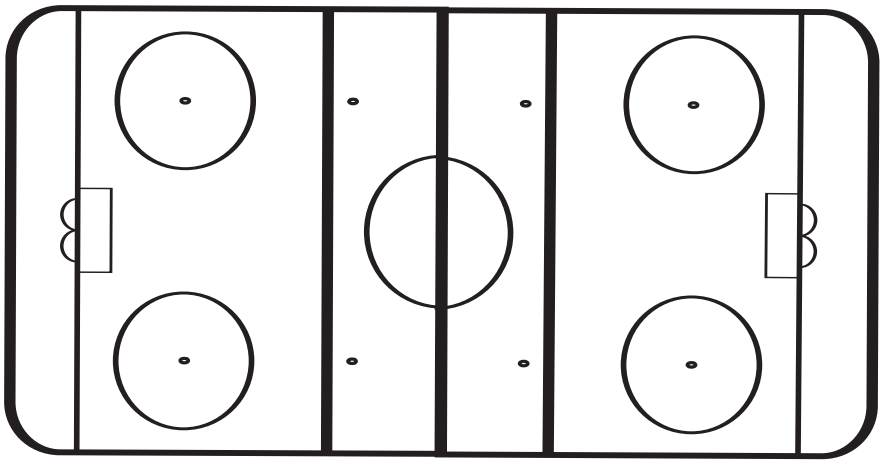

Notes/Comments

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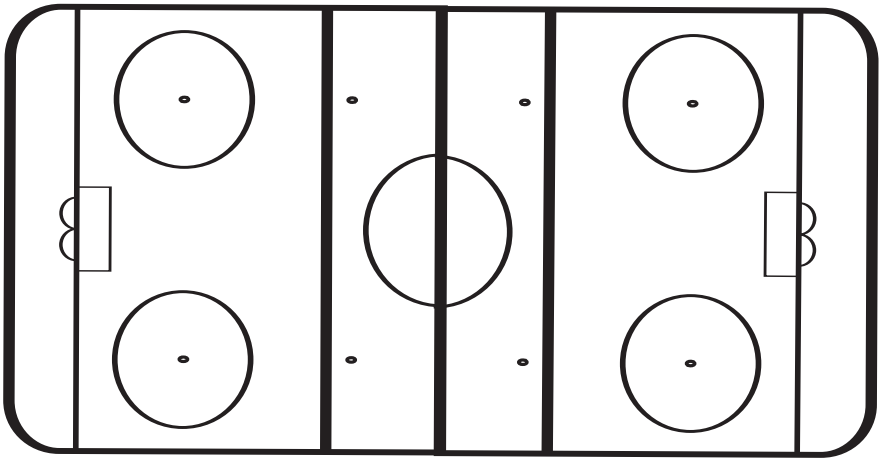


Notes/Comments

Hockey Practice Plan

Objectives: Firm up skating, puckhandling with better speed;
Passing and shooting with more speed.
Introduce angling for forechecking.
Review breakouts, introduce center swing breakout.
End with fun competition.

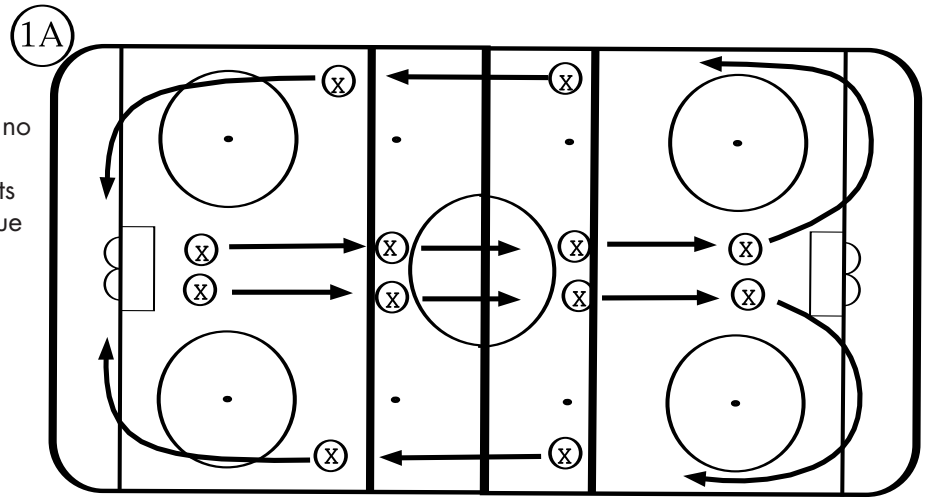
Date: _____
Practice: #5
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	X Forecheck	X Full Ice Modified Games
X Shooting	____ 2 on 2	X Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
X Goaltending	____ 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch 1. a. butterfly stretch with exercises: hurdler, ostrich, in and outs, S-drill, no lift striding, Big C, continuous crossovers, sprints blue to red, sprints blue to blue - backwards between blues; b. Full 360 degree Figure 8, forward then backward, crossovers; c. Forward-backward turns; d. Figure 8 backward, forward; e. compass forward, backward, heel to heel, right angle mohawk, stepouts left then right; f. rhythm skating around rink - forward, backward swizzles, backward crossovers	
10 mins.	2. a. puckhandling - Russian circles with puck, a coach is stationed top of circle and another in middle circle, coach points to forehand of skater, skater goes to forehand; b. coach makes pass out to player at hash marks, player curls with puck out to line up with spots, players make puckhandling moves at two middle spots then goes in to shoot; c. same set-up but puck carrier has a passer at top circle and far side of red line on boards	Concentrate on quickness and good puck protection
10 mins.	3. a. pass and shoot - 360 degrees around face-off spot, receives pass on forehand side and shoots; b. player passes puck across to other boards, follows puck, retrieves puck and goes in and shoots and rebounds; c. alternate sides, pass and shoot; d. 2 on 0 passing with backcheck; e. funnel drill; f. off wing shooting	Be a good receiver
5 mins.	4. Shooting	Hit the net
5 mins.	5. Forechecking	Angling and steering
10 mins.	6. Breakouts	Tape to Tape
10 mins.	7. 3 on 0 - three puck competition	Fun

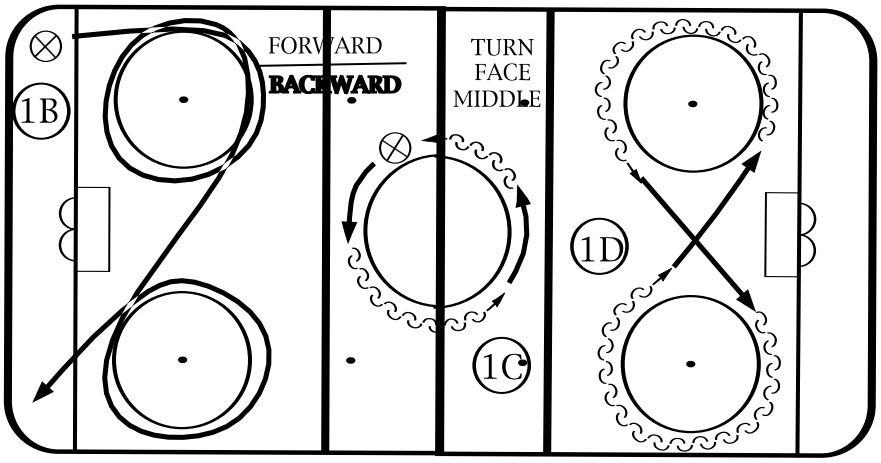
Drill — Butterfly Stretch

- Hurdler, ostrich, in and outs, S-drill, no lift striding, Big C, continuous crossovers, sprints blue to red, sprints blue to blue - backward between blue lines



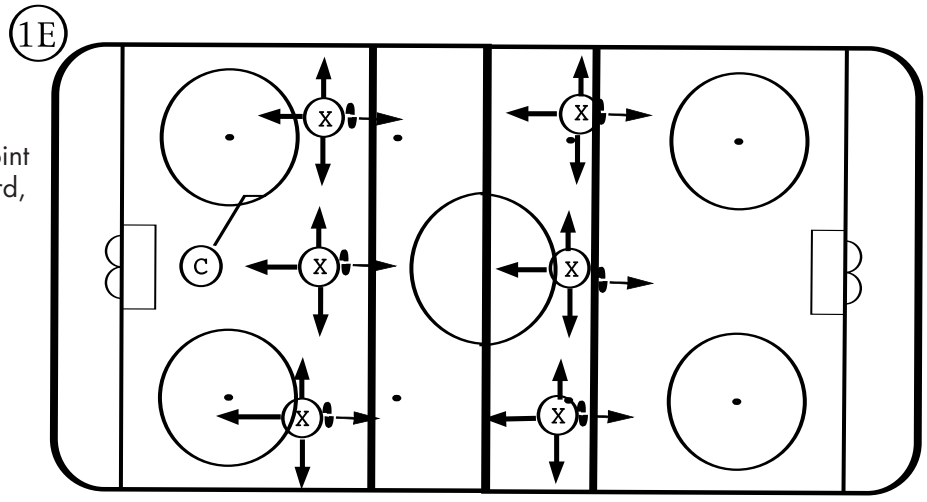
Drill — Figure 8

- Full 360 degree Figure 8 - do both forward and backward
- Forward, backward, forward, backward - turn to spot in middle of circle on whistle
- Figure 8 backward around circles, turn forward in middle of Figure 8



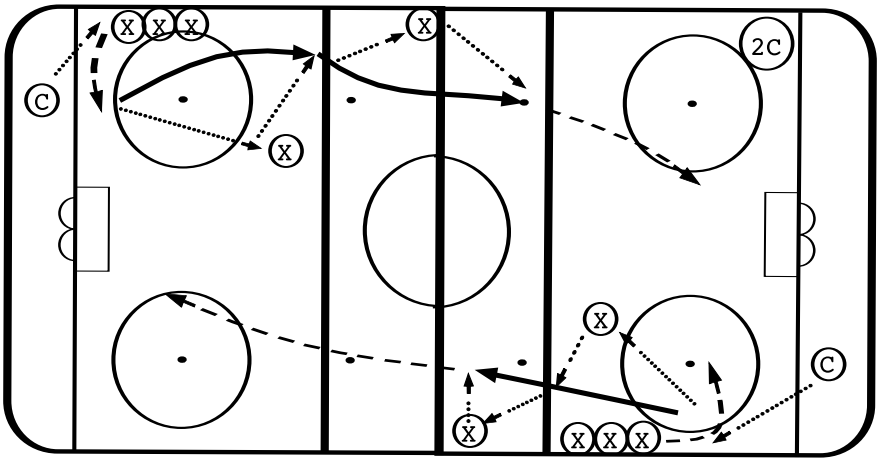
Drill — Skating

- Compass - skate the direction the coach points with sticks, flip hip, point backside going forward to backward, right angle mohawk step out, going right to left



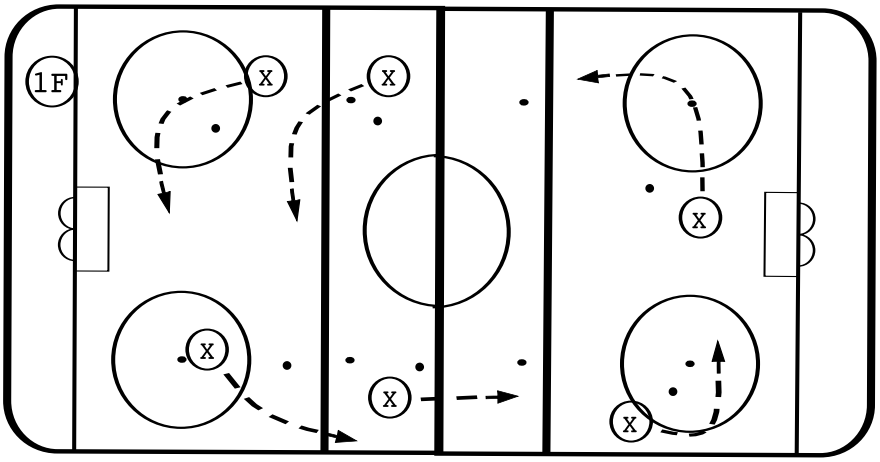
Drill — Passing Give and Go

- Set up passers - one at inside top of circle, another over red lines on boards
- Player receives pass from coach
- Player curls out and passes to player at the top of the circle
- Receives pass back
- Passes to player at red line
- Receives pass back and continues in on goal for a shot



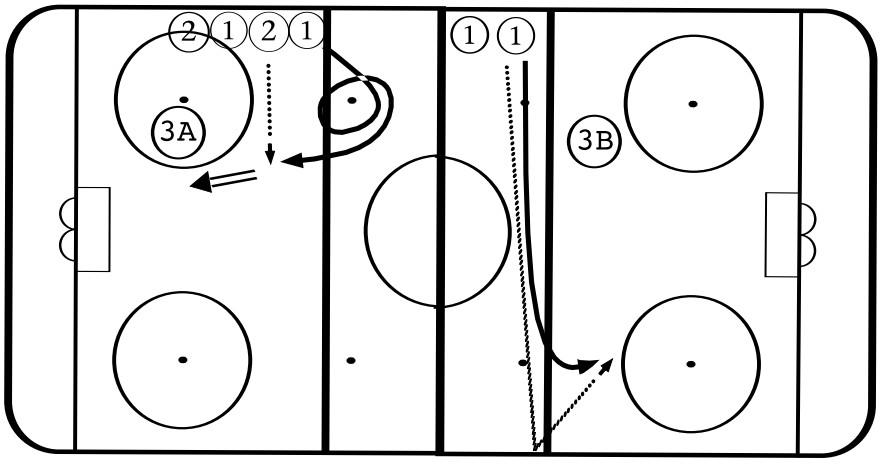
Drill — Skating

- Rhythm forward skating, weight shift full stride, extension, recovery low position, from E hips
- Same backward swizzles, backward crossovers



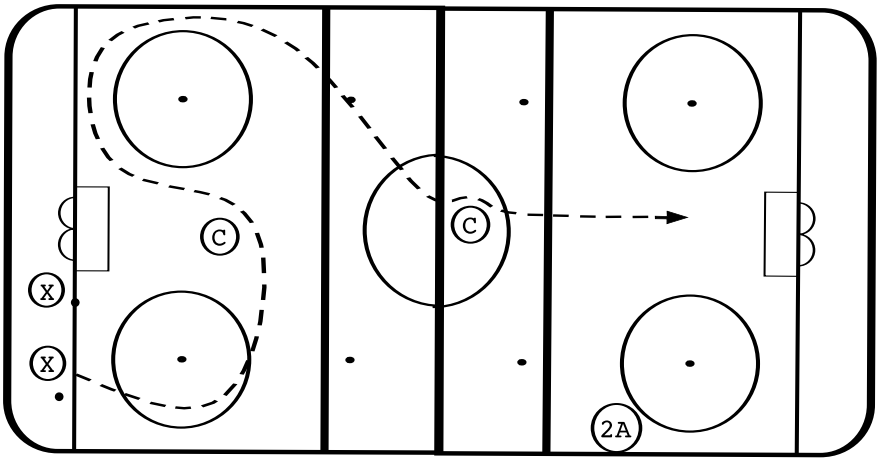
Drill— Passing

- Player 1 does crossover, turn around face-off dot then skates to middle - player 2 passes to player 1 - player 1 shoots on goal
- Player passes puck across the rink and off the boards and retrieves puck, skates in for a shot on goal



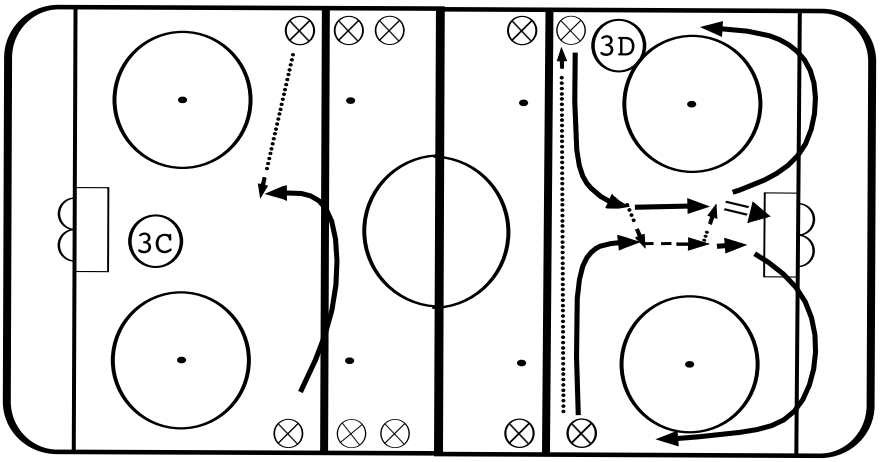
Drill — Puckhandling

- Player skates around top of one circle and the bottom of the other circle
- Coach points to forehand, skater carries puck on forehand
- Skates in for shot on goal



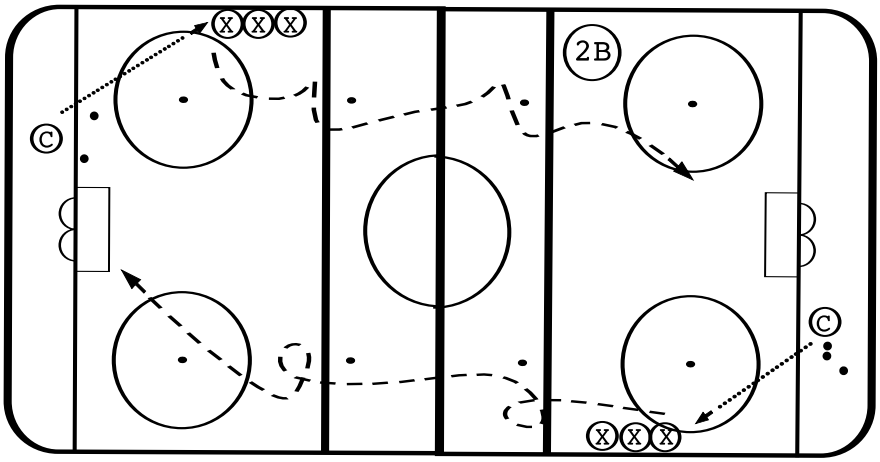
Drill — Passing

- Players alternate passing and receiving
- Pass to forehand
- Skate in for shot on goal
- Alternate passing - both go in 2 on 0
- Skate in for shot on goal and stop for rebound



Drill — Puckhandling

- Coach makes pass to player at hash marks, player curls out and makes move on dots. Double pull, fake shot or controlled turns
- Skate in for shot on goal



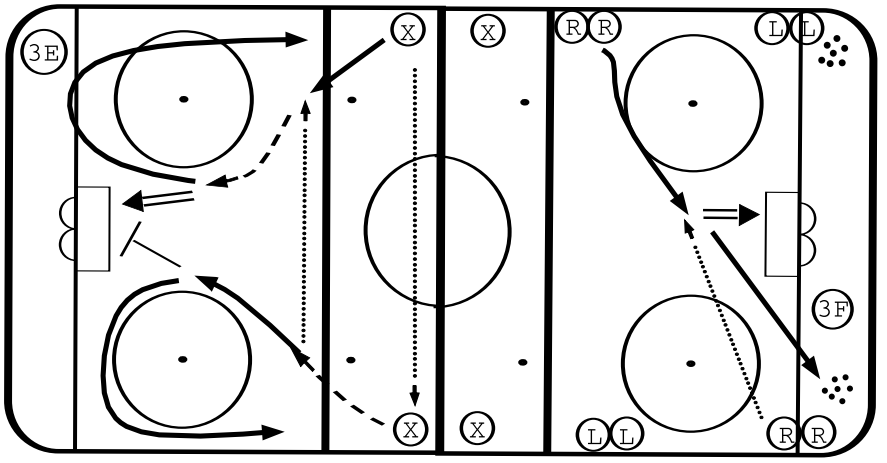
Drill — Funnel

3E

- Start behind red line - puck starts on right - pass before a stride - 2 passes before top circle - shot on goal - look for rebound - backcheck to blue line, 3 passes, then 4 off wing - pass to forehand

3F

- Off wing pass, shot on goal



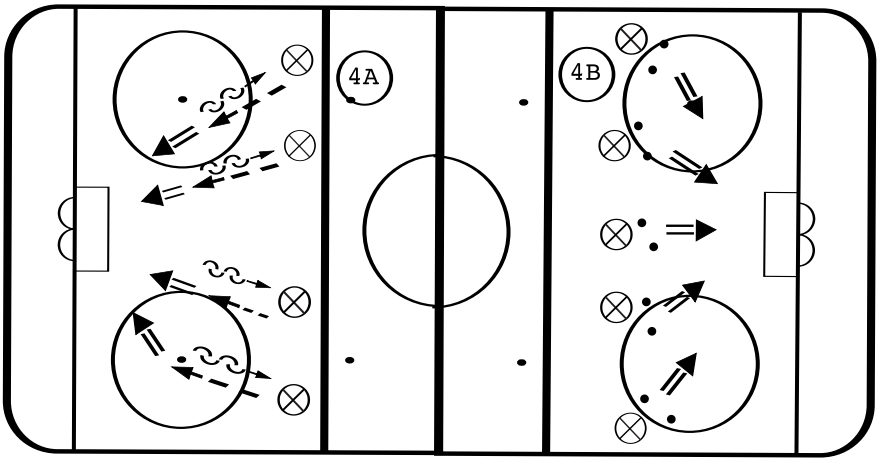
Drill — Puckhandling

4A

- Each player lines up at blue line with a puck, skates into top of circle, shoots wrist shot, flip hip and skate backward

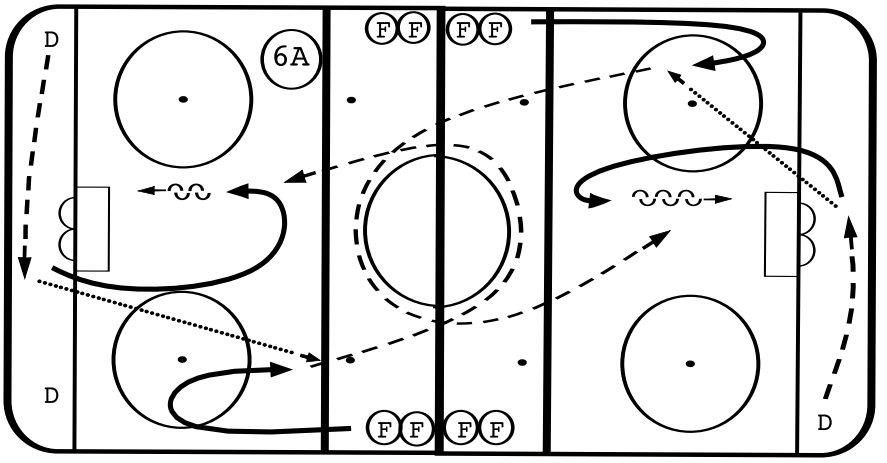
4B

- Two puck shooting drill



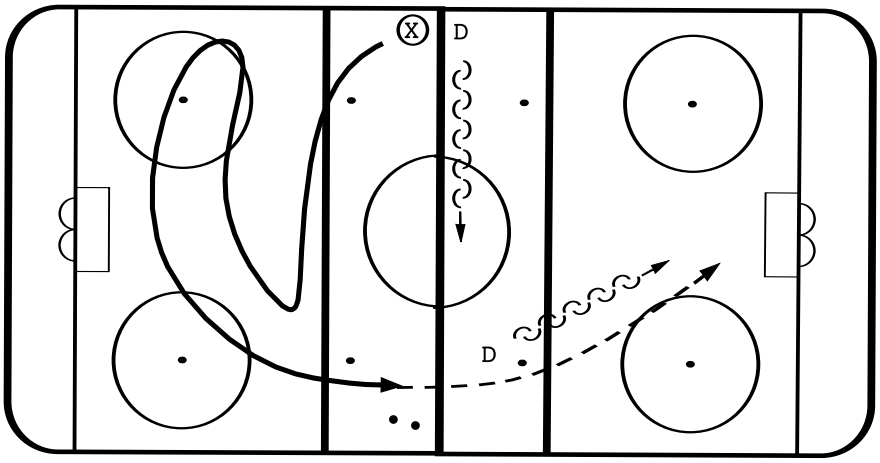
Drill — Breakouts

- Review breakouts - half ice
- Defenseman carries puck around net and passes to forward at hash marks along the wall
- Forward skates around center ice circle and skates in 1 on 1 on defenseman



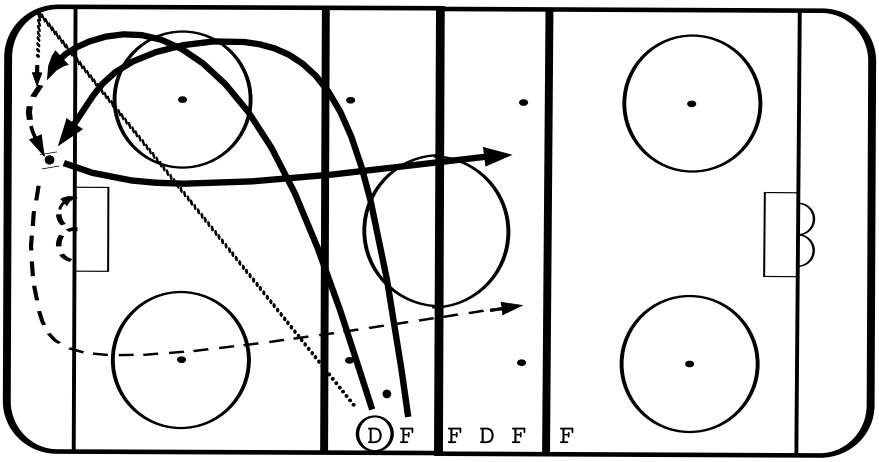
Drill — Forechecking

- Forechecking angle to top of circle through face-off dot, curl to far post, turn through face-off dot to top of circle, turn curl to far post, go to blue line, pick up puck, play 1 on 1 with defense



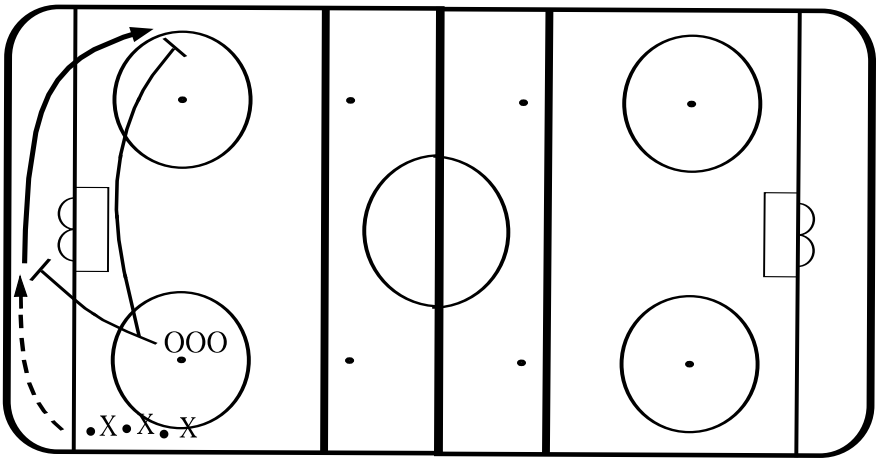
Drill — Center Swing

- Defenseman dumps puck in, D retrieves puck, F swings, picks up puck, skates around net - D & F skate 2 on 0, can alternate both ways



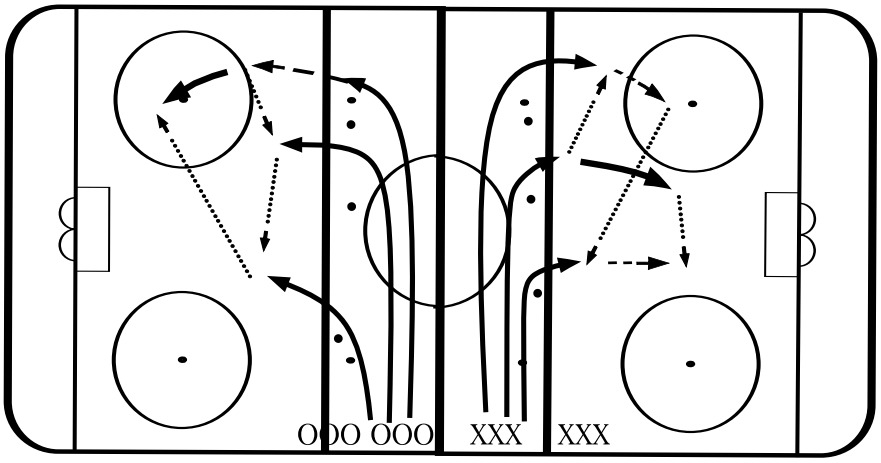
Drill — Forechecking Angle

- Angle player at first post
- Do not chase behind net
- If play cannot be made at first post skate in front of the net and angle into far corner



Drill — 3 on 0 Show Down

- Two groups at once - three pucks on each blue line - three players go from each group
- Must make three passes (each player must touch puck), continue until goal is score, all three up over blue line - get next puck



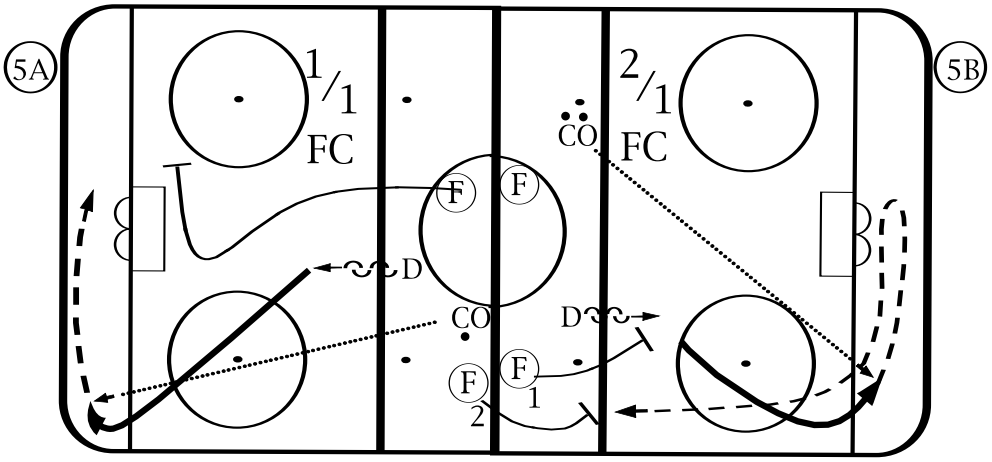
Drill — Forechecking

5A

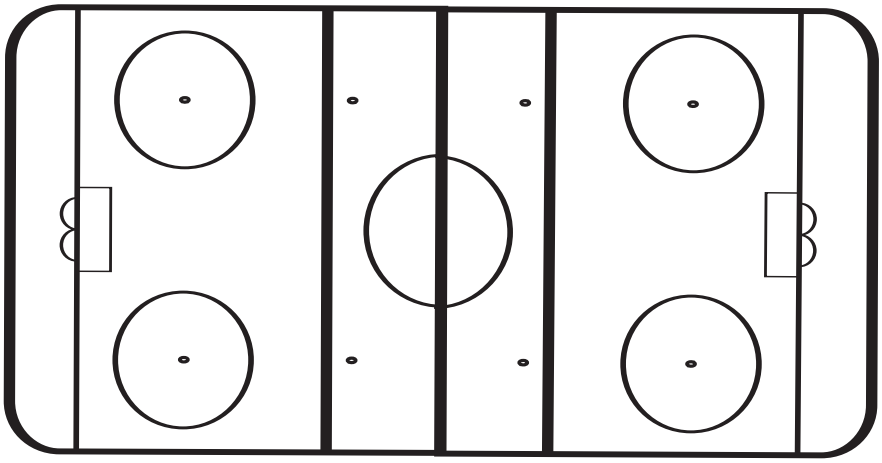
- F, D, Coach in mid-zone circle, coach, dumps puck to corner - D skate backward turn forward at top circle and retrieves puck, forward forecheck with C angel, D tries to carry out

5B

- Coach dumps the puck into the corner, skater retrieves puck, skates behind the net, stops and reverse puck to next player in line



Description _____



Notes/Comments _____

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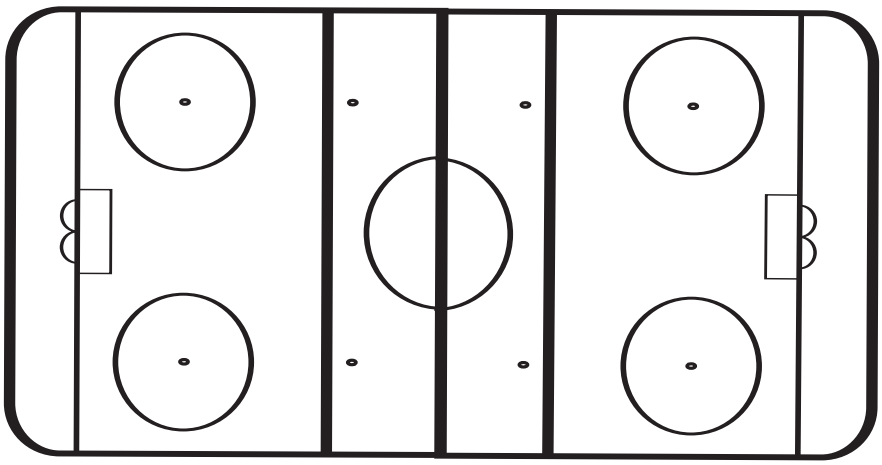

Notes/Comments

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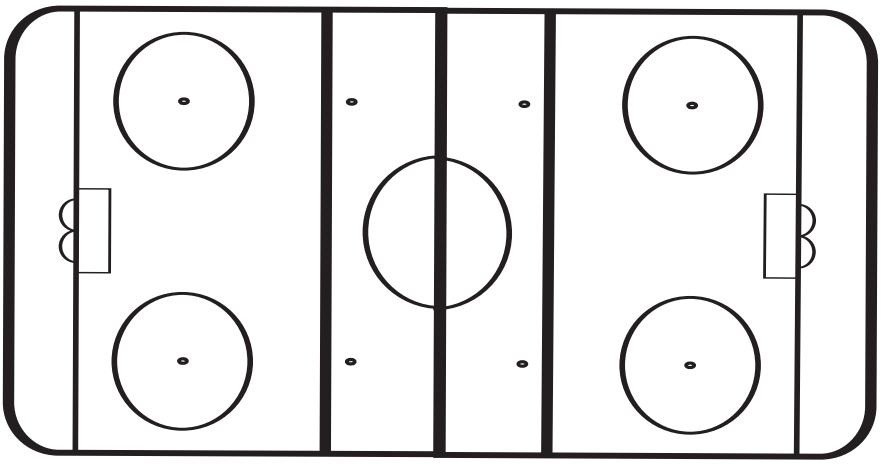

Notes/Comments

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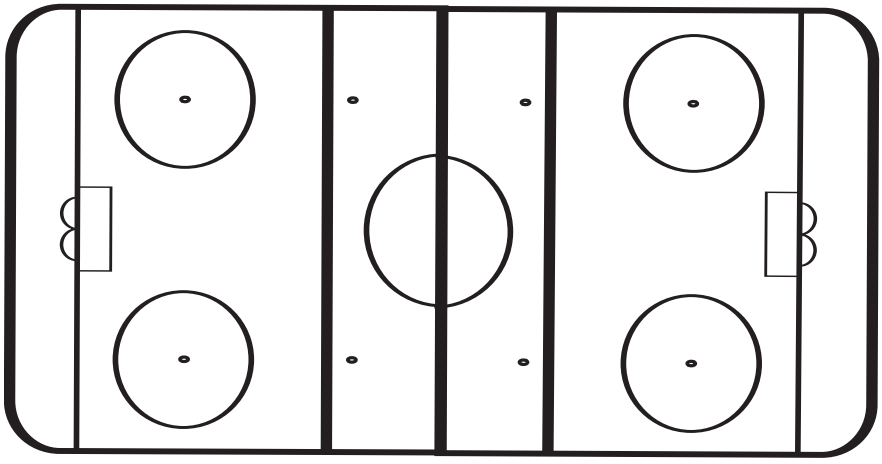


Notes/Comments

Hockey Practice Plan

Objectives: To teach options on offense and improve the passing game.

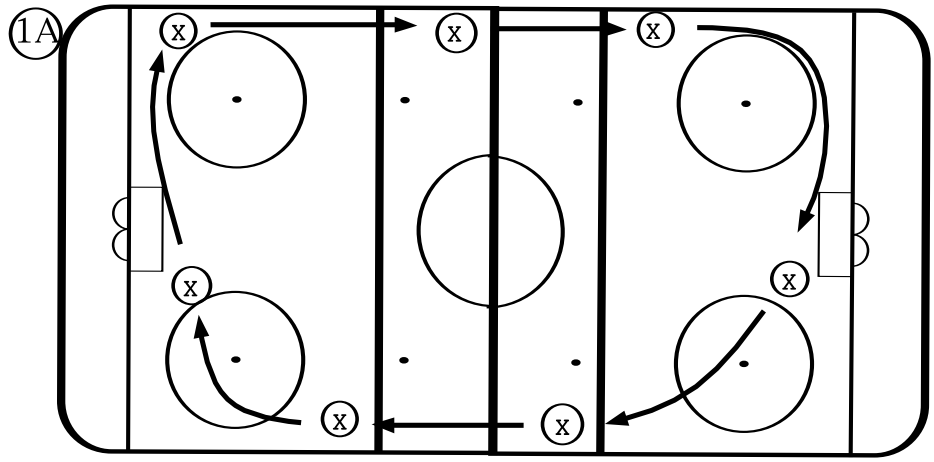
Date: _____
Practice: #6
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	_X_ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
____ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
_X_ Passing/Receiving	_X_ 2 on 1	____ Forecheck	____ Full Ice Modified Games
____ Shooting	_X_ 2 on 2	____ Breakouts	_X_ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
____ Goaltending	_X_ 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Slow and Easy
10 mins.	1. On-ice stretches: hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, control turns to boards, sprints	
5 mins.	2. Heads Up, Don't Duck drills	Heads up!!
5 mins.	3. a. around rink backwards: swizzles, stops, crossovers, two pump, three pump, three back crossovers then three swizzles; b. forward rhythm, forward two step, backward, 2 on 0 rob out	Agility
10 mins.	4. a. around rink 1 on 0 passing off boards to self; b. 2 on 0 pass around rink all forehand, all backhand; c. 1 on 0 board passing around rink; d. 2 on 0 passing through cones around rink, 2 on 0 backward passing around rink; e. 1 on 1 passing backward around rink; f. 1 on 1 around rink - forward always stays in front of defense; g. 2 on 0 diagonal passing	Puck control Puck protection
5 mins.	5. 3 on 0 straight up rink, 3 on 0 weave up rink, 3 on 0 swing up rink, 3 on 0 deep arc up rink	Good flow
10 mins.	6. Gapping - 1 on 1, 2 on 1, 2 on 2, 3 on 2	Control the gap
5 mins.	7. Pom pom with pucks - pom pom without pucks	Fun

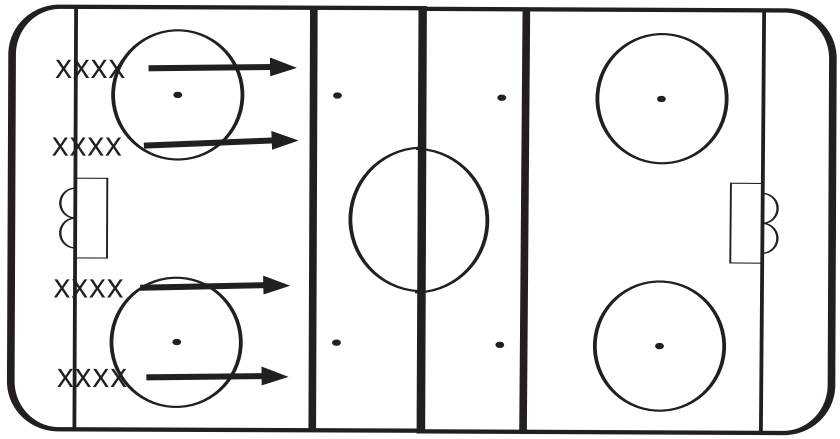
Drill — On-Ice Stretches

- Hurdler, ostrich, in and outs, S-drill, Big C, continuous crossovers, control turns to boards, sprints
- Include goaltenders



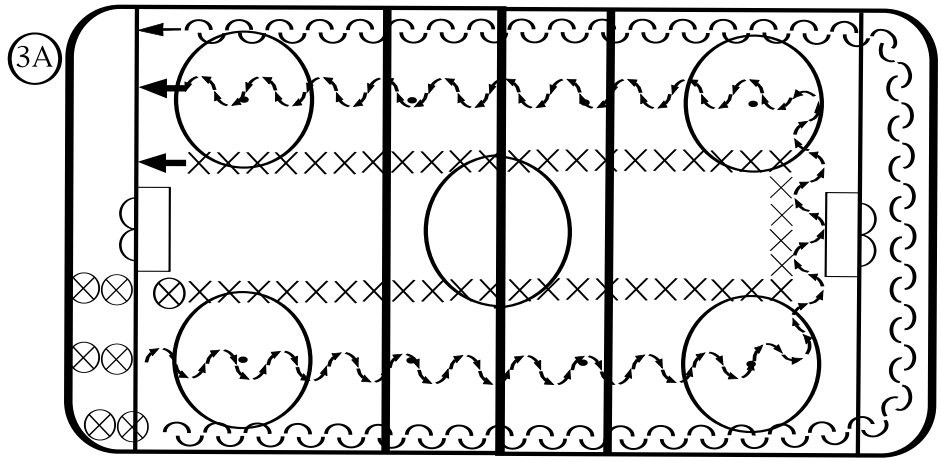
Drill — Heads Up, Don't Duck

- From manual - goaltenders too



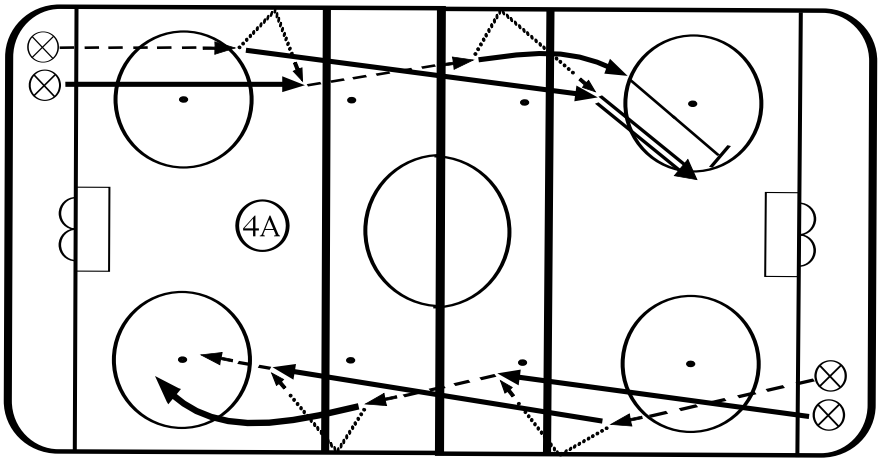
Drill — Skating

- Around rink backward: swizzles, stops on whistle, crossovers two pump, three pump, three back crossovers then three swizzles
- Forward rhythm, forward two step, three step crossovers



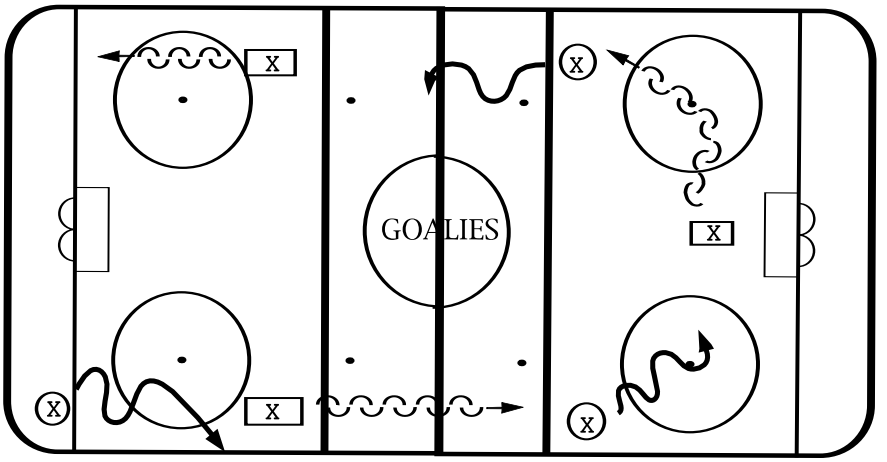
Drill — Passing

- Around the rink 2 on 0 off board passing



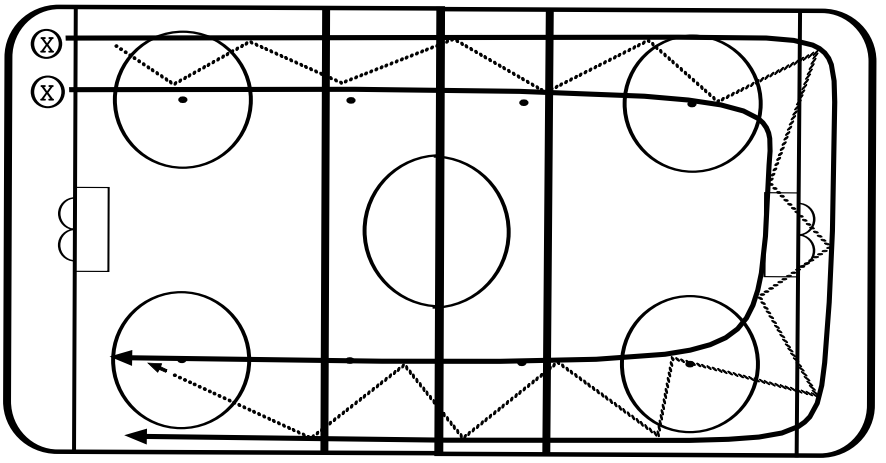
Drill — Skating

- Partner up
- Include goaltenders
- One player skating forward, one player skating backwards



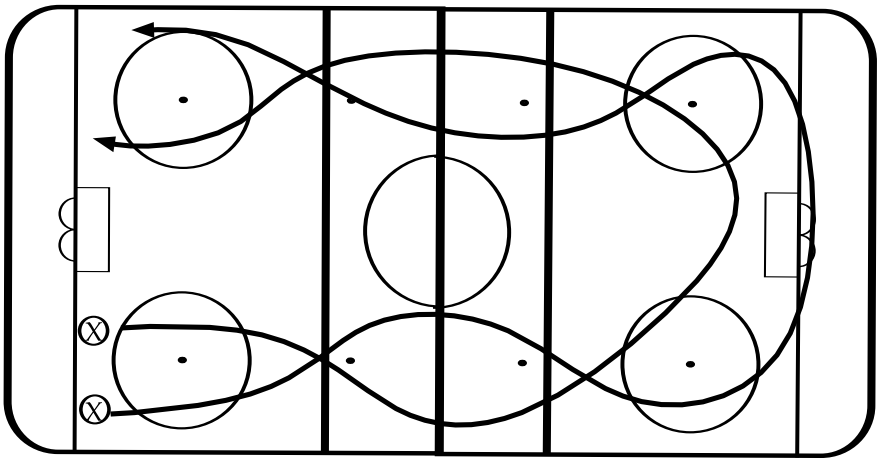
Drill — Passing

- 2 on 0 around rink - pass on forehand - pass on backhand



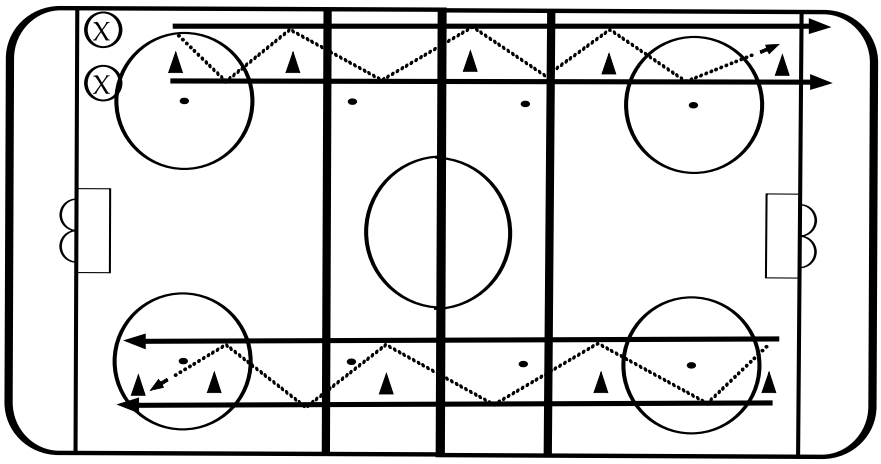
Drill — Rob Out

- Goaltenders in middle



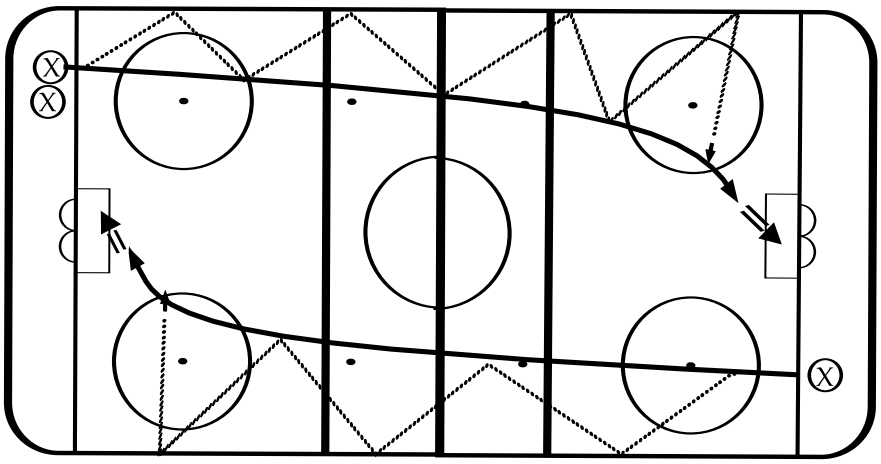
Drill — Passing

- 2 on 0 passing through cones



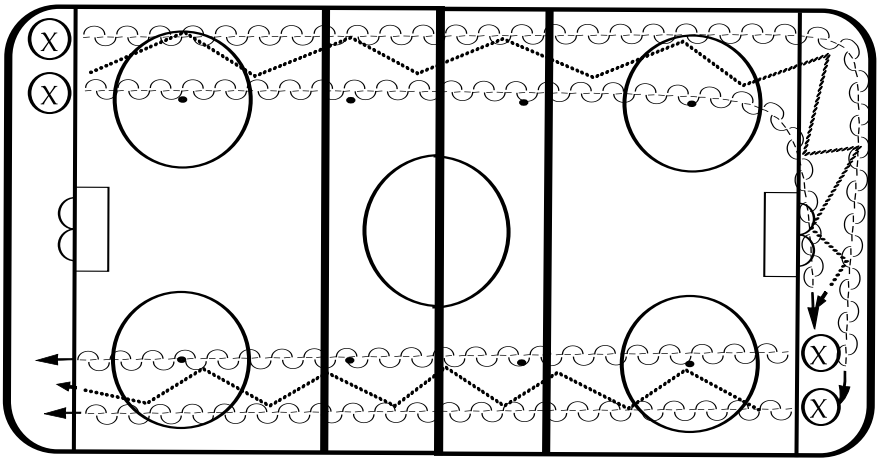
Drill —Passing

- Around the rink 1 on 0 passing off boards - goaltenders in middle



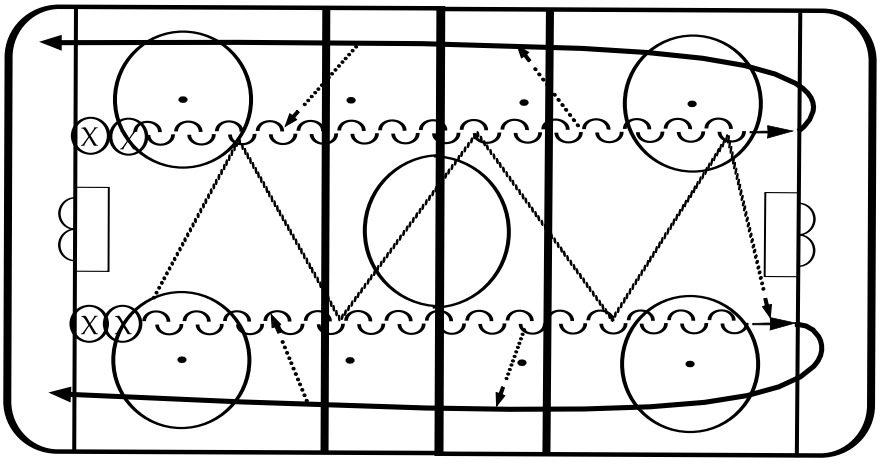
Drill — Passing

• Skating backward passing 2 on 0



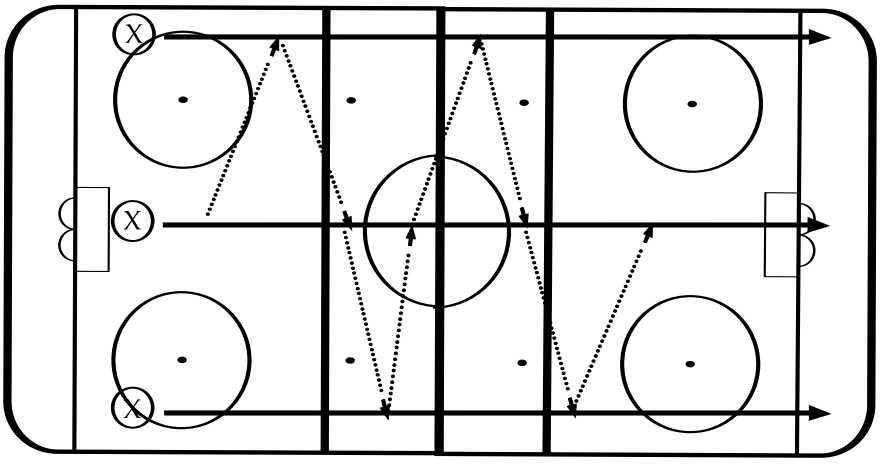
Drill — Passing

• Backward passing 2 on 0



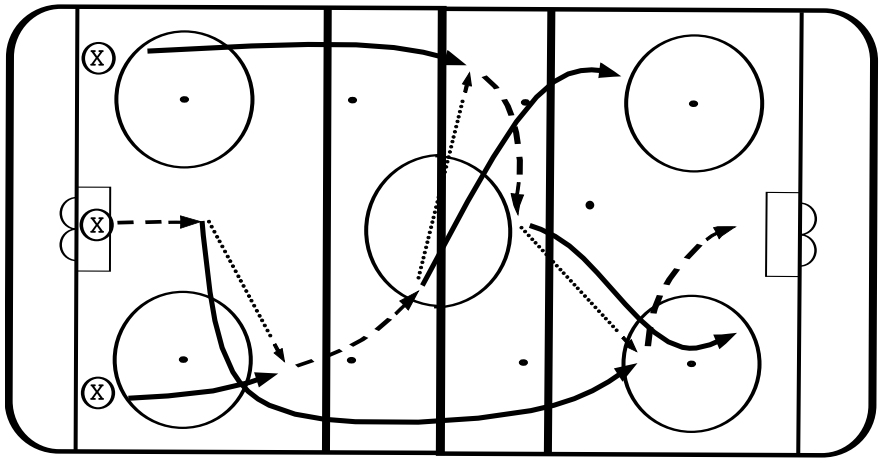
Drill —Passing

• 3 on 0 straight passing



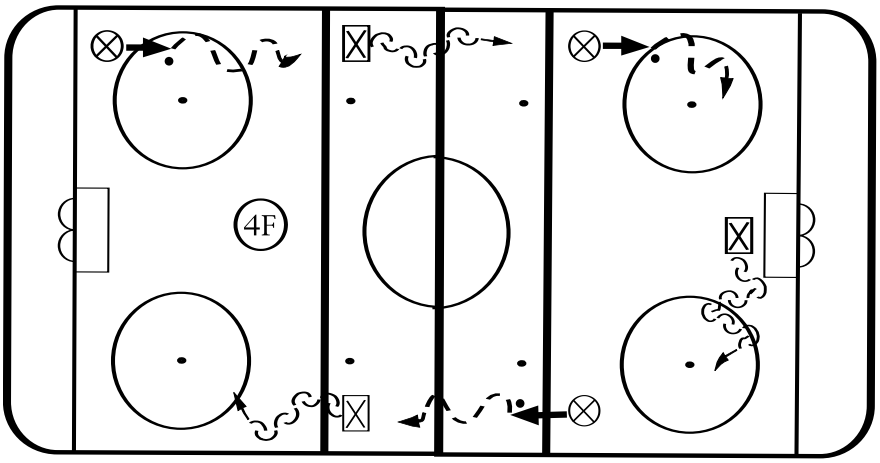
Drill — Passing

- 3 on 0 weave - follow behind your pass



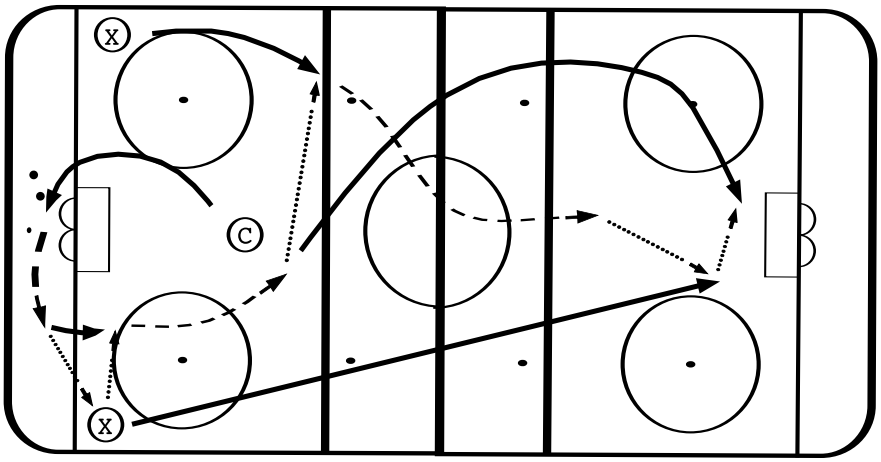
Drill — Skating With Puck

- 1 on 1 - F always stays in front of D
- Defense keeps a tight gap on forward as they move down ice 1 on 1



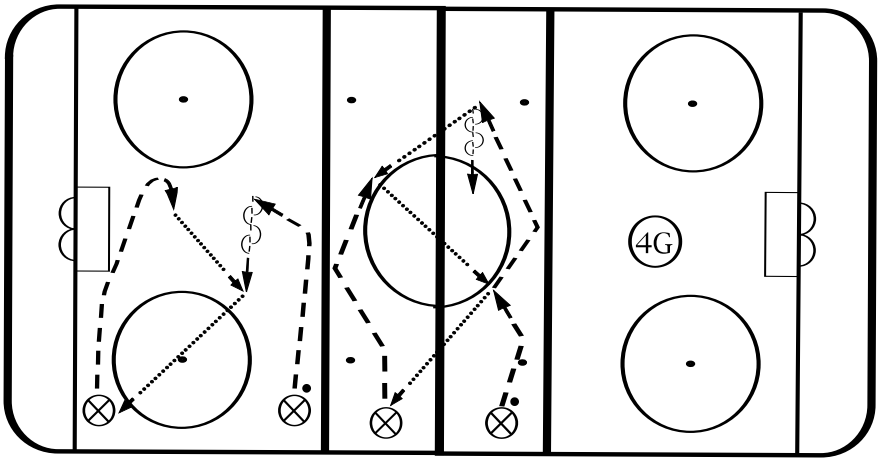
Drill — Center Swing Net

- This is a flow 3 on 0 drill



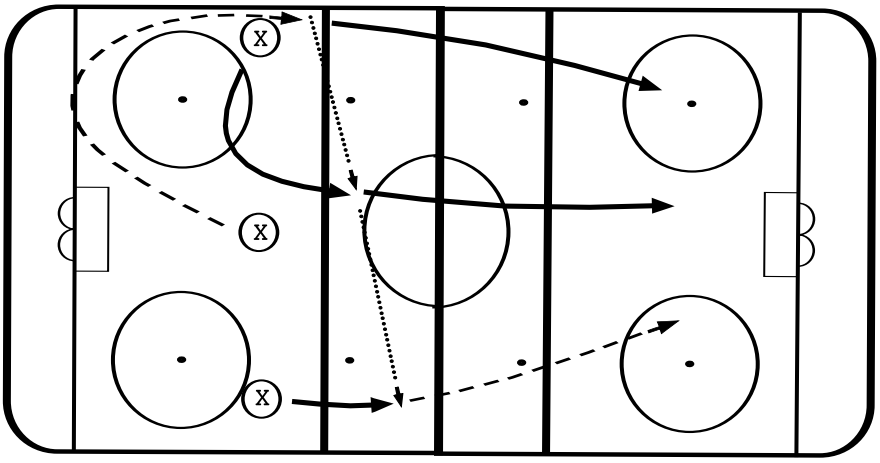
Drill — Passing

- 2 on 0 diagonal passing



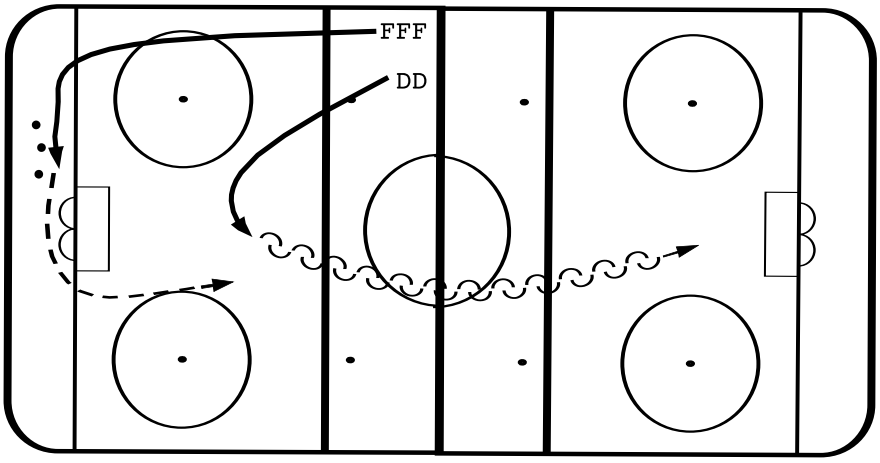
Drill — Arc Swing

- 3 on 0 deep arc swing
- Center swings deep in corner to pick up puck, and passes to the wing



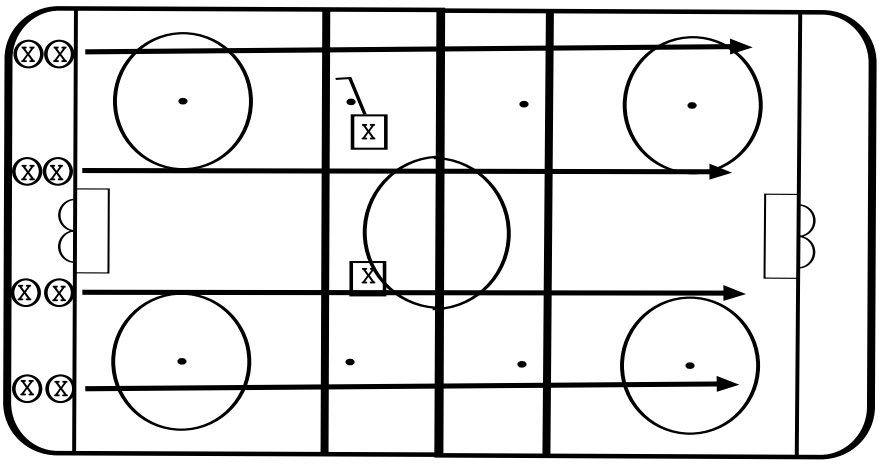
Drill — Gapping

- 1 on 1
- Quick feet
- Keep tight gap
- Forward picks up puck and skates behind the net
- Defenseman skates over blue line to top of the circle and pivots backwards and plays the 1 on 1



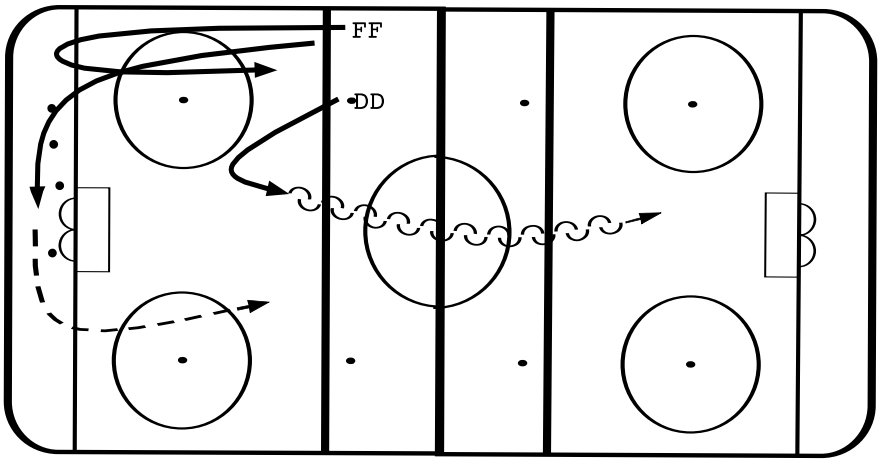
Drill — Pom Pom/ No Sticks/No Pucks

- Have fun
- Keep away



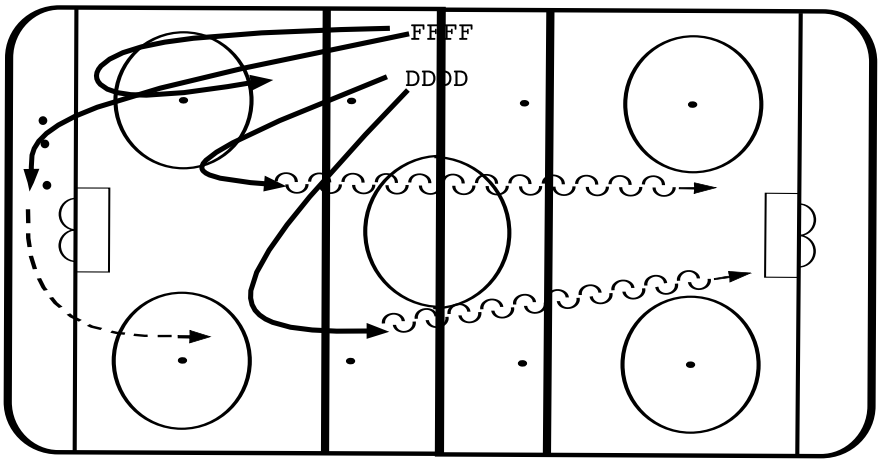
Drill — Gapping

- 2 on 1
- Quick feet
- Tight gaps
- Forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and then turns up ice - play 2 on 1 with 1st forward
- Defenseman skates over blue line to top of circles and pivots backward to play 2 on 1



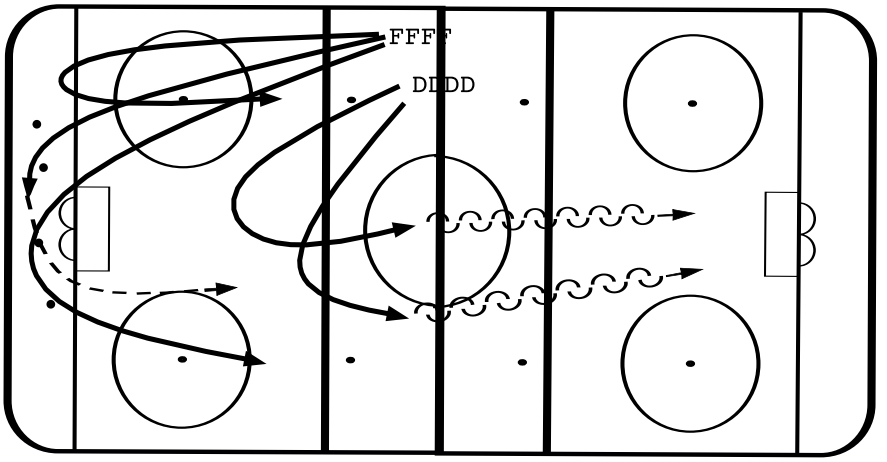
Drill — Gapping

- 2 on 2
- 1st forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and turns up ice to play 2 on 2 with 1st forward
- 2 defensemen skate over blue line to top of circles and pivot backwards to play 2 on 2



Drill — Gapping

- 3 on 2
- 1st forward picks up puck and skates behind the net
- 2nd forward skates down to goal line and turns up ice
- 3rd forward skates behind the net and fills the third lane
- 2 defensemen skate over blue line to top of circles and pivot backwards to play 3 on 2



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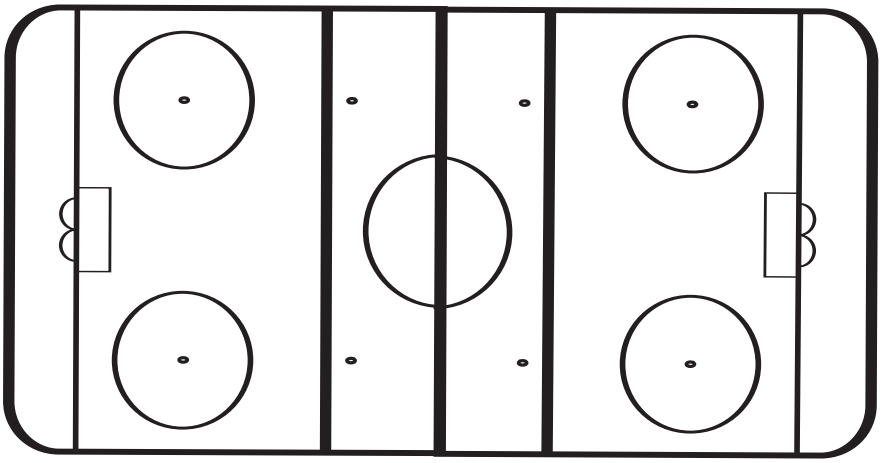

Notes/Comments

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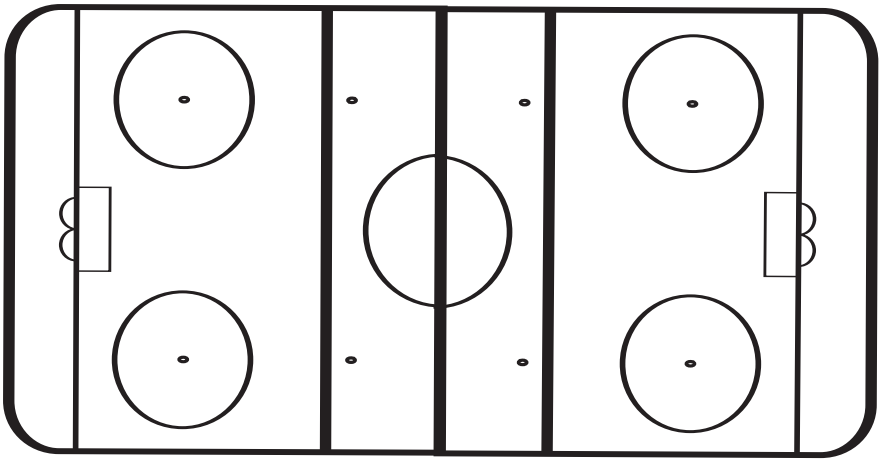

Notes/Comments

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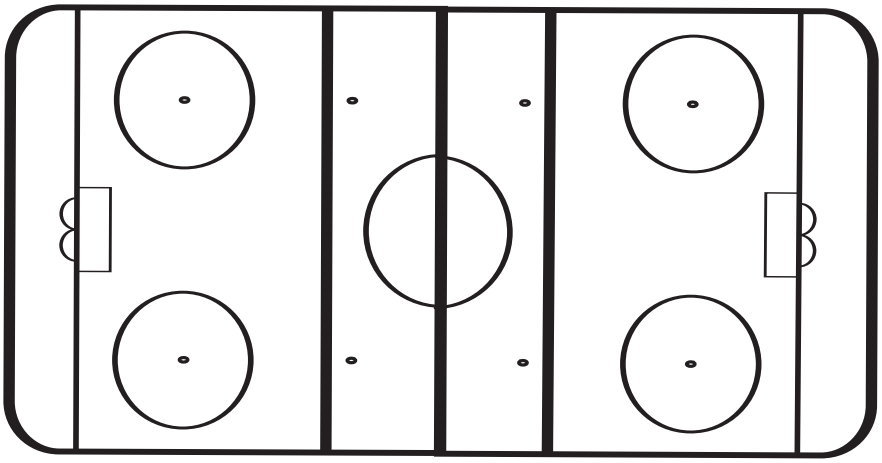

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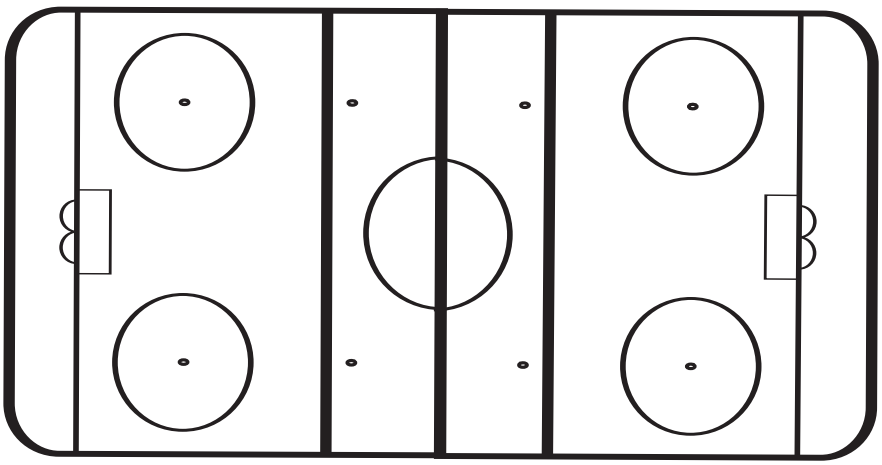

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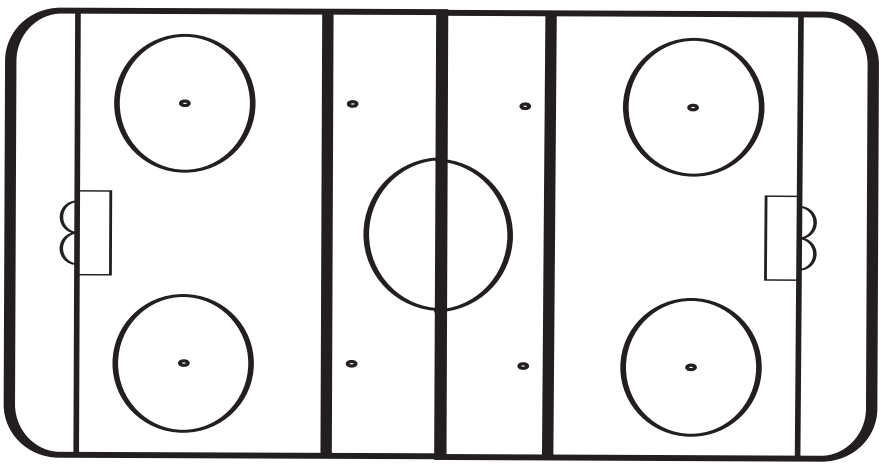


Notes/Comments

Hockey Practice Plan

Objectives: Teach the following concepts:
- Time and space, read and react, support 2 on 0 options

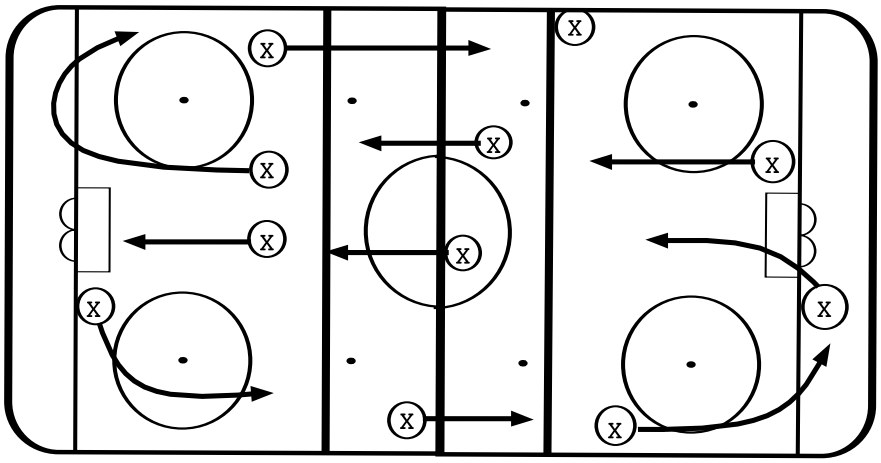
Date: _____
Practice: #7
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
____ Puck Control	X 2 on 0	____ Backcheck	X Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	X Full Ice Modified Games
____ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	X 3 on 2	X Triangulization/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Slow and Easy
5 mins.	1. Butterfly stretch - Big C, continuous crossovers, long strides, backward swizzles, backward crossovers, backward between blue lines, continuous mohawks, on gloves: knee up - foot over foot, crossovers, J start, Figure 8, control turns, backward Figure 8, flip hip point backside forward to backward, mohawks on glove, pointer, slider stride, blue line sprints, push up puck, peanut forward and backward	
10 mins.	2. Puckhandle - stationary circle, Figure 8, full extensions, half extensions, mix-em up, the L, the T, escape on partner at blue lines, push puck, pull, fake wrist shot, slap, pull back, go forward, escapes	Head up
6 mins.	3. Passing - circle pass to forehand, circle pass to backhand, surround puck, follow pass, monkey in middle, round and round pass, escape with pass, 2 on 0 forehand, backhand, 2 on 0 shoot, rebound, backcheck	Tape to tape
10 mins.	4. Teach 2 on 0 concept - read, react, support	Support the puck
6 mins.	5. 2 on 0 return back pass, 2 on 0 off board pass	
10 mins.	6. 3 on 3 - half or full ice	Be competitive

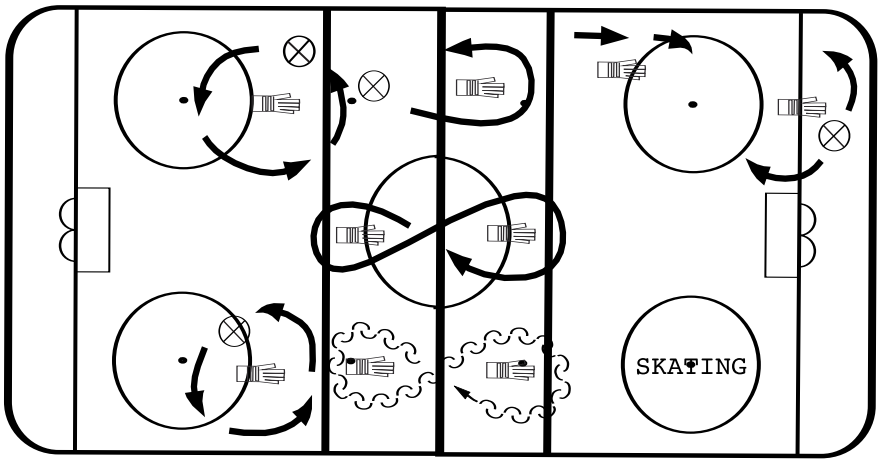
Drill — Butterfly Stretch

- Big C, continuous crossovers, long reaching strides, backward swizzle c-cuts, backward crossovers, backward between blue lines, continuous mohawk



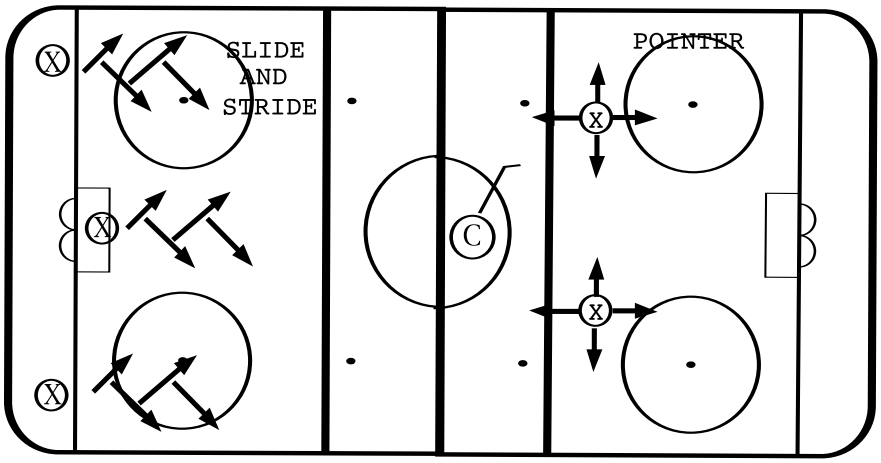
Drill — Skating

- On gloves: knee up - foot over foot, crossovers, J start, Figure 8 control turns, backward Figure 8, flip hip backward, mohawks on gloves, pointer - slide and stride



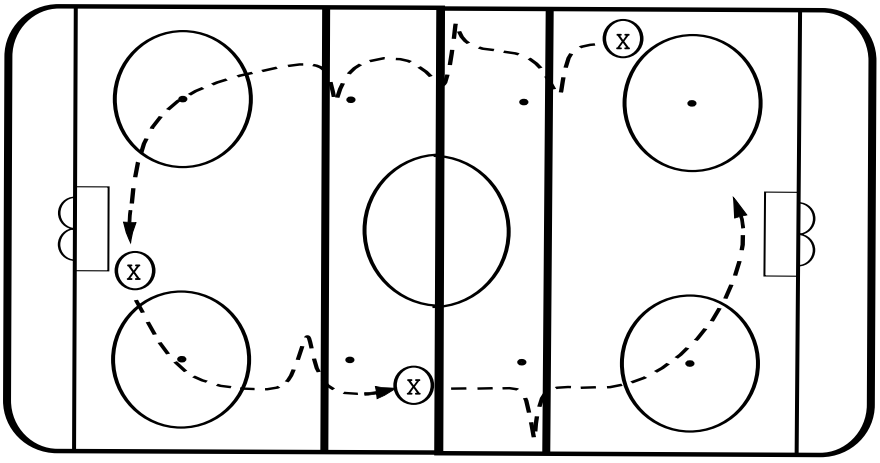
Drill — Skating

- Slide and stride
- Pointer



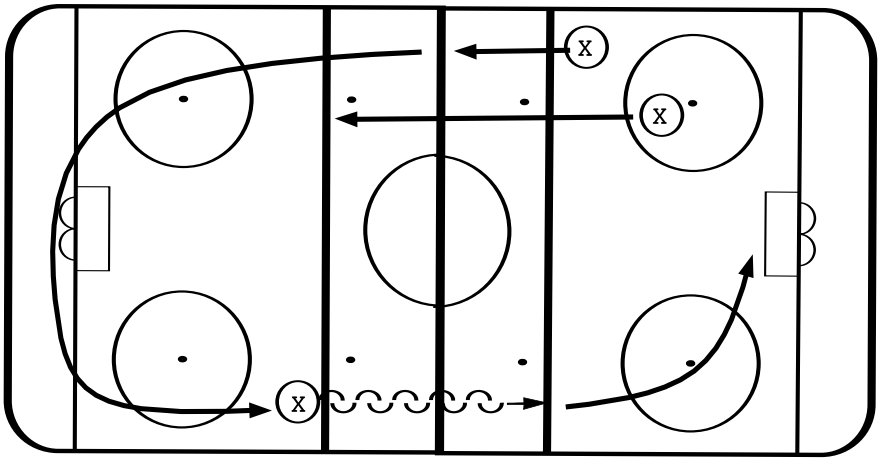
Drill — Skating

- Skating around rink, push puck - skating around rink at each blue line, different dekes, moves, fake shot



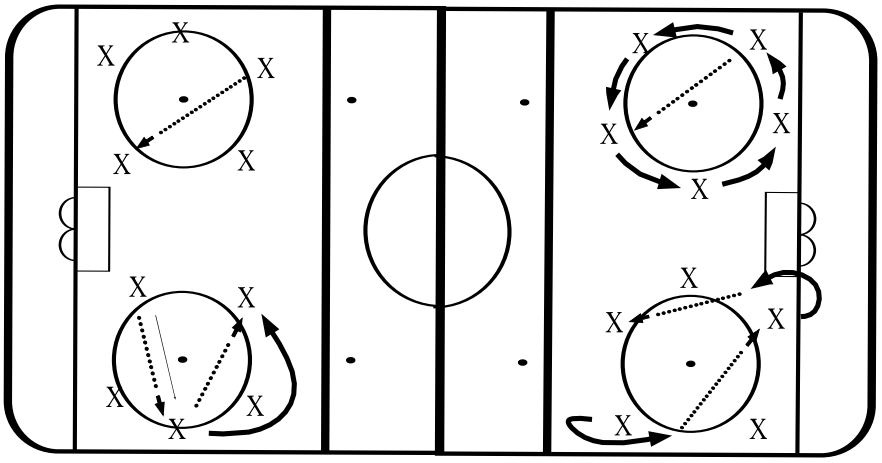
Drill — Sprints

- Blue line sprints - blue to red, blue to blue backward between blue lines



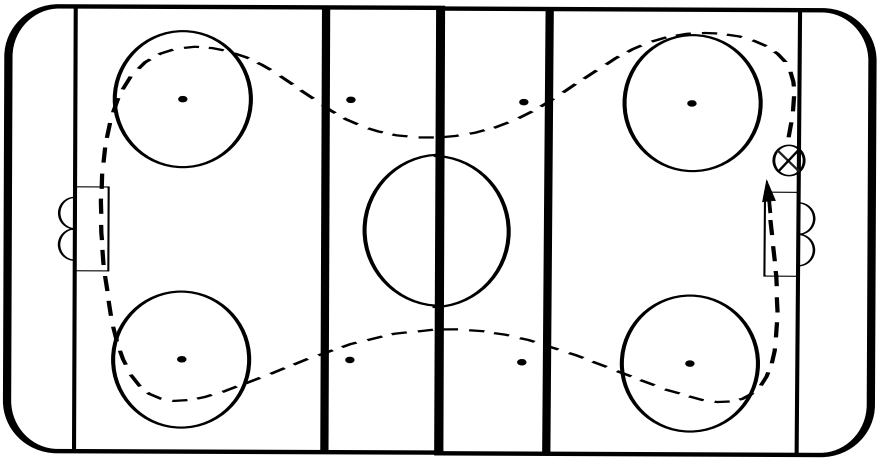
Drill — Passing

- Circle pass to forehand, circle pass to backhand, surround puck, turn from backhand to forehand, pass - follow pass, monkey in the middle, round and round pass, escape then pass: Bob Johnson Circle Passing



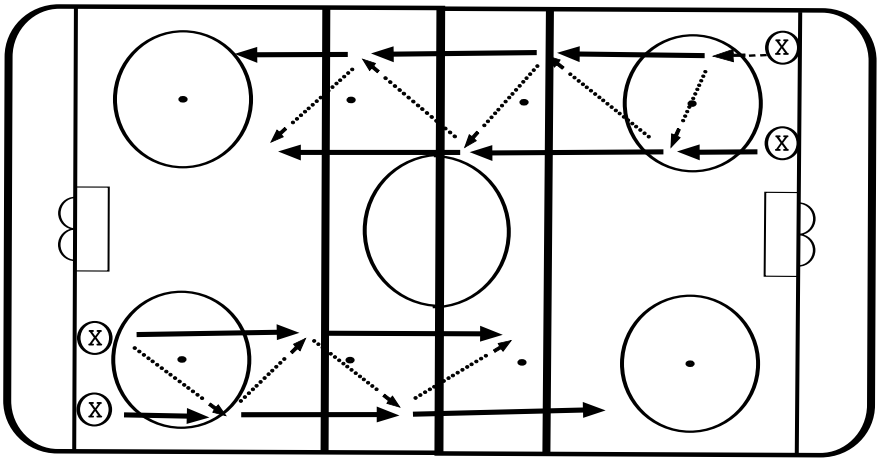
Drill — Passing

- Peanut with puck - do peanut both forward and backward



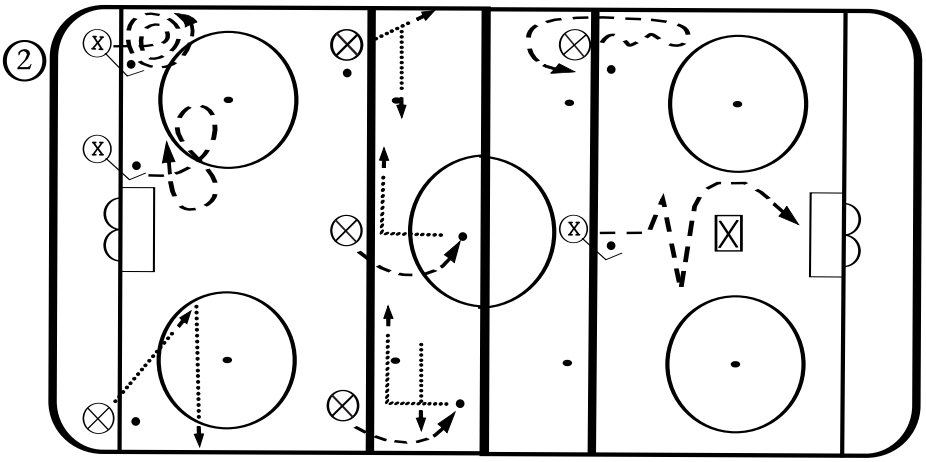
Drill — Passing

- 2 on 0 - 10 passes on forehand 2 on 0, 10 passes on backhand



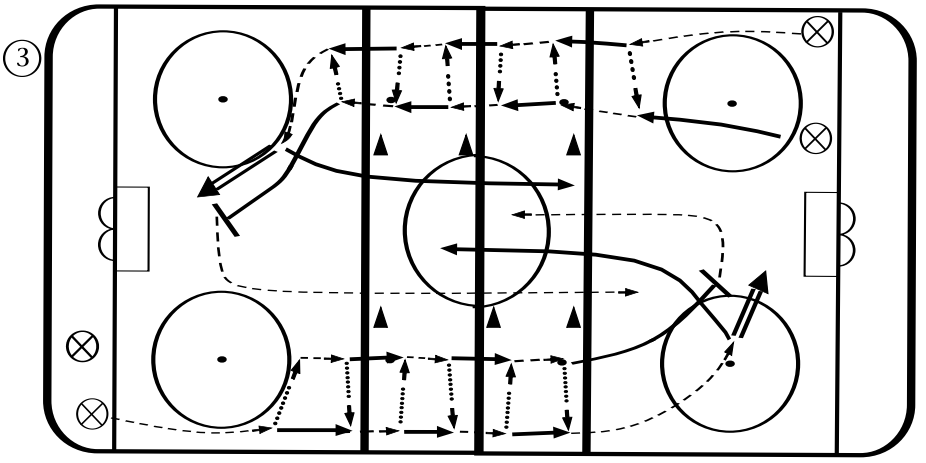
Drill — Puckhandling

- Semi-stationary with little movement, circles, Figure 8, side to side, extension long, extension short, mix-em up, L, T, escapes, moves on partner



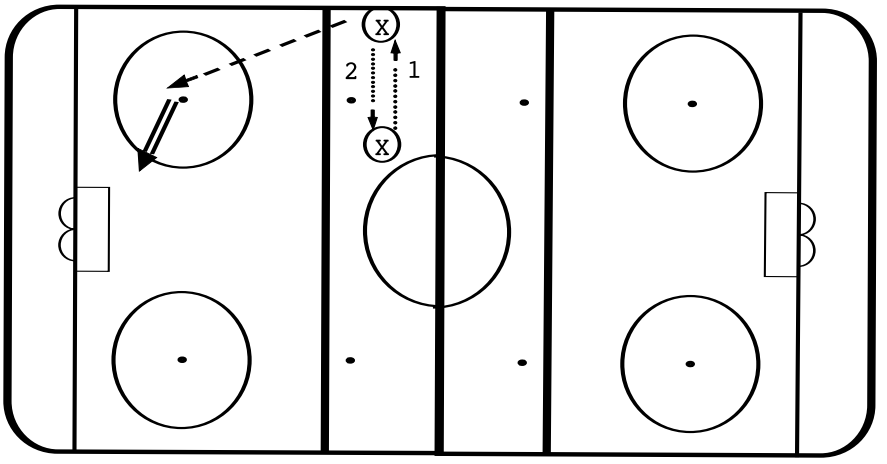
Drill — Passing

- 2 on 0 - six passes, shoot on goal, look for rebound, backcheck to far blue line
- Put cones in middle



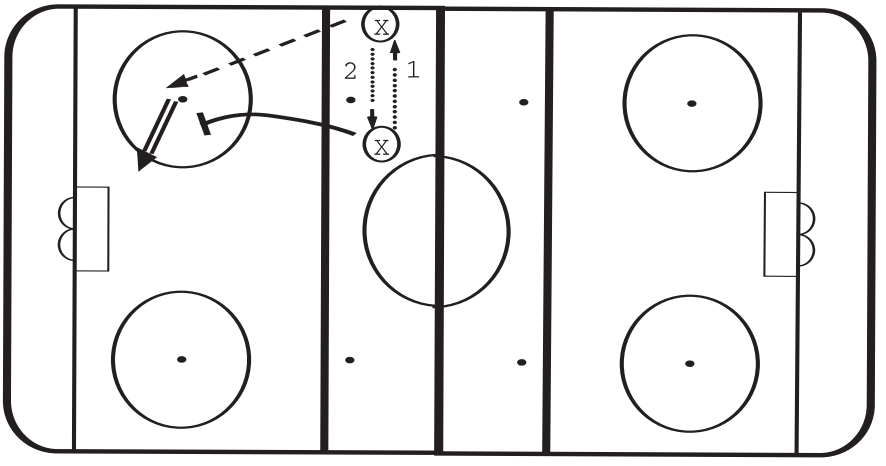
Drill — Passing

- Make 2 passes with partner
- Drive to the net and get shot on goal
- Look for rebound



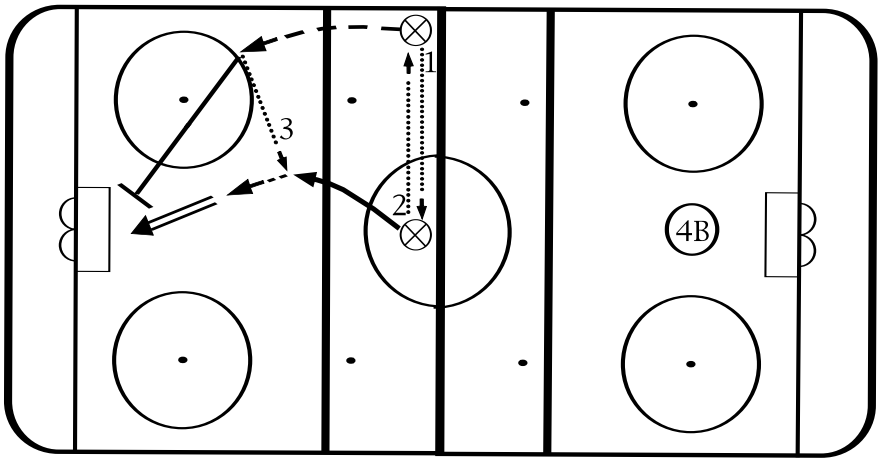
Drill — Passing

- Make 2 passes with partner
- Drive to the net and take a shot on goal
- Look for rebound
- Partner supports puck carrier



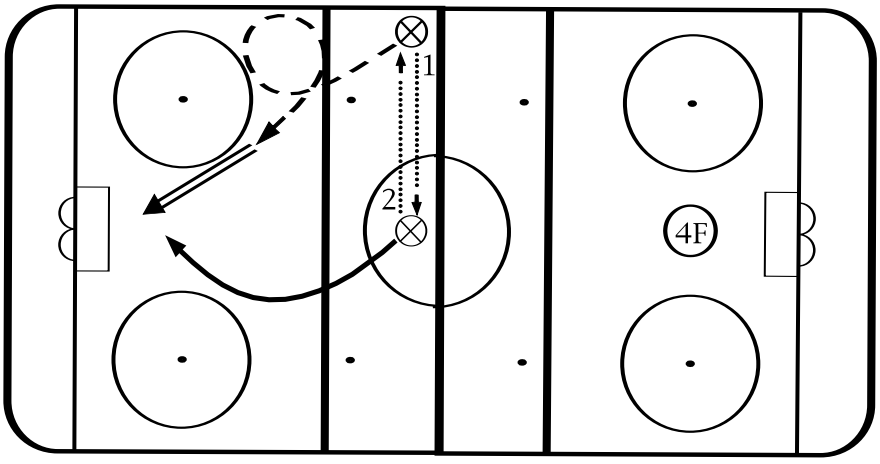
Drill — Passing

- Make 2 passes with partner
- Drive to net
- Diagonal back pass at the top of the circle to player supporting
- Shot on goal
- Both players look for rebound



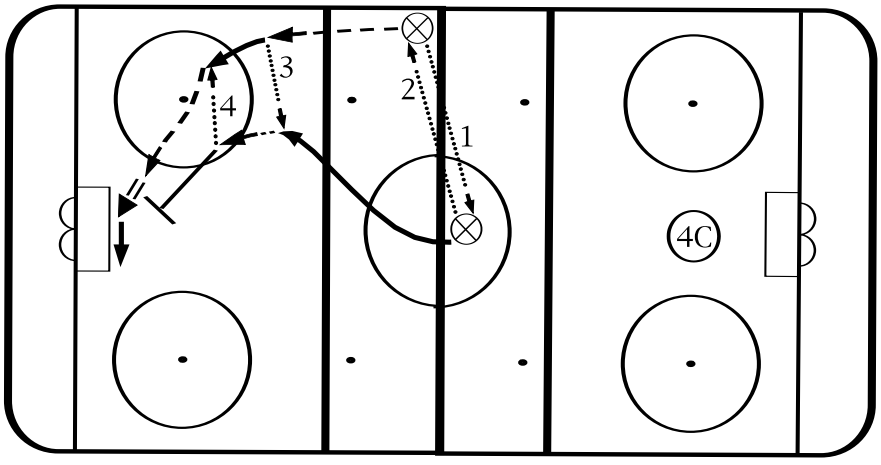
Drill — Passing

- Escape with walk-in
- Make 2 passes with partner
- Player with puck escapes toward the boards and shoots on goal
- Partner supports puck carrier and looks for rebound



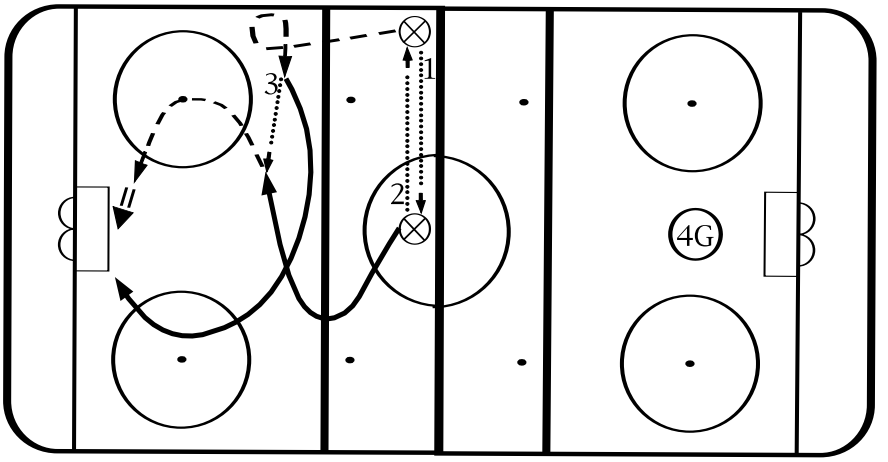
Drill — Passing

- 2 on 0 quick diagonal back pass with return pass - shoot, rebound, get the opposing defenseman turning



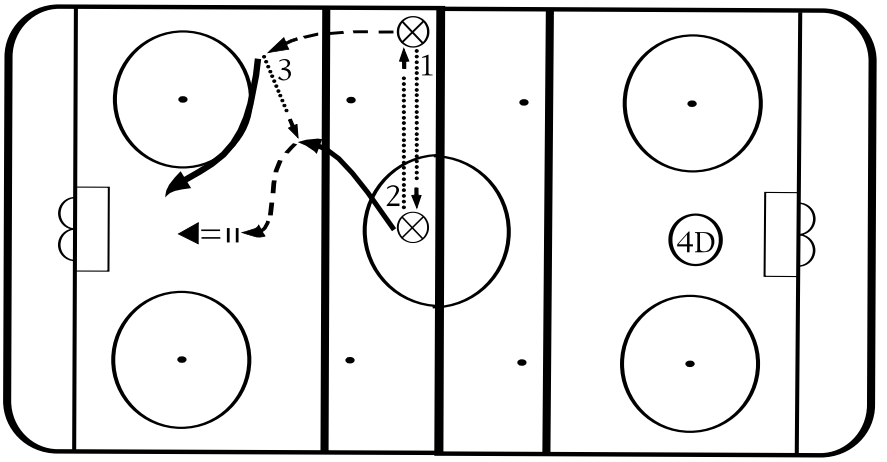
Drill — Skating

- Escape with pass and off wing loop
- Make 2 passes with partner
- Player with puck escapes towards the boards and passes to partner who is supporting through the middle
- Shot on goal
- Player who did escape drives to the net and looks for rebound



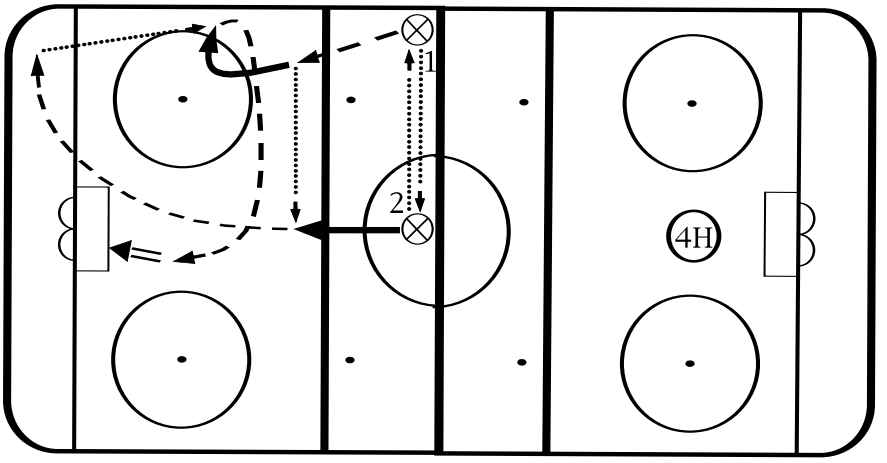
Drill — Passing

- Make 2 passes with partner
- Diagonal back pass to partner who is supporting
- Stops in middle of ice
- Player who made pass drives to the net and looks for rebound or tip
- Can also fake shot and pass back



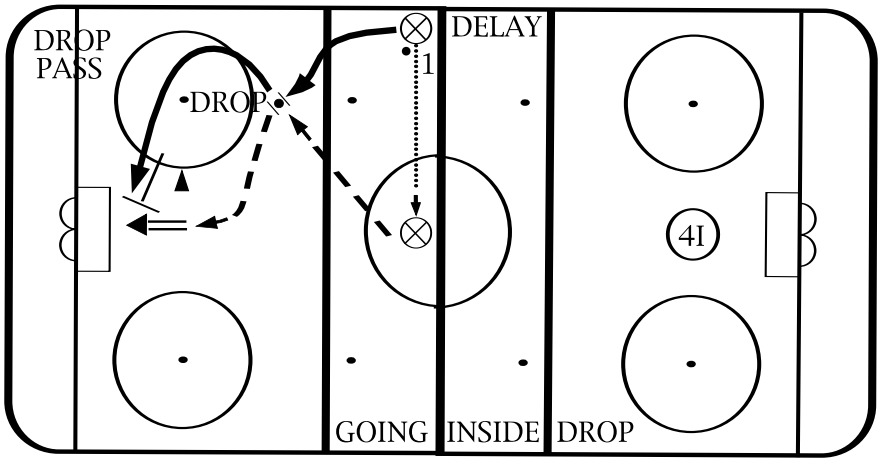
Drill — Passing

- Make 2 passes with partner at the center red line
- Player 1 passes to player 2 just over the blue line
- Player 2 passes to player 1 who escapes towards the boards
- Player 1 walks out, shoots on goal or passes back to player 2



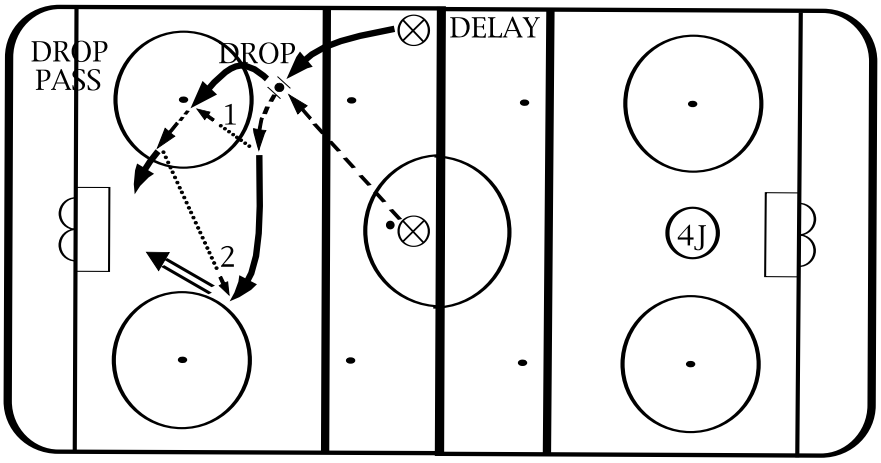
Drill — Drop Pass

- Make pass to player in the center of the ice
- The player in the center with the puck cuts towards the boards, the wing slows up, center drops, leaves the puck and curls around and through face-off dot, winger cuts to middle and shoots, center looks for rebound or pass



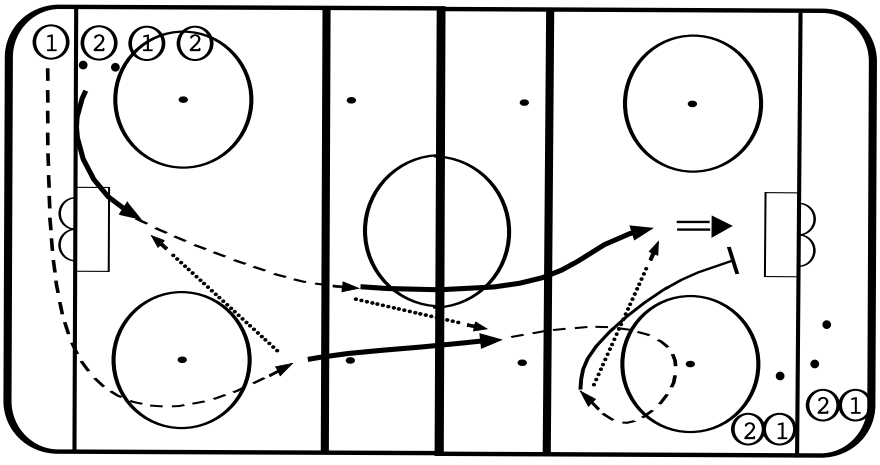
Drill — Drop Pass

- Center with puck cuts toward the boards, wing slows up, center drops the puck, winger with puck cuts to middle then returns a pass to the center, who shoots, cuts across or passes back to the winger



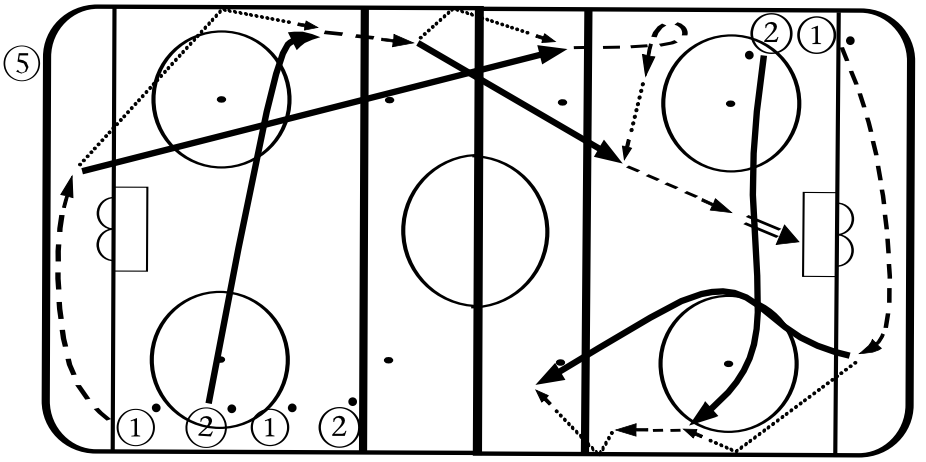
Drill — Passing

- Player 1 skates with the puck behind the net and makes a pass to player 2 in front of the net
- Player 2 passes back to player 1
- Player 1 escapes towards the boards and passes back to player 2
- Player 2 shoots on goal and player 1 looks for rebound



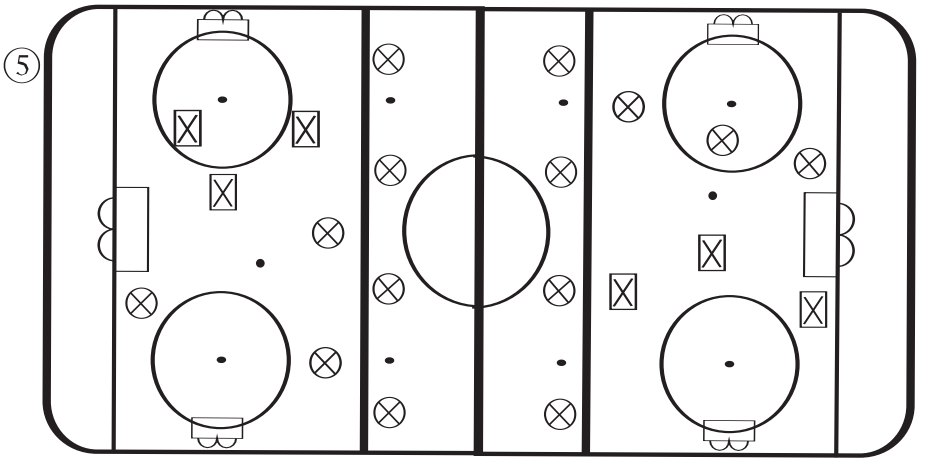
Drill — Passing

- Player 1 skates behind the net with a puck and passes to player 2 along the boards
- Player 2 passes off the boards to player 1
- Player 1 escapes towards the boards and passes to player 2
- Player 2 shoots on goal and player 1 looks for rebound



Drill — Small Games

- 3 on 3 small games at both ends of the rink



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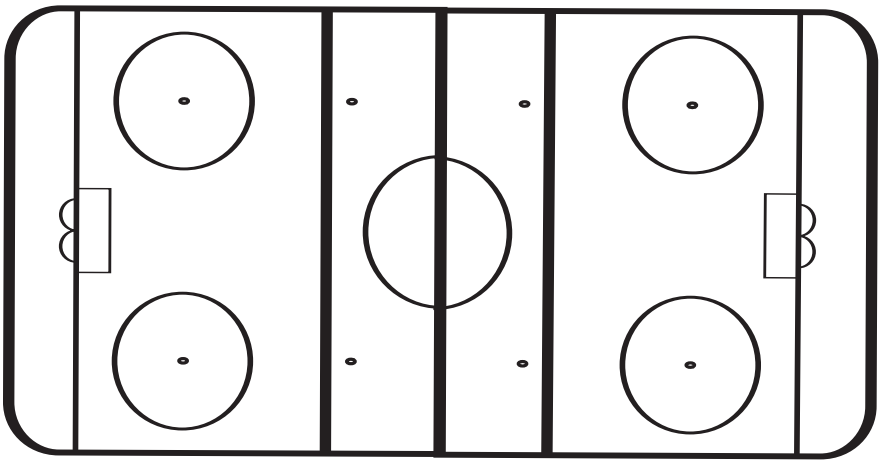

Notes/Comments _____

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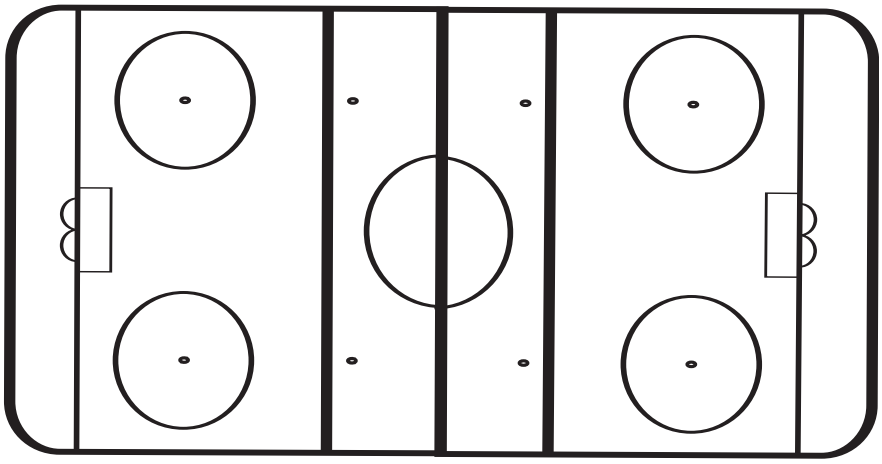
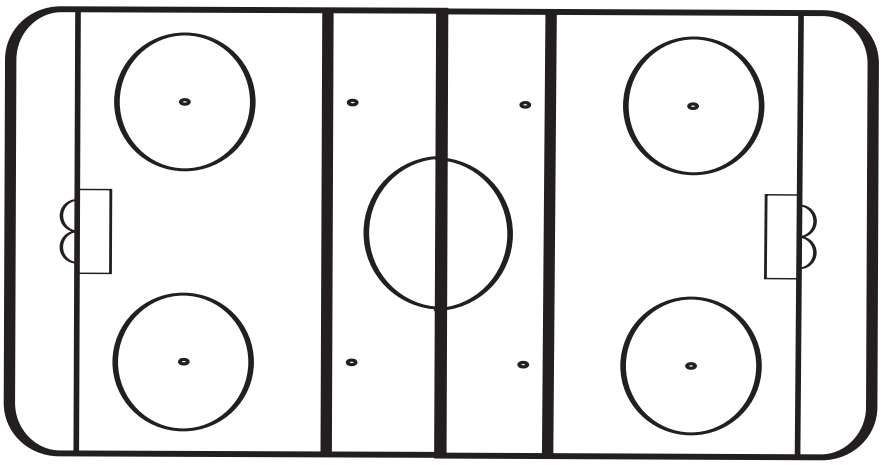


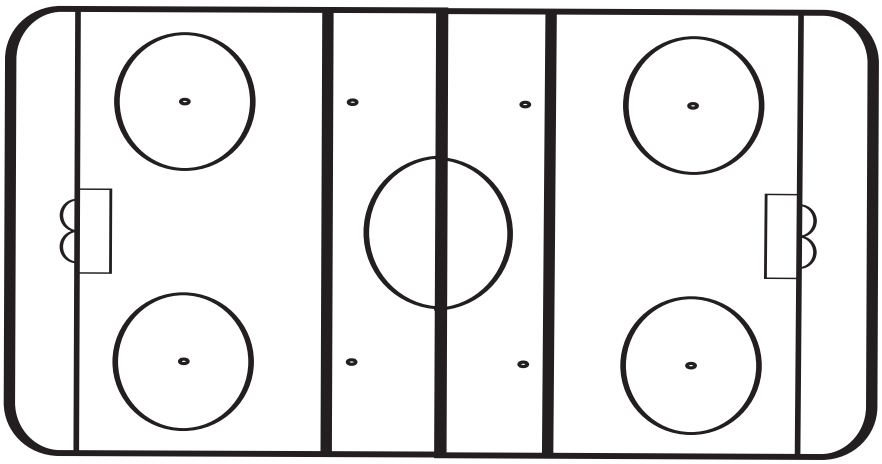
Notes/Comments

Description



Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

Objectives: Quality execution fundamentals:
- 3 on 0 passing as a unit
- 3 on 1 play passing options

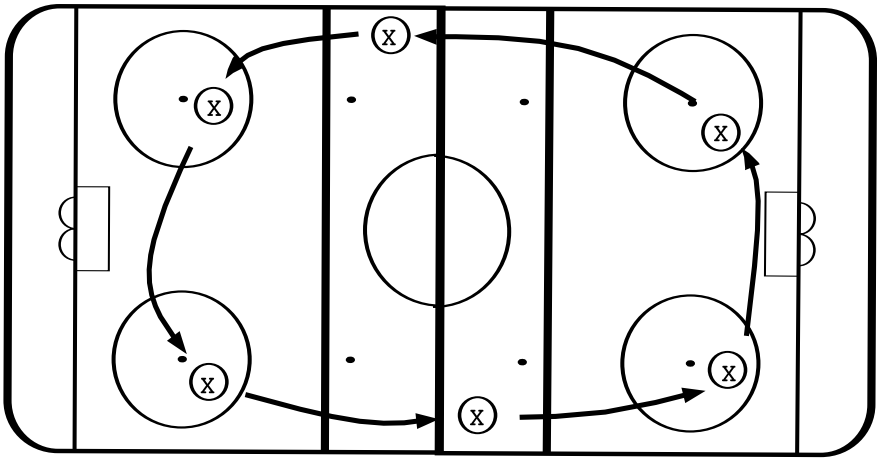
Date: _____
Practice: #8
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	X 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
X Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	X 3 on 1	X Entering Attack Zone	____ Skills Testing
X Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
X Goaltending	X 3 on 0	____ Face-offs	
X Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Off-ice
5 mins.	1. Around rink - close to boards - moving stretches: ostrich, hurdler, in and outs, S-drill, Big C, continuous crossovers	
5 mins.	2. Skating: long reaching strides around rink, sprints blue line to red line, blue line to blue line, zig-zag step outs, control turns to boards off whistle, around rink backwards between blue lines, on all corner circles 360 degree crossovers forward then backward	Good form
5 mins.	3. Puckhandling: peanut with puck around rink, moves at blue lines, pivots, escapes, fake shot, pulls, zig-zag, stickhandle with turns with pucks in end zones	Head up
5 mins.	4. Passing: triangle passing, keep away passing, Montreal passing, Devils passing	Be a good receiver
5 mins.	5. Shooting: half moon wrist, snap, pass out shooting, pass out, pass across shoot, around spots, forehand and backhand, same shooter with rebounder, 20 feet back, double it, JJ shoot, forward and backward step out, pass, return pass, shoot	Hit the net
5 mins.	6. Passing: 2 on 0 pass forehand, backhand - 2 on 0 shoot, rebound, backcheck - 3 on 0 straight - 3 on 0 weave - 3 on 0 around net	Tape to tape
5 mins.	7. Introduce play concept: 3 on 0 with play from sheet 7 (4a-4j, plus 7a-7d) forward	
5 mins.	8. Breakouts: 3 on 3 defense	Defensive side
5 mins.	9. 3 on 1 play options	Support the puck
5 mins.	10. 5 on 0 breakout - offense attack setup - backcheck	Quickness
5 mins.	11. Pom Pom	Fun

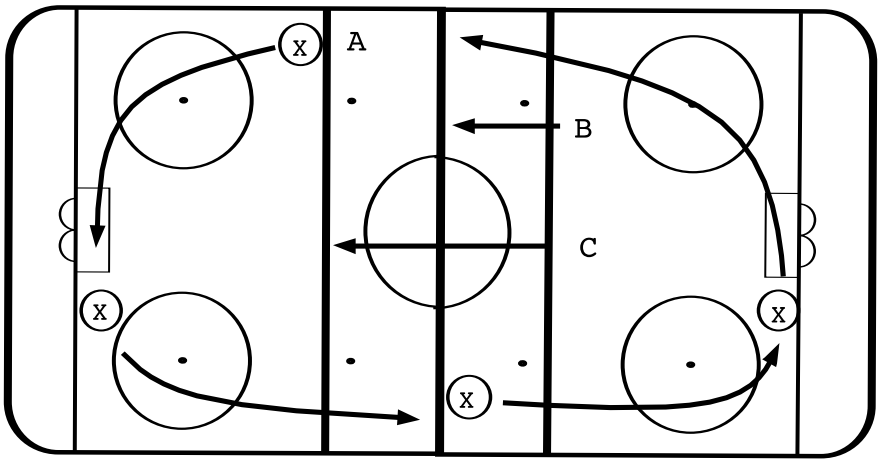
Drill — Stretching

- Around rink - ostrich, hurdler, in and outs, S-drill, Big C, continuous cross-overs, stick behind hip



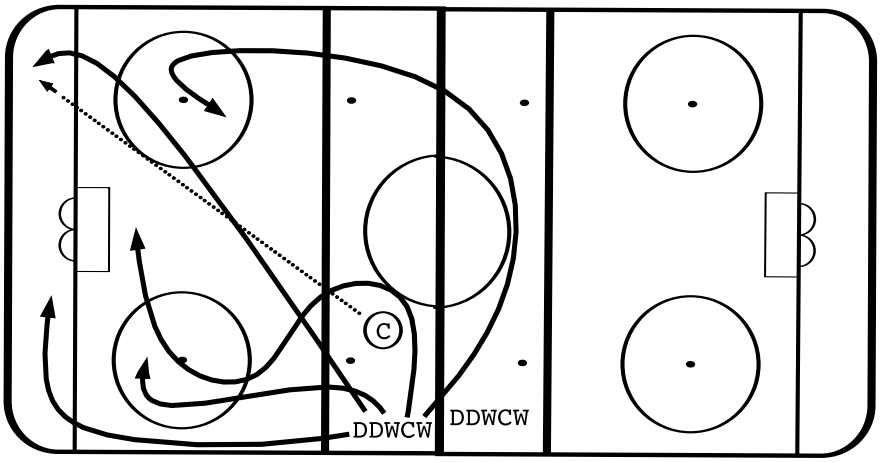
Drill — Skating

- Long reaching strides
- Blue line to red line sprints
- Blue line to blue line sprints



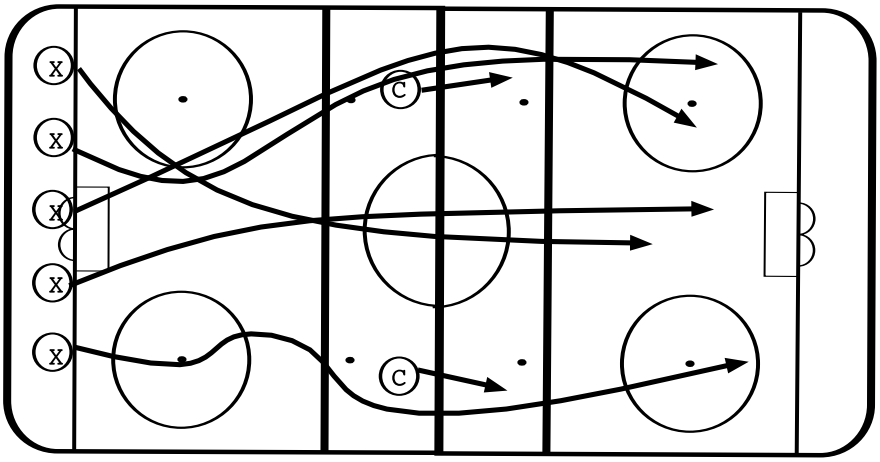
Drill — Breakout

- Coach dumps puck in the corner
- 5 on 0 breakout to red line.
- Attack from red line to top of circle, shoot on goal, look for rebound, set up offense, backcheck to box plus one



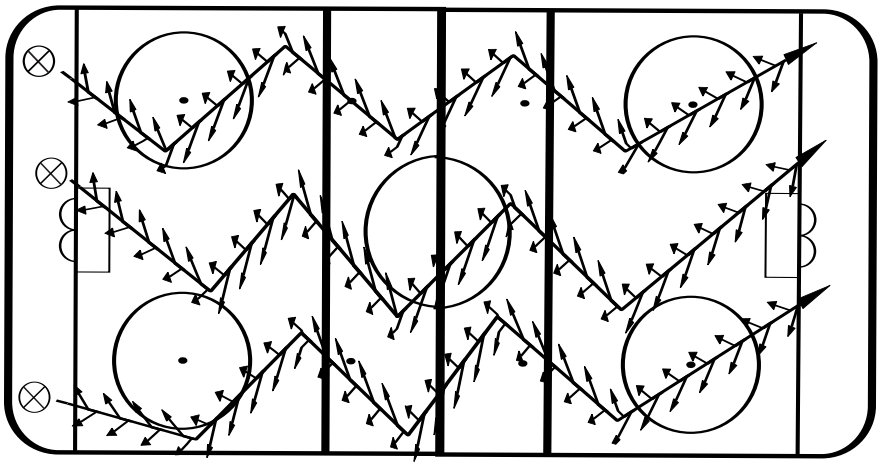
Drill — Pom Pom Tag

- Coaches in the neutral zone try and tag players as they skate from one end to the other
- If a player is tagged, that player helps the coaches
- Play until one player is left



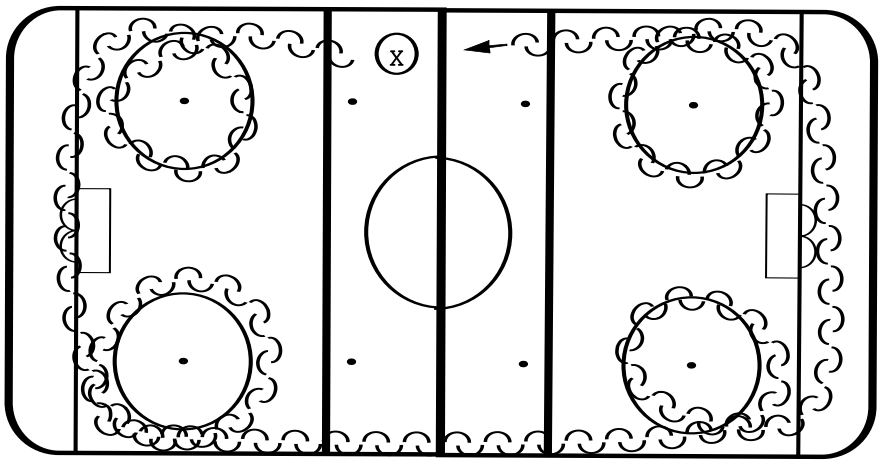
Drill — Skating

- Three stride zig-zag step outs
- Do stepouts going forward, backward, etc.



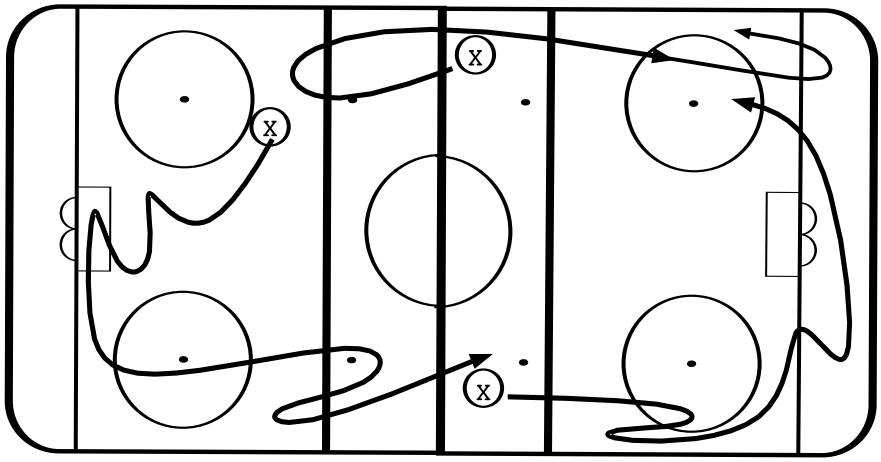
Drill — Skating

- On all four corner circles, skate backward crossovers



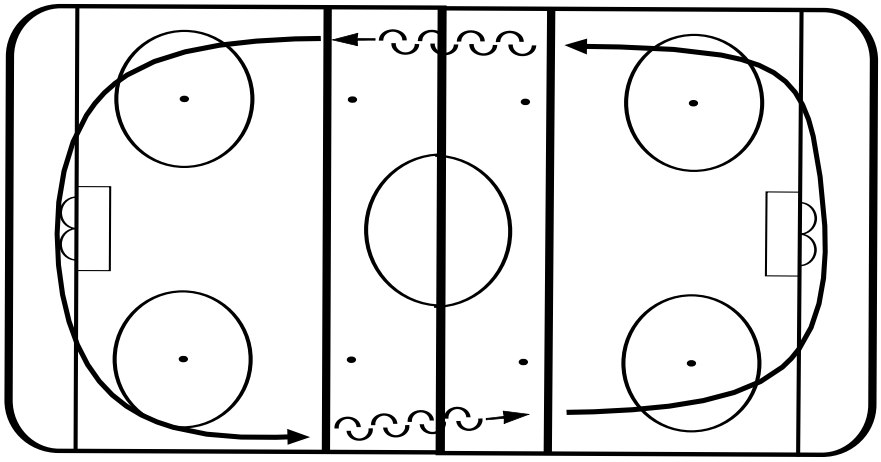
Drill — Skating

• Control turns towards the boards on whistle



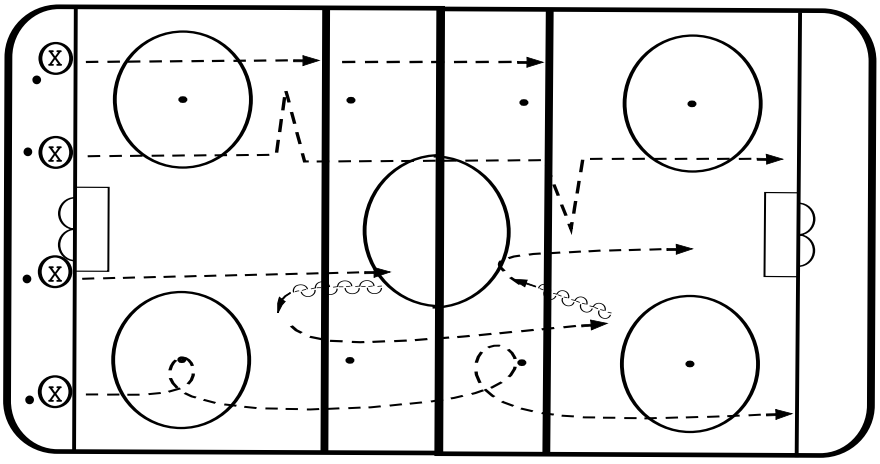
Drill — Skating

• Around rink backward between blue lines



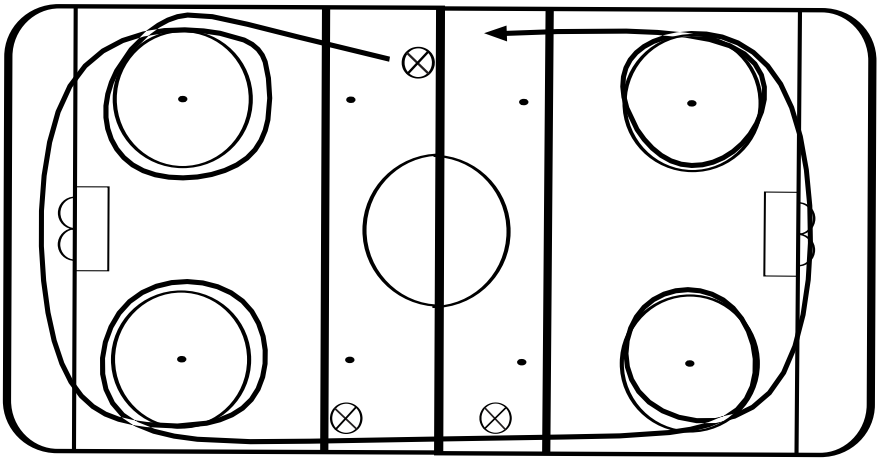
Drill — Skating

• Pivots, escape, forward-backward-forward, fake wrist shot, fake slap shot, pulls



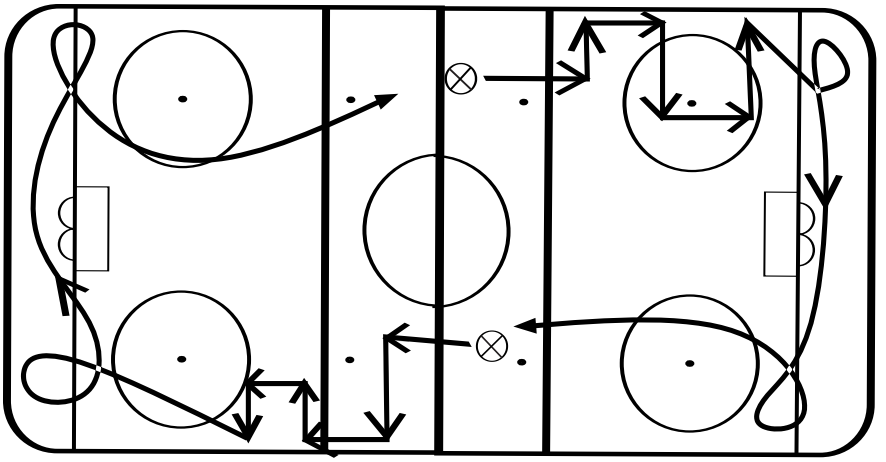
Drill — Skating

- Around all four corner circles, push unders and crossovers



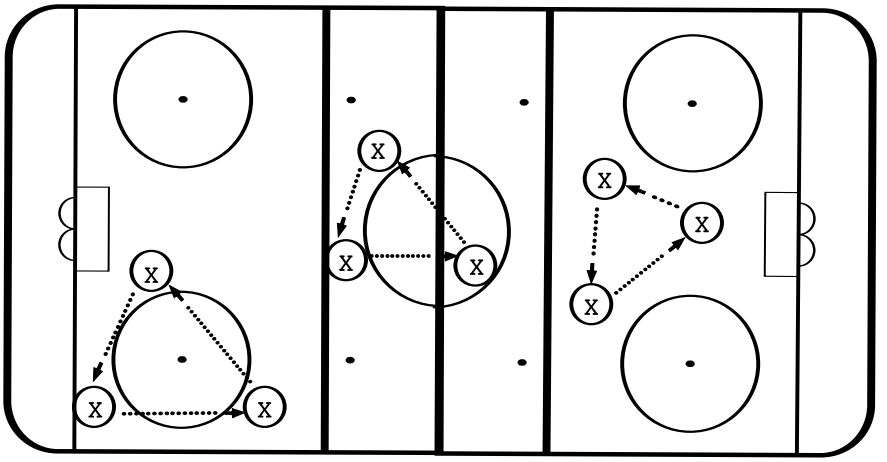
Drill — Stickhandling

- Zig-zag stickhandling with controlled turns in the end zones, right angle step outs



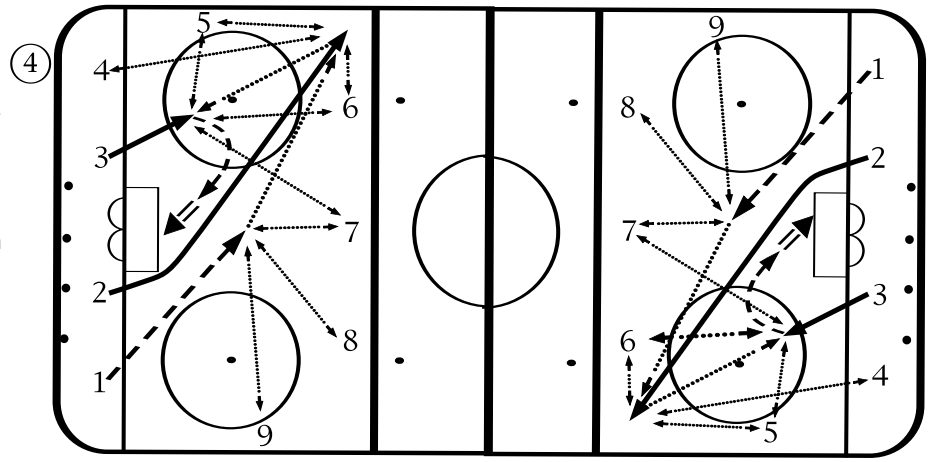
Drill — Passing

- Three players triangle passing
- One puck and two pucks



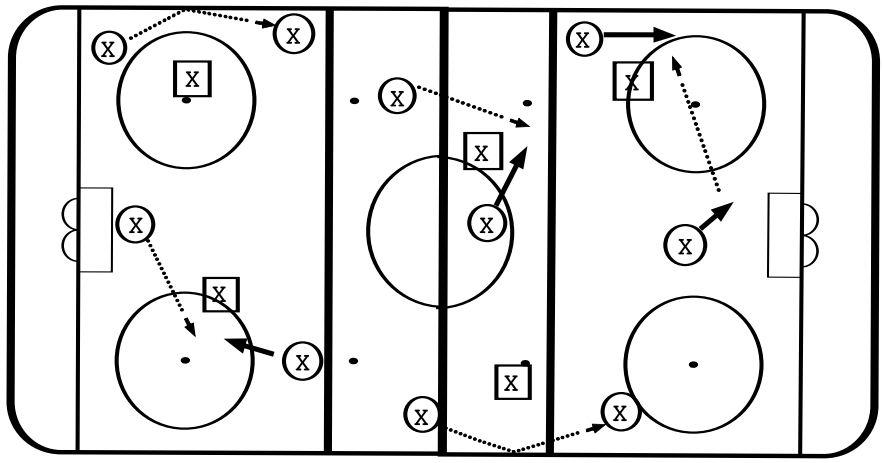
Drill — Passing

- Devil's passing - player 1 with puck skates with puck in the middle of group 1-2-3-4-5-6-7-8-9. Player to the left of 1 or 2 skates 20 feet away from 1 who will make three passes to any of three players, then passes to 2 who will make three passes then pass to 3. After 3 passes, pick up puck and shoot on goal



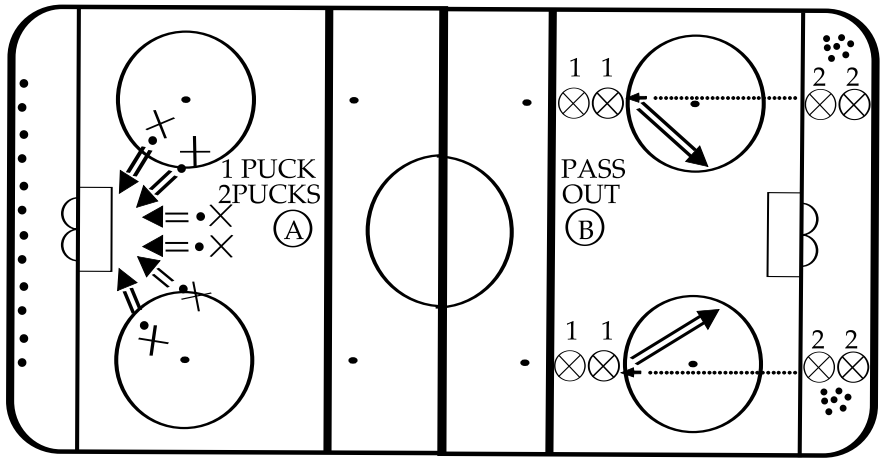
Drill — Passing

- Keep away passing - move to get open



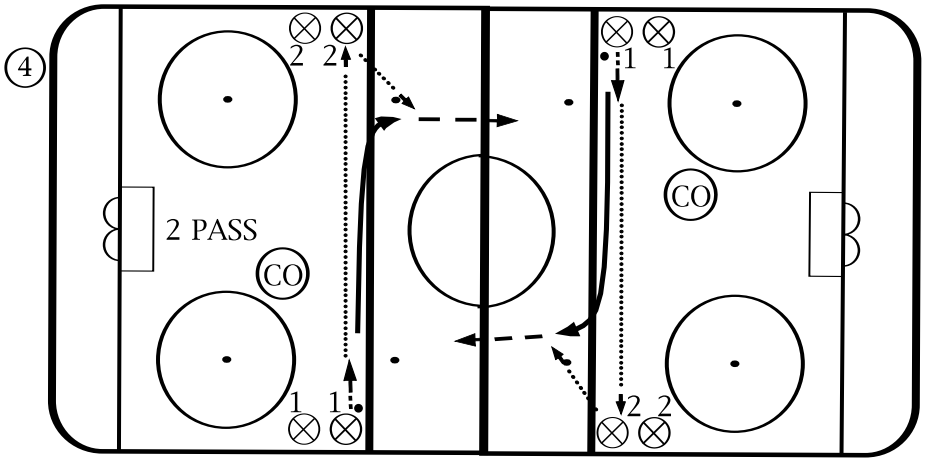
Drill — Shooting

- Half moon shooting
- Wrist shot, snap shot
- One puck and two pucks
- Pass out, shoot off pass



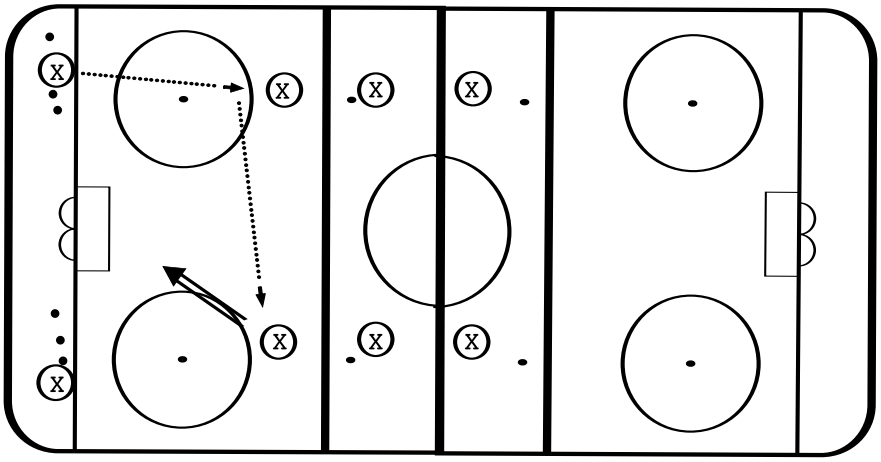
Drill — Passing

- Montreal two pass
- Player 1 passes puck across ice to player 2
- Player 1 skates across ice on blue line and turn up ice at far dot
- Player 1 receives pass back from player
- Timing and angle are important for return pass



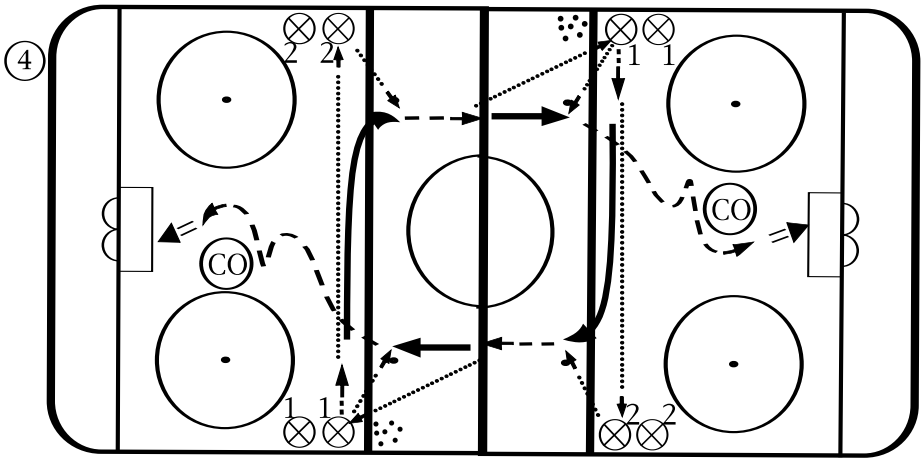
Drill — Passing

- Pass puck from behind goal line to player at top of the circle, pass across to player at top of the other circle, surround puck, shoot off pass



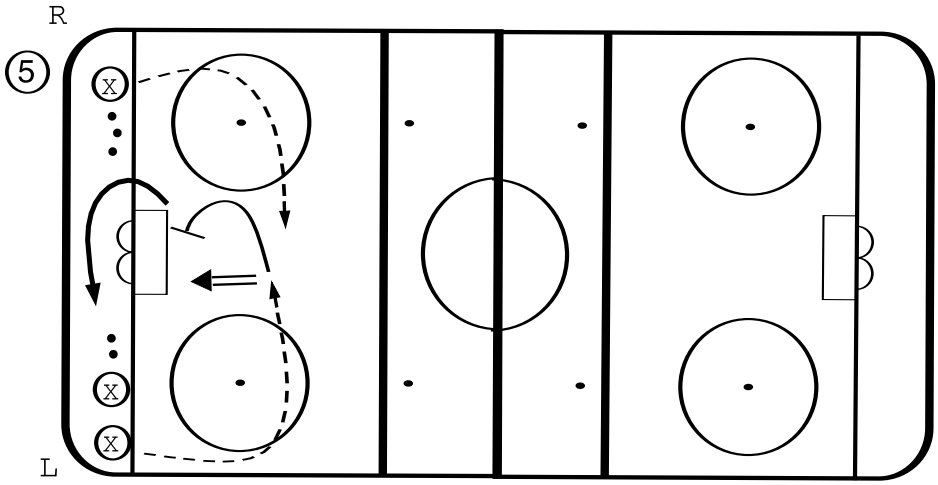
Drill — Passing

- Montreal four pass - player 1 makes pass across ice to player 2, player 1 receives return pass on turn at neutral zone face-off dot and passes to X1 who receives the pass and makes a return pass, player 1 goes in on coach to make move and shoots on goal



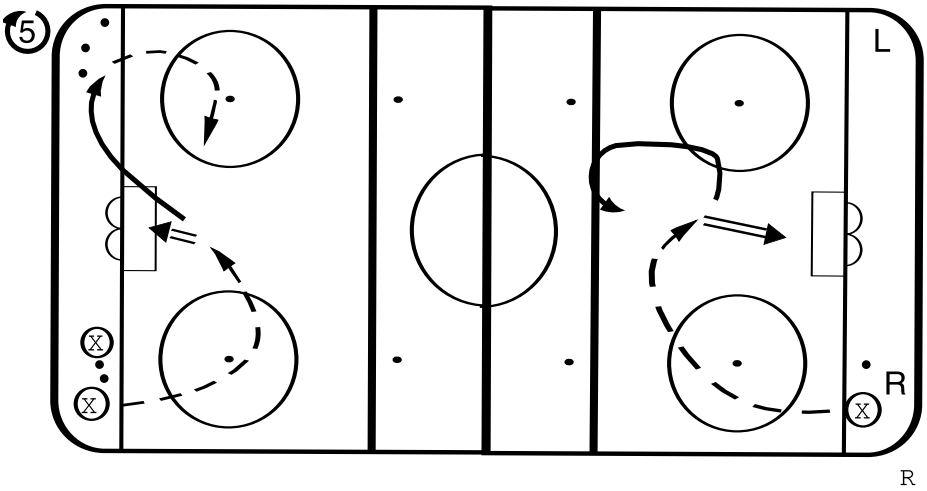
Drill — Shooting

- Skate around dot with speed, shoot backhand, go for rebound and back into same line



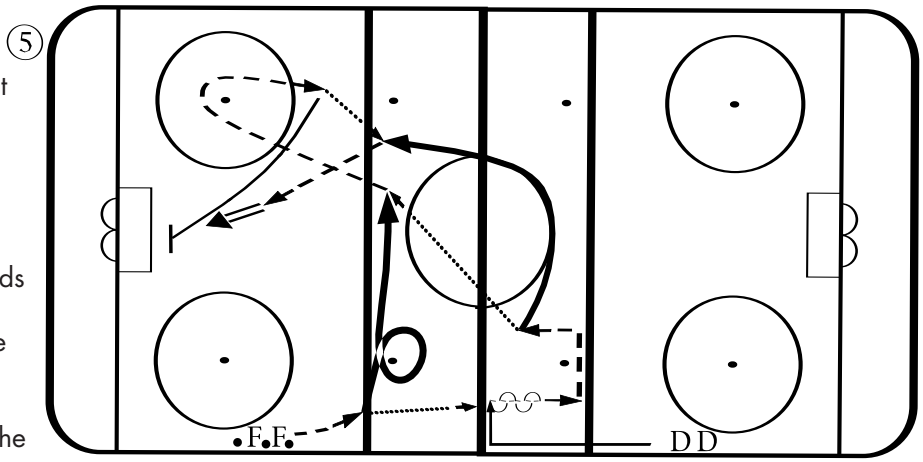
Drill — Shooting

- Skate out of corner and around top of circle, shoot forehand, pick up puck in opposite corner and shoot backhand



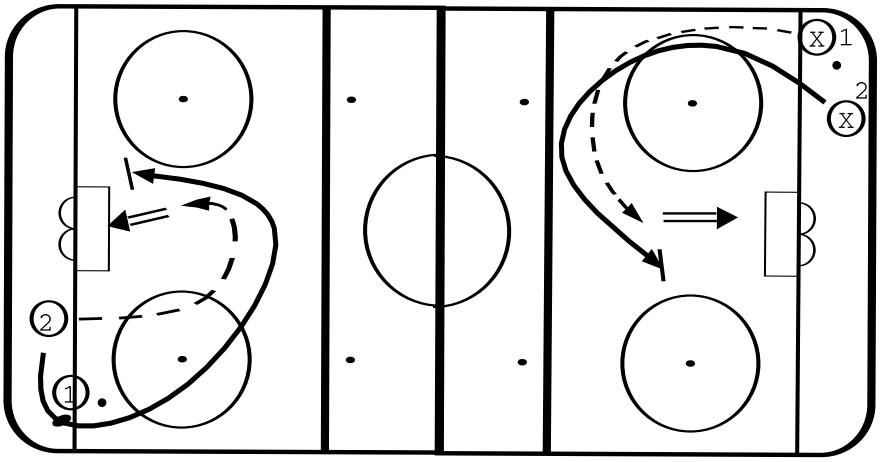
Drill — Shooting

- Double J Drill
- The forward passes to defenseman at center red line
- The forward makes a controlled turn around the neutral zone face-off dot. Then receives a pass from the defenseman
- The forward makes an escape towards the boards and passes back to the defenseman who has followed up the play
- The defenseman shoots and the forward looks for a rebound or tips the puck



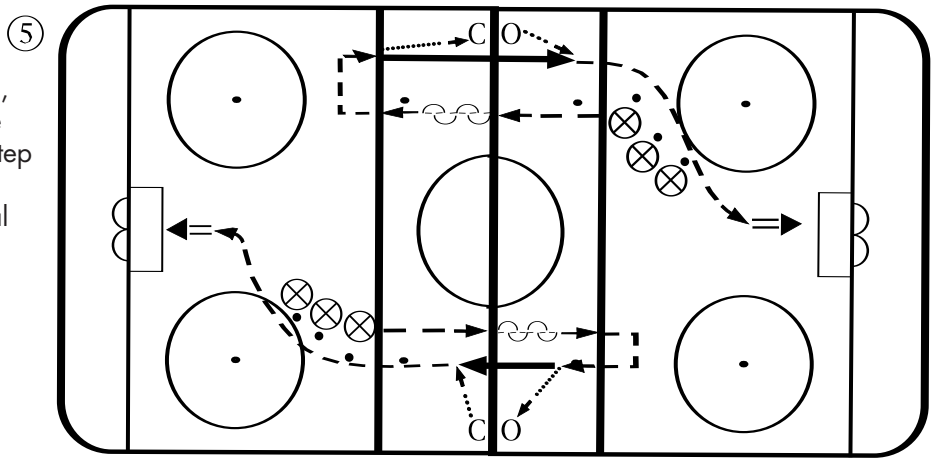
Drill — Shooting

- Shooter and rebounder - 20 feet back, go to net



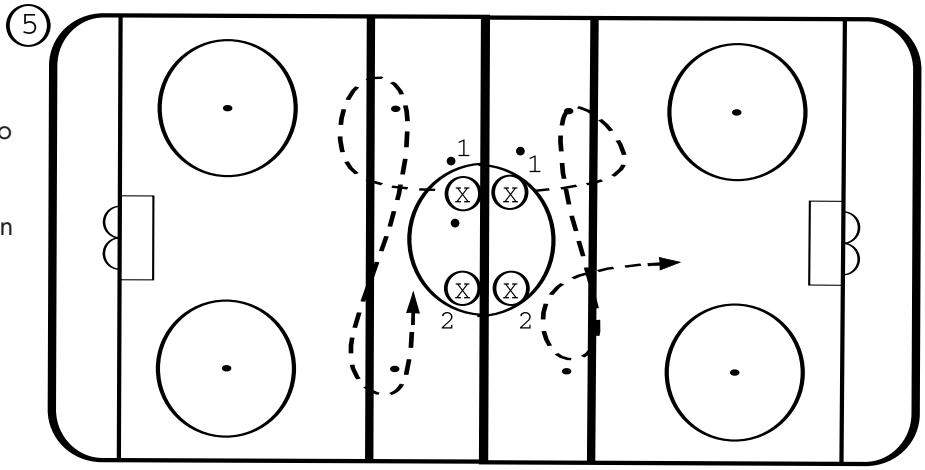
Drill — Skating

- Skate forward with puck to red line, mohawk turn chest to boards, skate backward with puck, heel to heel step out, skate forward, pass to coach, receive a return pass, go in on goal for a shot



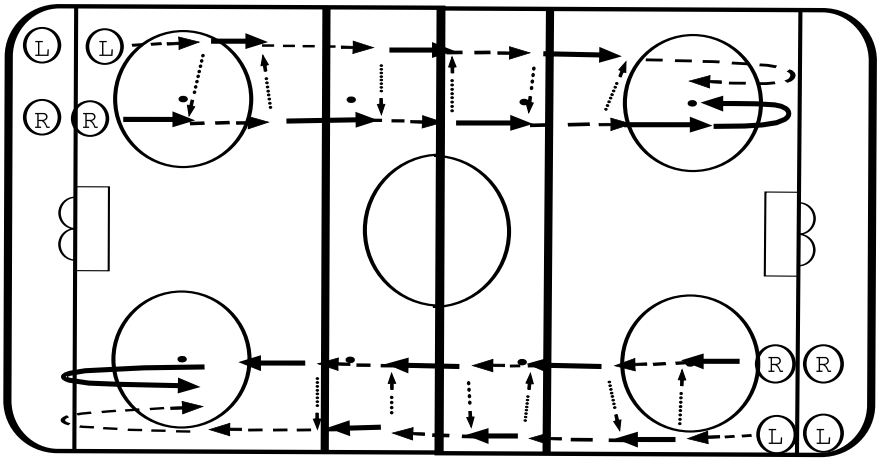
Drill — Skating

- Double H - 1 and 2 alternate. They start around dots in Figure 8 then go in on goal for a shot
- Same, but go with one puck, drop in middle, go in 2 on 0



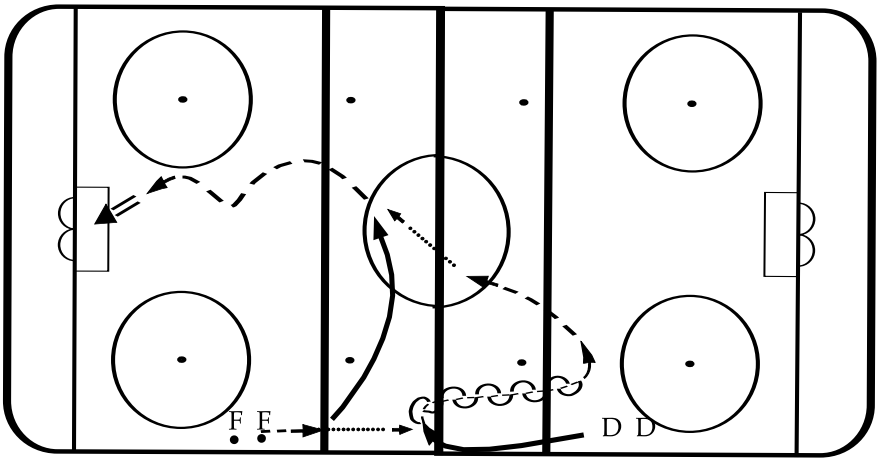
Drill — Passing

- L and R up one side and back same side - 10 tape to tape passes
- Go up one side and back other side
- Go in on goal



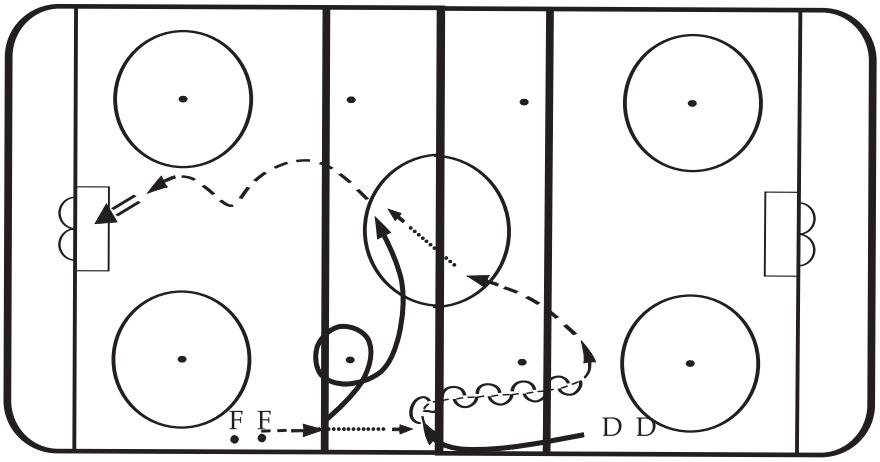
Drill — Shooting

- Double J II - defenseman skates forward to red line, flip hip, points backside backward, receives pass from forward, defenseman goes backward to blue line, step out pass to forward who has skated around face-off dot and across blue line for a shot on goal



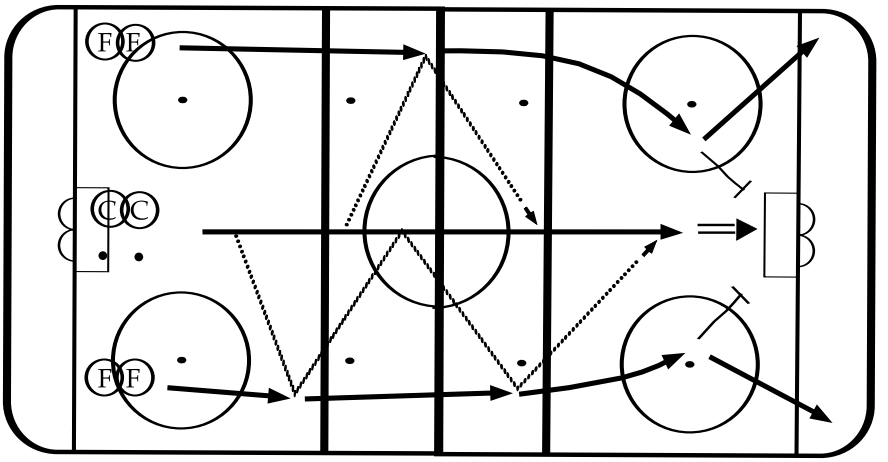
Drill — Shooting

- Defenseman skates to red line pivots backwards and receives a pass from the forward, the defenseman steps out and makes a return pass to the forward
- The forward makes a controlled turn and receives the pass back from the defenseman and skates in for a shot on goal



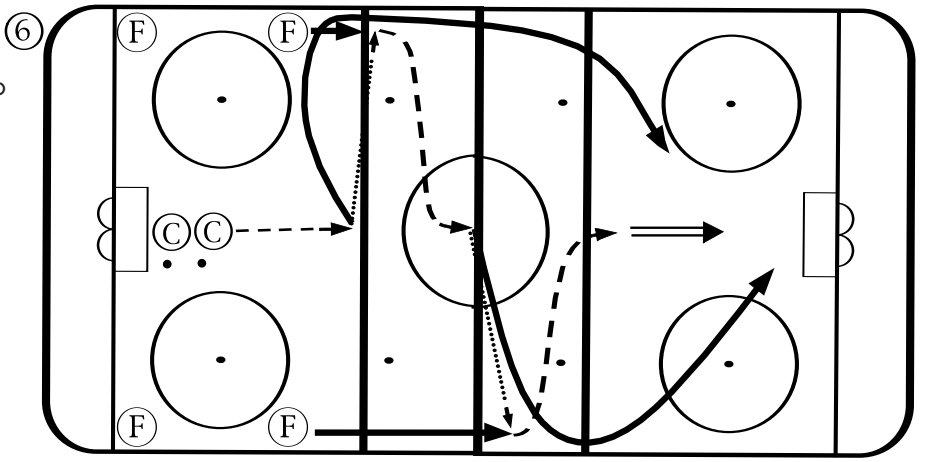
Drill — Passing

- 3 on 0 straight
- Tape to tape
- Be a good receiver



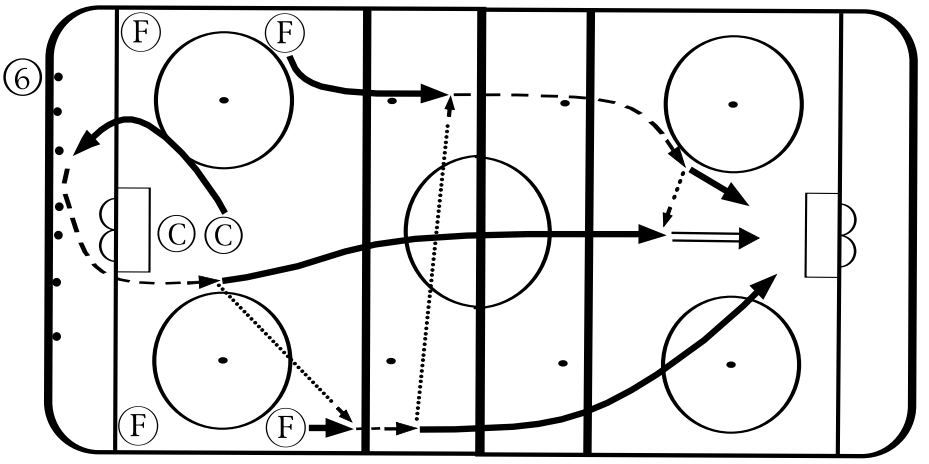
Drill — Passing

- 3 on 0 weave - carries puck, pass to LF, LF cut to the center lane, LF now in center passes to RF, then cuts behind and moves to right lane



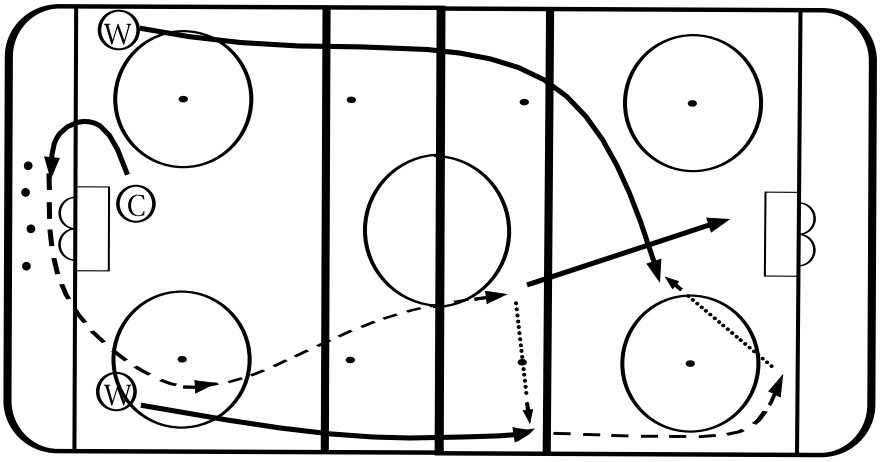
Drill — Passing

- 3 on 0 around net - center swings behind the net and picks up puck
- Center makes pass to wing
- Attack 3 on 0 at far blue line



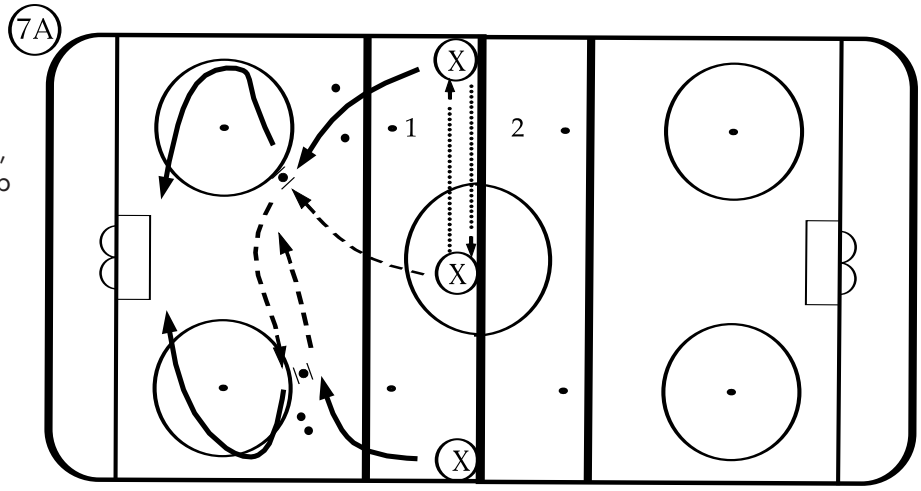
Drill — Passing

- 3 on 0
- Center skates behind the net and picks up a puck
- Head man pass and drive to net, drive with back diagonal criss-cross, center trailer, center through off-wing trailer, drop, double drop



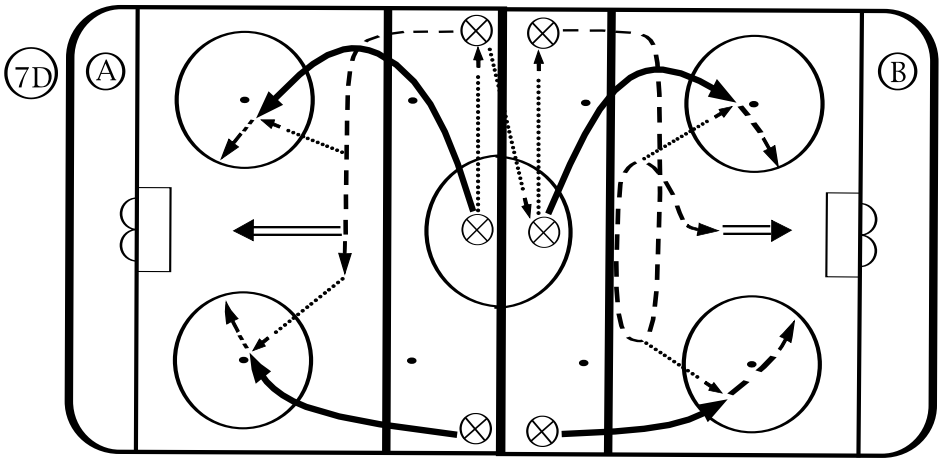
Drill — Skating

- Double drop - center carries puck, drops to winger who has slowed up, winger carries across to opposite top of circle and drops it for other winger



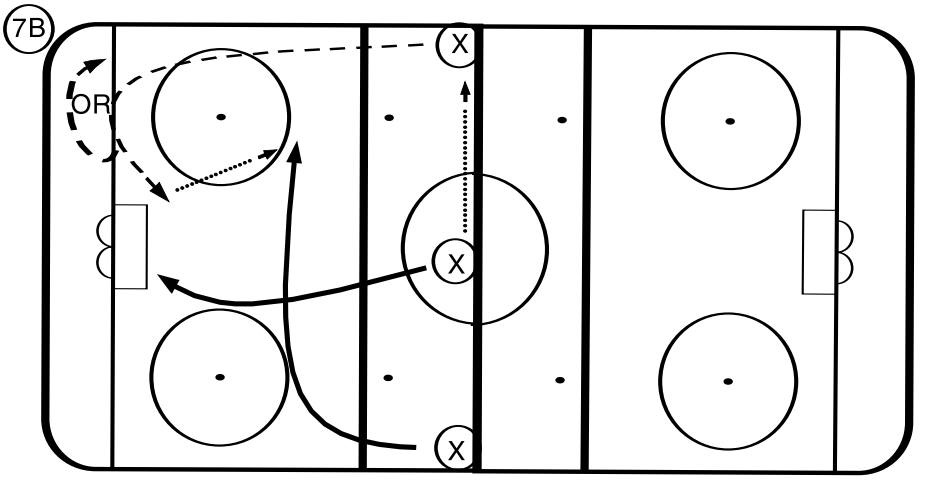
Drill — Big "L"

- Big "L" with loop de loop



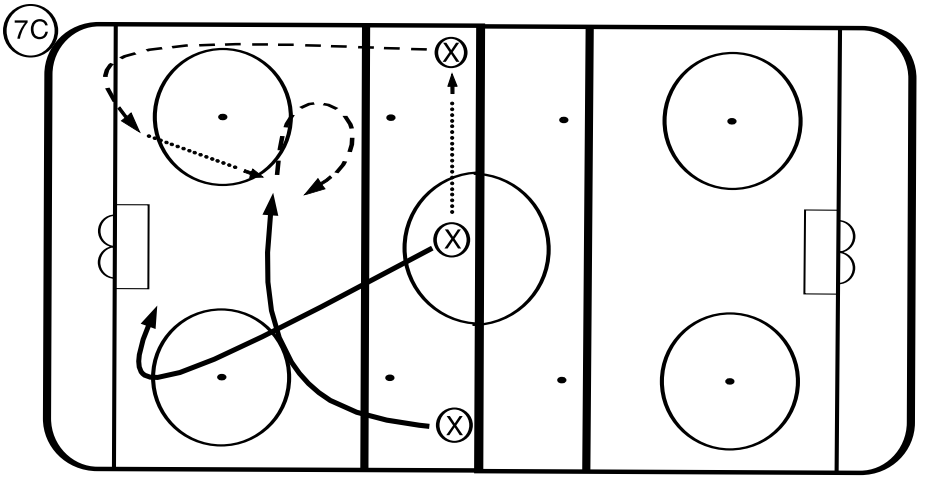
Drill — Passing

- Center passes to wing, wing drives to bottom of circle, passes back to top of circle, where off-wing has skated to, center goes to net
- Wing can also escape towards boards in the corner



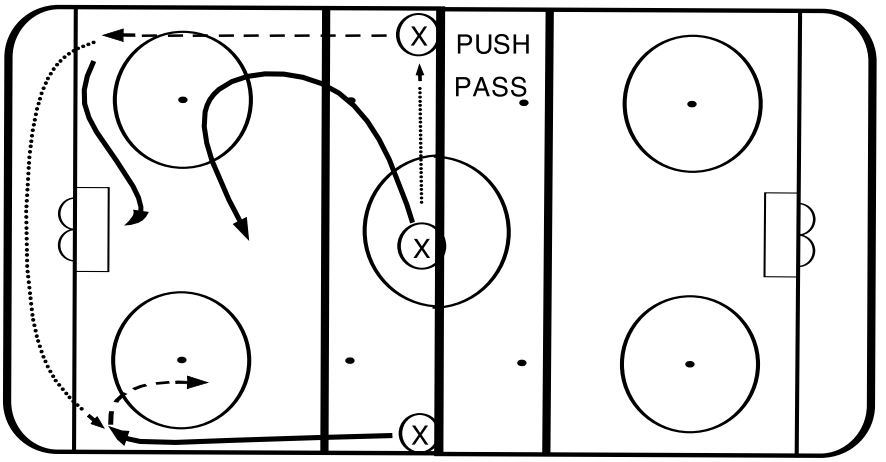
Drill — Skating

- Center passes to wing, wing drives to bottom of circle, passes back to top of circle, where off-wing has skated to, center goes to net
- Wing makes loop with puck can pass or shoot on goal



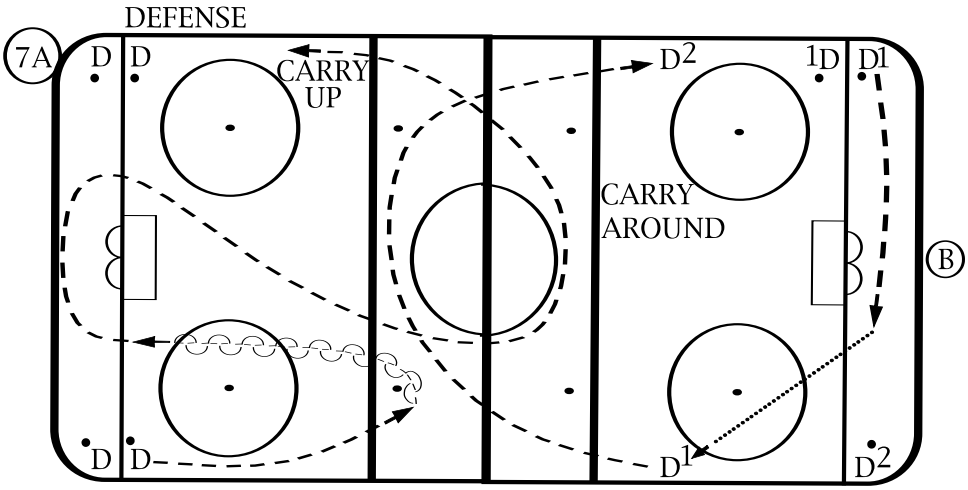
Drill — Passing/ Billy Baker Drill

- Center passes to winger, winger brings puck to bottom of circle and passes puck behind the net to the off-side winger in opposite corner, off-wing retrieves puck and walks out
- Off-side winger can pass or shoot on goal



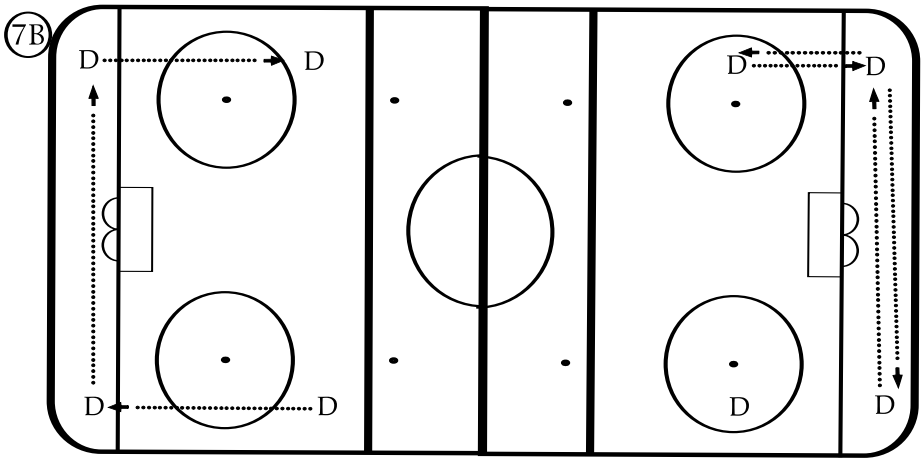
Drill — Skating/Passing

- Defense - carry up
- Defense - carry puck around net - pass



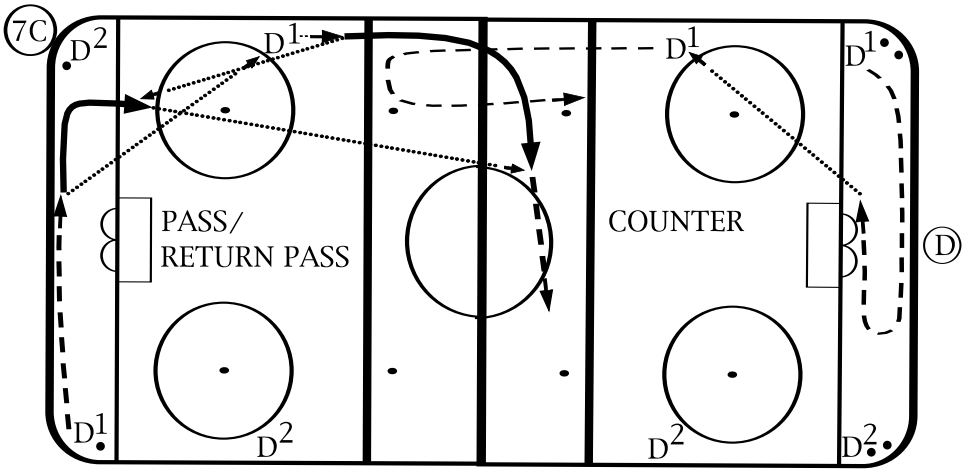
Drill — Passing

- Short passes
- Long passes behind net



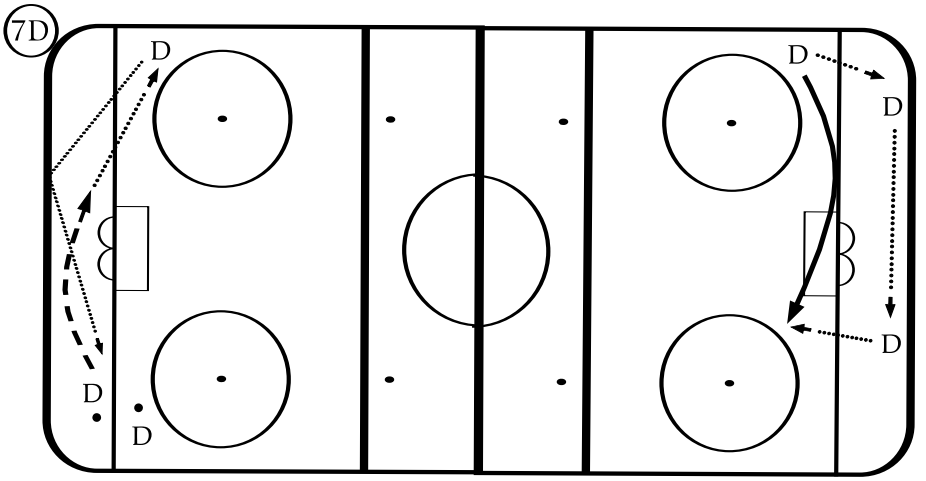
Drill — Passing

- Defense - carry puck around net, pass, get return pass then make a stretch pass to partner
- Defense - carry puck around net and counter back at post, pass to partner



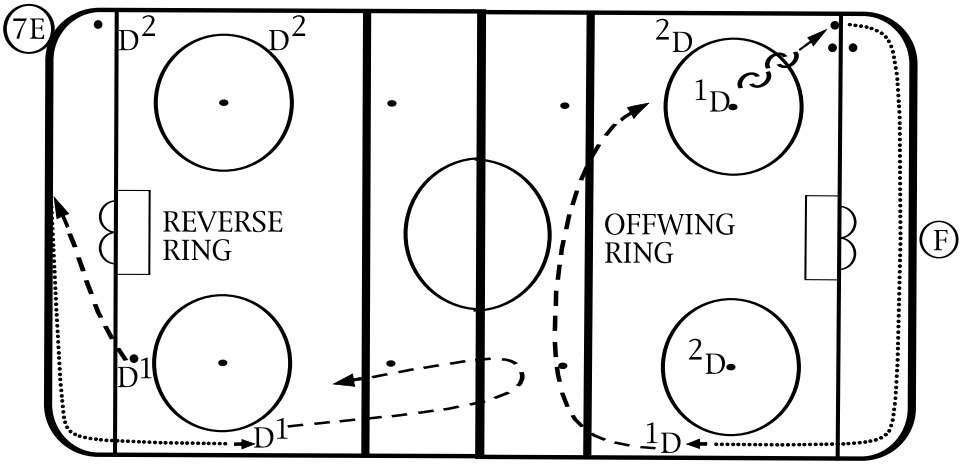
Drill — Passing

- Carry puck around the net and make pass
- Make D to D pass behind net and pass to player skating in front of net



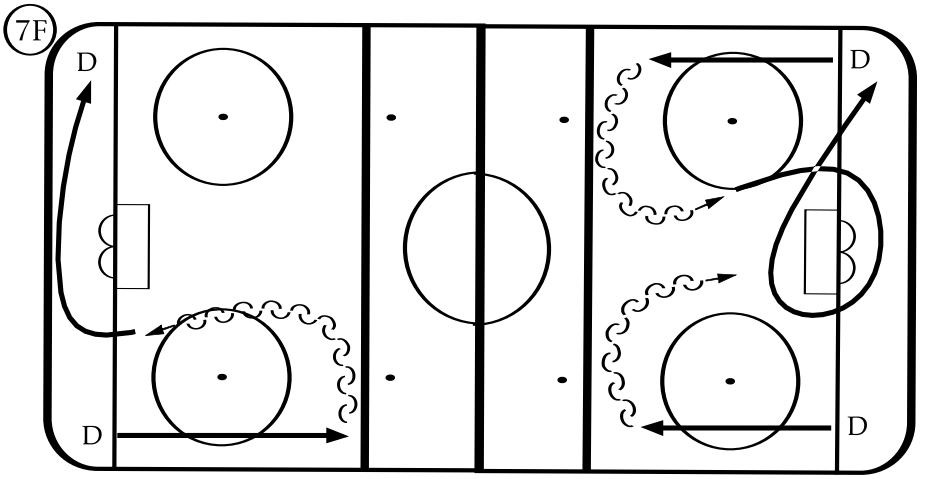
Drill — Passing

- Reverse ring - defense carries puck to far goal post and brings it back around to player at boards
- Off-wing ring - defense skates backward, turns, picks up puck, rings it to off-wing around boards



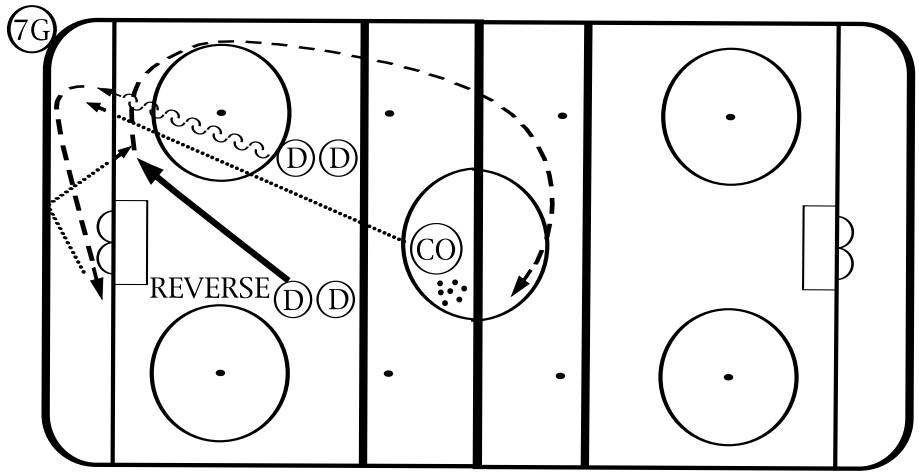
Drill — Skating

- Defensive skating exercises



Drill — Passing

- Coach dumps puck in corner
- Defense skates backward, picks up puck, carries around to far post of net, passes back off boards, other D yells reverse and picks up puck and skates up



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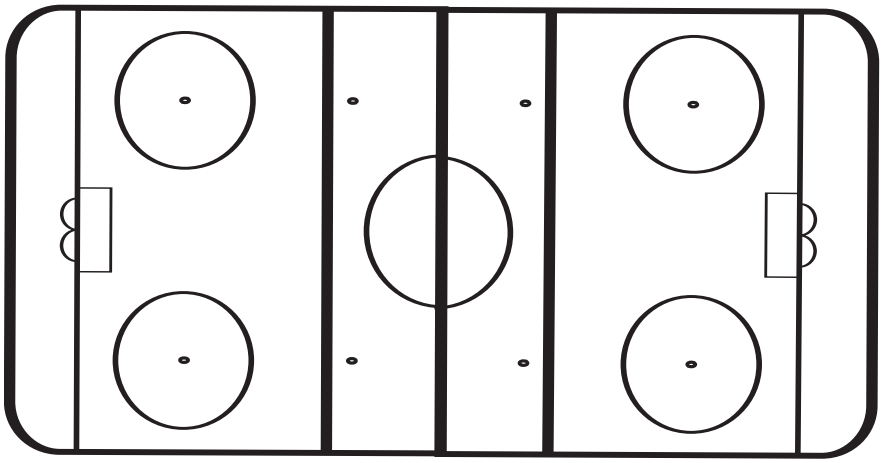
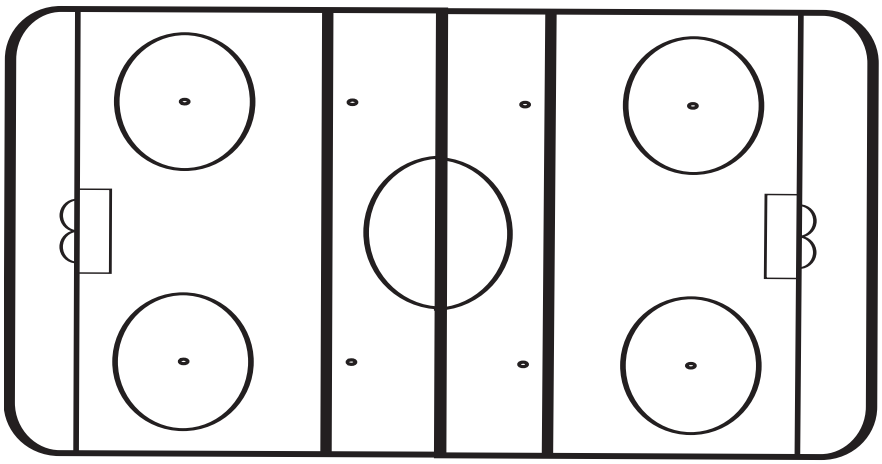


Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

Objectives: Refine foundation skills - edges skating rhythm, puckhandling, passing, shooting, breakouts.

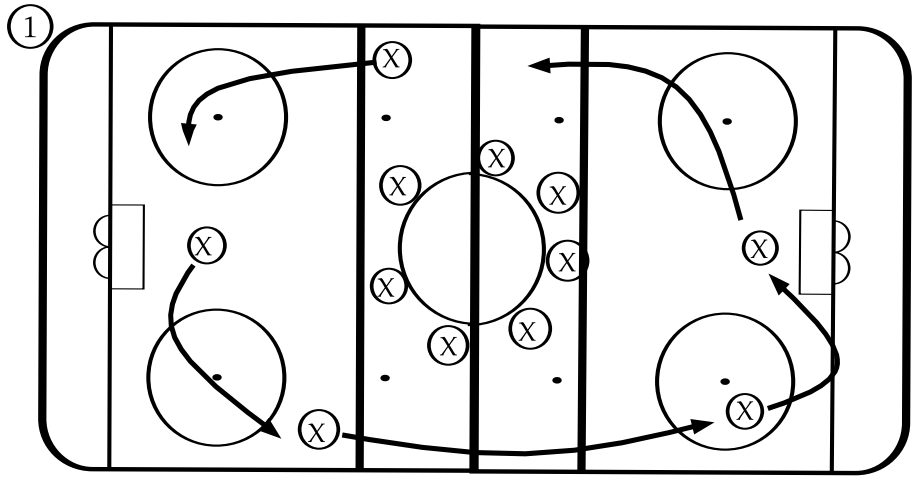
Date: _____
Practice: #9
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	X 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
X Shooting	____ 2 on 2	X Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch, neck exercises	Off-ice
5 mins.	1. Stretch around middle circle, skate around rink	
5 mins.	2. Skating: Big C, slide and stride, PTC, stopping on lines, mohawking - forward/backward, forward control turns with push unders, crossovers on big circle	Good strides
5 mins.	3. Puckhandling: stationary - circle Figure 8 left/right/left/right, forward/backward, diagonal, L pull, T pull, yo-yo variety freestyle, jam middle, jam 2 on 3; Olympic puck-handling, weave through line, Russian courage	Quickness Puck protection
5 mins.	4. Passing: partner up forehand, backhand, flip, alley-oop, over-back, over-back with escape, JJ pass, diagonal pass, 2 on 0 over-back, 2 on 0 all over	Be a good receiver
5 mins.	5. Shooting: on boards, 1 on 0 stationary, 1 on 0 moving, 1 on 0 pass out one touch, wrist across body, shoot-rebound-pull-back flip up, zig-zag shoot on boards	Hit the net
10 mins.	6. Passing with shooting: pretzel pass, pretzel pass with rebound, Swedish pass, Swedish pass with rebound, four pass around horn-shoot-rebound, four pass around horn-shoot rebound with walk-in	Tape to tape
5 mins.	7. Breakout passing: Fussen drill, 2 on 0 with return pass to D, 2 on 0 with return pass, stretch pass-shoot-rebound	Be a good receiver
10 mins.	8. Showdown with and without pressure	Hit the net

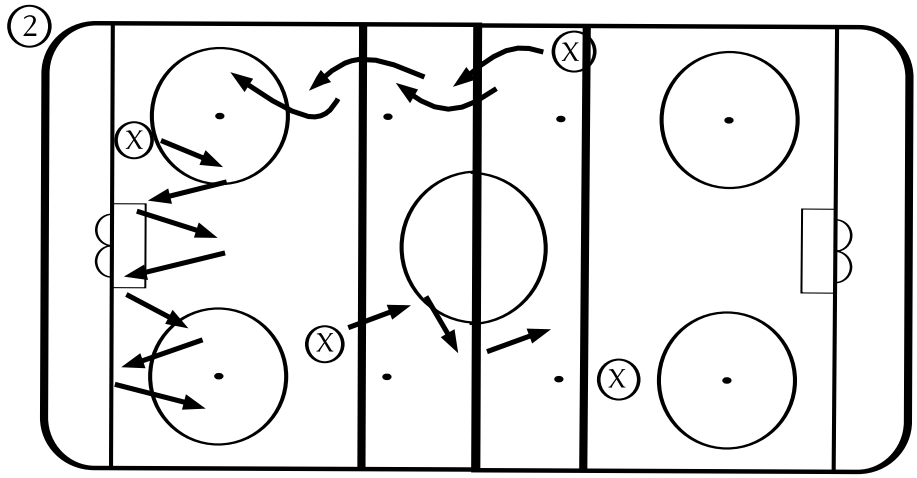
Drill — Stretch Exercises

• Around middle circle - moving stretches around rink: hurdler, ostrich, stick behind hips touch toes, in and outs, S-drill



Drill — Skating

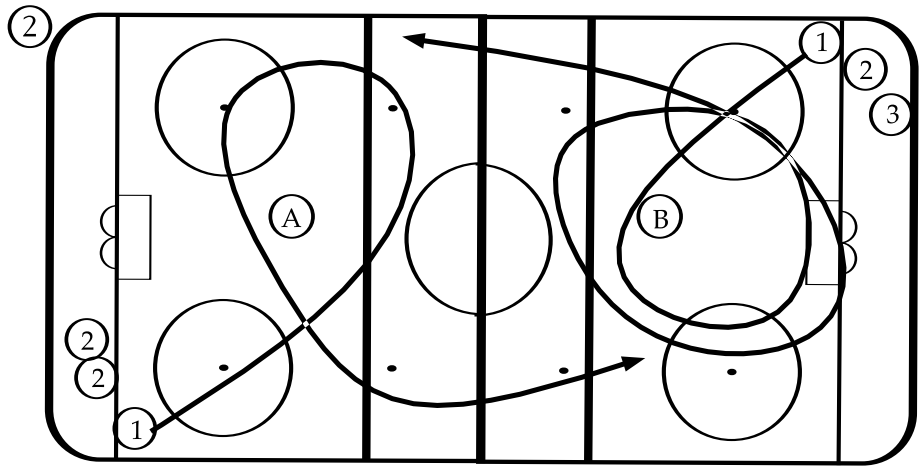
• Big C, slide and stride, PTC, push-touch, push almost touch, long reaching strides



Drill — Skating

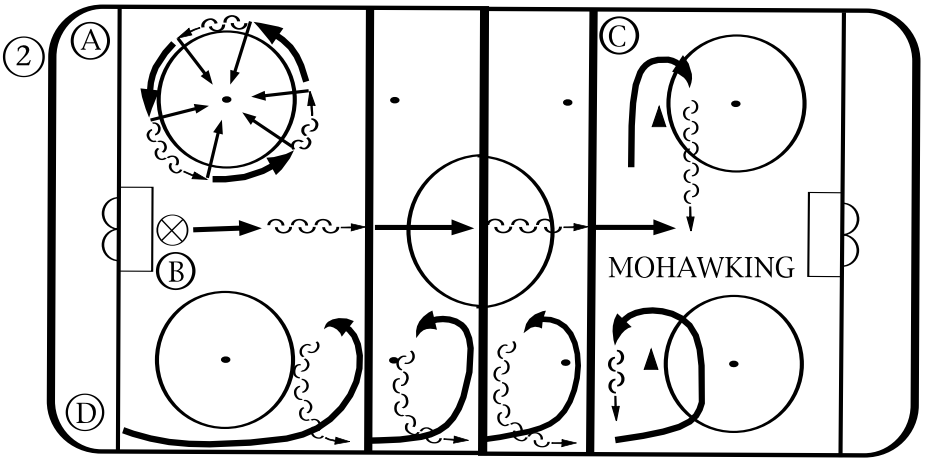
• Big circle crossovers once around

• Big circle crossovers twice around - three players go at one time



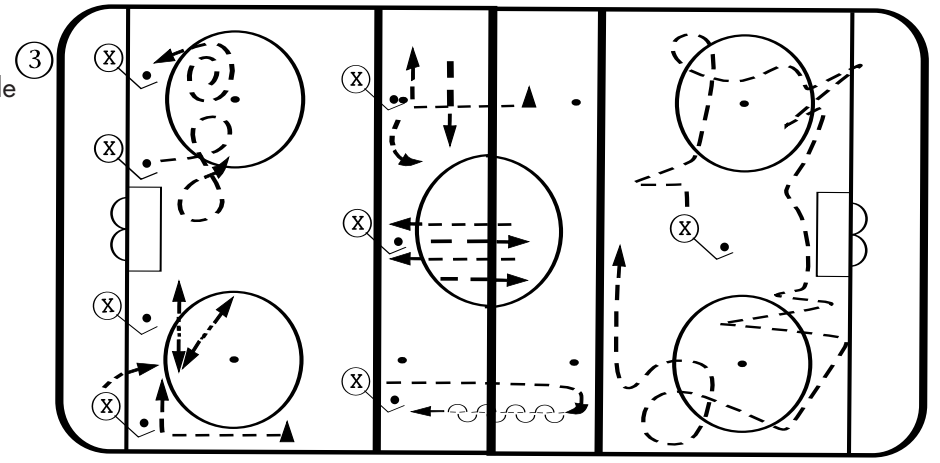
Drill — Skating

- Skate around circle turn forward to backward, backward to forward, chest always toward face-off dot
- Skate down the ice, turn forward, backward, forward, backward
- Skate forward, flip hip, point backside skate backward
- Control turn, flip hip, backward, step out and flip hip



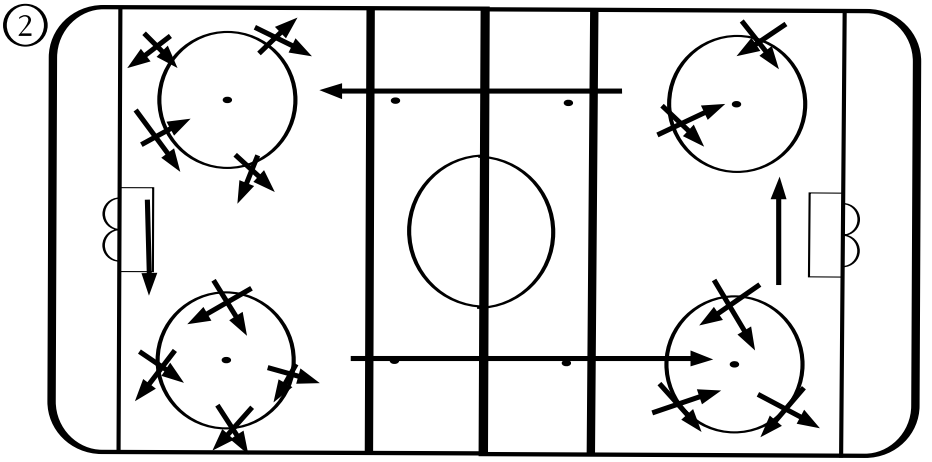
Drill — Skating

- Stationary and semi-movement circle puckhandle, Figure 8, left to right, right to left, diagonal puckhandle L pull to both sides, reverse to both sides, yo-yo, move forward, move backward with puck, freestyle handle puck



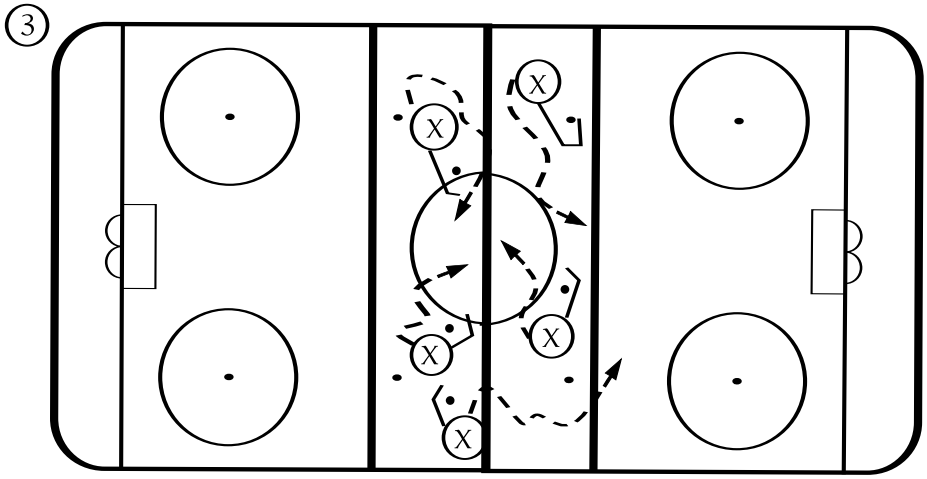
Drill — Skating

- On circle - outside edge of inside foot - push under



Drill — Puckhandling

- Jam middle

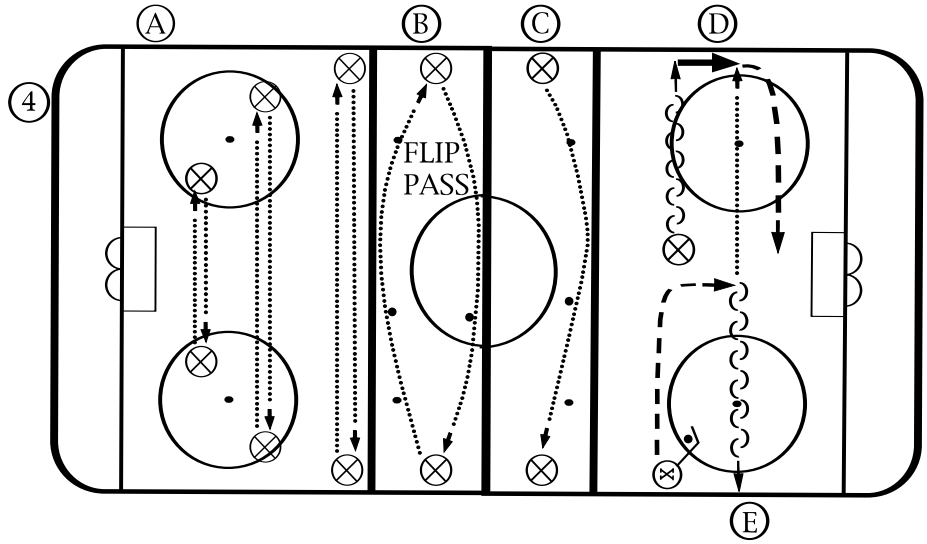


Drill — Control Turns

- On face-off dots - control turns with push-unders

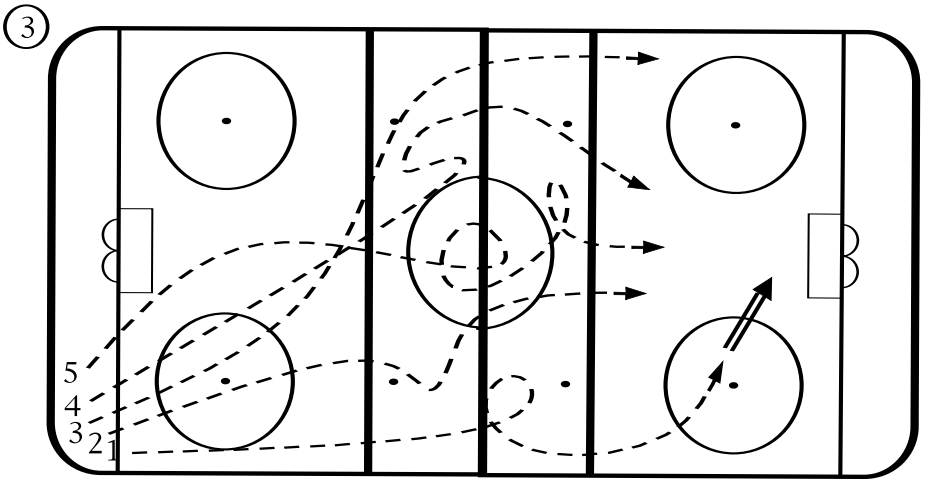
Drill — Passing

- Forehand/backhand pass - 10 passes forehand then backhand, each distance, raise stick when finished
- Flip pass
- Alley-oop pass
- Over-back passing
- Same, but do escape after receiving puck going backward



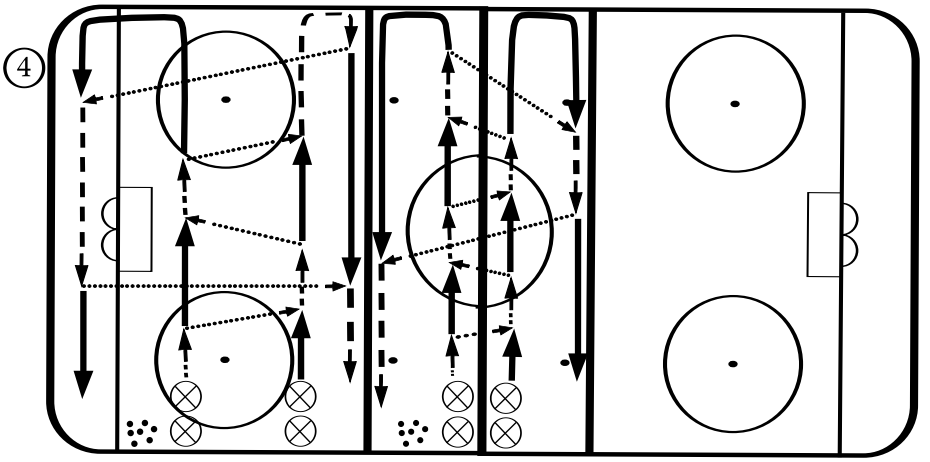
Drill — Puckhandling

- Olympic puckhandle one way
- Five players at one time
- Puckhandle in middle
- 1st player skates in and shoots on goal
- 2nd, 3rd, 4th, 5th



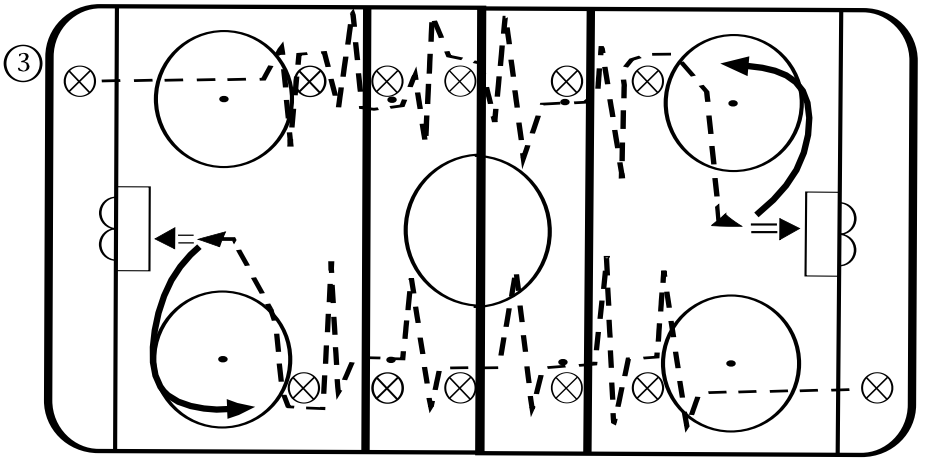
Drill — Passing

- 2 on 0 over and back passing
- Wide/narrow



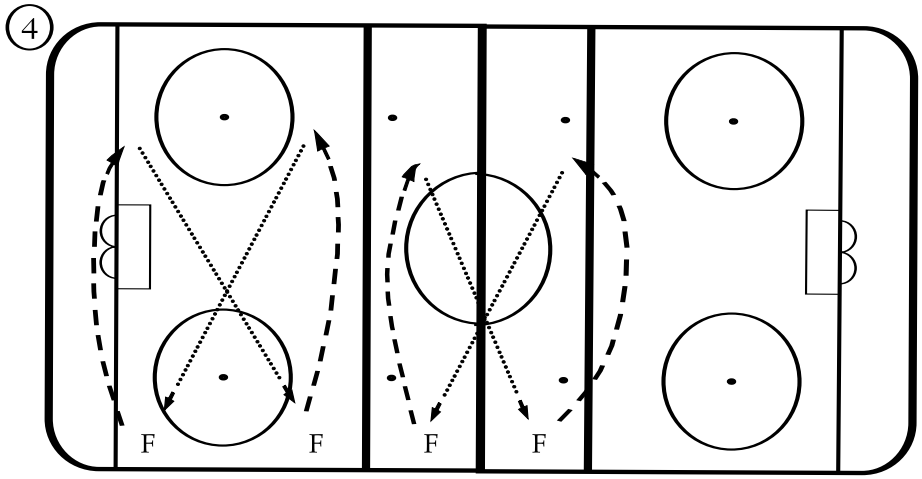
Drill — Puckhandling

- Weave through line puckhandling, shoot, go to end of line
- Dekes, fakes, wide pulls



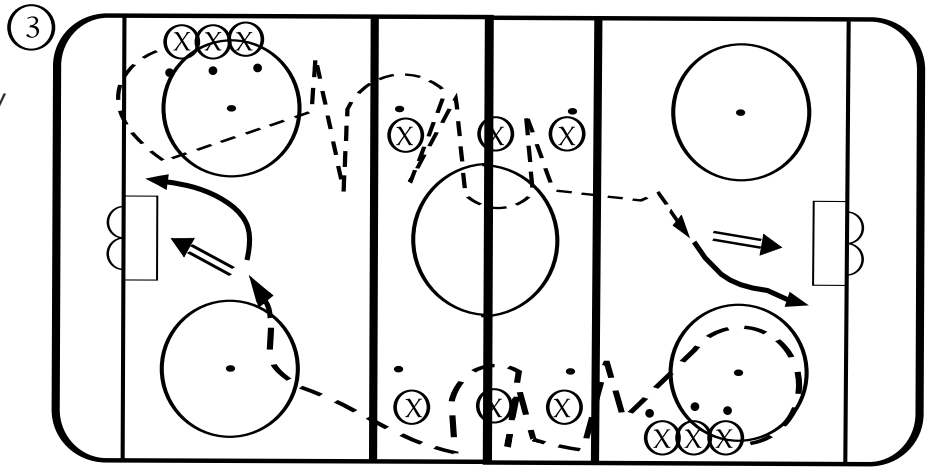
Drill — Passing

- Diagonal back passing - player with puck moves forward, turns slightly to the direction in which he/she will pass, and pass back to partner



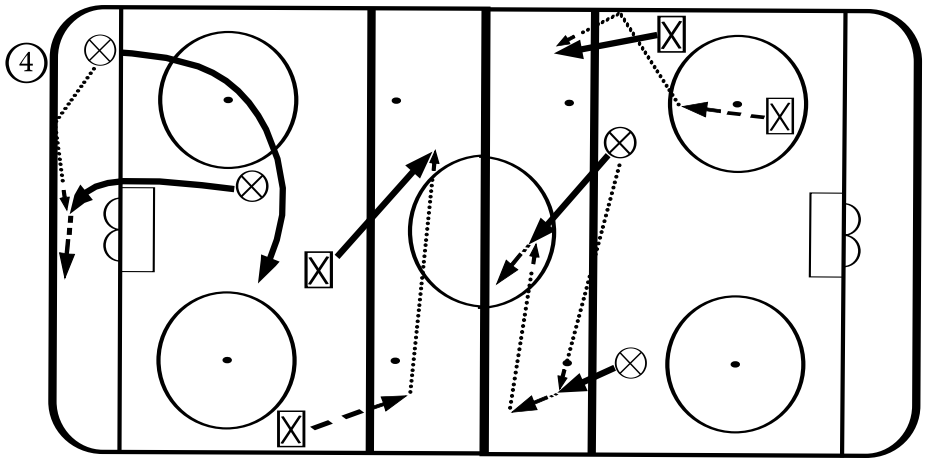
Drill — Russian Courage

- Three players at blue-red-blue. They cannot move, stickhandle by them, next sequence they can take two steps



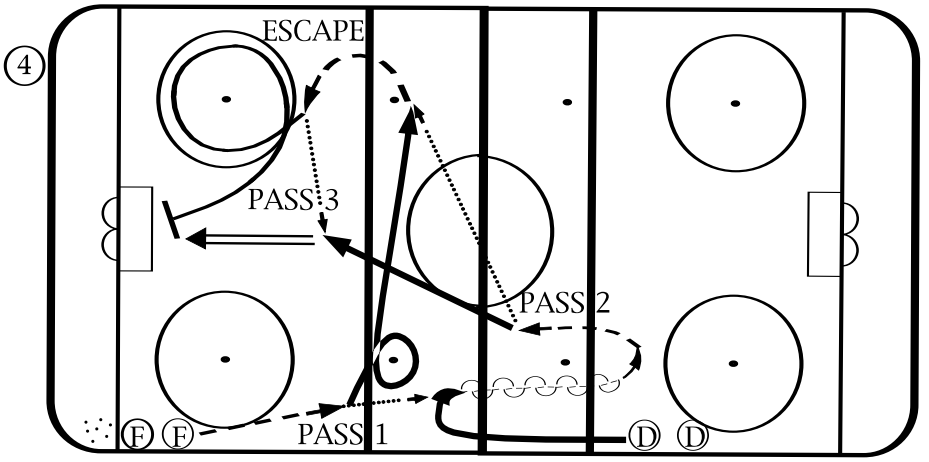
Drill — Passing

- 2 on 0 partner up - pass only to partner all over the ice, quality execution - board passing, forehand passing, backhand passing, eyes-up - good tempo



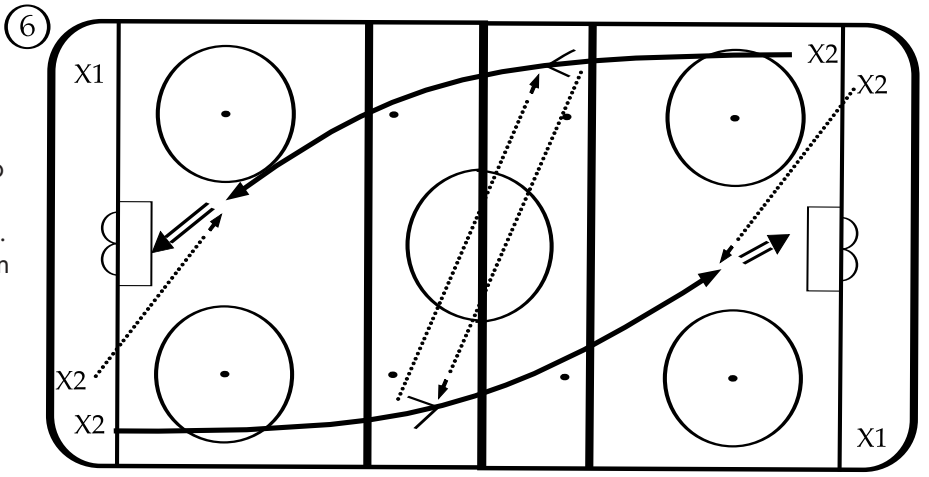
Drill — Passing/Double J

- The forward passes to the defenseman. The forward skates a controlled turn around the face-off dot and receives a pass back from the defenseman
- The forward makes an escape towards the boards and passes back to the defenseman
- The defenseman shoots on goal and the forward looks for a tip or rebound



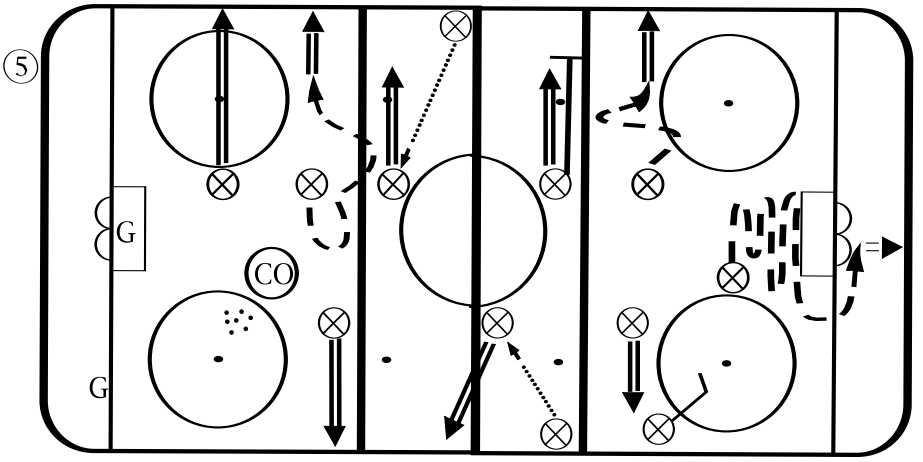
Drill — Passing

- Swedish pass with rebound
- Players in opposite corners skate up ice along the boards. They exchange pucks in the neutral zone. Both players skate in, take a shot on goal and look for rebound



Drill — Shooting

- Shoot on boards - 1 on 0 stationary, 1 on 0 moving in from mid-ice, 1 on 0 pass out; one touch shot, shoot and go for rebound, pull back, flip up, zig-zag with puck, backhand and forehand on boards



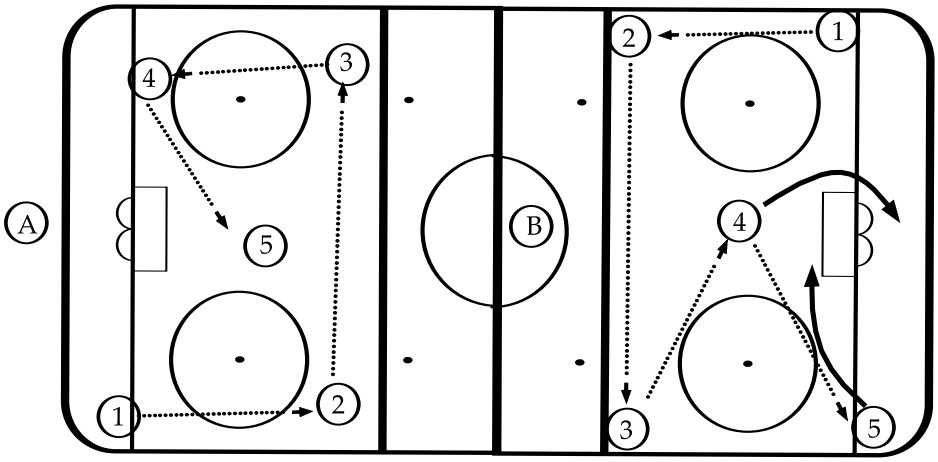
Drill — Passing/Shooting

Ⓐ

- Follow your pass, #5 shoots on goal

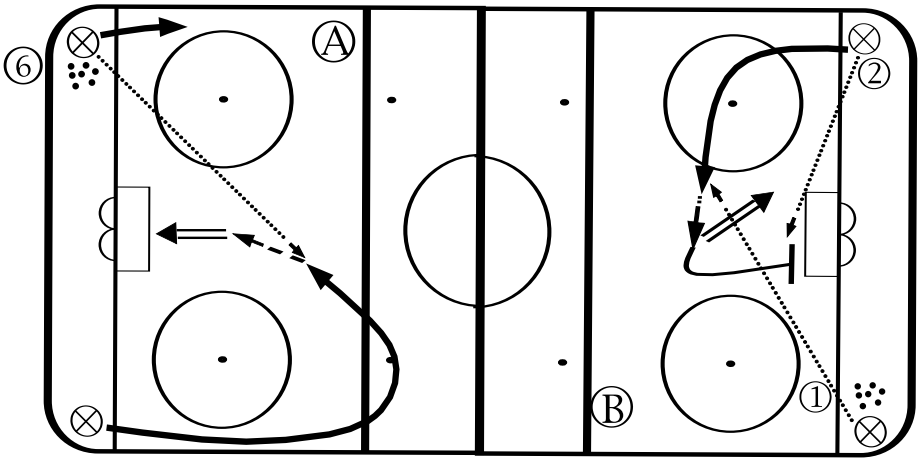
Ⓑ

- Follow your pass with walkout and backdoor helper



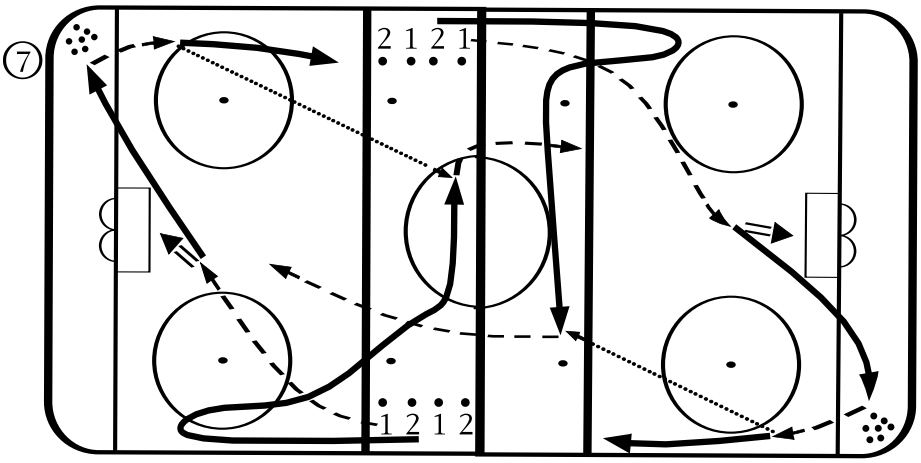
Drill — Passing

- Pretzel pass - pretzel pass with rebound



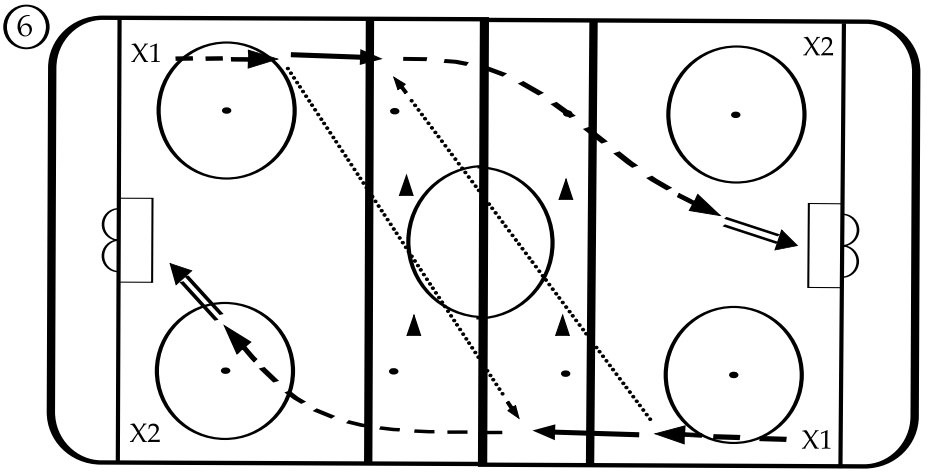
Drill — Fussen Drill

- 2 on 0
- Player 1 drives to net and shoots on goal then skates to opposite corner and picks up puck and passes to player 2 skating through the neutral ice
- Attack 2 on 0



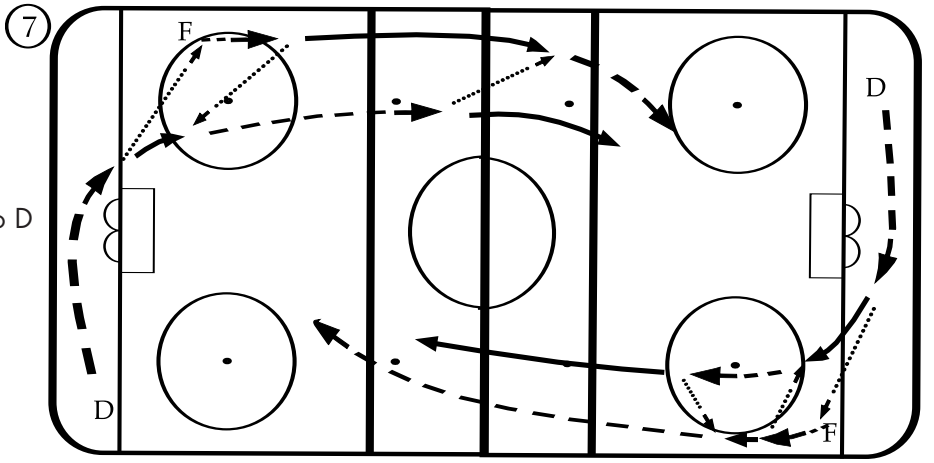
Drill — Swedish Pass

- Pass across and back
- Start on the whistle
- 1's go first, then 2's
- Alternate corners
- Shoot on goal and look for rebound



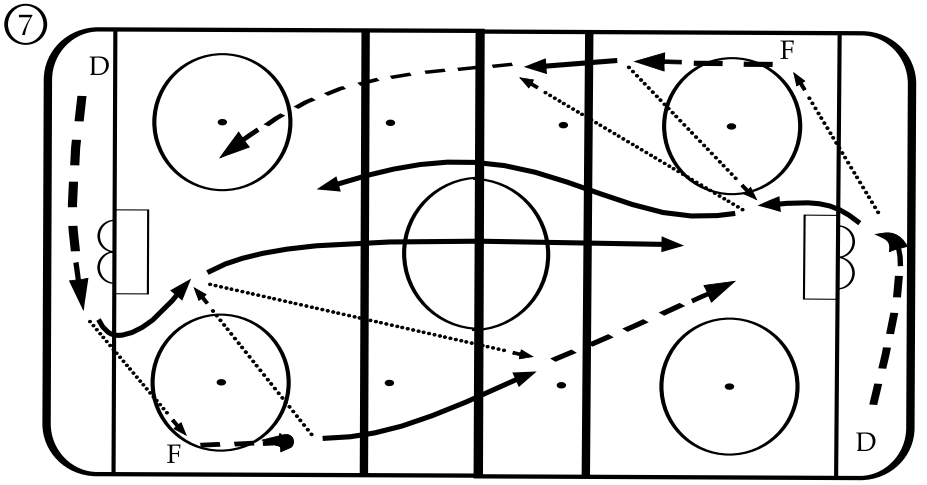
Drill — Passing

- The defenseman carries the puck behind the net and passes to the forward against the boards
- The forward makes a return pass to D
- Attack 2 on 0
- Both ends go at the same time
- Start drill on the whistle



Drill — Passing

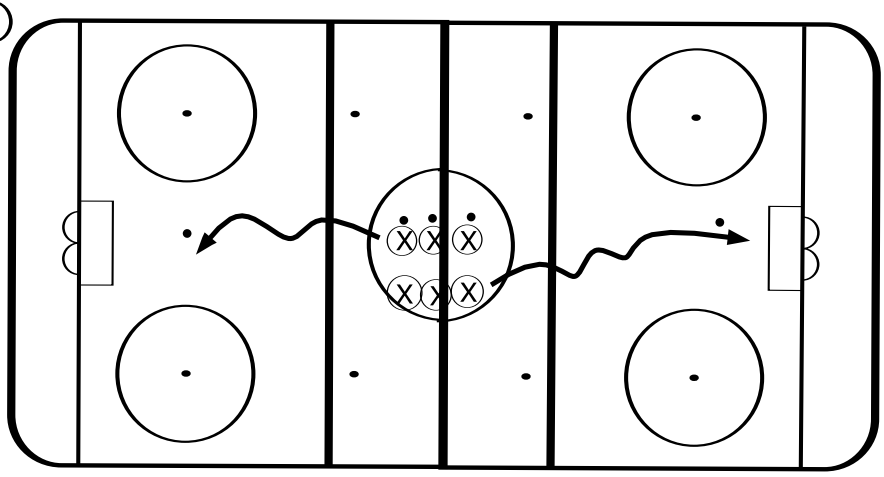
- Start drill on the whistle
- The defenseman carries the puck behind the net and passes to the forward against the boards
- The forward makes a return pass to the defenseman
- The defenseman passes to the forward who is skating up the ice
- Skate in 2 on 0, look for the rebound after sot on goal



Drill — Showdown

- Both sides go at the same time
- Timed and not timed
- Shoot to score

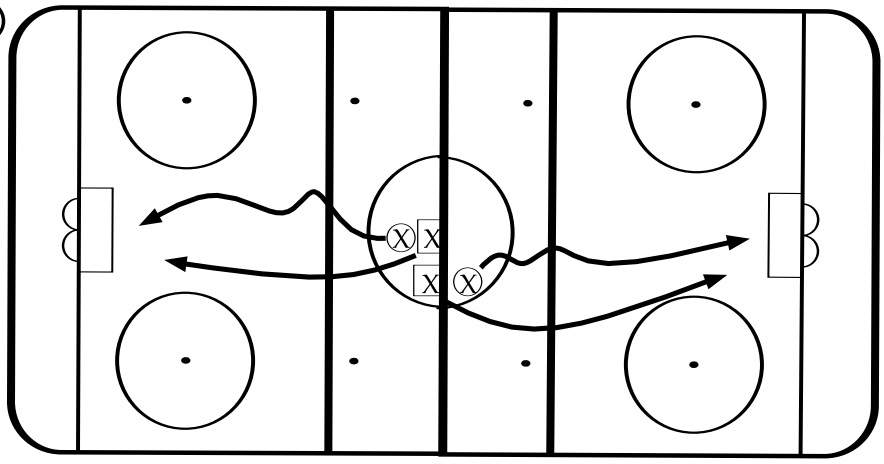
8



Drill — Showdown With Pressure

- Shooters have a player back check them
- Go until you score or lose the puck

9



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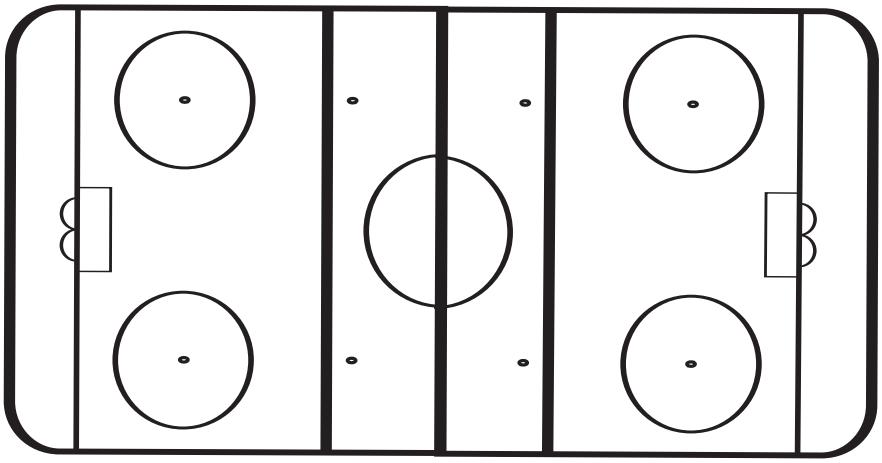


Notes/Comments _____

Hockey Practice Plan

Objectives: Offensive concepts with quality execution.

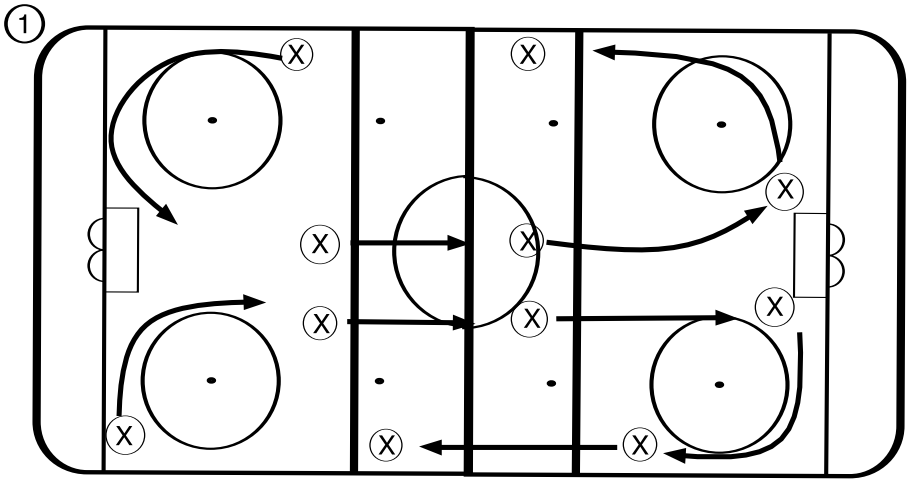
Date: _____
Practice: #10
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	X Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	X Forecheck	X Full Ice Modified Games
X Shooting	____ 2 on 2	X Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
X Goaltending	X 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	On your own
5 mins.	1. Butterfly stretch - hurdler, ostrich, overhead - touch ice, kick stick, in and out forward and backward, sprints	
10 mins.	2. Skating: width wide, over-back forward, over-back backward, over backward, back forward, on gloves crossovers, forward-backward, control turns, Figure 8, flip hip point backside, pointer, around circle push-unders, forward, backward turn to middle fast 360 degrees forward, backward	Quick feet
10 mins.	3. Puckhandling: stationary circles, Figure 8, long and short, lefts and rights, forward, backward diagonal, L pull, T pull, yo-yo, partner up moves on partner, protect puck from partner, zig-zag puckhandle, out of corner - go to forehand on coach	Quick feet Quick hands
10 mins.	4. Passing/Shooting: Olympic pass two players, three players, four players, four pass around the horn, reverse the drill, four passes around horn with walk-out, come around with pass out, pass out to D, D to D passing, then passing to forwards, 3 on 0 weave, 3 on 0 around net	Stay focused
10 mins.	5. Breakouts: attacks, set-up, backcheck	Good passes
10 mins.	6. 5 on 5 scrimmage - 3 on 3 scrimmage	Be competitive

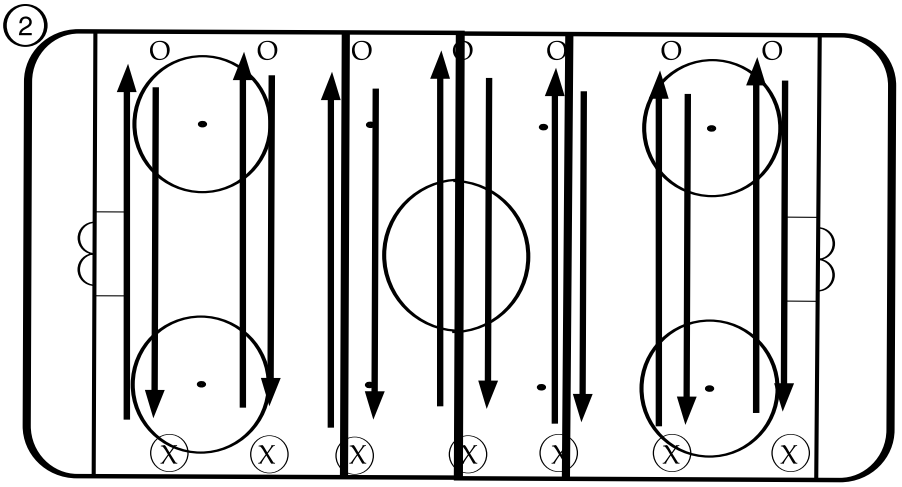
Drill — Skating

- Butterfly stretch
- Be creative
- Two groups on each side of the rink
- Sprint between the blue lines



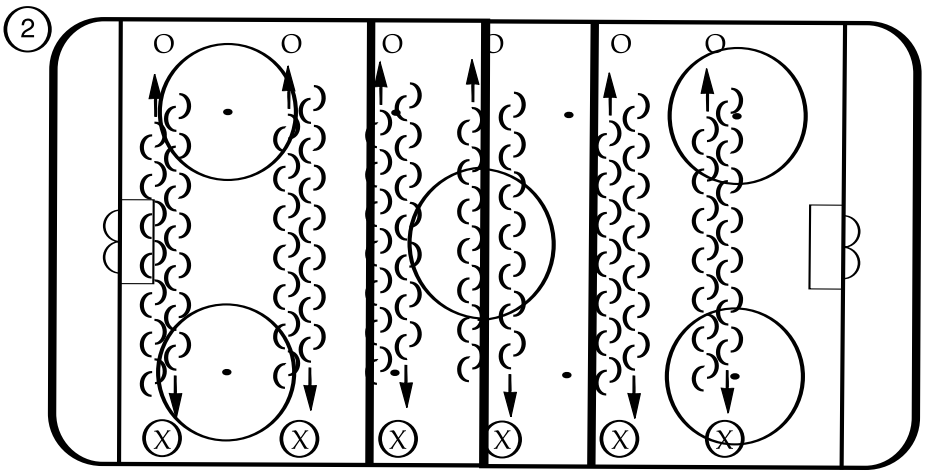
Drill — Skating

- Over and back
- Players alternate



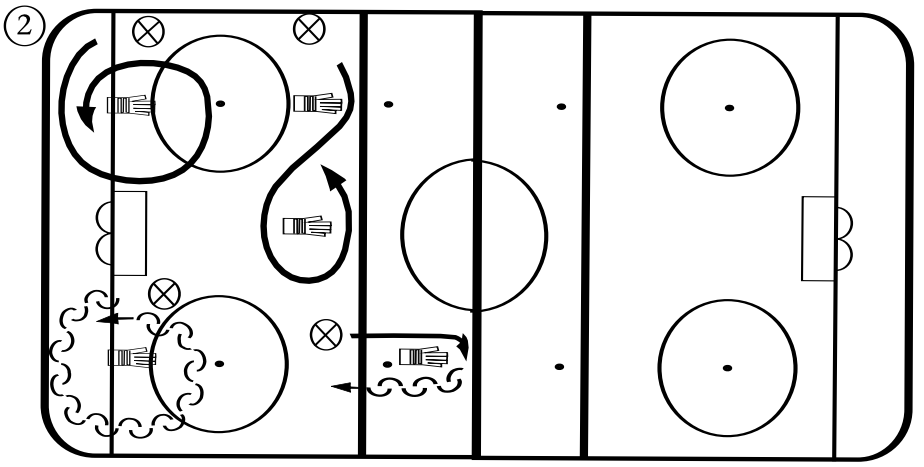
Drill — Skating

- Over and back backward



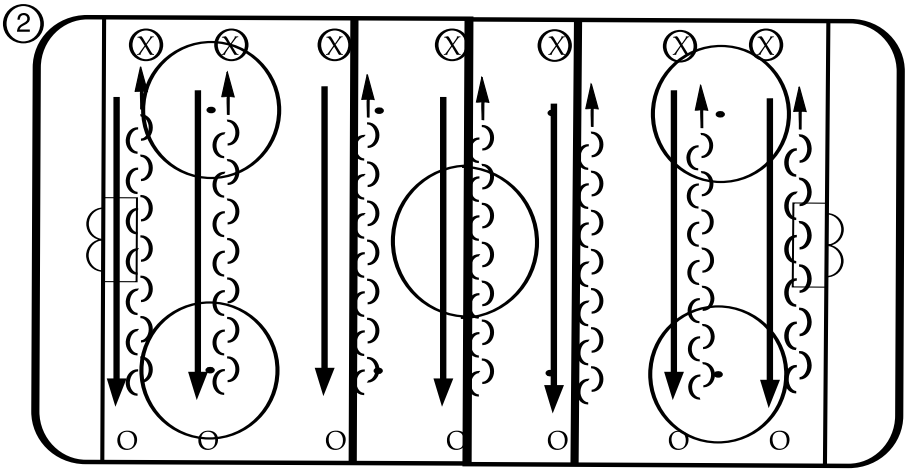
Drill — Skating

- Around gloves: players drop one or two gloves depending on drill



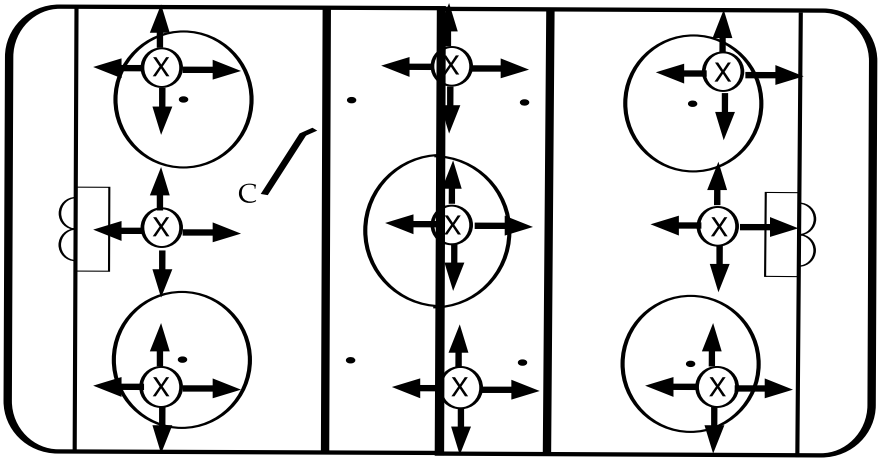
Drill — Skating

- Over forward
- Back, backwards
- Alternate players



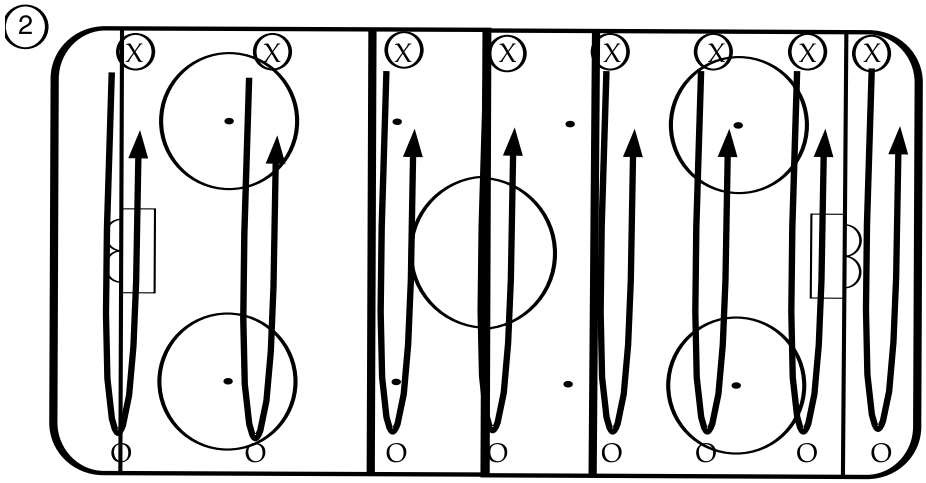
Drill — Skating

- Compass
- React to coach's signal
- Up – back – side – back



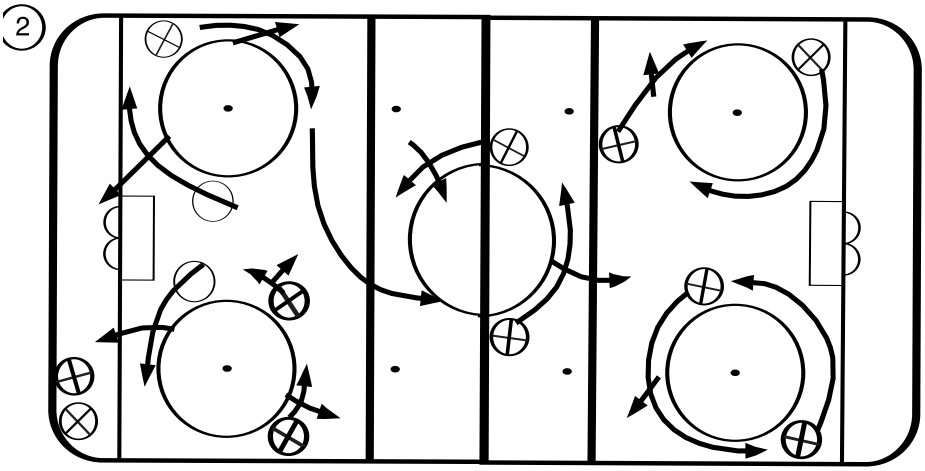
Drill — Skating

- X goes over and back
- O chases X and goes over and back



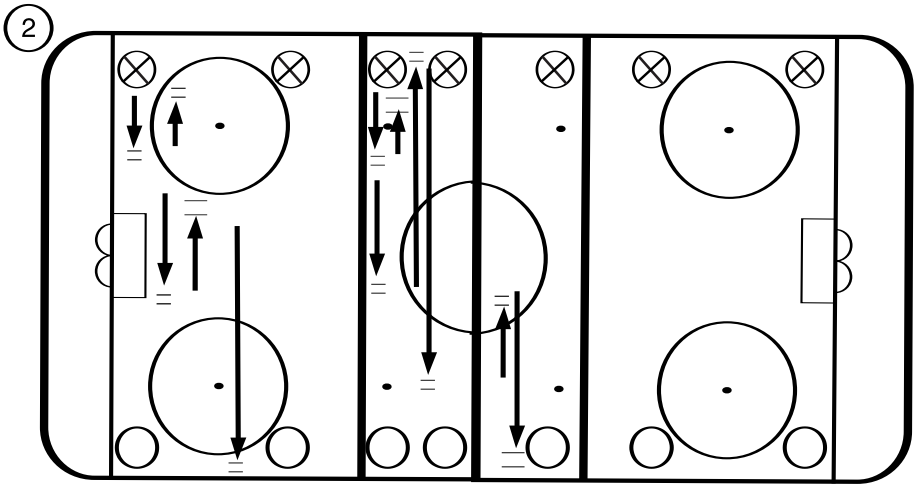
Drill — Skating

- 360 degree push under around circle



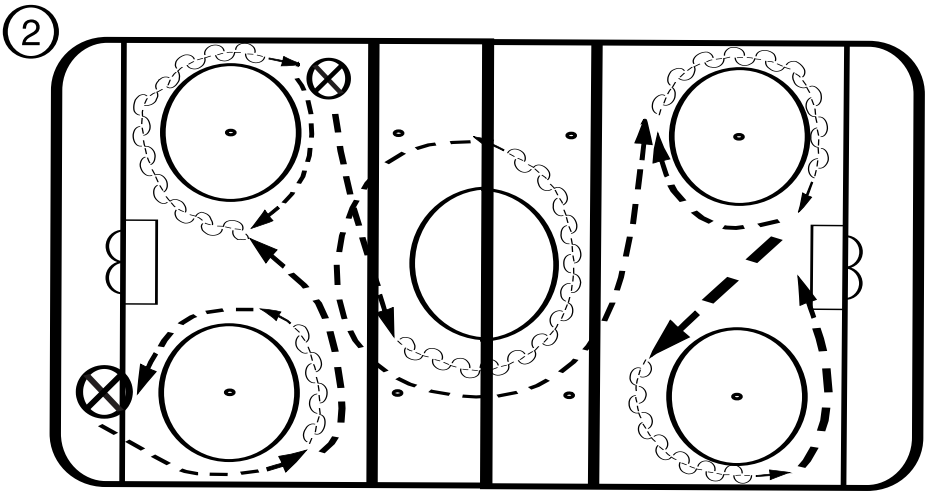
Drill — Stopping

- Over and back
- Stop on whistle and change directions



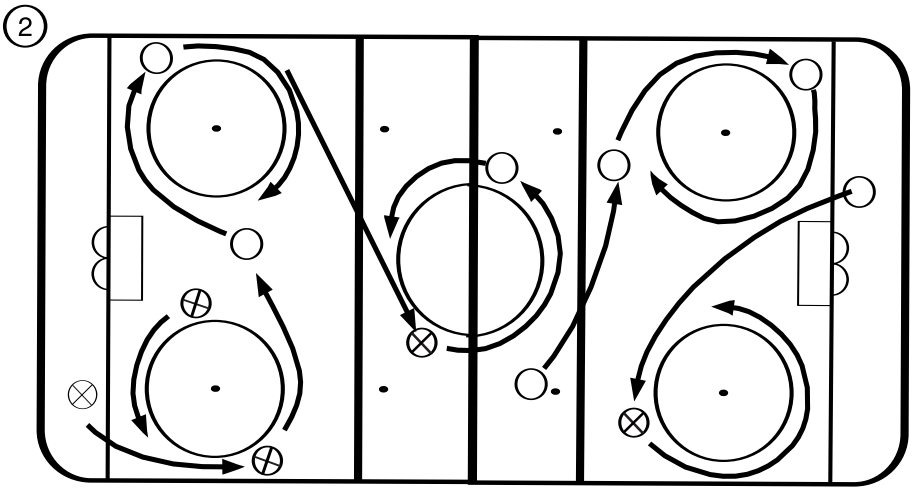
Drill — Skating

- 360 degree forward, turn skate backward, always turn with chest on puck, turn toward the dot



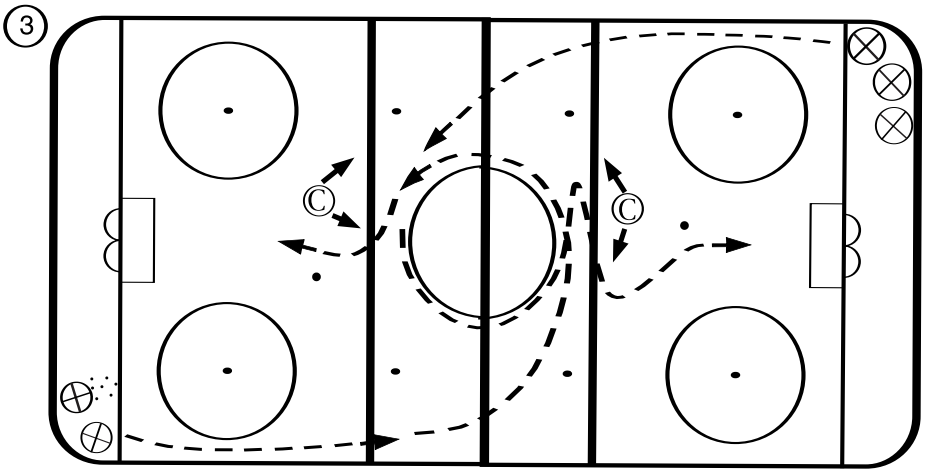
Drill — Skating

- 360 degree fast forward with good quality execution
- 360 degree fast backward with good quality execution



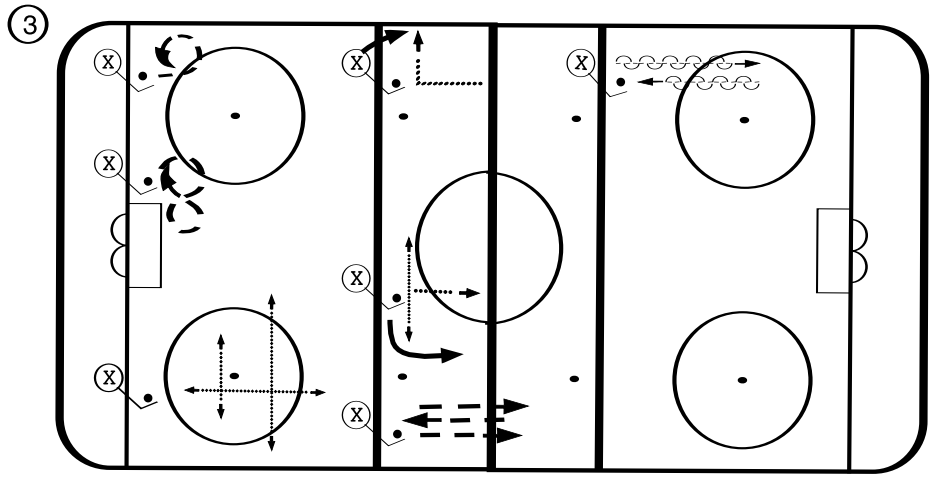
Drill — Skating

- Players line up with pucks in diagonal corners, skate out with puck around middle circle, when player is two stick lengths away from the coach, coach points in the direction the player should skate, the player then drives toward the net for a shot on goal



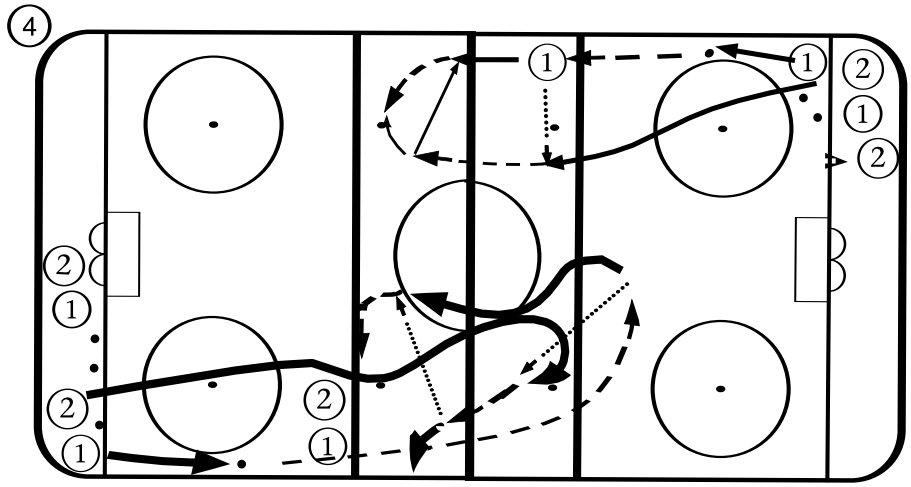
Drill — Puckhandling

- Set up stations
- Players active on whistle, stop on second whistle



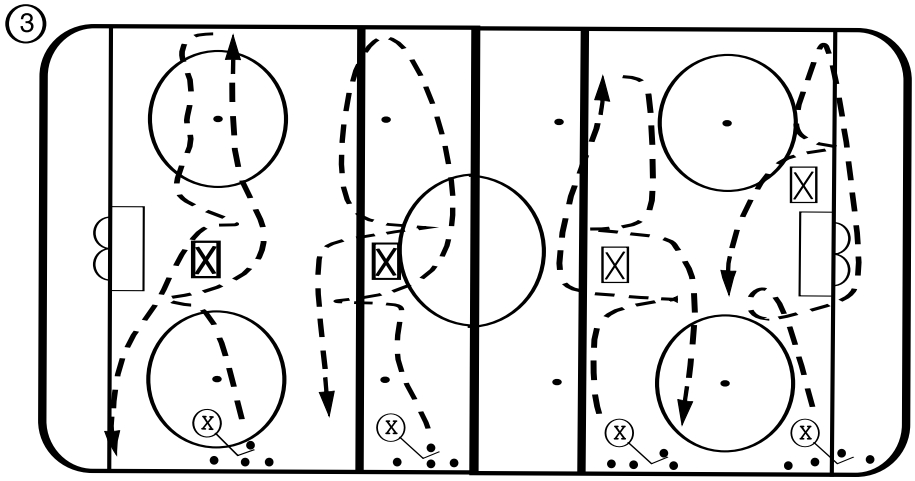
Drill — Passing

- Olympic pass - one puck, two players, three players, four players, four players pass to each other in middle and always have chest to player with puck, alternate sides or both sides at once



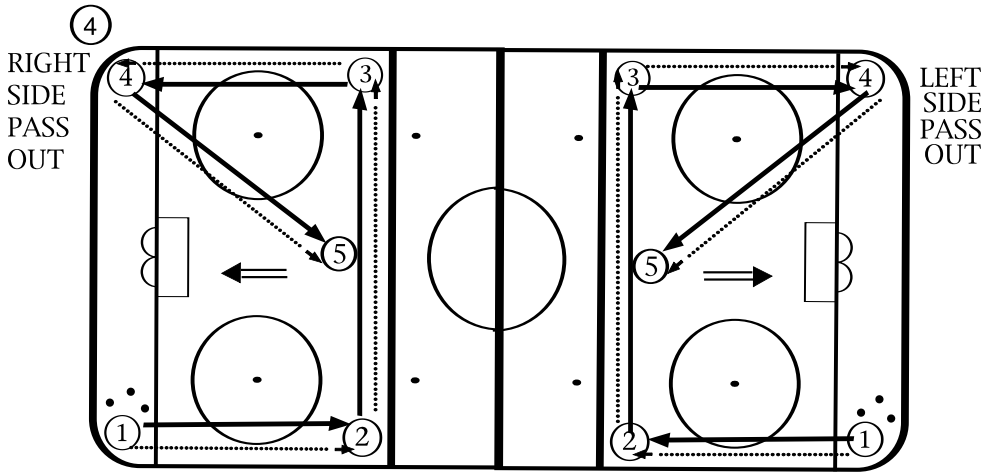
Drill — Puckhandling

- Partner up
- Protect the puck
- Keep away



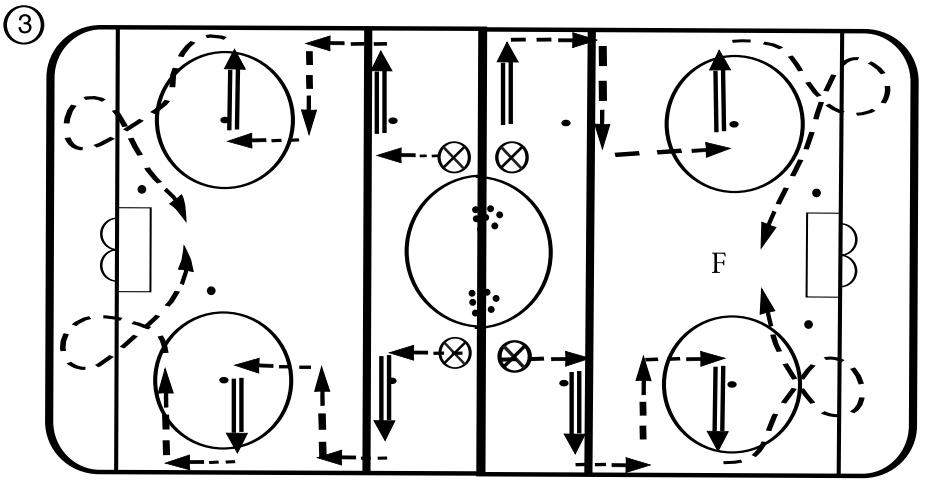
Drill — Passing

- Follow your pass - right side start - left side start
- Player #5 shoots on goal



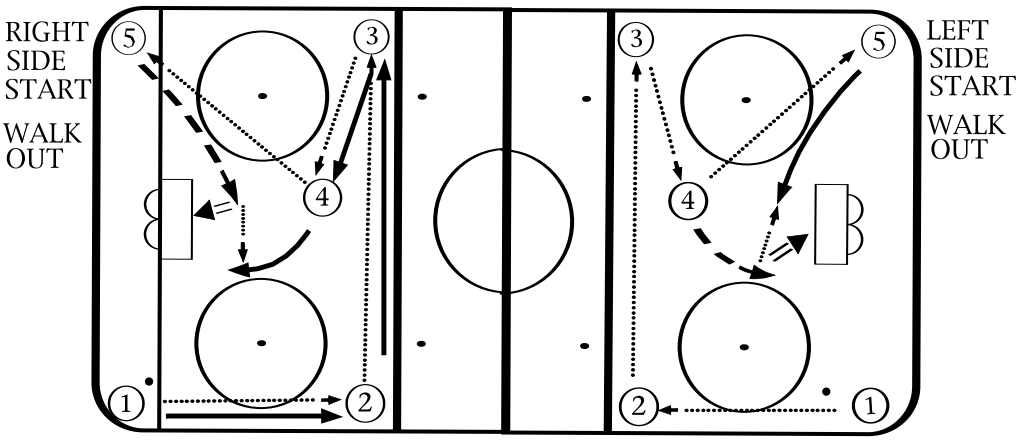
Drill — Puckhandling

- Zig-zag puckhandle - shoot on goal and look for rebound



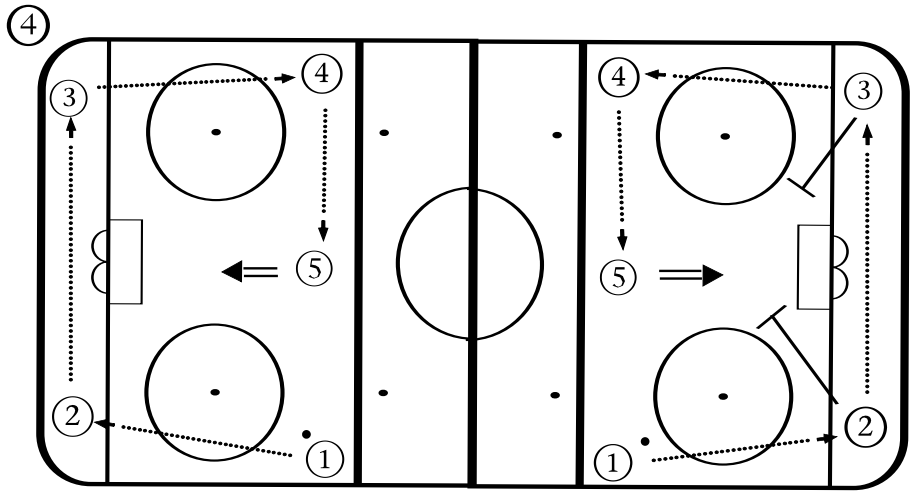
Drill — Walk-Out

- Follow your pass
- Player #5 skates out of the corner and shoots on goal
- Look for rebound



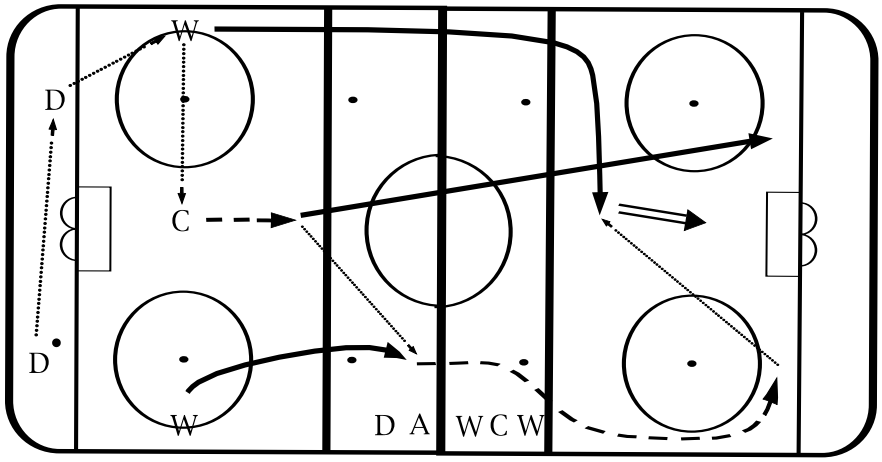
Drill — Passing Down

- Pass puck around with shot
- Follow your pass
- Player #5 drives towards the net and shoots on goal
- Players #2 and #3 look for rebound



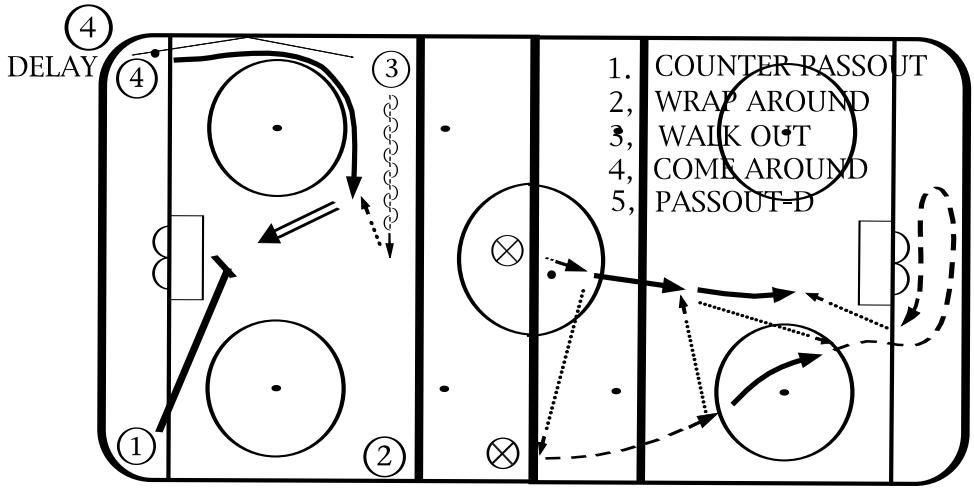
Drill — Breakouts

- Breakout with control learned options
- Attack zone with play options, diagonal back pass, diagonal back pass with return pass, trailer, drop pass, set-up offensive triangle - backcheck



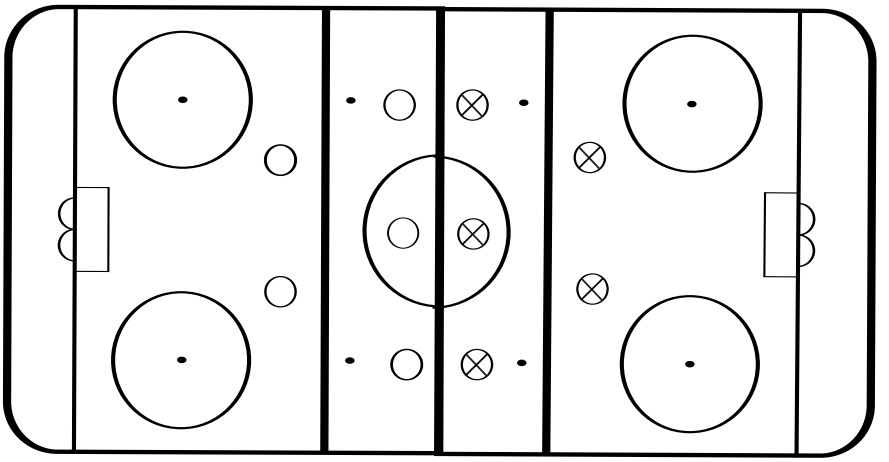
Drill — Passing

- 2 zone drills
- Passing and shooting



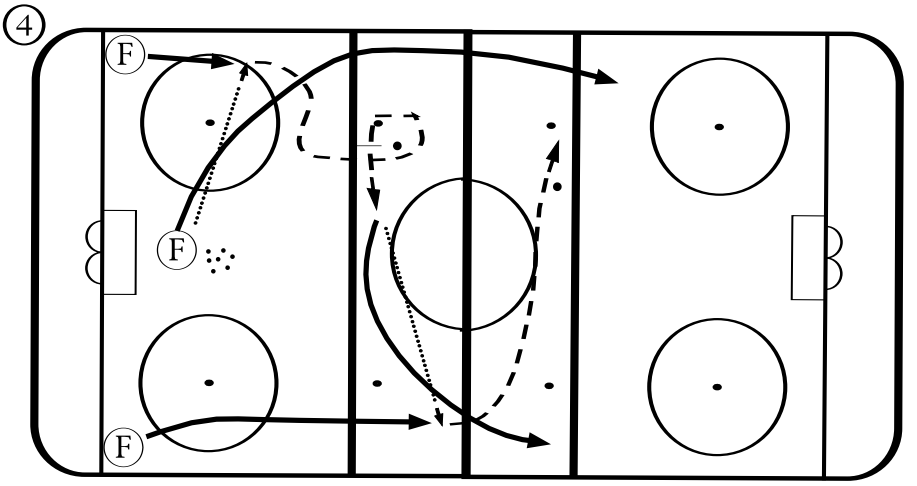
Drill — Scrimmage

- 5 on 5 scrimmage
- 3 on 3 scrimmage
- Individual or team showdown



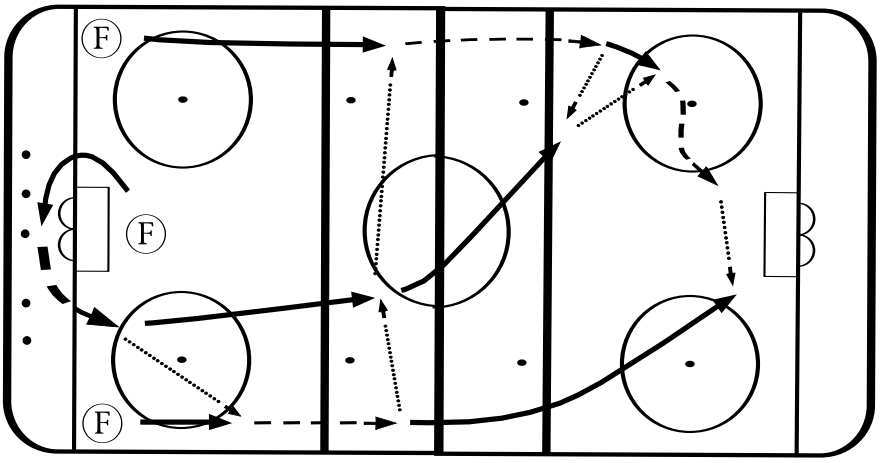
Drill — Passing/Shooting

- 3 on 0 weave, go to the net
- Use different support play options



Drill — Skating

- 3 on 0
- Center skates around net and picks up puck



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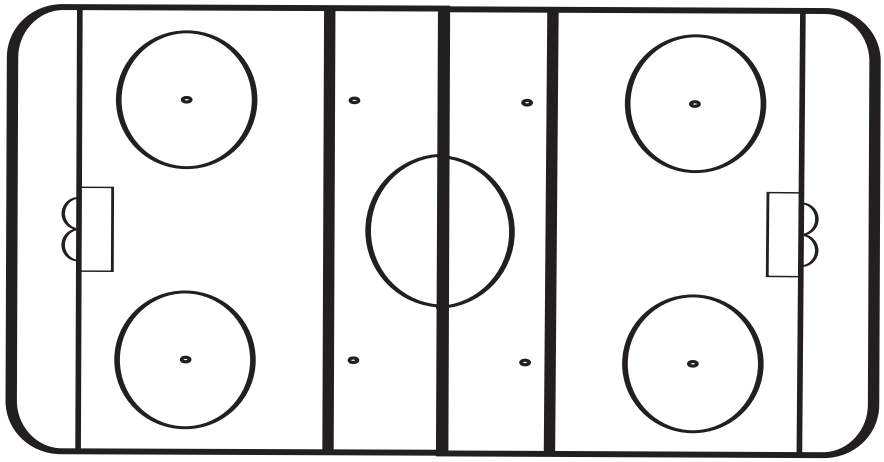
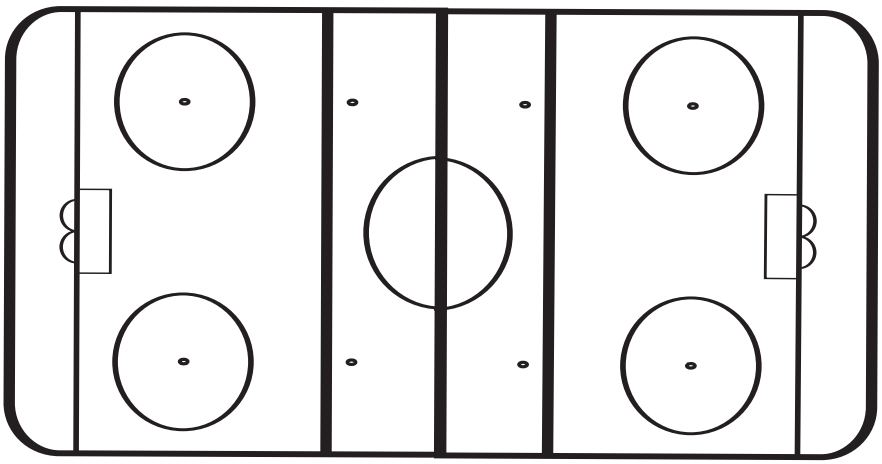


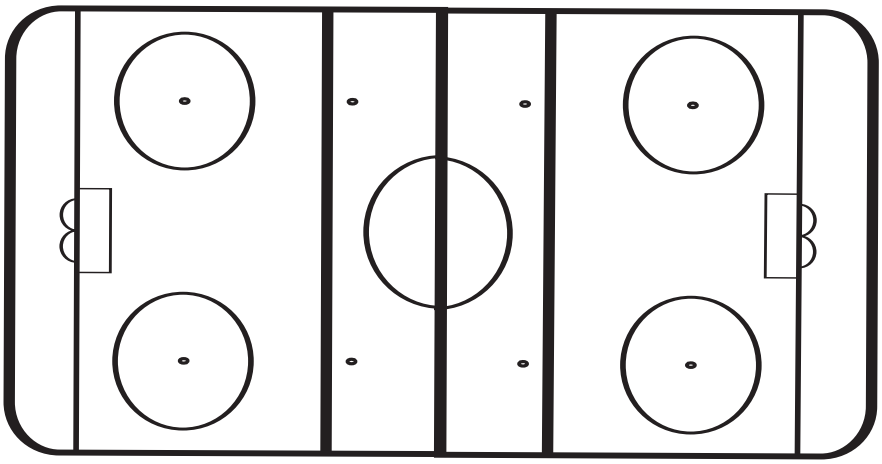
Notes/Comments

Description



Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

Objectives: Teaching right angle mohawk skating;
Agility skating;
Offensive concepts.

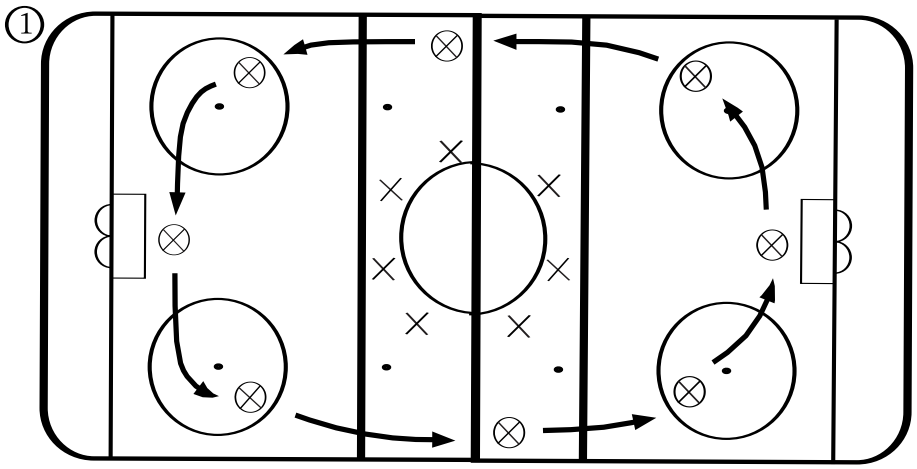
Date: _____
Practice: #11
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	____ Backcheck	X Small Ice Modified Games
X Passing/Receiving	X 2 on 1	____ Forecheck	____ Full Ice Modified Games
X Shooting	____ 2 on 2	X Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	X Entering Attack Zone	____ Skills Testing
X Agility Work	____ 3 on 2	X Triangulization/Cycling	____ Misc.
____ Goaltending	X 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch, neck exercises, Heads Up, Don't Duck drill	Off-ice
5 mins.	1. Stretch around middle circle, leader in middle of circle, butterfly stretch exercises	
5 mins.	2. Warm-up skate	
5 mins.	3. Right angle step-out mohawk skating	Good form
5 mins.	4. Agility: skate, face the flag, control turns on face-off dots	Quick feet
5 mins.	5. Puckhandling	Heads up
5 mins.	6. Shooting: backhand, reverse, forehand, different angles, power station shooting	Hit the net
5 mins.	7. Offensive zone shooting: follow your pass, four patterns	Quickness
5 mins.	8. Three zone passing: three five player units	Tape to tape
5 mins.	9. Stretch pass breakout then 1 on 1, counter	
10 mins.	10. 3 on 3 small game	Be competitive

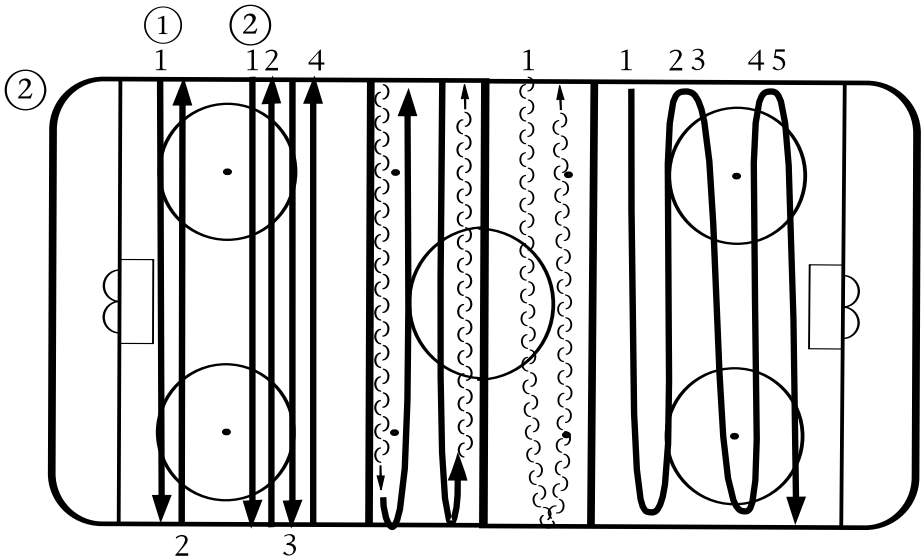
Drill — Stretching

- Middle circle stretch - butterfly stretch



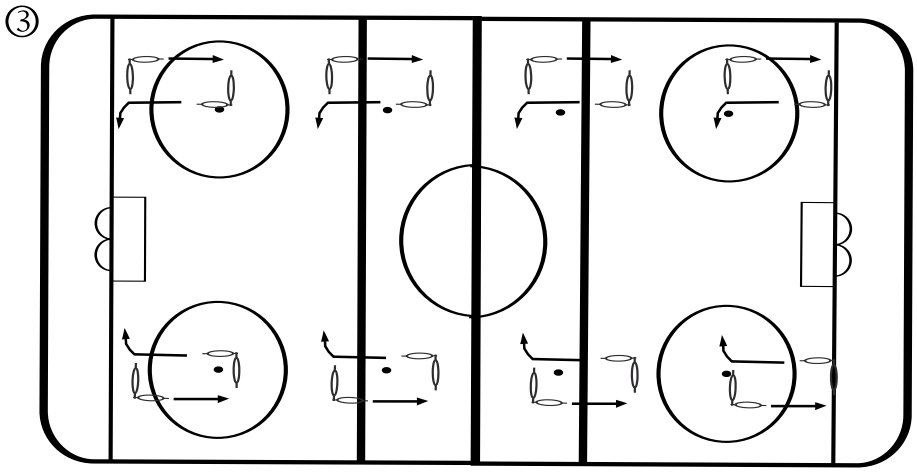
Drill — Skating

- Over and back
- Backward-forward, forward-backward, backward, over and back control turns



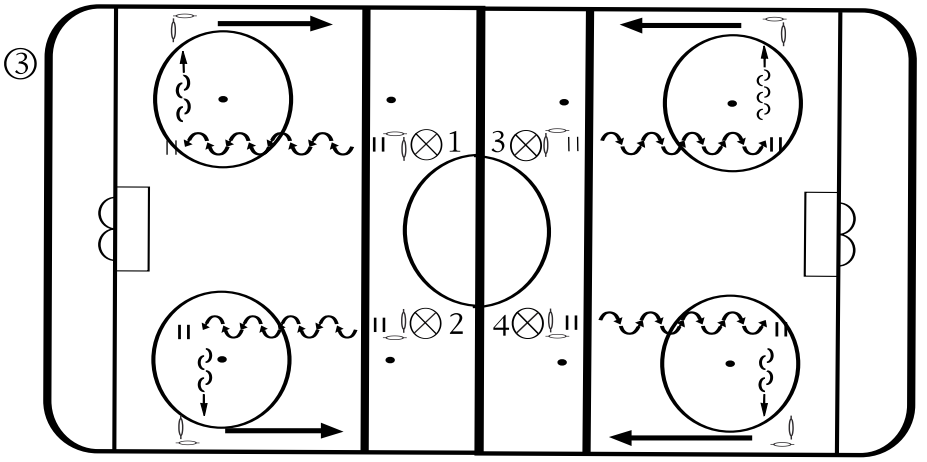
Drill — Skating

- Stops and starts along boards
- Heel to heel point the toe the way you want to go, push-coast-turn, do over, open hip starts along boards



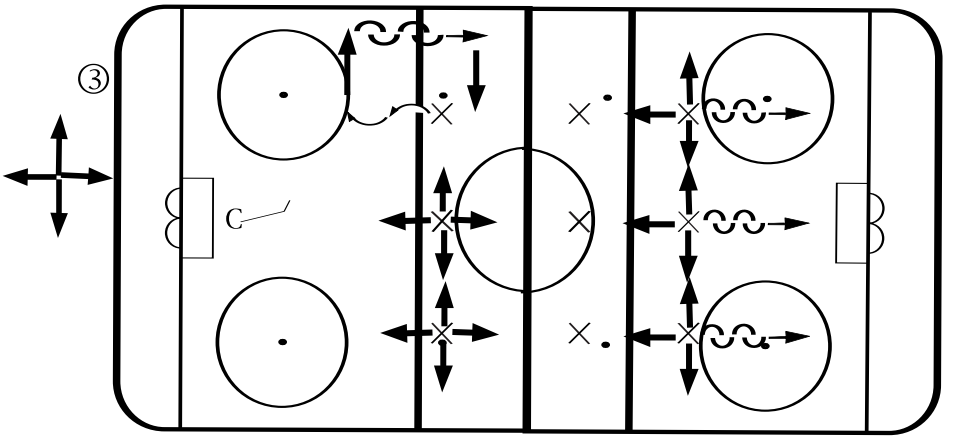
Drill — Skating

- Four lines in the neutral zone, start on dots, start with open hip, start turn facing middle with flip hip, sliding stop with inside edge of outside skate, point backside, swizzle backward to boards - heel to heel point toe the way you want to go - skate to blue line



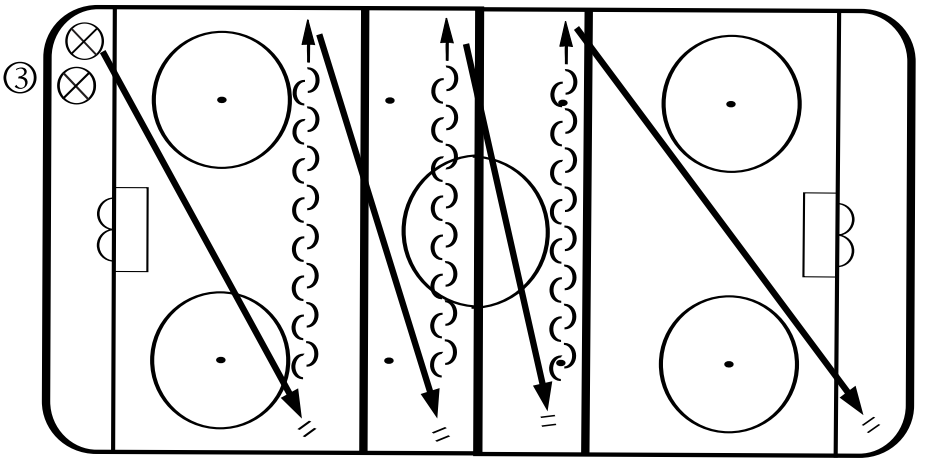
Drill — Skating

- Compass
- Coach points with stick forward, backward, left, right



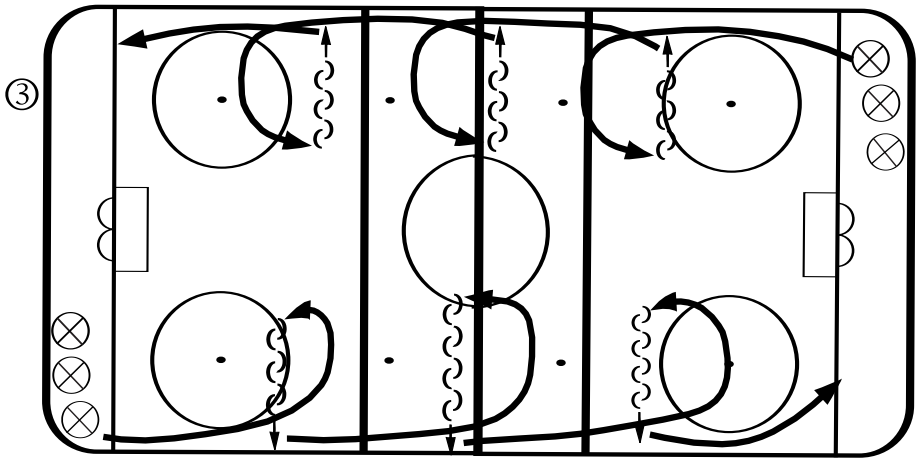
Drill — Skating

- Skating forward - sliding stop on inside edge of outside skate, going into backward swizzles



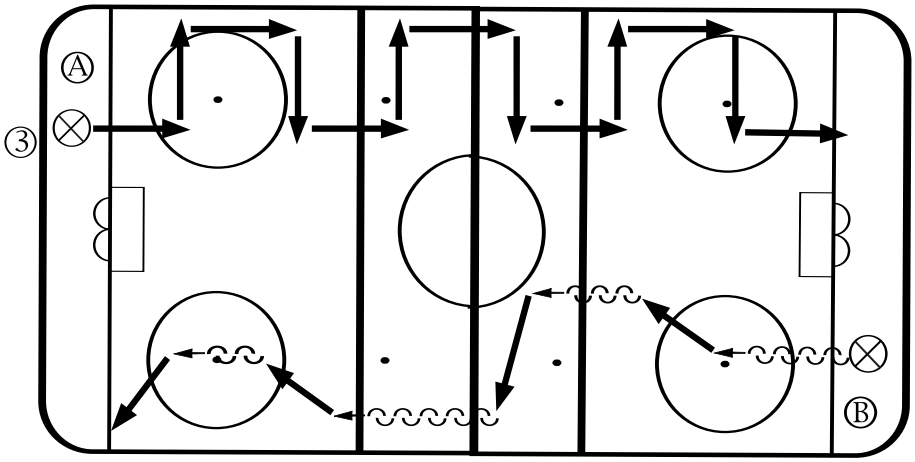
Drill — Skating

- Skate forward to blue-red-blue, do a control turn at lines - flip hip - swizzle backward to boards then heel to heel, point the front toe the way you want to go



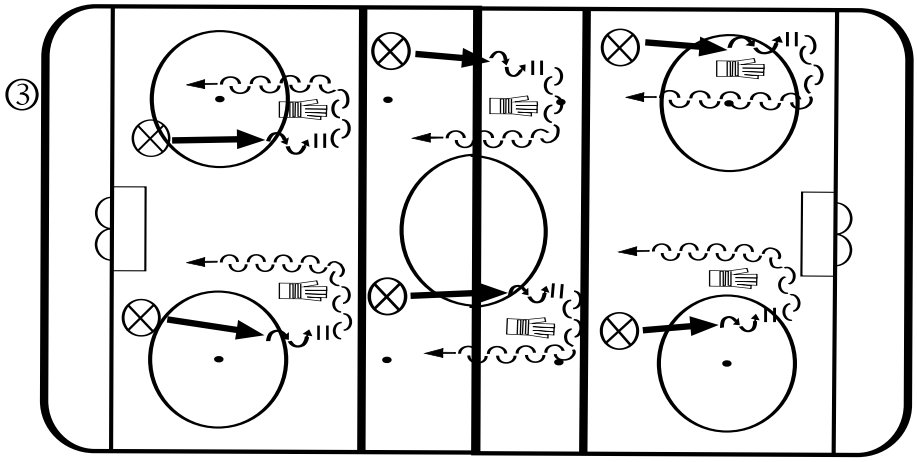
Drill — Skating

- Skate forward, heel to heel right angle mohawk, skate laterally heel to heel right angle mohawk, continue
- Skate backward mohawk - step out forward



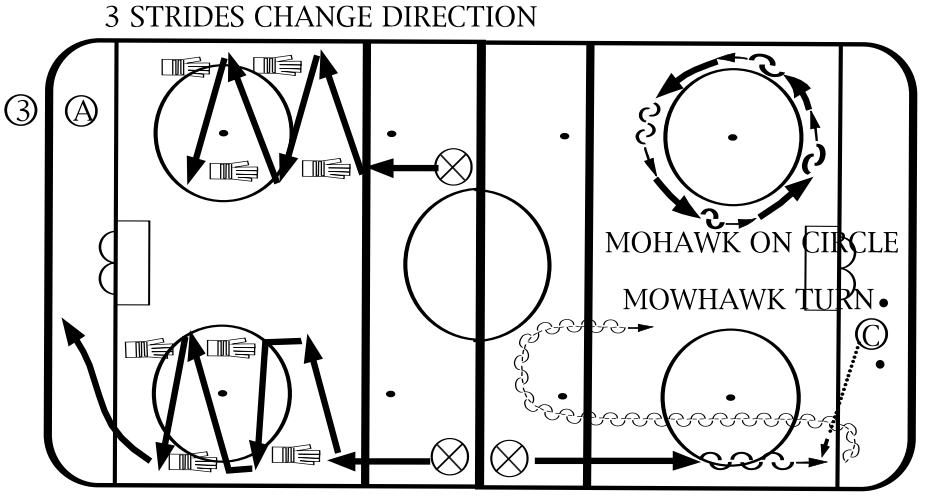
Drill — Skating

- Skate forward to glove, make sliding stop with inside edge of outside skate, swizzle backward around glove



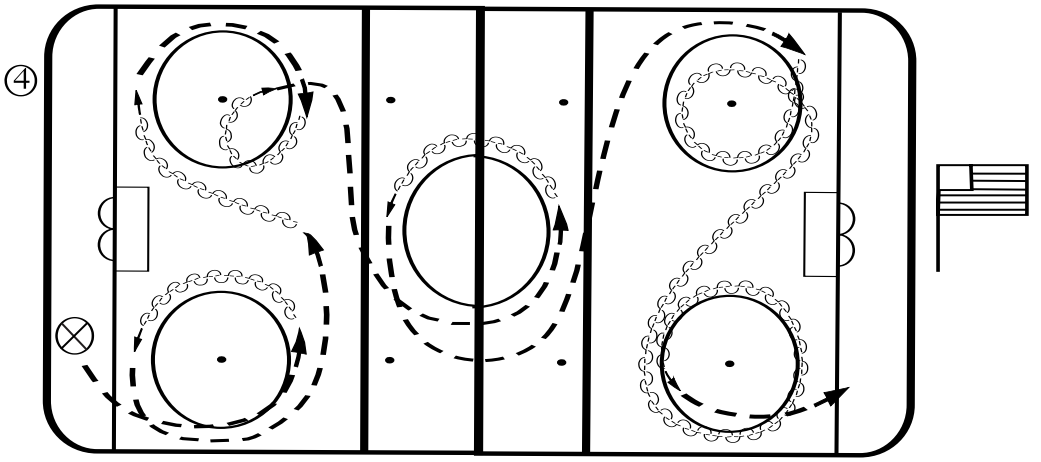
Drill — Skating

- Lateral skating with mohawk step-outs



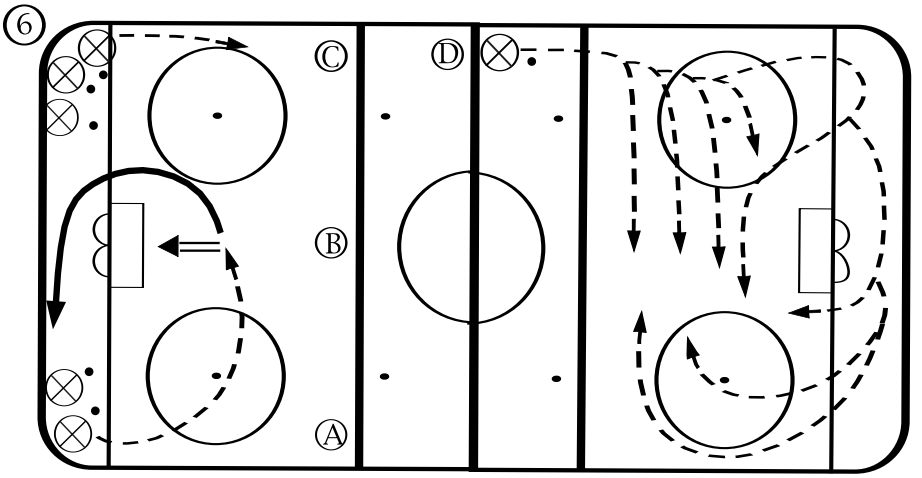
Drill — Agility

- Face the flag drill with puck
- Can do this drill with or without puck



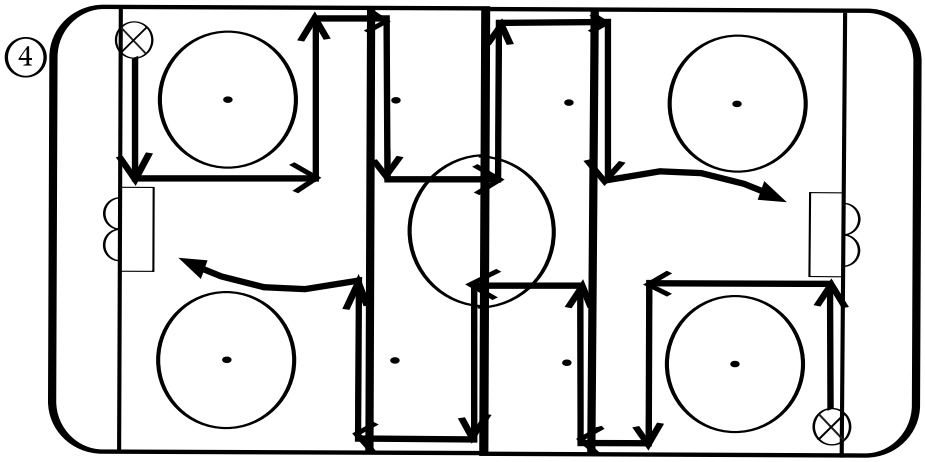
Drill — Shooting

- Backhand
- Reverse from backhand to forehand
- Forehand - fast feet
- Different angle shooting



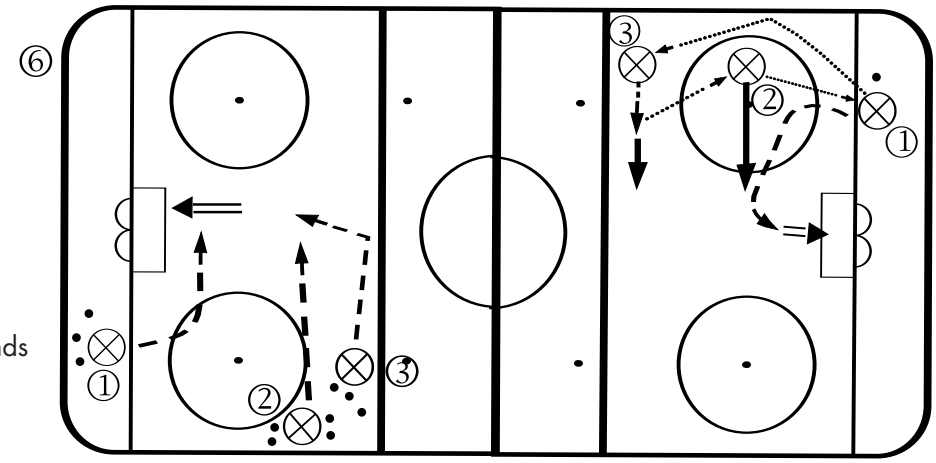
Drill — Skating

- Quick strides
- Quick stops
- Quick starts
- Use mohawk step outs



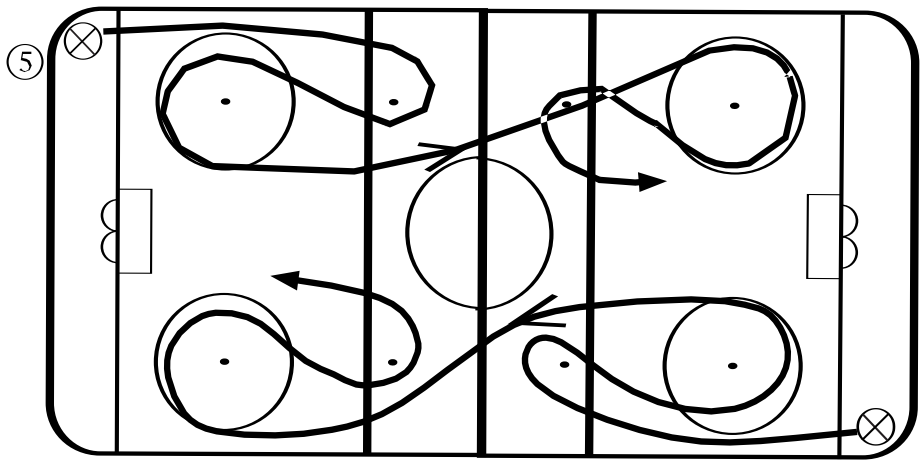
Drill — Shooting

- 2 zone drill
- Hit the net
- Walk outs
- Skate across
- Shoot on goal and look for rebounds



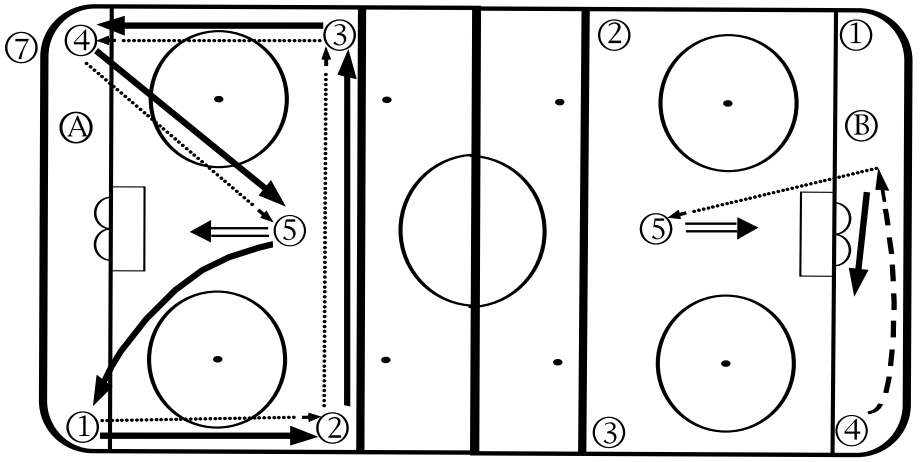
Drill — Skating

- Control turns around face-off dots
- Quick feet



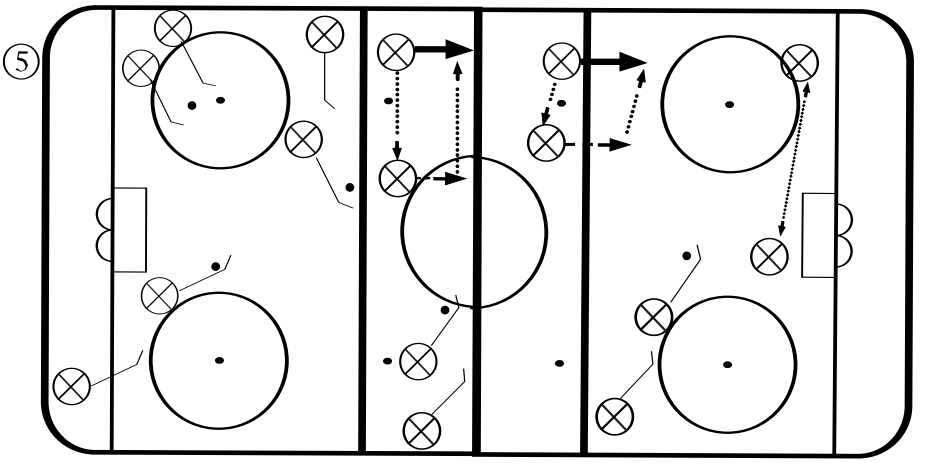
Drill — Passing

- Follow your pass
- Player #5 shoots on goal and looks for rebound



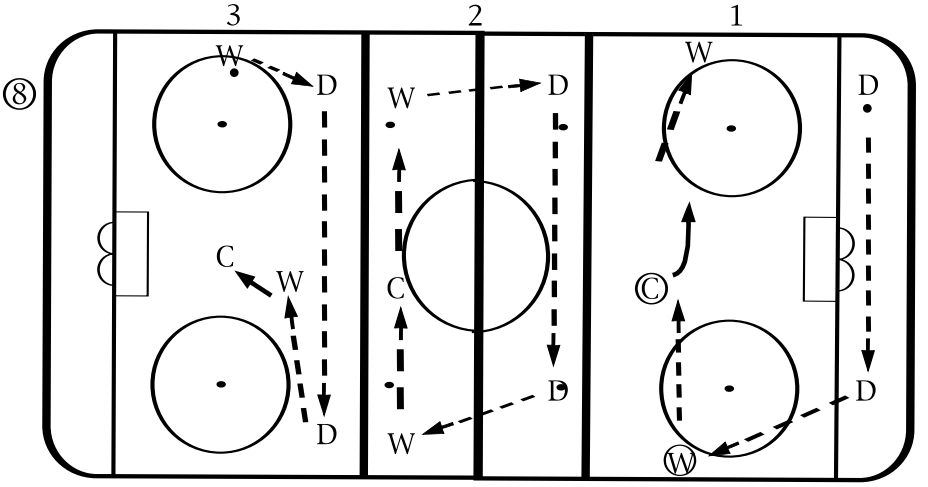
Drill — Passing

- Pair up
- Pass to each other
- Play keep away - on whistle



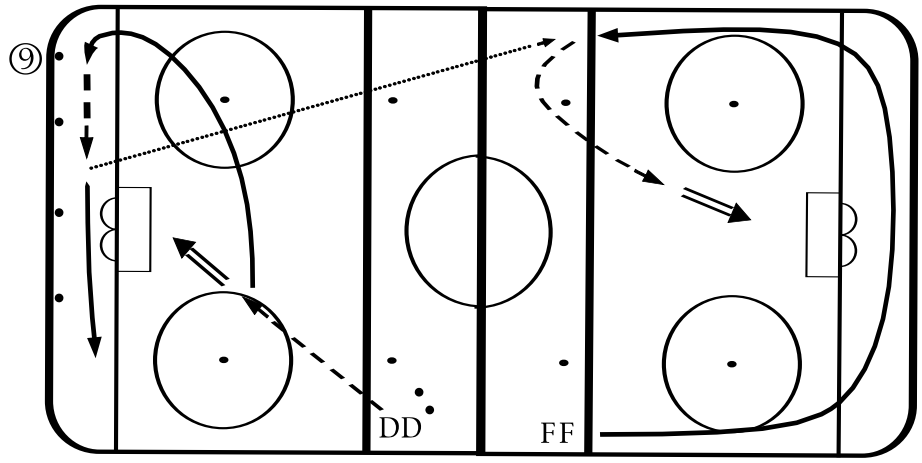
Drill — Passing

- Three zone pass
- Start on 1
- On whistle, 1 moves to 2 and five new players go - 1 and next whistle 2 moves to 3 - now all zones are full



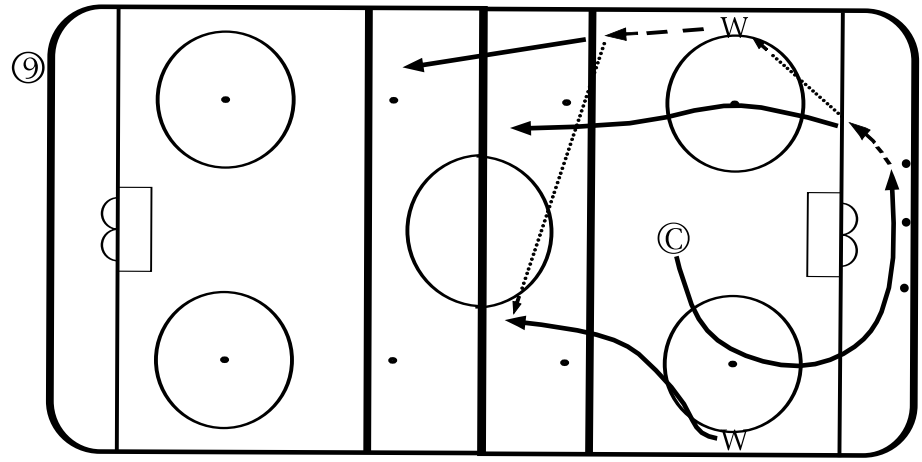
Drill — Passing

- Defenseman drives towards net and shoots on goal. After the shot is taken, the defenseman skates to the corner, picks up a puck and makes a long pass to the forward who is stretching
- The forward drives toward the net and shoots on goal



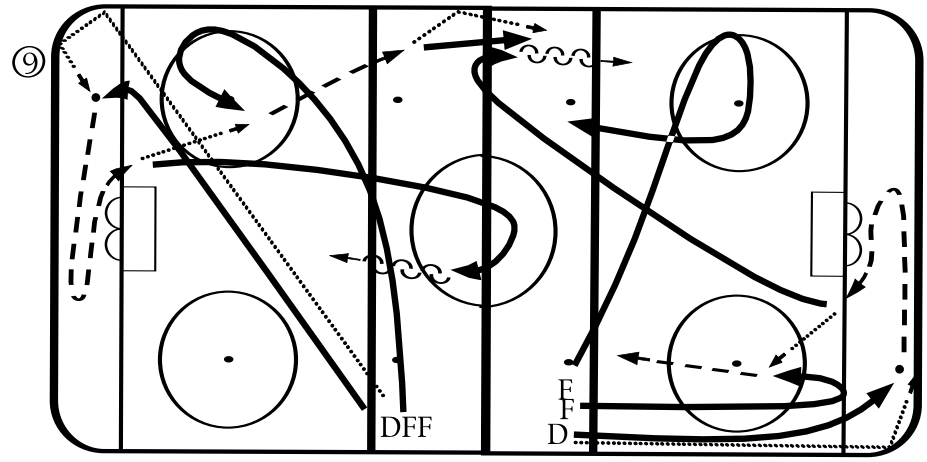
Drill — Breakouts

- The center skates around the net, picks up a puck and makes a pass the winger at the hash marks along the boards
- Breakout and attack 3 on 0



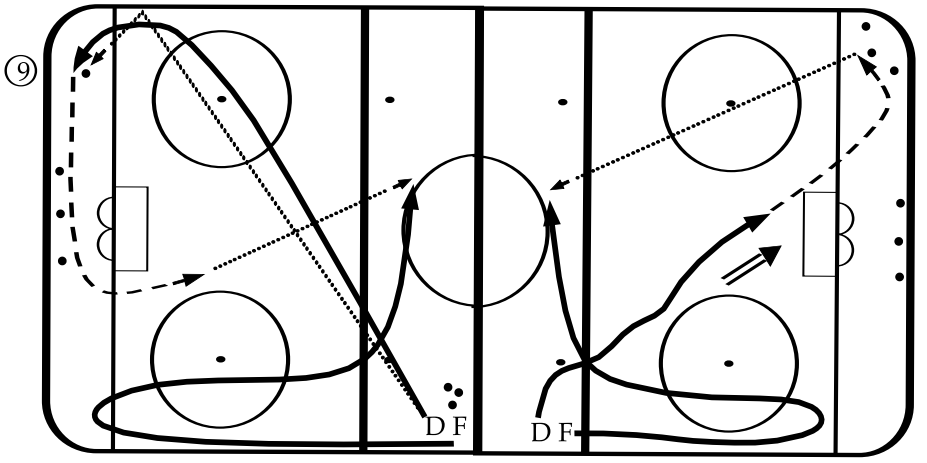
Drill — Passing

- Breakout counter, then 2 on 1
- Defenseman dumps puck into corner then picks up puck and counters behind net - makes a pass to wing who board passes to the other forward coming across the ice - both forwards go down ice, defense skates to neutral zone for oncoming 2 on 1



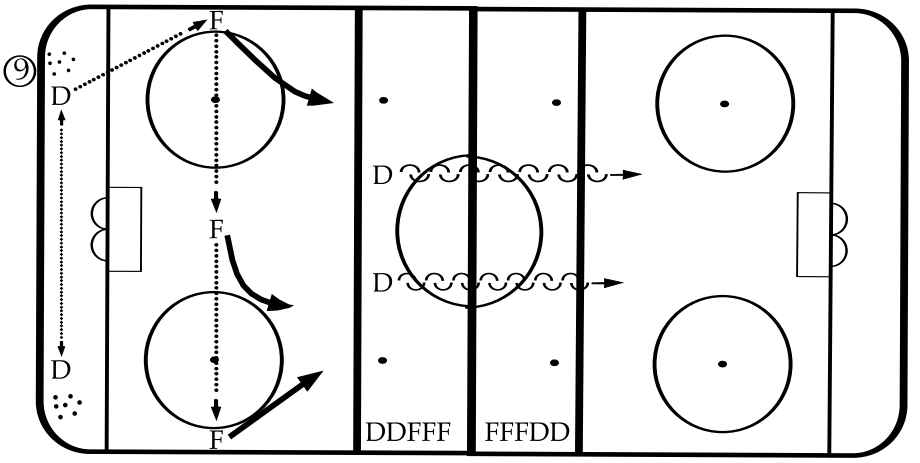
Drill — Passing

- Stretch pass - defense can move up with forward for pass out or move up to neutral zone for a 1 on 1



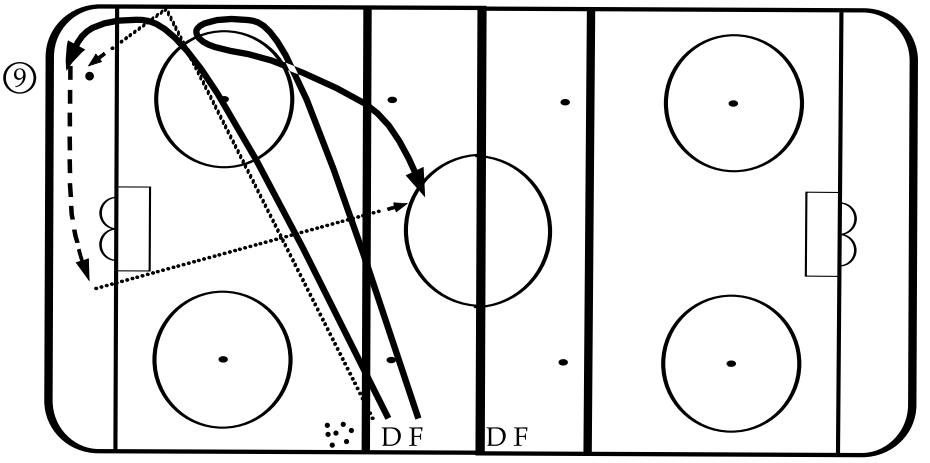
Drill — Breakout

- Breakout with D to D pass into 3 on 2
- Alternate ends



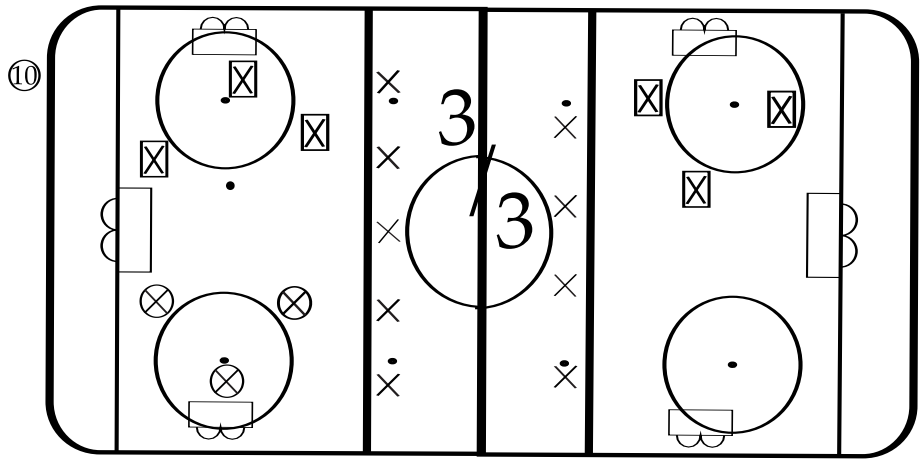
Drill — Passing

- Stretch pass

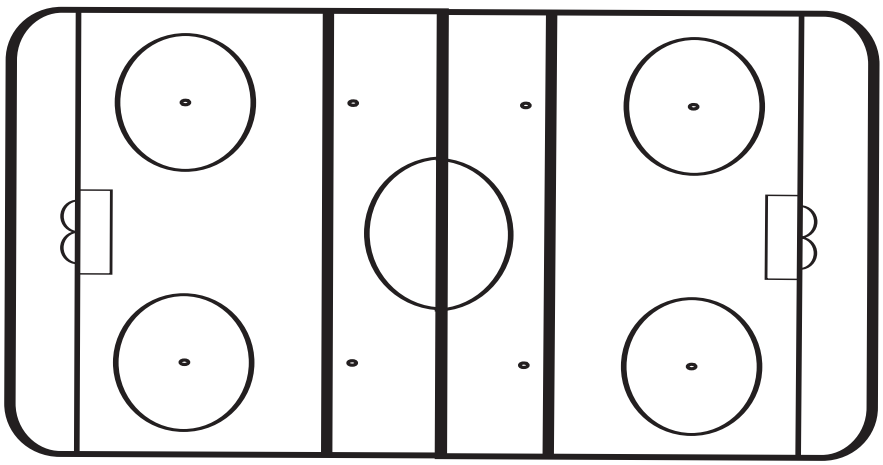


Drill — Scrimmage

- Small game 3 on 3

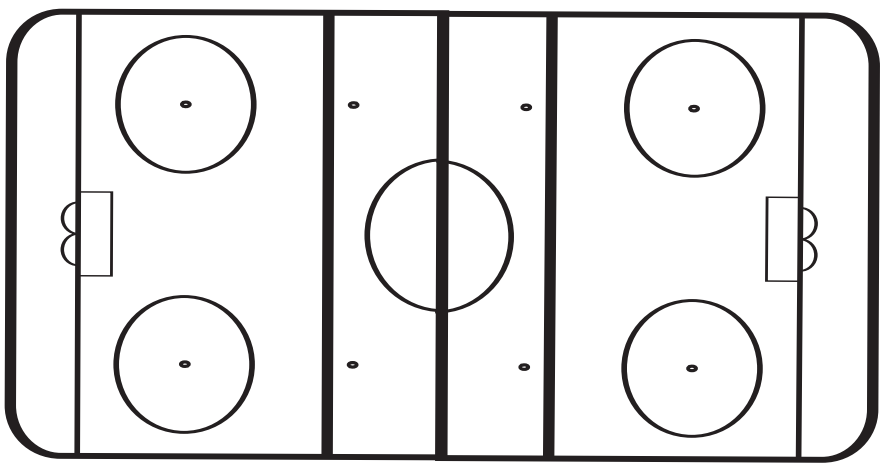


Description



Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

Objectives: Passing, shooting, tape to tape passing, offensive play options, support (help) the puck carrier.

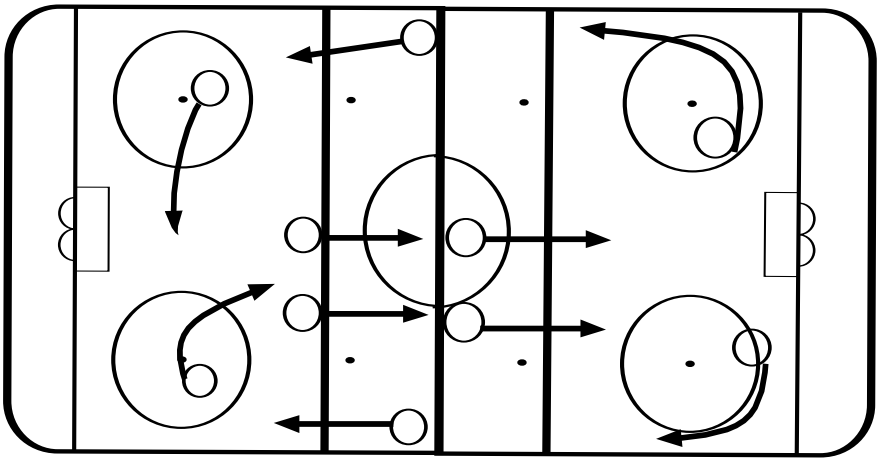
Date: _____
Practice: #12
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	___ Defensive Cov.	___ Short Work - Quickness
X Puck Control	___ 2 on 0	___ Backcheck	X Small Ice Modified Games
X Passing/Receiving	___ 2 on 1	___ Forecheck	X Full Ice Modified Games
X Shooting	___ 2 on 2	___ Breakouts	___ FUN - Relay Contests
___ Checking	___ 3 on 1	X Entering Attack Zone	___ Skills Testing
___ Agility Work	___ 3 on 2	X Triangulization/Cycling	___ Misc.
___ Goaltending	___ 3 on 0	___ Face-offs	
X Def./Forwards		___ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	Easy
5 mins.	1. Butterfly warm-up with skating	Slow
10 mins.	2. Shooting: wrist shot one puck, two pucks, three pucks - backhand, backhand with reverse to forehand - player carries puck out of corner upon coming to three cone shaped triangle, pulls back to forehand or backhand - angle shoot behind net play, walk-out, amigo one player shoots, two rebound	Hit the net
5 mins.	3. Providence: 1 on 1	Gap control
10 mins.	4. Play options: diagonal back pass, board back pass, center through off-wing trailer, center trailer, drop with loop de loop, drop pass, ring arounds	Read, react
10 mins.	5. Passing and shooting	Be alert
15 mins.	6. 3 on 3, 4 on 4, 5 on 5 scrimmage, 45 second shifts - on whistle leave puck	Fun

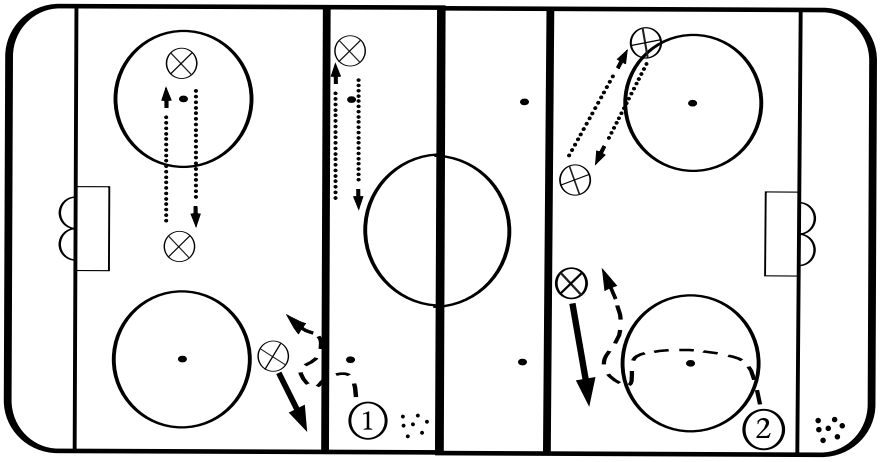
Drill — Stretch

- Butterfly moving stretch



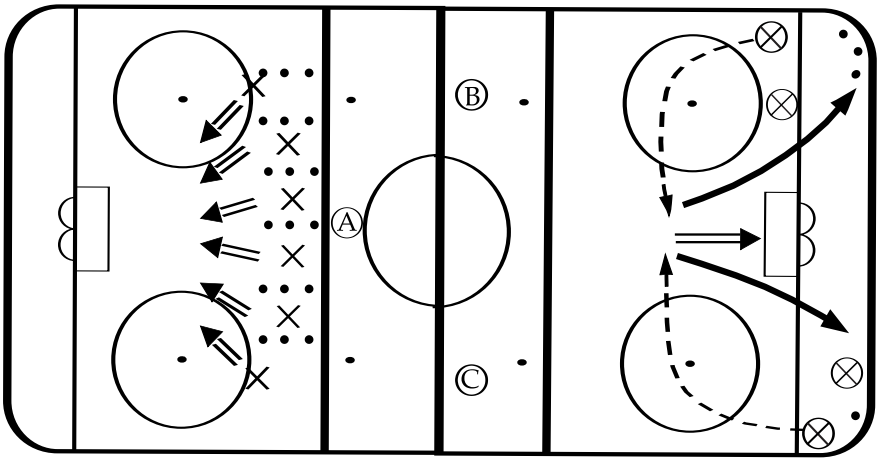
Drill — Warm Up

- Partner pass - 30 feet away - on whistle, play keep away, then on whistle start passing again



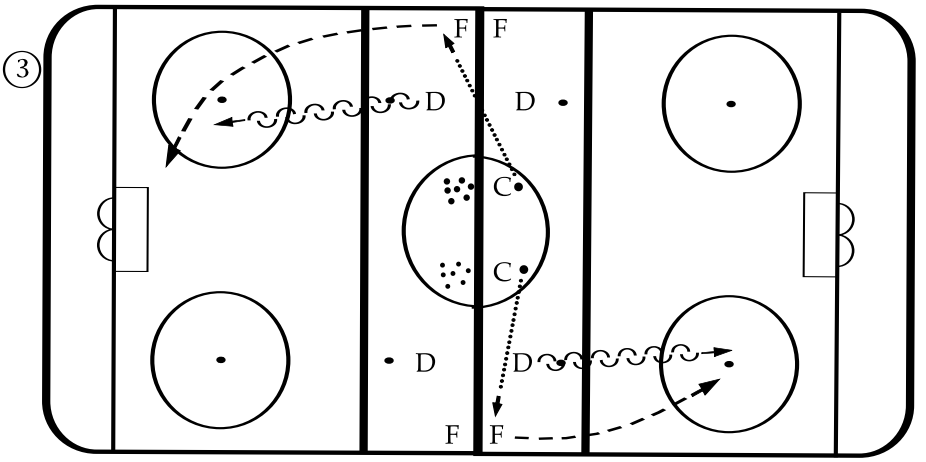
Drill — Shooting

- Wrist shot - one puck, two pucks
- Backhand
- On backhand - reverse to forehand



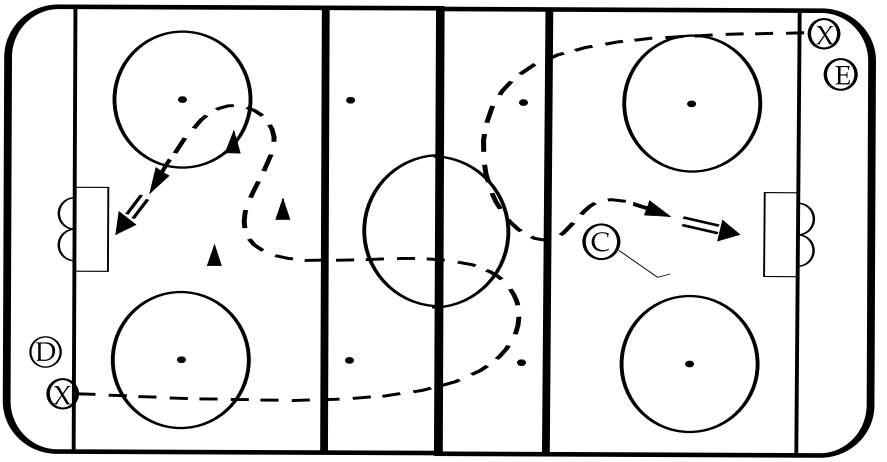
Drill — Providence 1 on 1

- Coach in middle of center ice circle - make pass to F, at the time F receives pass, D starts swizzling backwards playing 1 on 1, F tries to cut in on D



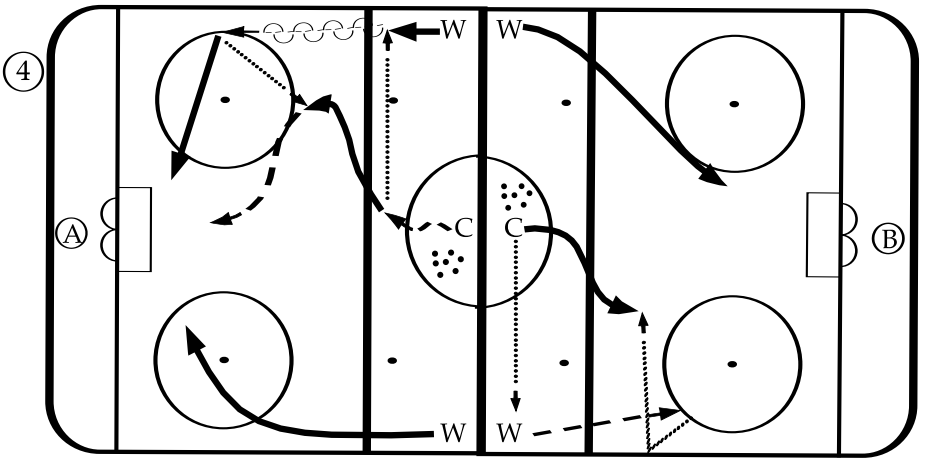
Drill — Play Options

- Player carries puck through cones, either on forehand or backhand
- Coach points to go to either forehand or backhand



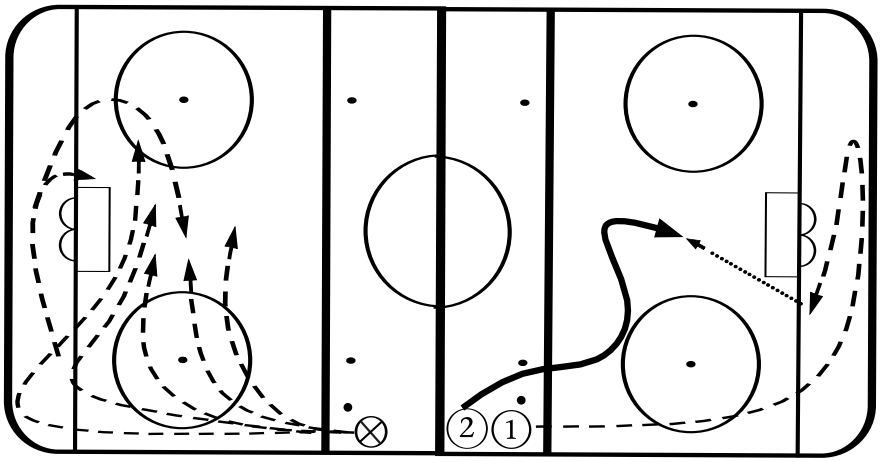
Drill — Play Options

- Center passes to wing along boards
- Wing makes a diagonal back pass or board back pass
- Center shoots on goal, winger and center look for rebound
- Center can also pass back to wing



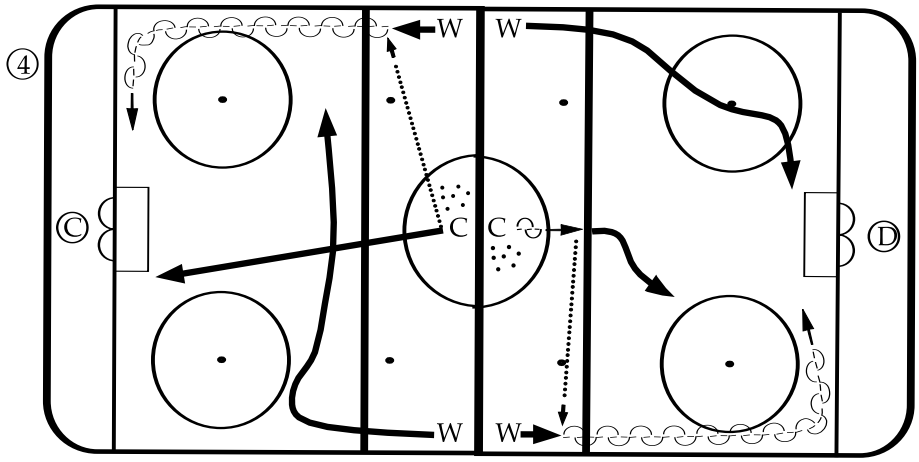
Drill — Shooting

- Angle shooting
- Different angles
- Counter behind net and pass out



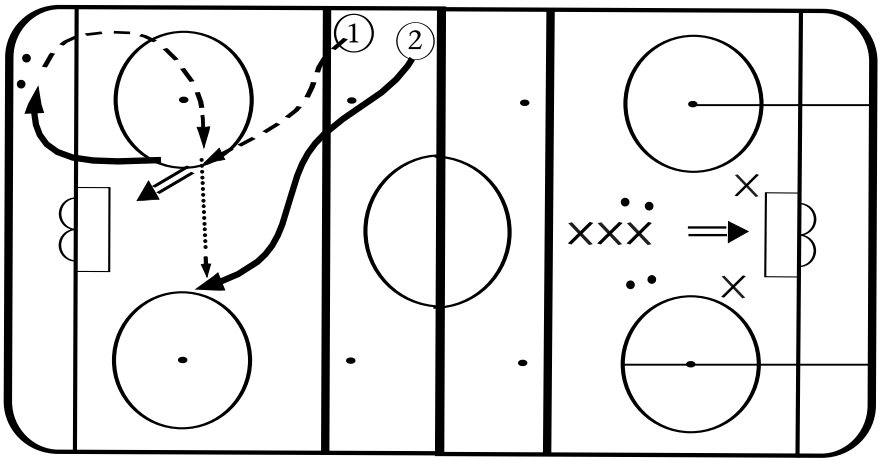
Drill — Play Options

- Center through off-wing trailer
- Center trailer



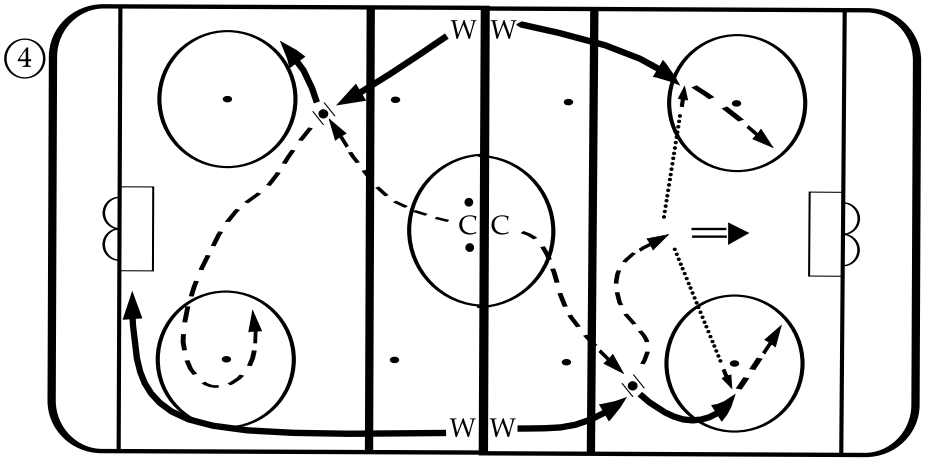
Drill — Shooting

- Player 1 drives to net and shoots on goal, then picks up a puck in the corner and passes out to player #2 who is skating to the net
- Amigo - shooting - one player shoots, two players rebound



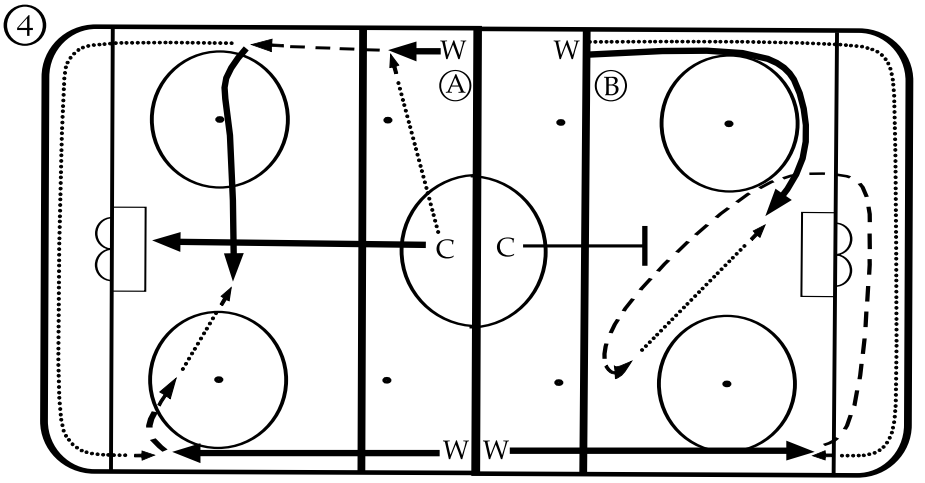
Drill — Play Options

- Drop with loop de loop
- Drop pass with shot or pass



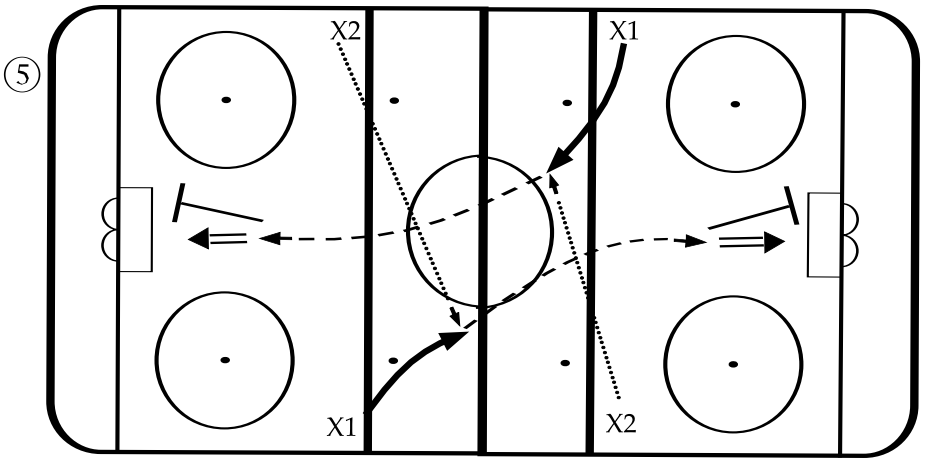
Drill — Play Options

- Ring arounds
- Ring arounds with trailer
- Skate around with trailer



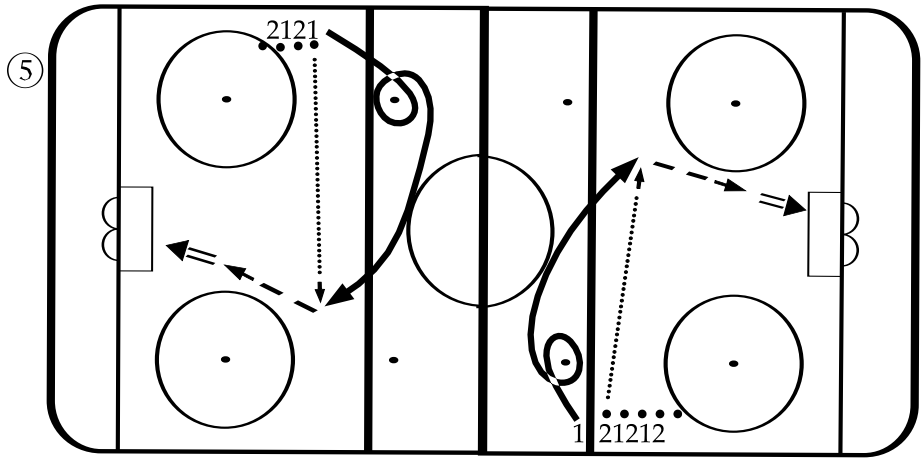
Drill — Passing and Shooting

- X1 receives a pass from X2. X1 drives to net, shoots on goal and looks for rebound
- Alternate sides



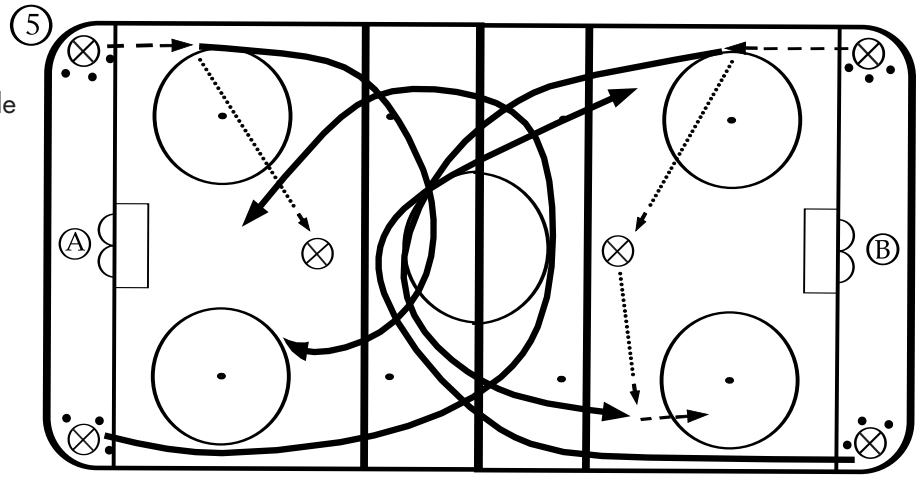
Drill — Passing

- Player 1 skates around face-off dot then across to middle of rink
- Player 2 makes a pass to player 1 who then shoots on goal



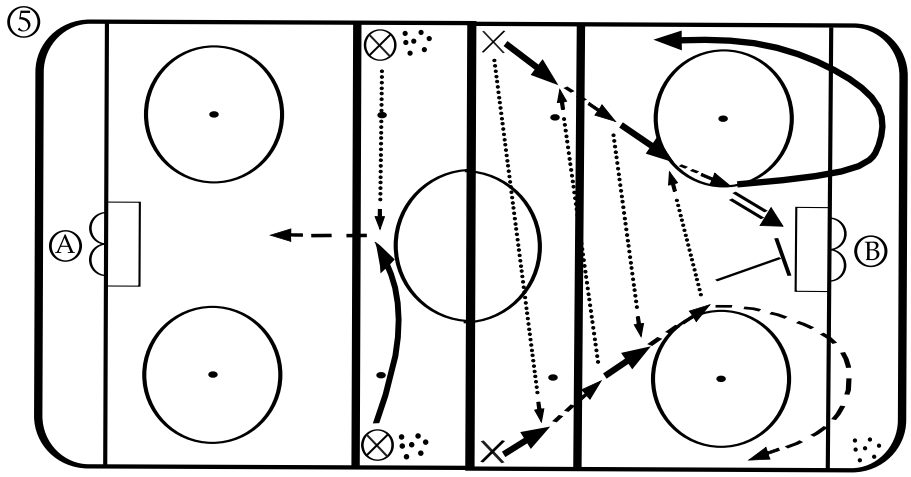
Drill — Passing

- 2 on 0, one pass to player in middle of zone, who selectively passes to the forehand of one of the players
- Same, but middle player passes to backhand and that player reverses to forehand



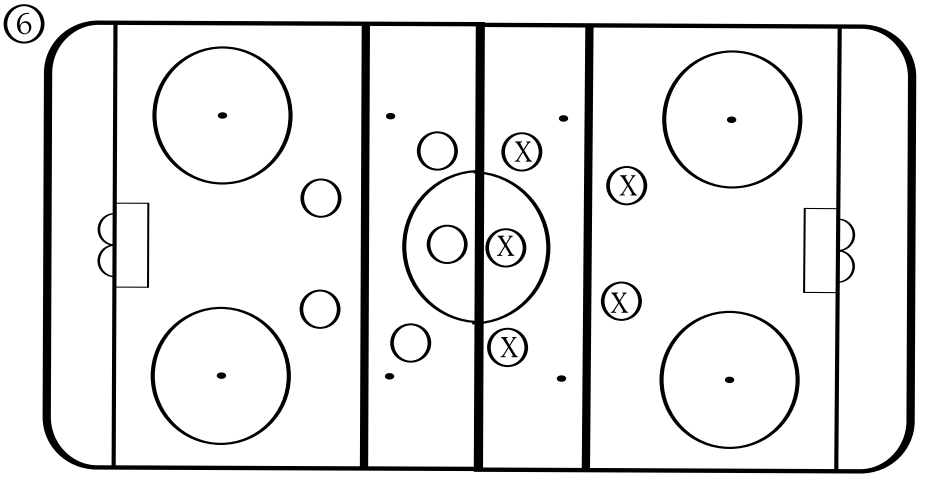
Drill — Passing

- Give and go laterally receive a pass from opposite line, skate in and shoot
- 2 on 0 funnel - progressively make one pass - shoot - rebound, two passes - shoot - rebound, four passes - shoot - rebound



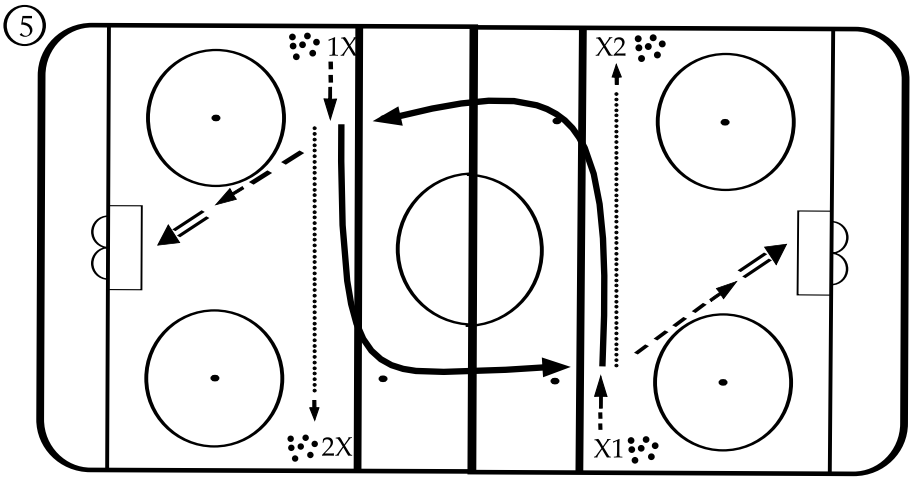
Drill — Scrimmage

- 3 on 3, 4 on 4, 5 on 5 - 45 second shifts



Drill — Passing

- Montreal - two pass - four pass - six pass - eight pass - X1s and X2s alternate passing and following passes, can pass to one, two, three, or all four lines at each blue line



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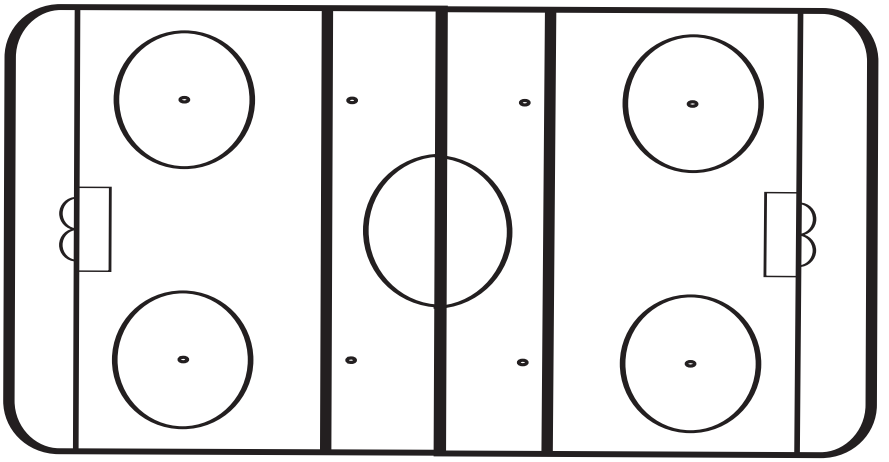

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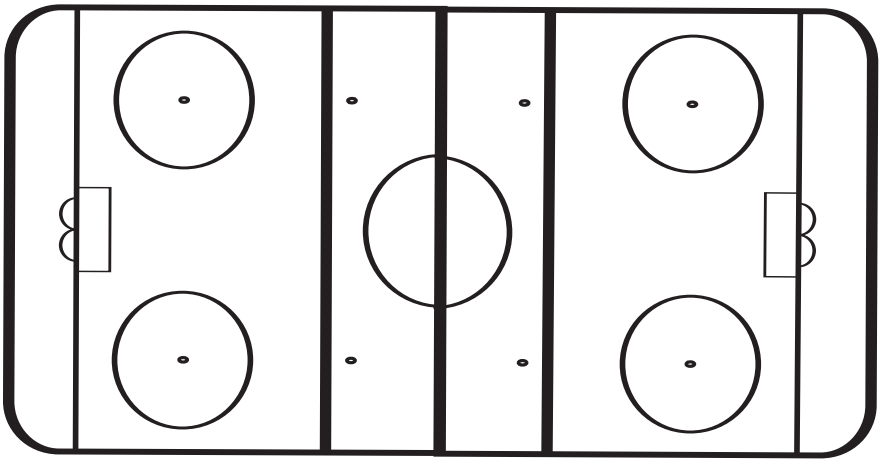

Notes/Comments

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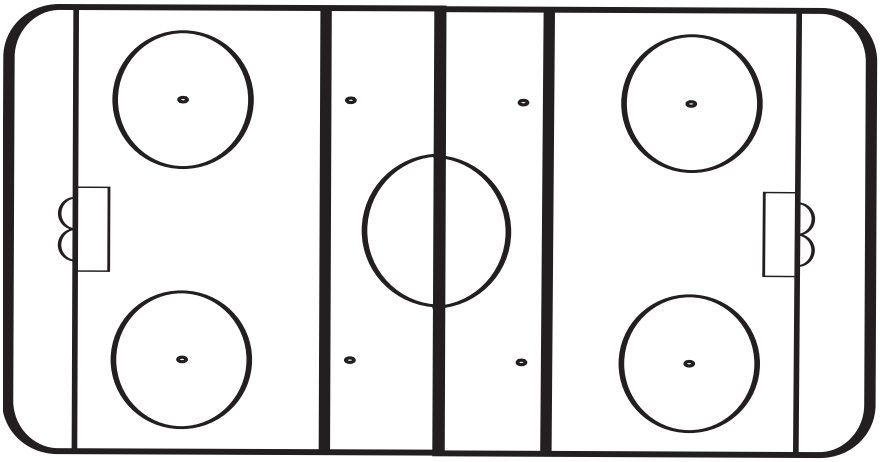

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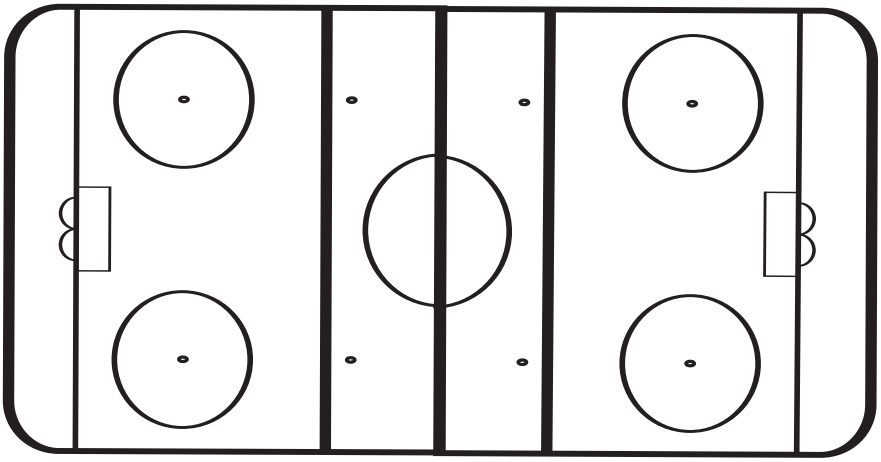


Notes/Comments

Hockey Practice Plan

Objectives: Refine and expand the fundamentals: edge work, skating, puckhandling, shooting, passing and combination of timing, passing and shooting drills, and pressure shooting.

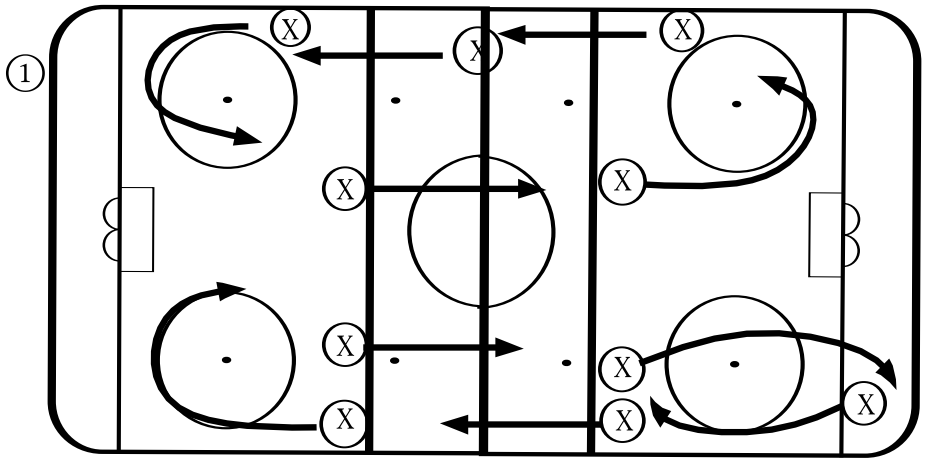
Date: _____
Practice: #13
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	X 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	____ Forecheck	____ Full Ice Modified Games
X Shooting	X 2 on 2	____ Breakouts	X FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	X 3 on 2	____ Triangulization/Cycling	____ Misc.
X Goaltending	X 3 on 0	____ Face-offs	
X Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises	Off-ice
10 mins.	1. Butterfly stretches: in and outs, S-drill, slide and stride, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, backward crossovers, blue-red-blue, forward-backward-forward, pointer	Slow stretches
10 mins.	2. Puckhandling: stationary, circle Figure 8, freestyle all over rink - partner up, dekes on partner, keep away on partner, partner pass 20 feet, 30 feet, 60 feet - forehand-backhand-flip pass - alley oop pass	Good form, eyes up, good technique
5 mins.	3. Skating: skate with pucks, circle around dots with crossovers, crossovers then control turns around dots, mohawks around circle - on turning always face with chest on dots, control turns - pick up puck	Work hard, fast feet
10 mins.	4. Shooting: different angle shooting, defense shooting - Montreal six pass, Montreal half rink six pass, Devils eight pass with walk-out, Boston pass and timing, Buffalo 3 on 0 drill, Buffalo 2 on 1 drill, Davos 2 on 0, 2 on 1, 1 on 0, 1 on 1	Hit the net
5 mins.	5. 1 on 1 loop de loop, 2 on 1 loop de loop, 2 on 2 loop de loop, Hornets 1 on 1, Hornets 2 on 2	Gap control
10 mins.	6. Pressure showdown right, center left sides	

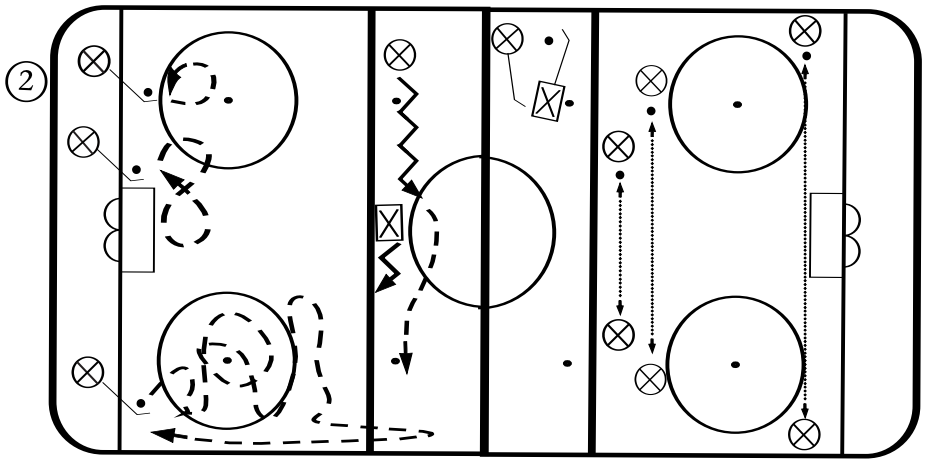
Drill — Stretching

- Butterfly stretches: in and outs, S-drill, slide and stride, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, backward crossovers at blue-red-blue, forward-backward-forward, pointer



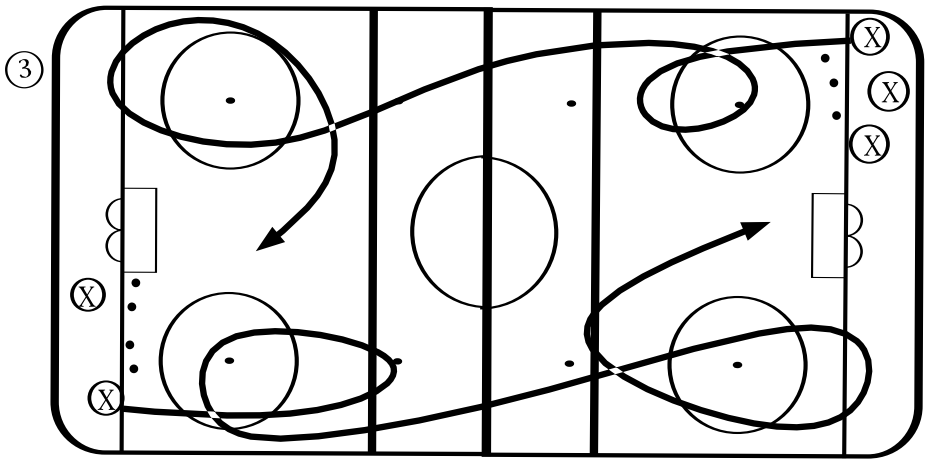
Drill — Puckhandling

- Stationary circles, Figure 8, freestyle all over rink, partner up - practice dekes on partner, keep away from partner, partner passing – one touch passing



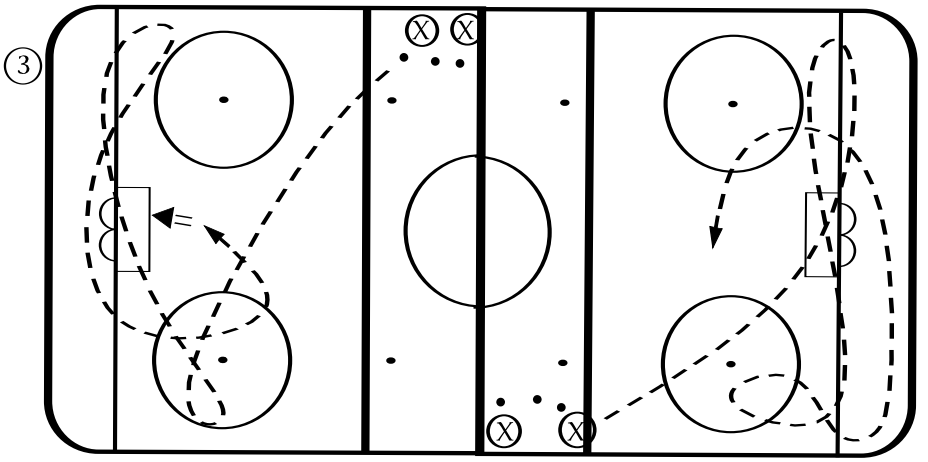
Drill — Skating

- Skate with puck around the face-off dots



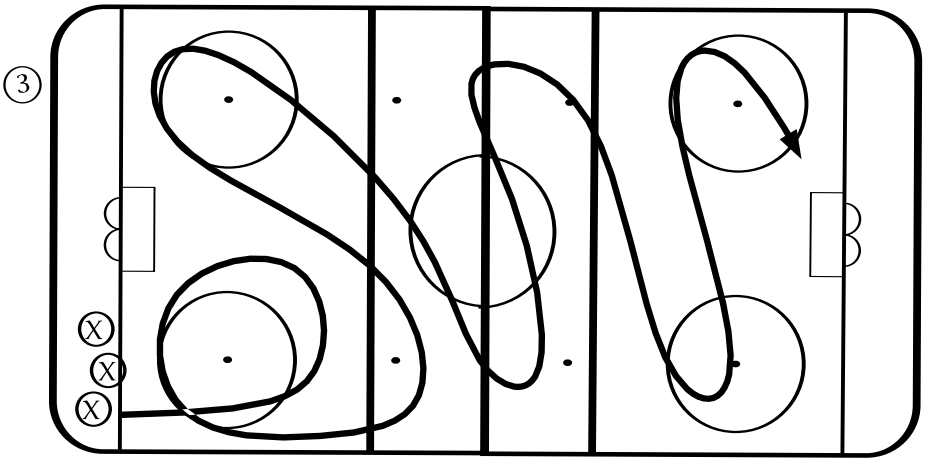
Drill — Skating

- Control turns
- Be creative



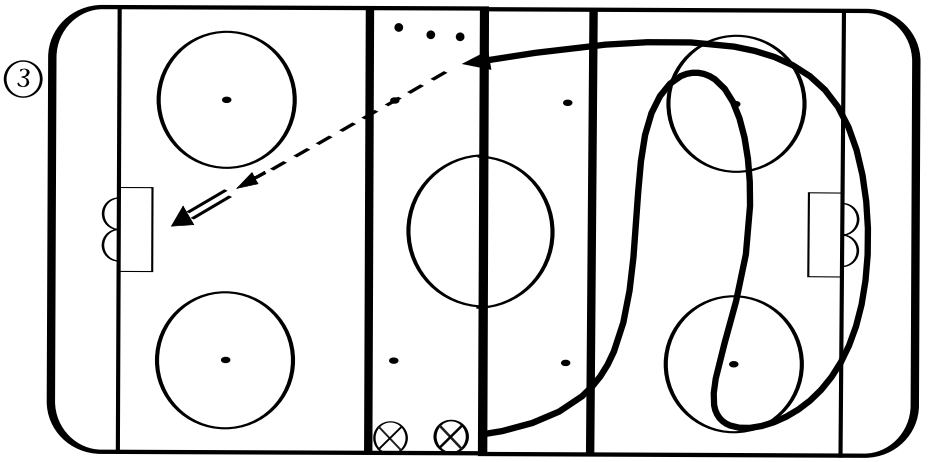
Drill — Skating

- Skate the dots with crossovers then control turns



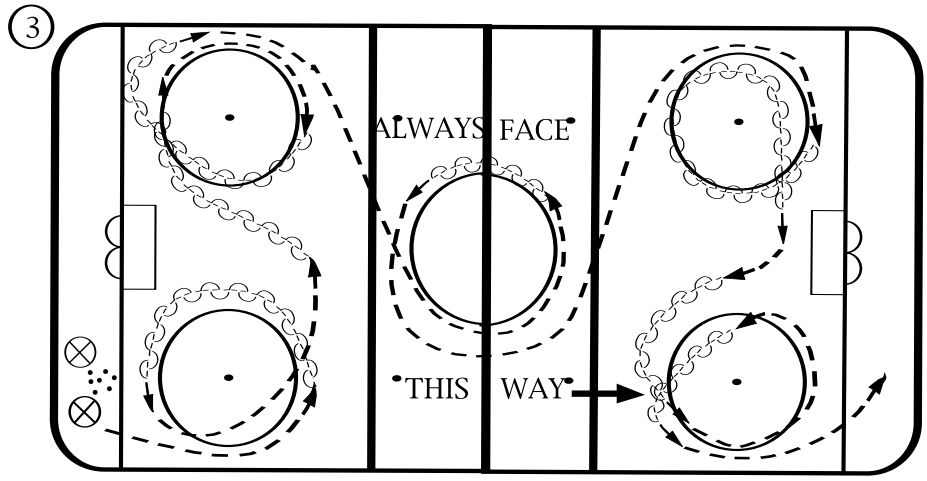
Drill — Skating

- Control turns
- Drive to net and shoot on goal



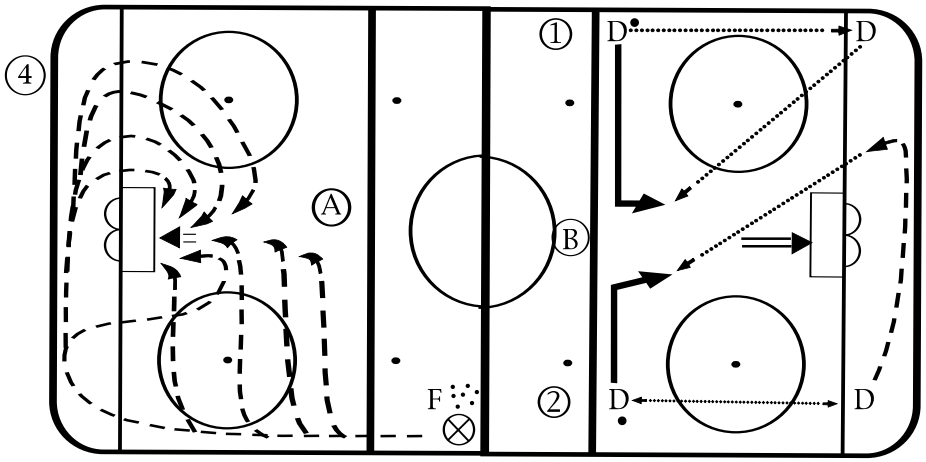
Drill — Skating

- Skate the circles with puck, mohawk turning - always have chest facing up ice



Drill — Shooting

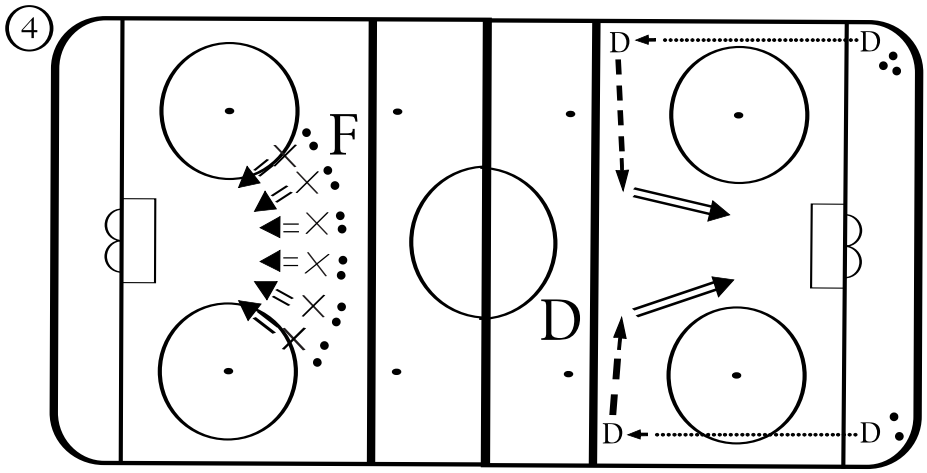
- Angle shooting
- Defenseman shooting



Drill — Shooting

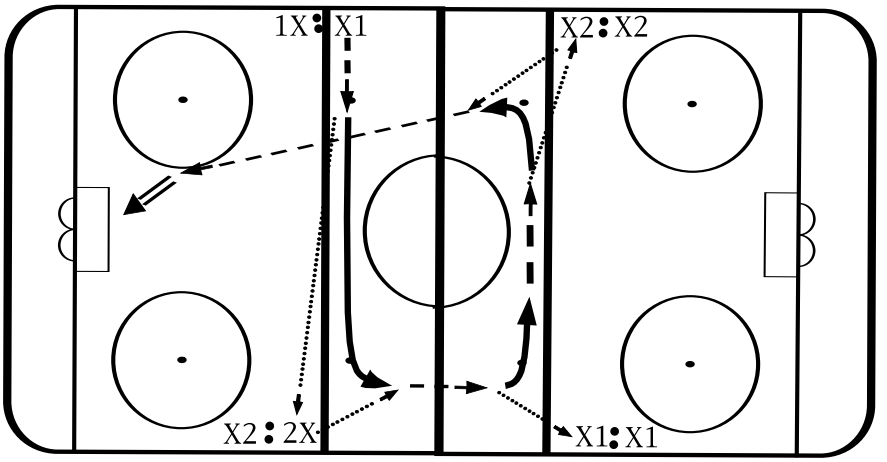
- Forwards two puck shooting

Defenseman Defenseman blue line shooting



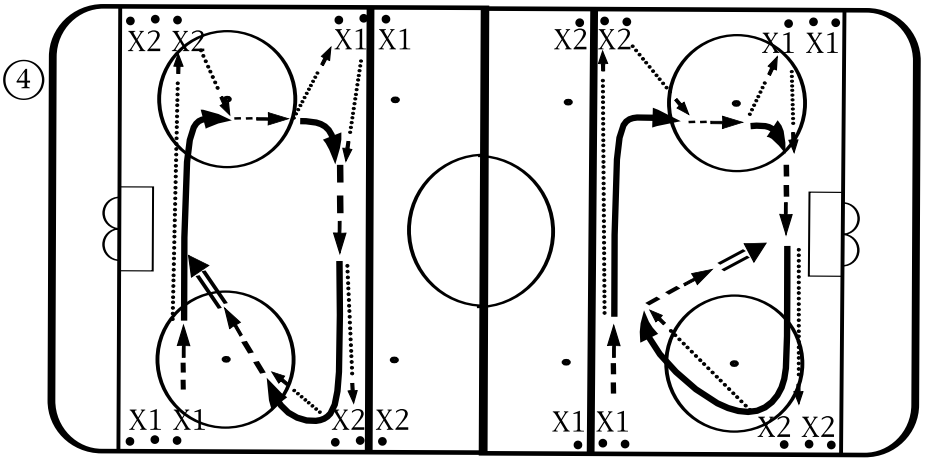
Drill — Shooting

- Montreal - full ice: X1 with puck takes three to four strides - passes to X2, X2 then skates in on goal and shoots



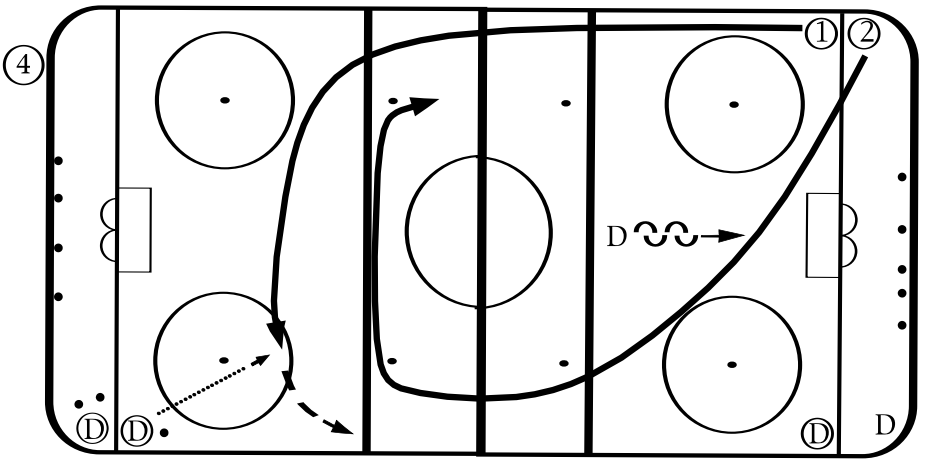
Drill — Shooting

- Montreal half ice: X1 the corner of the drill box that has been formed alternately pass and receives pass and, after making full circle, shoots



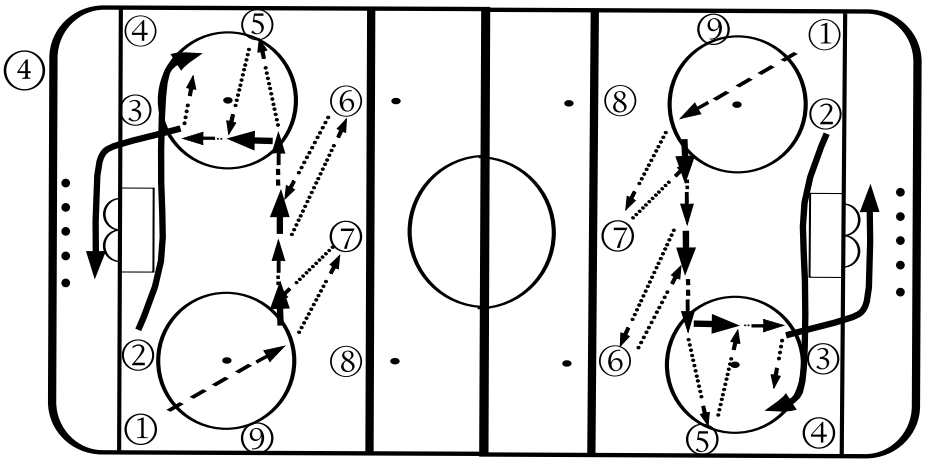
Drill — Shooting

- Buffalo 2 on 1 drill
- Players 1 and 2 criss cross at far end and receive a pass from the line in the corner
- Defenseman plays 2 on 1



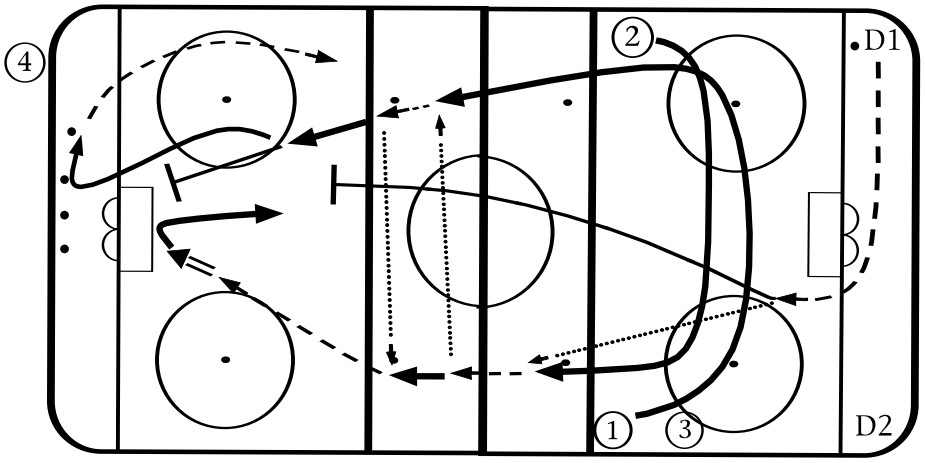
Drill — Passing

- Devils passing: one, two or three pass drill - pass puck selectively to three players around the ice



Drill — Passing

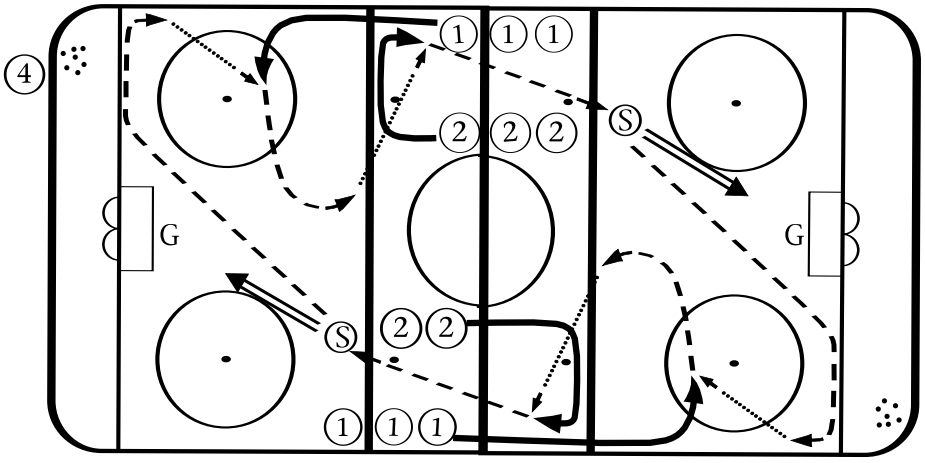
- Davos 2 on 0, 2 on 1, 1 on 0, 1 on 1: D1 breaks out around net and passes to either 1 or 2 then goes 2 on 0 to other end and picks up puck to come back 2 on 1



Drill — Passing

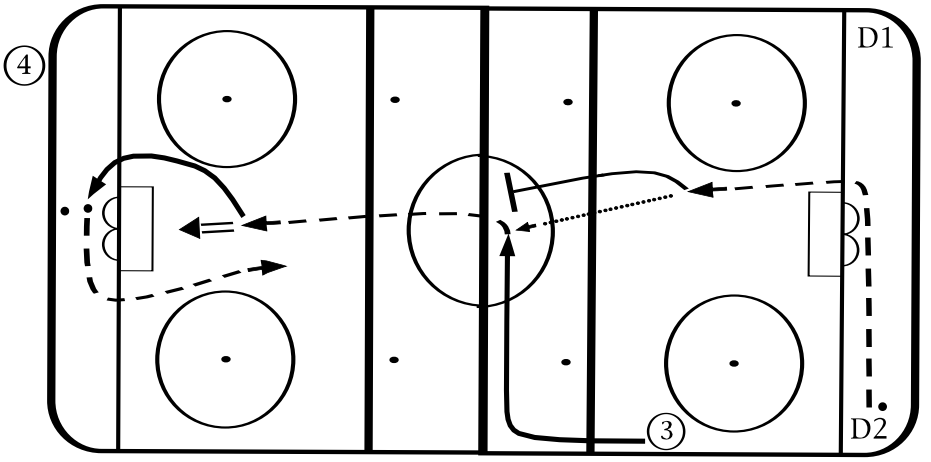
- Boston passing and timing drill: Shooter shoots on goaltender, picks up puck in corner, passes to 1 who has curled at top of circle, 1 then passes to 2 who has curled across top of blue line then goes in to shoot and continue drill

- Do not turn your back to the puck



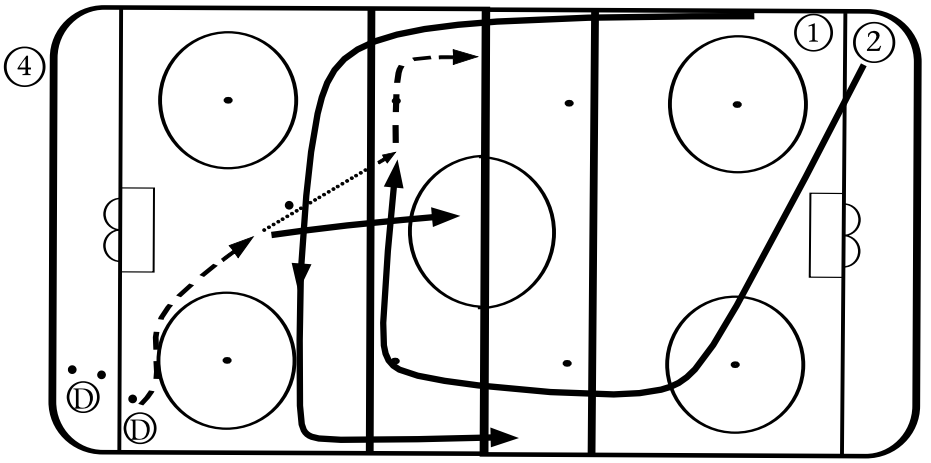
Drill — Passing

- Davos 2 on 0, 2 on 1, 1 on 0: D2 skates around the net and makes a stretch pass to 3 who goes in 1 on 0 then picks up puck and comes back 1 on 1



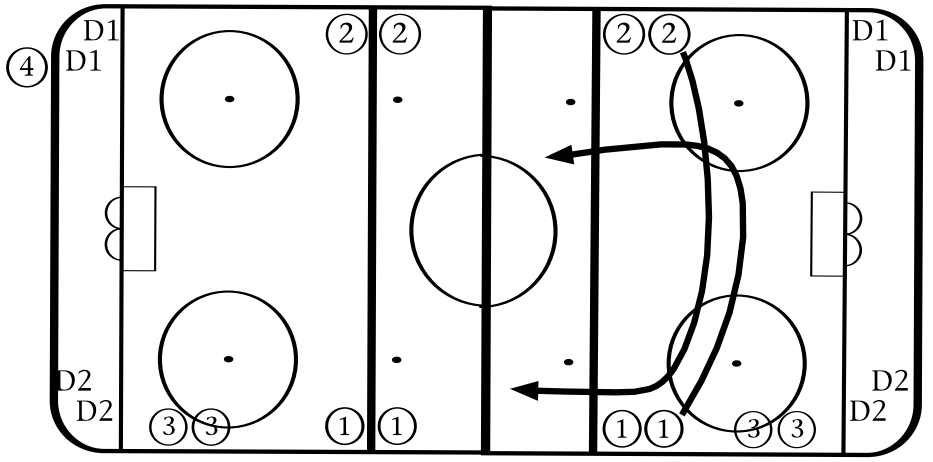
Drill — Passing

- Buffalo 3 on 0 drill: Forward 1 skates up near side forward 2 goes up far side, either forward 1 or forward 2 receives pass from defenseman who joins in the attack



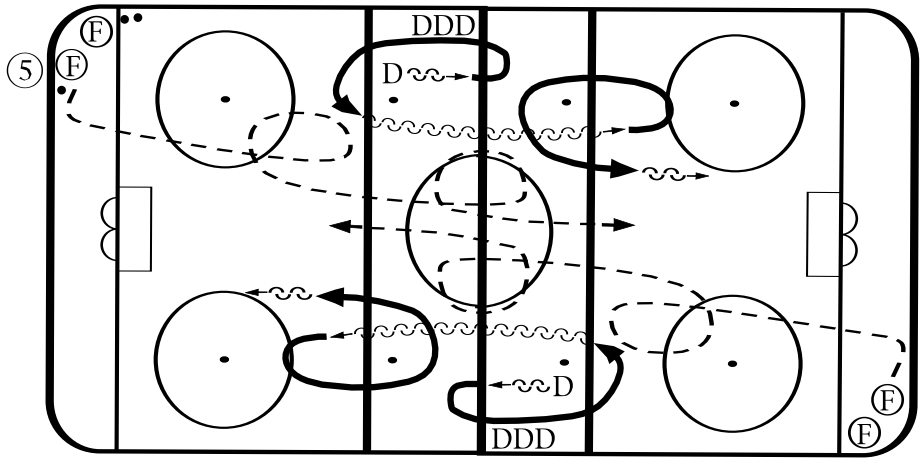
Drill — Passing

- Davos - both ways



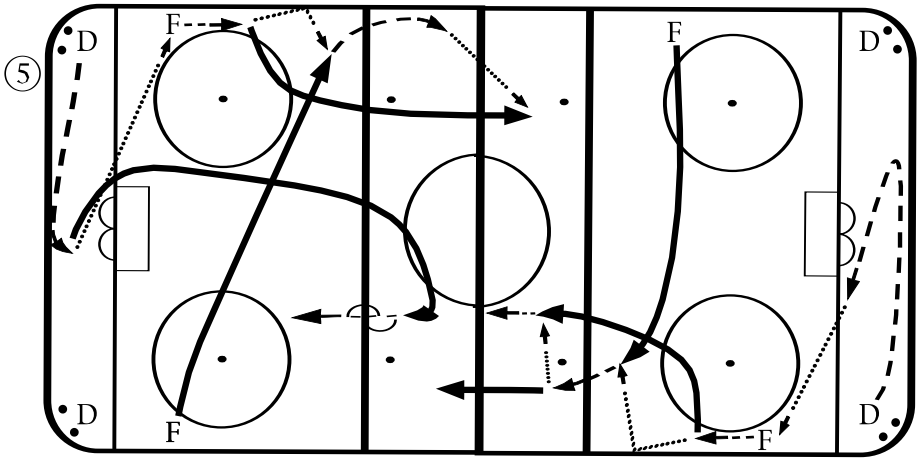
Drill — Skating

- 1 on 1 loop de loop: forward with the puck goes 1 on 1 against defenseman, on whistle forward turns and skates a circle, defenseman skates forward, and then pivots backward
- Gap control
- Coach blows whistle two or three times



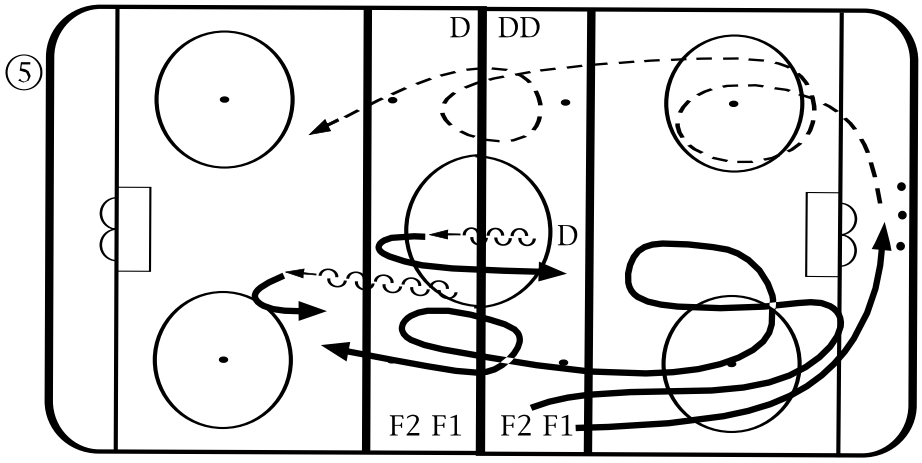
Drill — Skating

- Hornets 2 on 1, second forward comes across ice for board pass and two forwards go down ice for 2 on 1
- Defenseman plays 2 on 1 from opposite end



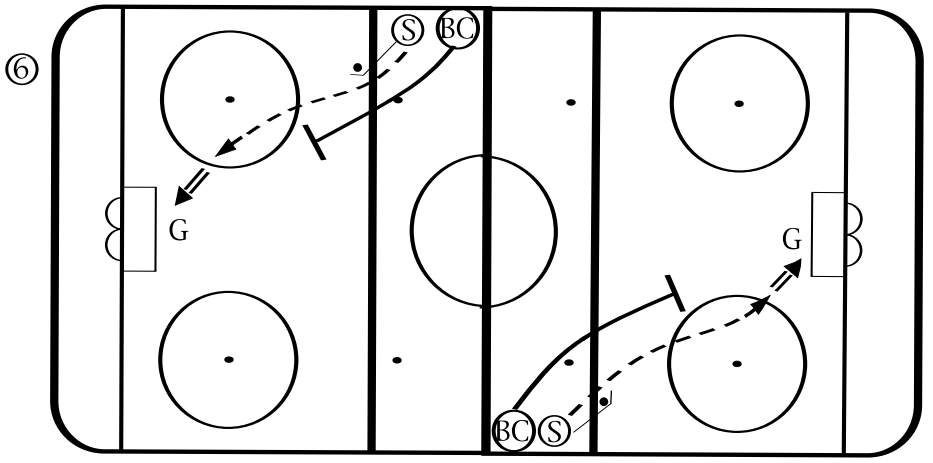
Drill — Skating

- 2 on 1 loop de loop: same as above
- Defenseman – gap control



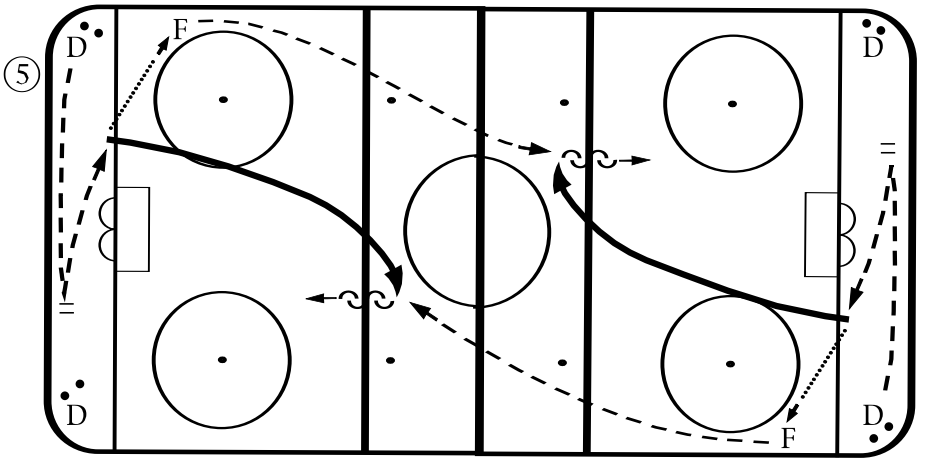
Drill — Showdown

- Pressure showdown - shooter goes in on goaltender with backchecker in pursuit



Drill — Skating

- Hornets 1 on 1: defenseman with puck does a counter breakout and passes to forward along the boards, the forward skates down the ice for a 1 on 1, who has done the same thing at the other end
- Defenseman plays 1 on 1 from opposite end



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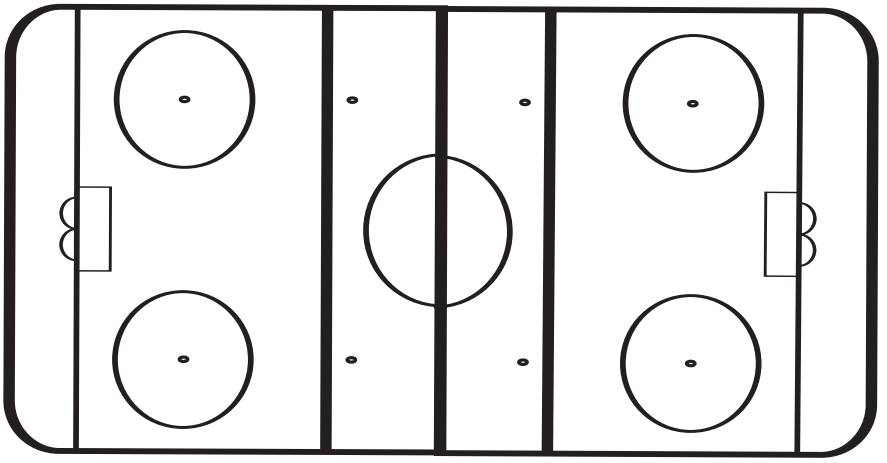

Notes/Comments

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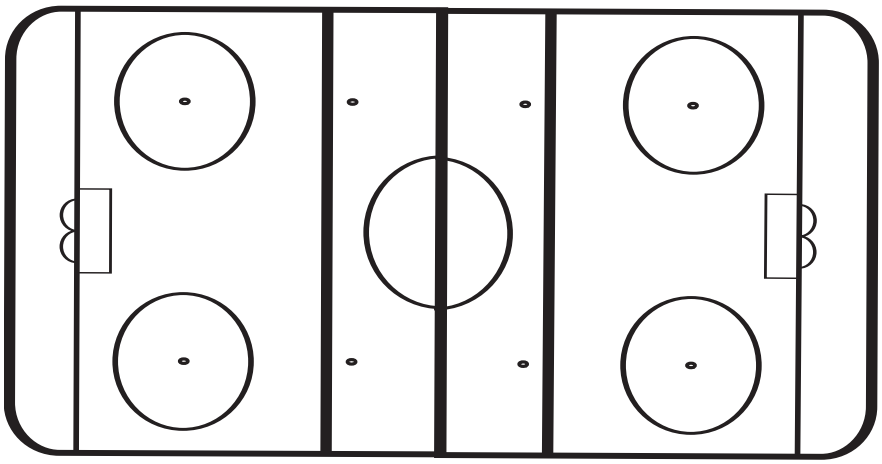

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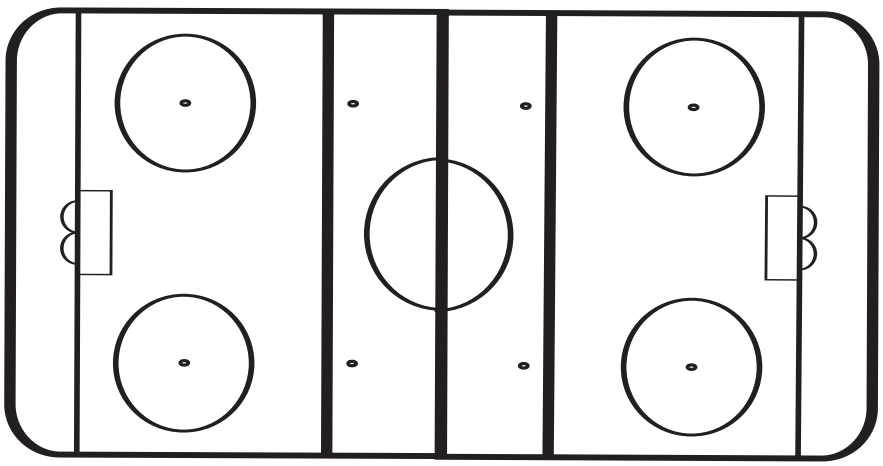

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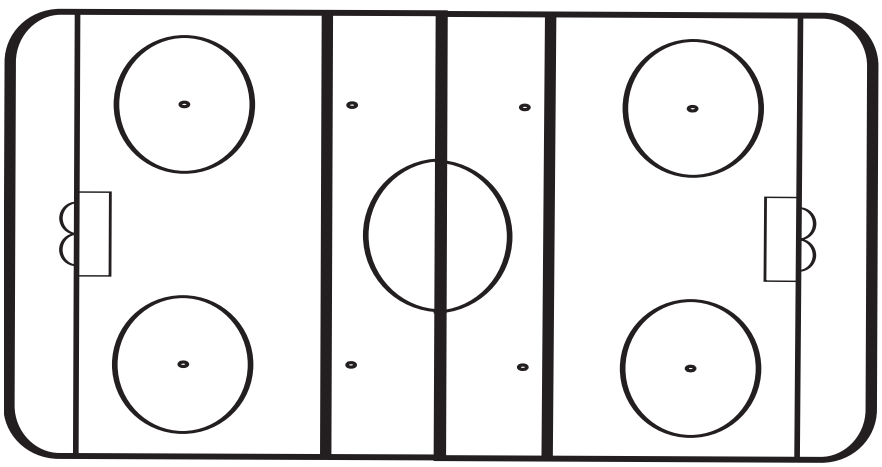


Notes/Comments

Hockey Practice Plan

Objectives: Down low in defensive end - pack it in tight.

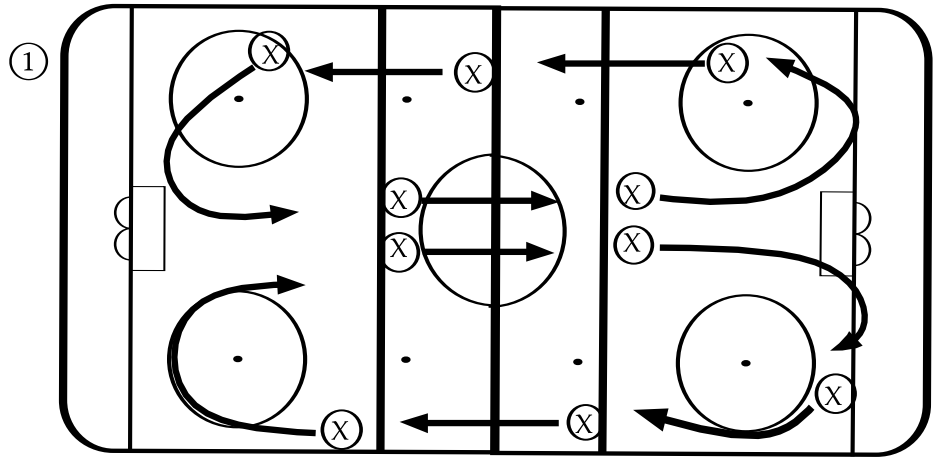
Date: _____
Practice: #14
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	X Defensive Cov.	____ Short Work - Quickness
____ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	____ Forecheck	X Full Ice Modified Games
X Shooting	X 2 on 2	____ Breakouts	X FUN - Relay Contests
____ Checking	X 3 on 1	____ Entering Attack Zone	____ Skills Testing
X Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	On own
5 mins.	1. Butterfly stretches: in and outs, S-drill, hurdler, ostrich, Big C, continuous crossovers, sprints, blue to red, blue to blue, forward and backward	Slow and easy
10 mins.	2. Puckhandling: width wise - push puck - puckhandle skating backward, skating crossovers, skating stepouts, skating with puck backward then skating forward, skating with puck doing escapes	Heads up
5 mins.	3. Shooting: board shooting by forwards, defensemen, goaltender works with goaltender coach, defensemen shooting half ice, forwards shooting half ice	Hit the net
10 mins.	4. 1 on 1 down low out of corner, 2 on 1 down low out of corner, 2 on 2 down low, 3 on 3 down low out of corner	Good puck protection
5 mins.	5. Around the horn pass and follow pass: give and go passing from player in deep corner to mid-board player	Tape to tape
5 mins.	6. Boston passing drill	Be a good receiver
5 mins.	7. Breakout - attack - setup defense against two forecheckers	
10 mins.	8. Team showdown	Fun

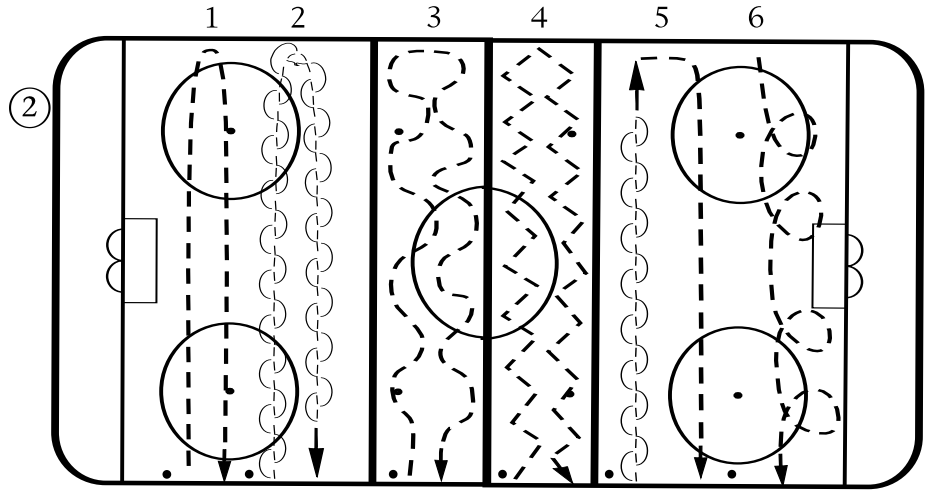
Drill — Stretching

- Butterfly stretches: in and outs, S-drill, hurdler, ostrich, Big C, continuous crossovers, sprint blue to red - blue to blue, forward and backward



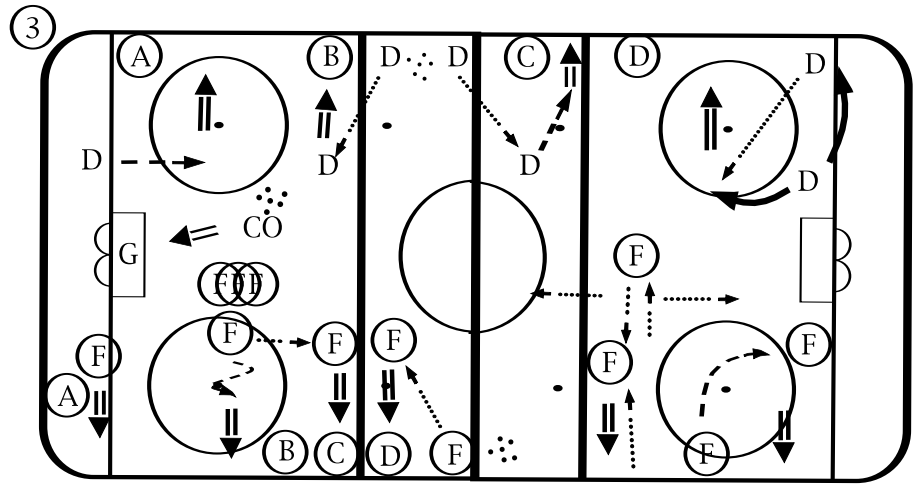
Drill — Puckhandling

- Push puck over and back
- Skate backward handling puck
- Puckhandle doing crossovers
- Four stride right angle step-outs, puckhandle backward then forward
- With puck escapes



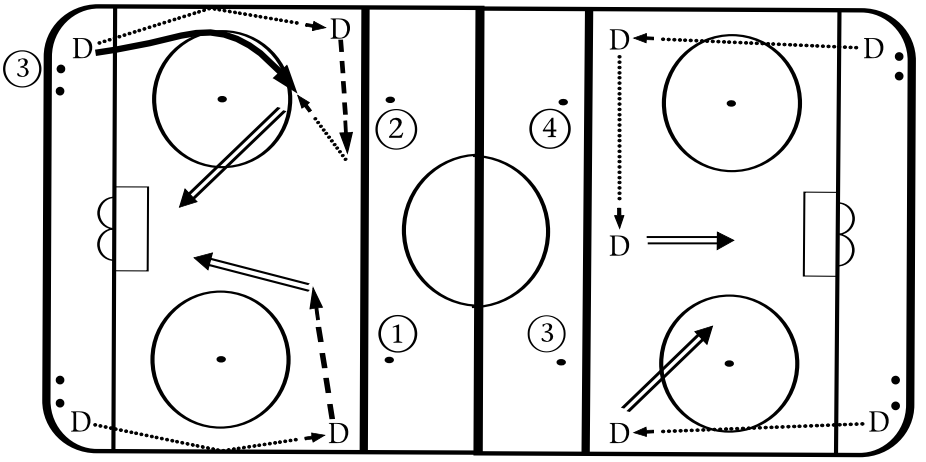
Drill — Shooting

- On board shooting: defense shoot drag shot, shoot off of pass, passout-drag shot, pass-return-pass drag shot, forward sweep shot, moving sweep shot, pull in shoot, shoot off pass, pull back shot, counter shooting



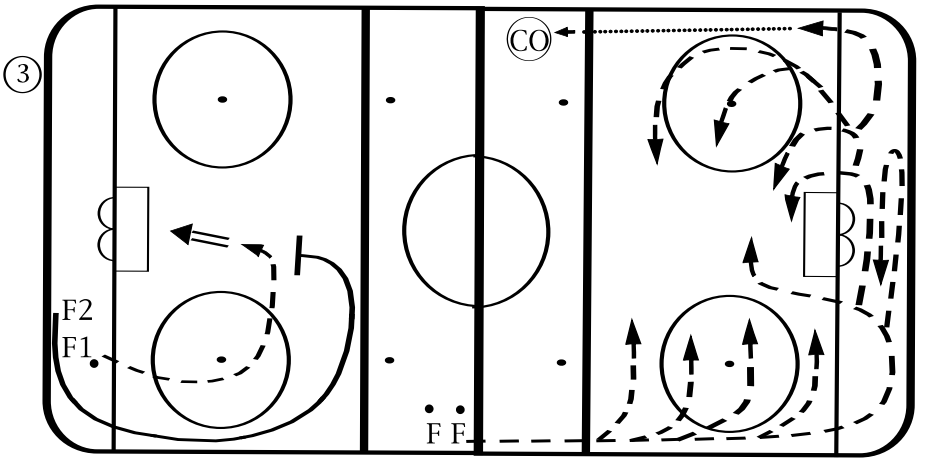
Drill — Shooting

- Defense shooting
- Hit the net
- Move puck quickly
- Quick release



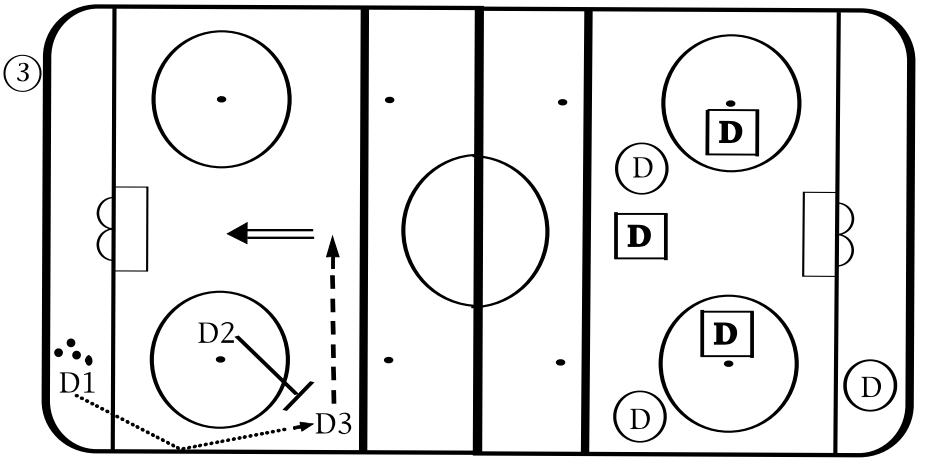
Drill — Shooting

- Forward with fast feet skates around face-off dot and shoots, F2 skates behind by 30 feet and goes for rebound
- Skate with puck and shoot in stride
- Take a different angle every time



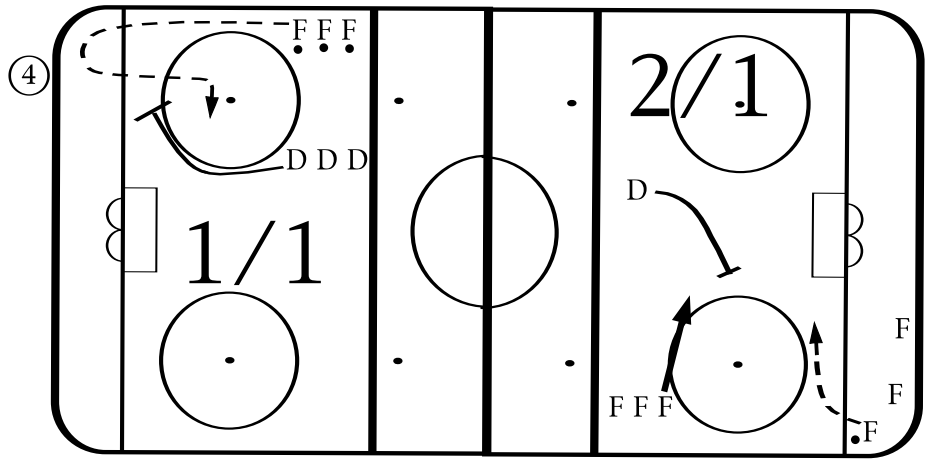
Drill — Shooting

- Defense: 1, 2, 3 blocking shots and evading blocker
- Defense: slot coverage - 3 on 3 all with defensemen



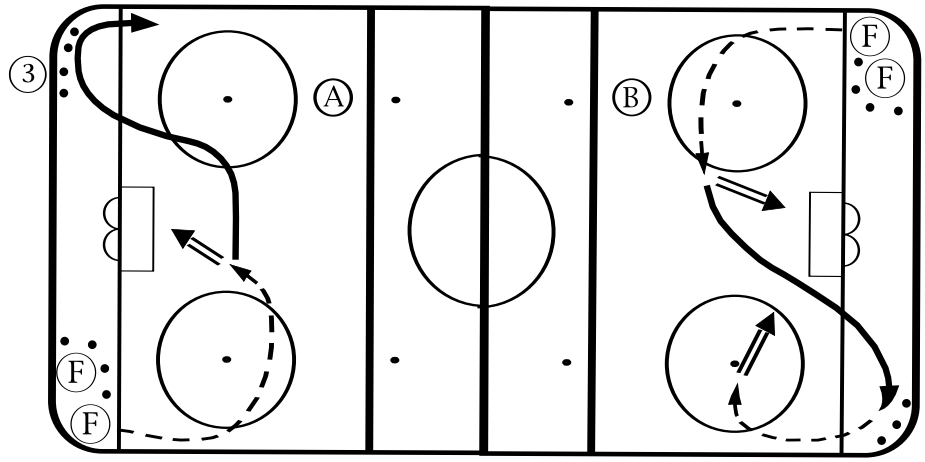
Drill — Skating

- 1 on 1 down low out of corner
- 2 on 1 down low out of corner



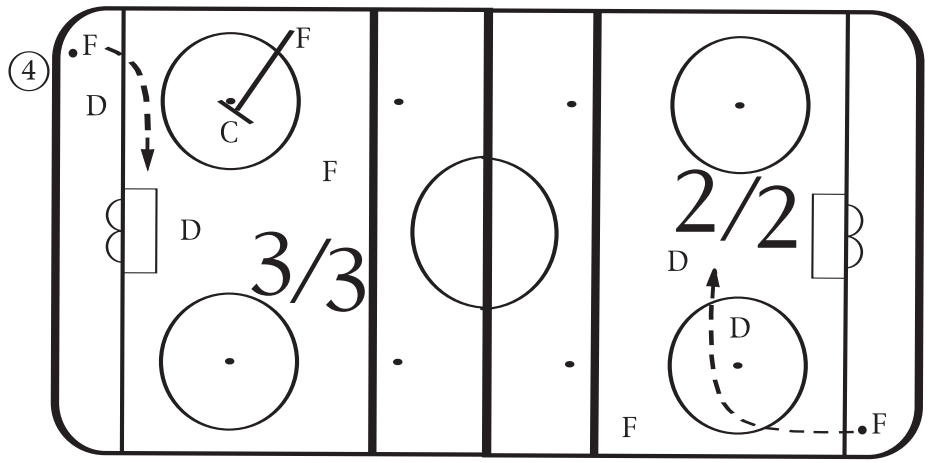
Drill — Shooting

- Forwards: curl around face-off dot and shoot on net
- Double curl, double shot



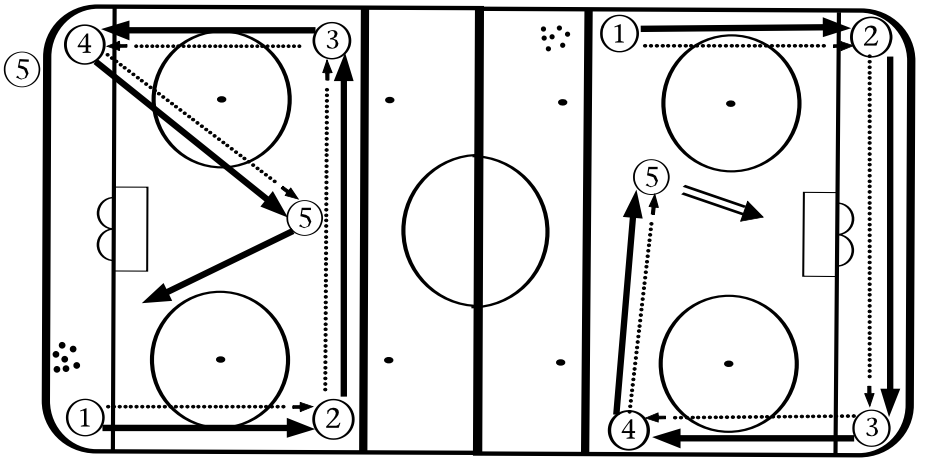
Drill — Skating

- 3 on 3 down low out of corner
- 2 on 2 down low out of corner



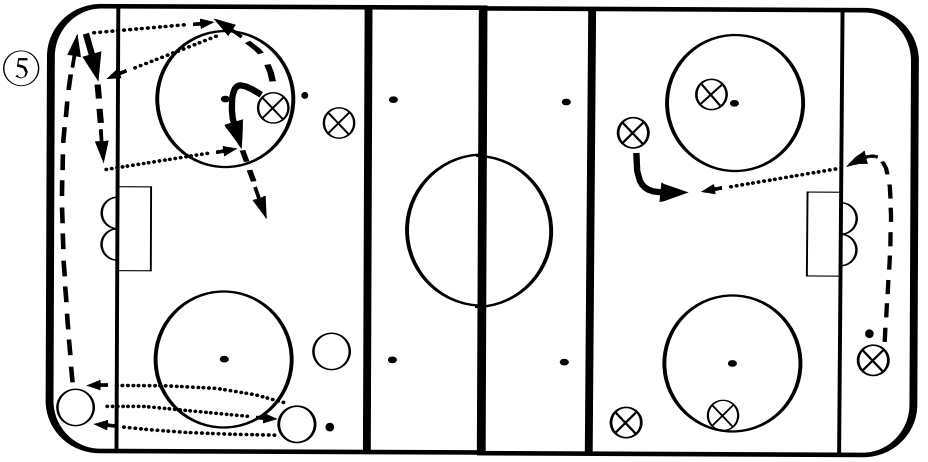
Drill — Passing

- Around the horn - pass and follow pass
- Player #5 shoots on goal



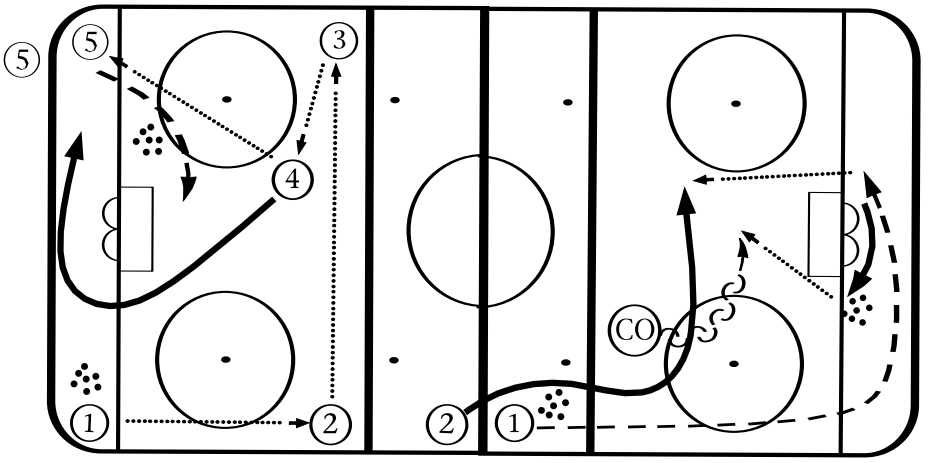
Drill — Passing

- Three pass down-up-down, carry around, three pass up-down-up
- Pass-out or carry



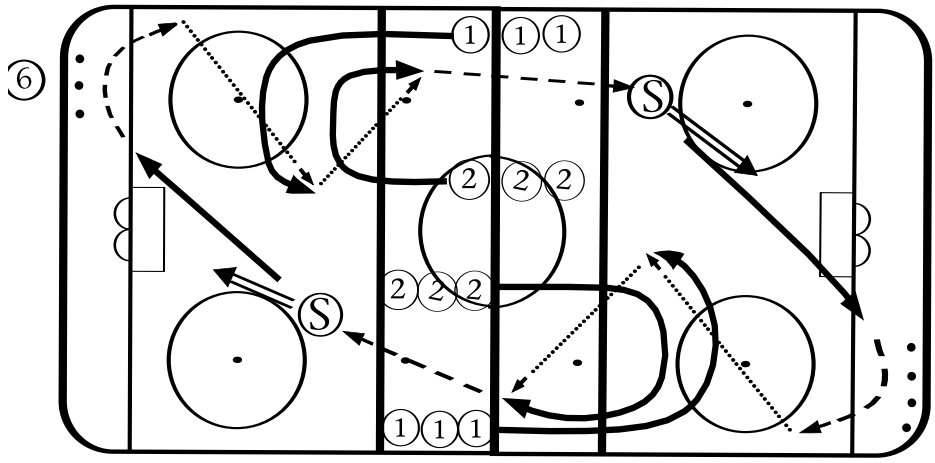
Drill — Passing

- Around the horn with walk-out.
- 1 carries and drives board side lane and passes out from behind net to 2, coach plays defense



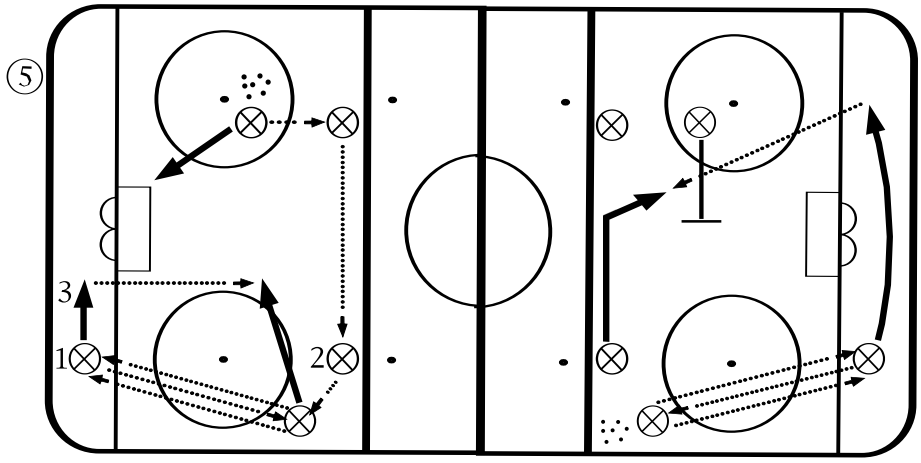
Drill — Passing

- Shooter starts and skates in to top of circle, shoots, picks up puck in corner and skates up boards, passes to 1 who has curled - 1 passes to 2 who has curled, 2 is now the shooter
- Do not turn your back to the puck



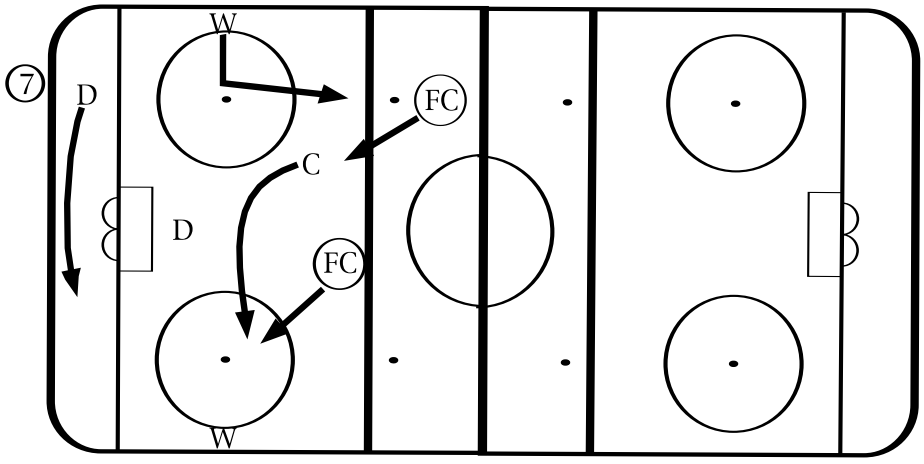
Drill — Passing

- Three pass up-down-up
- Three pass down-up-down-around



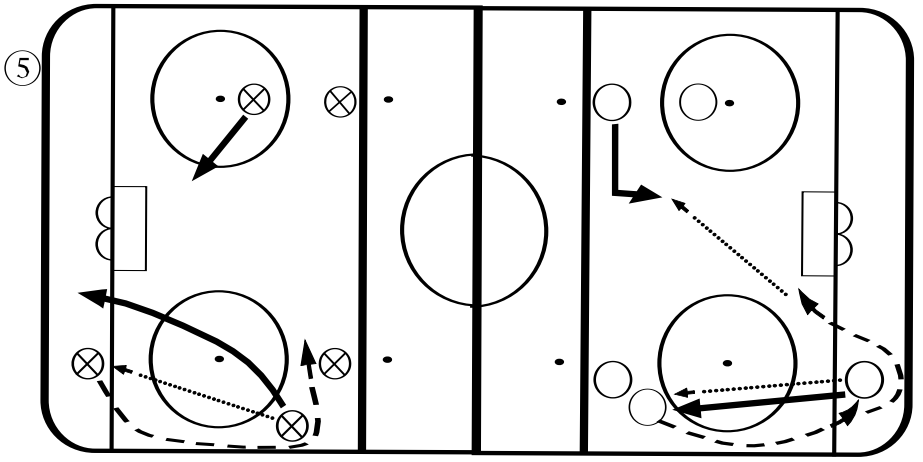
Drill — Skating

- Breakout, attack, set up offense, against two forecheckers

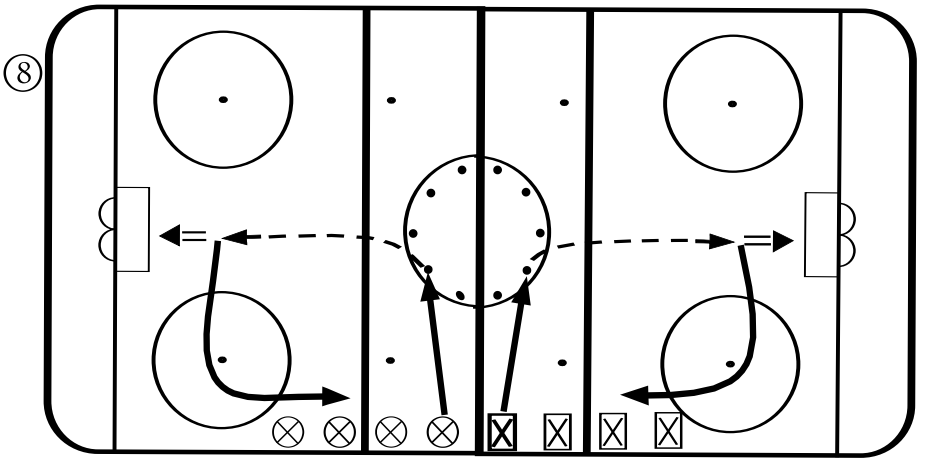


Drill — Puckhandling

- Down - switch - carry up
- Up - switch - carry down



Drill — Team Showdown



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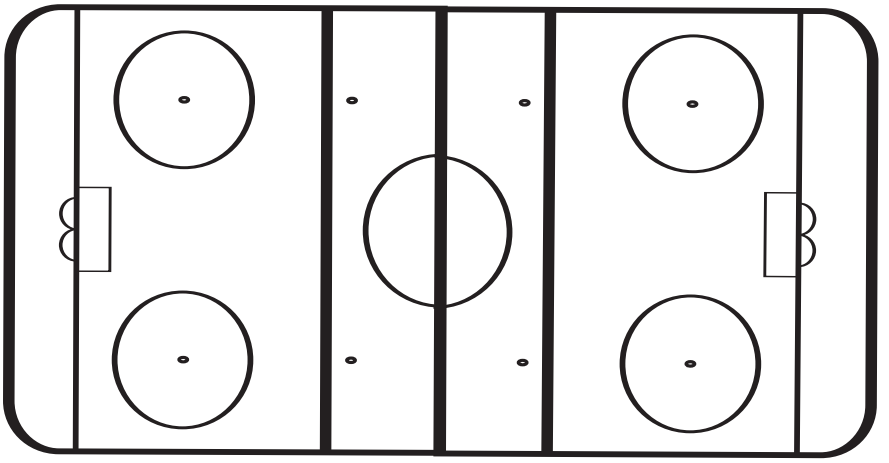
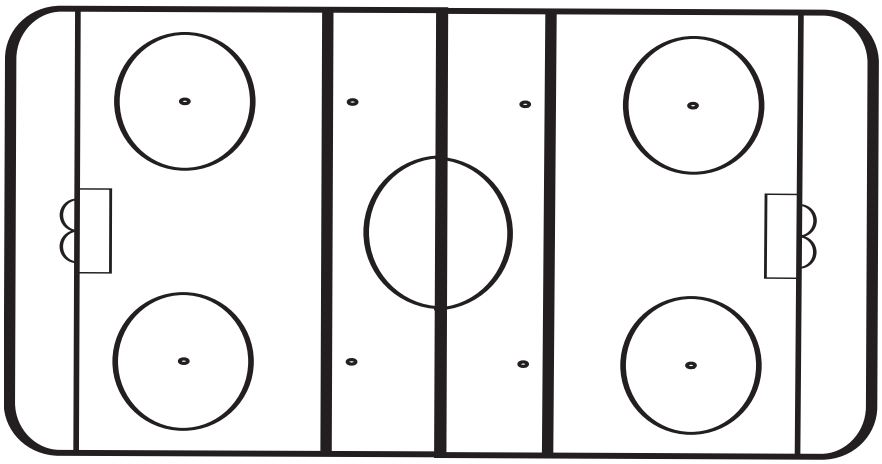


Notes/Comments_____

Description



Notes/Comments

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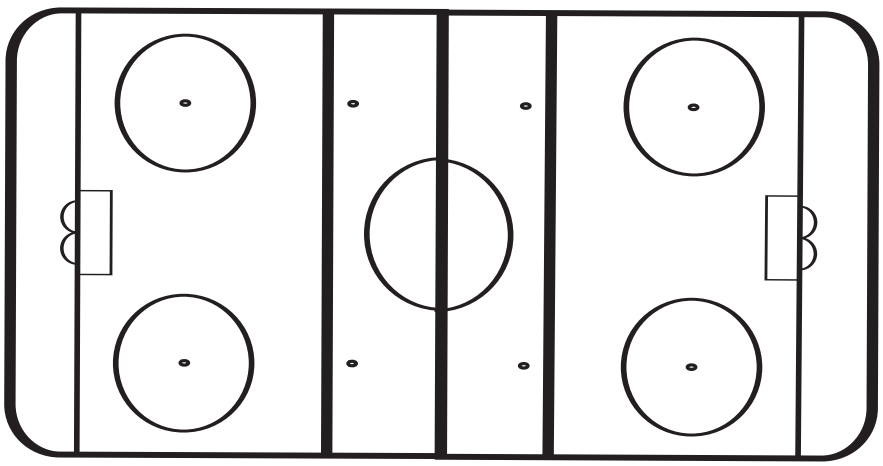

Notes/Comments

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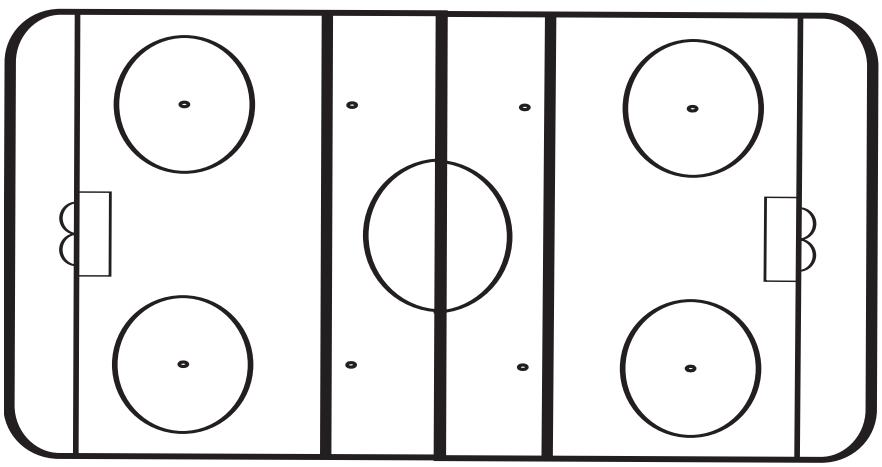


Notes/Comments

Hockey Practice Plan

Objectives: Practice passing.

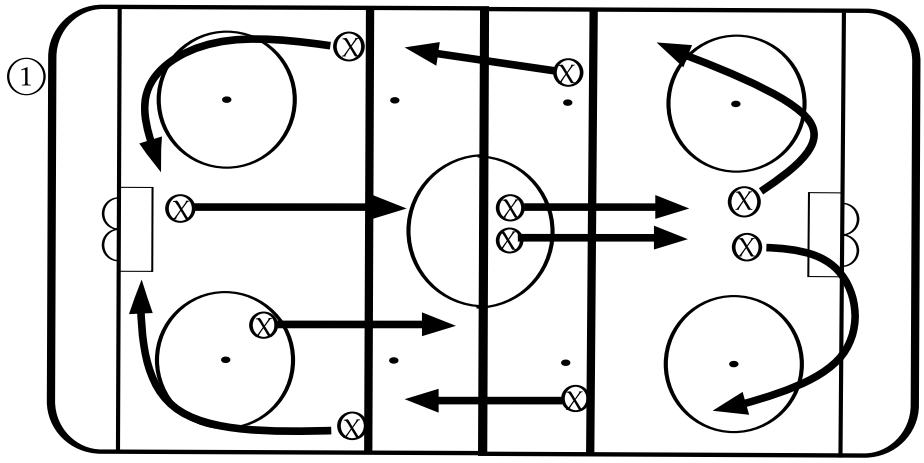
Date: _____
Practice: #15
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	X 2 on 0	____ Backcheck	X Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
____ Shooting	____ 2 on 2	X Breakouts	X FUN - Relay Contests
____ Checking	____ 3 on 1	X Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	X Triangulization/Cycling	____ Misc.
____ Goaltending	X 3 on 0	____ Face-offs	
X Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises	Off
10 mins.	1. Butterfly stretches: in and outs, S-drill, behind back twister, hurdler, ostrich, Big C, continuous crossovers, backward swizzles, sprints blue to red, blue to blue, forward and backward	Slow stretch
10 mins.	2. Puckhandling: peanut, jam full ice, jam half ice, jam mid-zone push puck for breakaway, escapes, backward swizzles, skate two hands on stick, control turns with puck, dekes at blue-red-blue, zig-zag right angle	Quick hands
10 mins.	3. Passing/Shooting: 1 on 0 with chaser, 1 on 0 with pass, 1 on 0 with board pass, 3 on 0 with board pass, 2 on 0 breakout pass, return pass, stretch pass, pass out with tip, 12 pass lateral passing, half ice 2 on 0	Tape to tape Be a good receiver
5 mins.	4. Competition A and B	
5 mins.	5. Half ice two forwards, two defense passing: 5 on 2 half ice. Breakout, regroup, attack, full ice breakouts one way or both ways, breakout to red line with four to five passes, dump over red line, breakout from defensive positions	Gap control
15 mins.	6. Two half ice 2 on 2 or 3 on 3 scrimmages	Fun - work hard

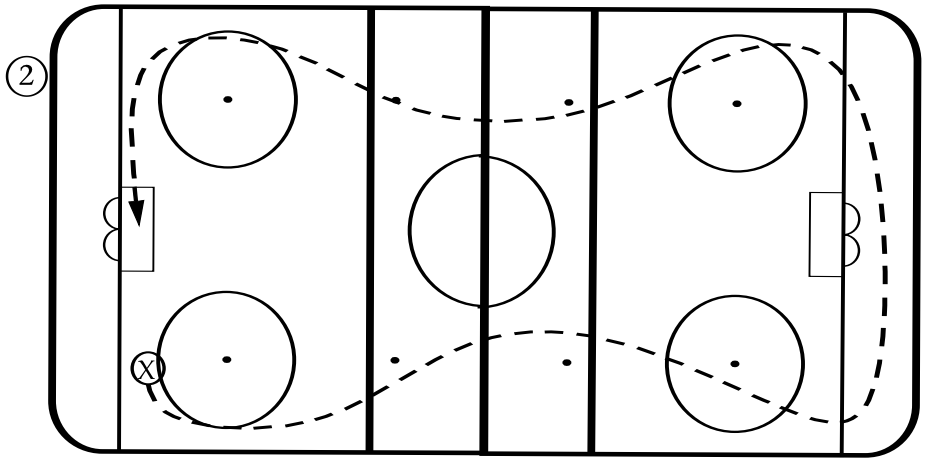
Drill — Stretching

- Butterfly stretch



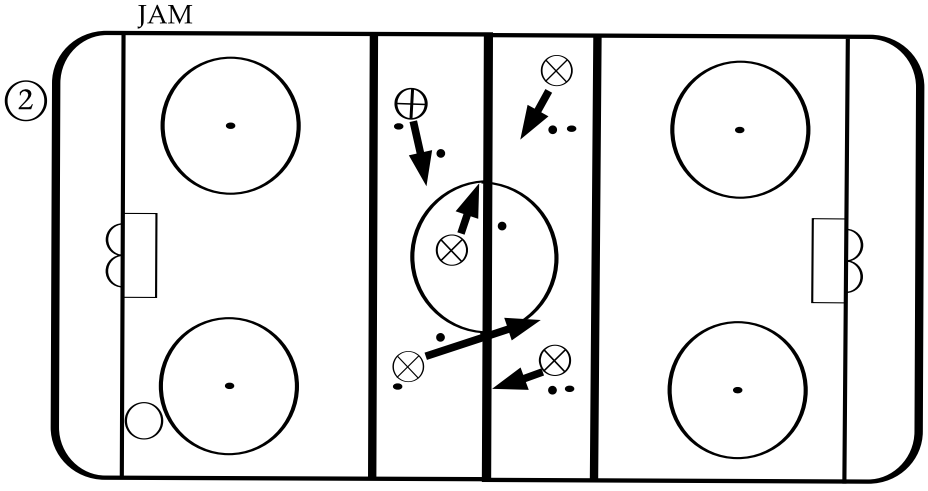
Drill — Puckhandling

- Peanut with puck forward then backward



Drill — Puckhandling

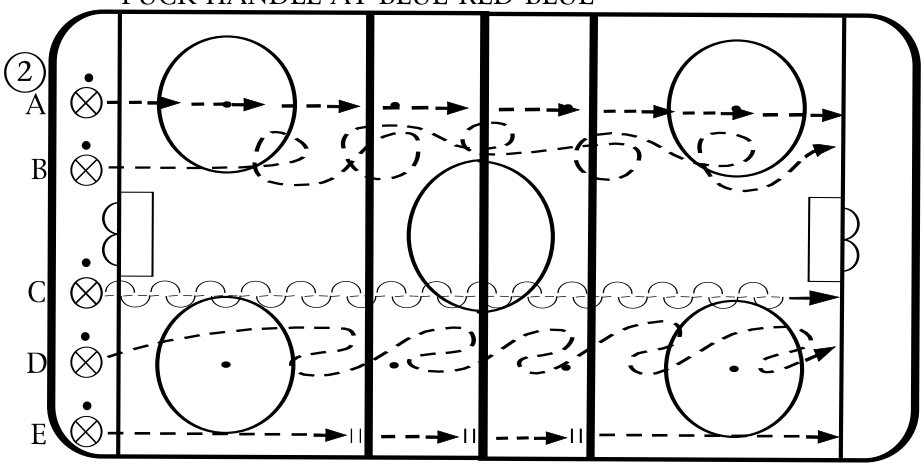
- Jam - freestyle all over the rink
- Jam - 2/3 rink
- Jam the middle between blue lines - now partner goes all over rink - passing only to partner



Drill — Puckhandling

- Puckhandle at blue-red-blue
- Push puck breakaway
- Escapes
- Two hands backward puckhandle
- Control turns
- Fake shot - pulls double shift

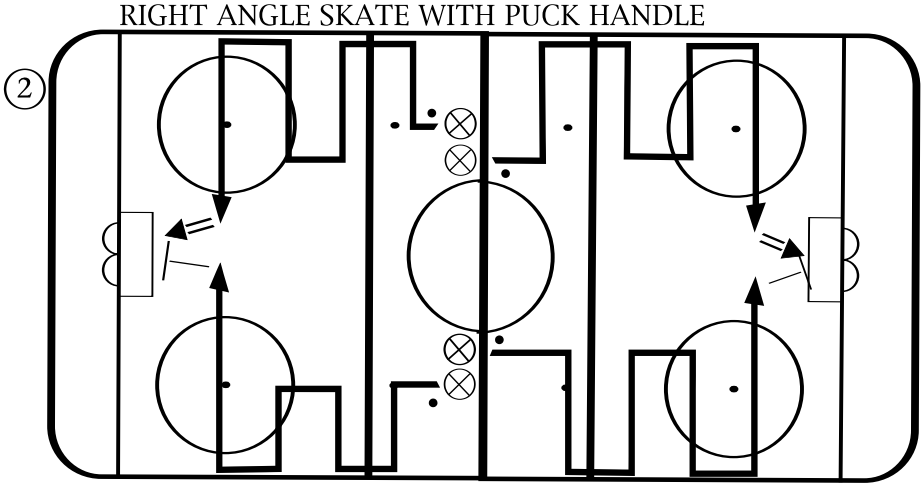
PUCK HANDLE AT BLUE-RED-BLUE



Drill — Puckhandling

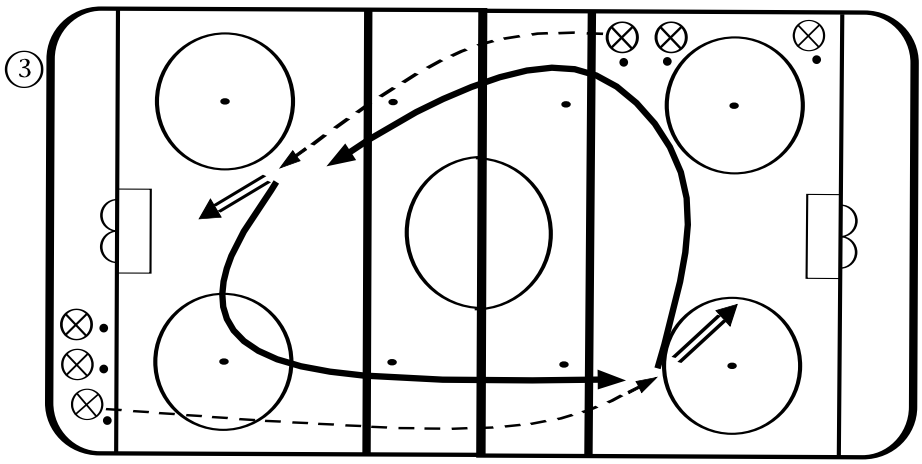
- Right angle skate with puckhandling
- Zig-zag right angle puckhandle, shoot, rebound

RIGHT ANGLE SKATE WITH PUCK HANDLE



Drill — Passing and Shooting

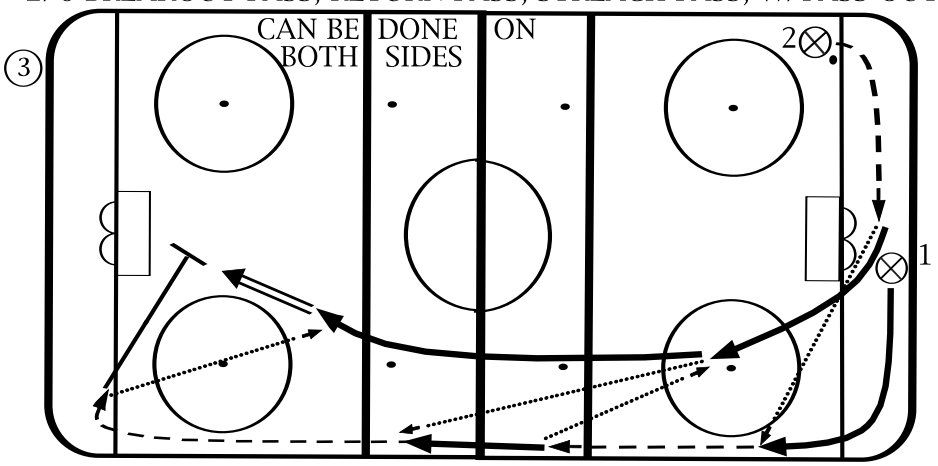
- 1 on 0 with chaser
- Shooter becomes chaser



Drill — Passing and Shooting

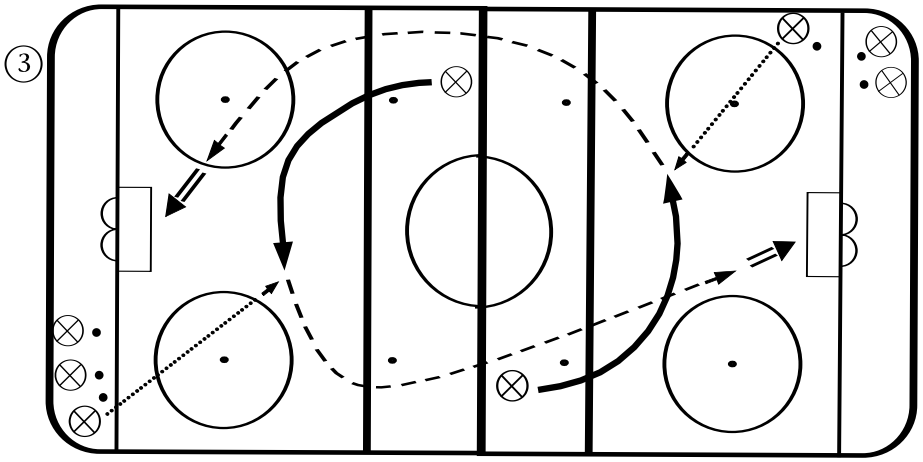
- 2 on 0 breakout pass, return pass, stretch pass with pass out
- Two players: 1 goes, keep 30 feet between player 2 - player 2 passes to 1 at hash marks - player 1makes return pass to 2 - player 1 skates over red line, gives good angle, receives, drive then passes back for shot on goal and look for rebound
- Can be done both sides

2/0 BREAKOUT PASS, RETURN PASS, STREACH PASS, W/PASS-OUT



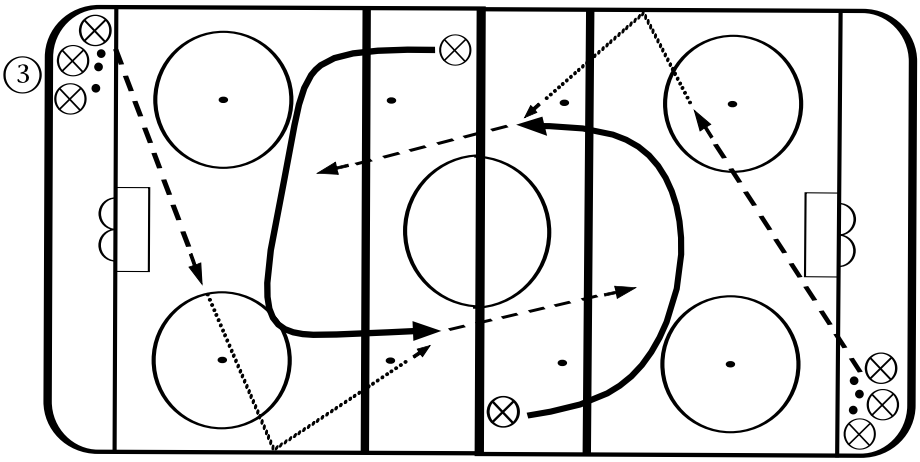
Drill — Passing

- 1 on 0 with pass



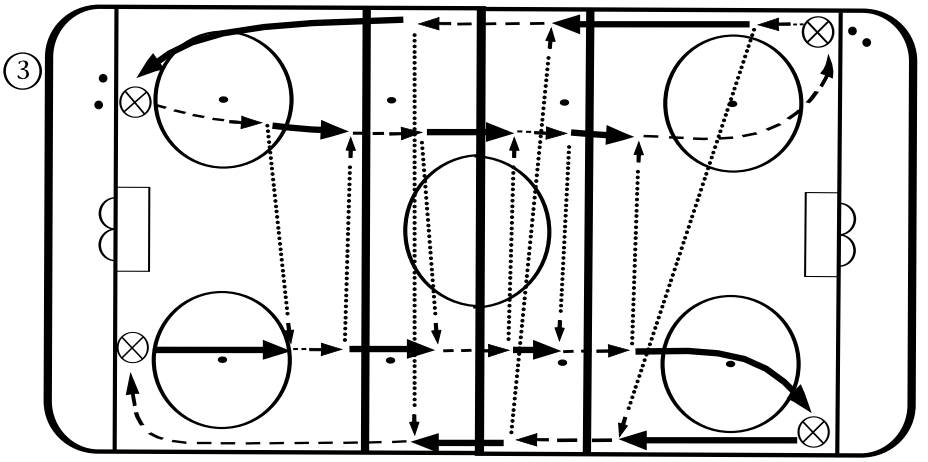
Drill — Passing

- 1 on 0 with board pass



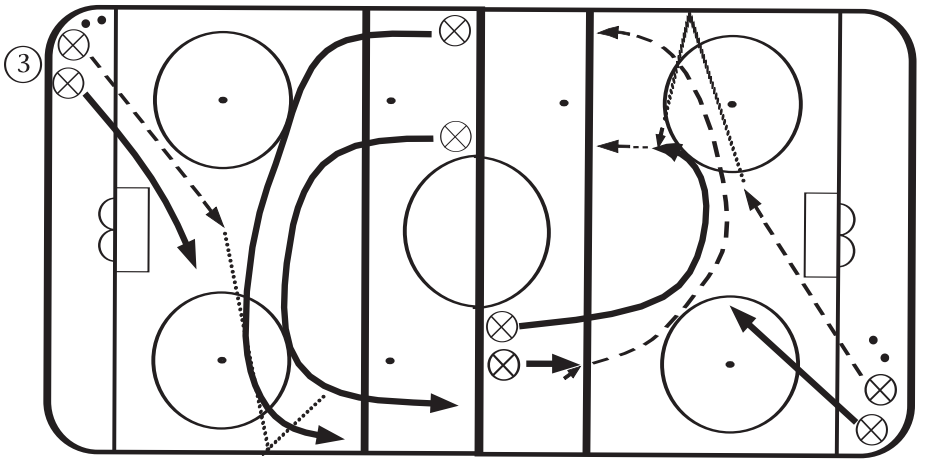
Drill — Passing

- Lateral passing - 12 pass circuit
- Passing wide and narrow



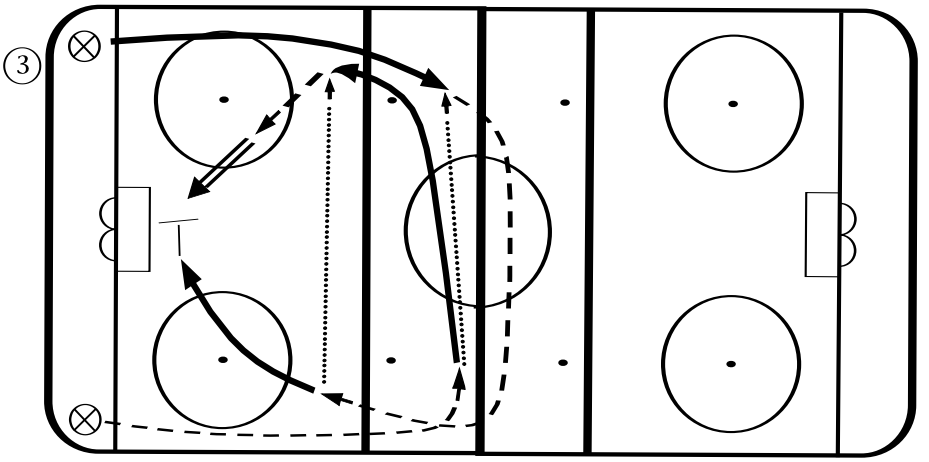
Drill — Passing

- 2 on 0 with board pass



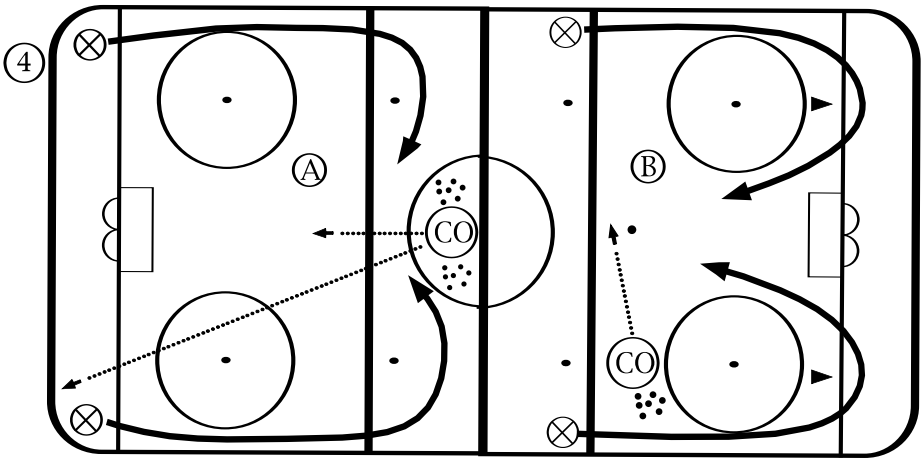
Drill — Passing

- Half ice - 2 on 0
- Players criss cross at center ice
- Players drive to net and shoot on goal
- Both players stop at net and look for rebound



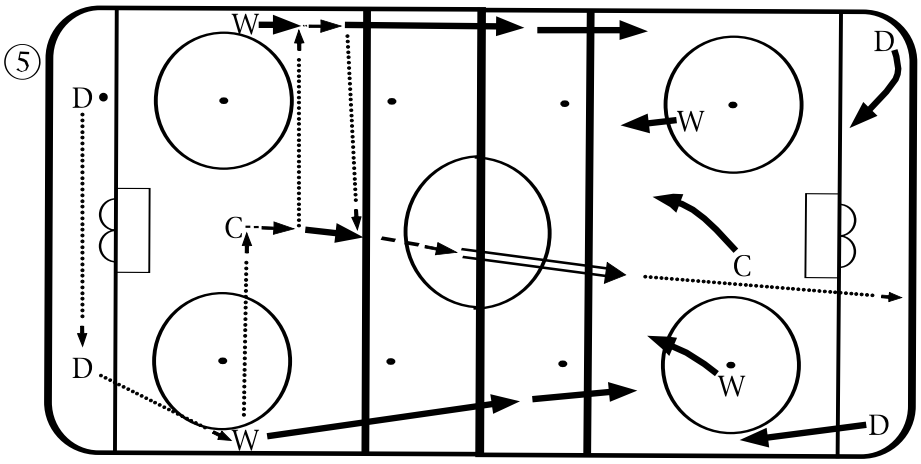
Drill — Competition

- Coach has pucks in middle circle, coach dumps puck just over blue line or in the corner - players compete for puck
- Cones at bottom of circle



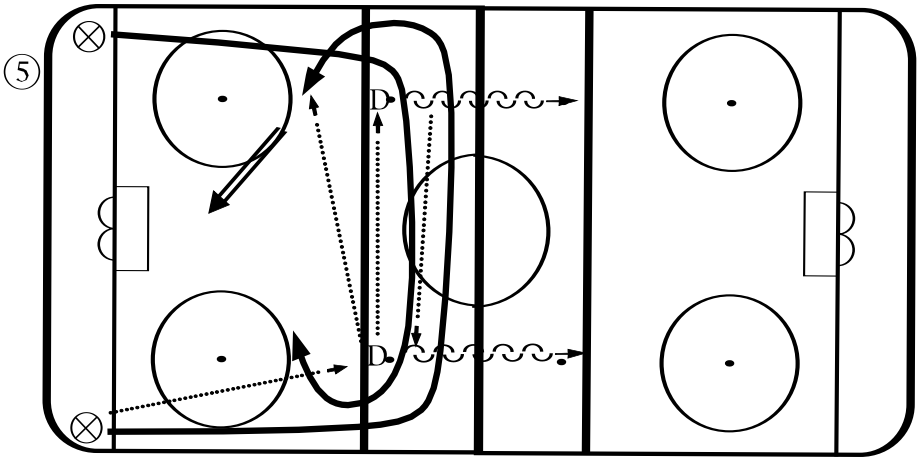
Drill — Breakout

- Alternate breakout to red line - dump in to far boards



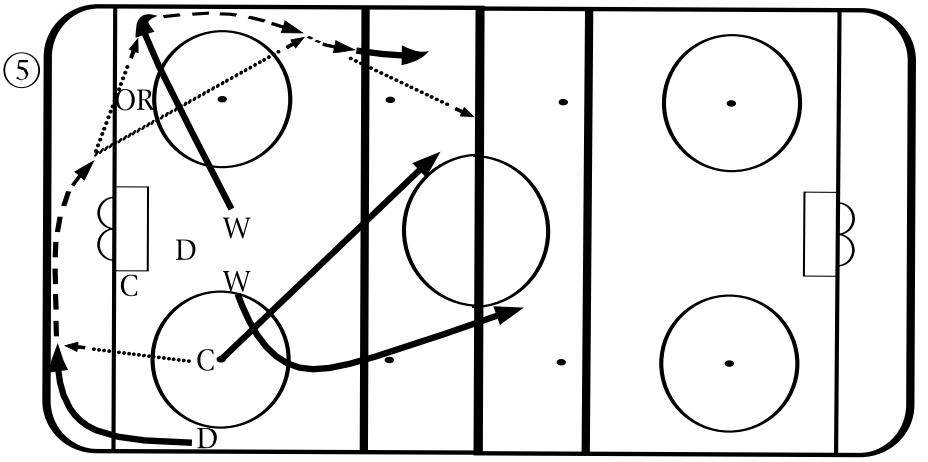
Drill — Passing

- Half ice - two forwards passing, two defensemen passing while skating backwards



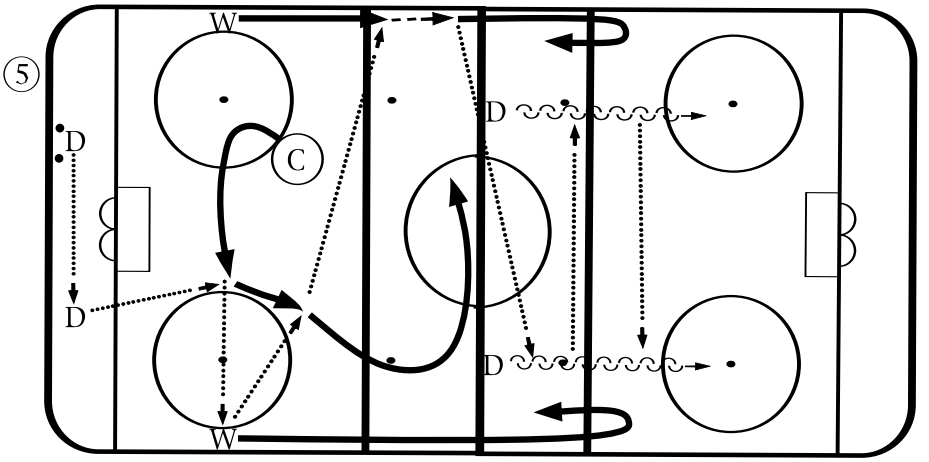
Drill — Breakout

- Breakout from defensive face-off position



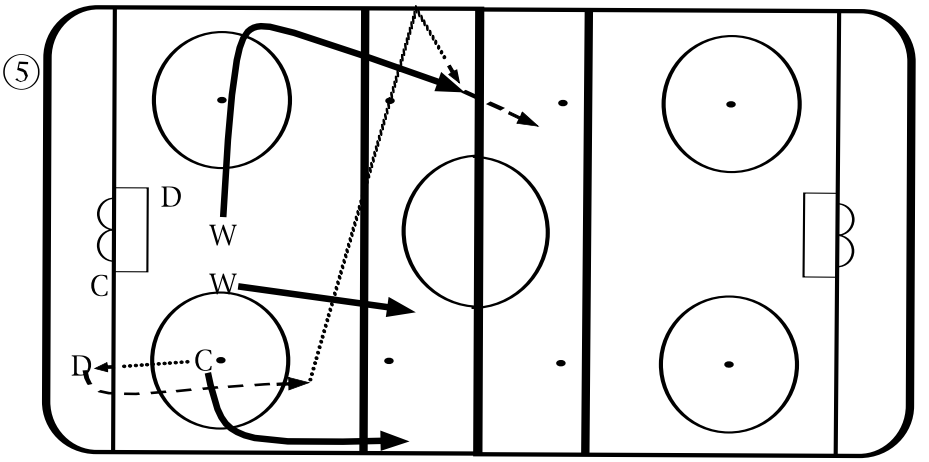
Drill — Breakout

- 5 on 2 half ice - 5 on 0 breakout - pass at blue line to far defensemen at second blue line, fill the lanes or regroup in neutral zone for pass from defensemen, then attack 3 on 2



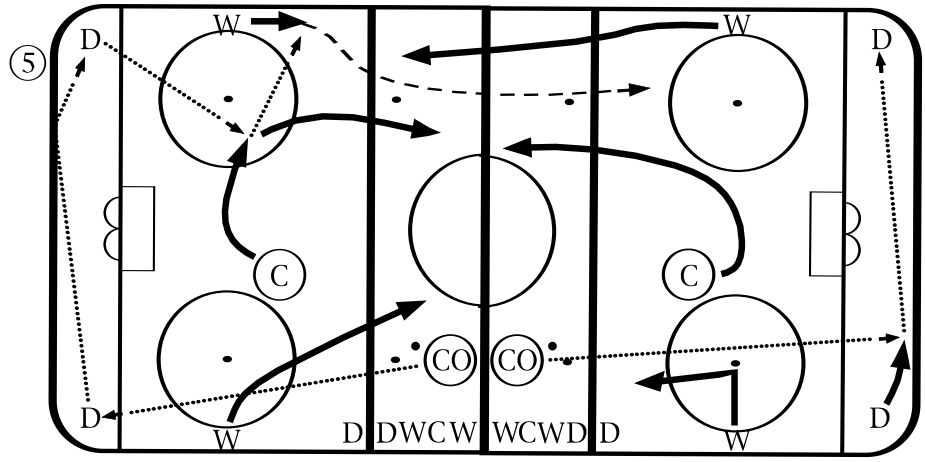
Drill — Breakout

- Breakout from defensive face-off position



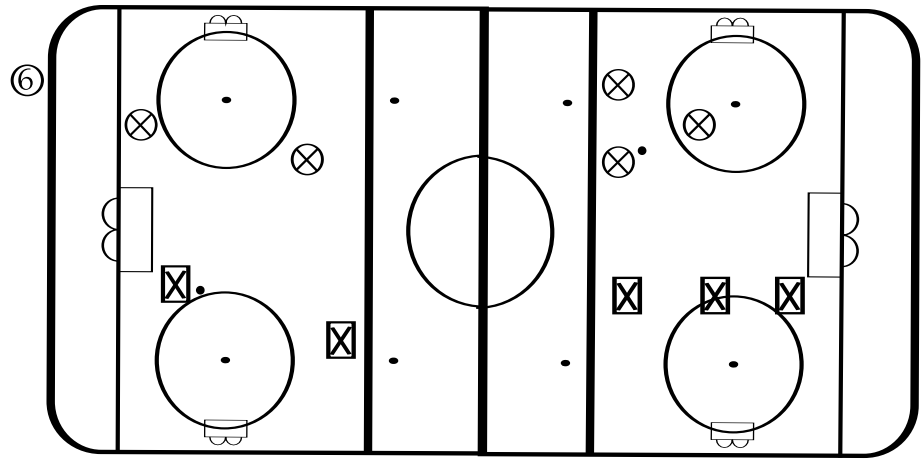
Drill — Full Ice Breakout

- Both ways: run all breakouts the players know. Two coaches dump pucks to opposite end of rinks. Groups of five breakout of each end. Can alternate breakouts or at the same time. When entering offensive zone, do play option.



Drill — Scrimmage

- Two half ice scrimmages - 2 on 2 and 3 on 3



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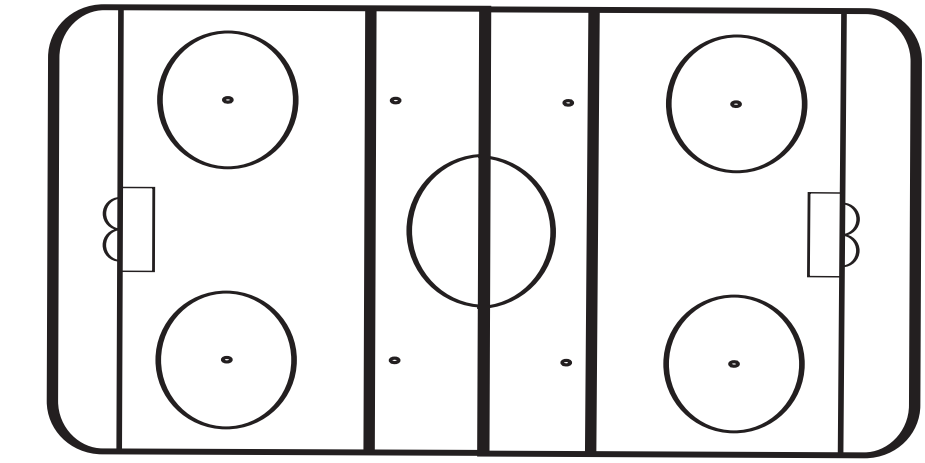


Notes/Comments _____

Hockey Practice Plan

Objectives: Offensive skills with high tempo.

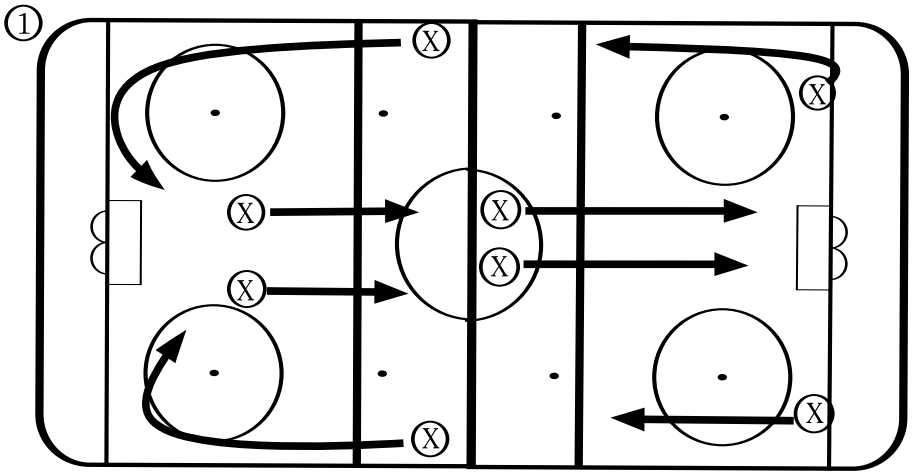
Date: _____
Practice: #16
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	X Full Ice Modified Games
X Shooting	____ 2 on 2	____ Breakouts	X FUN - Relay Contests
____ Checking	____ 3 on 1	X Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	X Triangulization/Cycling	____ Misc.
____ Goaltending	X 3 on 0	X Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	On your own
5 mins.	1. Butterfly stretches - hurdler, ostrich, touch ice with stick, stick behind back twister, in and outs, S-drill, continuous crossovers, on whistle control turns toward boards, sprint forward then backward between blue lines, blue to red, blue to blue	Slow and easy
5 mins.	2. Puckhandling: stationary, circles, Figure 8, side to side, forward to backward L pull, T pull, yo-yo, peanut, middle circle Figure 8, Olympic four man stickhandle	Quick hands Protect the puck
5 mins.	3. Olympic four man pass, circle pass, all over partner pass	Tape to tape
5 mins.	4. Half ice give and go pass, shoot, pass to forehand shoot, one on one tip, 3 on 0 around net weave	Good flow
5 mins.	5. Five pass dump, breakout variety	Read and react
5 mins.	6. Regroup - regroup attack - regroup scramble	Quick transition
5 mins.	7. face-off: offense, neutral zone, defensive zone	
5 mins.	8. Forward: 3 on 1 cycle, defense, breakout options, shoot and shot blocking	Compete hard
15 mins.	9. 3 on 3 full ice scrimmage	Fun

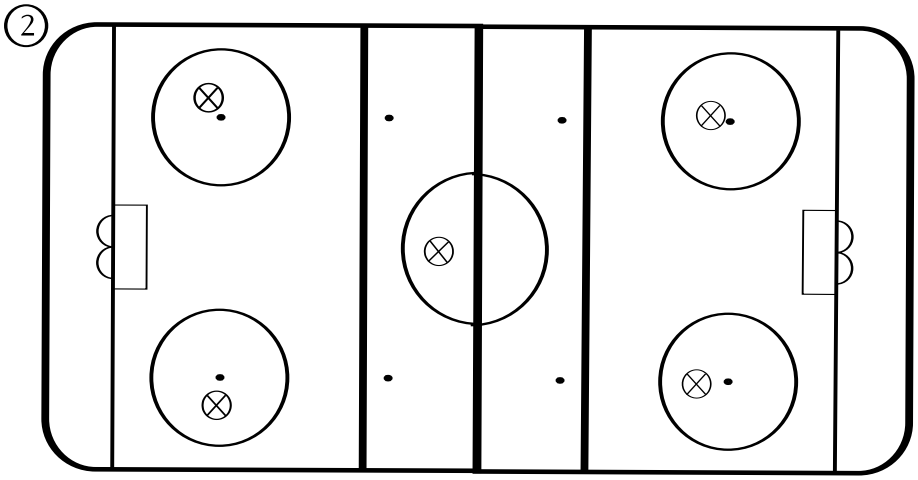
Drill — Warm Up

- Butterfly warm up stretch: hurdler, ostrich, touch ice with stick straight knees, stick behind back twister, in and outs, S-drill, continuous crossovers, on whistle control turn to boards, sprints forward and backward between blue lines, blue to red sprints, blue to blue sprints



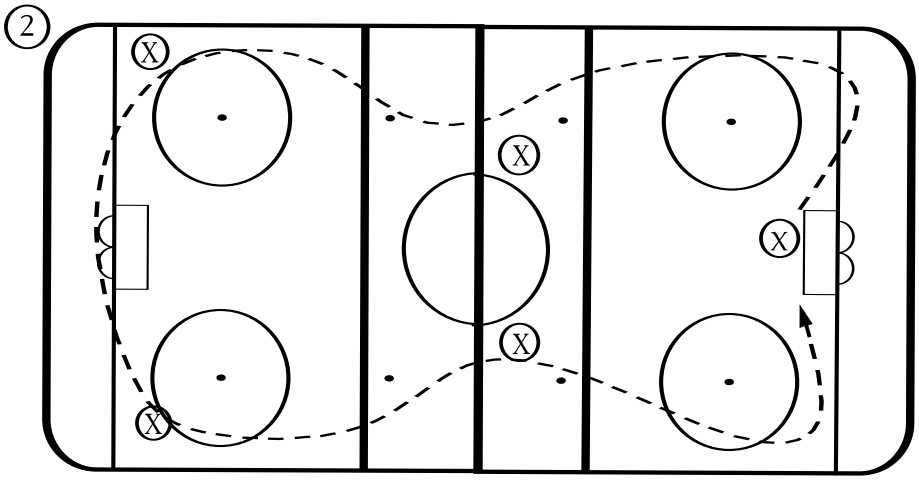
Drill — Puckhandling

- Stationary, circles, Figure 8, side to side, forward to backward, L pulls, T pulls, yo-yo, forward to backward



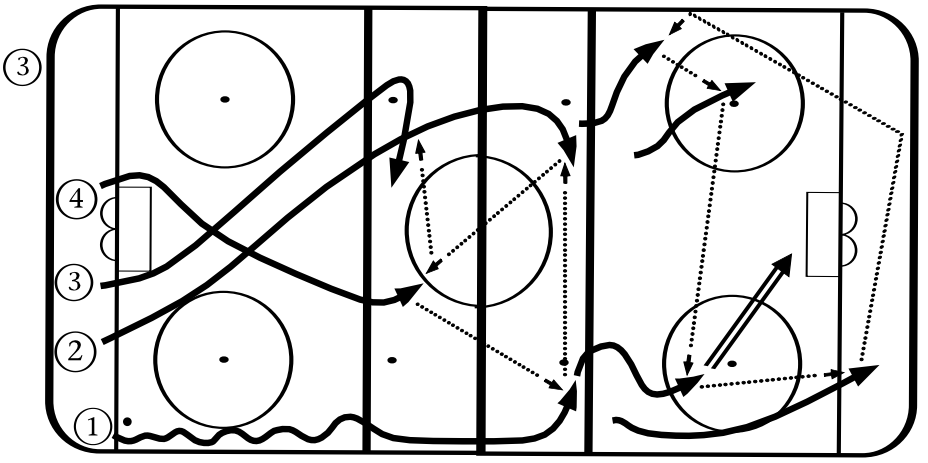
Drill — Puckhandling

- Peanut forward, backward with puck



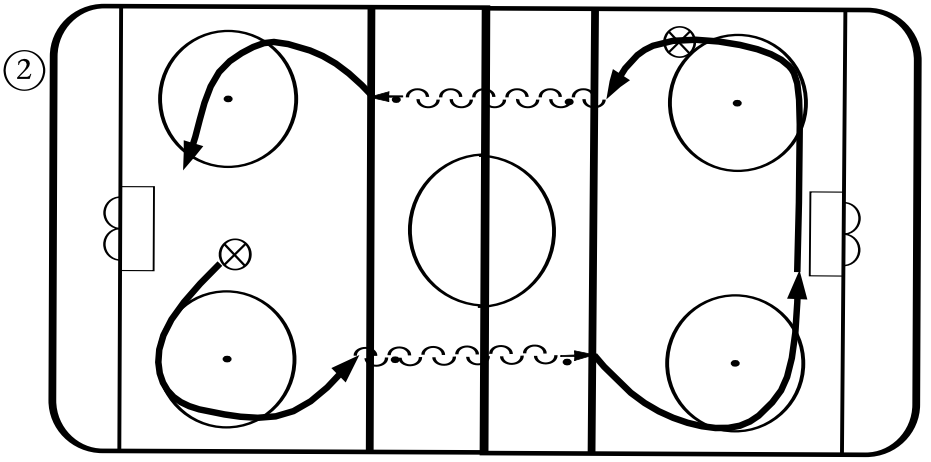
Drill — Passing/Shooting

- Olympic Four Player Pass
- Four players go with one puck to the neutral zone and pass. All players have chest toward the puck, then all drive the net - pass and shoot on goal, looking for a rebound



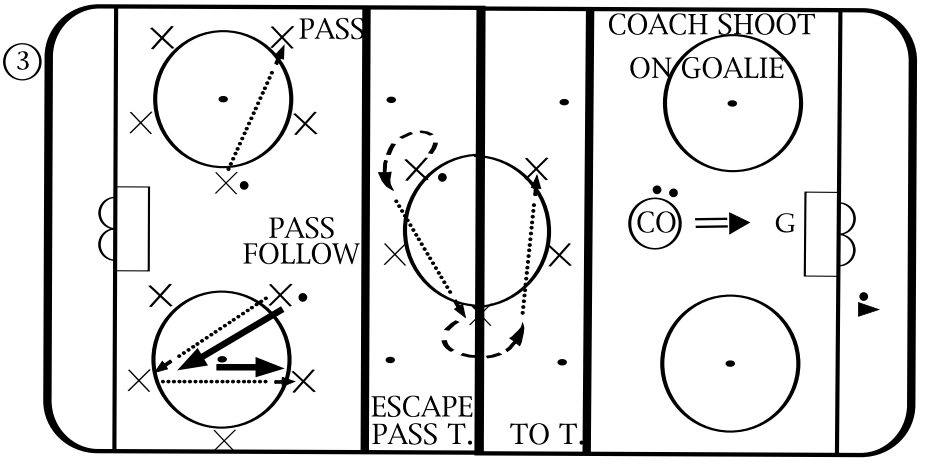
Drill — Puckhandling

- Peanut Drill
- Backward in between blue lines



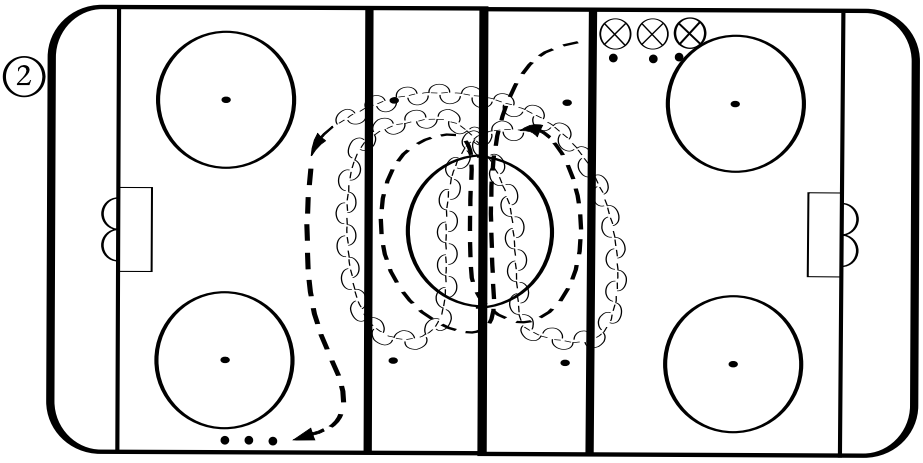
Drill — Passing

- Five players on circle
- Pass
- Pass and follow pass
- Escape and pass tape to tape
- Coach shoots on goalie



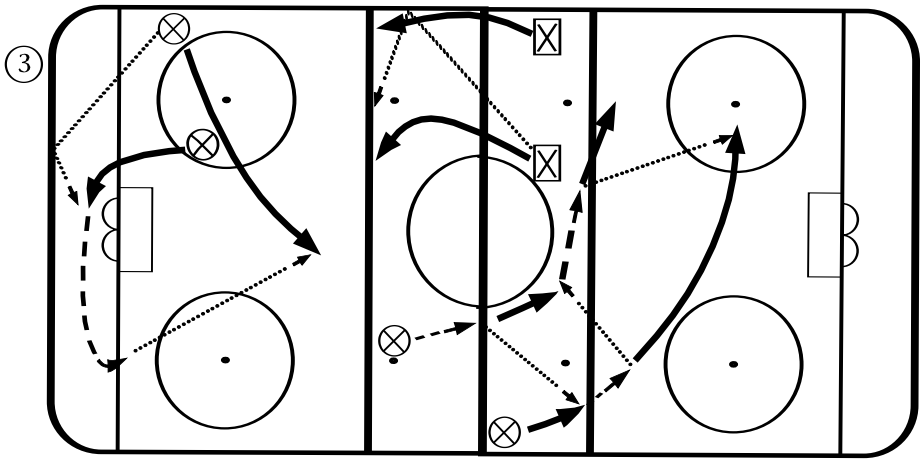
Drill — Puckhandling

- Middle circle Figure 8 with puck forward then backward



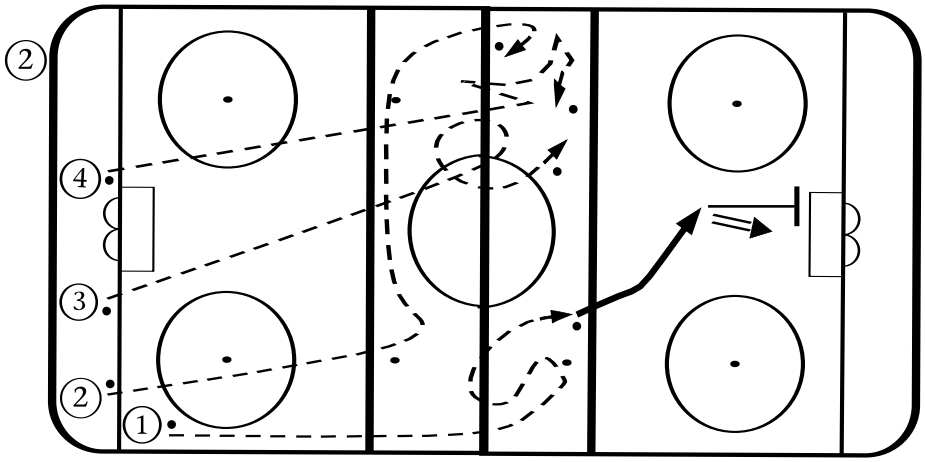
Drill — Passing

- Pass all over ice to partner: off boards, forehand and backhand



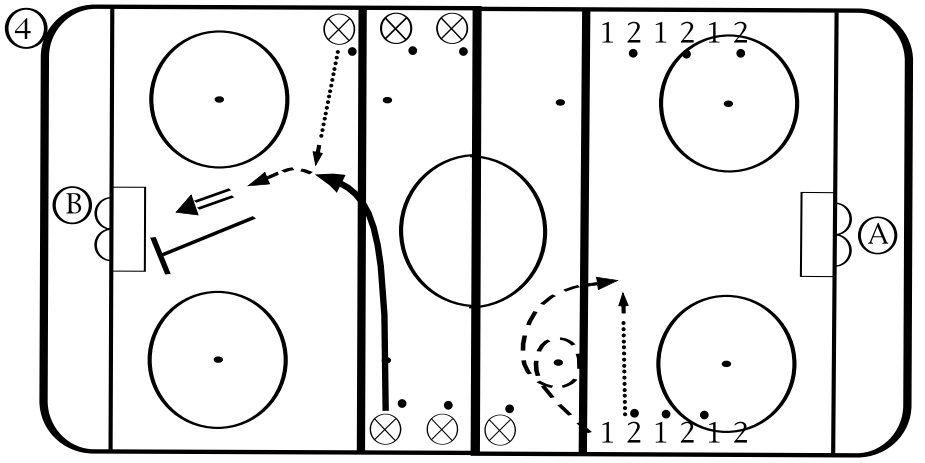
Drill — Shooting

- Olympic Four Player Freestyle
- All players have pucks
- All players skate to neutral ice
- Player #1 shoots
- Player #2 shoots
- Player #3 shoots
- Player #4 shoots
- Look for rebound



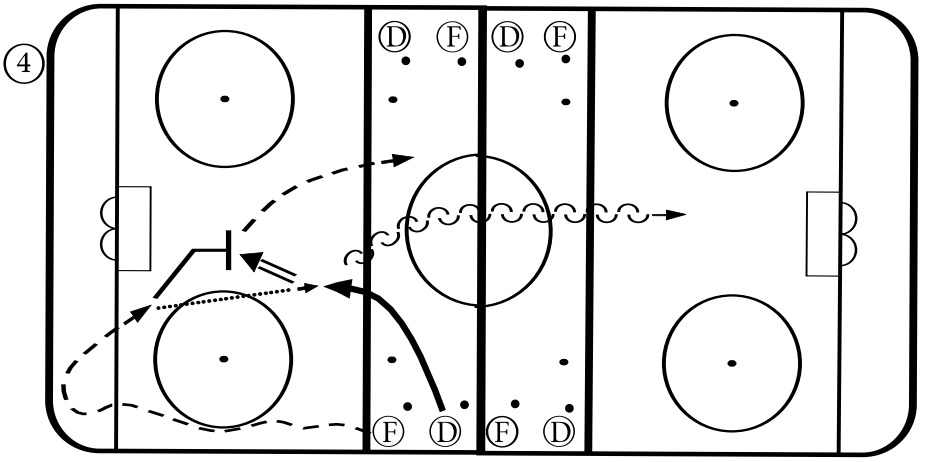
Drill — Shooting

- Skate around dot then to middle to receive pass - wrist shot - rebound
- Alternate give and go



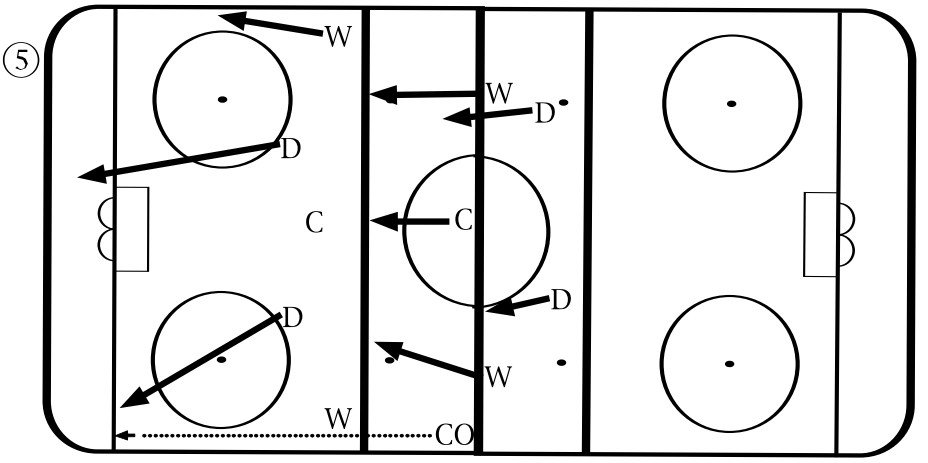
Drill — Skating

- One way: alternate both ways
- 1 on 1: forward skates with puck to corner, pass out to defenseman who shoots, the forward looks for tip and rebound then go 1 on 1

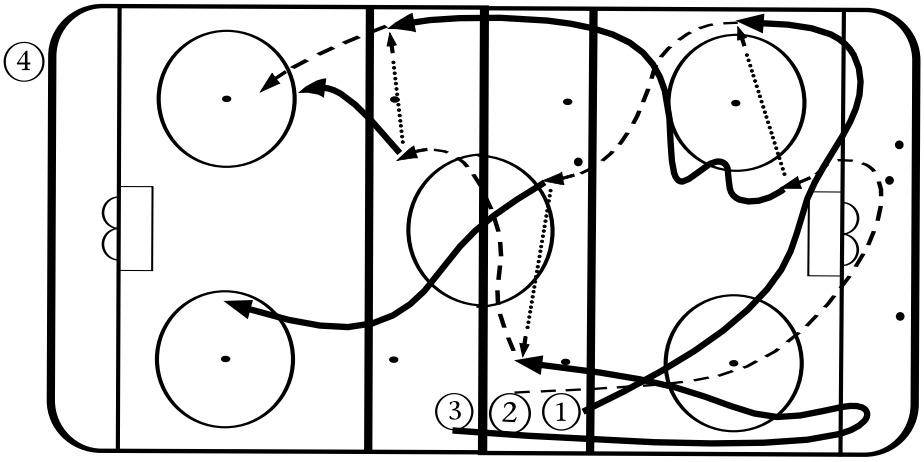


Drill — Breakout

- 5 on 5 breakout and forecheck drill: Coach dumps the puck in the corner five players breakout and the second five forecheck: when the five breakout to the center red line, coach dumps in another puck - start sequence all over again

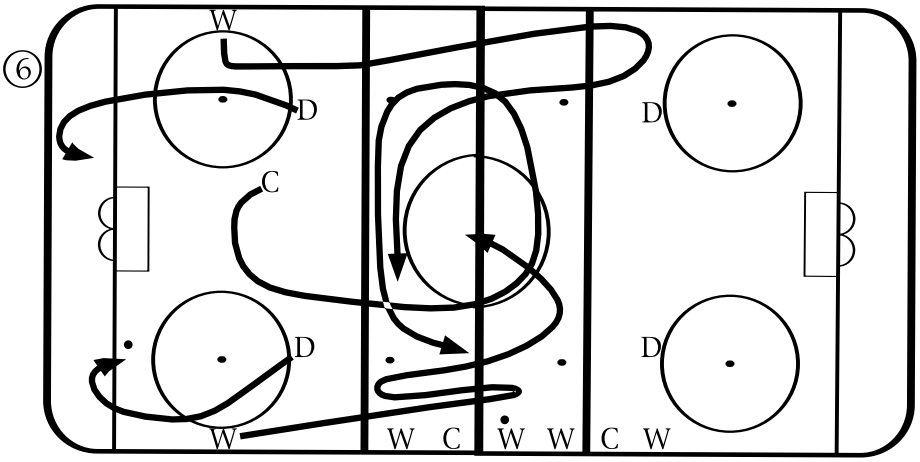


Drill — 3 on 0 Weave



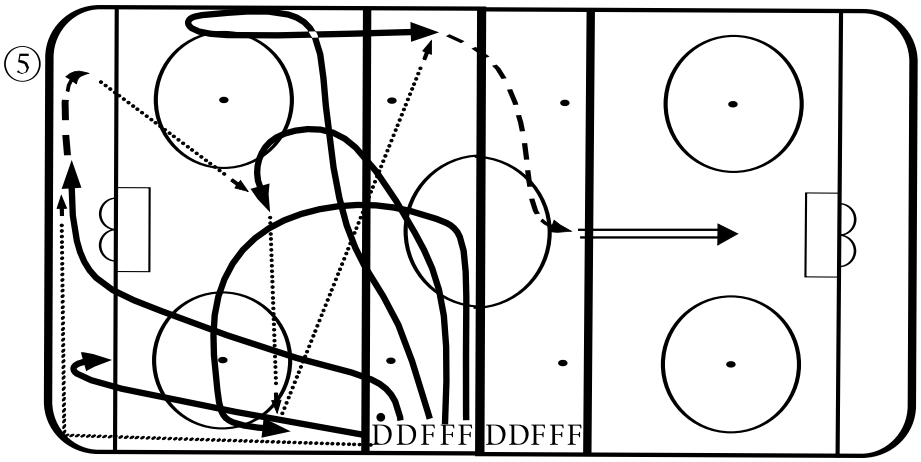
Drill — Regroup

- Breakout and regroup in neutral ice
- Regroup with far defensemen, attack the defensemen 3 on 2 that initiated the breakout



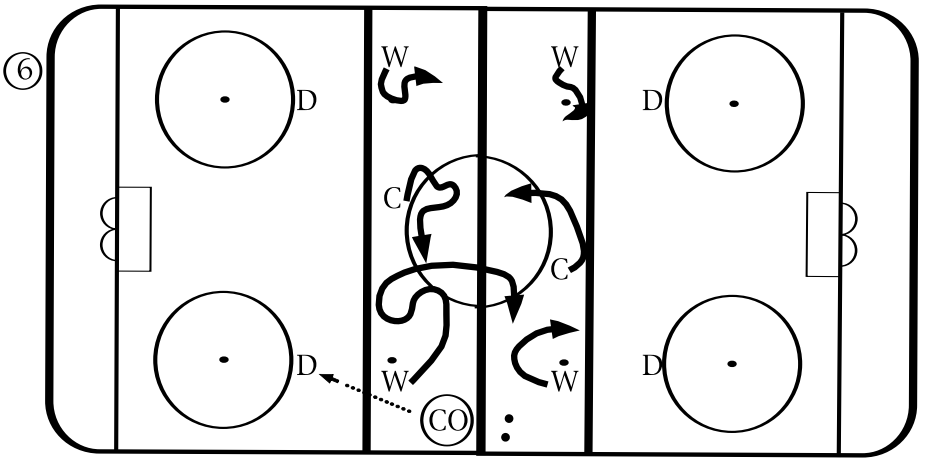
Drill — Five Pass Dump

- D passes to D, D passes to C, C passes to wing, wing passes to center, center passes to other wing, other wing dumps over red line into other end



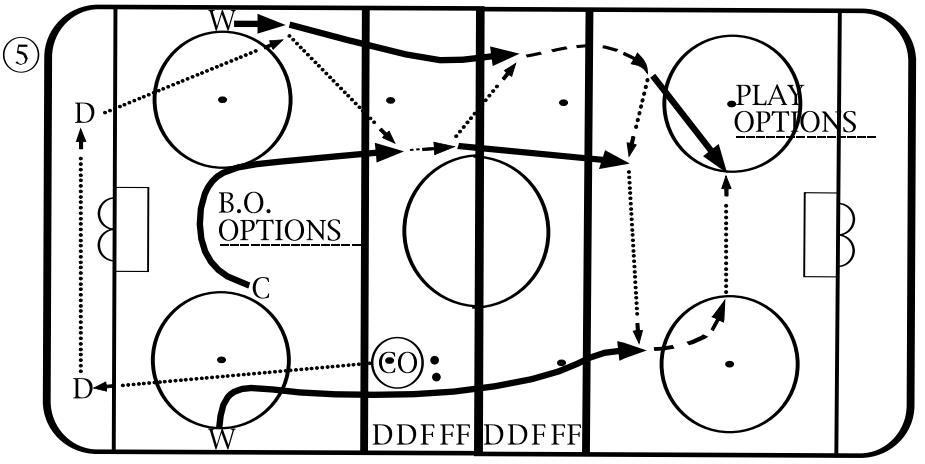
Drill — Regroup Scramble

- Two lines of forwards scramble - skate in neutral zone: when coach passes to one pair of defense their forwards regroup, the other line forechecks



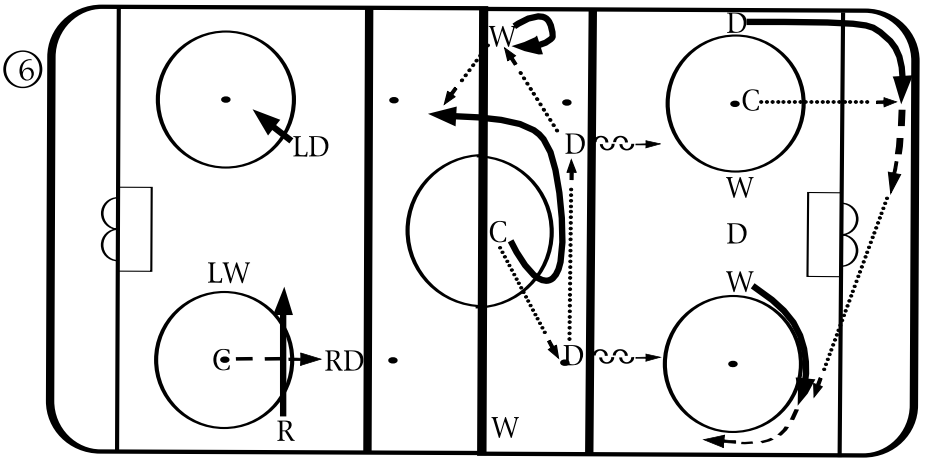
Drill — Breakout Variety

- One way breakout: D carries direct, D carries around, D to D to center, D around to wing, D counter to C or wing, C swings, D around pass to wing, wing returns pass back to D



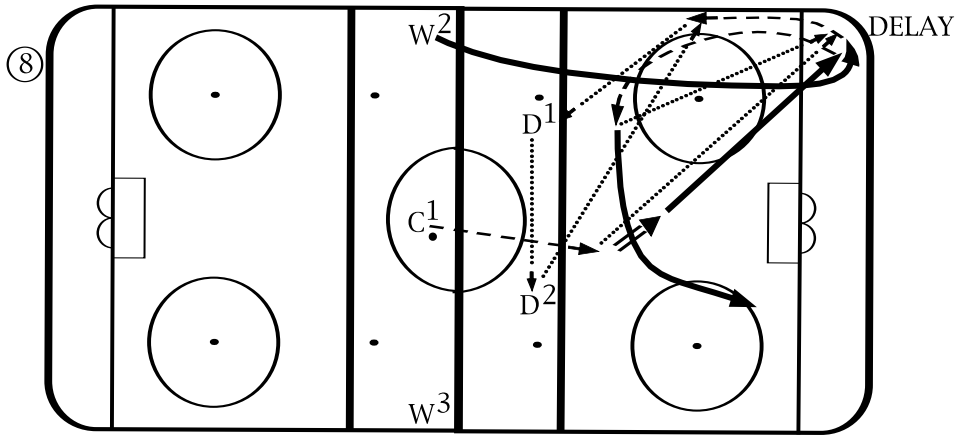
Drill — Skating

- Defensive agility skating



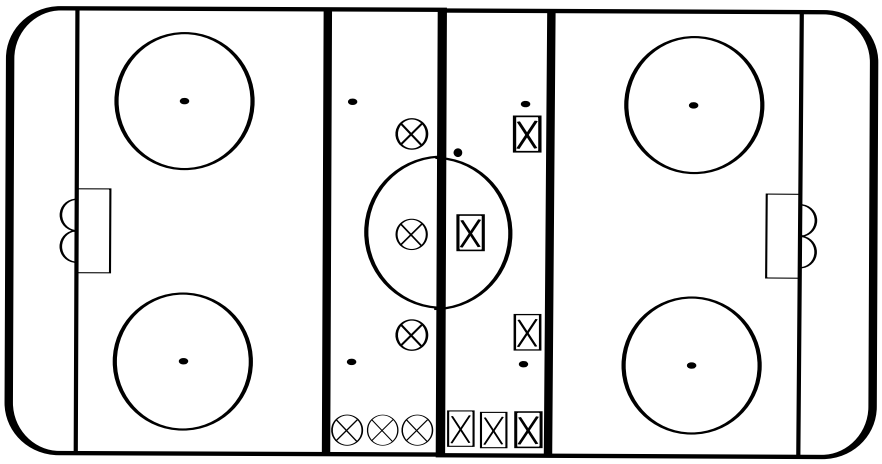
Drill — Cycling Options

- Wisconsin Z with delay: puck is dumped into the corner, W2 retrieves, pass out to D, D pass to D then pass back to W2 for a shot on goal



Drill — Scrimmage

- 3 on 3 fun scrimmage



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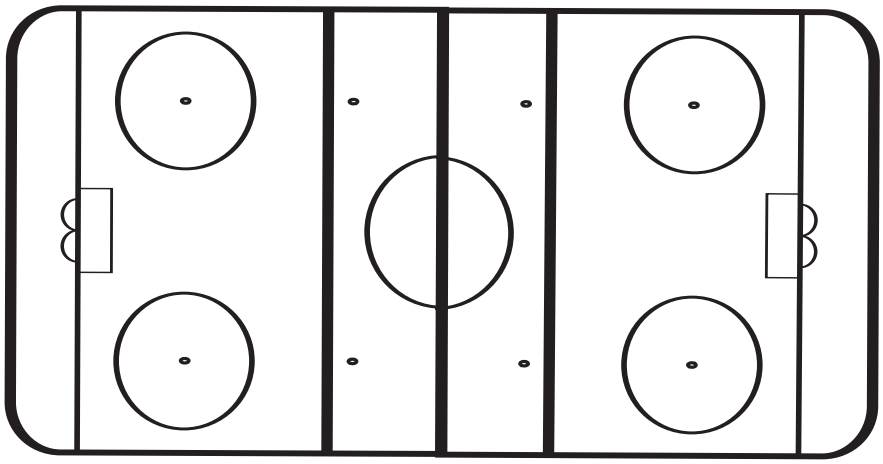


Notes/Comments _____

Hockey Practice Plan

Objectives: Transition practice.

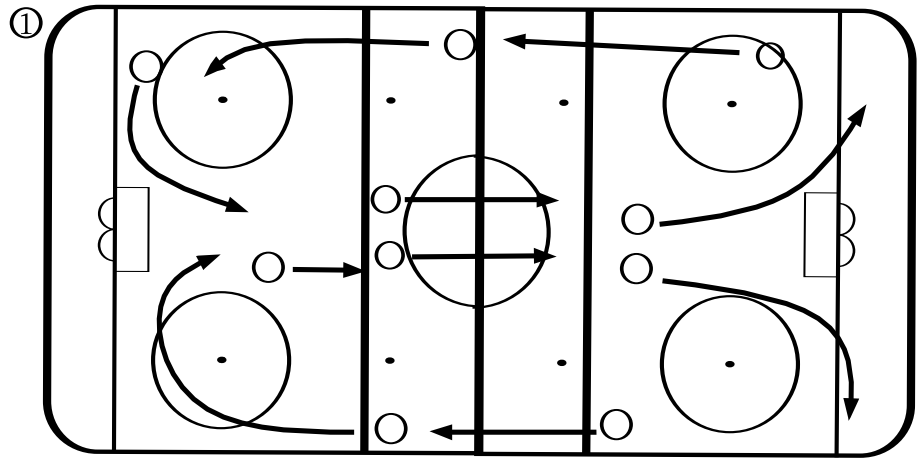
Date: _____
Practice: #17
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	___ Defensive Cov.	___ Short Work - Quickness
X Puck Control	X 2 on 0	X Backcheck	___ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	___ Forecheck	___ Full Ice Modified Games
X Shooting	X 2 on 2	X Breakouts	___ FUN - Relay Contests
___ Checking	X 3 on 1	X Entering Attack Zone	___ Skills Testing
___ Agility Work	X 3 on 2	X Triangulization/Cycling	___ Misc.
___ Goaltending	___ 3 on 0	___ Face-offs	
___ Def./Forwards		___ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch, neck exercises, Heads Up, Don't Duck drills	Off-ice
5 mins.	1. Butterfly stretch: Big C, continuous crossovers, in and outs, S-drill, scooter, hurdler, ostrich, backward swizzles, backward crossovers, on whistle control turns to boards, sprints forward, backward, points, stops and starts	
5 mins.	2. Puckhandling: three in a circle, Olympic puckhandling	
5 mins.	3. Warm up skate pass shot: Swedish warm up, Swedish board	
5 mins.	4. Warm up 1 on 0, 2 on 0: St. Moritz 1 on 1, loop de loop 2 on 2, North Dakota 2 on 2, 3 on 1 continuous	Good flow Good speed
10 mins.	5. 5 on 0 in zone behind net, go to weak side and pass out to defense	Good speed Good passing
10 mins.	6. 5 on 0 in zone behind net, go to weak side and pass out to defense	Head man the puck
5 mins.	7. 5 on 3 chasers	Swarm the puck
5 mins.	8. Regroup - breakout regroup - regroup, attack	Quick transition
5 mins.	9. Survival 1 on 1	Fun

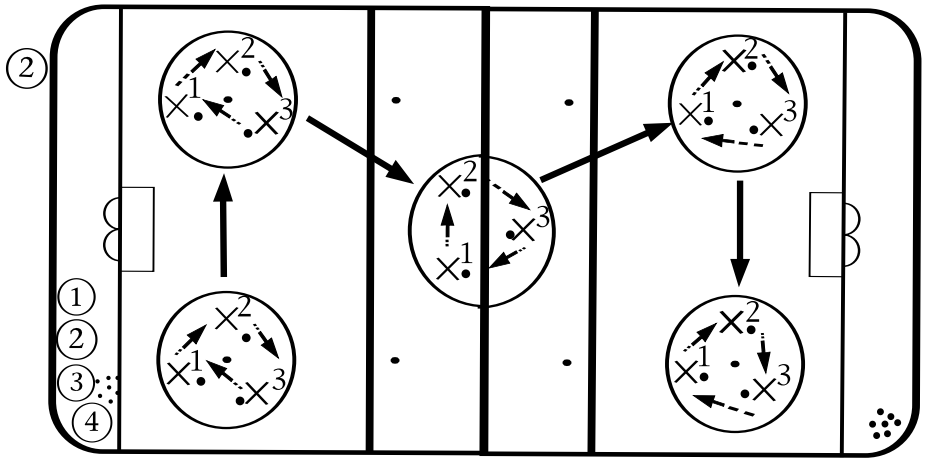
Drill — Stretch Exercises

- Big C, continuous crossovers, in and outs, S-drill, scooter, hurdler, ostrich, backward swizzles, backward crossovers, on whistle control turns to boards, sprints forward, backward, pointer, stop and starts



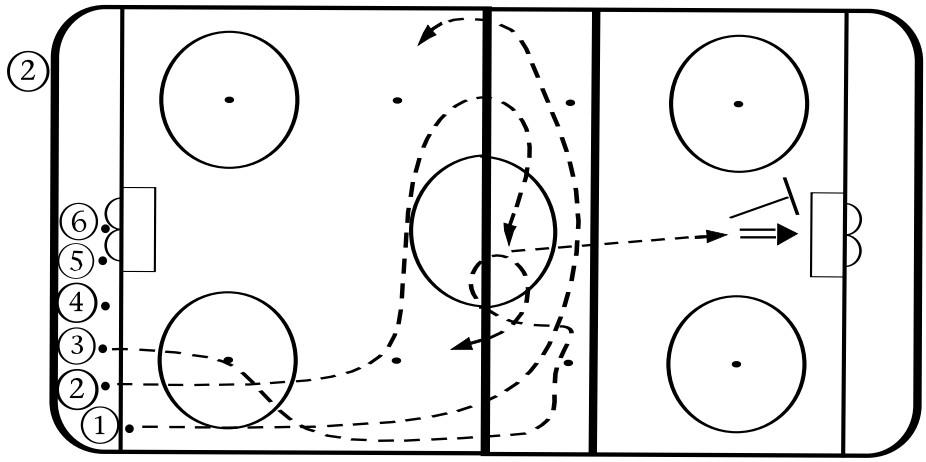
Drill — Puckhandling

- Three players each with a puck - puckhandle inside circle, on whistle move to next circle



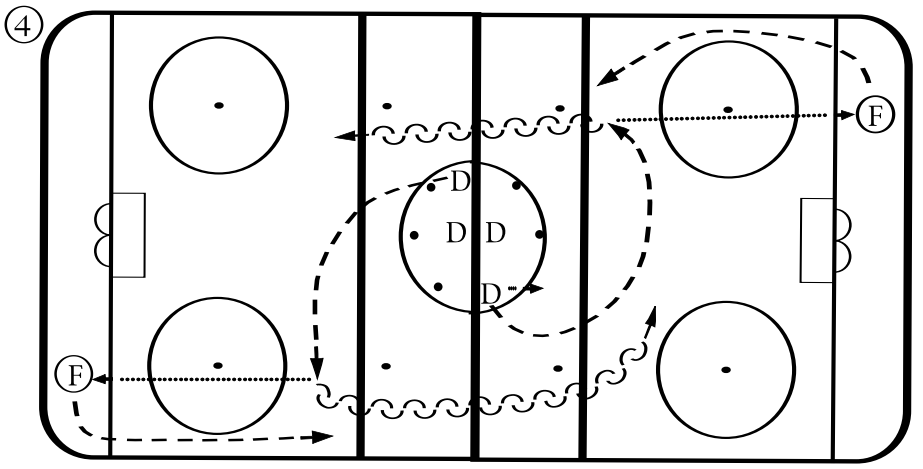
Drill — Puckhandling

- Olympic puckhandling - shoot and rebound
- Three, four or five players go to middle, puckhandle, then go in on whistle, shoot and rebound



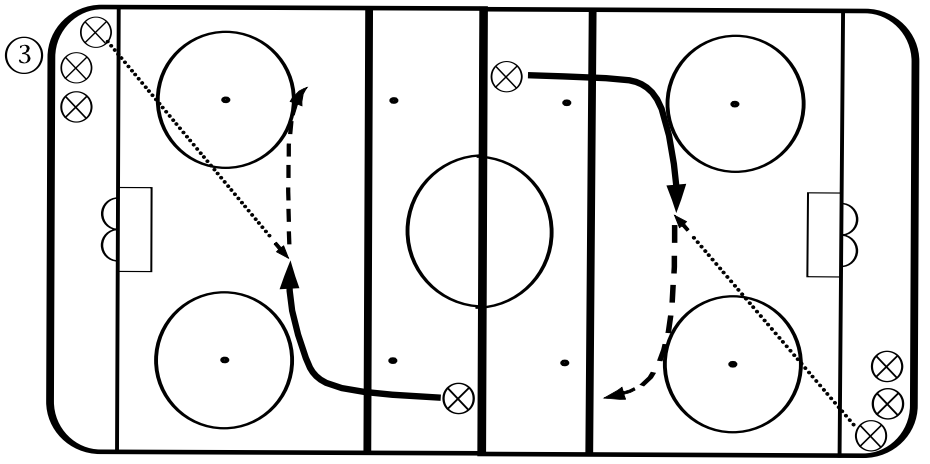
Drill — Warm Up

- St. Moritz - 1 on 1 - 2 on 1
- Defense in middle circle skates with puck over blue line by ten feet, passes to forward who receives puck then goes 1 on 1



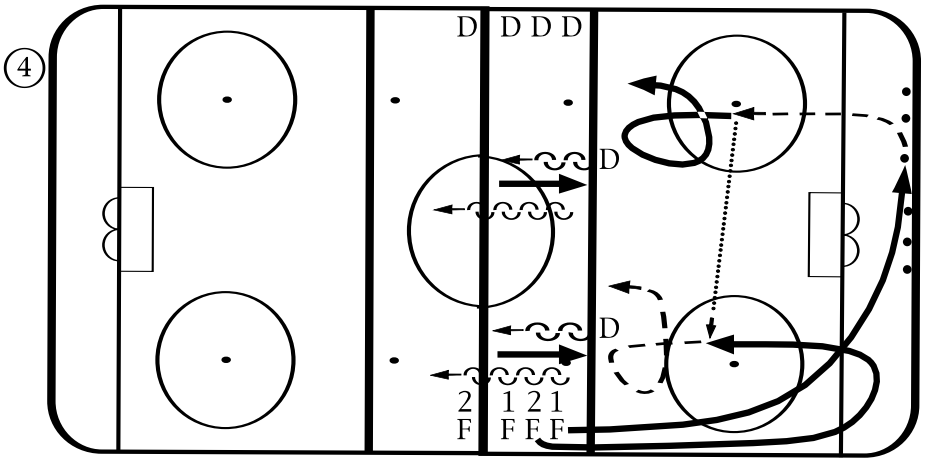
Drill — Swedish Warm Up

- 1 on 0 pass out - go in and shoot, then follow receiver



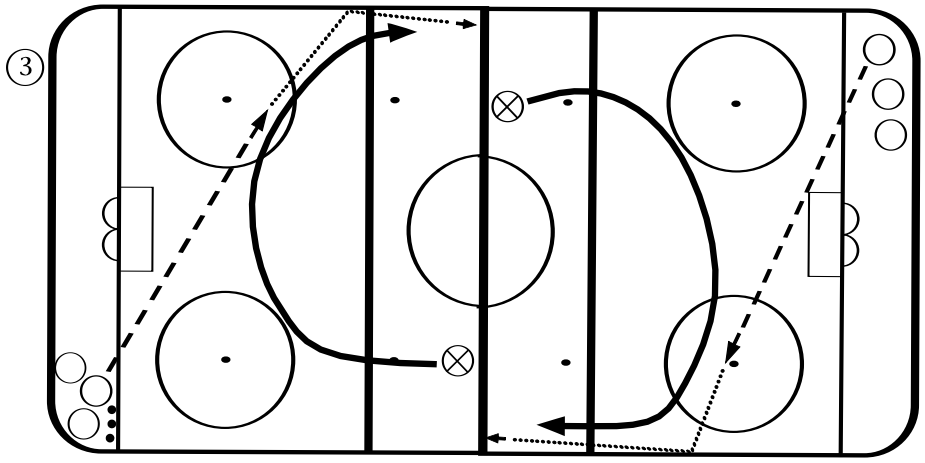
Drill — Loop De Loop

- 2 on 2
- On the whistle, make a controlled turn and continue 2 on 2 up ice
- Defensemen keep good gap control



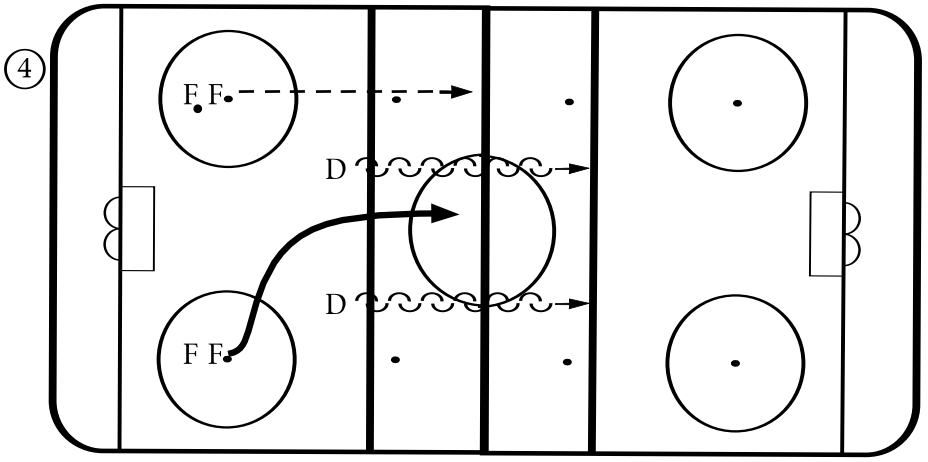
Drill — Swedish Board Pass

- 1 on 0
- Pass off boards



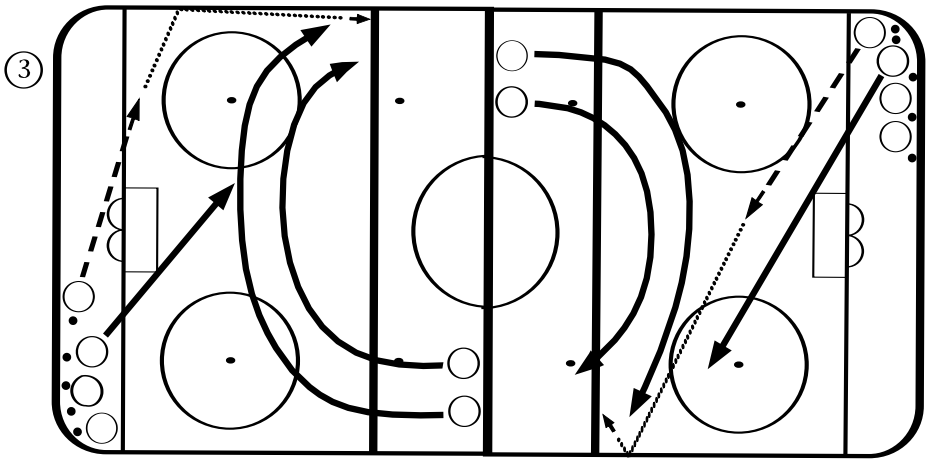
Drill — North Dakota

- 2 on 2
- Defense position themselves 10 feet inside blue line, forwards at opposite face-off dots - on pass from F to F, defensemen skate backward and play 2 on 2



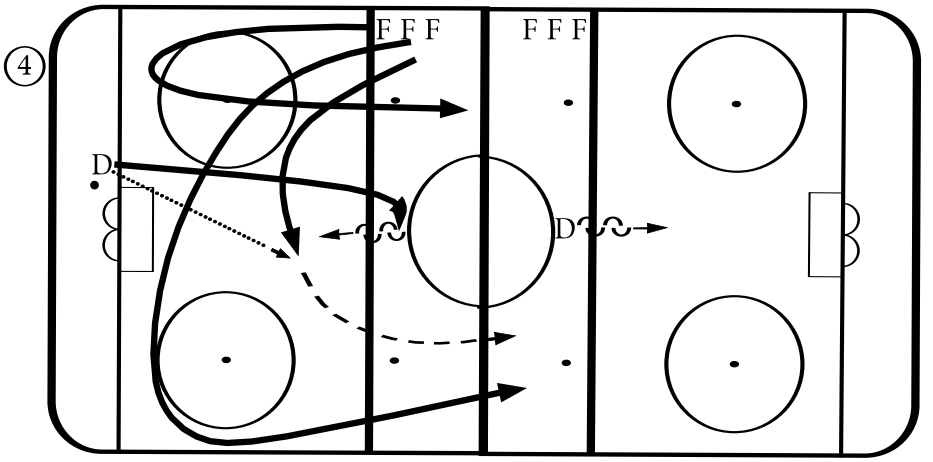
Drill — Swedish Board Pass

- 2 on 0
- Pass off boards



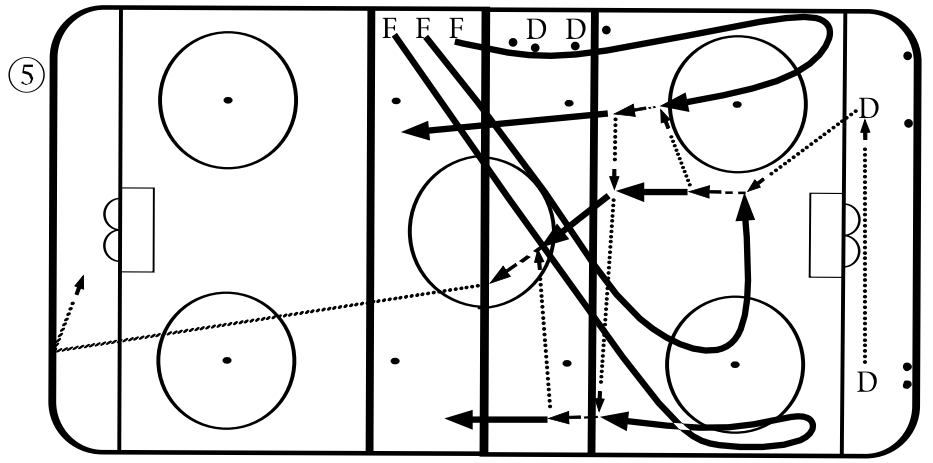
Drill — Skating

- 3 on 1 continuous
- 3 on 2 continuous



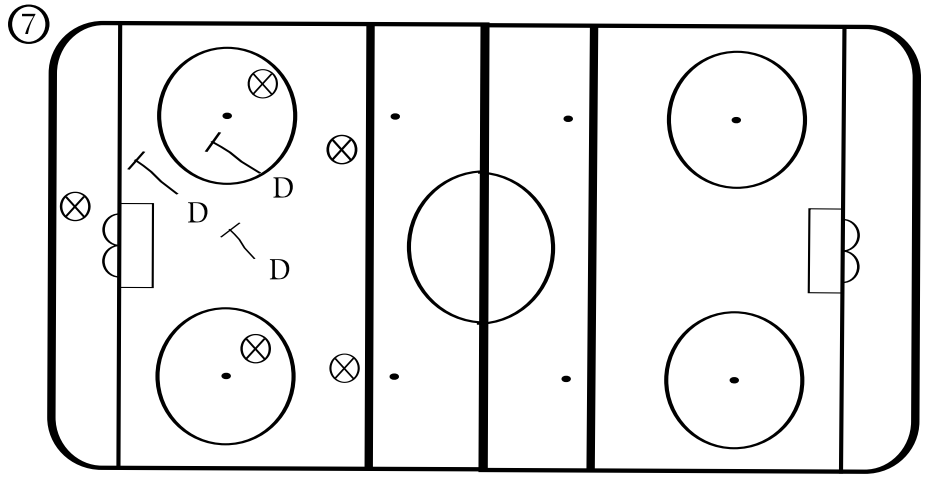
Drill — Five Pass Dump

- D to D to C to W to W to C and dump in



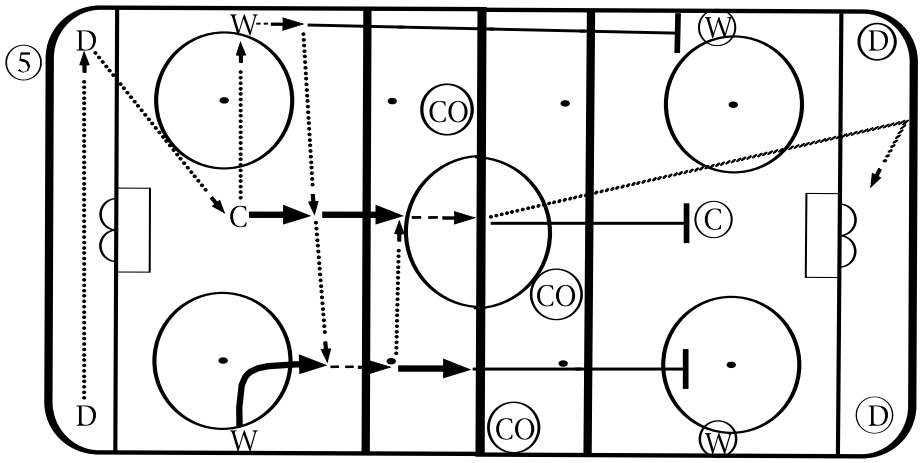
Drill — Offensive Zone Play

- 5 on 3 in offensive zone chaser
- Three forechecking chasers



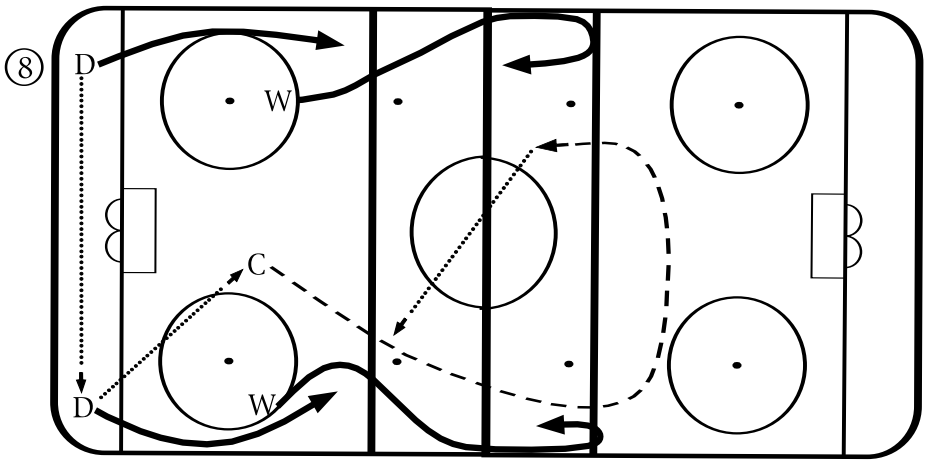
Drill — Notre Dame Dump

- Breakout
- Coaches apply pressure in neutral zone
- Dump into zone
- Continuous breakouts and dump in zone



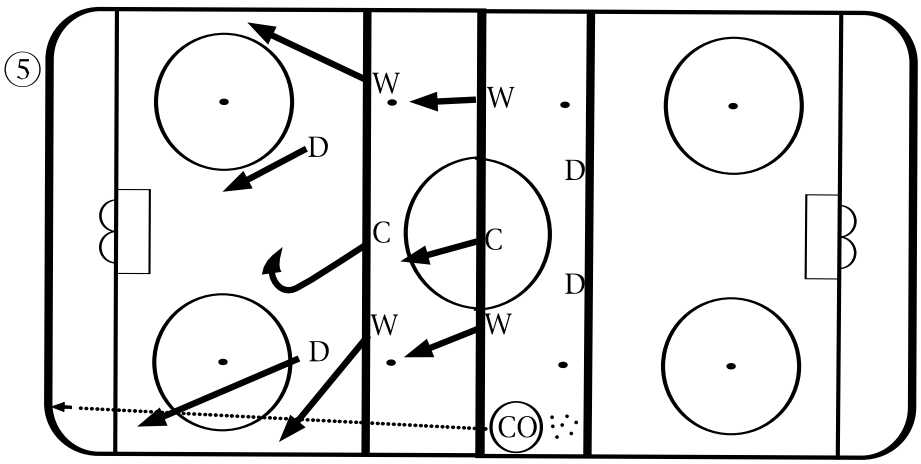
Drill — Regroup

- Breakout - regroup - attack



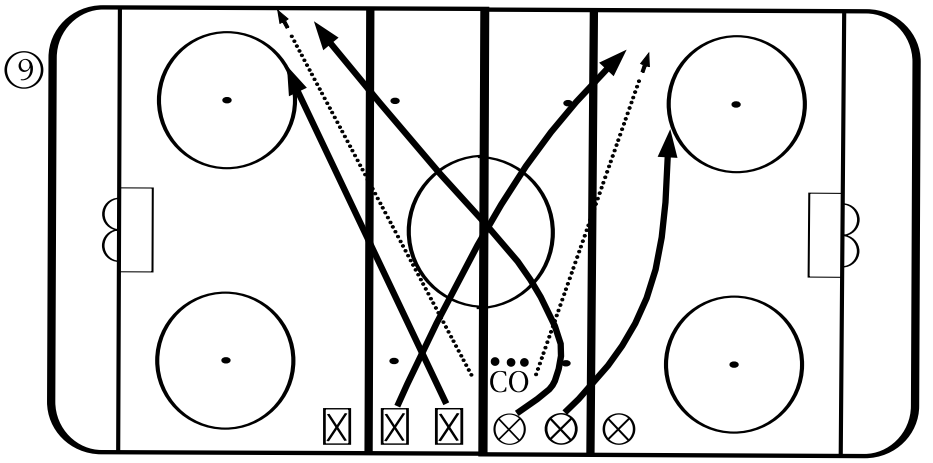
Drill — 5 on 5 Breakout - Forechecking Drill

- Try to breakout with over to center, carry around, throw up, throw back, over throw up, throw back, reverse to center
- Coach dumps puck into corner
- Try to breakout against 5 player forecheck
- Read options available



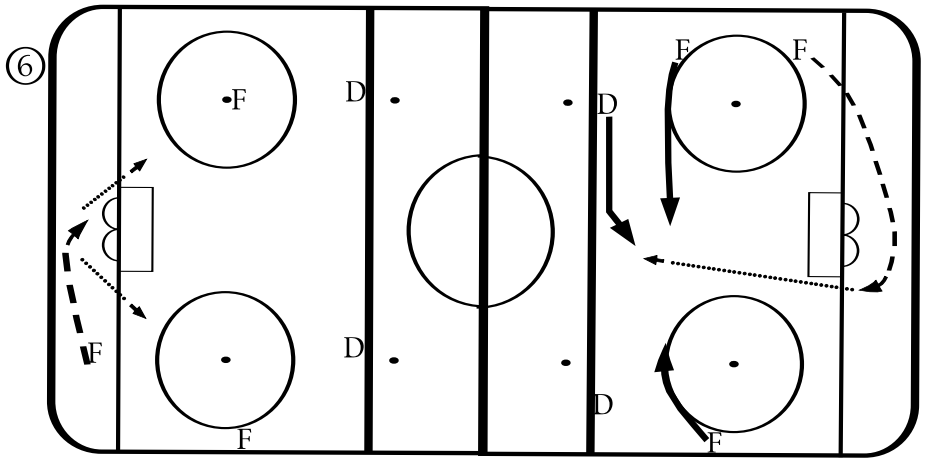
Drill — Survival 1 on 1

- Play until you score one



Drill — Passing

- 5 on 0 offensive passing movement inside zone: set up behind net, pass around or go to weak side and pass out to either weak or strong side to defensemen



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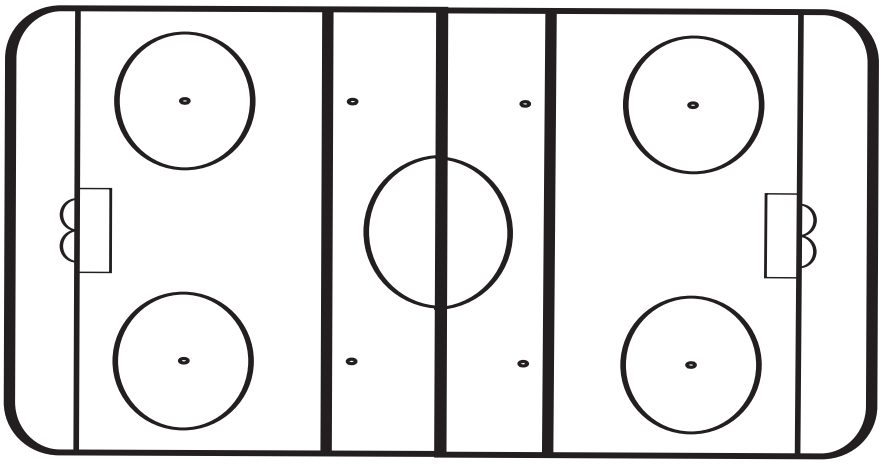

Notes/Comments _____

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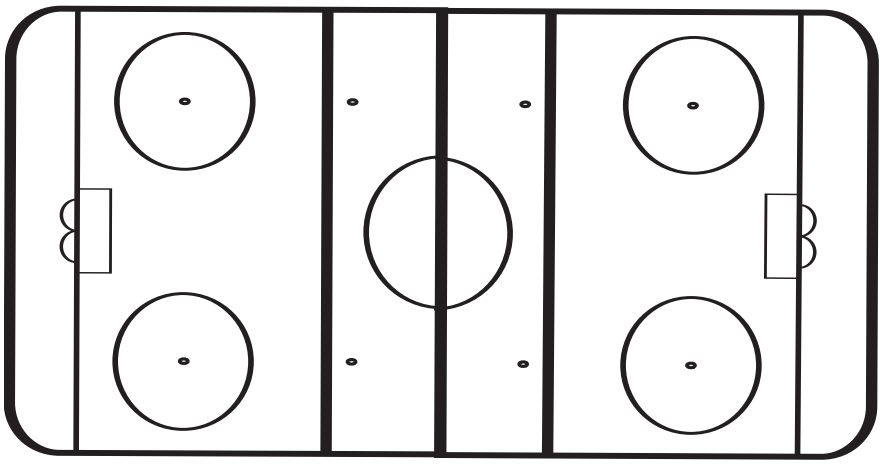

Notes/Comments

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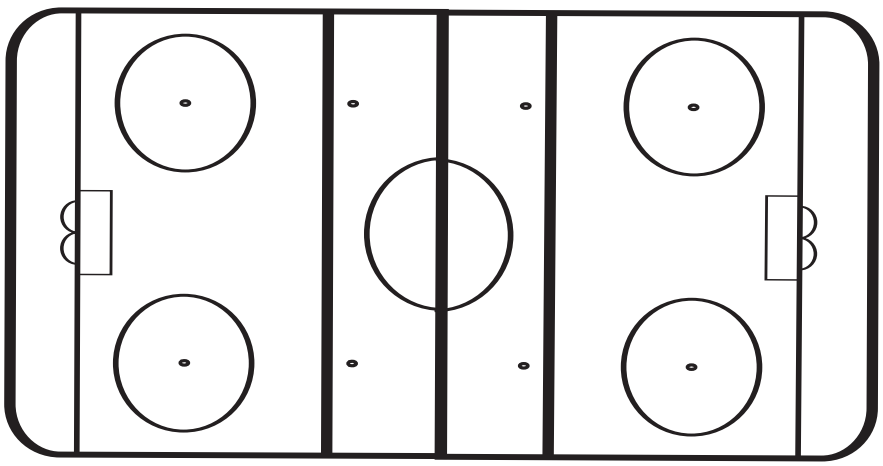

Notes/Comments

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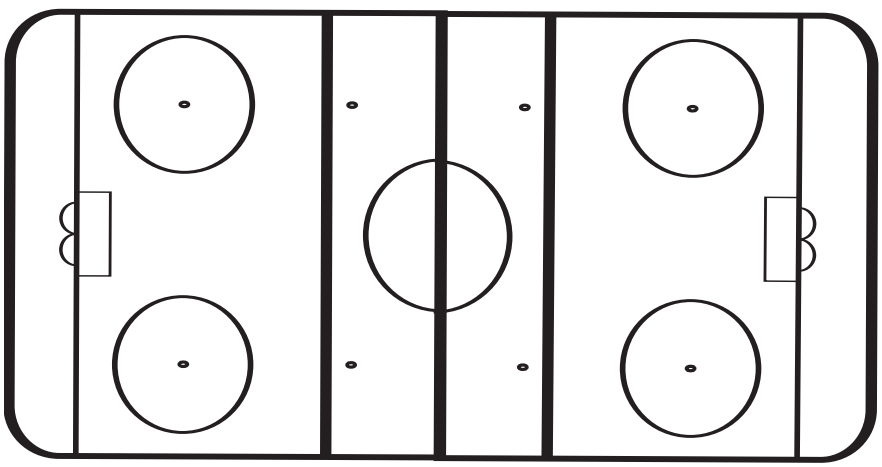


Notes/Comments

Hockey Practice Plan

Objectives: 3 on 0 options - read and react, power play concept, power play options, cycling concept, cycling options, power play breakout.

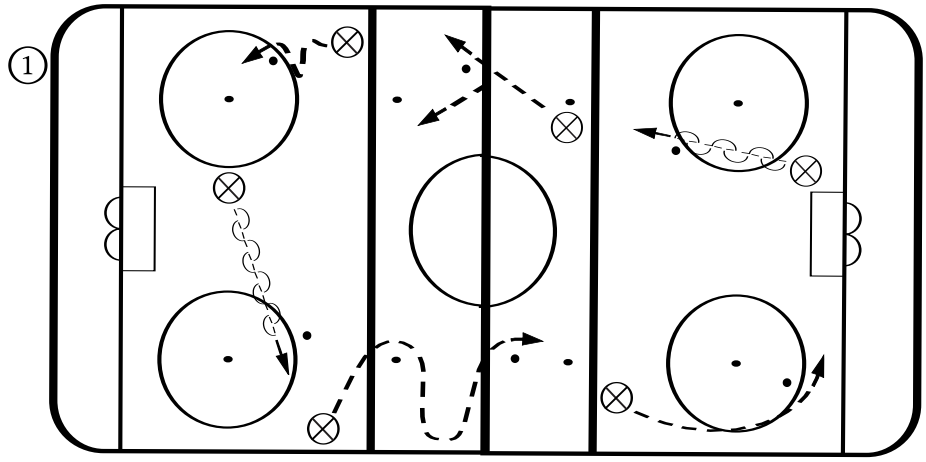
Date: _____
Practice: #18
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	X Defensive Cov.	____ Short Work - Quickness
____ Puck Control	____ 2 on 0	____ Backcheck	X Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	X Forecheck	X Full Ice Modified Games
____ Shooting	____ 2 on 2	____ Breakouts	X FUN - Relay Contests
____ Checking	____ 3 on 1	X Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	X Triangulization/Cycling	____ Misc.
____ Goaltending	X 3 on 0	____ Face-offs	
____ Def./Forwards		X Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	
3 mins.	1. Skate around the rink with puck	Easy
3 mins.	2. 3 on 0 enter around net, play options, one way then both ways	Be creative
5 mins.	3. Power play concept, power play options	Read
5 mins.	4. Cycling concept, cycling options	Good flow
3 mins.	5. Clearing rebounds, defending slot, offensive movement between forwards and defense	Bear down on the puck
5 mins.	6. Regroup	Transition
5 mins.	7. More offensive movement between forward and defense	
5 mins.	8. Power play breakout	
5 mins.	9. Stretch passing	Tape to tape
10 mins.	10. Team showdown	Fun

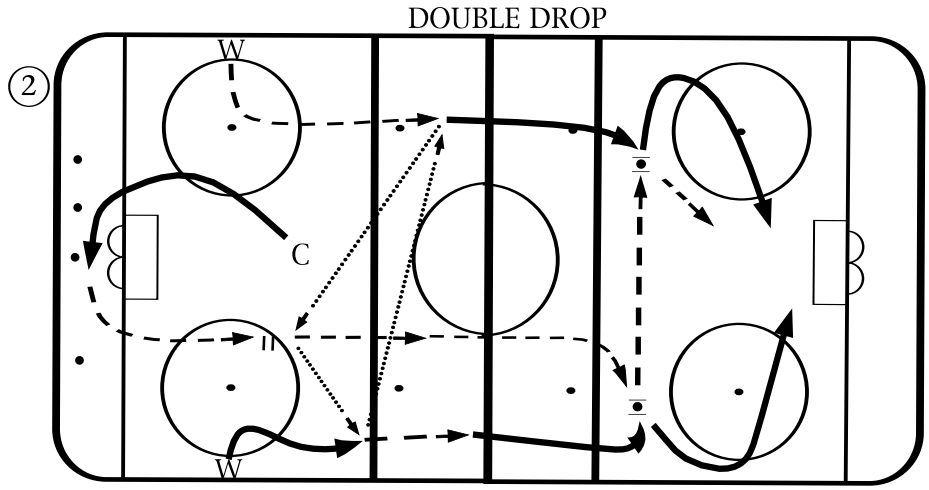
Drill — Skating

- Stay close to boards: skate with puck at blue-red-blue, one knee, two knees, hurdler, scooter, Big C, continuous crossovers, in sprints push the puck, backward with pucks, crossovers



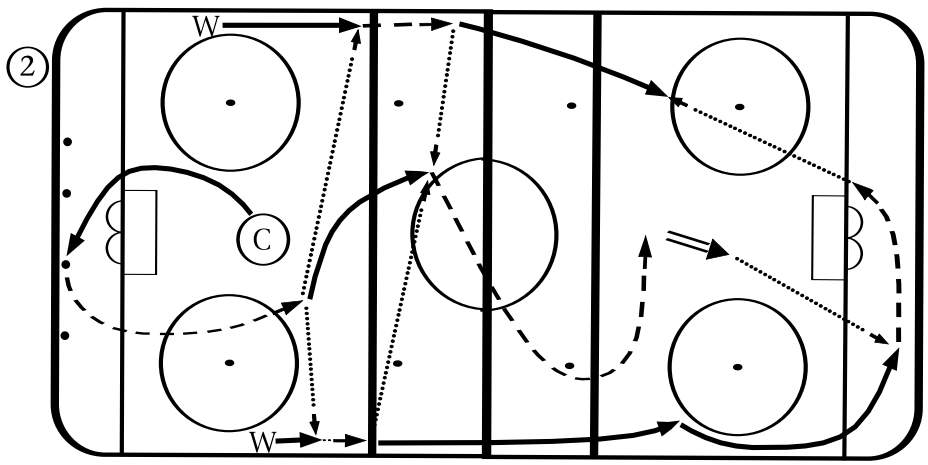
Drill — 3 on 0 Around Net

- Play options: drive speed, diagonal back pass, diagonal back pass with return, off wing trailer, center trailer, board pass, drop pass, double drop



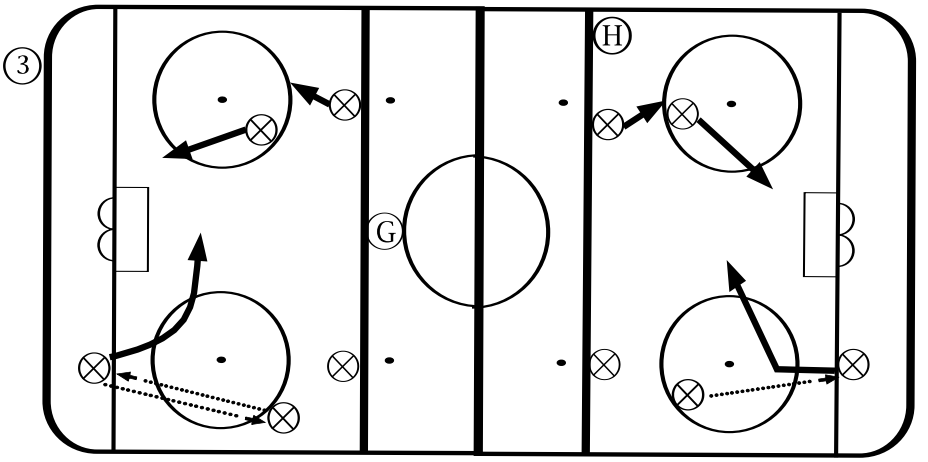
Drill — 3 on 0 Around Net

- Play options and then cycle with two options on two different circles then backcheck to slot



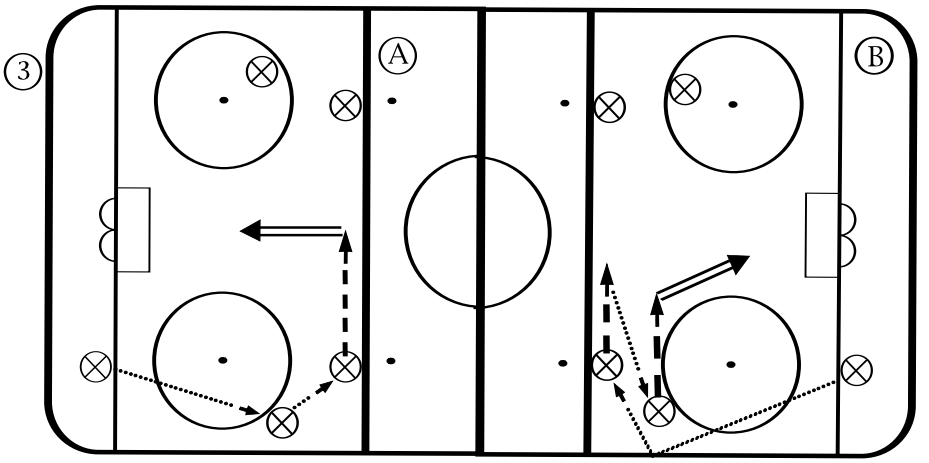
Drill — Power Play

- Up - down walk out
- Down walk out



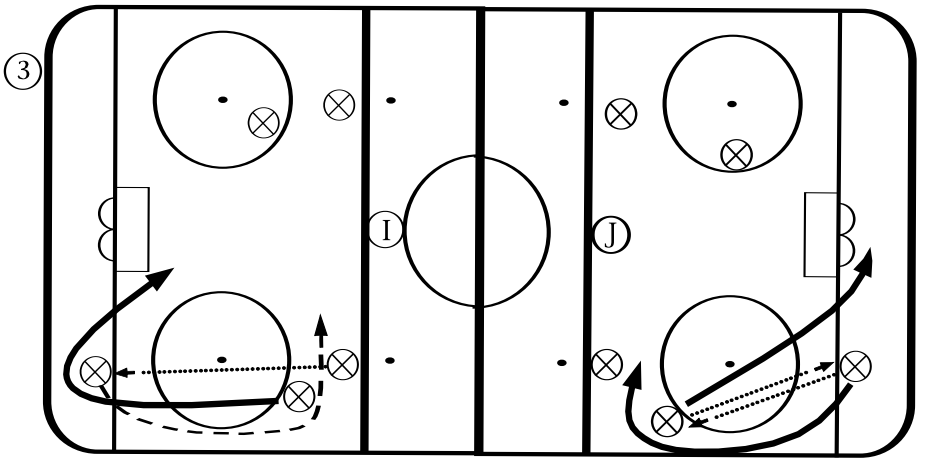
Drill — Power Play

- D walks and shoots
- D walks, passes to player at mid-board
- Mid-board player shoots on net



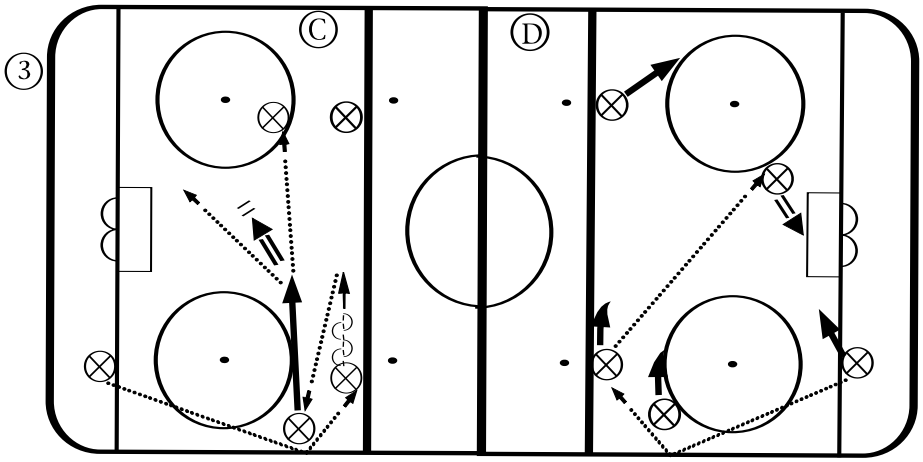
Drill — Power Play

- Down switch, carry up
- Up - down switch, carry up



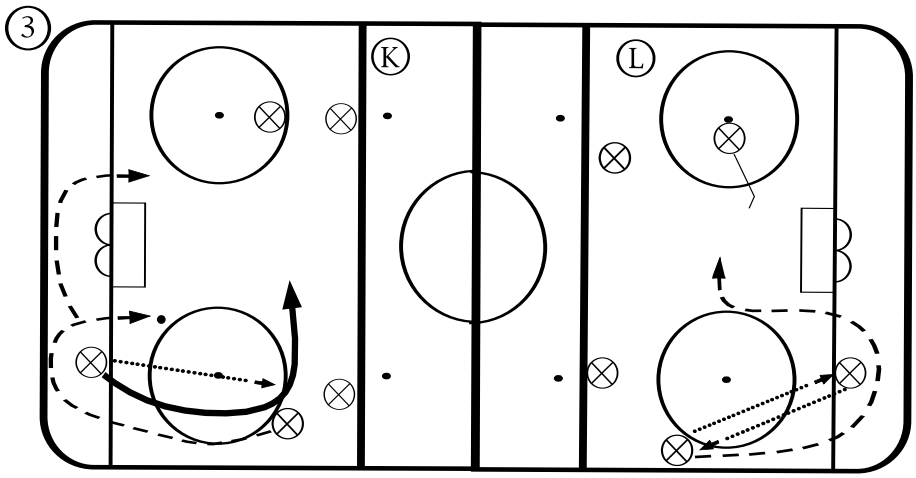
Drill — Power Play

- D walks, passes to mid-board player who walks out, shoots, fakes shot or passes
- D passes low weak side, shoots or passes across



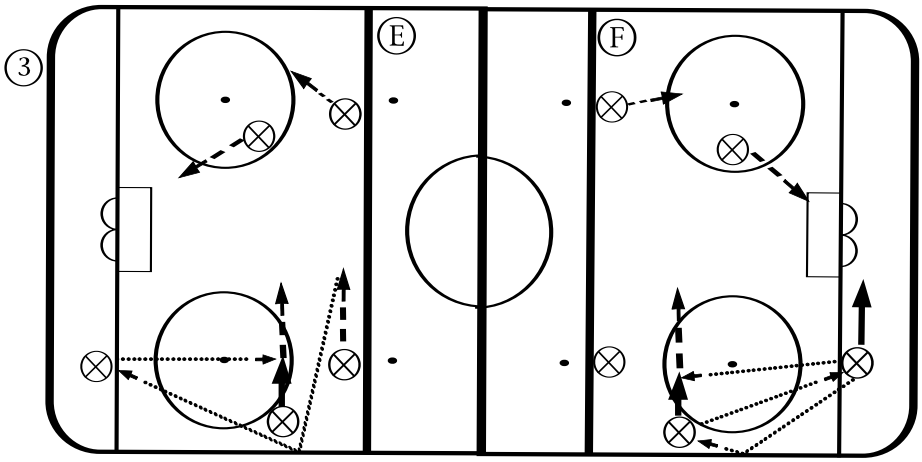
Drill — Power Play

- Up switch carry down around or walk out
- Down - up switch carry around or walk out



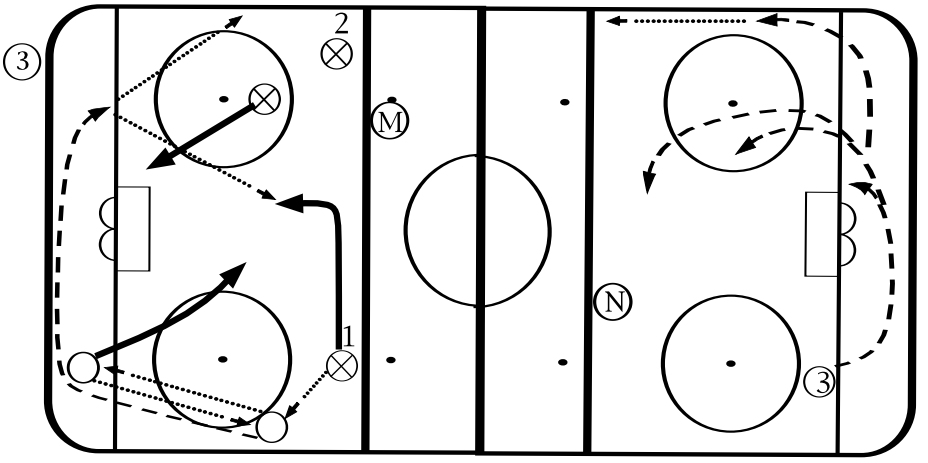
Drill — Power Play

- D walks, passes to mid-board player
- Down - up mid-board and walk out
- Up - down - up three pass mid-board and walk out



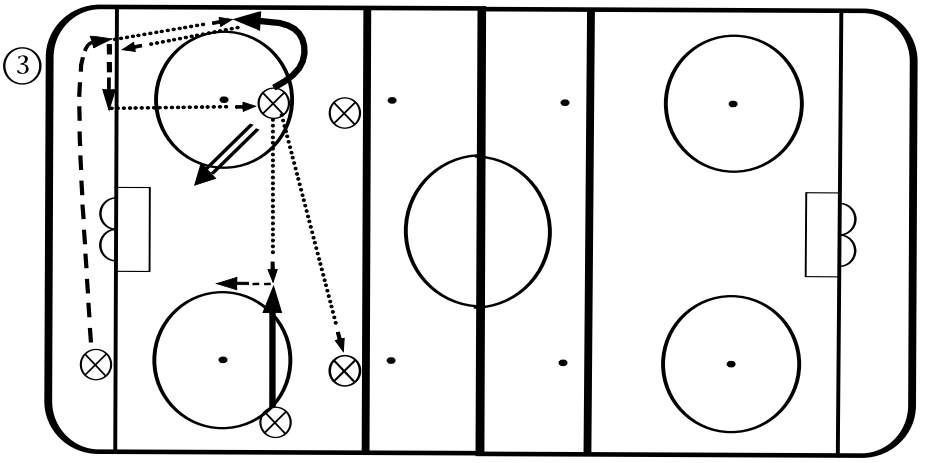
Drill — Power Play

- Montreal down - up switch carry around: first options - 1D and 2D
- Wrap around, come around low, come around high, come around with pass out to D



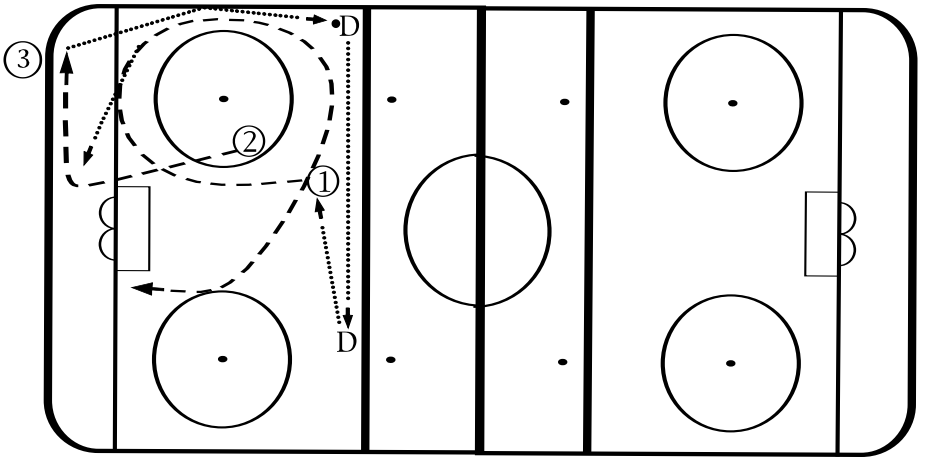
Drill — Power Play

- King of Prussia carry around - up - down - up, three pass - shoot or pass



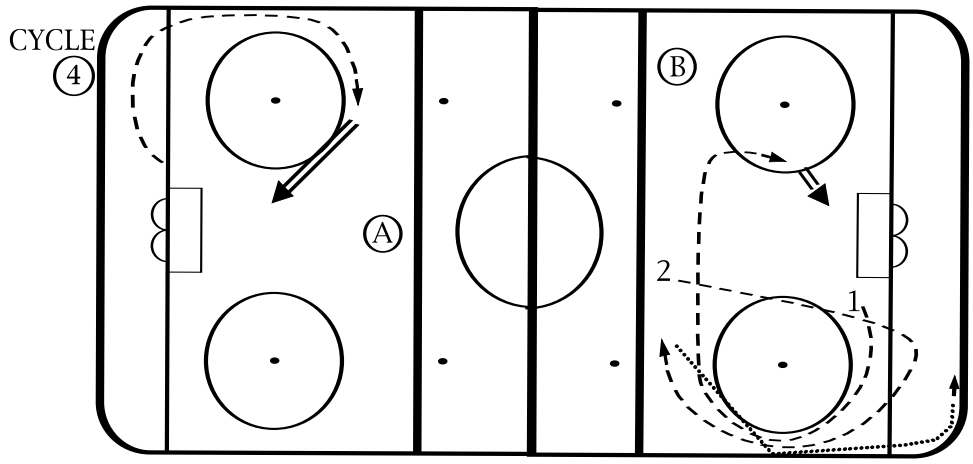
Drill — Cycling

- Curl circle, bump pass, pass from deep in corner for Wisconsin Z



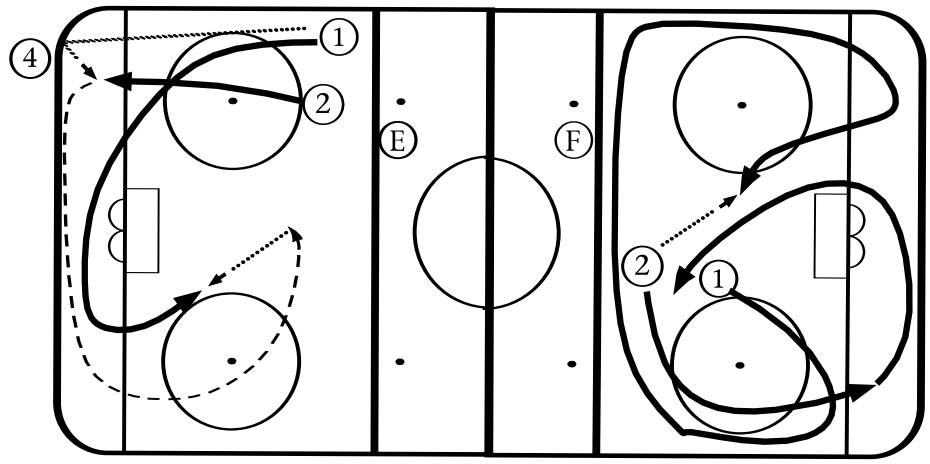
Drill — Cycling

- Curl, shoot
- Double curl, shoot pass



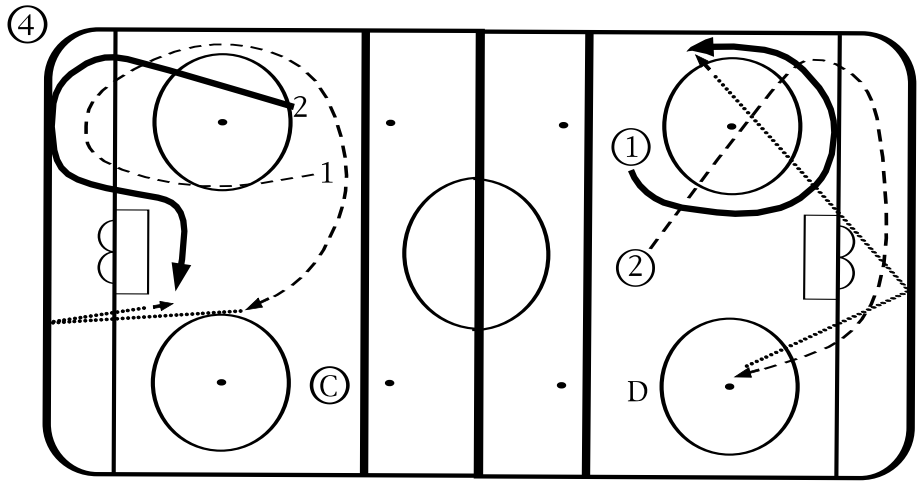
Drill — Cycling

- Come around with trailer
- Come around with off-wing trailer



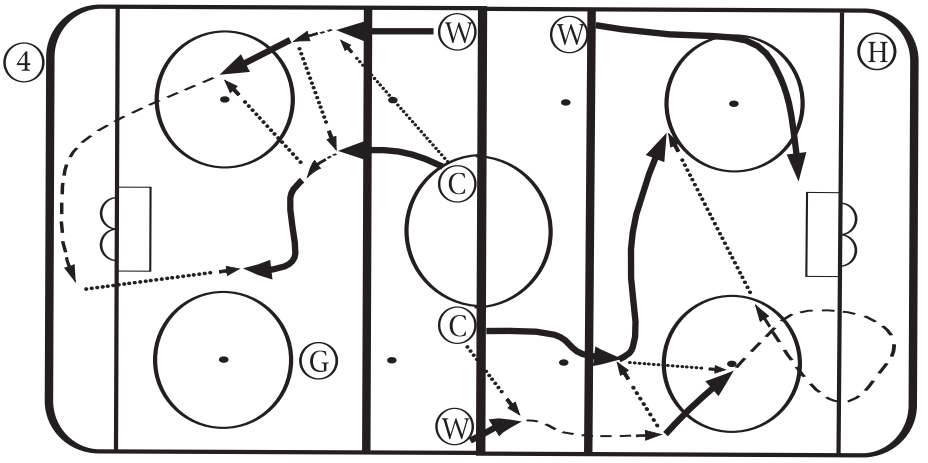
Drill — Cycling

- Curl, bump pass, walk out
- Curl circle, go behind net with reverse pass



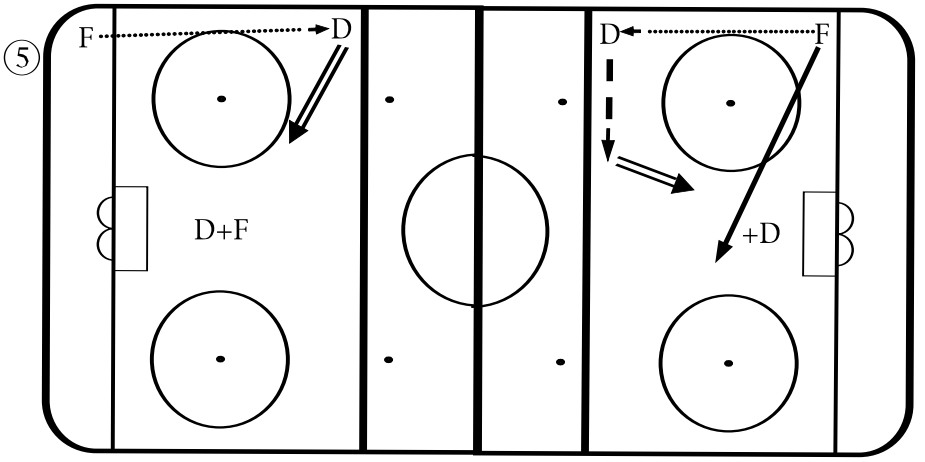
Drill — Cycling

- Behind net pass out
- Three pass diagonal return passes with escape and pass



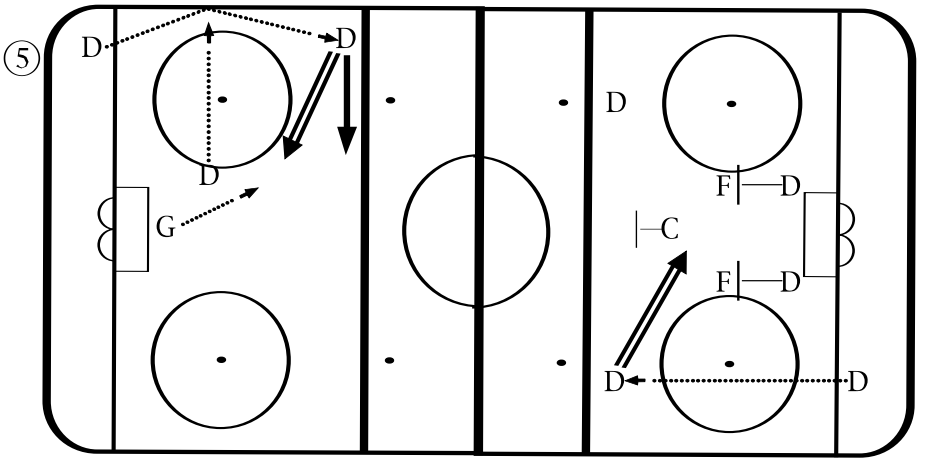
Drill — Defending Slot

- Forward passes to defenseman
- Defense shoots from the blue line
- Forward in front of net tries to screen and tip



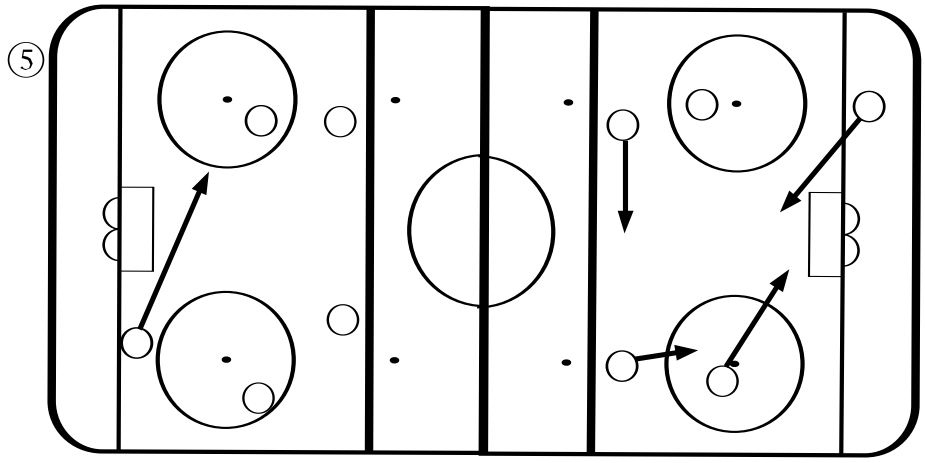
Drill — Clearing Rebounds

- Defenseman passes out to defenseman at blue line for shot on goal
- Defenseman clears puck to boards
- Defensive players clear puck to boards



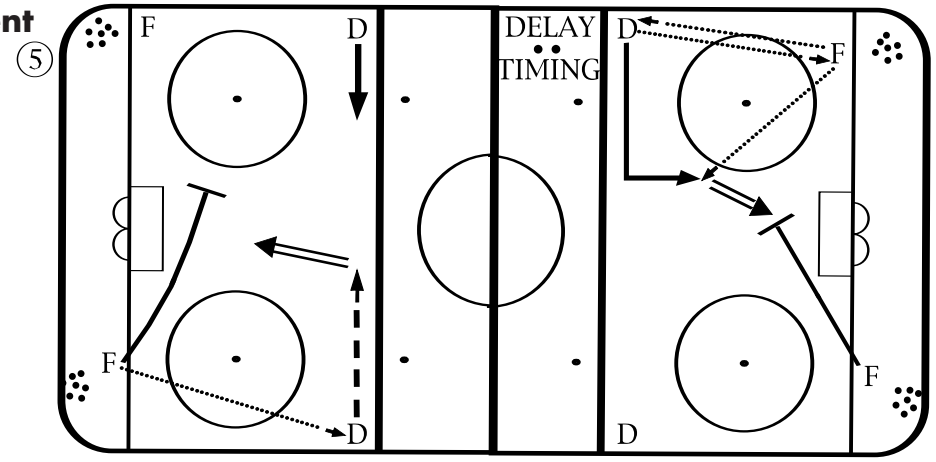
Drill — Power Play

- Transition from formations, transition from overload to house to church



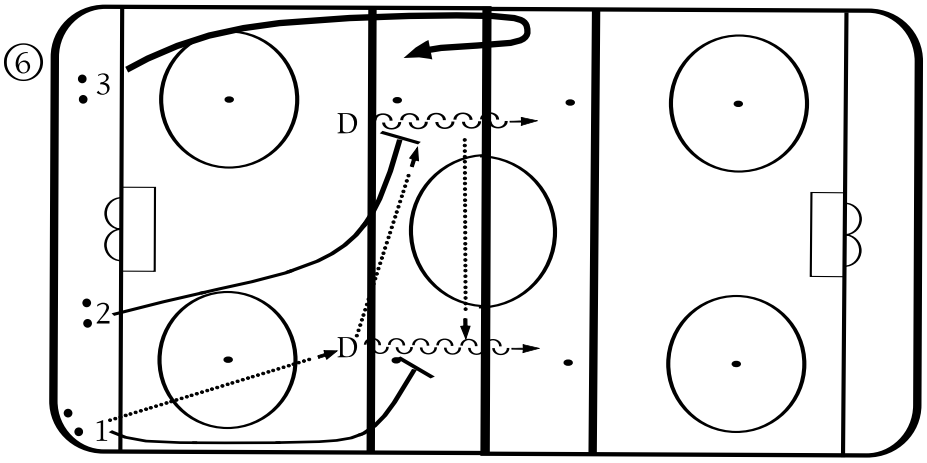
Drill — Offensive Movement

- 2 zone drill
- Pass out to defenseman
- Walks out and shoots
- Forward looks for tip and rebound



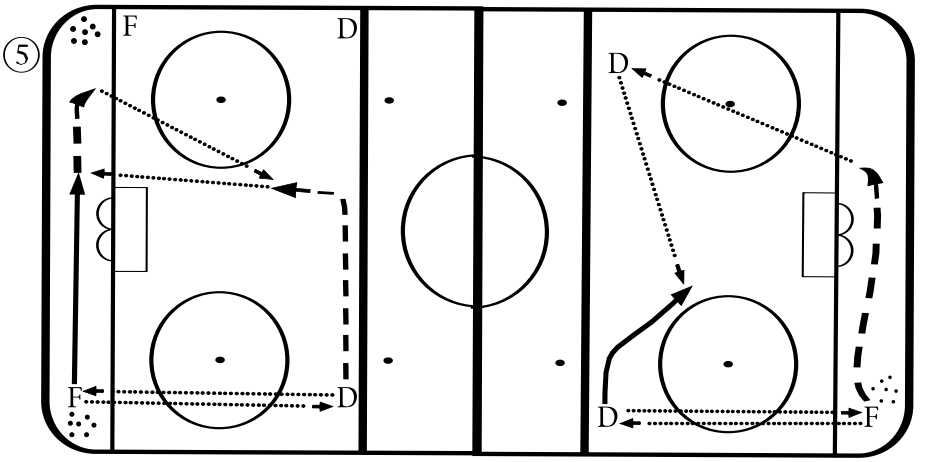
Drill — Regroup

- Regroup and attack the same net
- Be creative



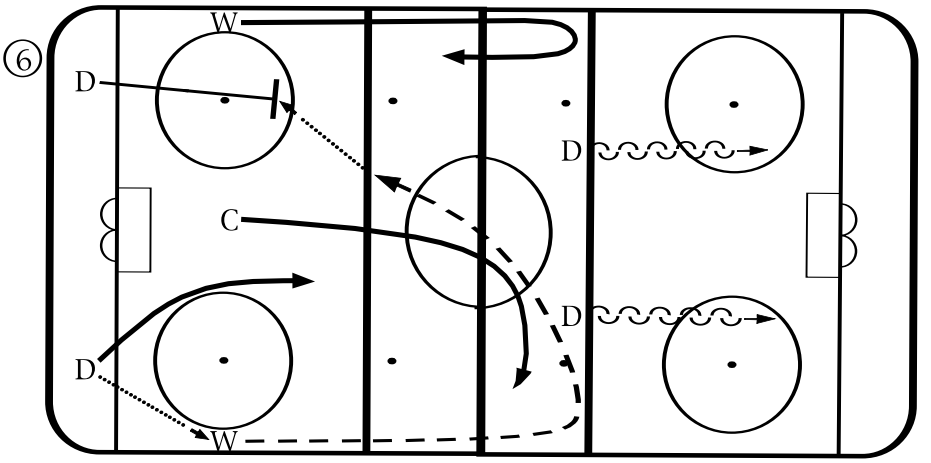
Drill — Offensive Movement

- Move the puck around



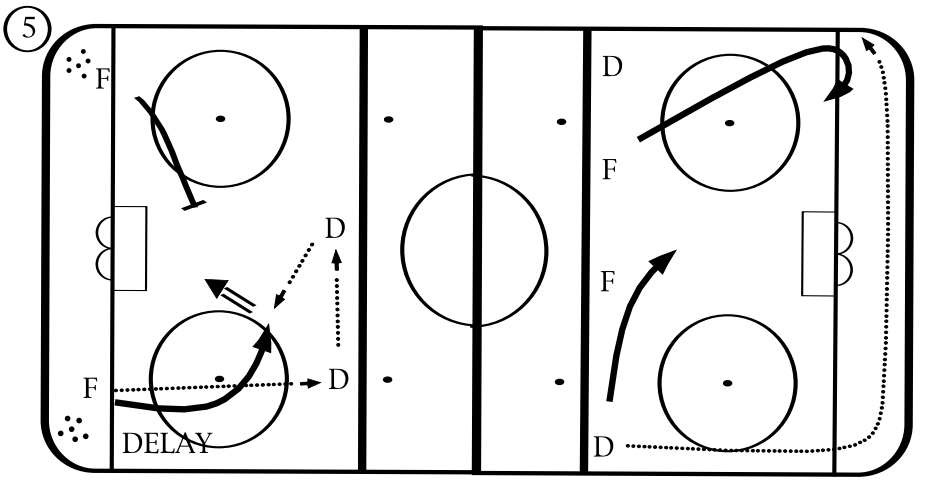
Drill — Regroup

- Breakout, regroup with original D, regroup with far D, attack



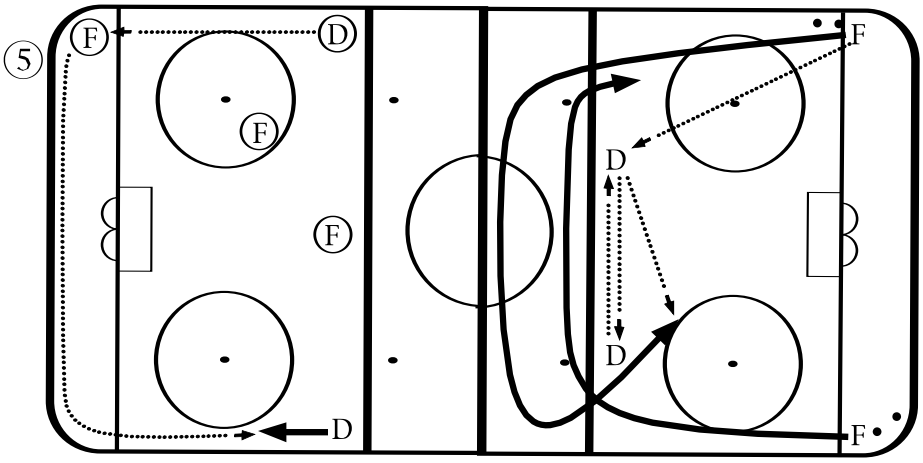
Drill — Wisconsin Z

- Forwards in both corners
- Pass out to defenseman
- Defenseman pass D to D
- Defenseman passes back to forward for shot on net. Both forwards look for rebound



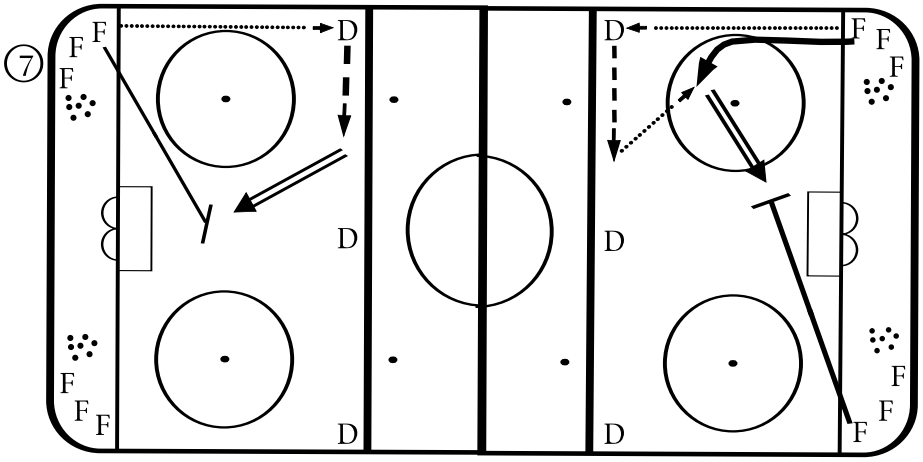
Drill — Shooting

- Pass to any player for shot
- Forward passes puck to defenseman
- Defenseman pass D to D
- Forwards criss cross and receive pass back from defenseman
- Skate in 2 on 0 for shot on goal and look for rebound



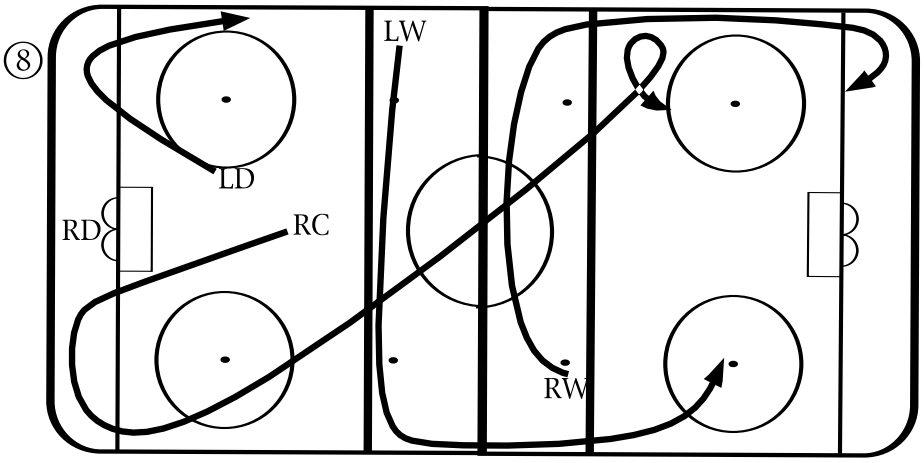
Drill — Offensive Movement

- Forward passes out to defenseman at blue line
- Defenseman walks out and shoots on net
- Forward looks for tip and rebound



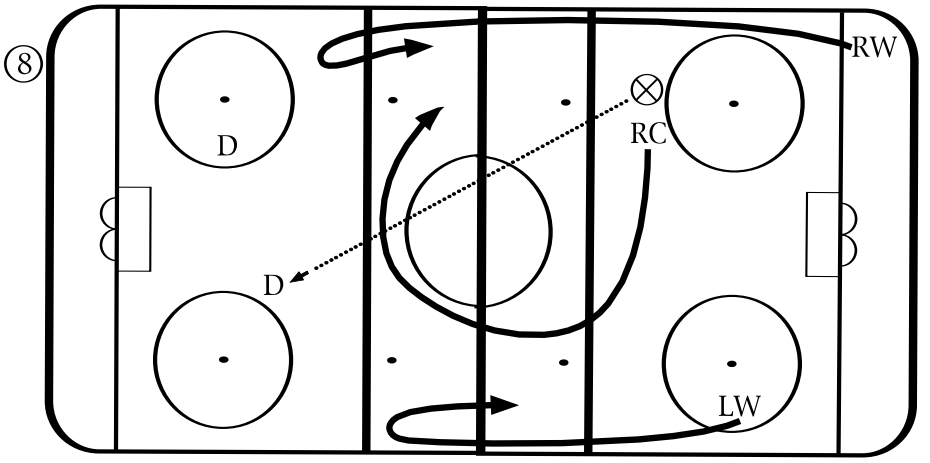
Drill — Power Play Breakout

- Right center curl - power play breakout



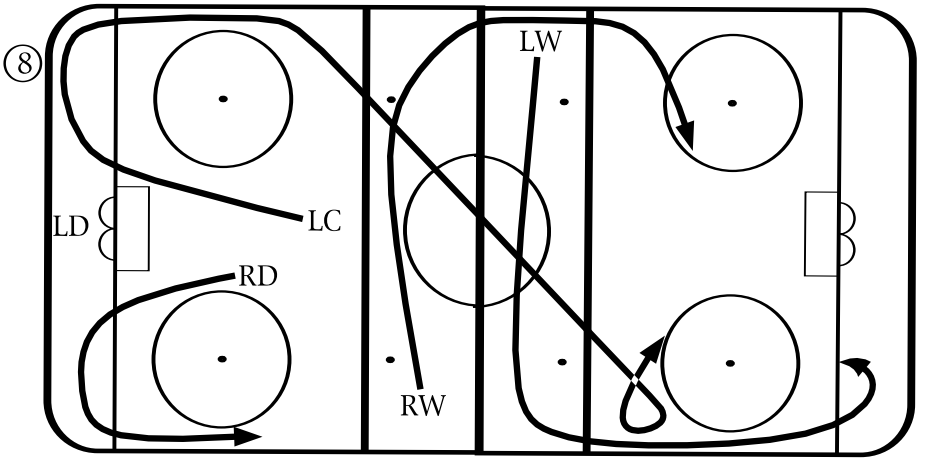
Drill — Power Play Regroup

- Regroup on clearing
- Pass for power play



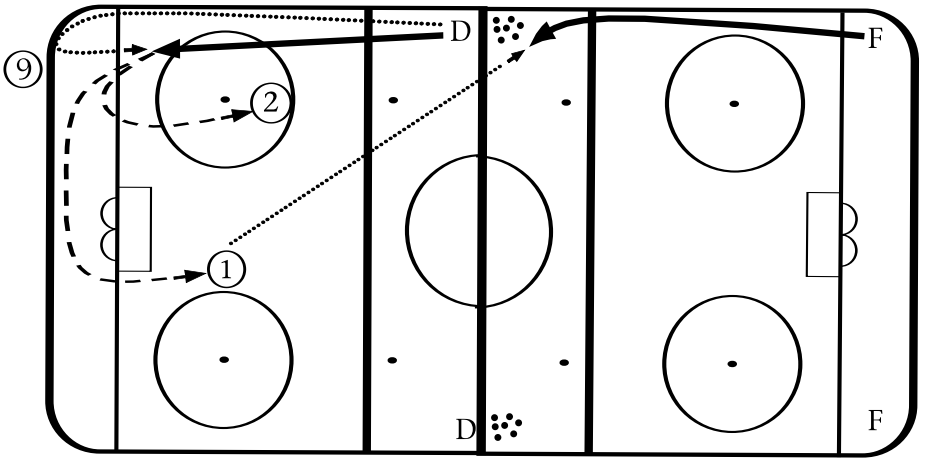
Drill — Power Play Breakout

- Left center curl, power play breakout



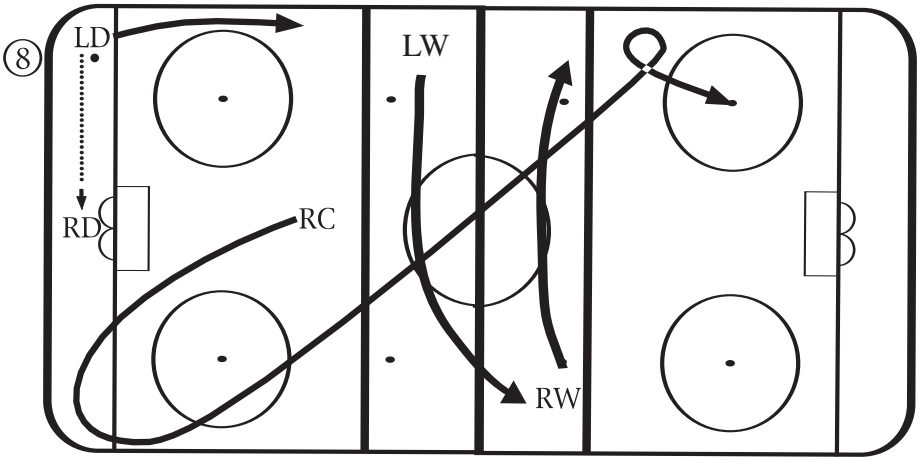
Drill — Stretch Passing

- Defenseman dumps the puck into the corner and retrieves it
- Can skate behind the net or turn up right away
- Make long pass to forward coming out of zone



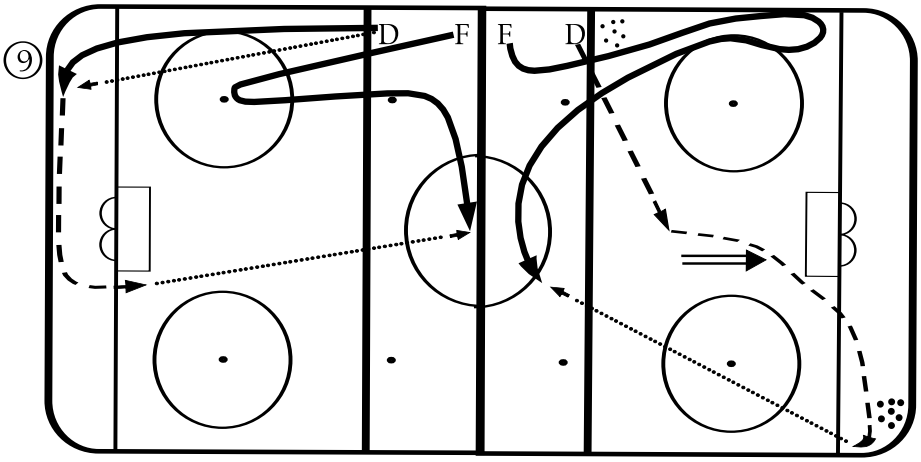
Drill — Power Play Breakout

- Defensemen begin breakout



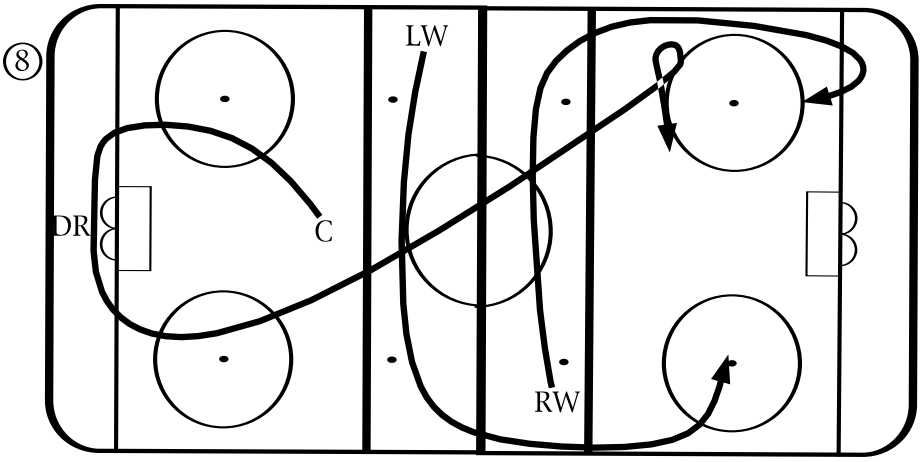
Drill — Stretch Passing

- Defenseman dumps puck in corner and skates around net with puck after retrieving it
- Defenseman makes pass to forward skating through the neutral ice
- Variation and defenseman can shoot on net



Drill — Power Play Breakout

- Center skates behind net and picks up puck from defenseman



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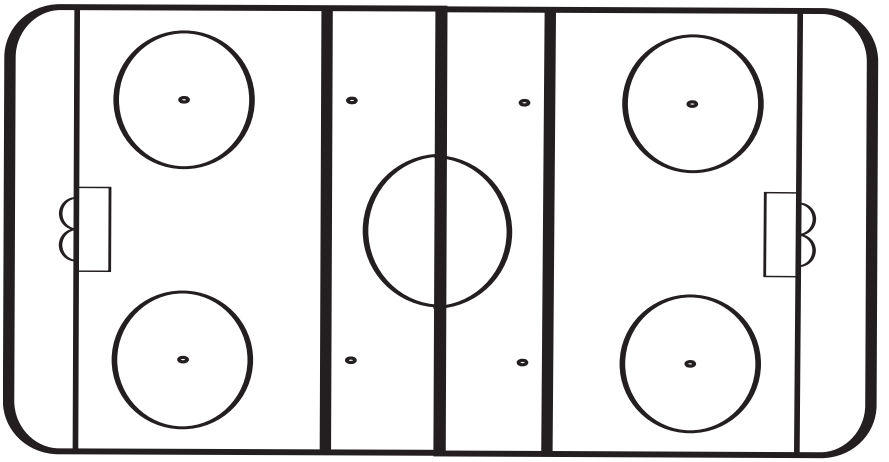
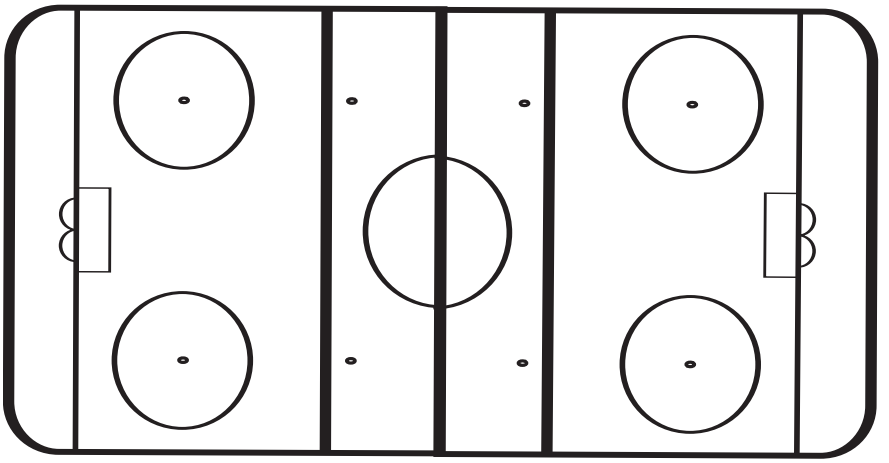


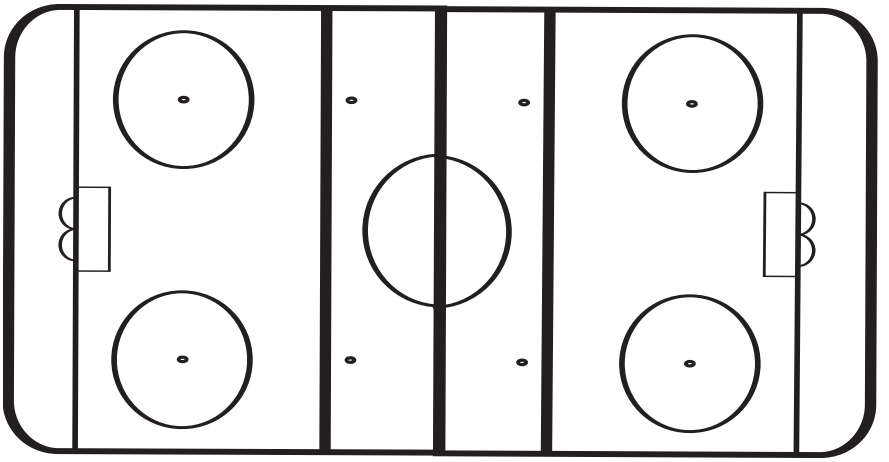
Notes/Comments

Description



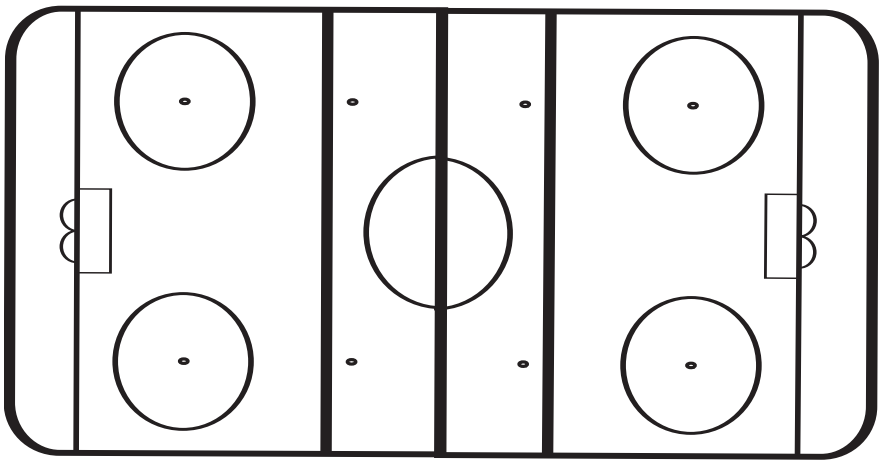
Notes/Comments

Description



Notes/Comments

Description



Notes/Comments

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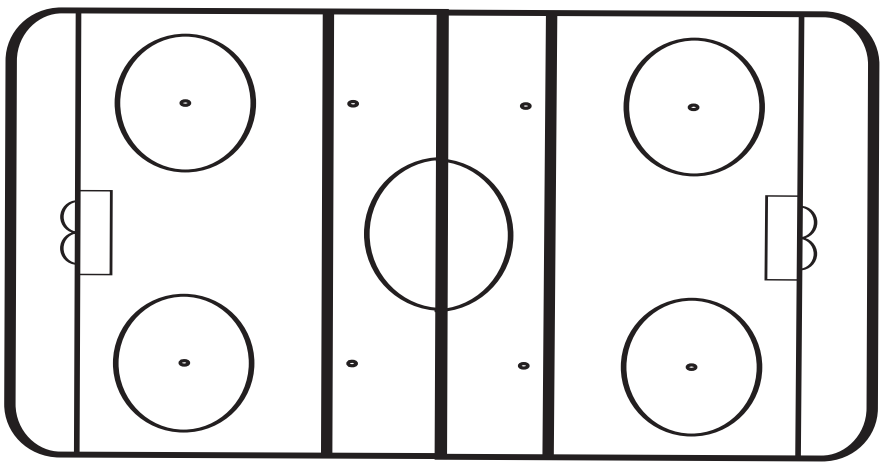

Notes/Comments

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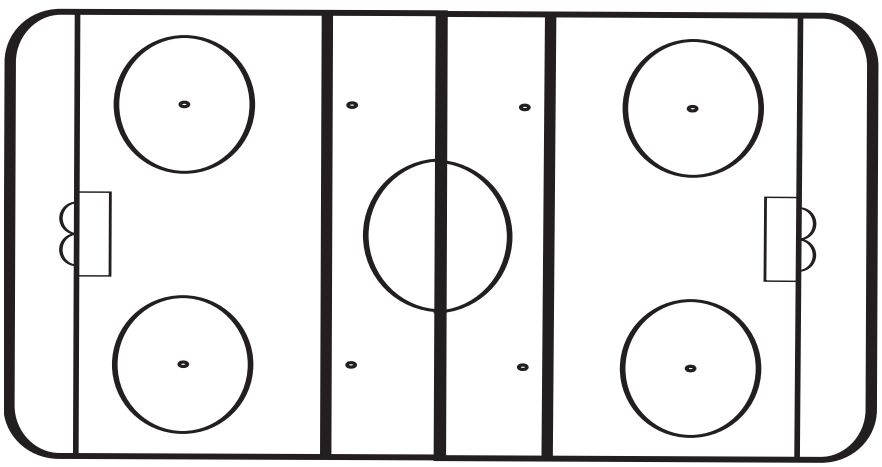


Notes/Comments

Hockey Practice Plan

Objectives: Refine breakout and power play.

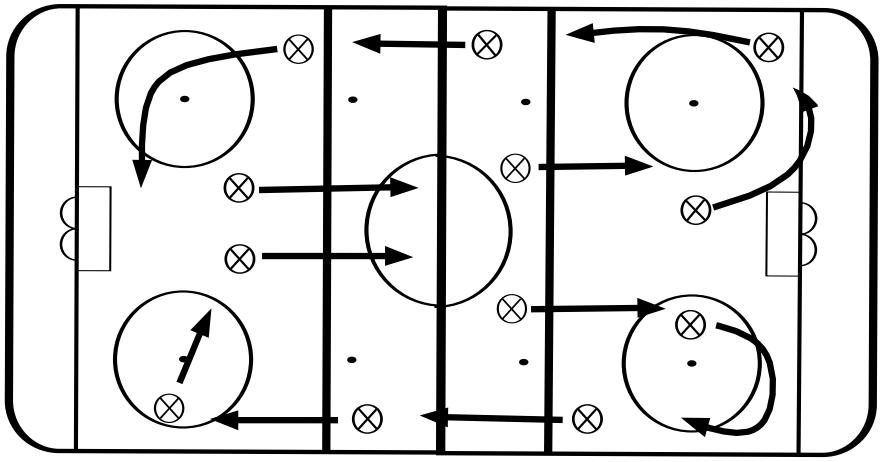
Date: _____
Practice: #19
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	___ Defensive Cov.	___ Short Work - Quickness
X Puck Control	___ 2 on 0	___ Backcheck	___ Small Ice Modified Games
X Passing/Receiving	___ 2 on 1	___ Forecheck	___ Full Ice Modified Games
X Shooting	X 2 on 2	X Breakouts	X FUN - Relay Contests
___ Checking	___ 3 on 1	___ Entering Attack Zone	___ Skills Testing
X Agility Work	X 3 on 2	___ Triangulization/Cycling	X Misc.
___ Goaltending	___ 3 on 0	___ Face-offs	
___ Def./Forwards		X Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	
5 mins.	1. Butterfly warm-up	
5 mins.	2. Puckhandle: three in a circle	Let them go
5 mins.	3. Passing: circle passing, Montreal 6 pass	Quick passes
10 mins.	4. 1 on 1 defenseman shot - tip 1 on 1, 2 on 2 North Dakota	Puck protection
10 mins.	5. Breakout: 3 on 0 around net use play entering zone, 3 on 2 on net quick breakout 911, breakout 5 pass dump, breakout Notre Dame dump, F.L. breakout-forecheck	Good flow
10 mins.	6. Power play breakout, setup, regroup, setup	
10 mins.	7. Showdown: quality, anticipate, creative execution	Fun

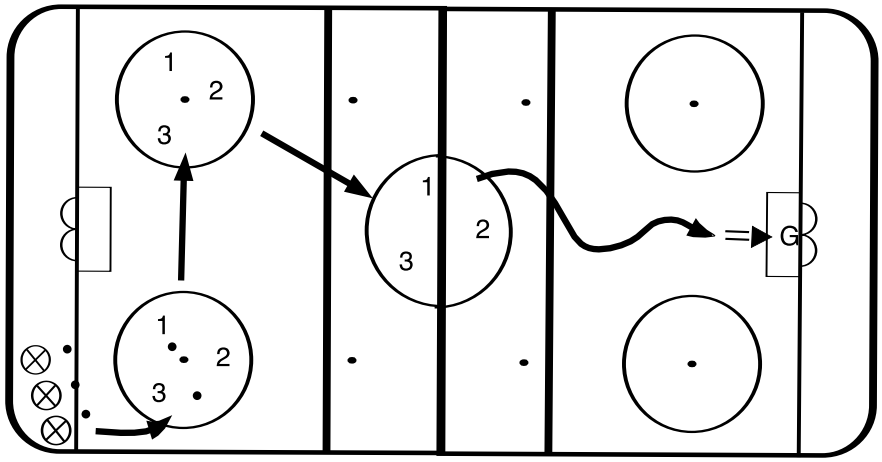
Drill — Warm Up

- Butterfly: in and outs, S-drill, scooter, hurdler, ostrich, Big C, continuous crossovers, slide and stride between blue lines, sprint forward then backward blue-red and blue to blue, peanut with puck



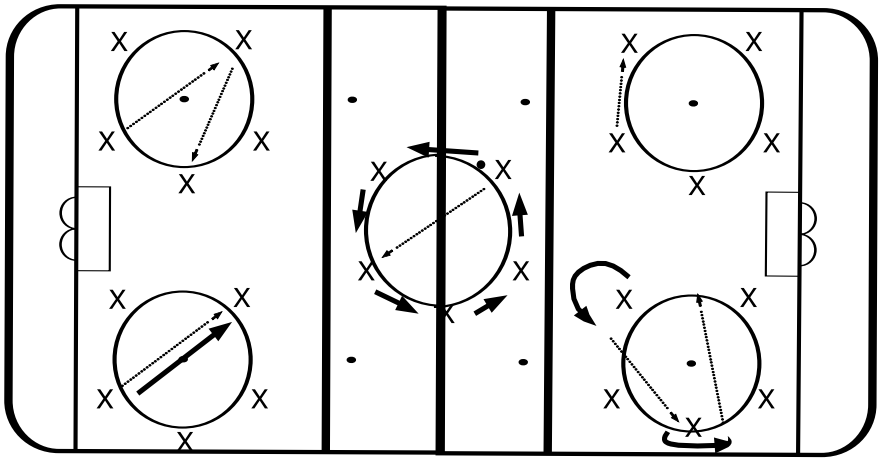
Drill — Puckhandling

- Three in a circle puckhandling, on whistle go to next circle after middle circle on coach's whistle go one at a time to shoot on net



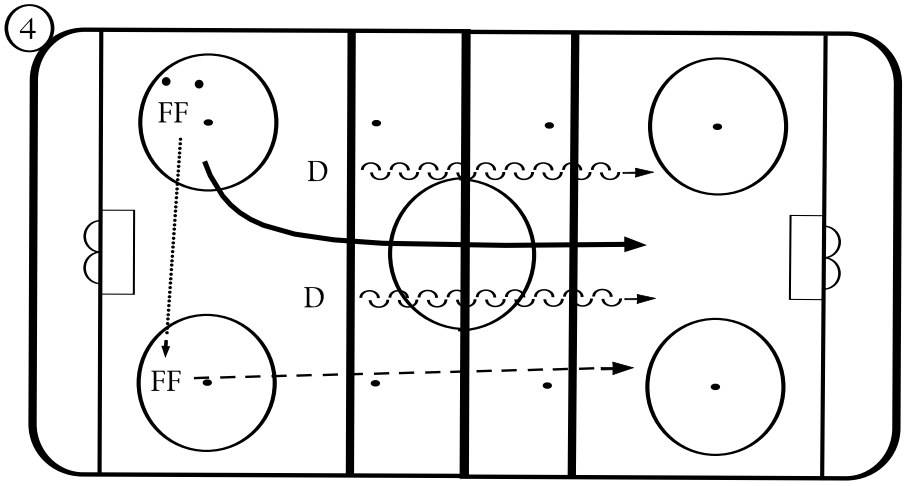
Drill — Passing

- Circle pass: pass across circle, follow pass around circle, move around in circle passing, monkey in middle passing, escape then pass



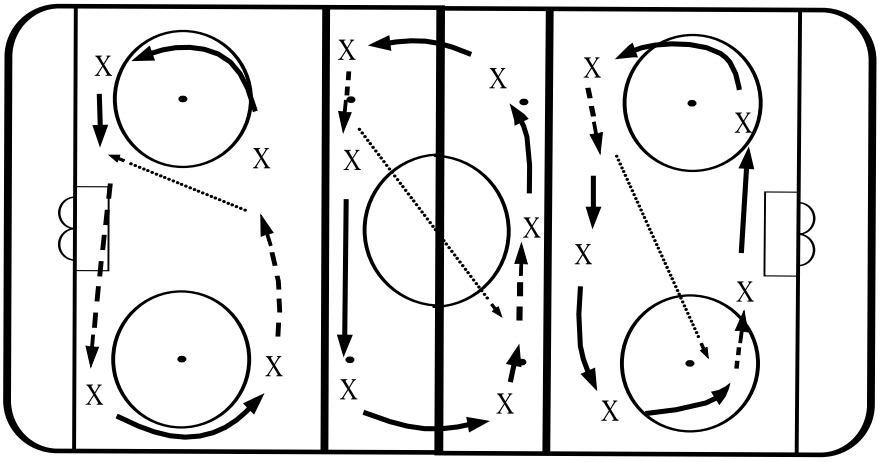
Drill — North Dakota

- 2 on 2
- Forward passes across to the other forward
- Play 2 on 2 with defenseman



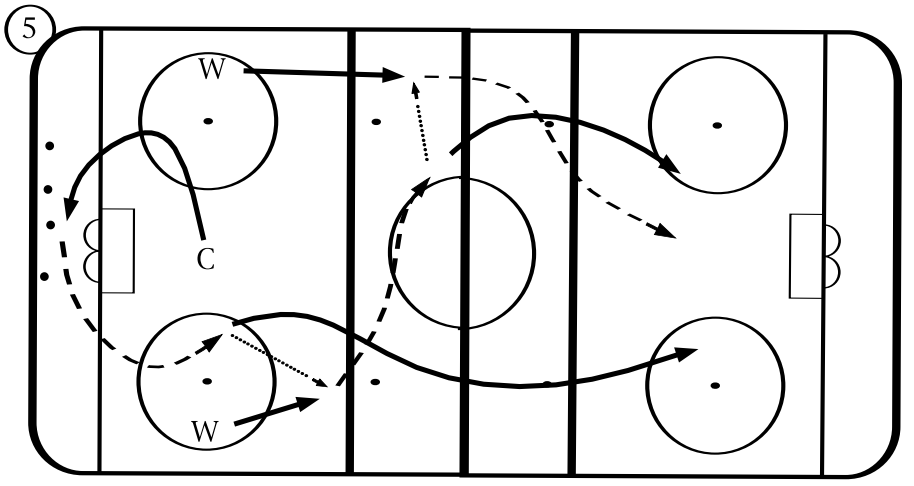
Drill — Passing

- Big circle passing
- One touch passes



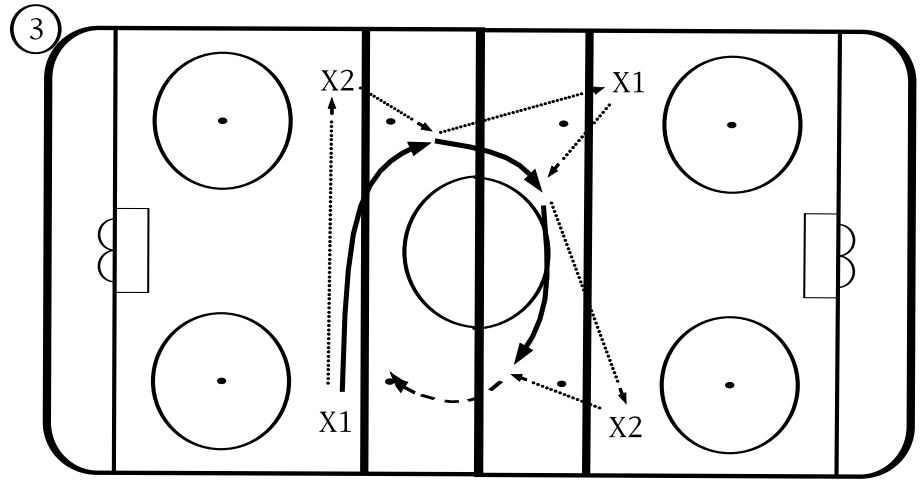
Drill — Breakout

- 3 on 0 around net, use play options: drop pass, trailer pass, diagonal back passing
- One touch
- Be creative



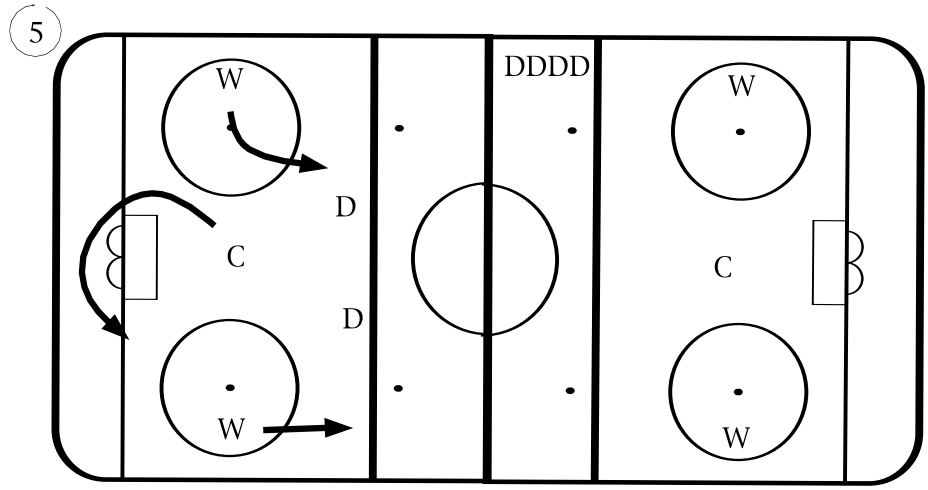
Drill — Passing

- Montreal 6 pass
- Give and go passing around neutral zone circle



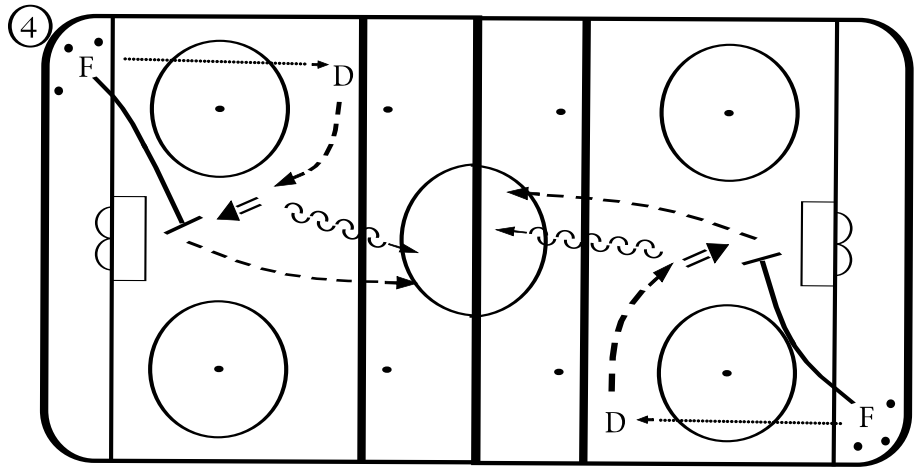
Drill — Breakout

- 3 on 2 - center skates around the net after and picks up puck
- 3 on 2 rush down ice, shoot, rebound, coach blows whistle and another line picks up a puck and goes back the other direction 3 on 2



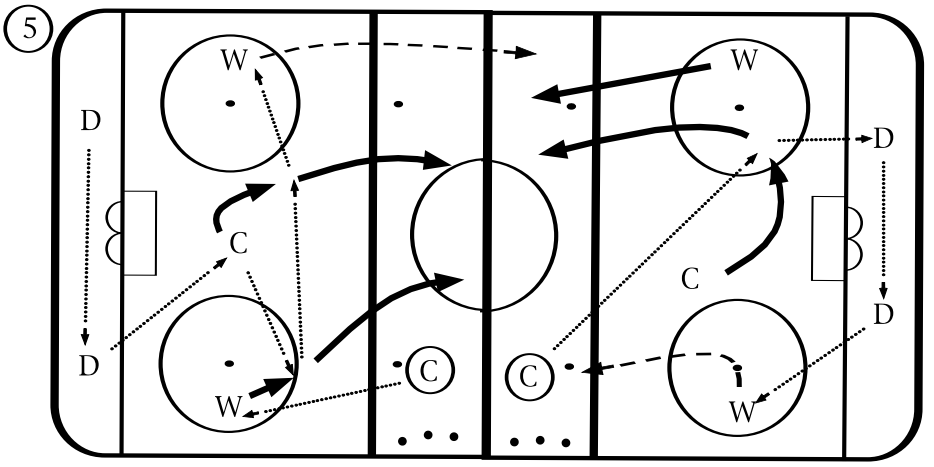
Drill — Shooting

- Forward passes out to the defenseman at the blue line
- The defenseman walks out and shoots on goal
- The forward looks for a tip and a rebound
- The forward heads up ice 1 on 1 on the defenseman



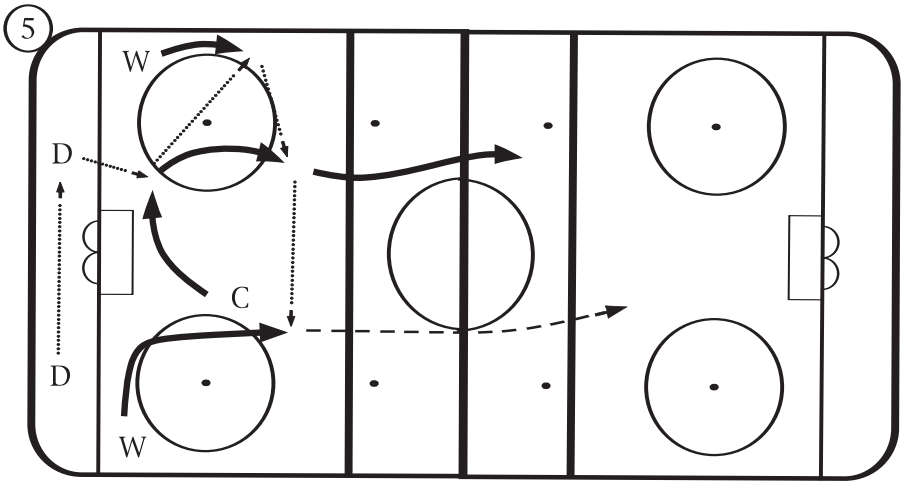
Drill — Breakout

- Both ways
- At the same time



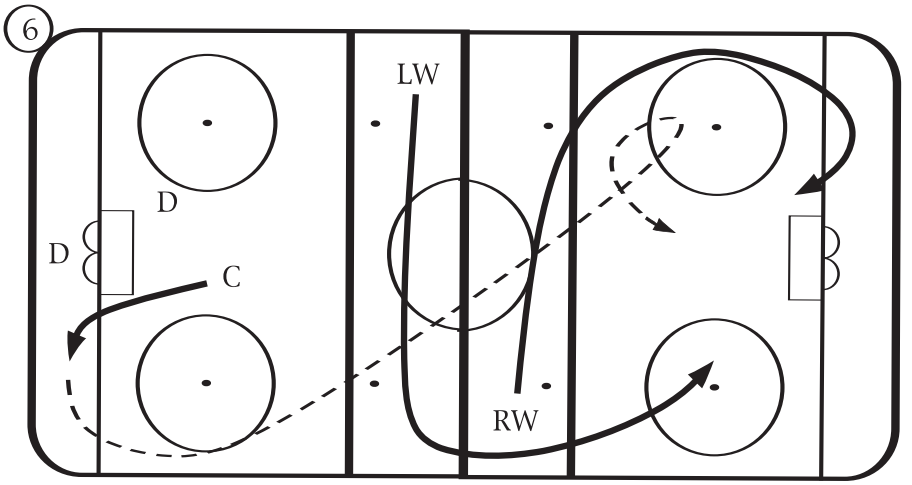
Drill — Breakout

- Make 5 passes and dump into corner



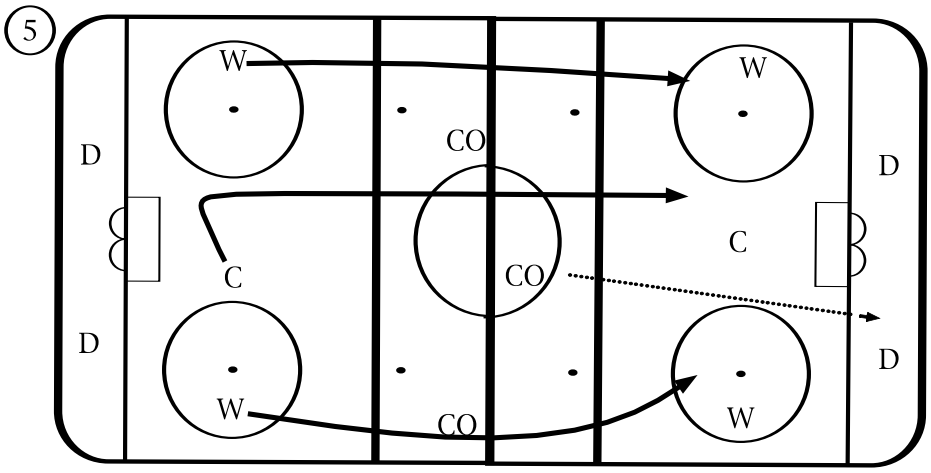
Drill — Power Play

- Breakout, setup, regroup, setup
- Pass the puck around



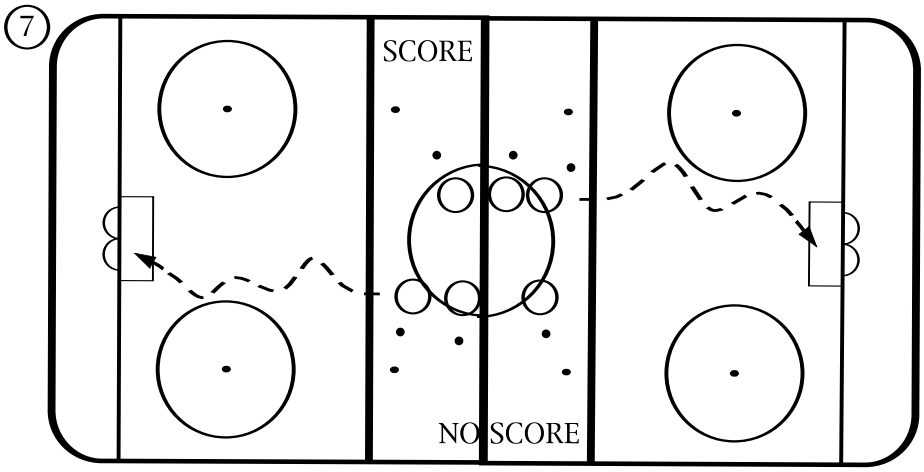
Drill — Breakout

- Notre Dame dump with coaches pressuring in the neutral zone



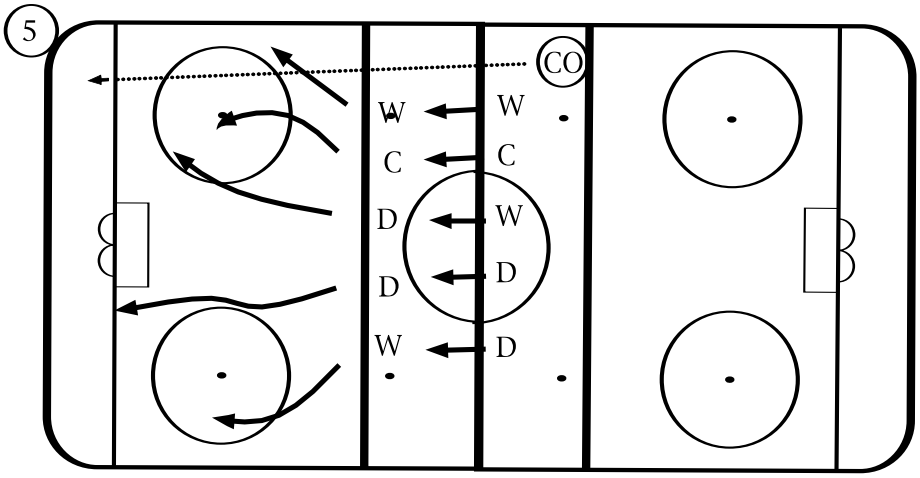
Drill — Showdown

- Practice
- Contest



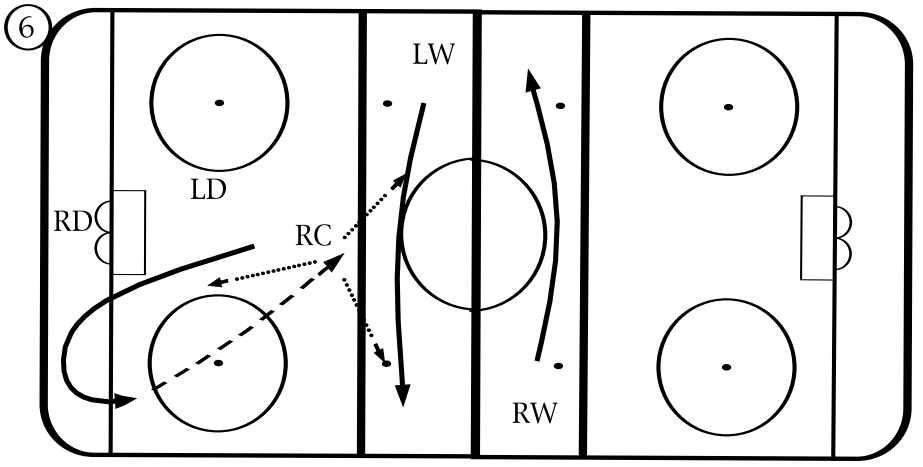
Drill — Breakout

- Coach dumps puck into the corner
- 5 players breakout
- 5 players forecheck



Drill — Power Play Breakout Options

- D passes to prime receiver center
- C passes off boards to left wing
- C passes off boards to right wing
- Right D carries
- Right D passes to left D



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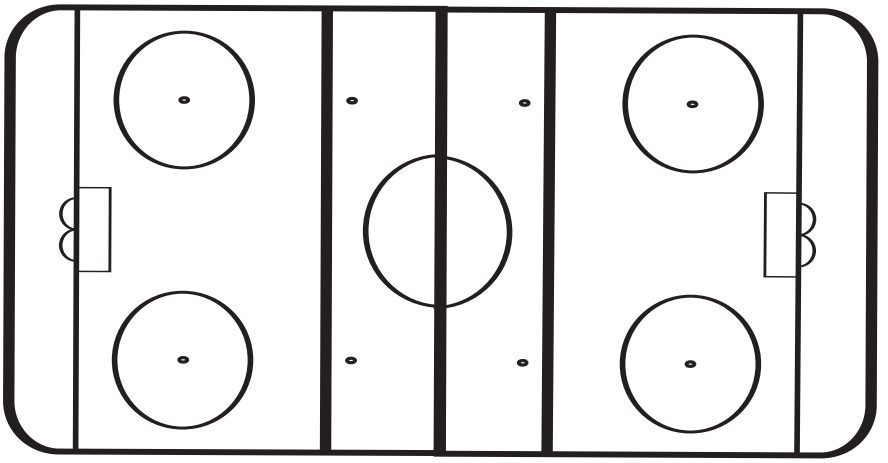

Notes/Comments

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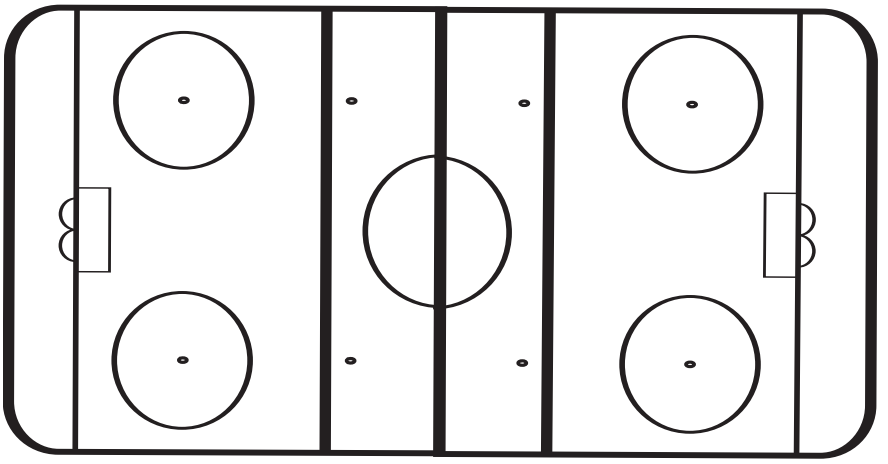

Notes/Comments

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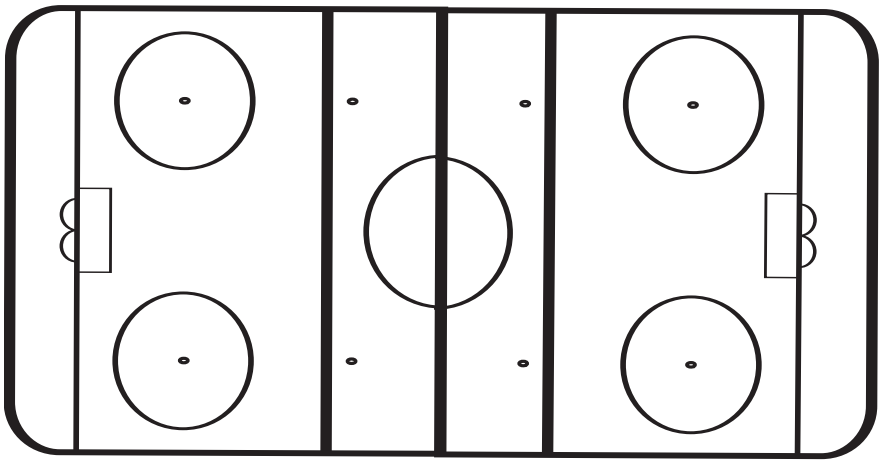

Notes/Comments

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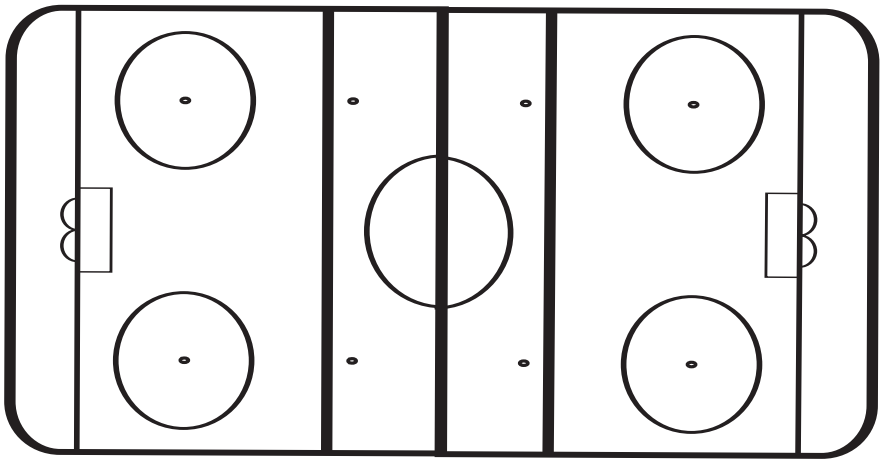

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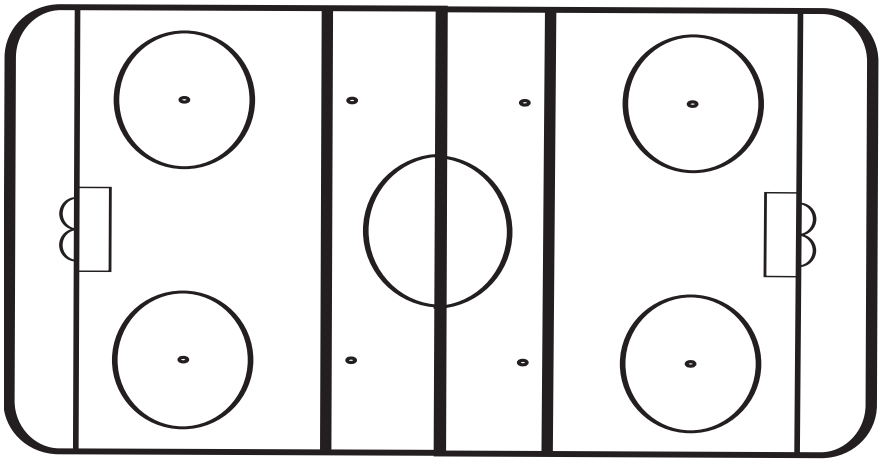


Notes/Comments

Hockey Practice Plan

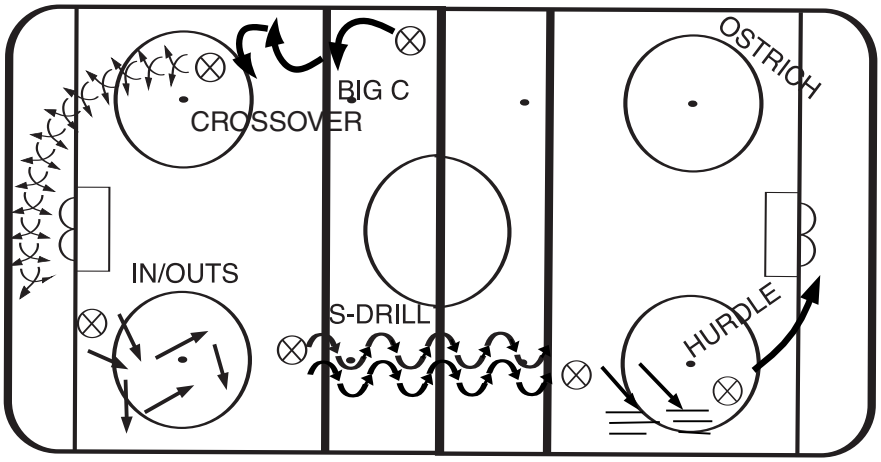
Objectives: Almost no puck practice.

Date: _____
Practice: #20
Level: 12-and-Under (Pee Wee)

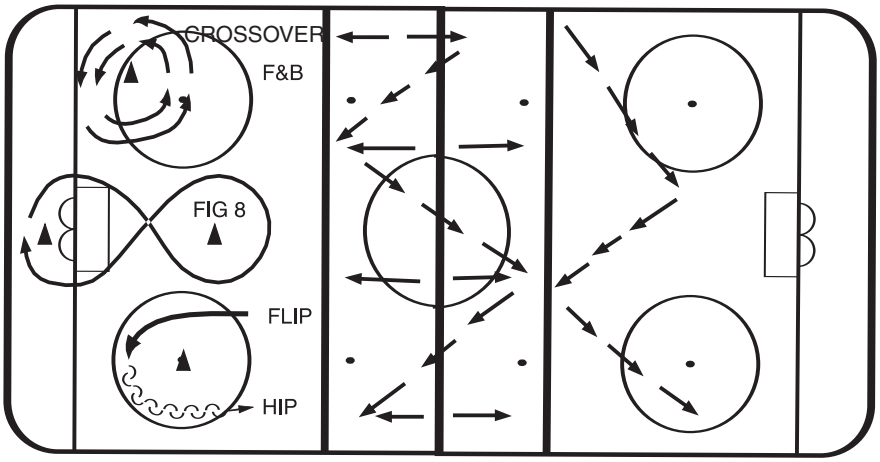
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
_X_ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
____ Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
____ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	____ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
10 mins.	Off-ice stretch - neck exercises	
50 mins.	1. Moving stretch the length of rink: Big C, continuous crossovers, in and outs, S drill, scooter, hurdler, ostrich, around gloves crossovers forward and backward, Figure 8 control turns, flip hip point backside, go backward from forward, slide and stride 4 on 3, Gretzky step-out 3 on 3, sprints blue line to red line and blue line to blue line, crossovers around ends, backward between blue lines, go forward, backward, forward, backward, control turns top circle blue line-red line-blue line, top circle heel to heel, point the way you want to go, stopping agility warm-up eagles, compass, long strides	Work hard and stick with it

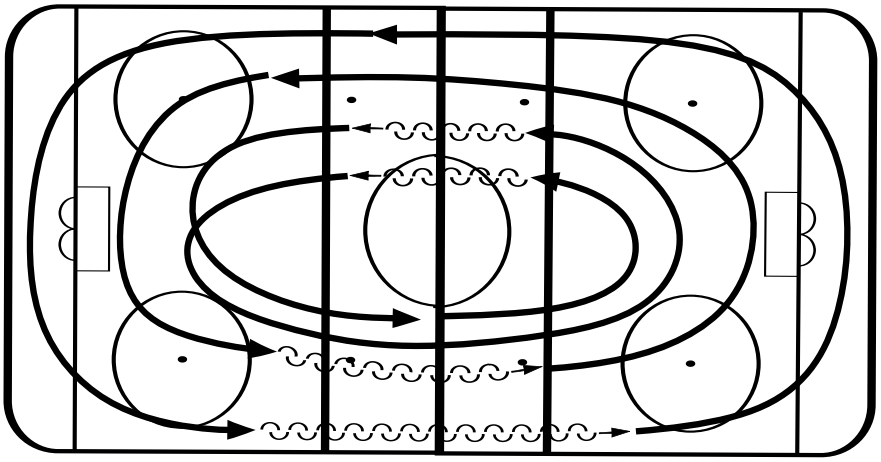
Drill — A



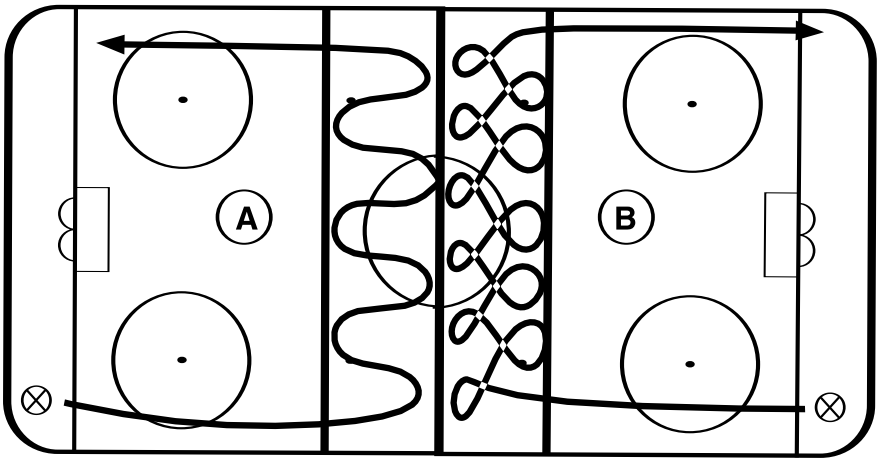
Drill — B



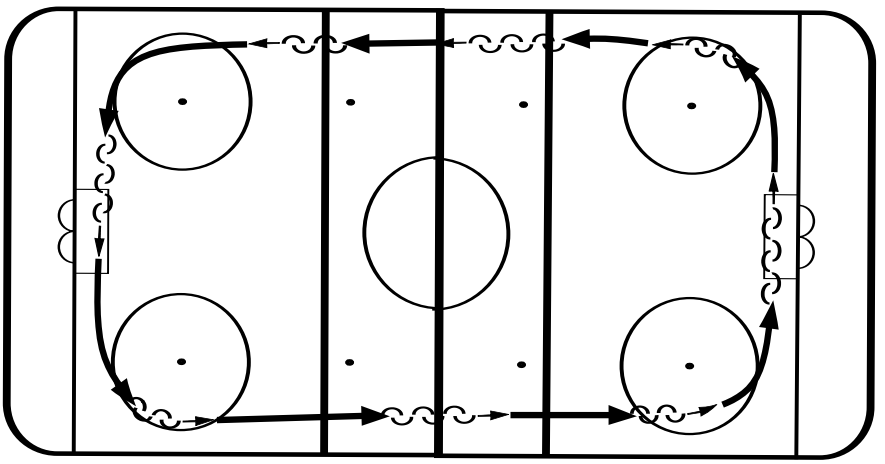
Drill — C



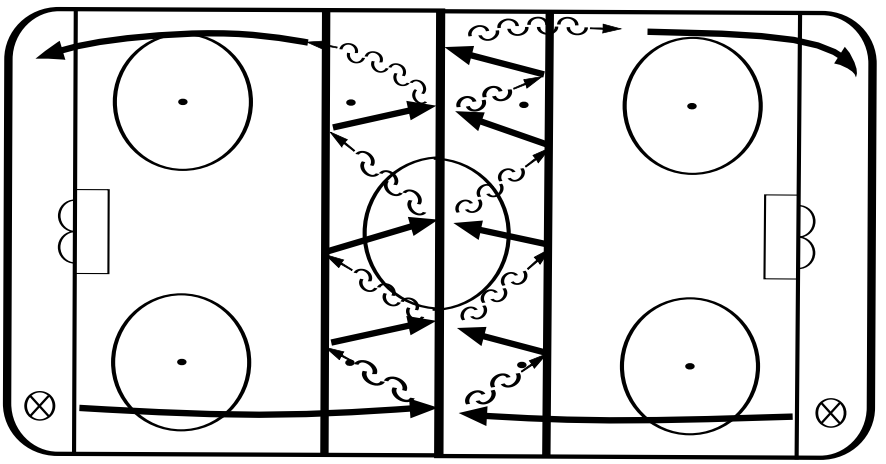
Drill — D



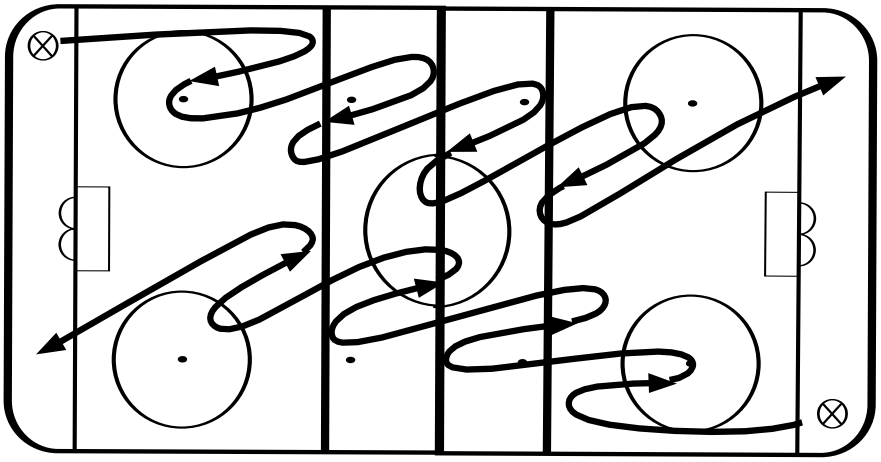
Drill — E



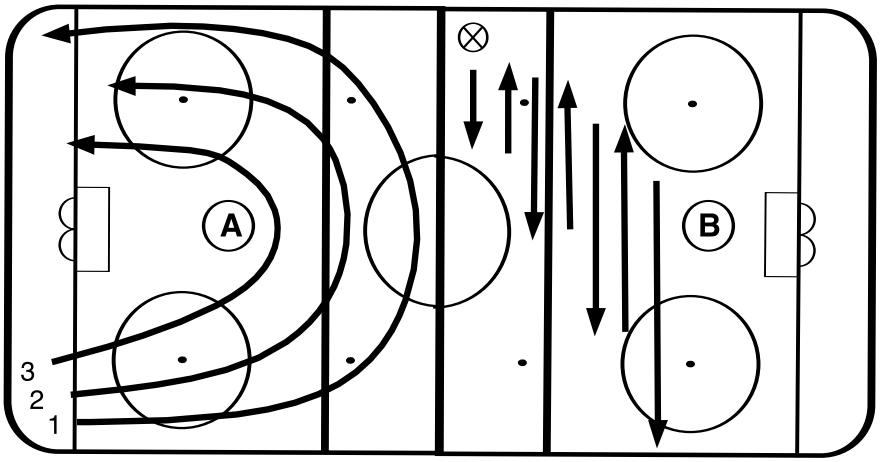
Drill — F



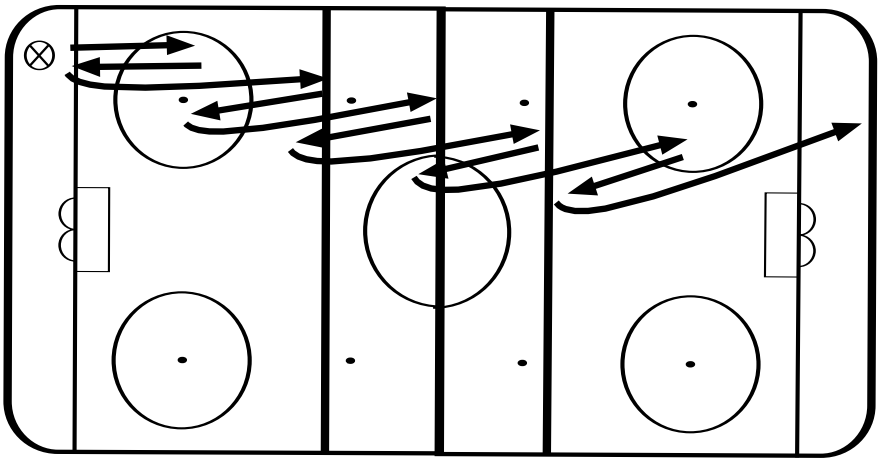
Drill — G



Drill — H

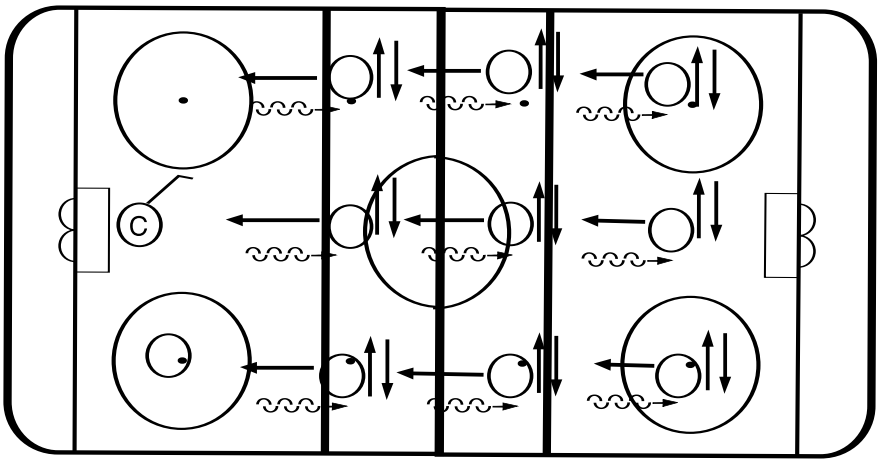


Drill — I



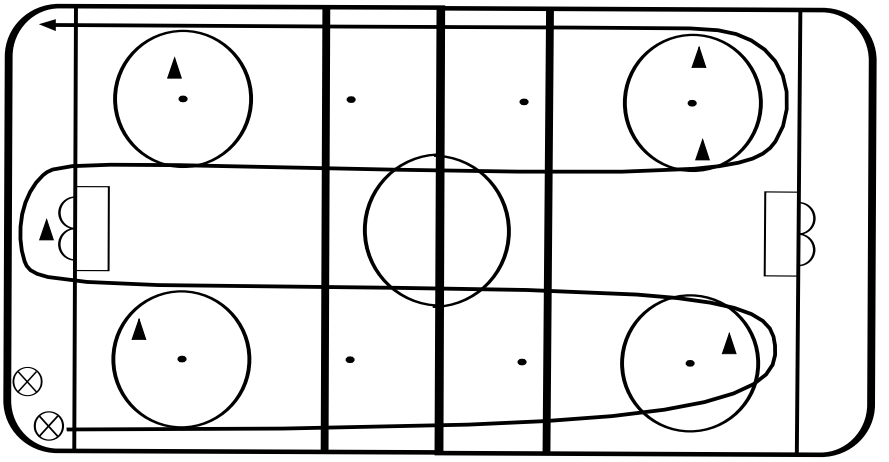
Drill — Compass

- Follow coach's stick: skate forward, skate backward, step out heel to heel, point toe the way you want to go, skate left then right

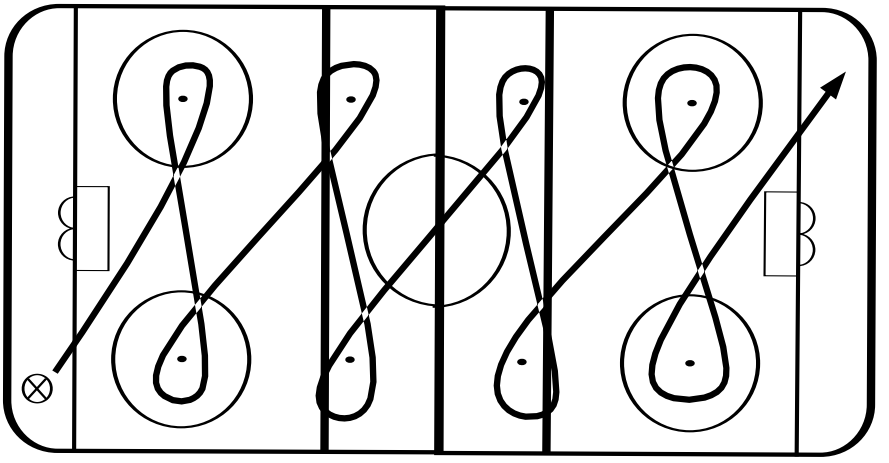


Drill — Striding

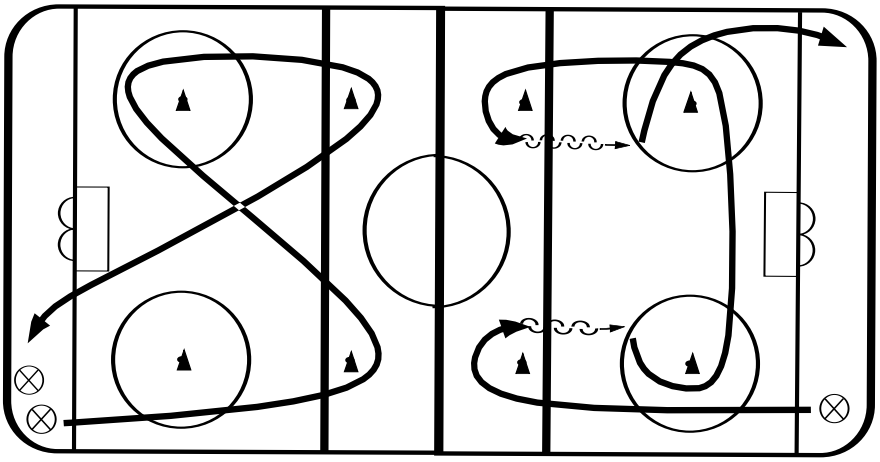
- Long strides



Drill — Escapes

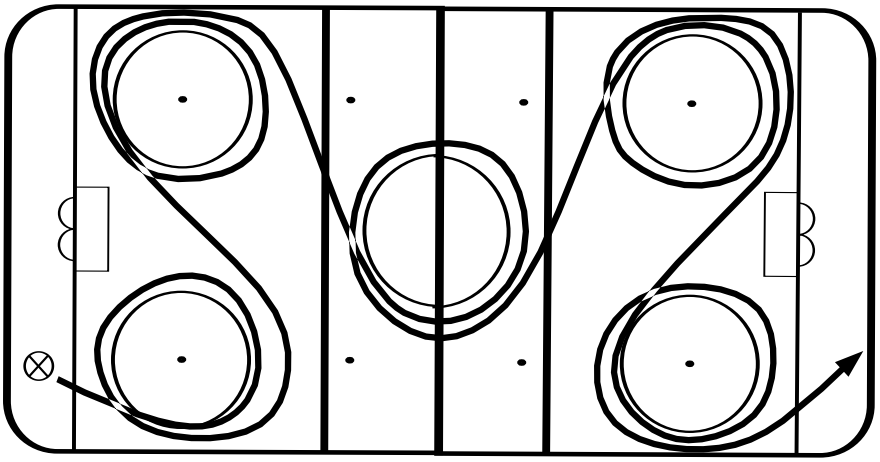


Drill — Skate the Box



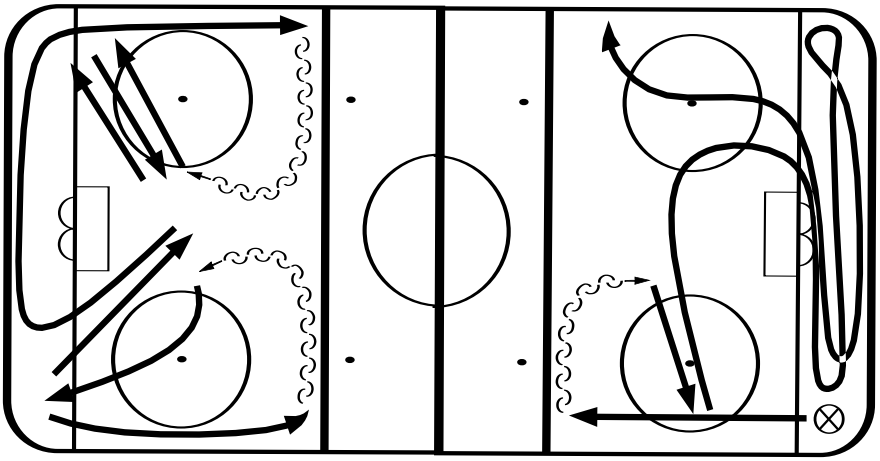
Drill — Russian Circles

- Russian circles 360 degrees
- Russian circles 180 degrees

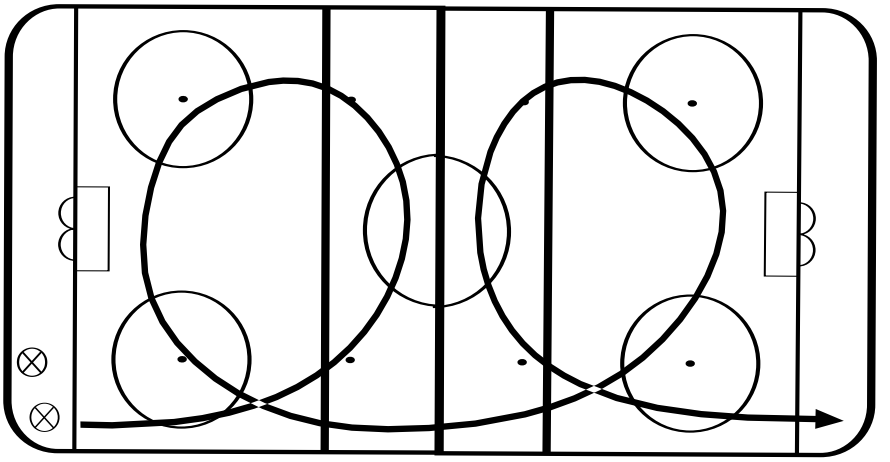


Drill — Agility Skate

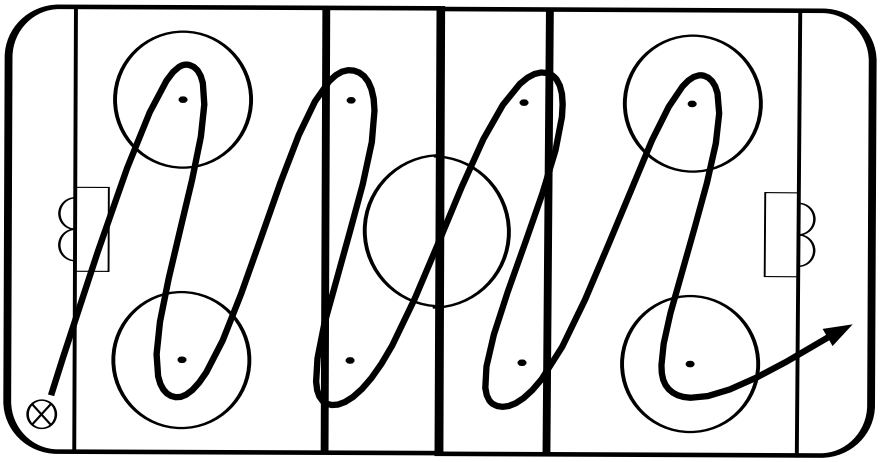
- Feel the corners



Drill — J

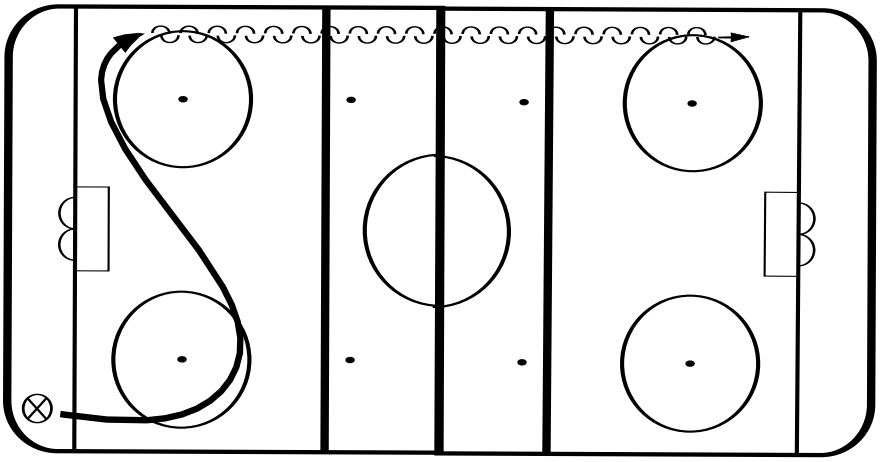


Drill — Control Turns



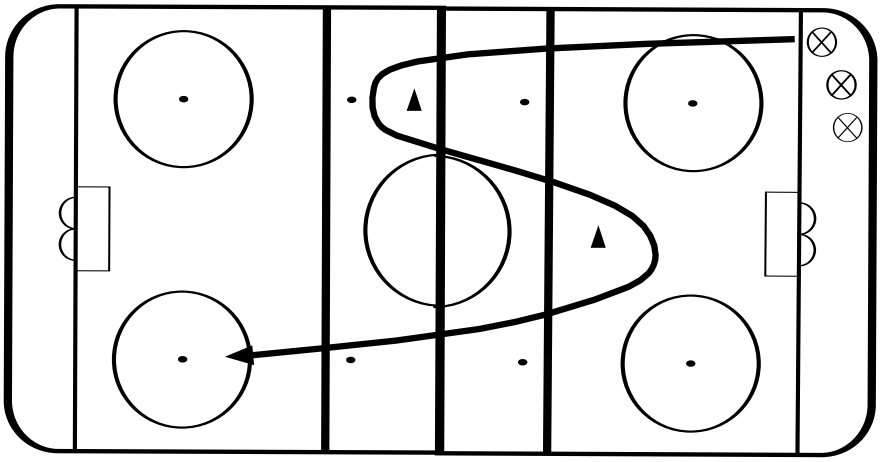
Drill — Forward Flip Hip

- Do backward



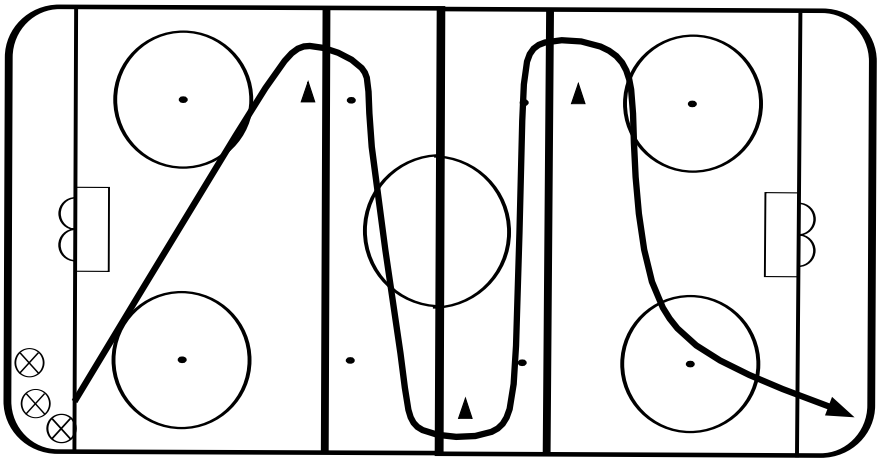
Drill — Skating

- Two cones for skating crossovers



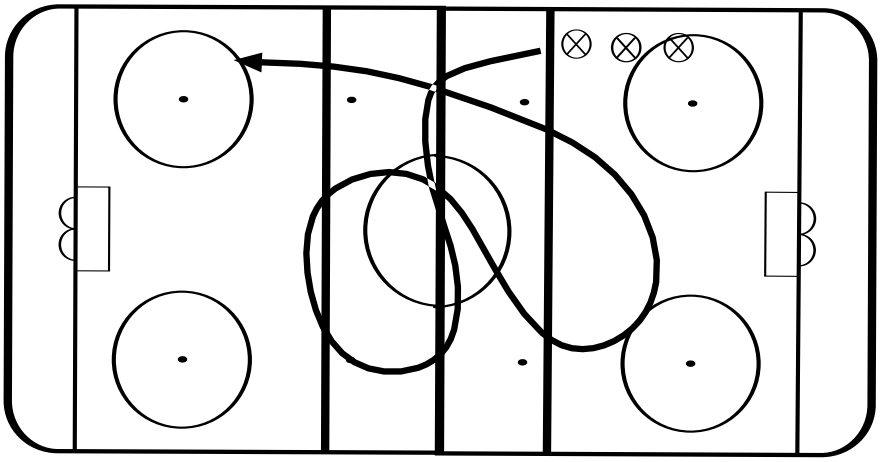
Drill — Three Cone M

- Skate crossovers

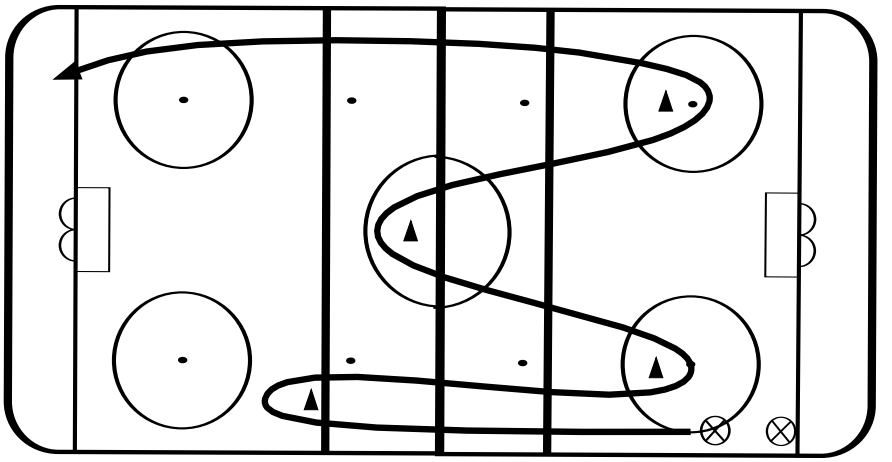


Drill — Skating

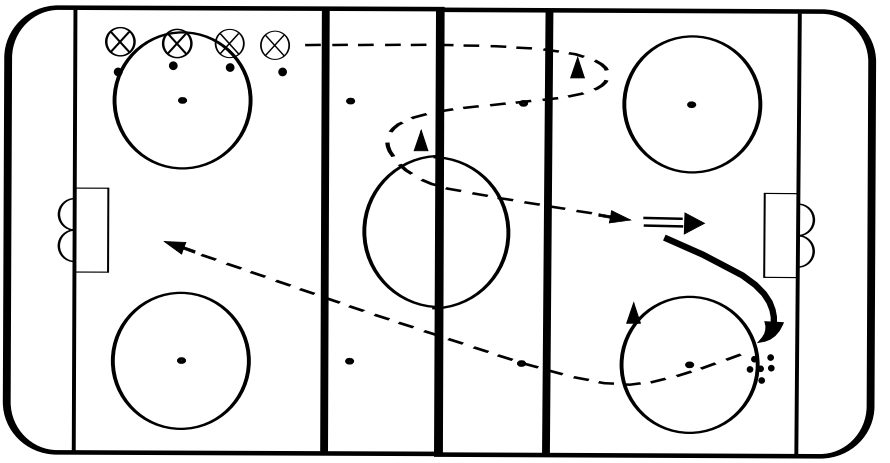
- Neutral zone figure 8 forward and backward



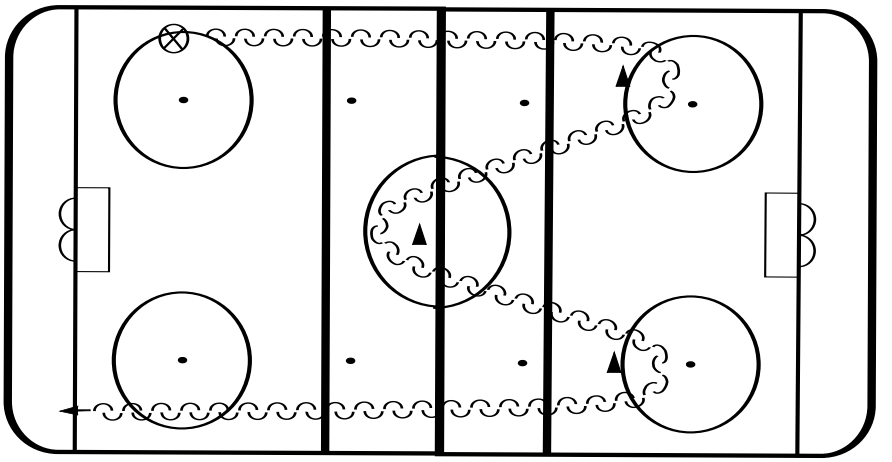
Drill — Fast Feet



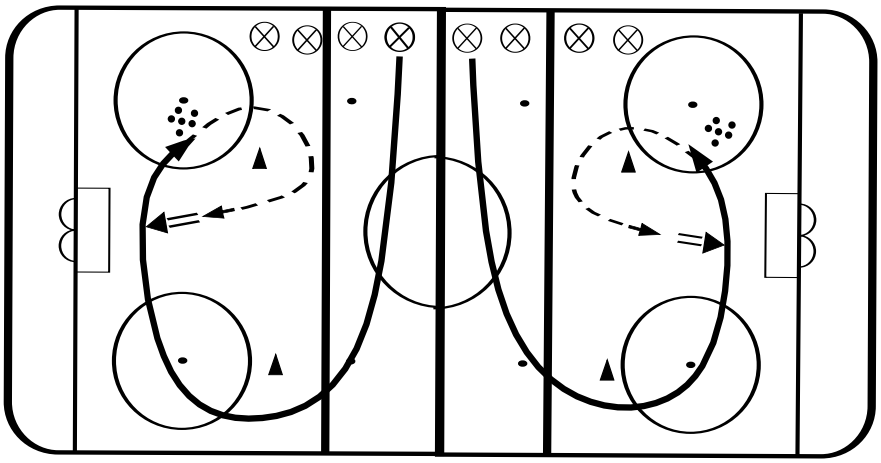
Drill — L



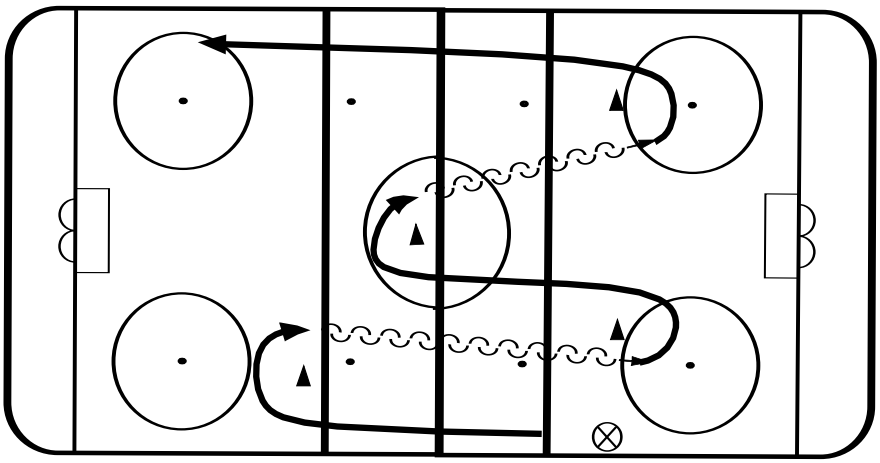
Drill — M



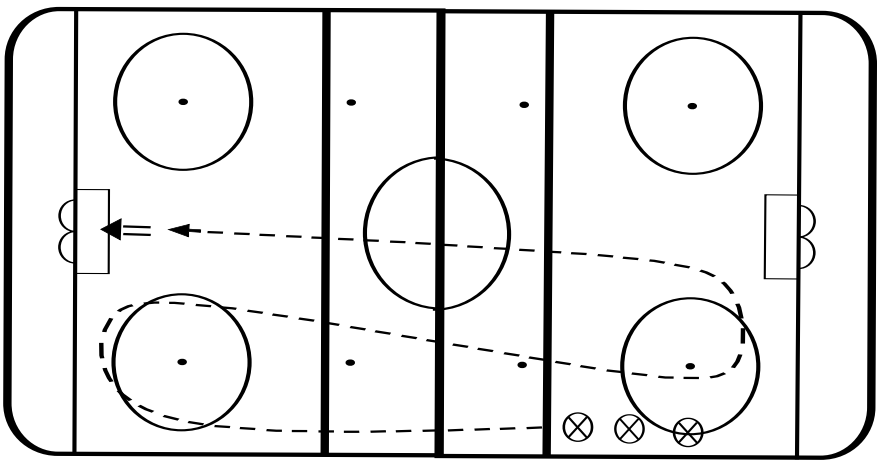
Drill — N



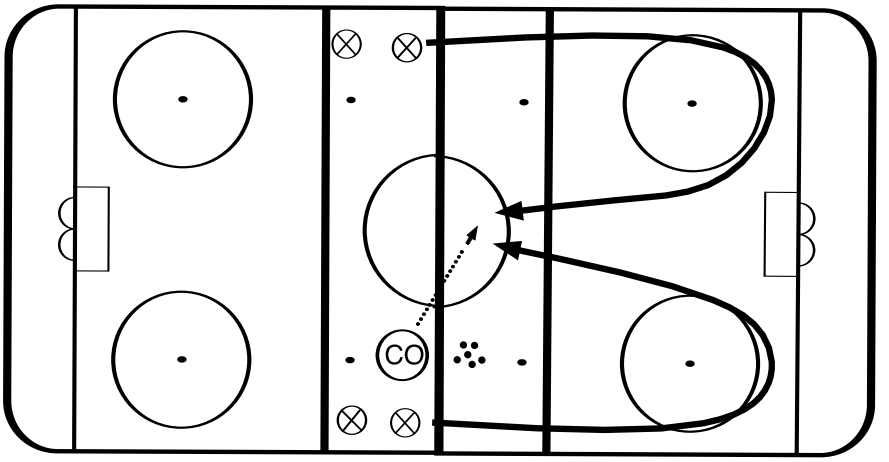
Drill — O



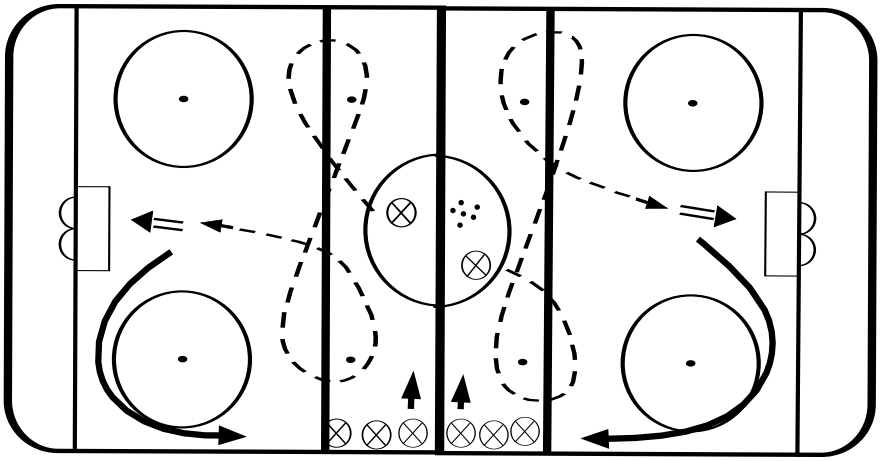
Drill — P



Drill — Q



Drill — Figure 8 Showdown



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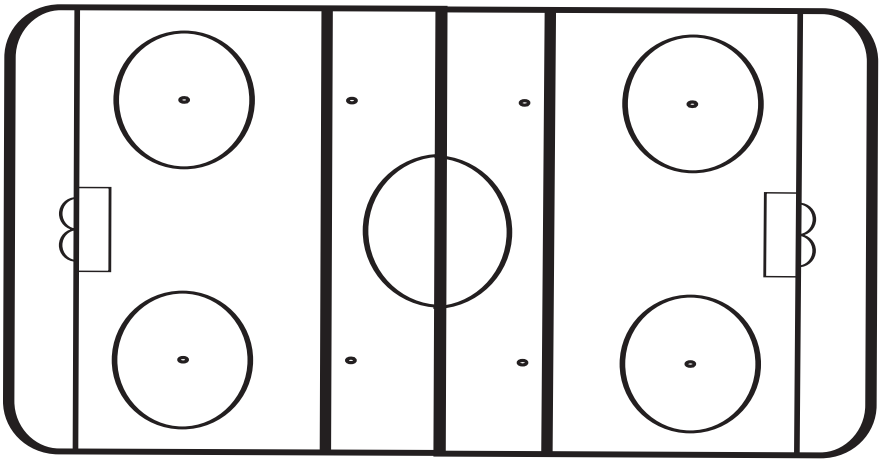

Notes/Comments

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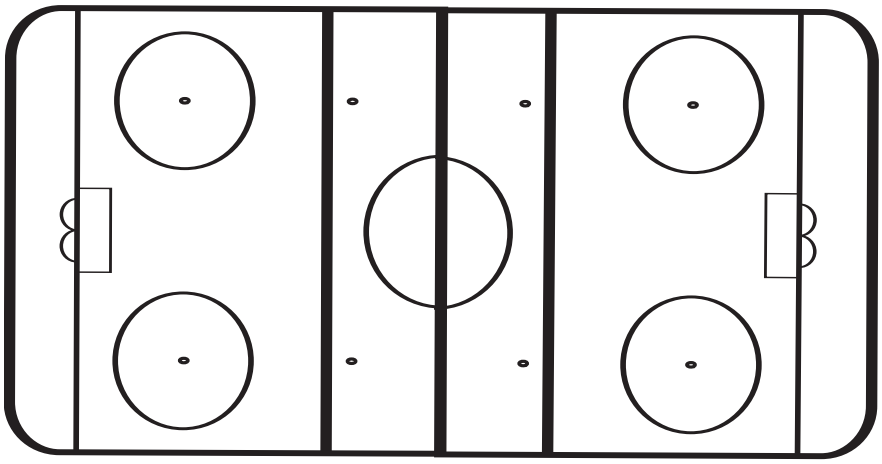

Notes/Comments

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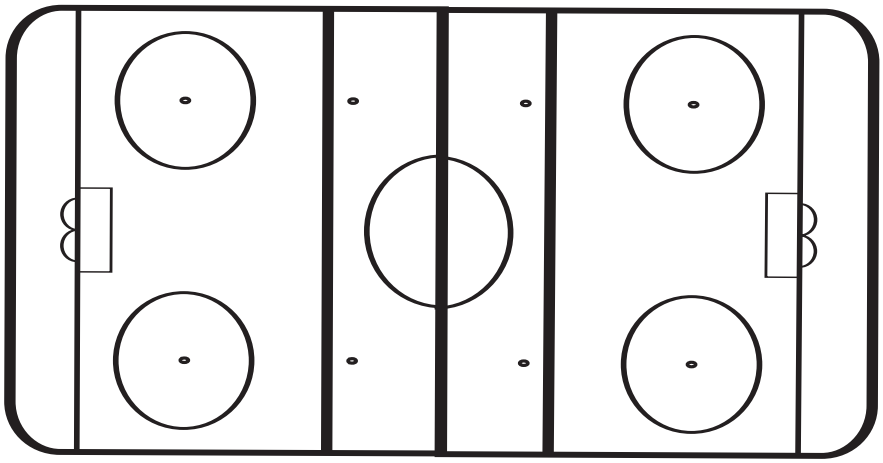

Notes/Comments

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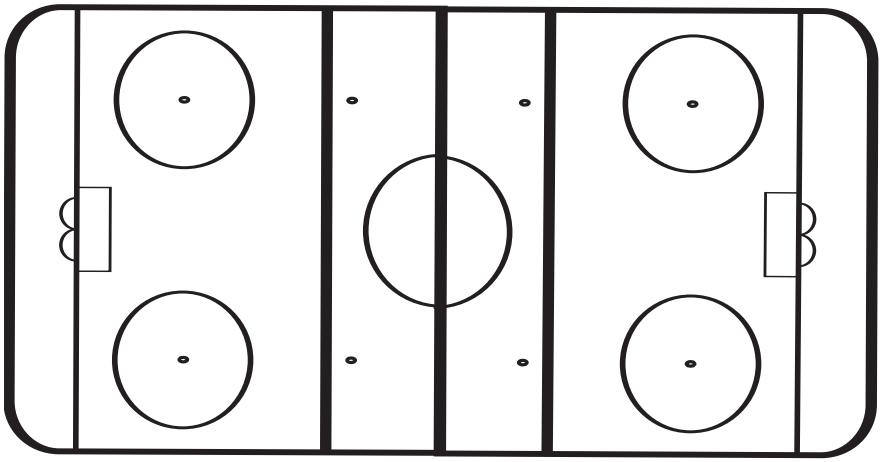


Notes/Comments

Hockey Practice Plan

Objectives: Down low in defensive end - pack it in tight.

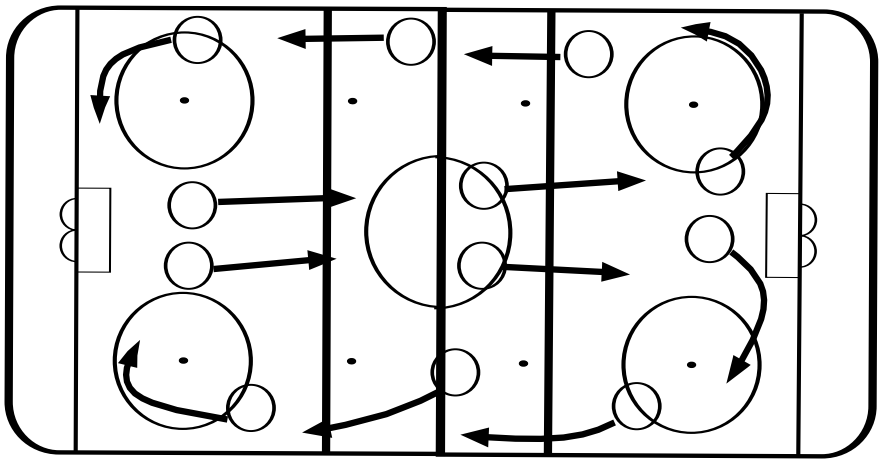
Date: _____
Practice: #21
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	_X_ 1 on 1	_X_ Defensive Cov.	____ Short Work - Quickness
_X_ Puck Control	____ 2 on 0	_X_ Backcheck	____ Small Ice Modified Games
____ Passing/Receiving	_X_ 2 on 1	____ Forecheck	____ Full Ice Modified Games
____ Shooting	____ 2 on 2	_X_ Breakouts	_X_ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	_X_ Face-offs	
____ Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises	
5 mins.	1. Butterfly warm-up	
5 mins.	2. Puckhandling: forehand pointer, Green Bay warm-up, 2 on coach	
10 mins.	3. 1 on 1 shot - tip attack, 2 on 1 alternate sides, 2 on 2 alternate sides, double JJ stretch pass, Bowling Green warm-up, Olympic 3 on 1 six pass, regroup, attack	Puck protection Gap control
10 mins.	4. face-off breakouts, face-off center ice attack	Bear down
10 mins.	5. DZC pointer	
5 mins.	6. Stretch passing	Use good sense
10 mins.	7. Pressure showdown; team showdown	
5 mins.	8. Three goal blitz	Fun

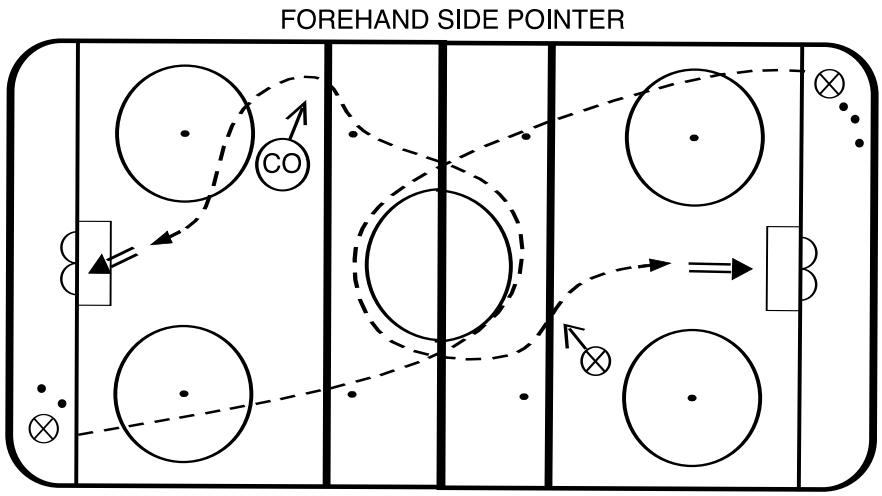
Drill — Warm Up

- Butterfly warm up: hurdler, ostrich, in and outs, S–drill, Big C, continuous crossovers, scooter, backward and forward crossovers around ends then turn backward between blue lines



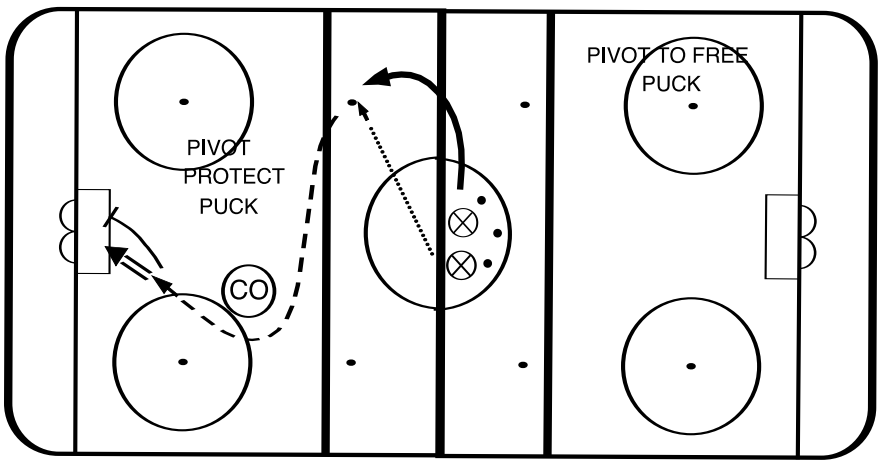
Drill — Puckhandling

- Player carries puck out of corner and around neutral zone circle, goes in on coach, coach points the direction he/she wants the player to pull and go; coach mostly points to players forehand side



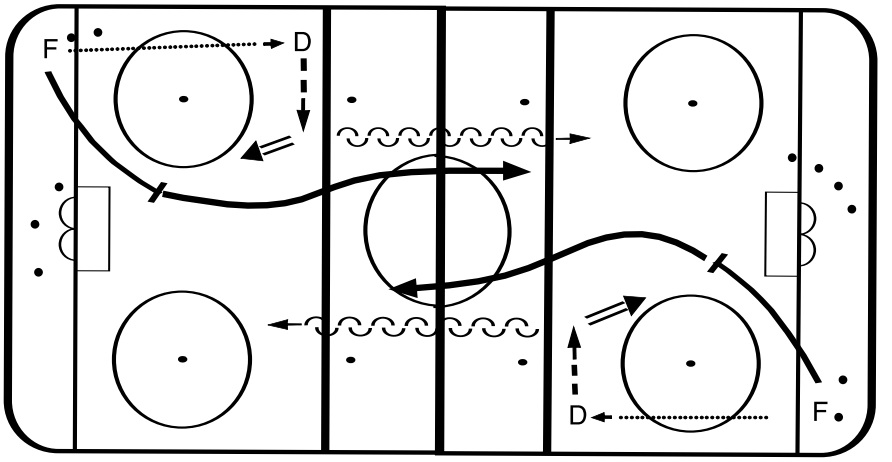
Drill — Puckhandling

- Both ways - Green Bay warm up



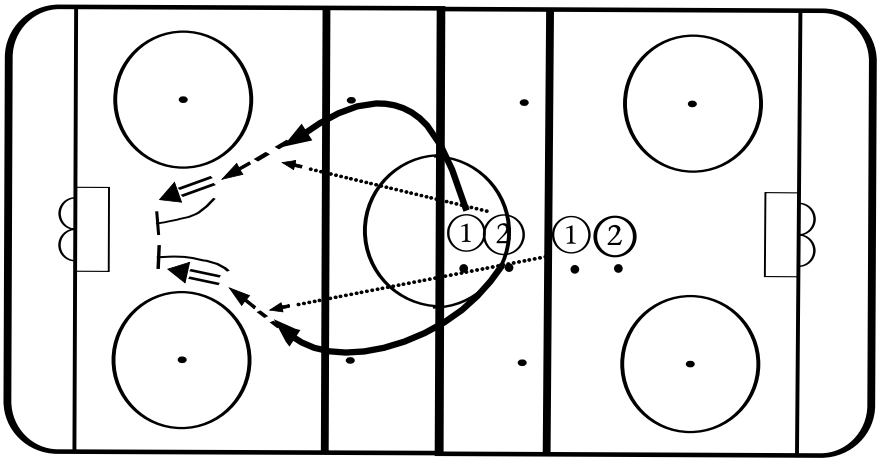
Drill — Shooting

- Forward passes out to the defenseman at the blue line. The defenseman walks out and shoots on net. The forward skates in front of the net and looks for a tip
- The forward plays a 1 on 1 with the defenseman up the ice



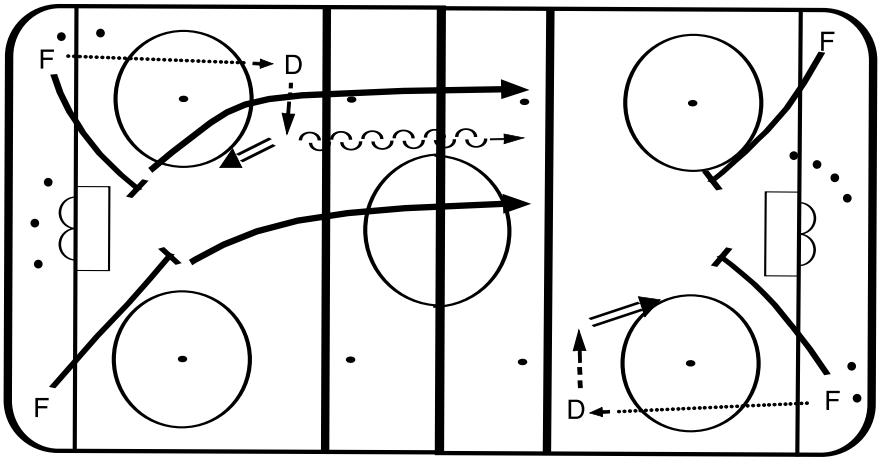
Drill — Puckhandling

- Player #1 receives a pass from player #2. Player #1 skates around face-off dot, drives toward the net, shoots on goal and looks for rebound
- Player #2 then takes a turn



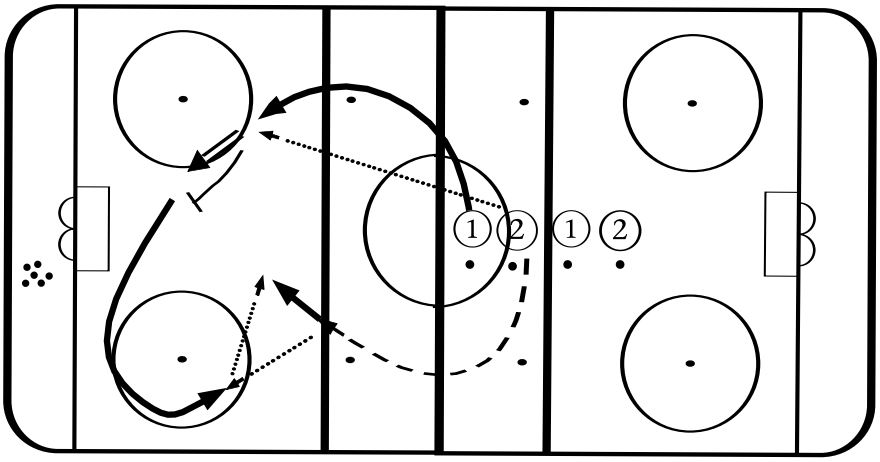
Drill — Shooting

- Forward passes out to the defenseman at the blue line. The defenseman walks out and shoots on net. The forwards in each corner skate in front of the net and look to tip the puck on goal
- The two forwards play a 2 on 1 with the defenseman up the ice



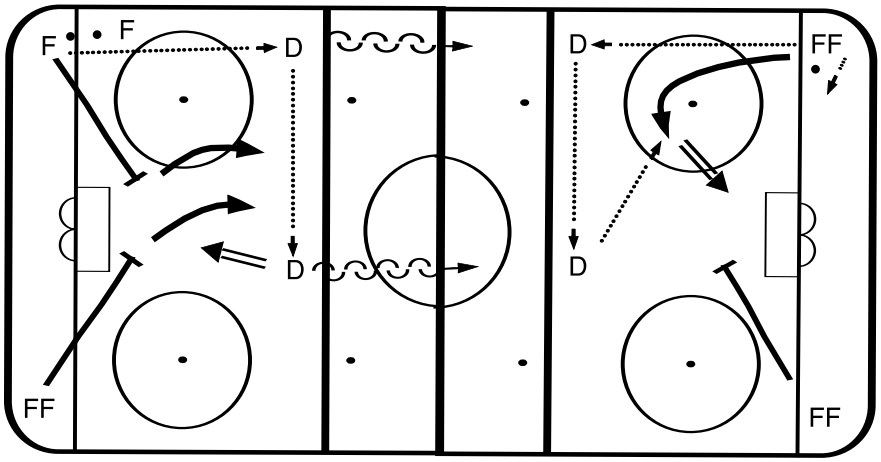
Drill — Puckhandling

- Warm up and with give and go pass



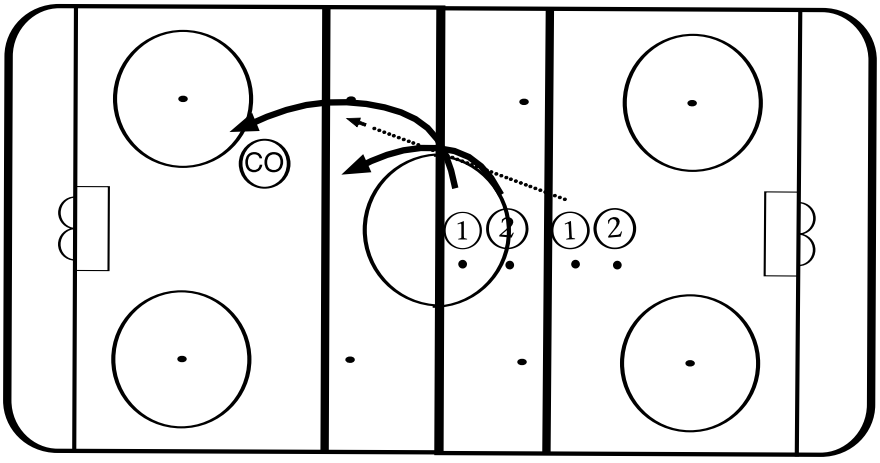
Drill — 2 on 2

- Forward passes out to the defenseman at the blue line. The defenseman passes D to D and shoots on goal. The two forwards skate in front of the net and look to tip the puck on goal.
- The two forwards play 2 on 2 against the two defensemen up ice



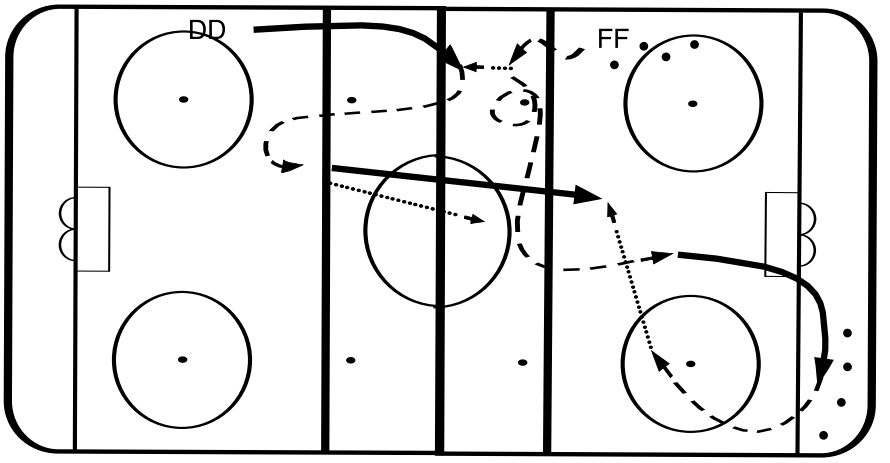
Drill — Puckhandling

- 2 on 0 around coach - use speed with rebound trailer, pass return pass or diagonal back pass



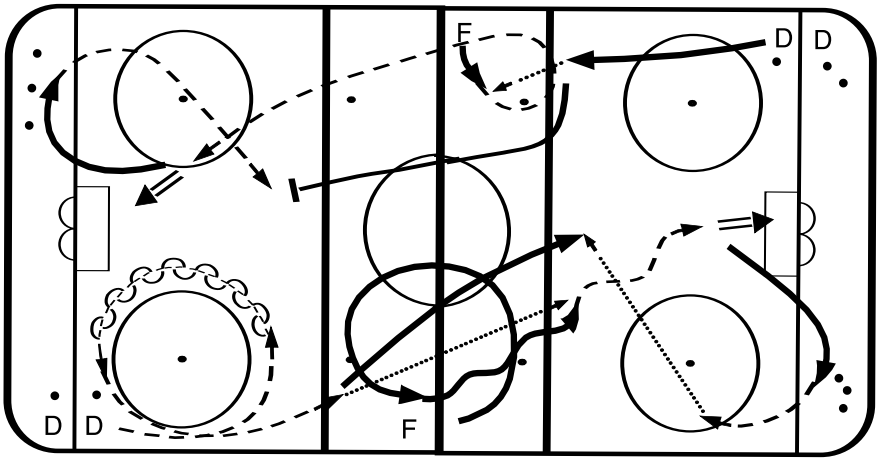
Drill — Puckhandling

- Alternate both sides, double JJ stretch pass
- The forward passes to the defenseman who passes back to the forward
- The forward drives toward the net and shoots on goal
- The forward picks up a puck in the corner and passes to the defenseman for a shot on goal



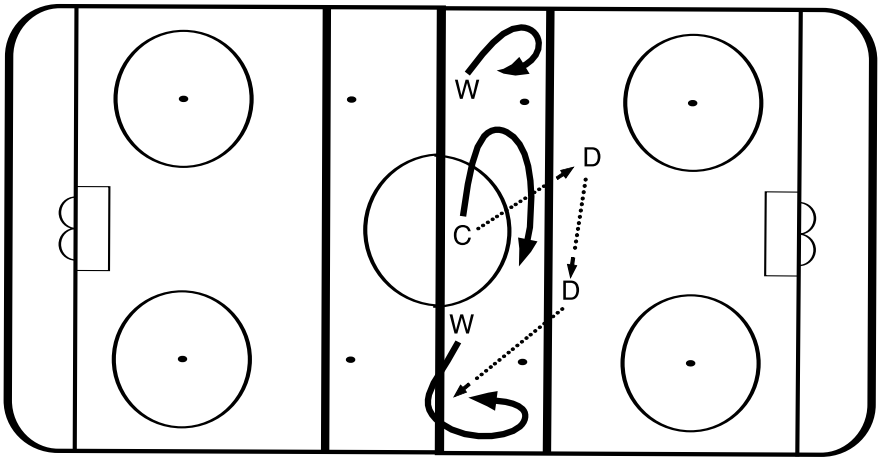
Drill — Bowling Green Warm Up

- D passes to F who circles from red line to blue line towards the boards, receives a pass from D, goes in and shoots, curls out, gets second puck to pass out to D for a shot on goal



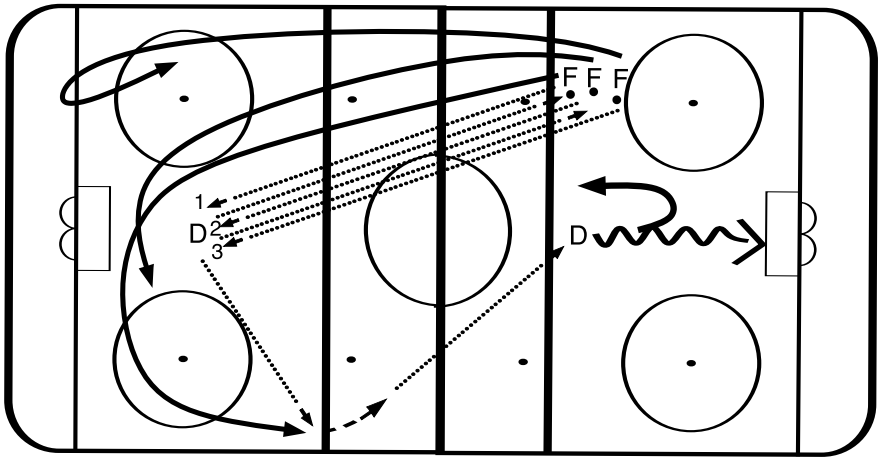
Drill — face-off Attack

- Center ice
- Neutral zone pattern
- Center pulls the puck back to the defenseman. The defenseman passes the puck D to D. The defenseman passes to the winger.
- Attack 5 on 0



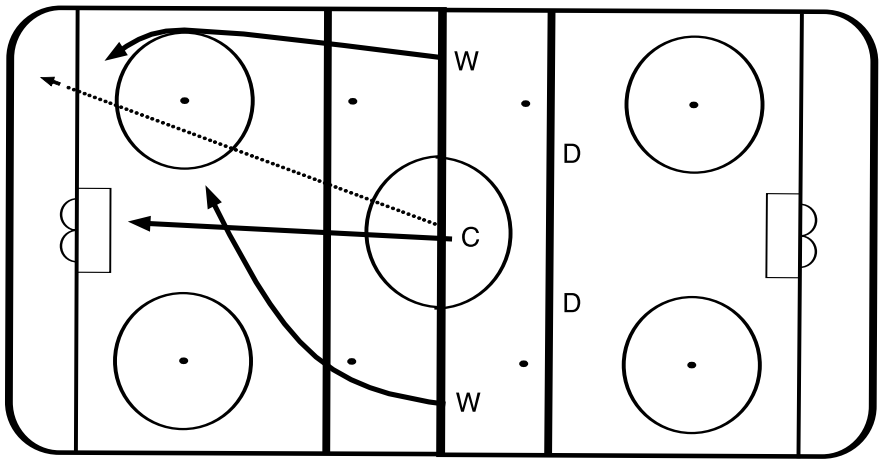
Drill — Passing

- 3 on 1 Olympic
- Six pass regroup
- Attack 3 on 1



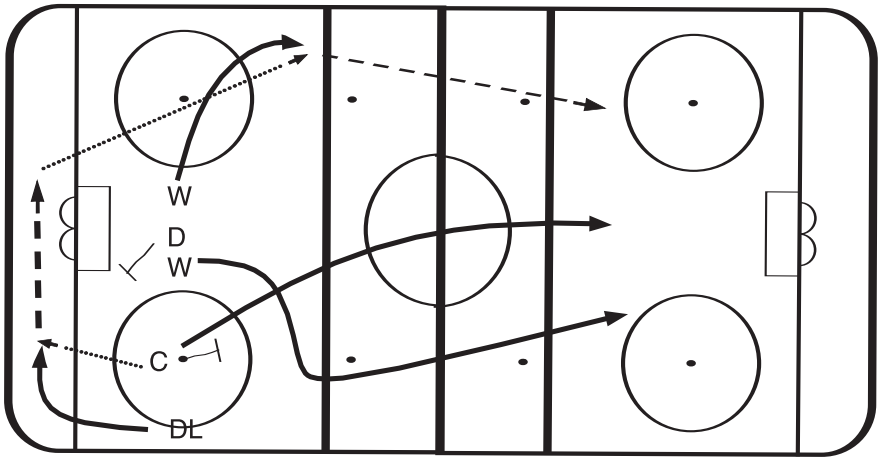
Drill — face-off

- Center ice
- Dump the puck in the corner
- Offensive zone play



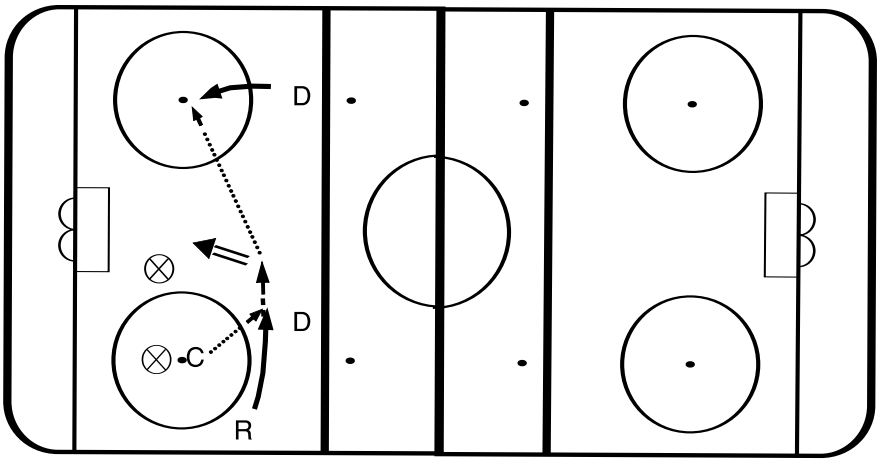
Drill — face-off Breakout

- All five move up and pass in offensive movement



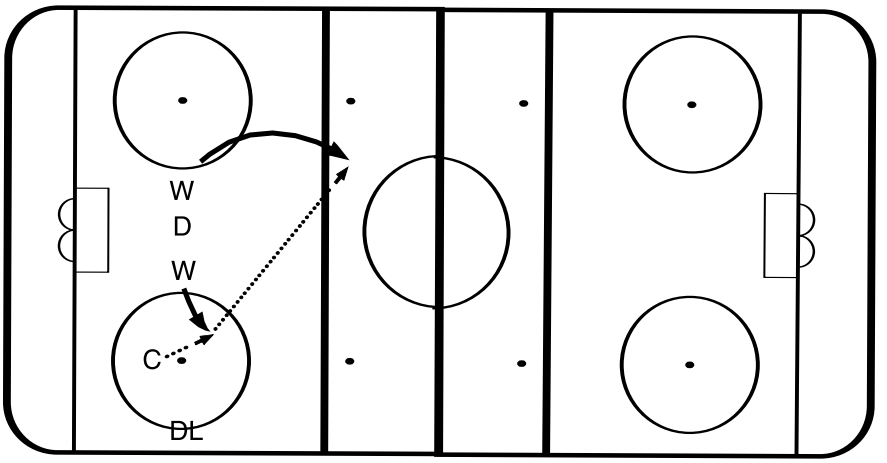
Drill — face-off

- Offensive zone



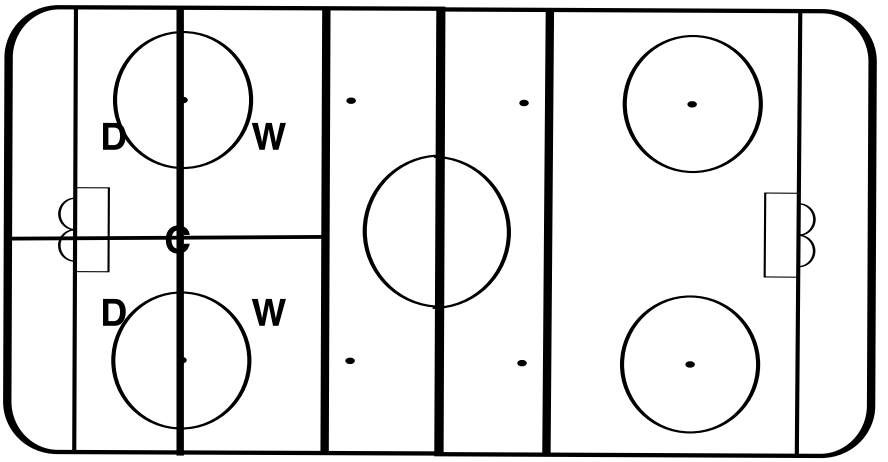
Drill — face-off Breakout

- Defensive zone



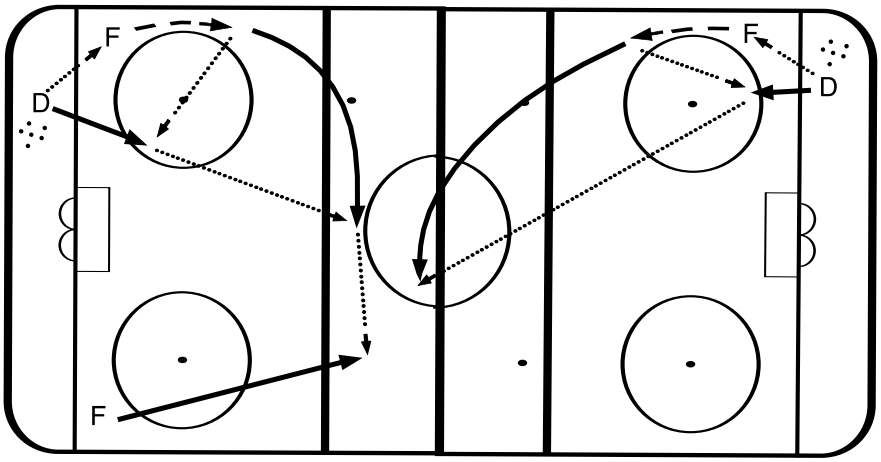
Drill — DZC Pointer

- Defensive zone coverage
- The coach points to one of the four areas
- The players rotate to their defensive zone responsibilities



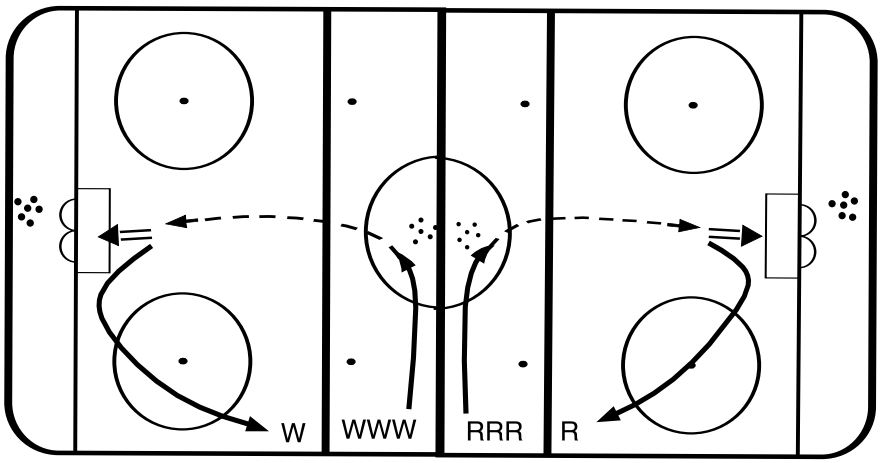
Drill — Stretch Passing

- Forward receives pass from the defenseman. The forward passes back to the defenseman. The forward skates laterally through the neutral ice and receives a long pass from the defenseman.
- The forward skates in on goal for a shot on the net.



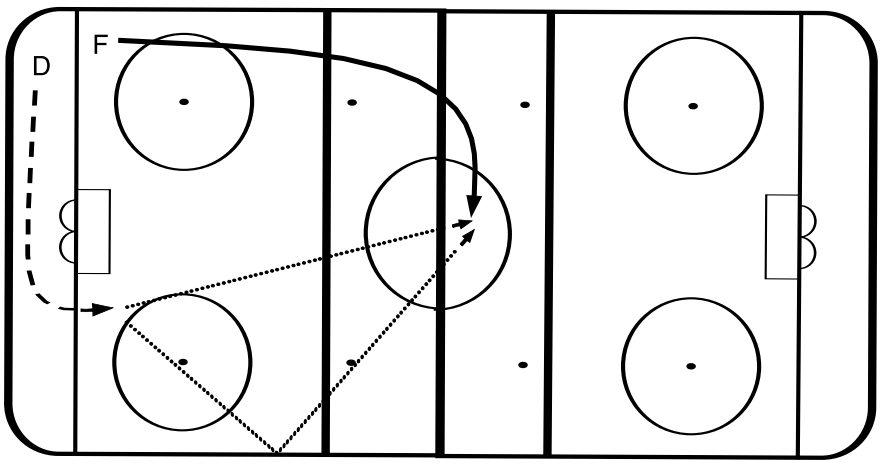
Drill — Team Showdown

- Pick up puck in the center ice circle skate in on net for a shot on goal



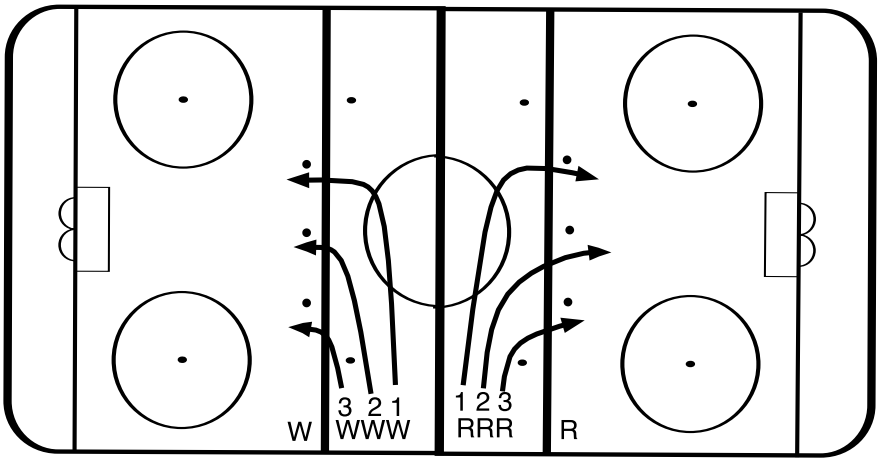
Drill — Stretch Passing

- On the whistle, the defenseman skates behind the net with a puck and passes out to a forward who is skating through the neutral ice



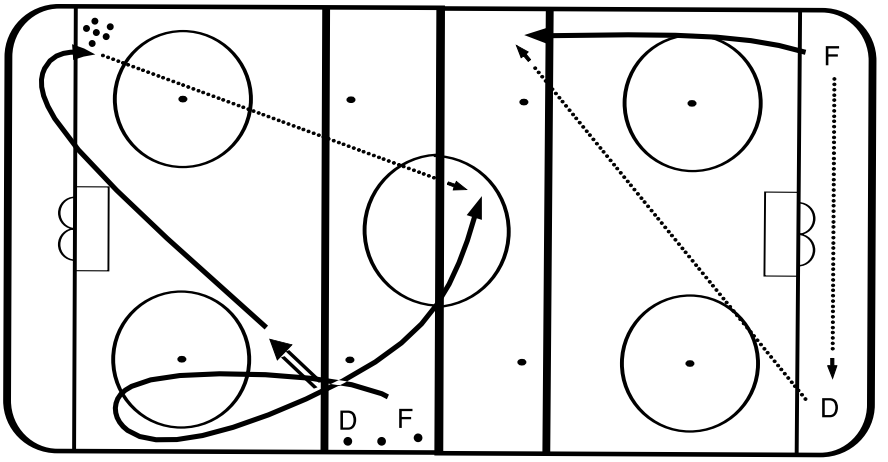
Drill — Three Goal Blitz

- Fastest scoring three goals with three pucks; all three players must touch the puck before shooting on goal



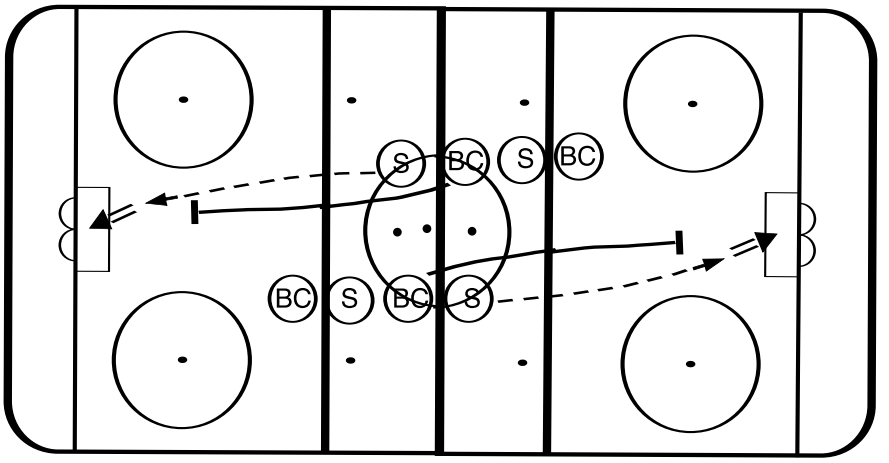
Drill — Stretch Passing

- The defenseman skates to the corner and picks up a puck
- The forward skates through the neutral zone and receives a long pass from the defenseman



Drill — Pressure Showdown

- The shooter drives to the net for a shot on goal
- The back checker chases the shooter putting pressure on the shooter



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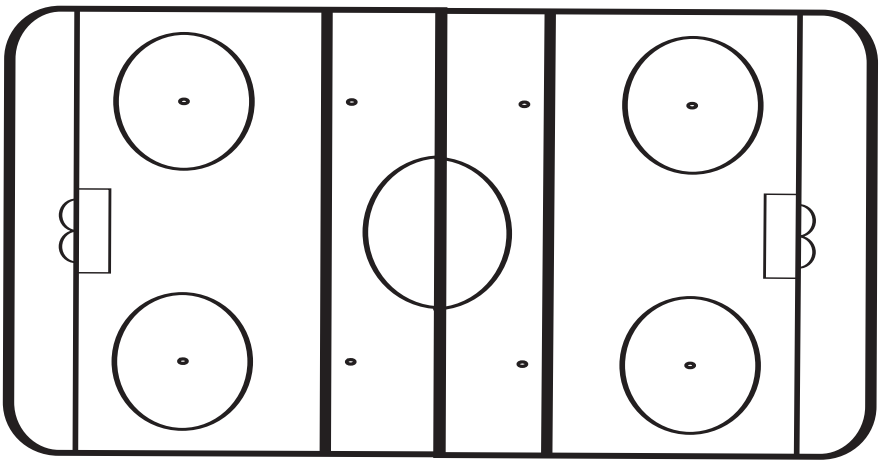
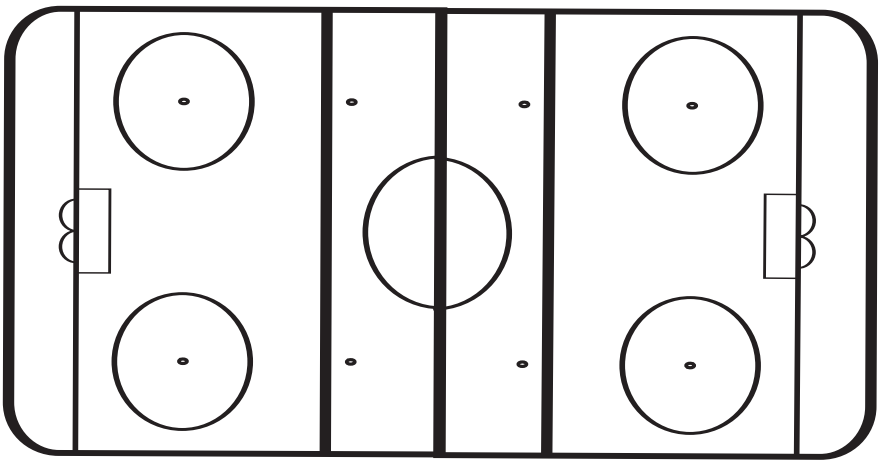


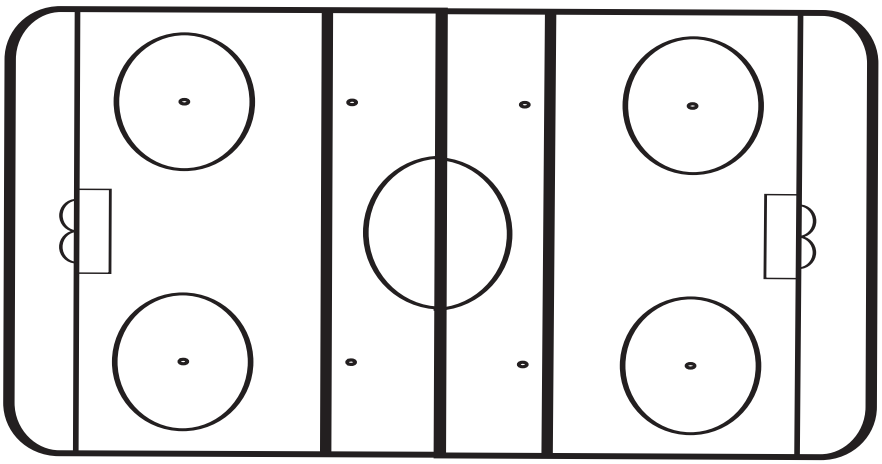
Notes/Comments

Description



Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

Objectives: Full sequence of game drills.

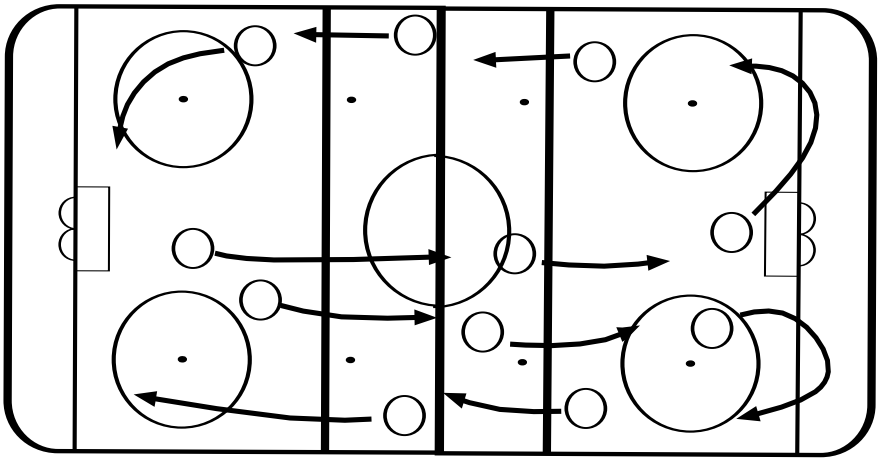
Date: _____
Practice: #22
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	X Backcheck	X Small Ice Modified Games
X Passing/Receiving	X 2 on 1	X Forecheck	X Full Ice Modified Games
X Shooting	____ 2 on 2	X Breakouts	X FUN - Relay Contests
X Checking	____ 3 on 1	X Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	X Triangulization/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	____ Face-offs	
X Def./Forwards		____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises	
10 mins.	1. Butterfly stretch, sprints, board pointer, open ice pointer, power slide and stride, push-touch long strides	Easy
10 mins.	2. Stationary puckhandling: circles Figure 8, left-right-forward-backward, width side over-back, crossovers, control turns forward and backward, 1 -11 puckhandle	One Touch
5 mins.	3. Pass, shoot	Focus
10 mins.	4. 2 on 1 breakouts, 2 on 1 forechecking, 1 on 2 backcheck	Contact
10 mins.	5. Breakout drills	
15 mins.	6. Full cycle game drills	Fun

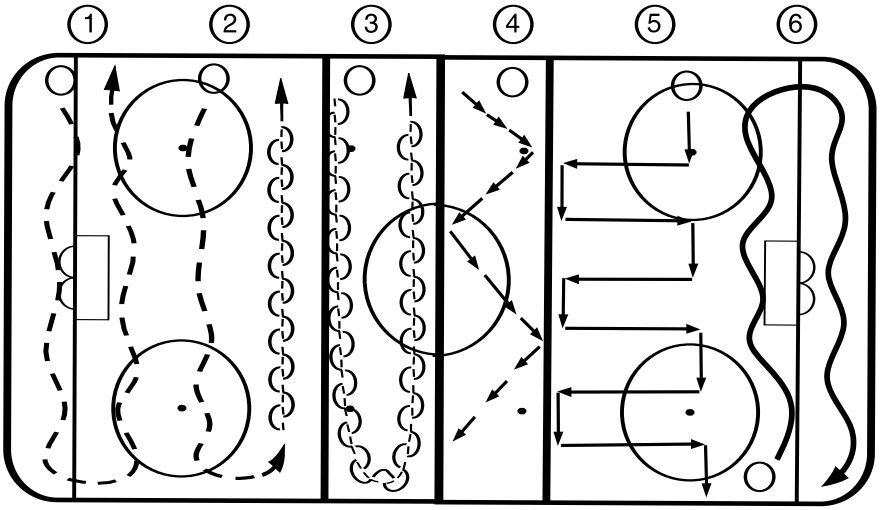
Drill — Warm Up

- Butterfly warm up stretch



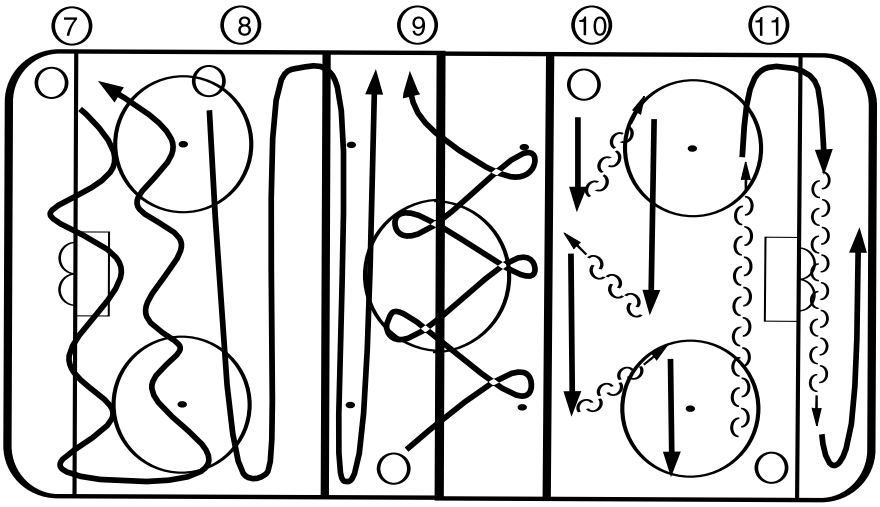
Drill — Puckhandling

- Natural stride, two forward and backward, three backward
- Zig-zag
- Right angle stepouts
- Control turns
- Crossovers
- Speed over back control turns
- Escapes
- Pull backs
- Backward with escape to forward



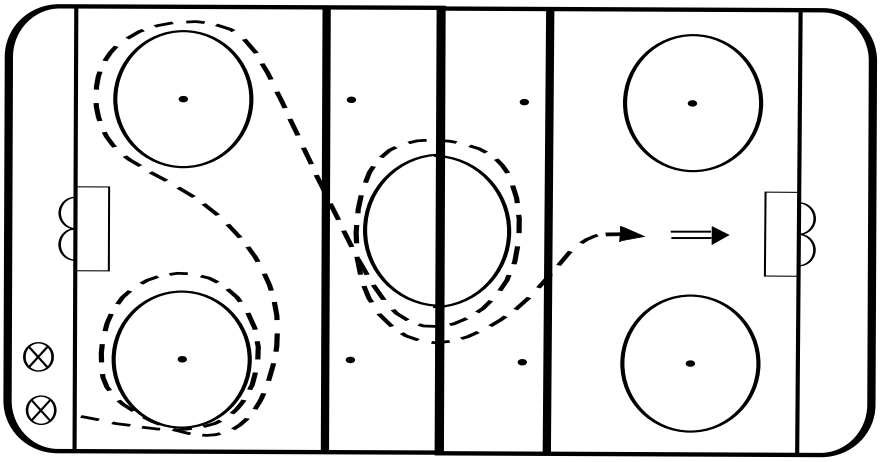
Drill — Puckhandling

- Same as previous drills with pucks



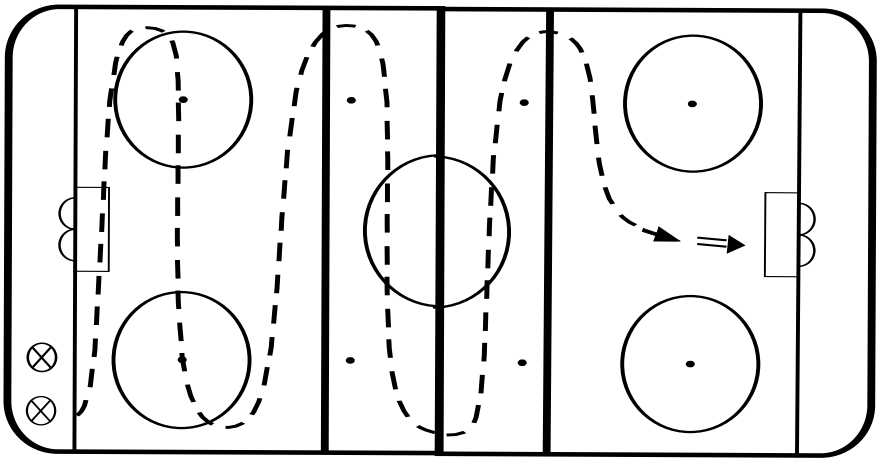
Drill — Puckhandling

- 360 degree Russian circles with good push unders
- Shoot on goal



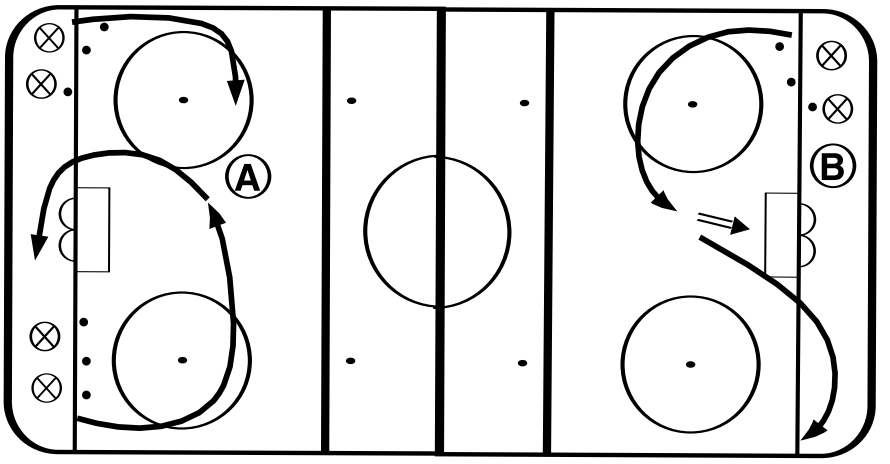
Drill — Puckhandling

- Forward with puck
- Shoot on goal



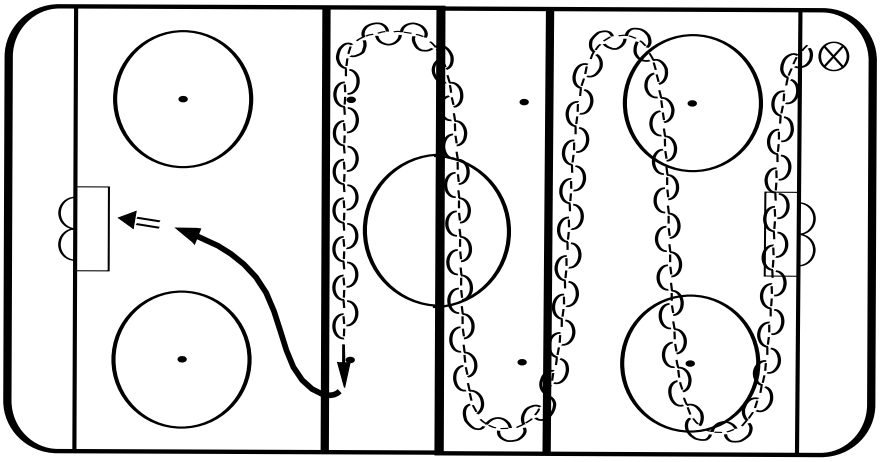
Drill — Shooting

- Forehand and backhand
- Fast feet



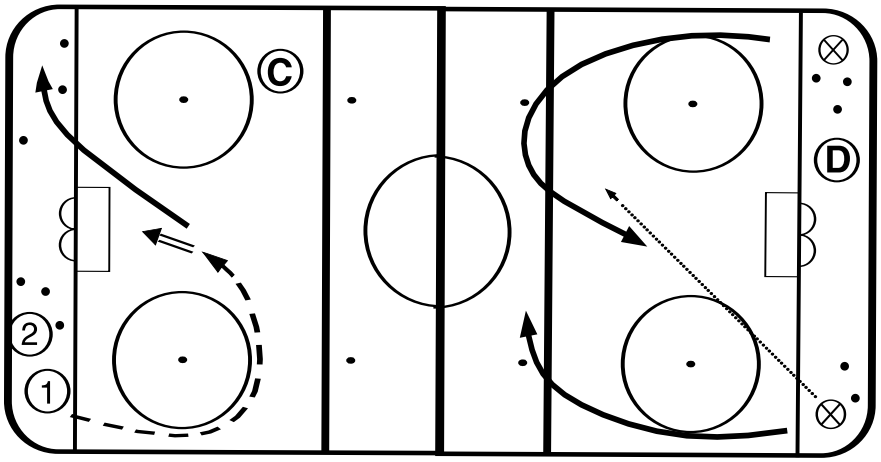
Drill — Puckhandling

- Backward puckhandling
- Shoot on goal



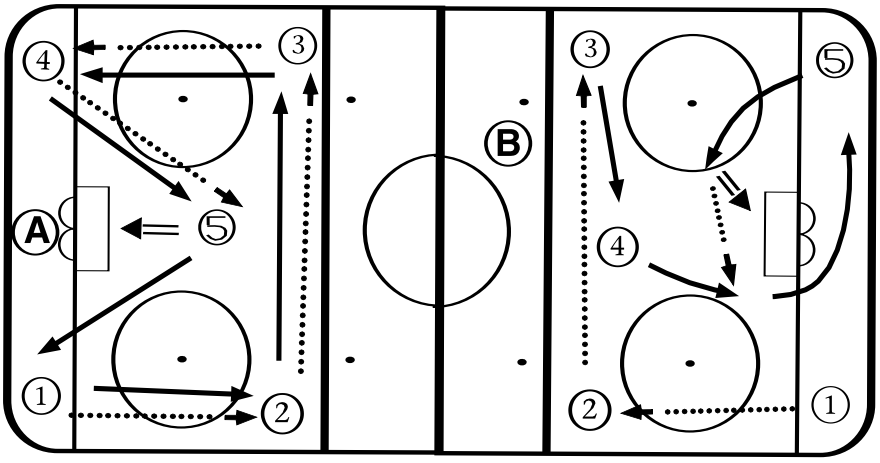
Drill — Passing/Shooting

- Pretzel with pass
- Pretzel with pass then rebound
- Skate around top of circle and shoot on goal



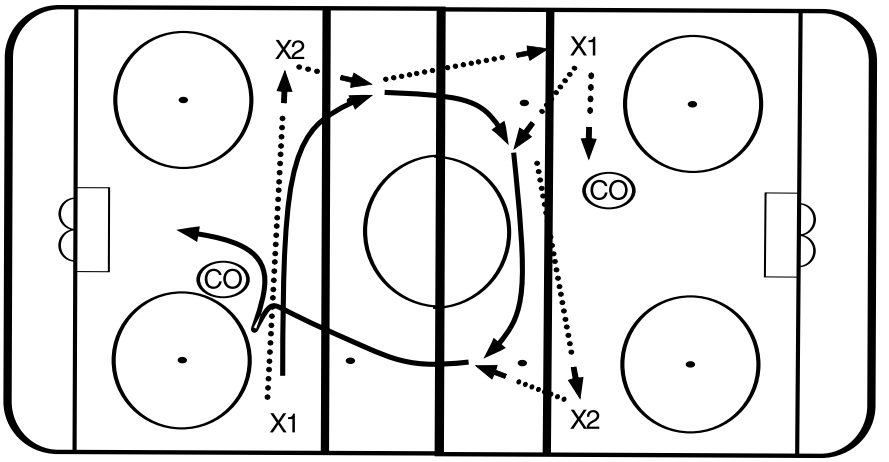
Drill — Passing/Shooting

- Around the horn pass - follow pass
- Player #5 shoots on goal or walks out of corner for shot on goal



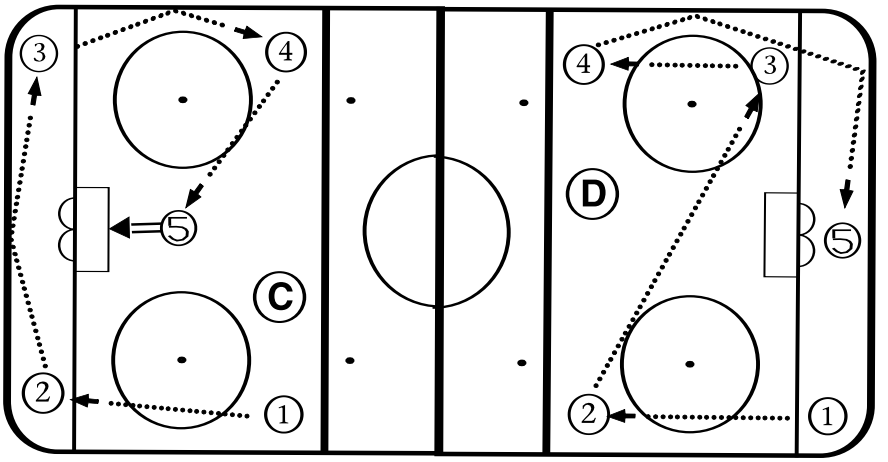
Drill — Passing/Shooting

- Montreal 6 pass - make move on coach



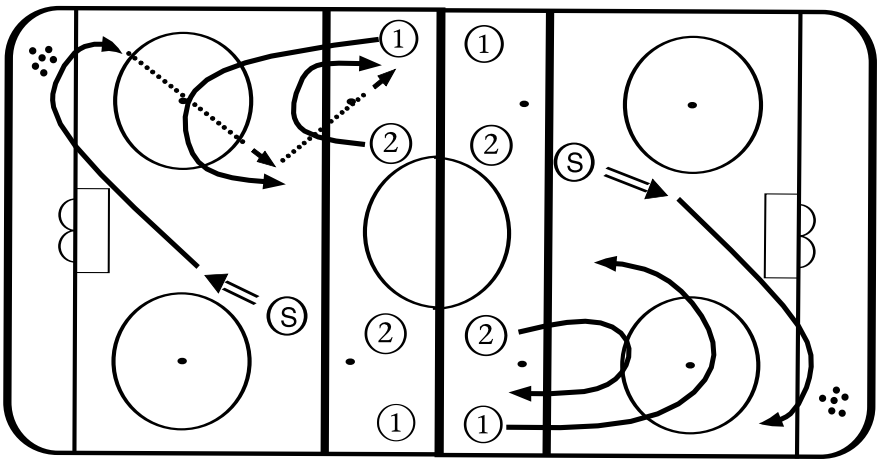
Drill — Passing/Shooting

- Down and around
- Behind net
- Player #5 shoots on goal or walks out from behind net for a shot on goal



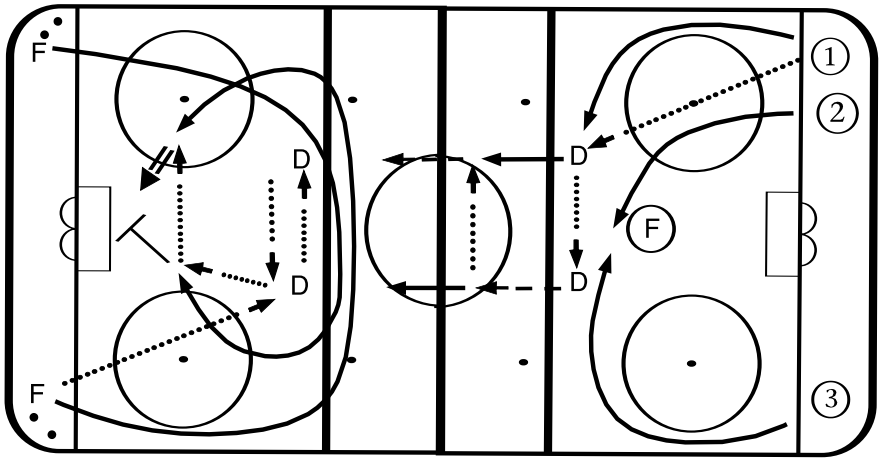
Drill — Passing/Shooting

- Boston timing drill



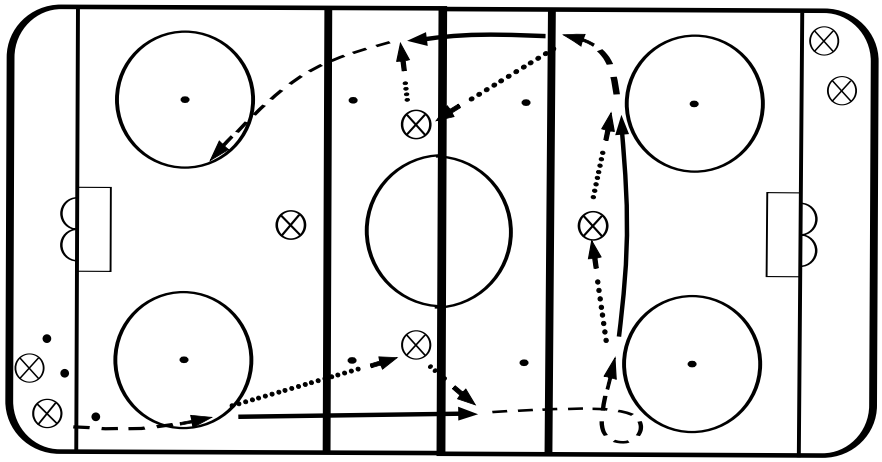
Drill — Passing/Shooting

- Pass out to D
- Pass out to D, regroup, 3 on 0 attack



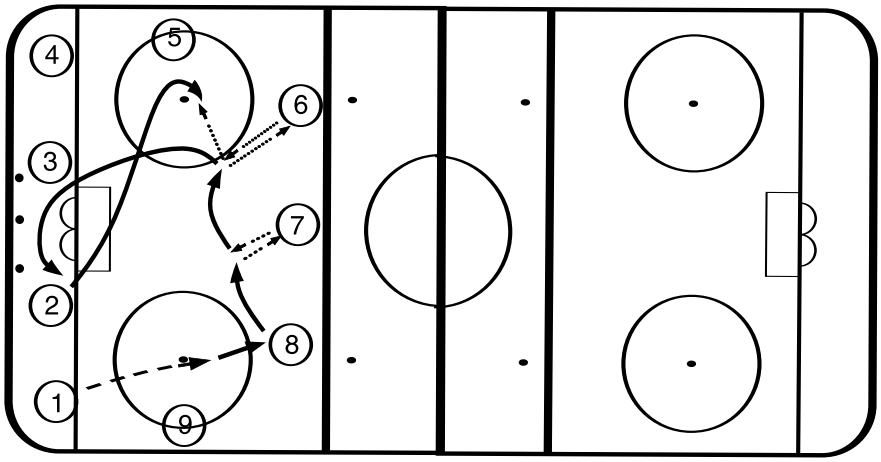
Drill — Passing/Shooting

- Rangers timing escape drill, alternate side then both sides together



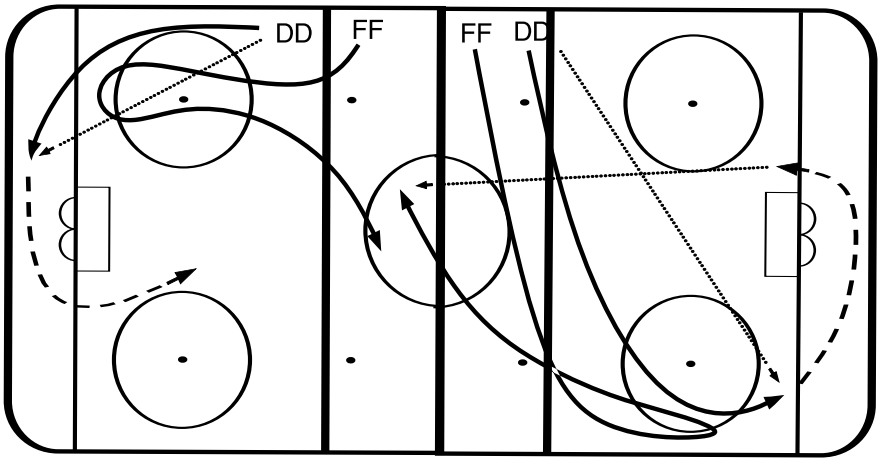
Drill — Passing/Shooting

- Devils 6 pass with wraparound



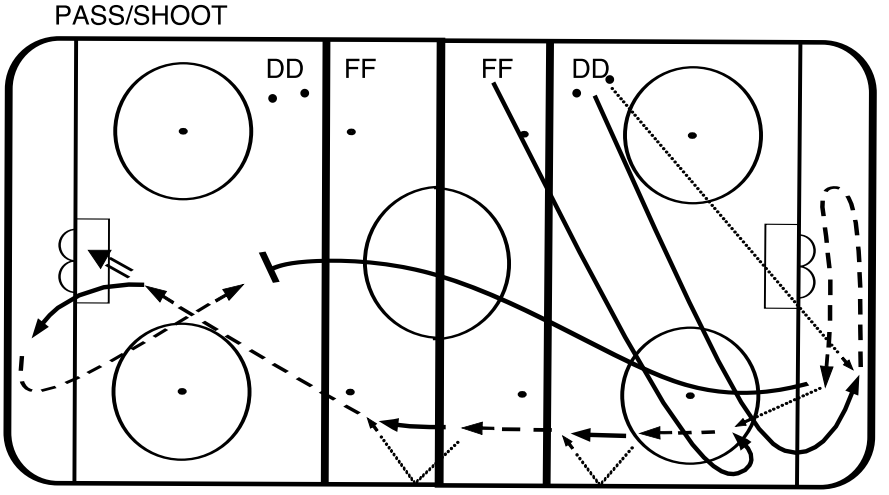
Drill — Passing/Shooting

- Stretch pass to the center circle



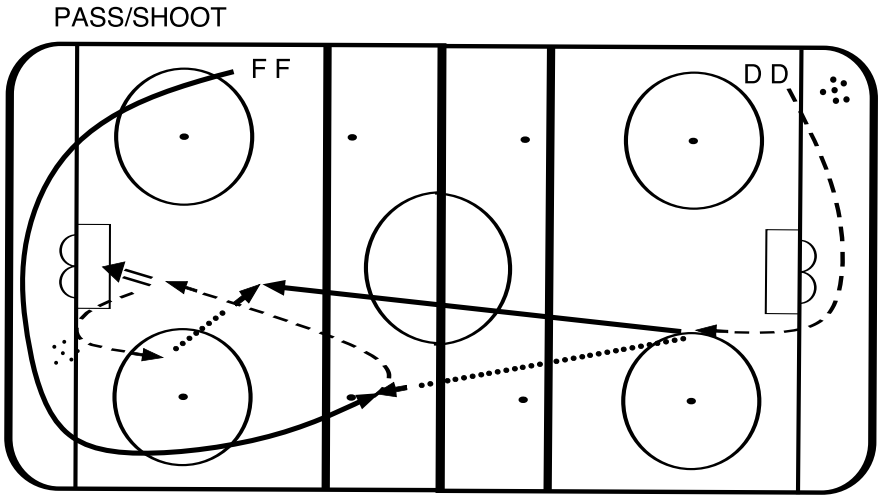
Drill — Passing/Shooting

- Counter, alternate sides, defenseman dumps in, skates after puck and goes behind net, counters passes to wing, breakout, pass off boards to self twice then shoot at goalie, retrieves puck, pass out to D for shot to tip



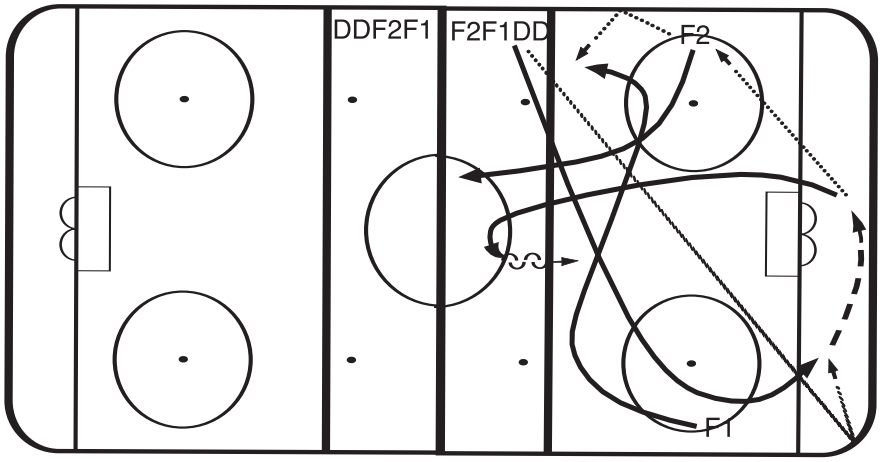
Drill — Passing/Shooting

- Long stretch pass, D carries puck around net and moves up to face-off dot and passes to F who has skated around to blue line, D makes long pass, moves up for shot



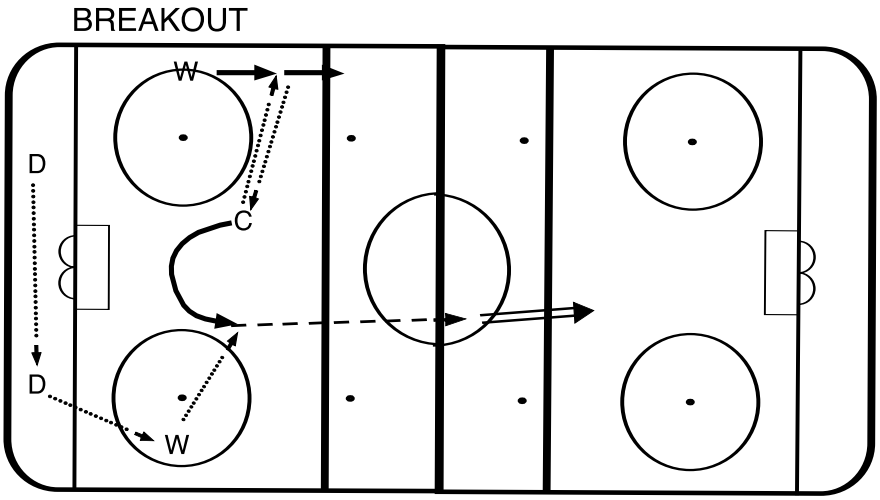
Drill — 2 on 1

- The defenseman dumps the puck in the corner
- The defenseman picks up the puck and skates around the net and passes to F1 and F2
- The two forwards regroup and attack 2 on 1 on the defenseman



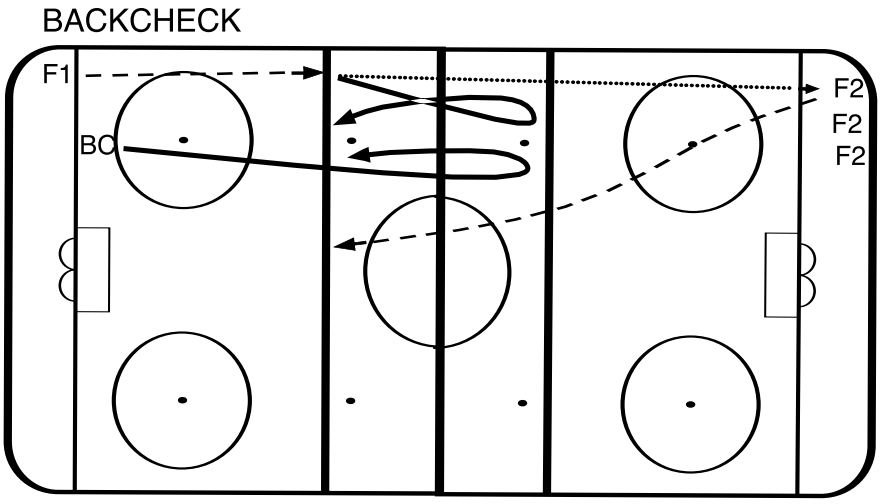
Drill — Breakout

- 5 pass breakout



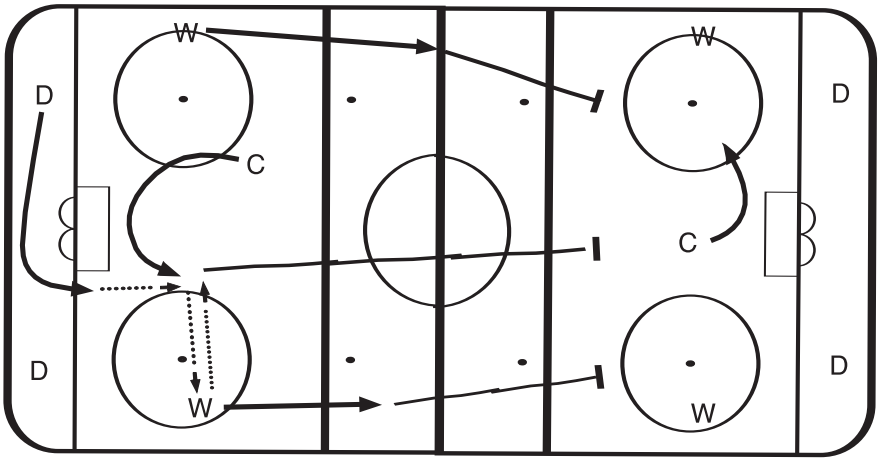
Drill — Backchecker Drill

- 1 on 2 backchecker drill: F1 skates with puck up to first blue line, passes it to F2 who skates up ice, F2 then turns at second blue line to become receiver, backchecker covers F1



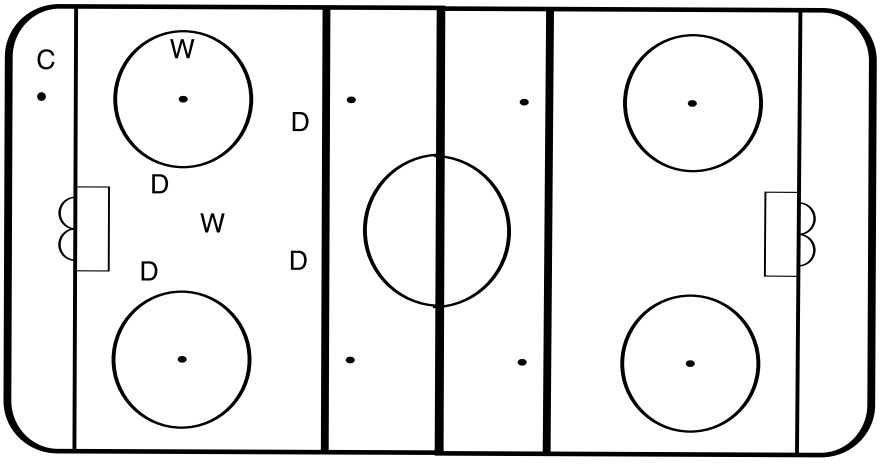
Drill — Breakout

- Notre Dame breakout
- Continuous



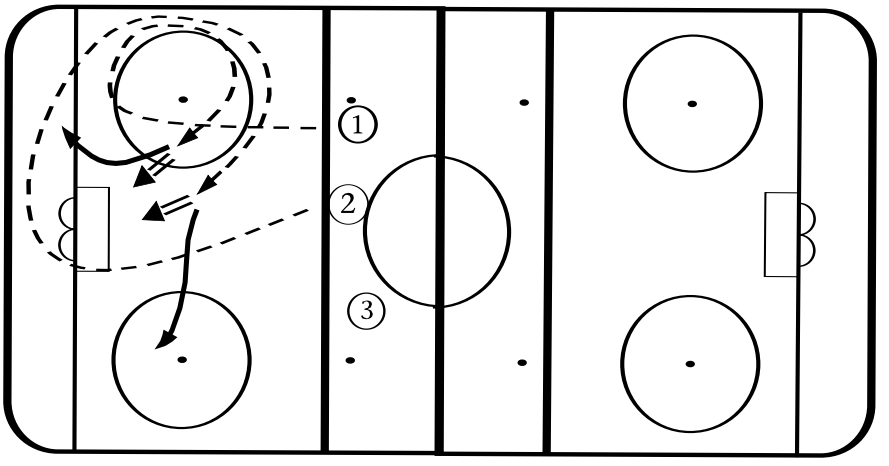
Drill — Full Cycle Game Drill

- Defend 2D on 5 - breakout 5 on 2D
- Attack with play option, defense on whistle breakout



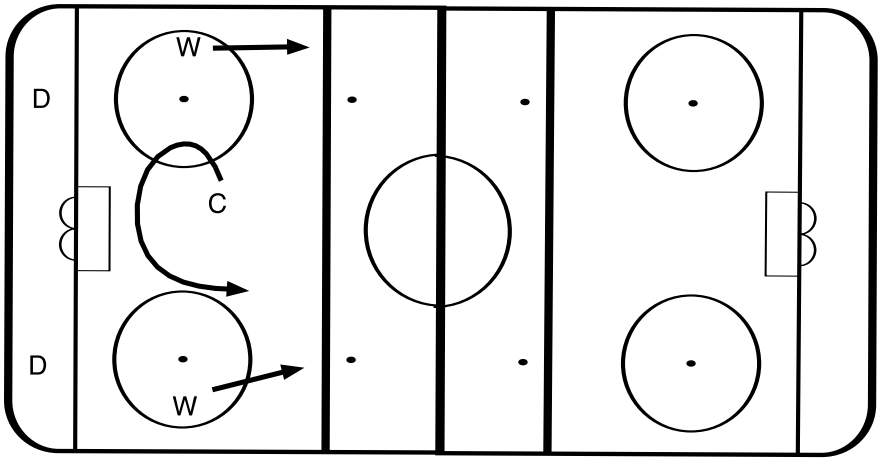
Drill — Full Cycle Game Drill

- Cycle: 1 curl and shoot on goal
- Double curl shoot or pass, also use fake shot, curl, bump pass, walkout, curl, bump pass, reverse, curl, bump pass, come around with wrap or trailer



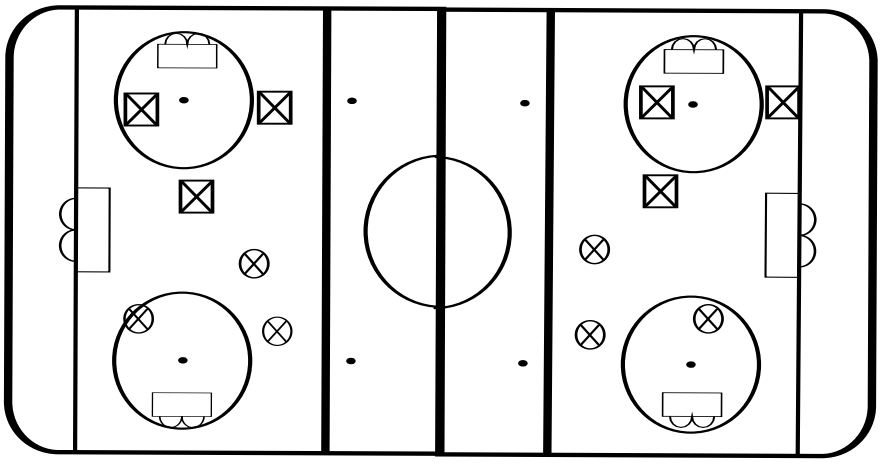
Drill — Full Cycle Game Drill

- Breakout attacks - point shot, regroup, attack, cycle point shot, backcheck to slot



Drill — Scrimmage

- 3 on 3 triangle
- 4 on 4 box



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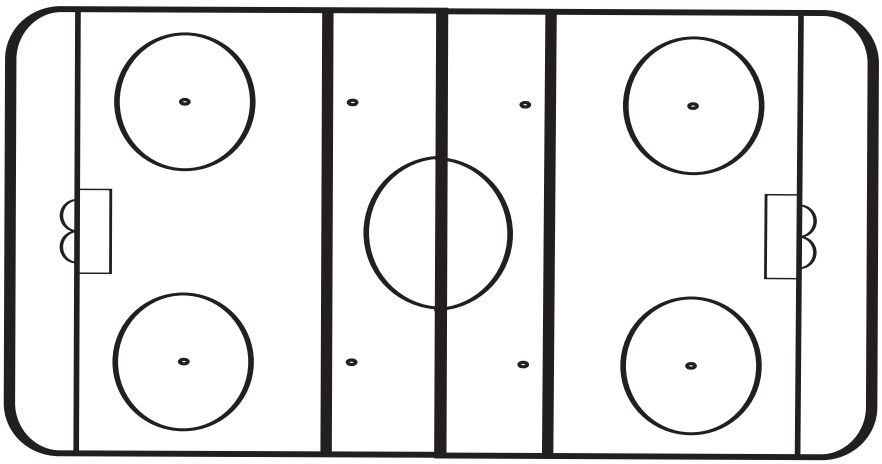


Notes/Comments _____

Hockey Practice Plan

Objectives: Fast feet warm ups, quick one touch shooting, agility passing drills, gap control, break down of game drills.

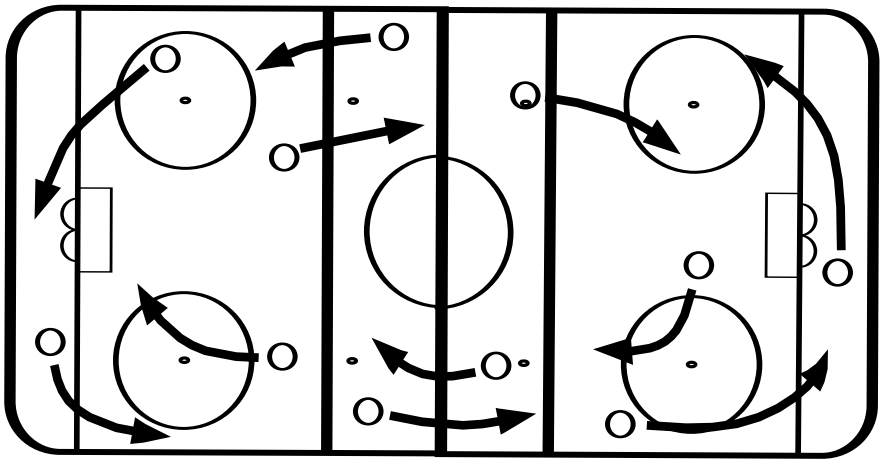
Date: _____
Practice: #23
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	___ Defensive Cov.	___ Short Work - Quickness
X Puck Control	X 2 on 0	X Backcheck	___ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	X Forecheck	___ Full Ice Modified Games
X Shooting	X 2 on 2	X Breakouts	X FUN - Relay Contests
___ Checking	X 3 on 1	X Entering Attack Zone	___ Skills Testing
___ Agility Work	X 3 on 2	X Triangulization/Cycling	___ Misc.
X Goaltending	___ 3 on 0	___ Face-offs	
X Def./Forwards		___ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch, neck exercises, Heads Up, Don't Duck drills	
5 mins.	1. On ice stretch around rink	Easy
5 mins.	2. Fast feet with puckhandling and shooting	Quick feet
5 mins.	3. Pressure shooting	Hit the net
5 mins.	4. Gap control	Control
5 mins.	5. Qualitative break down of game drills - breakouts, attack, forecheck, backcheck, tag-up, regroup	Good passes
10 mins.	6. Small games	
10 mins.	7. Skating conditioning	Work hard
5 mins.	8. Circle stretch	

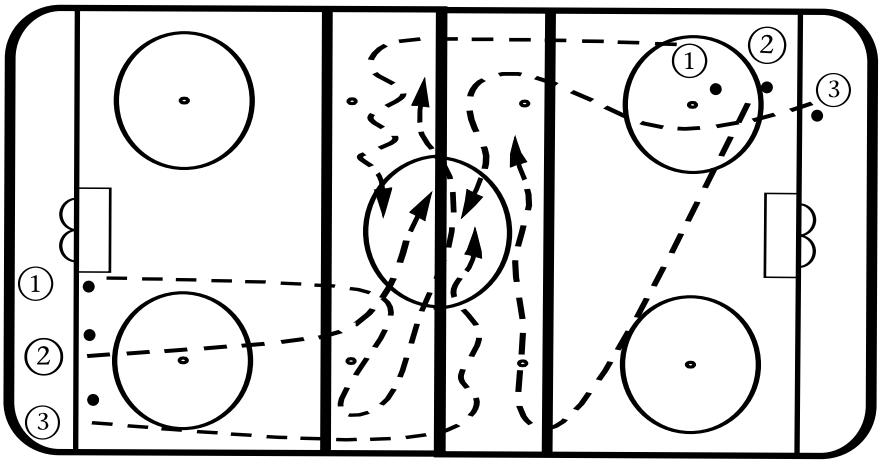
Drill — Stretching

- Around the rink with counter circle stretch: in and outs, S-drill, scooter, Big C, continuous crossovers, hurdler, ostrich, behind back stretch, sprints, peanut, big Figure 8



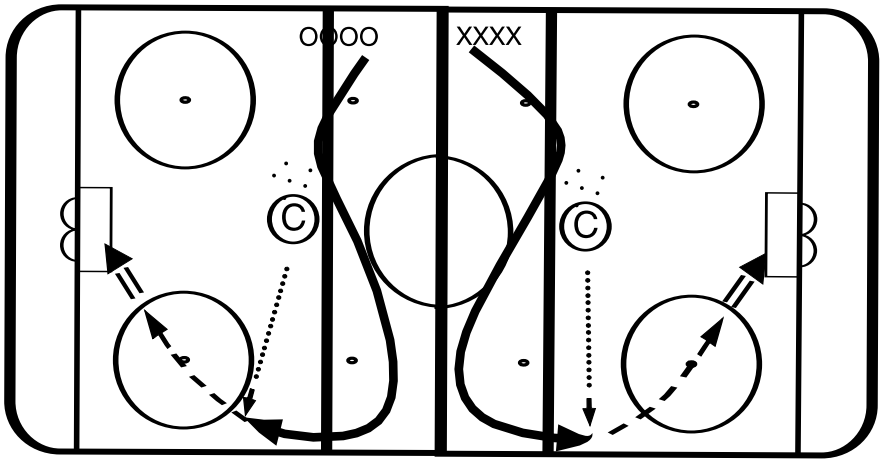
Drill — Puckhandling

- Olympic puckhandling: three players from each end skate to the neutral zone, stickhandle, on whistles one at a time, skate in on the goaltender and shoot on goal



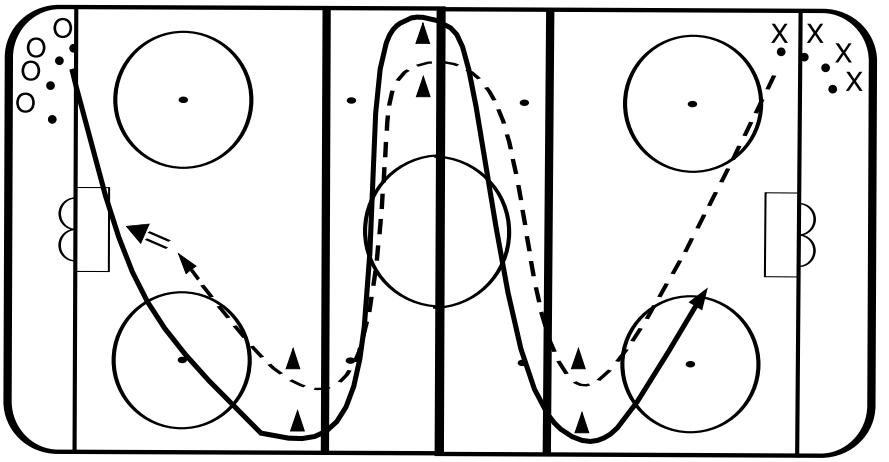
Drill — Puckhandling

- Fast feet crossovers with or without puck
- Receive pass from coach
- Shoot on goal



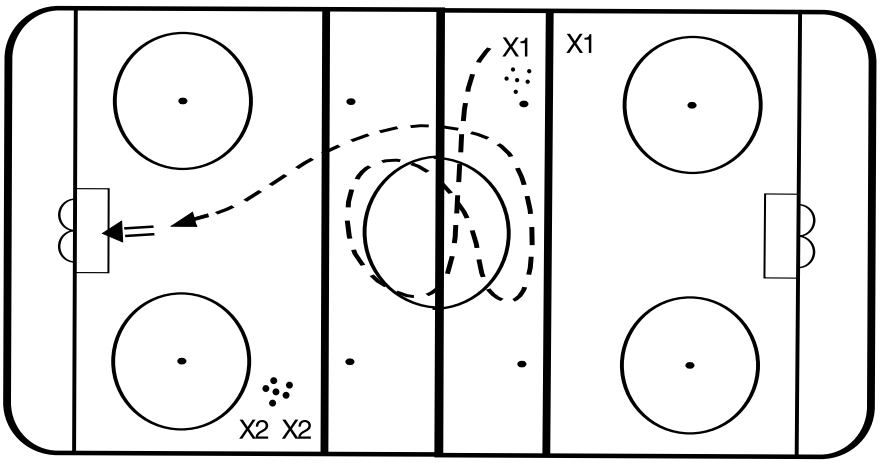
Drill — Shooting

- Players skate around all 3 cones and shoot on goal



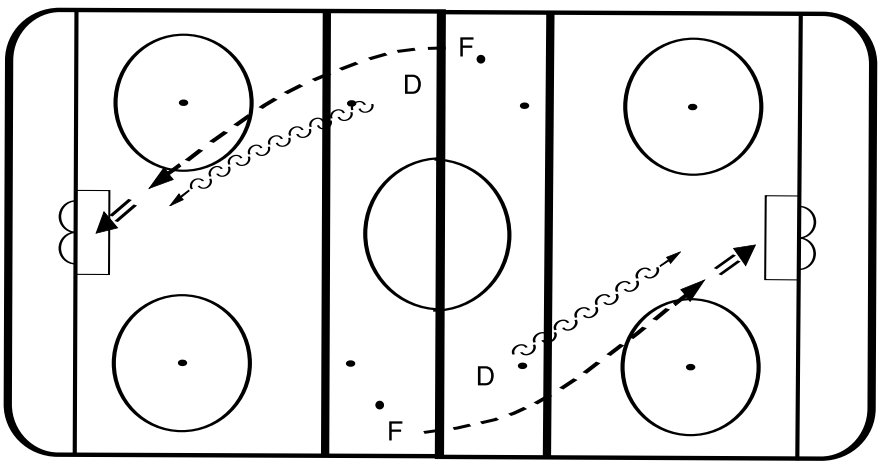
Drill — Puckhandling

- Crossovers with puck in neutral zone
- Shoot on goal



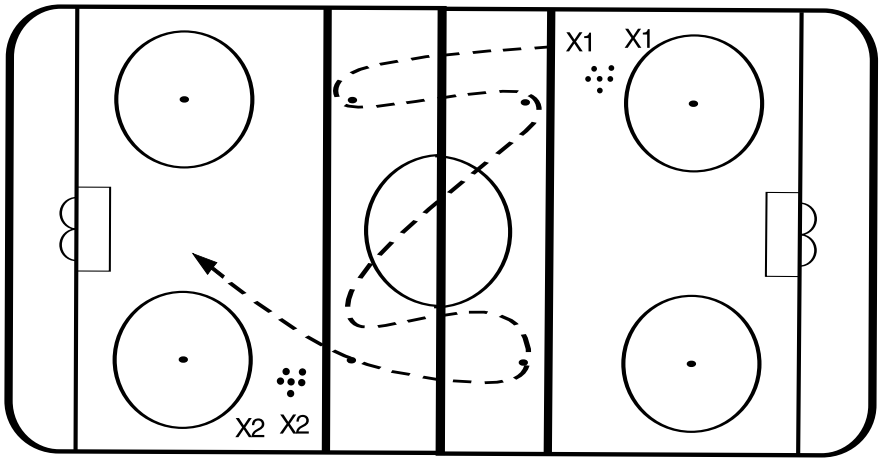
Drill — Shooting

- 1 on 1: D skates with swizzles, F drives to net for a shot on goal
- D plays 1 on 1



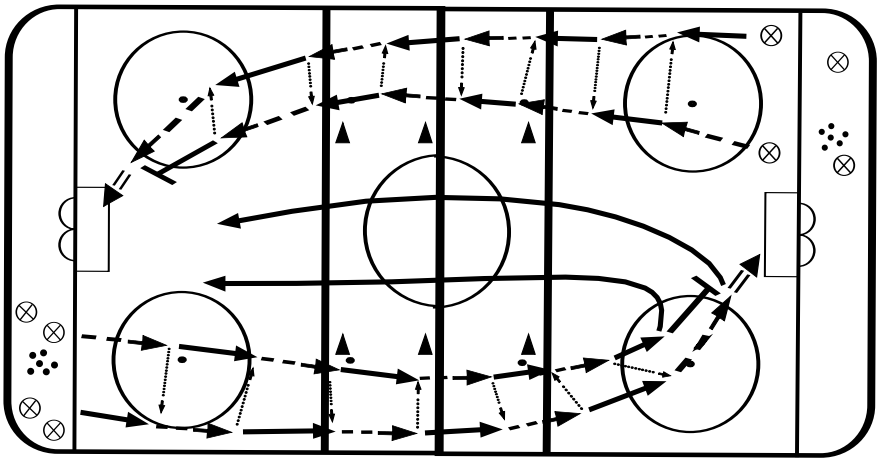
Drill — Skating

- Control turns with puck - fast feet
- Shoot on goal



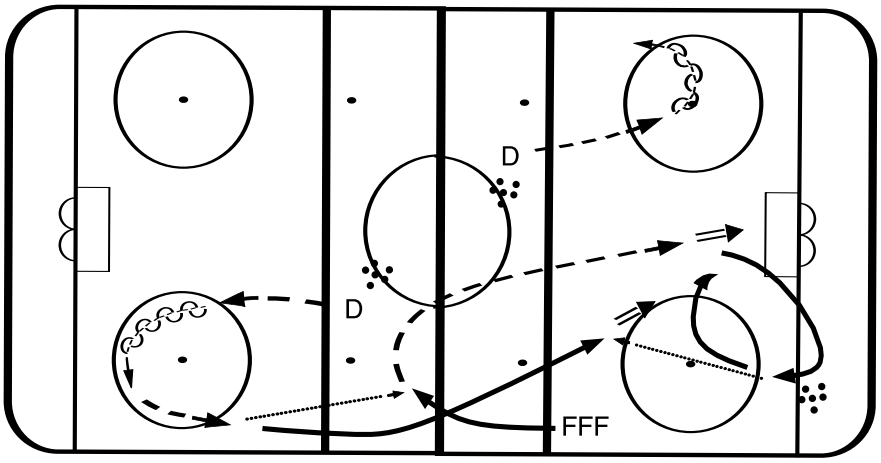
Drill — Shooting

- 2 on 0 with backcheck, shoot, rebound and return



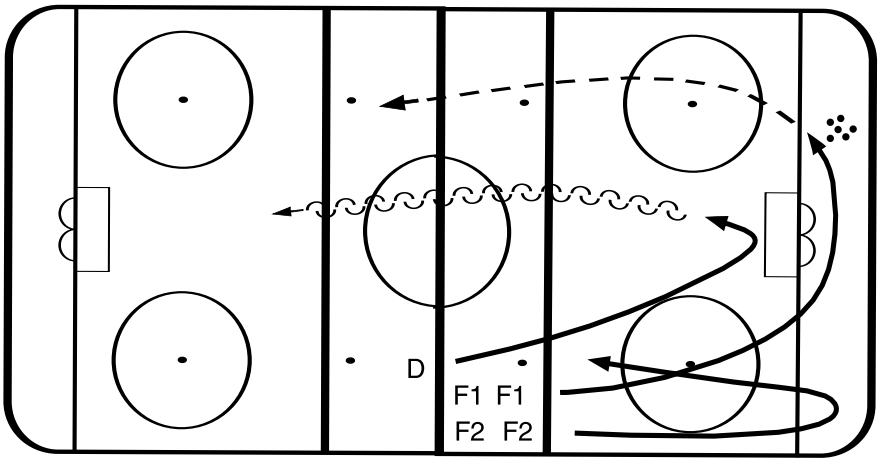
Drill — Shooting

- Both sides: the defenseman skates with the forward to face-off dot, pivots backward, steps out forward, makes a pass to the forward, timing turn, the forward receives pass, shoots on goal, gets rebound, passes out to the defenseman for a shot on goal



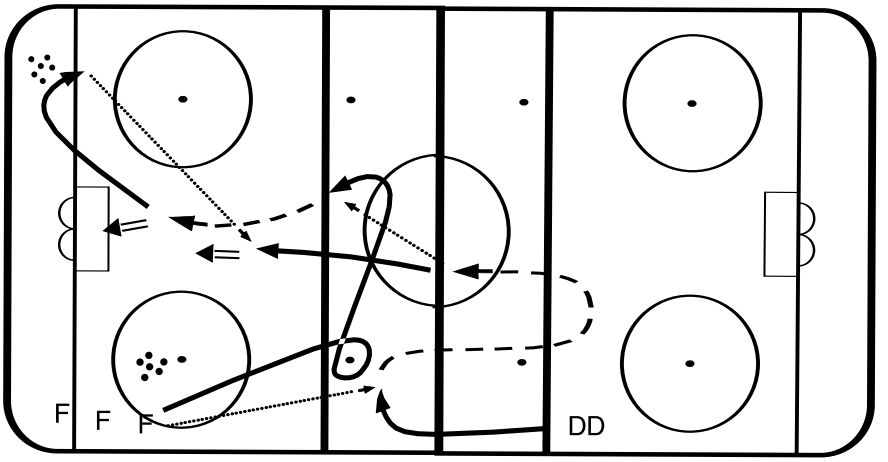
Drill — Gap Control

- 2 on 1
- Forward 1 picks up a puck from behind the net
- Play 2 on 1 against defenseman



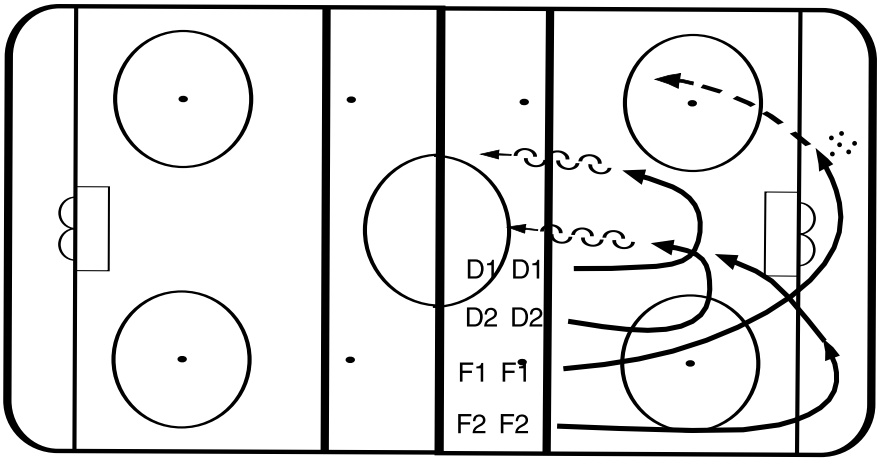
Drill — Shooting

- The forward passes to the defenseman, the defenseman receives the pass and skates backward
- The forward makes an escape skates through the neutral ice and receives a pass back from the defenseman
- The forward drives to the net for a shot on goal
- The forward picks up a puck in the corner and passes it out to the defenseman for a shot on goal



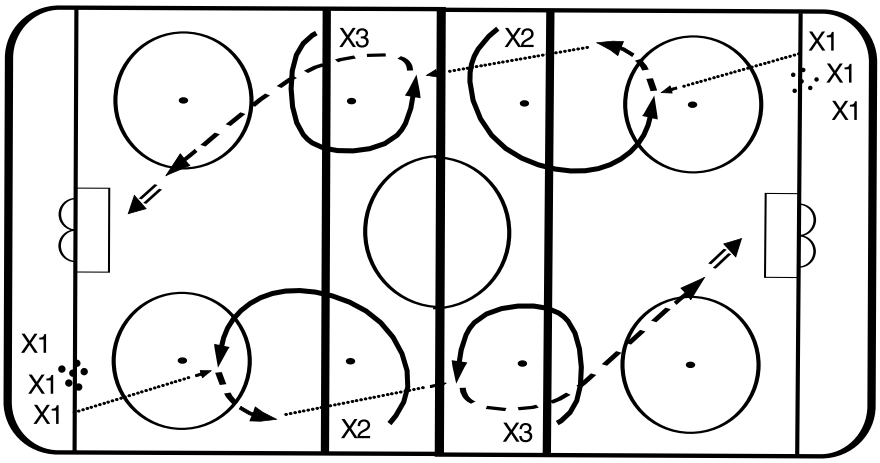
Drill — Gap Control

- 2 on 2
- Forward 1 picks up a puck behind the net
- Play 2 on 2 against 2 defensemen



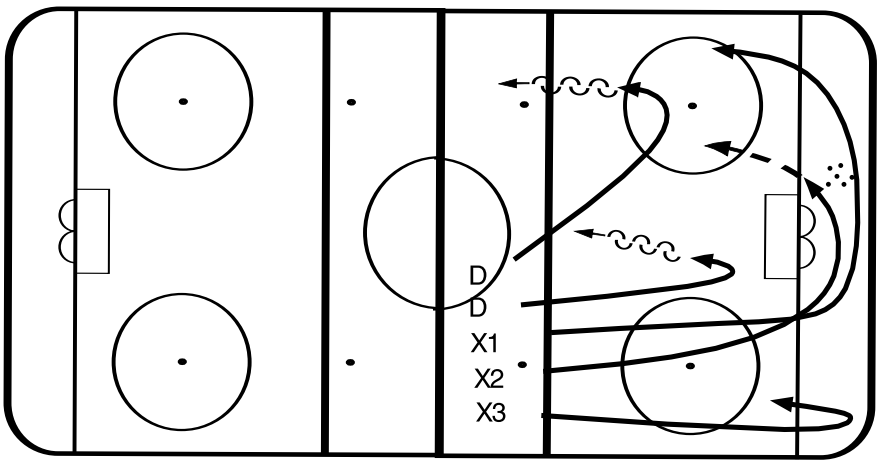
Drill — Shooting

- Niagara curl shooting drill, warm up drill: timing drill, tape to tape, passing, crossover skating, X2 and X3 curl simultaneously with X3 timing off X2, X1 passes to X2 and replaces, X2 passes to X3 and replaces on whistle



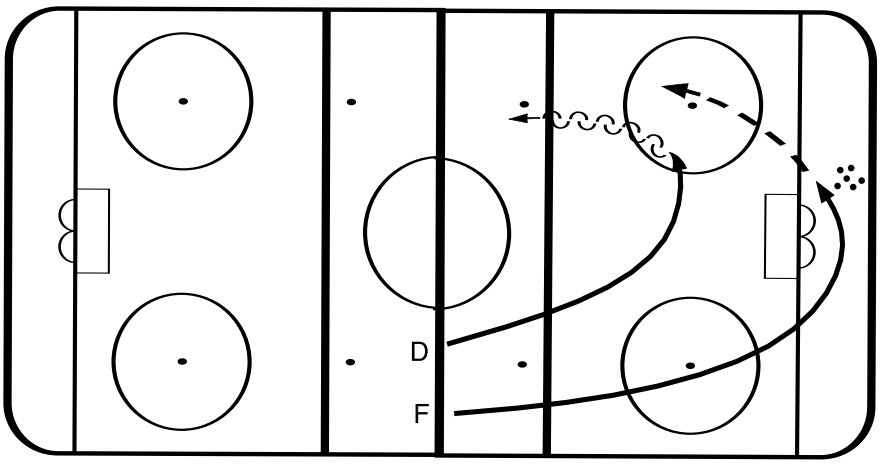
Drill — Gap Control

- 3 on 2 - use play options: trailer pass, ring around, split the defensemen, criss-cross
- Forward 1 picks up a puck behind the net
- Play 3 on 2 against 2 defensemen



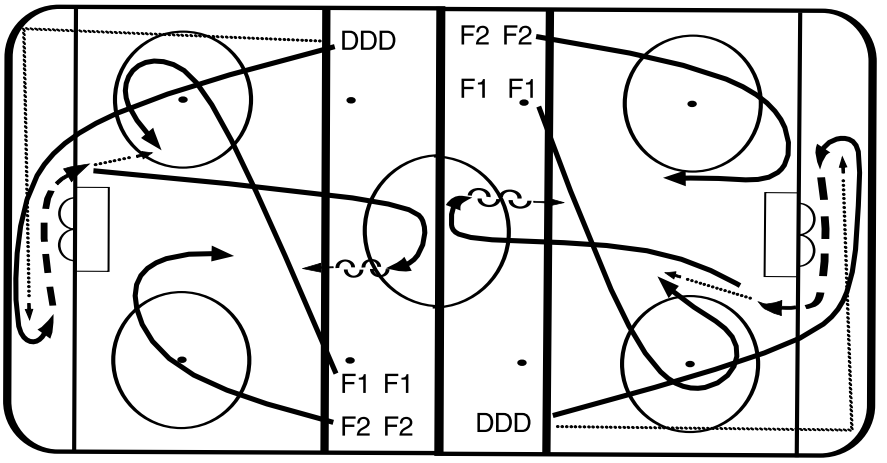
Drill — Gap Control

- 1 on 1
- The forward picks up a puck behind the net
- Play 1 on 1 against defenseman



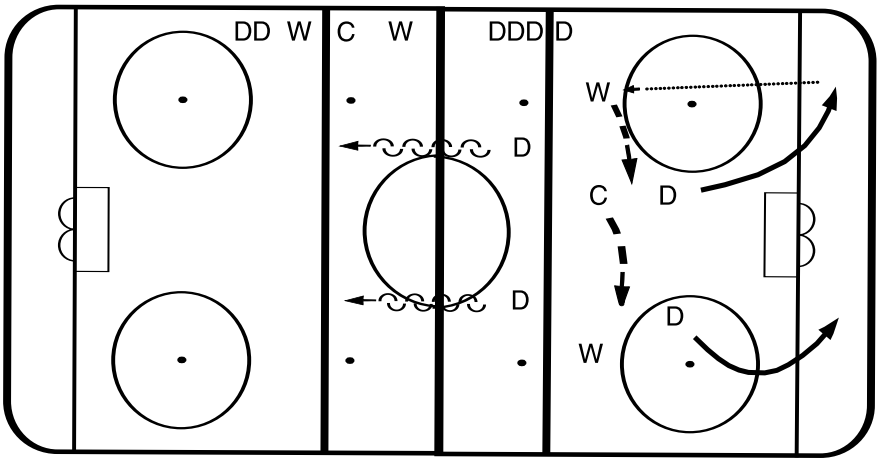
Drill — Gap Control

- 2 on 1 with counter
- Both directions



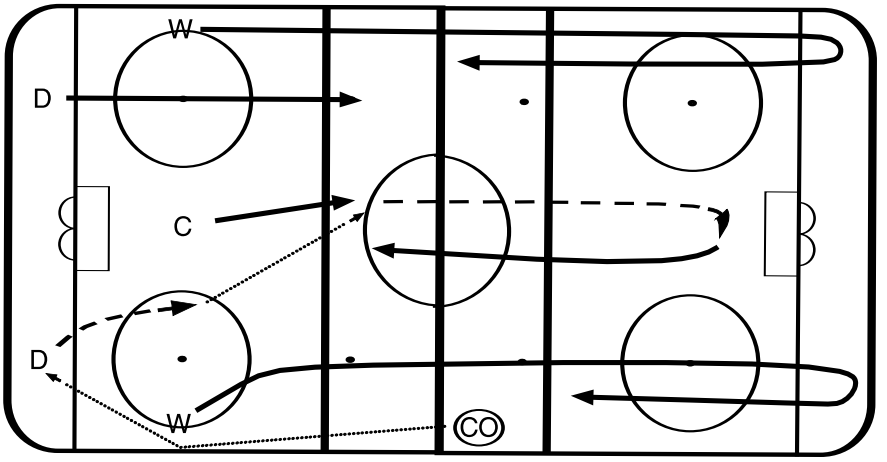
Drill — Game Drill

- Breakout, regroup
- Attack, pass out to defense, puck in neutral ice for regroup



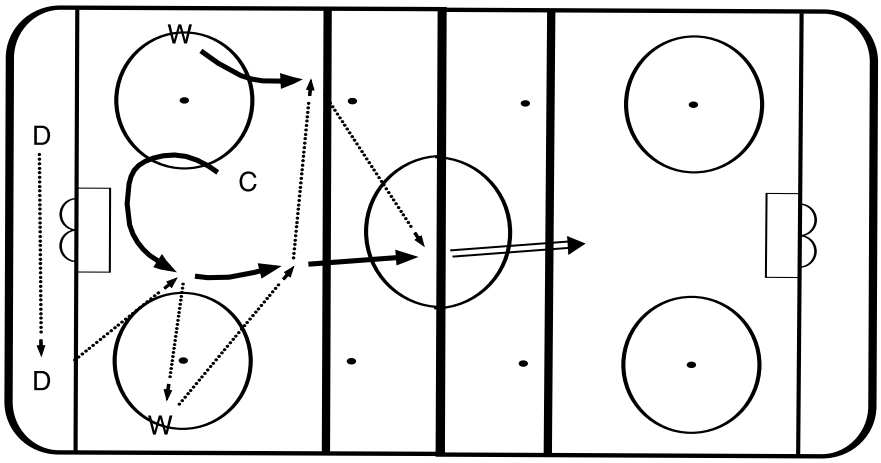
Drill — Game Drill

- Breakout, attack forecheck, backcheck on whistle



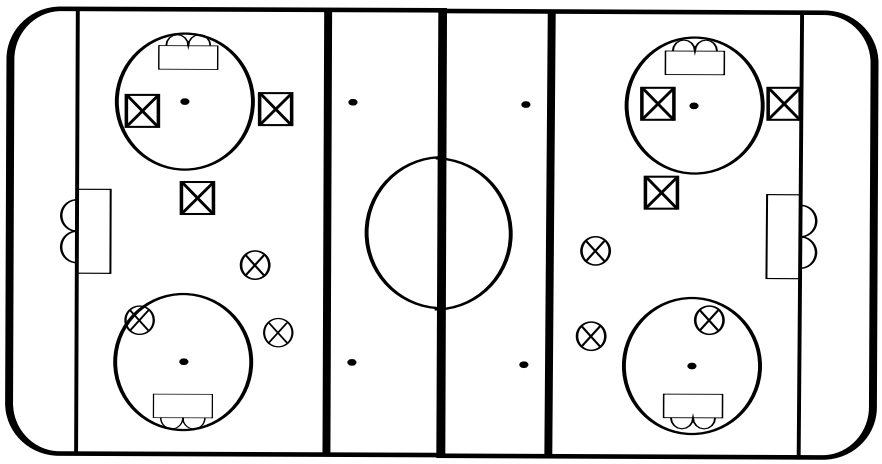
Drill — 5 Pass Dump

- One touch passing on breakout
- Dump the puck in



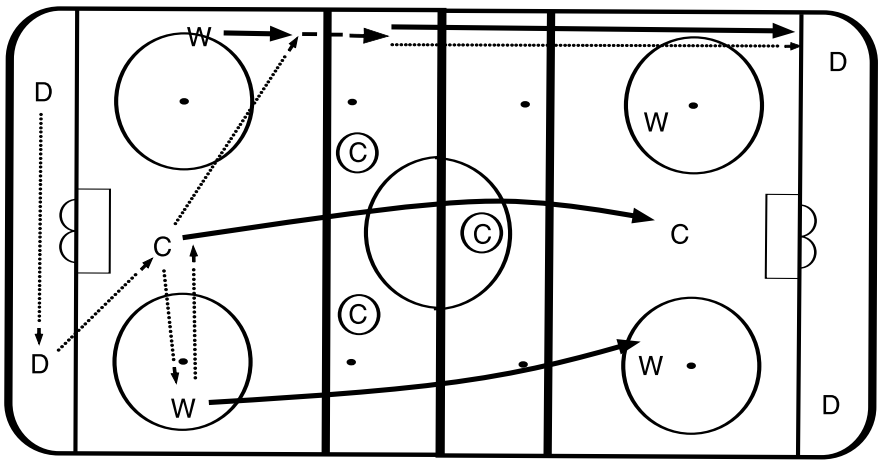
Drill — Small Games

- 3 on 3



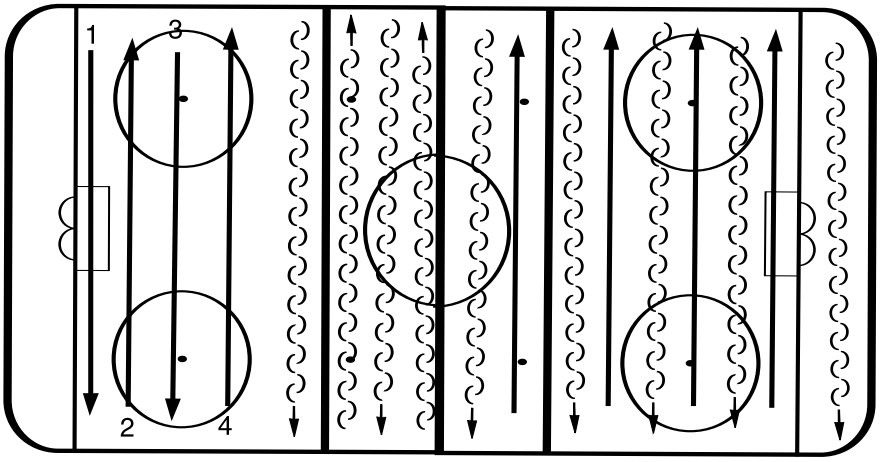
Drill — 5 Pass Dump

- 5 pass dump, Notre Dame, shadow in middle, shadow going in



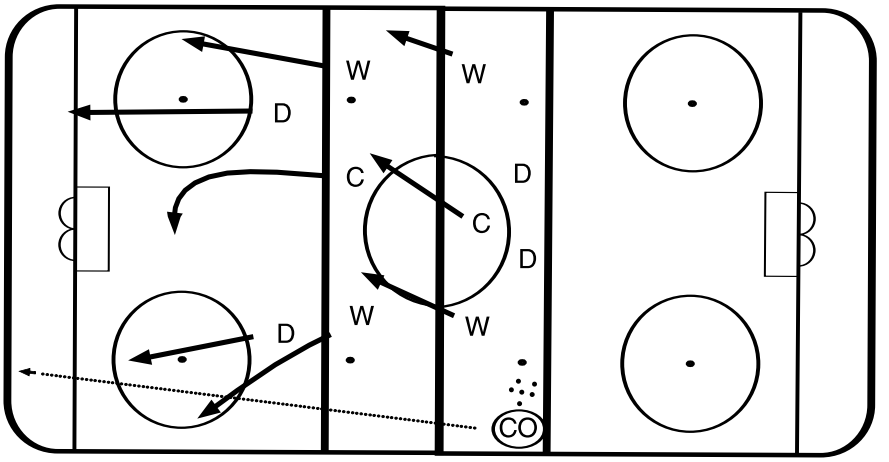
Drill — Skating

- Over and back skating forward four times; backward four times
- Over skating forward X back skating backwards



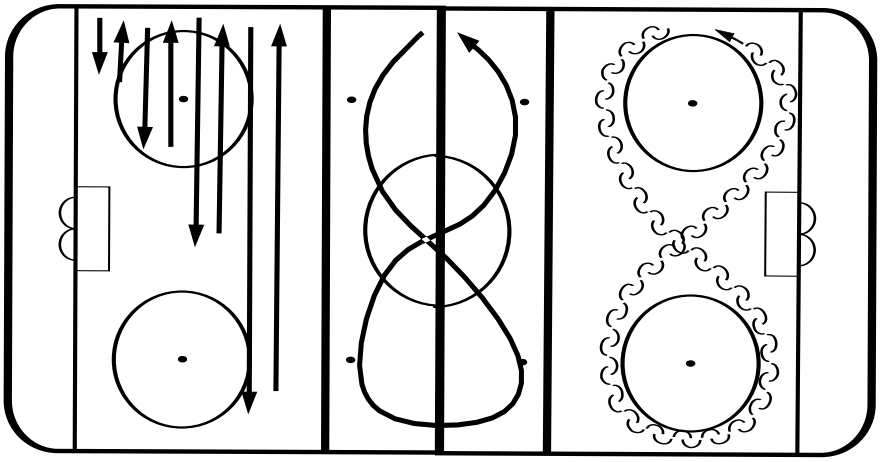
Drill — Forecheck

- 5 on 5
- Work on breakouts
- Work on forechecking patterns



Drill — Circle Stretches

- 10 push up
- 10 push up
- Walrus



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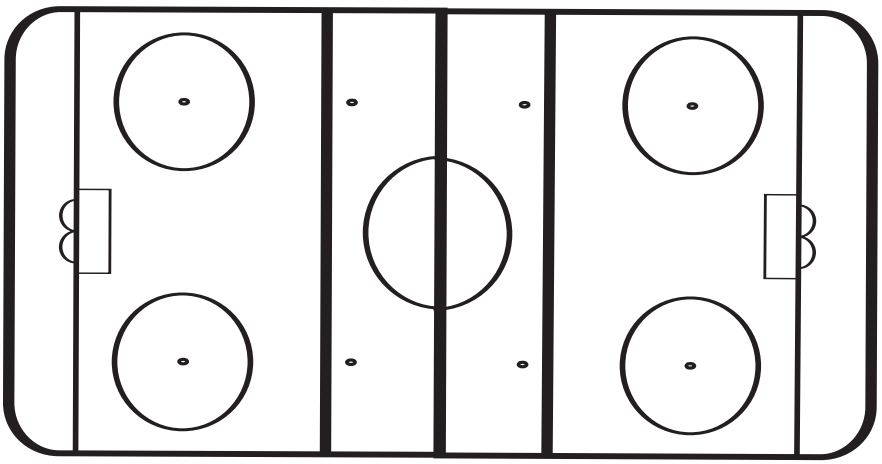

Notes/Comments

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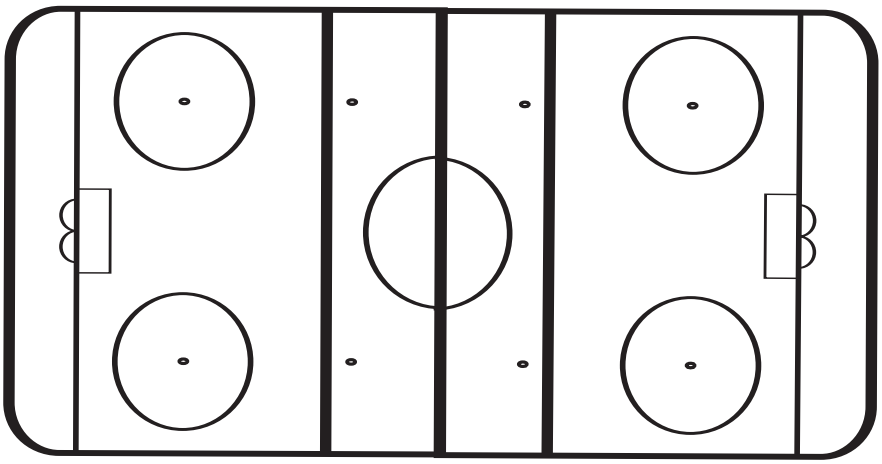

Notes/Comments

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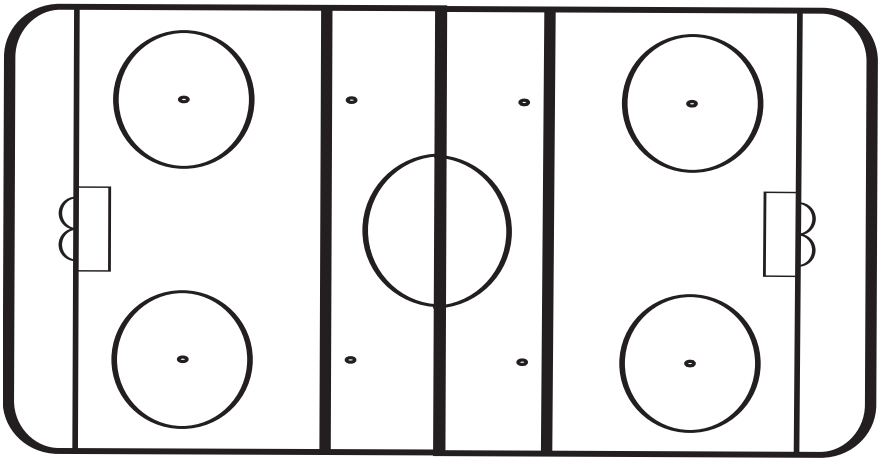


Notes/Comments

Hockey Practice Plan

Objectives: Angling checking, offensive movement with supportive shooting stations, breakouts, in your face drills.

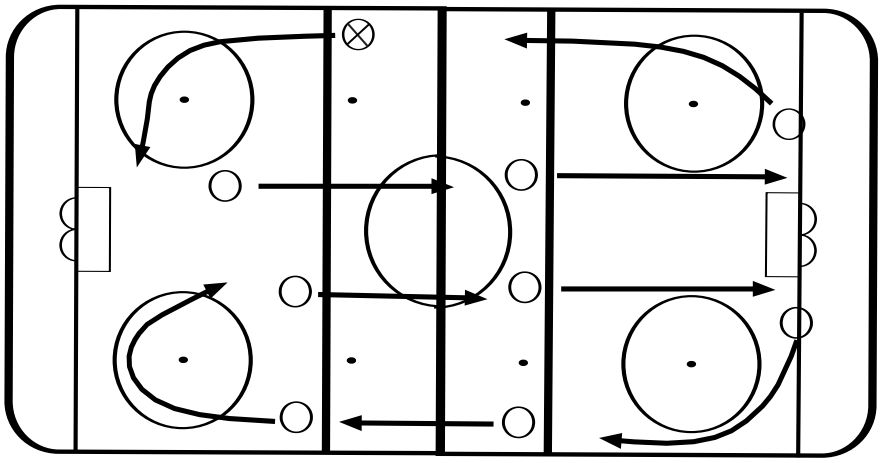
Date: _____
Practice: #24
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	___ Defensive Cov.	X Short Work - Quickness
X Puck Control	___ 2 on 0	___ Backcheck	___ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	X Forecheck	___ Full Ice Modified Games
X Shooting	X 2 on 2	X Breakouts	X FUN - Relay Contests
X Checking	X 3 on 1	___ Entering Attack Zone	___ Skills Testing
___ Agility Work	X 3 on 2	___ Triangulization/Cycling	___ Misc.
X Goaltending		___ Face-offs	
X Def./Forwards		X Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises - Heads Up, Don't Duck drill	
5 mins.	1. Butterfly warm up - ins and outs, S-drill, Big C, continuous crossovers, hurdler with drag toe, hurdler with drag side of skate, ostrich, scooter, stick behind hops stretch down behind heels, crossover around end of rink with backward skating between blue lines, sprint between blue to red to blue, forward and backward	
10 mins.	2. Peanut forward with puck, peanut backward with puck, pointer with puck, jam zone with puck, moves on stationary partner, keep away from partner radius 15 feet, pair up in circle	Quick feet
5 mins.	3. Contact drills, angling drills, angling forechecking drills	Angle - steer
5 mins.	4. Passing drills: stationary passing, over and back passing, partner up passing	Be a good receiver
5 mins.	5. Passing/Shooting: #99 drill, offensive movement with supportive read and react, station shooting	Support and read
10 mins.	6. Breakouts: 3 on 1 continuous, 3 on 2 carry out of corner, 5 on 0 both ways, 5 on 0 pass to red line dump, 5 on 2 go two ways	Compete
10 mins.	7. Fun three puck showdown, team showdown	Fun
5 mins.	8. Skate	Free wheel

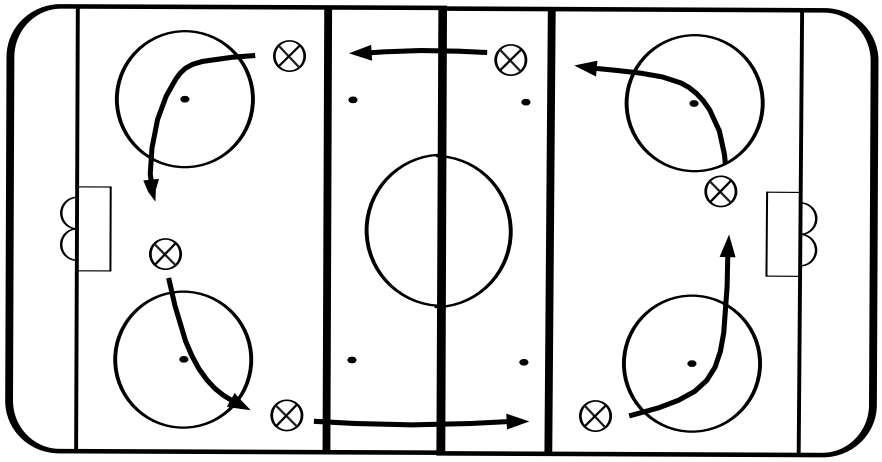
Drill — Warm Up

- Butterfly: in and outs, S-drill, Big C, continuous crossovers, hurdler with toe drag, hurdler with side of skate drag, ostrich, scooter, stick behind hip stretch, crossover around end of rink, backward between blue lines



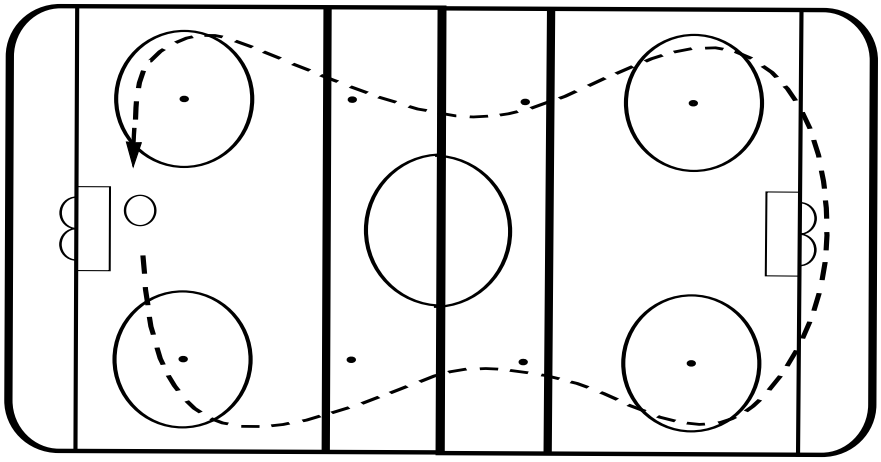
Drill — Sprints

- Blue to red, blue to blue - forward and backward



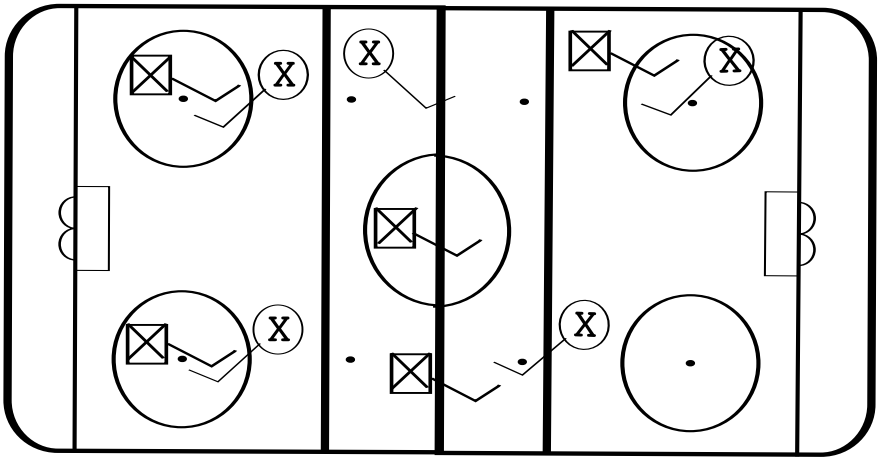
Drill — Stickhandling

- Peanut forward with puck
- Peanut backward with puck



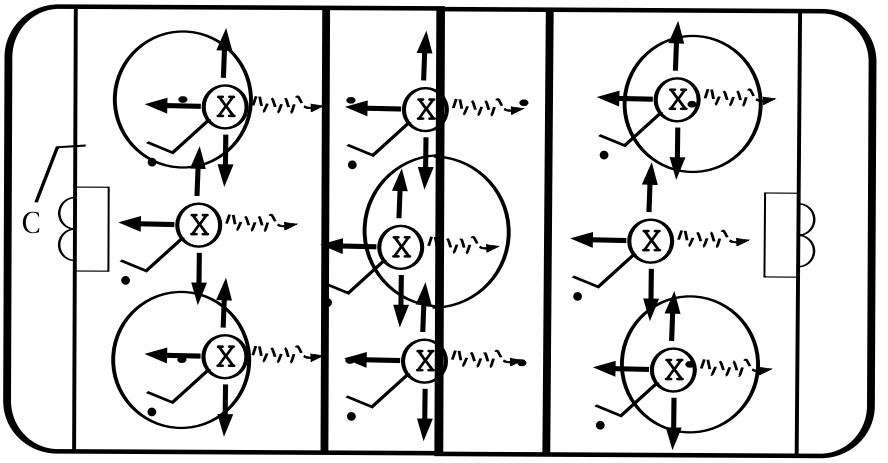
Drill — Passing

- Pair up and play keep away within a 15 foot radius



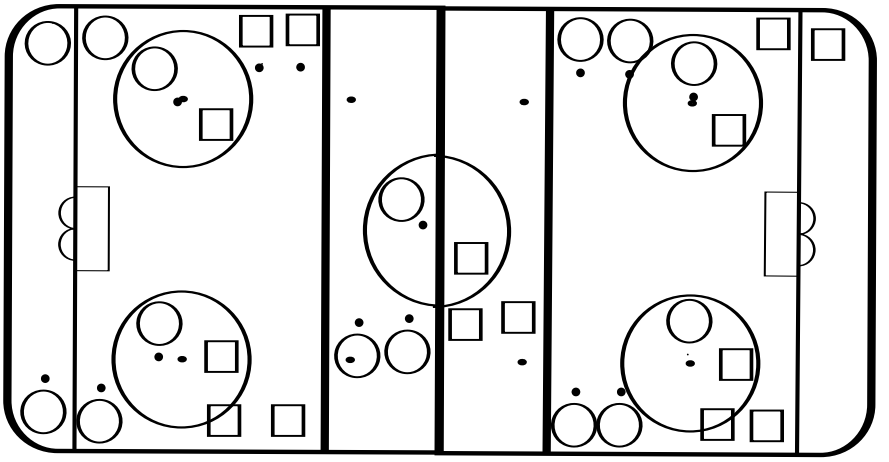
Drill — Pointer

- Coach points with stick the direction to skate with mohawk step out, turn with puck forward, left-right-backward with or without escape



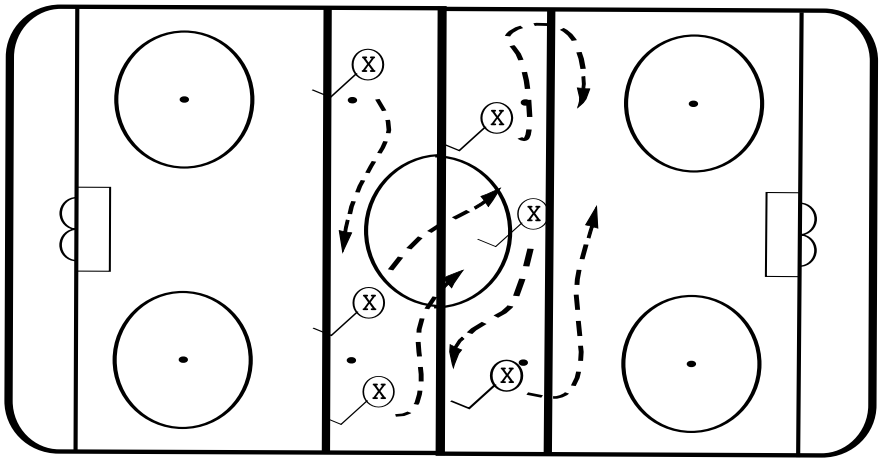
Drill — Passing

- Pair up; protect puck inside circle
- 30 second shifts



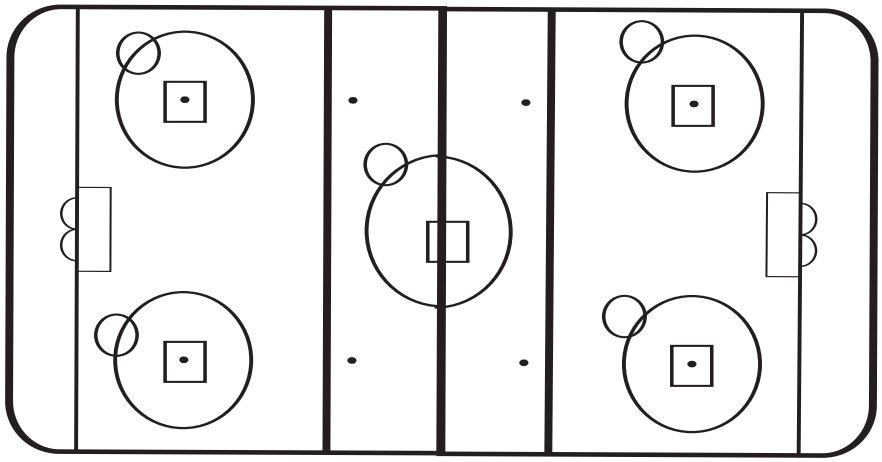
Drill — Skating

- Jam neutral zone with puck, freestyle skate and puckhandle all over, half speed then three-quarter speed, eyes up



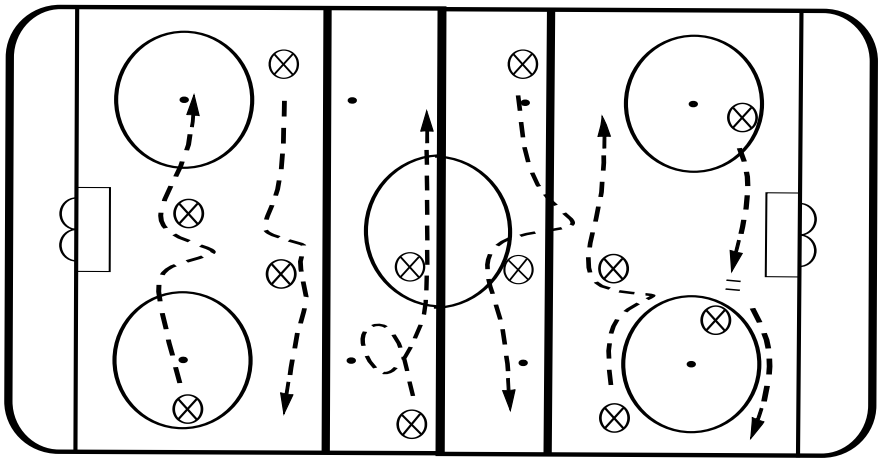
Drill — Guard The Spots

- No pucks
- Dots: inside circle, one player guards face-off dot, the other tries to touch dot with stick



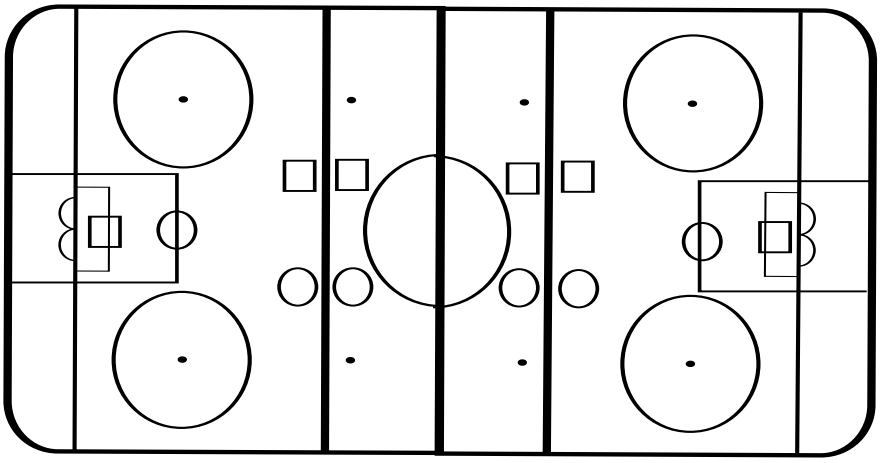
Drill — Skating

- Pair up: player skates with puck over-back-over-back which is four times making a different move on stationary player, after four times, reverse roles



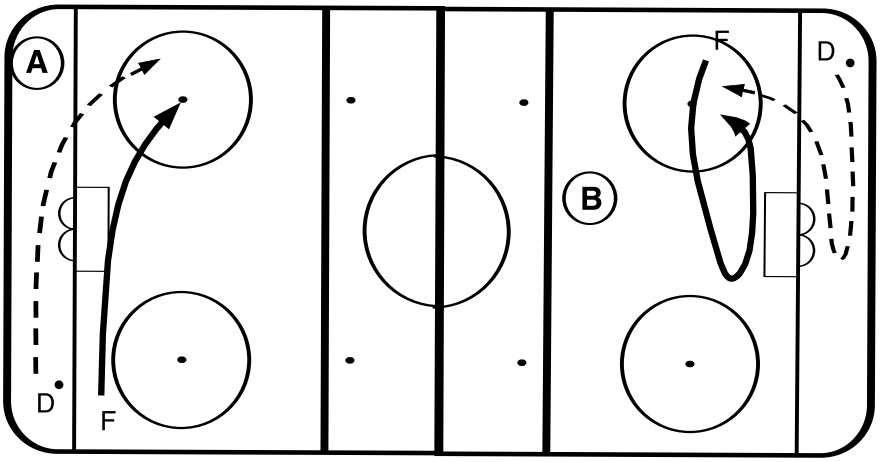
Drill — Guard The Goal

- One player guards the goal crease, the other tries to touch with stick



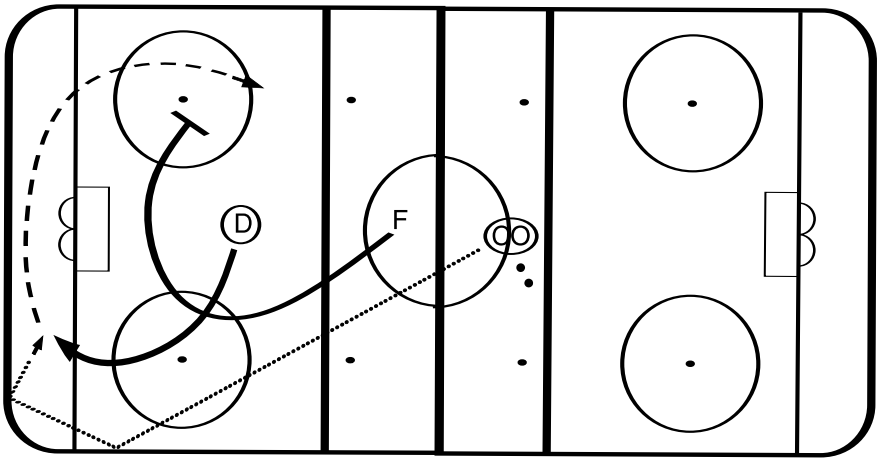
Drill — Contact Drill

- 1 on 1 angling defensemen skates behind net
- 1 on 1 angling defensemen counters behind net
- The forward angles the defenseman towards the boards



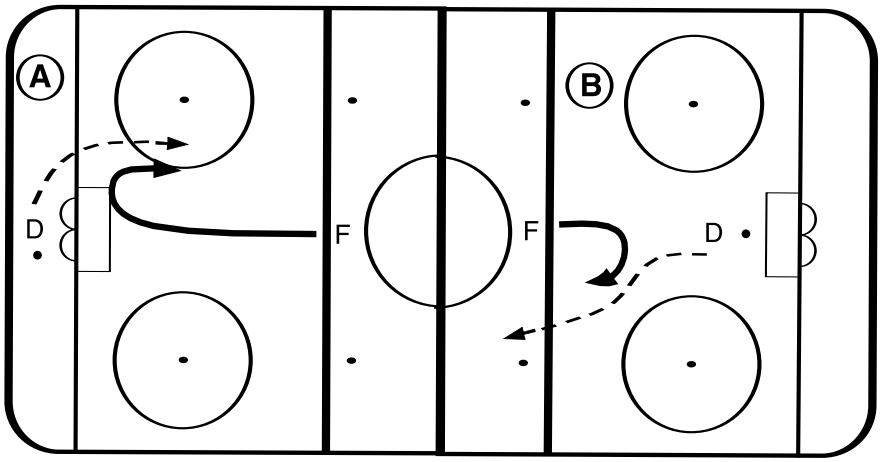
Drill — Contact Drill

- 1 on 1 angling from neutral zone start: D will try to carry out, F will angle, finish check, if turnover happens, F will try to score



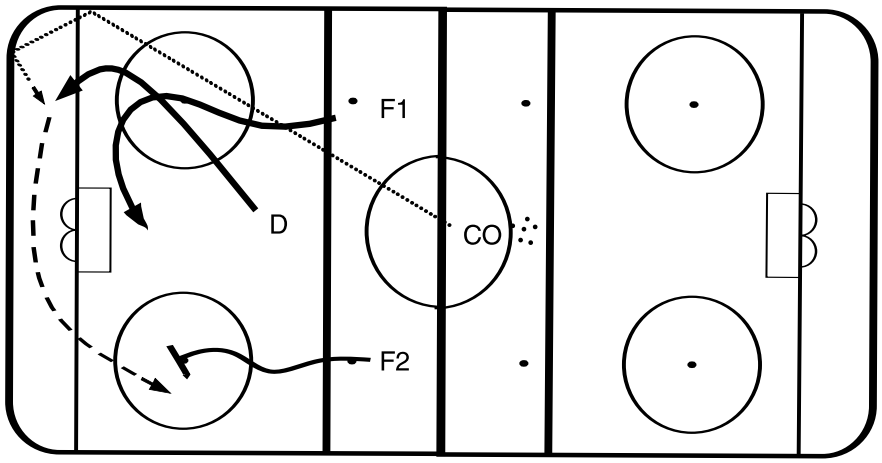
Drill — Contact Drill

- 1 on 1 angling
- D behind net, F in front of net
- D in slot, F at blue line



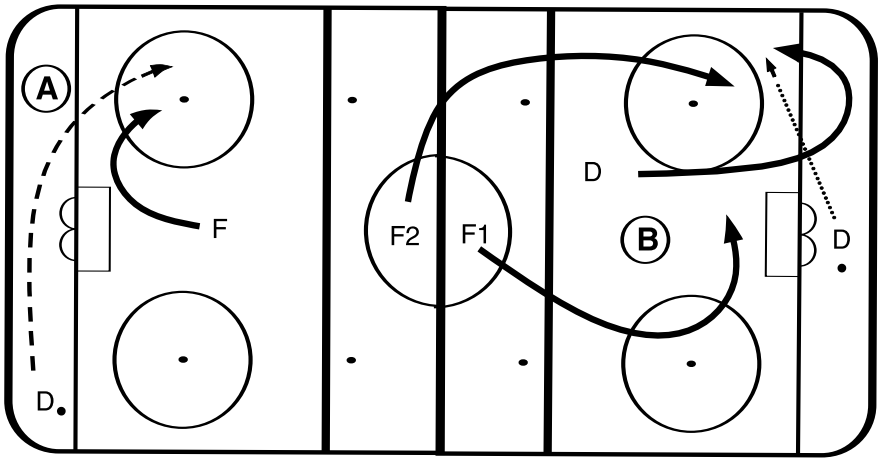
Drill — Contact Drill

- 2 on 1 angling from neutral zone start: D retrieves puck and attempts to carry it out, F1 attacks, angles, tries to create turnover. If that happens, F1 passes to F2 for shot. If D beats F1, F2 moves in and angles



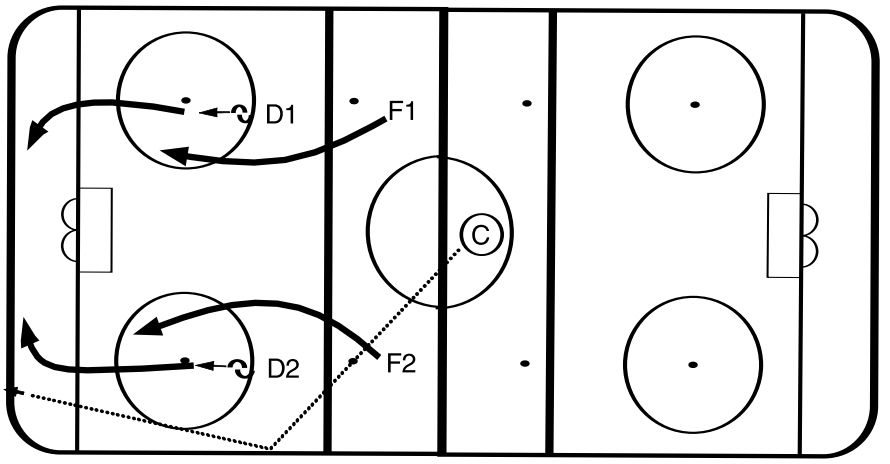
Drill — Contact Drill

- Angling off goal post: F curls from post to post always a step behind D on post so D can not cut back
- F1 curls so D comes out on backhand



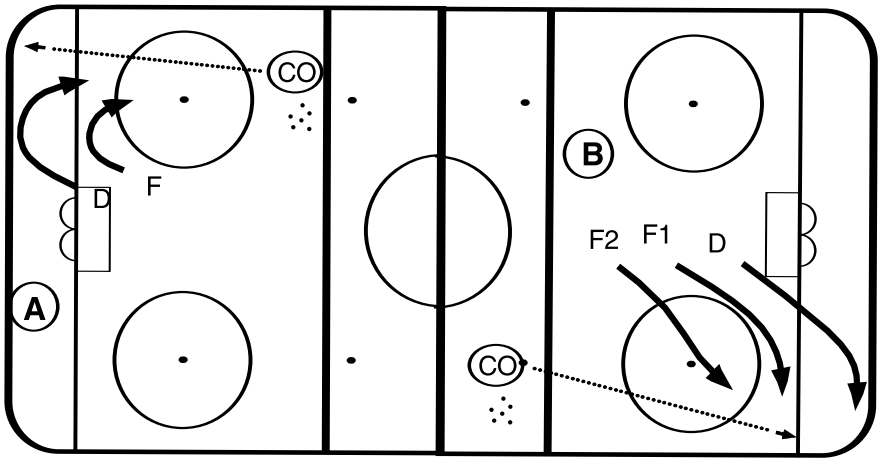
Drill — Contact Drill

- 2 on 2 angling from neutral zone: D try to get the puck out over the blue line by skating it or passing it; F try to work off one another and create a turnover then attack



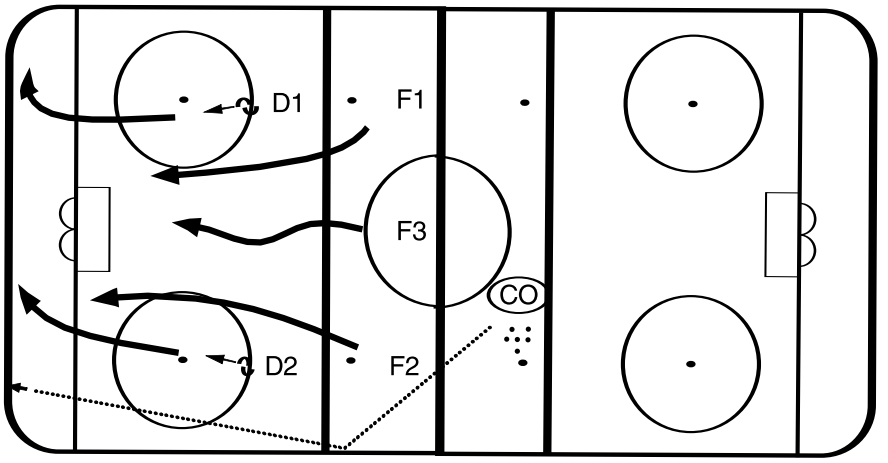
Drill — Contact Drill

- 1 on 1 checking from slot position: D tries to carry it out, F will angle, finish check and create a turnover and try to score, D will defend
- 2 on 1: D tries to carry out, F1 will angle, finish check, F2 will pick up puck, F1 and F2 will attack 2 on 1



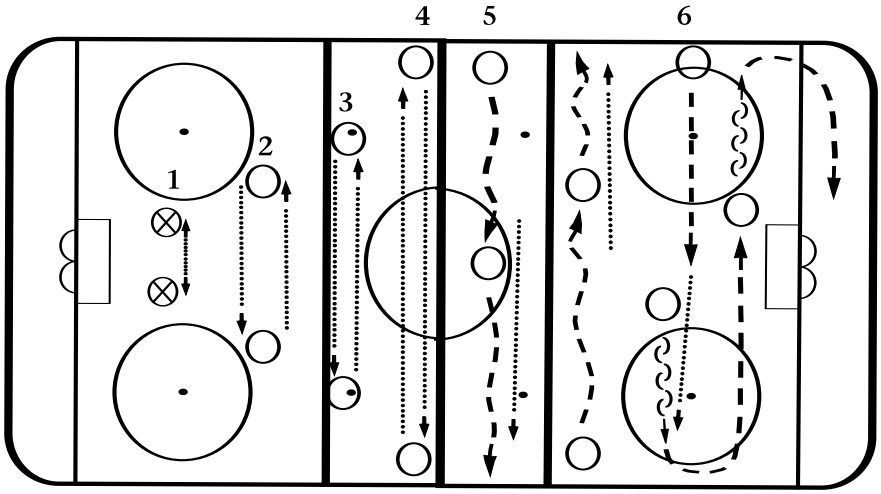
Drill — Contact Drill

- 3 on 2 angling from neutral zone start: D try to get the puck out of the zone by passing or carrying it. F1 and F2 try to angle and create a turnover. When they do, F3 moves into the zone as a late trailer



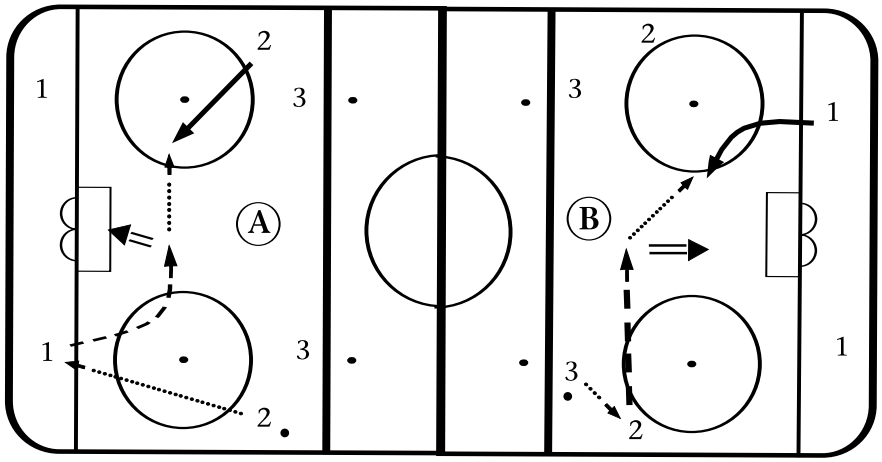
Drill — Passing

- Stationary passing: side by side, edge of circles, from the face-off dots, from the outer part of circles, board to board, one player at boards with puck and the other in middle; puck carrier moves to middle and the middle man moves backhand pass



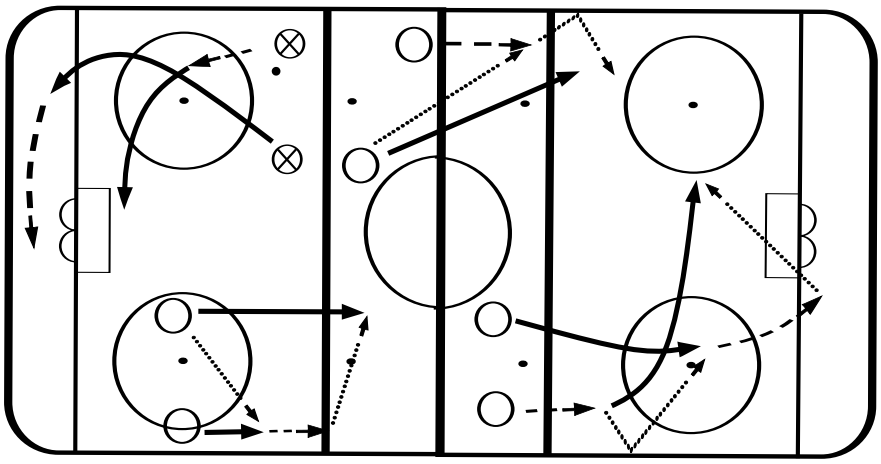
Drill — Passing and Shooting

- 2 supports 1
- 1 supports 2



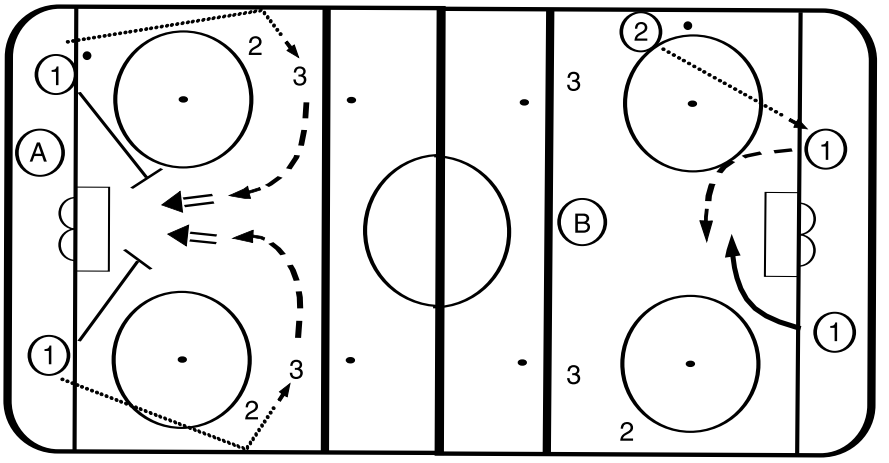
Drill — Passing

- Stay with partner: the pair go all over the ice passing to each other; good, quality tape to tape passes



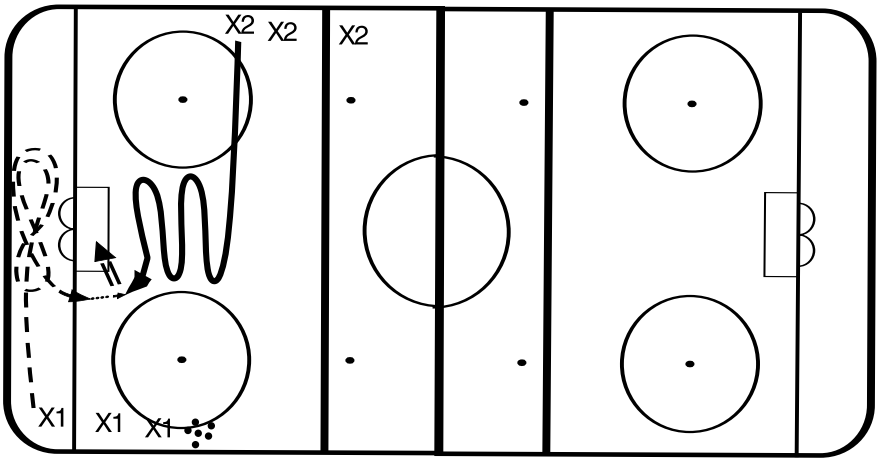
Drill — Passing and Shooting

- 1 passes to 3
- 3 walks out, shoots and looks for tip
- 1 supports 1



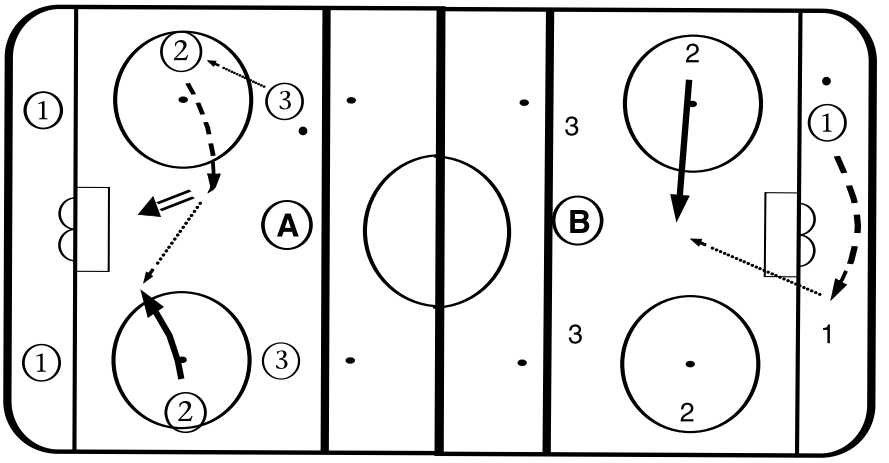
Drill — Passing and Shooting

- #99 drill: X1 takes a puck and skates back and forth behind the net for a period of time the player chooses; the player then passes to X2 for a shot; X2 mirrors puck side to side in front of net



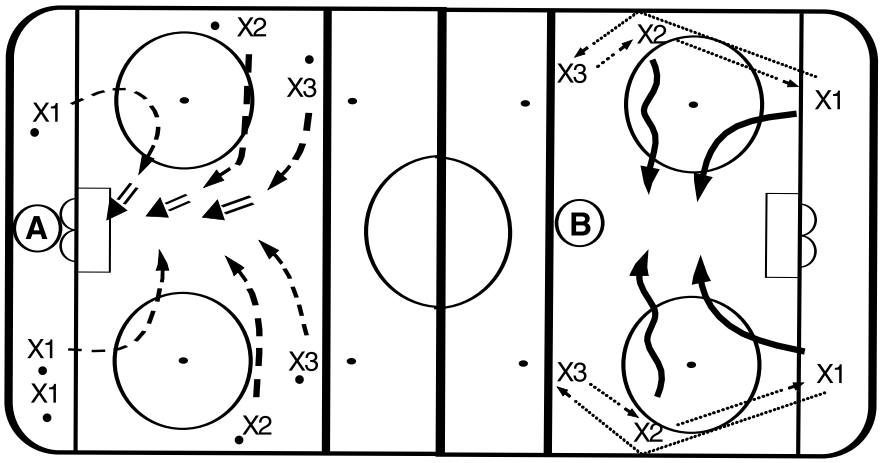
Drill — Passing

- 2 supports 2
- Behind net wraparound or pass out



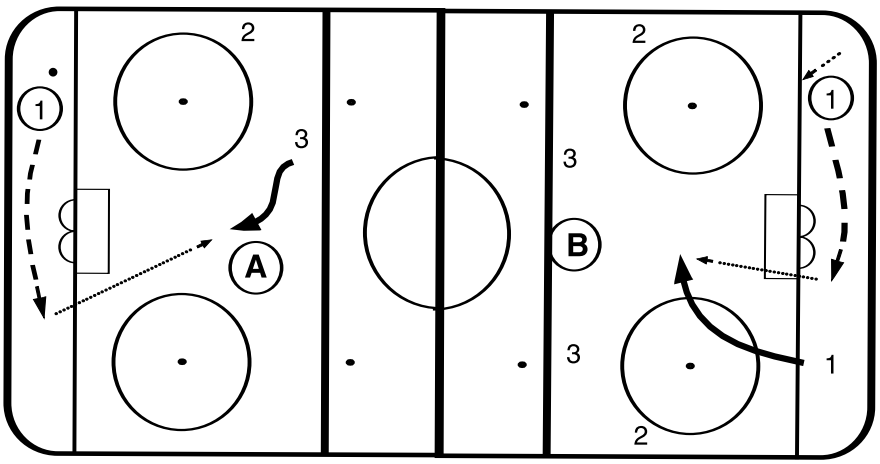
Drill — Passing and Shooting

- Walkout, come across, drag and shoot on net
- 2 passes to 1 walkout, 3 passes to 2 come across, 1 passes to 3 drag and shoot



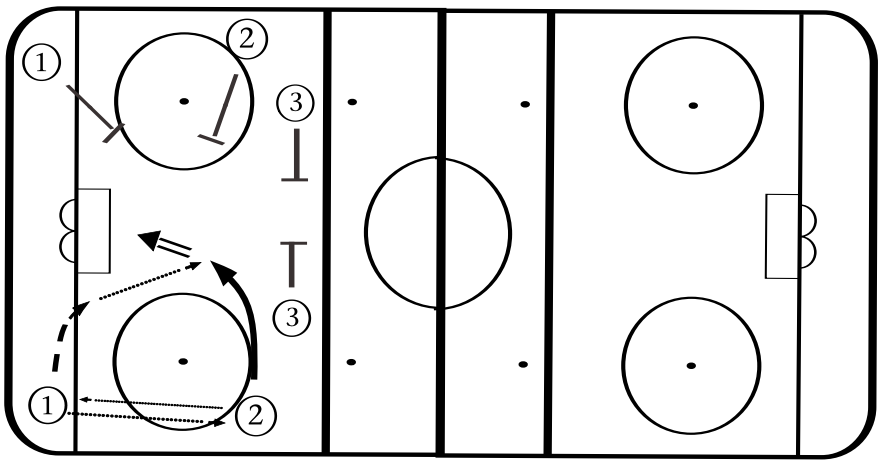
Drill — Passing and Shooting

- 1 skates behind the net and passes out to 2 or 3



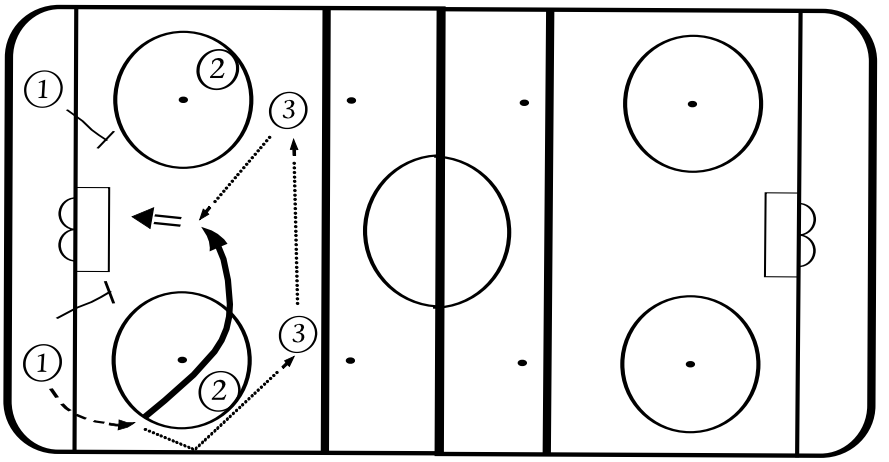
Drill — Passing and Shooting

- Up-down-up passing with a shot on net



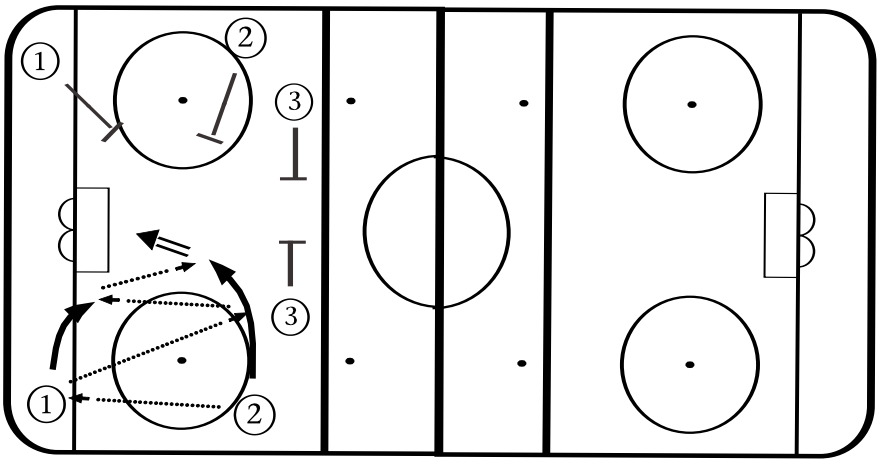
Drill — Passing and Shooting

- Down-switch-carry up
- Pass to D to D - Wisconsin Z passing



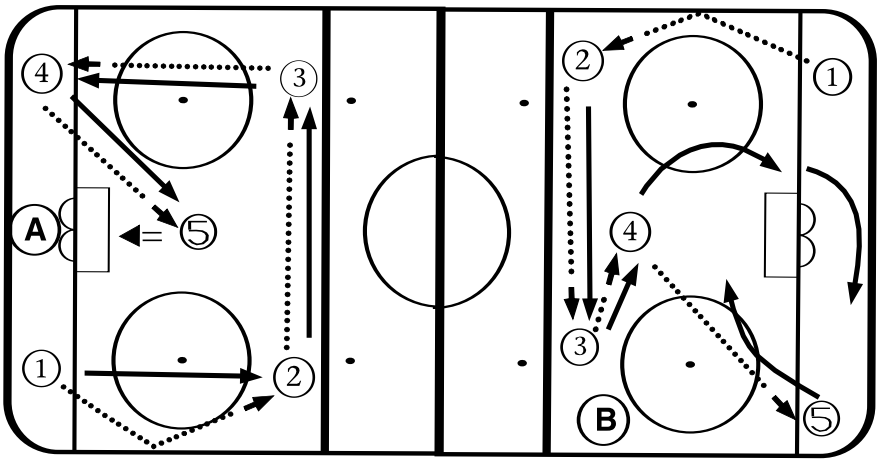
Drill — Passing and Shooting

- Down-up-down passing with shot on net



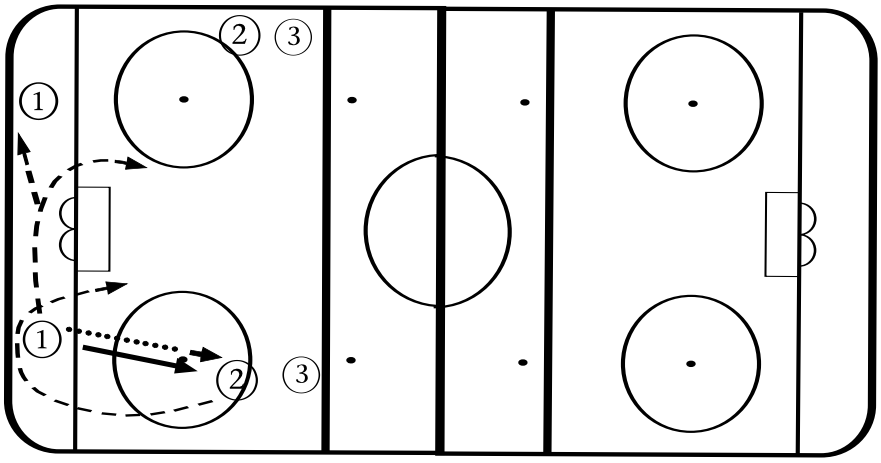
Drill — Passing and Shooting

- Follow your pass
- Player #5 shoots on goal or walks out from the corner



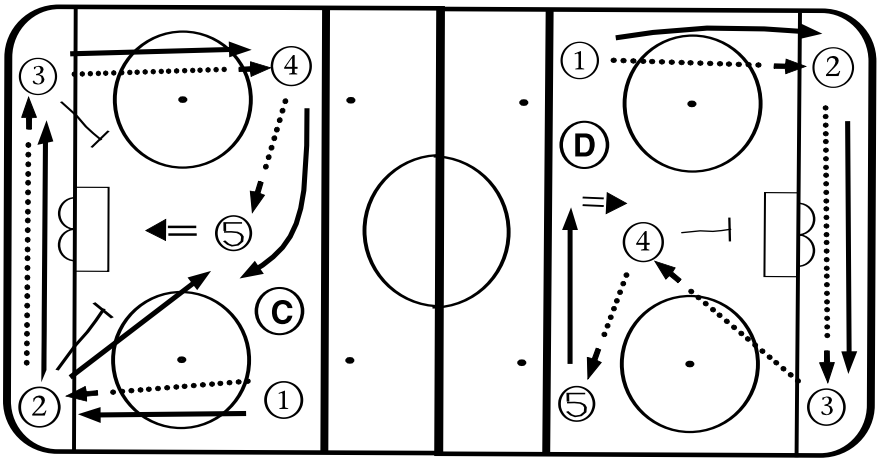
Drill — Passing and Shooting

- Up-switch-carry down or around passing with shot on goal



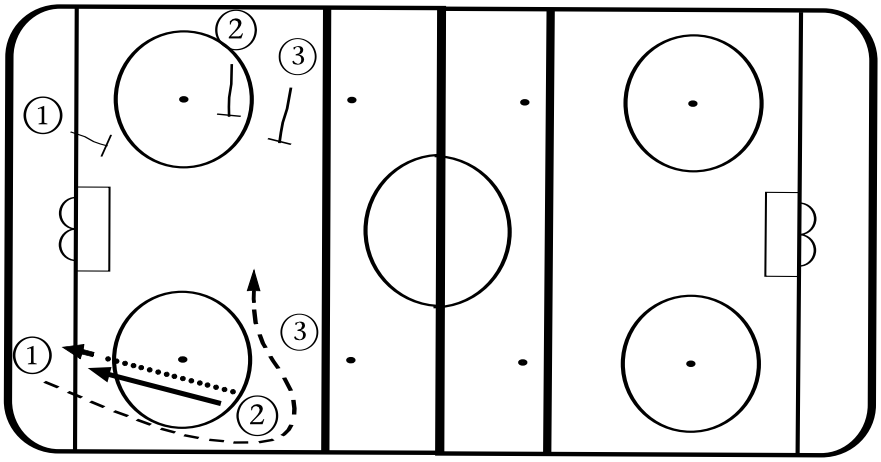
Drill — Passing and Shooting

- Follow your pass
- Player #5 shoots on goal or walks out and shoots on goal



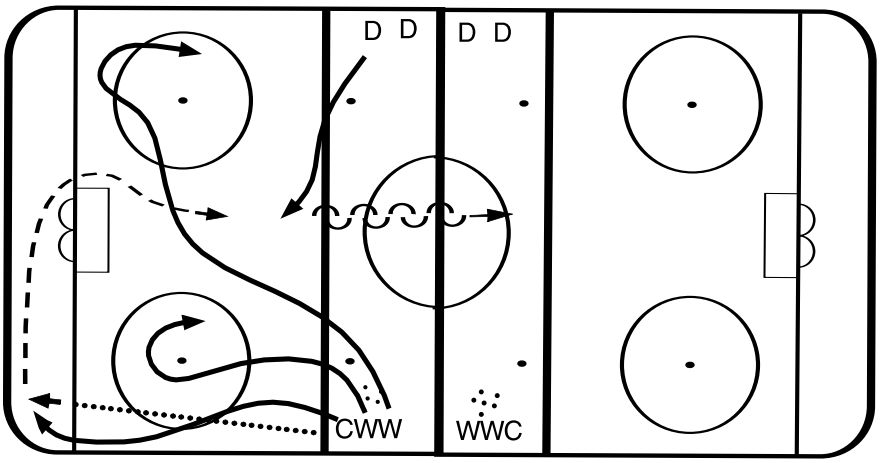
Drill — Passing and Shooting

- Down-switch-carry up passing with shot on goal



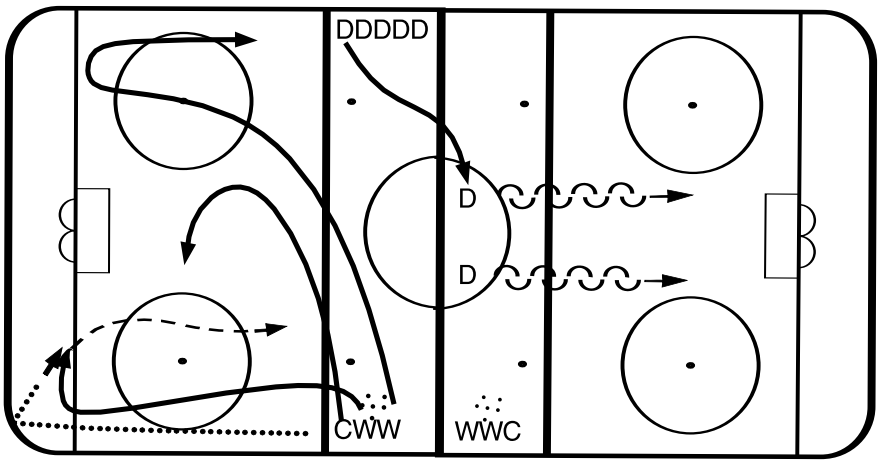
Drill — Breakout

- 3 on 1 around net continuous



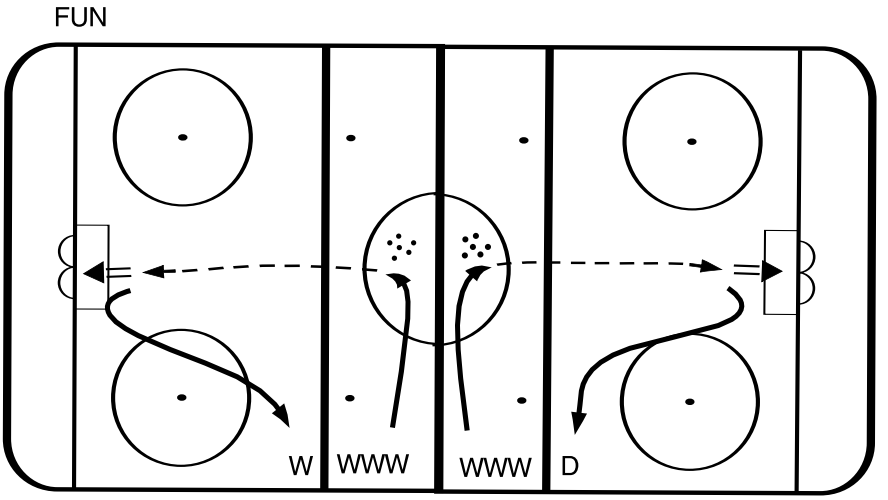
Drill — Breakout

- 3 on 2 carry out of corner



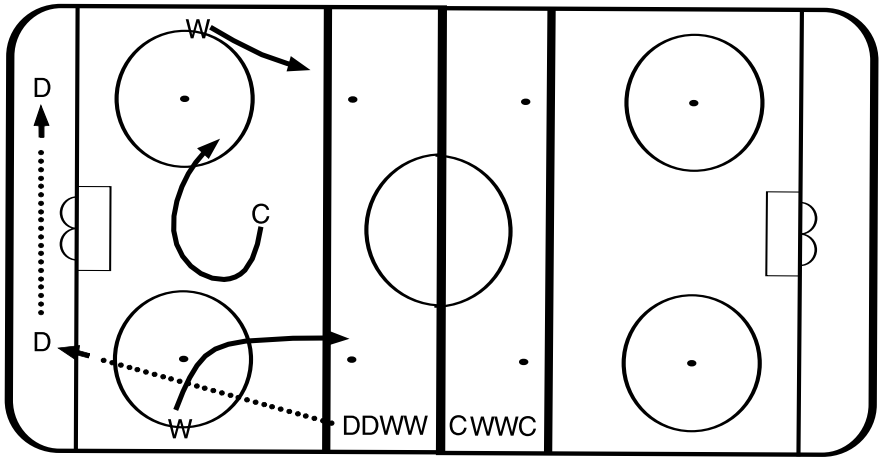
Drill — Team Showdown

- Shoot until you score



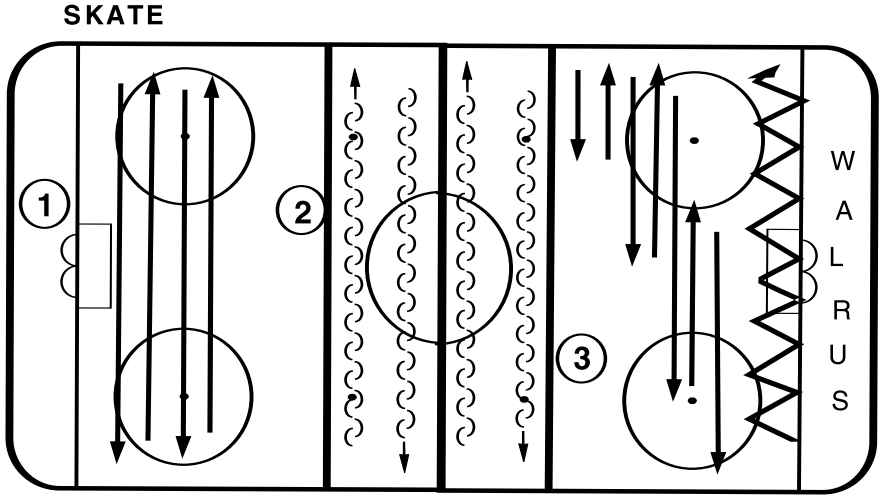
Drill — Breakout

- 5 on 0 alternate both ways
- 5 on 0 pass to red line, dump



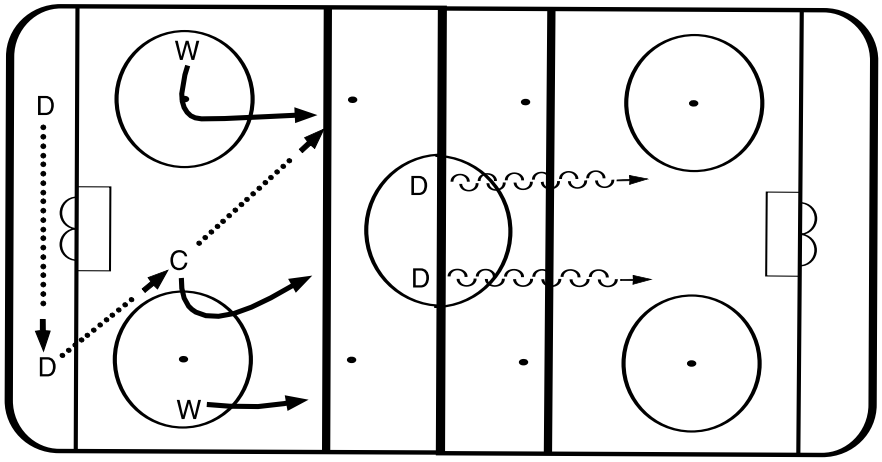
Drill — Skating

- Forward skating over-back-over-back; 10 push-ups
- Same backward
- Skate forward, on whistle go back other direction; do that until reach other side before whistle



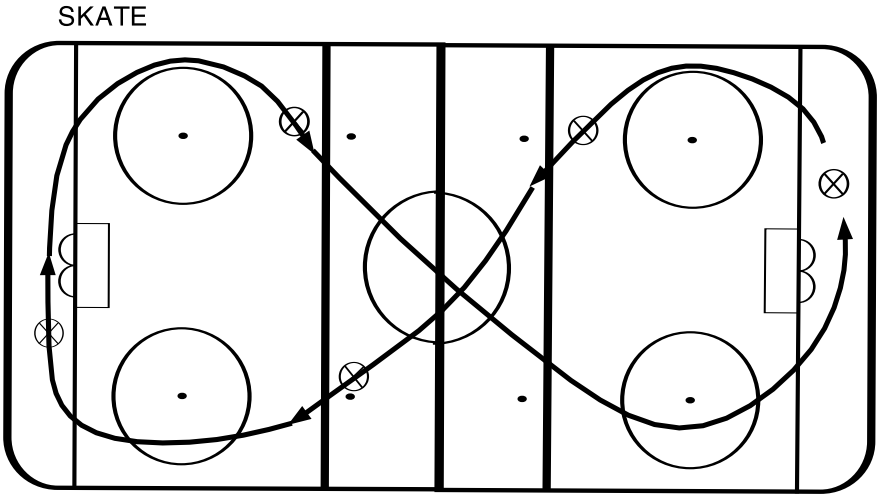
Drill — Breakout

- 5 on 2: go two ways, up and back same five man unit



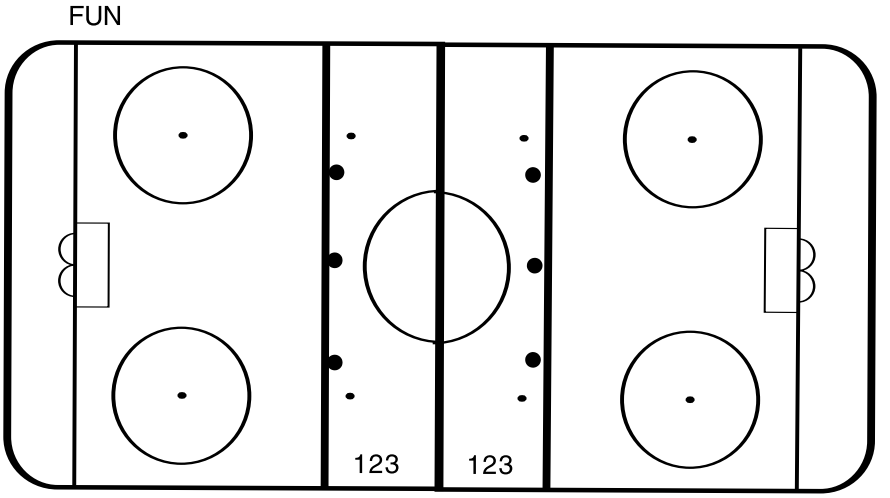
Drill — Skating

- Big Figure 8



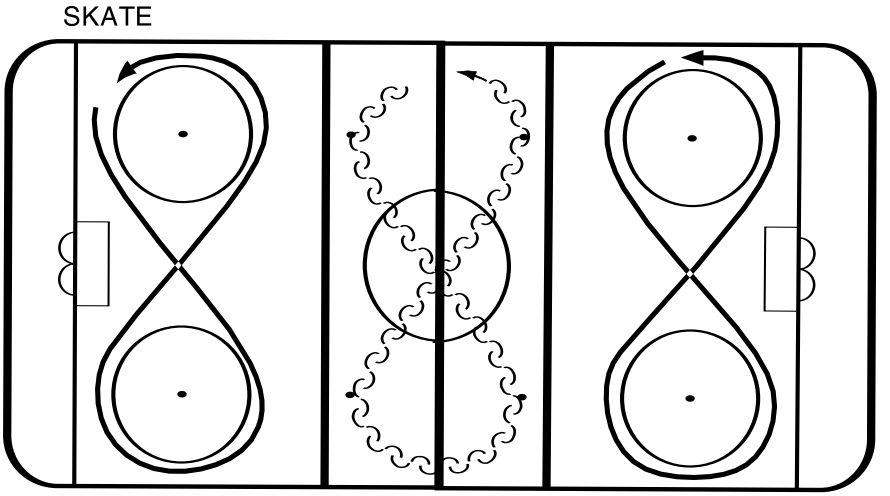
Drill — Showdown

- Three puck showdown: must score with each puck, all players must touch the puck before shooting

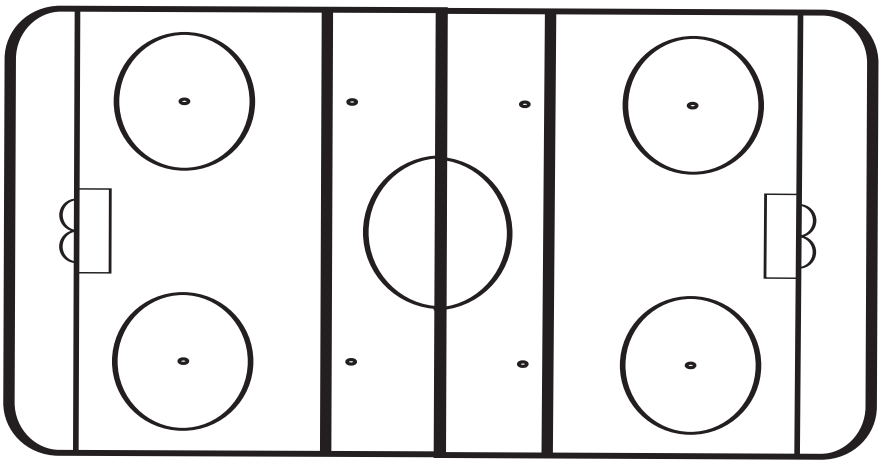


Drill — Skating

- Small Figure 8: forward and backward

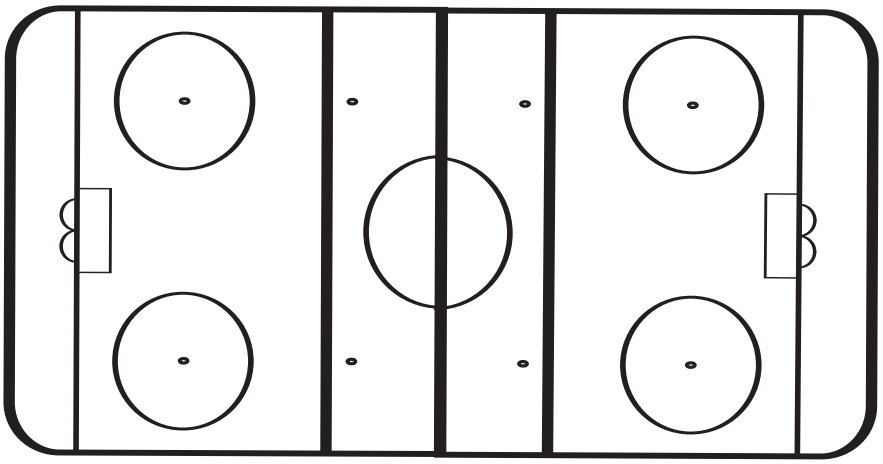


Description



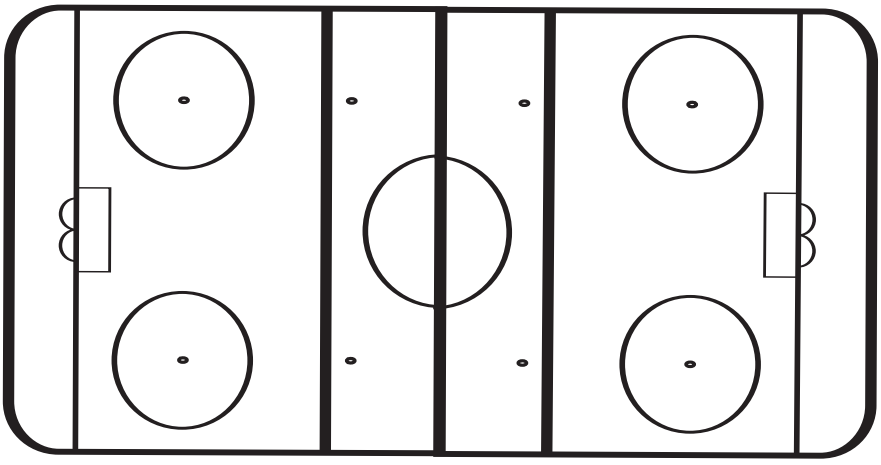
Notes/Comments

Description



Notes/Comments

Description



Notes/Comments

Hockey Practice Plan

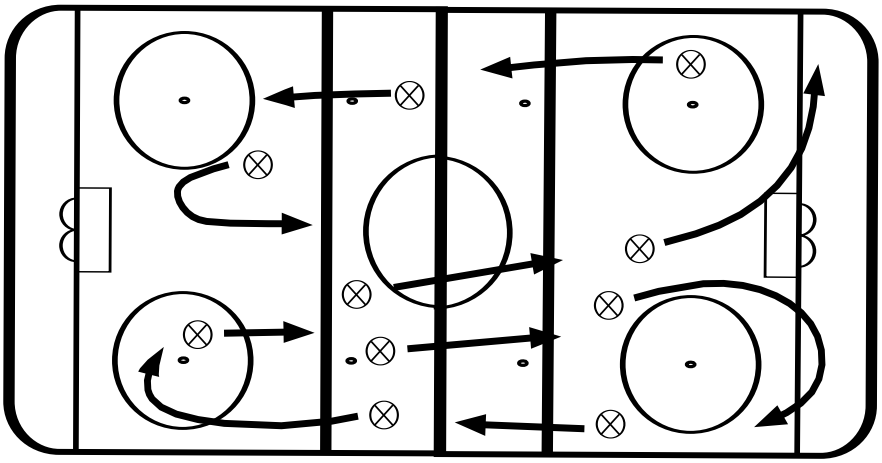
Objectives: Pressure passing, pressure shooting, backchecking, shooting three or four shot sequence.

Date: _____
Practice: #25
Level: 12-and-Under (Pee Wee)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	X Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	X Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	X Forecheck	____ Full Ice Modified Games
X Shooting	X 2 on 2	____ Breakouts	____ FUN - Relay Contests
X Checking	X 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulization/Cycling	____ Misc.
X Goaltending		____ Face-offs	
X Def./Forwards		____ Power Play/Penalty Kill	

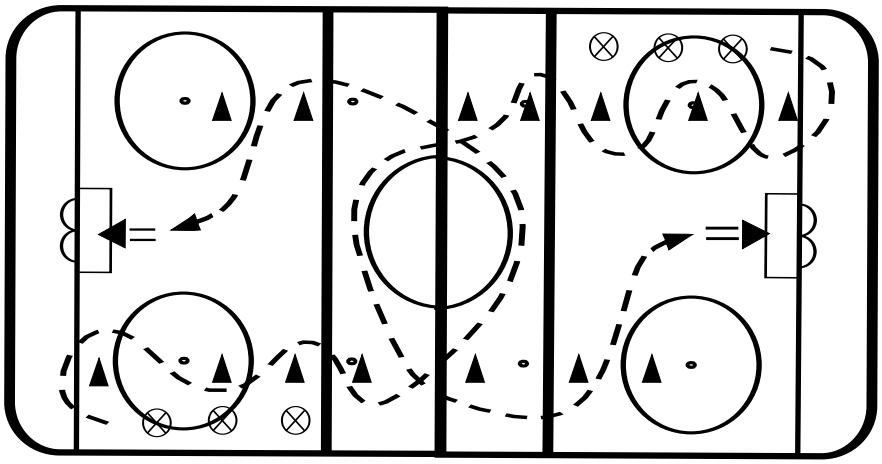
Time	Drill	Emphasis
5 mins.	Off-ice stretch - neck exercises - Heads Up, Don't Duck drill	
10 mins.	1. Butterfly warm up - in and outs, S-drill, Big C, continuous crossovers, hurdler with drag toe, hurdler with drag side of skate, ostrich, scooter, stick behind hips stretch down behind heels, crossover around end of rink with backward between blue lines, sprint between blue to red, blue to blue, forward and backward	
5 mins.	2. Puckhandling	Quick hands
10 mins.	3. Pressure: 1 on 1	Gap control
5 mins.	4. Backchecking	Good position
5 mins.	5. One touch passing drills	Tape to tape
10 mins.	6. Behind net passing and shooting	
5 mins.	7. Shooting: three or four shot sequence	
10 mins.	8. Team play: 2 on 2, 3 on 2, 5 on 2	Support - read
10 mins.	9. Breakout, attack, forecheck, backcheck, DZ coverage	
10 mins.	10. 3 on 3, 4 on 4, 5 on 5 full ice	Compete - Fun

Drill — Butterfly Stretch



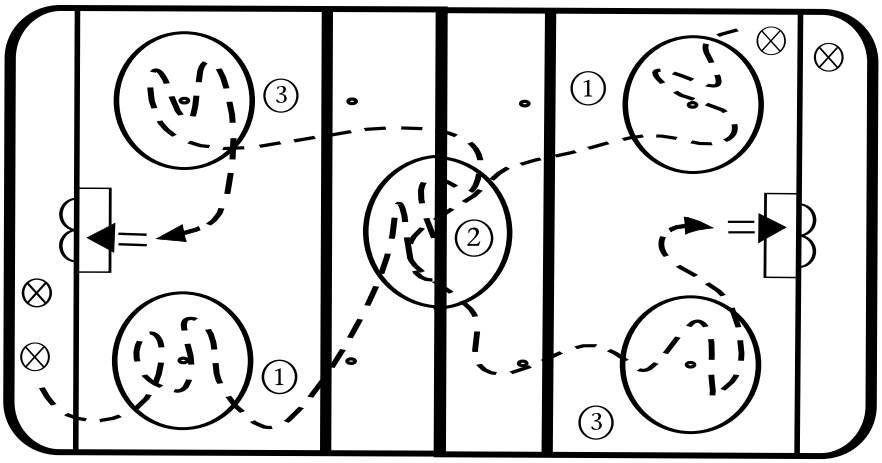
Drill — Puckhandling

- In and outs through cones, pull to right on each cone, pull to left on each cone, right on one, pull left on second alternating cones, escapes on cones, pull back reverse on cones, fake shots on cones, drive cut in and shoot



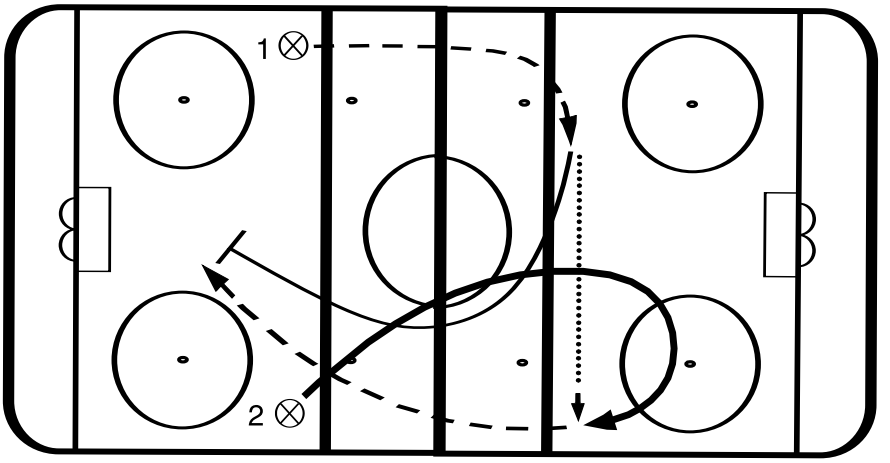
Drill — Puckhandling

- Three circle puckhandling: player with puck puckhandles inside 1 circle, on whistle moves to 2, on next whistle moves to 3, on next whistle moves to goal and shoots



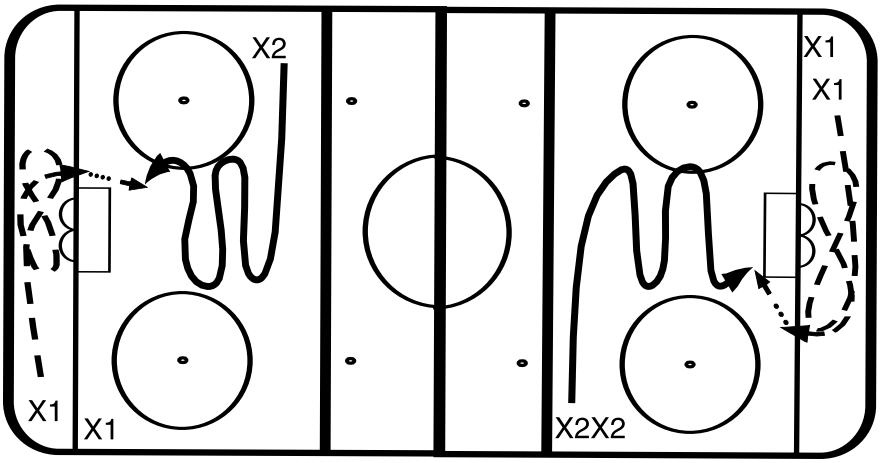
Drill — Backchecking

- Pressure/resistance: 1 skates puck over second blue line, passes to 2, 1 then backchecks 2



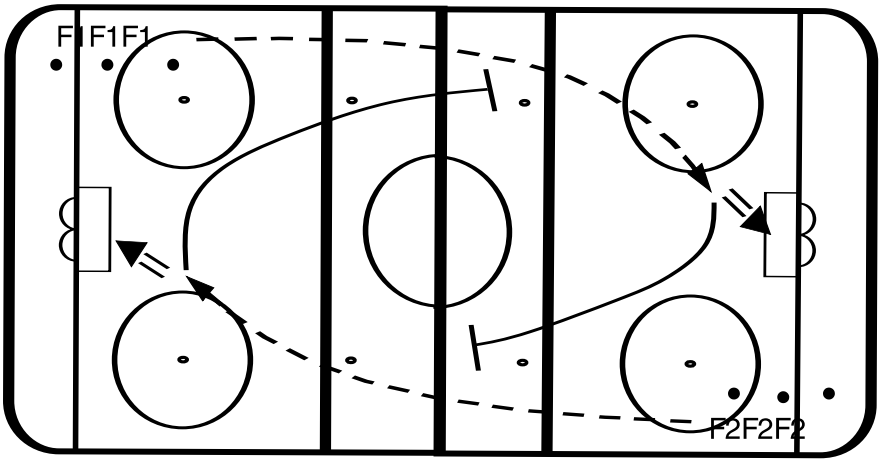
Drill — Puckhandling

- #99 drill: X1 goes behind net and skates back and forth, X2 skates to slot and does lateral movements either control turns or mohawk steps out
- X1 passes to X2 for a shot on goal



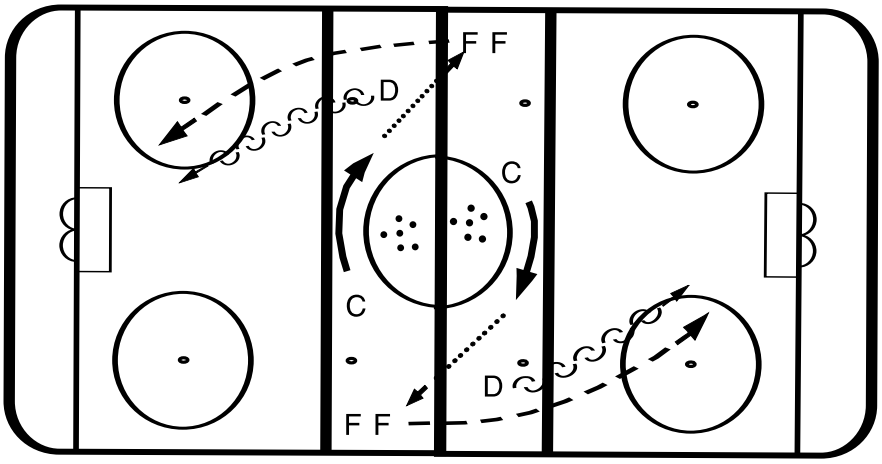
Drill — Backchecking

- F1 skates with puck the length of ice, shoots and then backchecks F2 who was doing the same thing



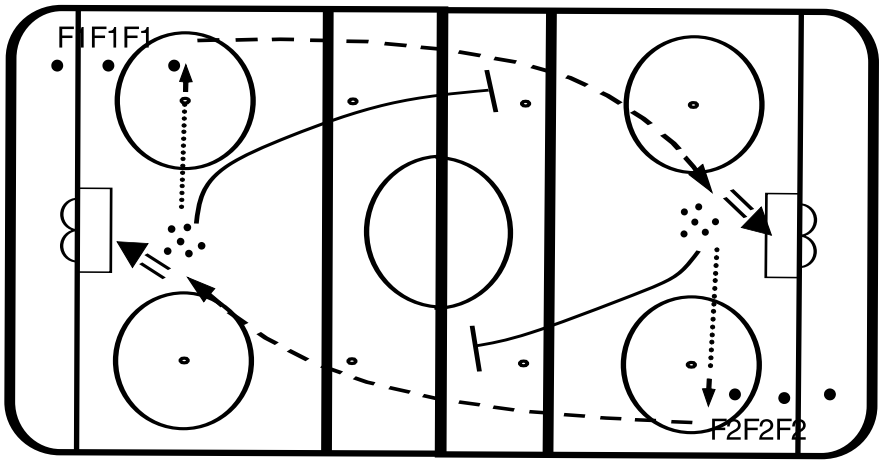
Drill — One on One

- Providence: coach passes to forward at red line, The defenseman is positioned three feet in front of the face-off dot backwards and the forward drives to the net to get a shot on goal



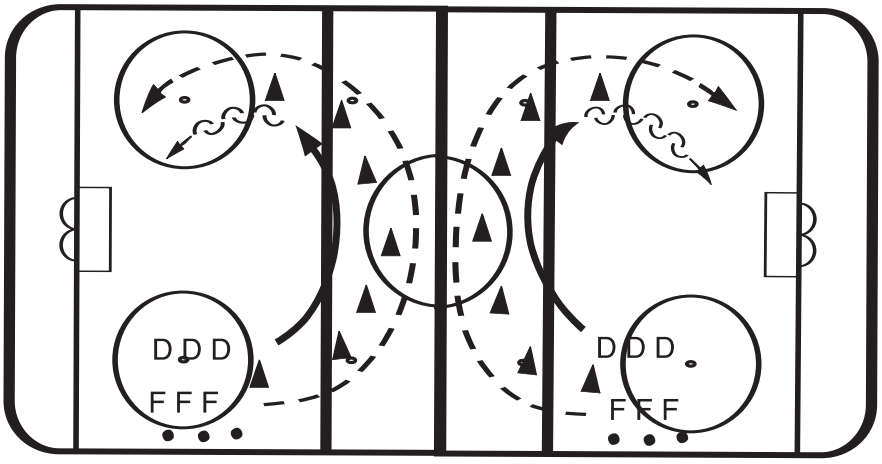
Drill — Backchecking

- After shot, pick up puck and passes then backchecks



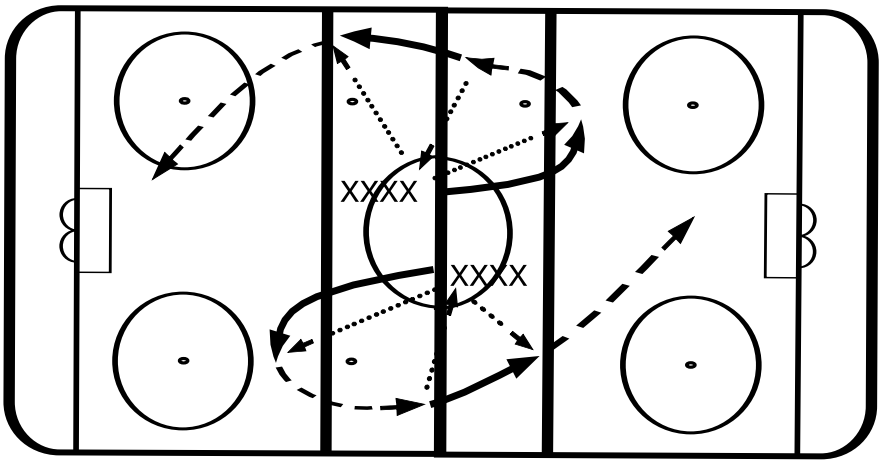
Drill — One on One

- The forward takes a puck and skates outside cones, the defenseman skates on the inside of cones giving resistance with body and stick
- Resistance shooting with speed



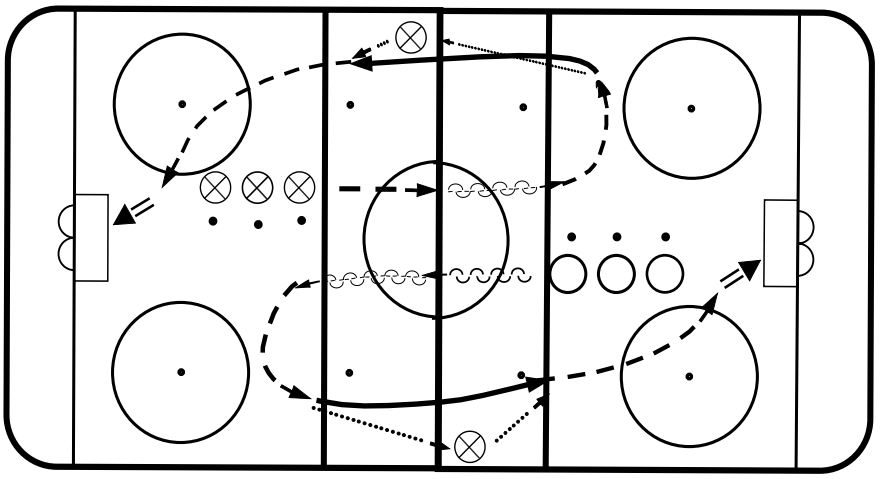
Drill — Passing

- Quick one touch passing
- Shoot on goal



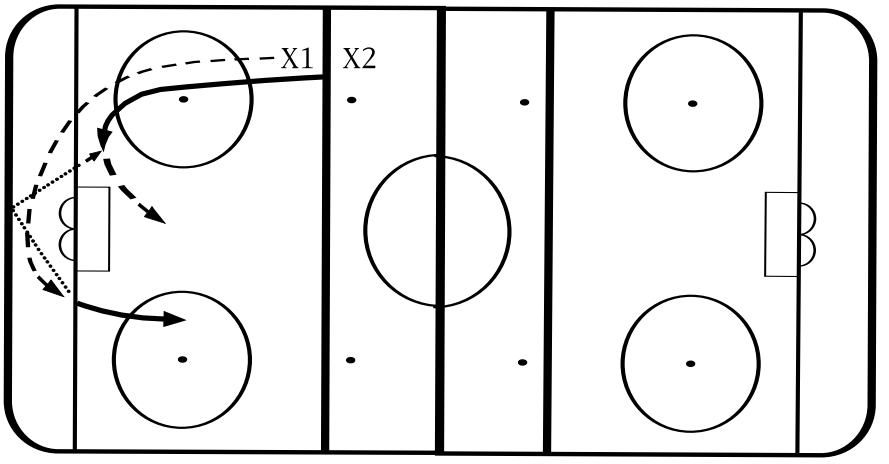
Drill — Skating

- Transition skating: forward-turn, backward-pass, return pass
- Shoot on goal



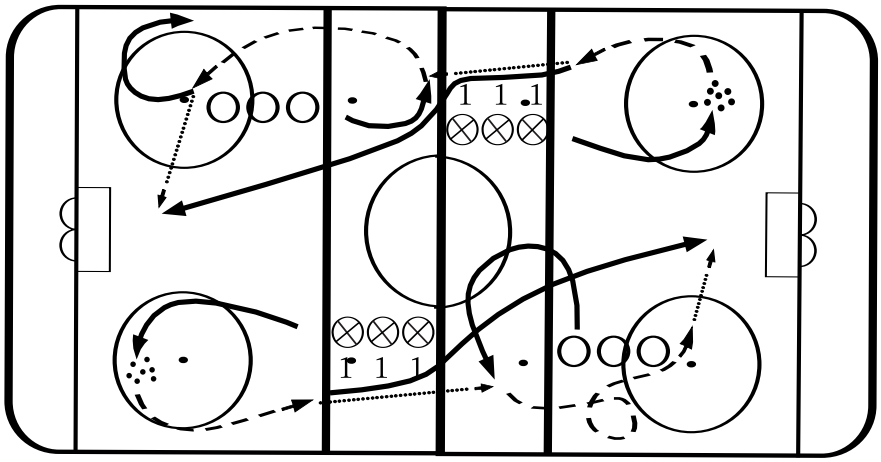
Drill — Passing

- Behind net reverse pass



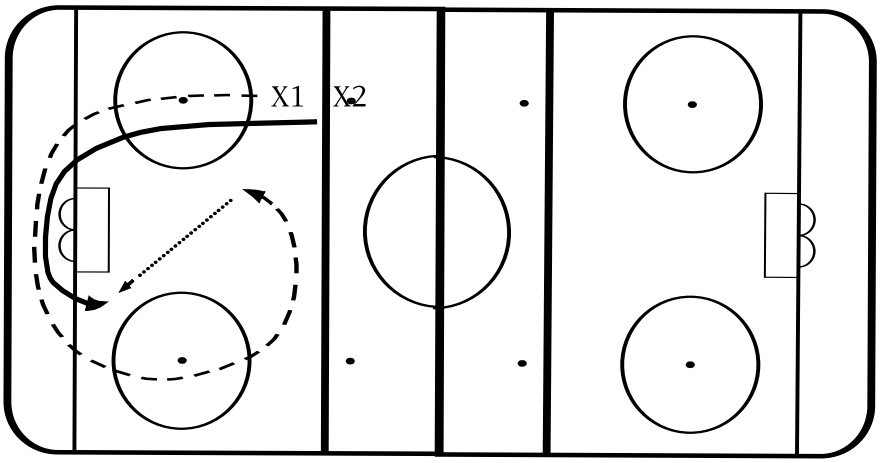
Drill — Passing

- Stretching pass: 01 skates back into zone and picks up puck in the circle, 02 skates back over the red line and has to time receiving on a lateral passing angle, does escape and passes back to X1 for a shot on goal



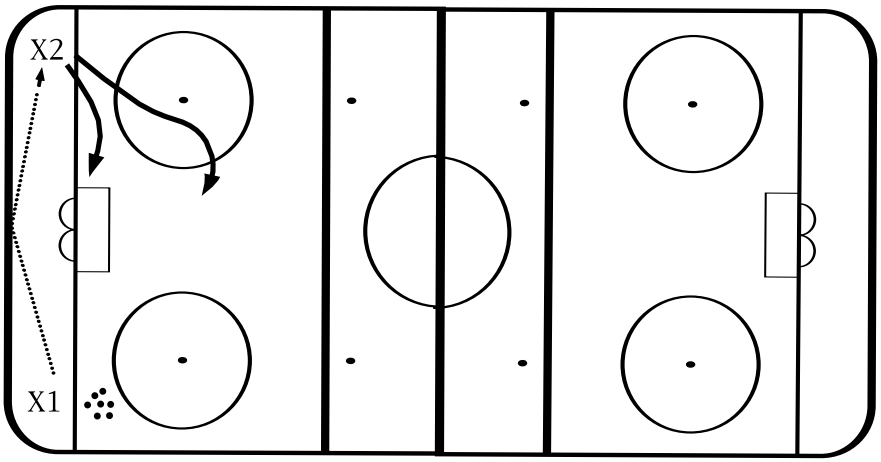
Drill — Passing

- Behind net trailer pass



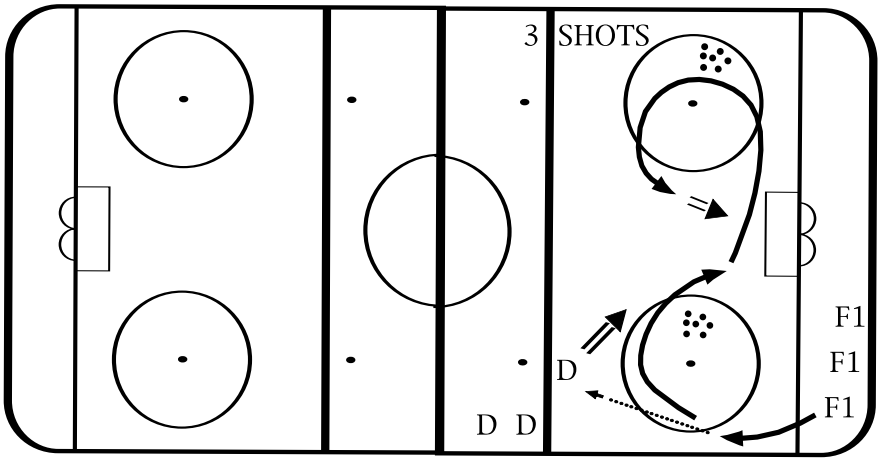
Drill — Passing

- Behind net passing: X1 passes to X2, X2 walks out or attacks net



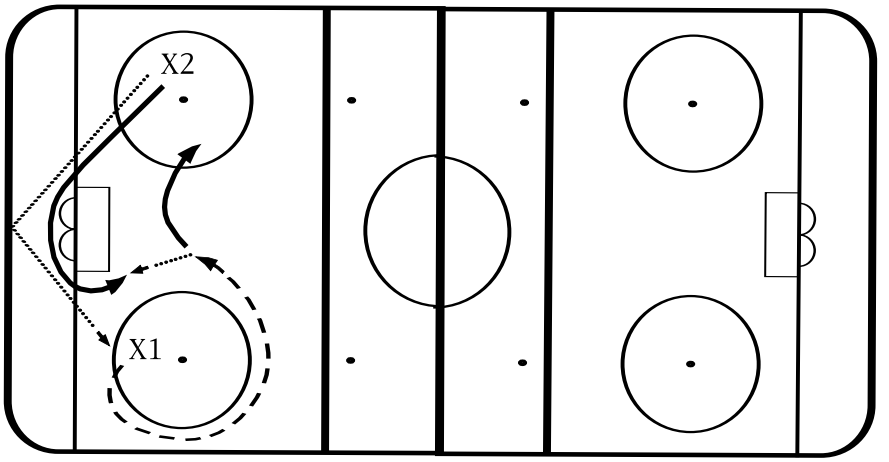
Drill — Shooting

- F1 passes to D, D shoots, F1 goes to front of net for tip or rebound, F1 then picks up puck from either circle, shoots, picks up another puck, curls circle and shoots



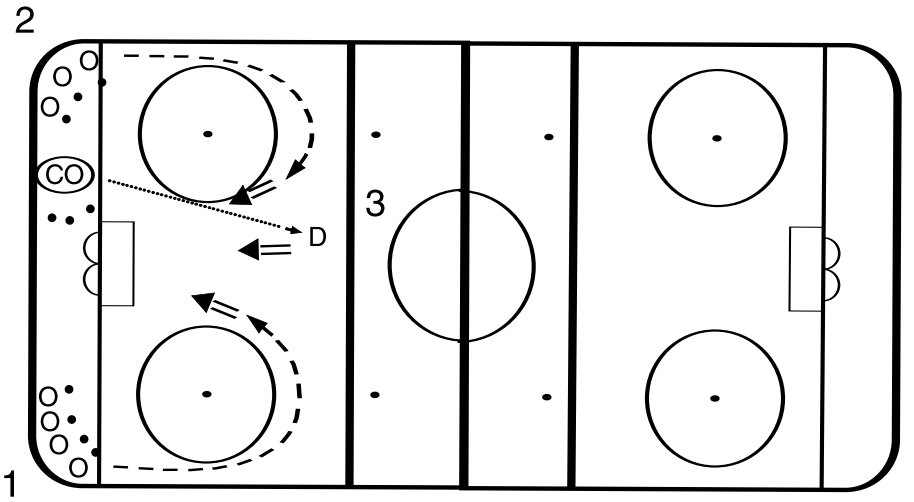
Drill — Passing

- Behind net passing: X2 passes puck to X1, X1 receives puck and skates circle, passes back to X2 who has skated behind net for a shot on goal



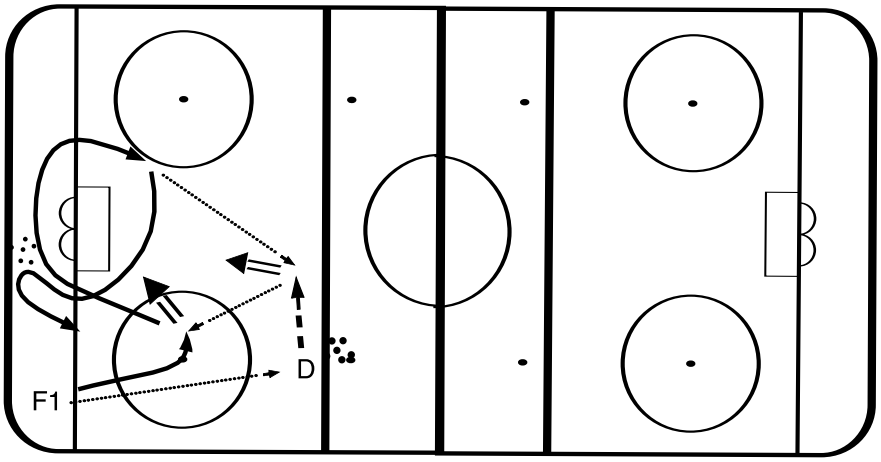
Drill — Shooting

- Out of corner shooting: 1 curls circle, shoots and goes to front of net, 1 curls circle, shoots and goes to net, coach passes out to D who shoots, has 1 and 2 looking for a tip



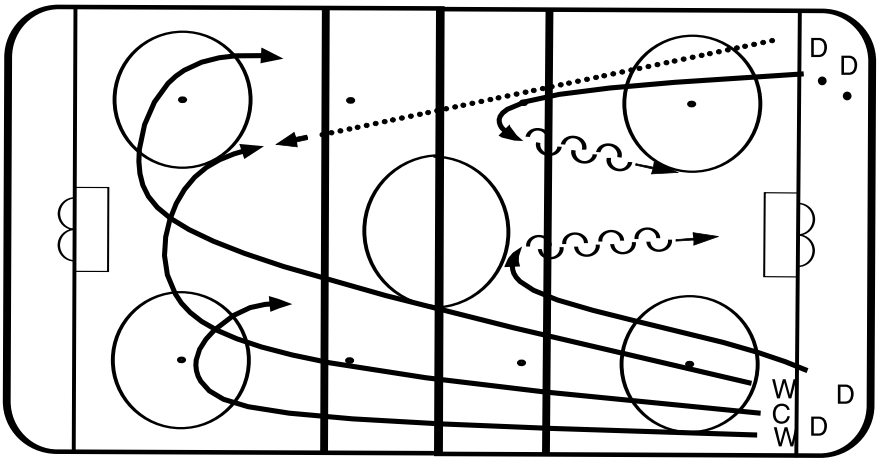
Drill — Shooting

- Four shot sequence: F1 passes out to D who drags and shoots, D gets puck and passes to F1who curls circle, F1 picks up puck and passes out to D who shoots, F1 picks up puck and does wraparound or walk out



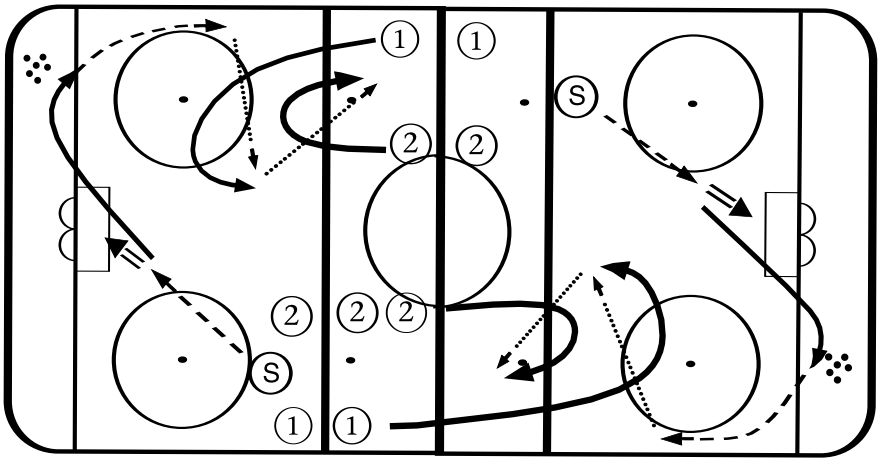
Drill — Team Play

- 3 on 2, forwards regroup and attack with play options, back pass, diagonal back pass



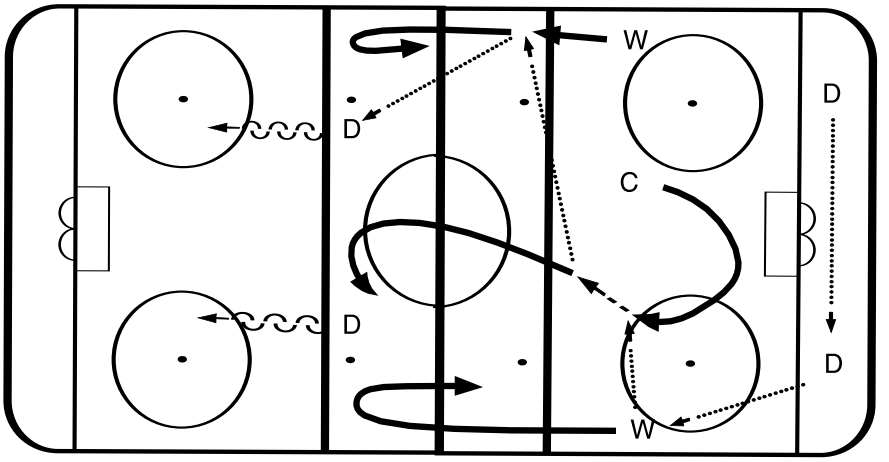
Drill — Shooting

- Shooter skates in, shoots, picks up puck, passes to 1 curling top of circle who then passes to 2 who is curling the blue line
- Shoot on goal
- Pick up puck in corner and continue drill



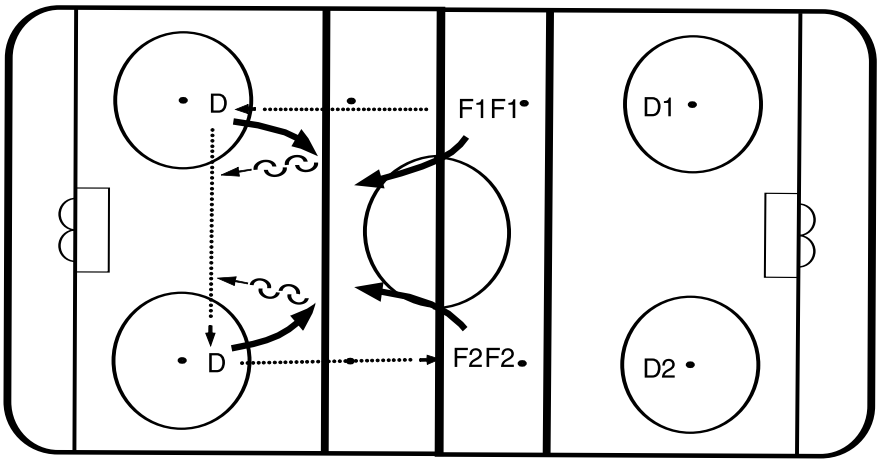
Drill — Team Play

- 5 on 2 breakout, regroup attack



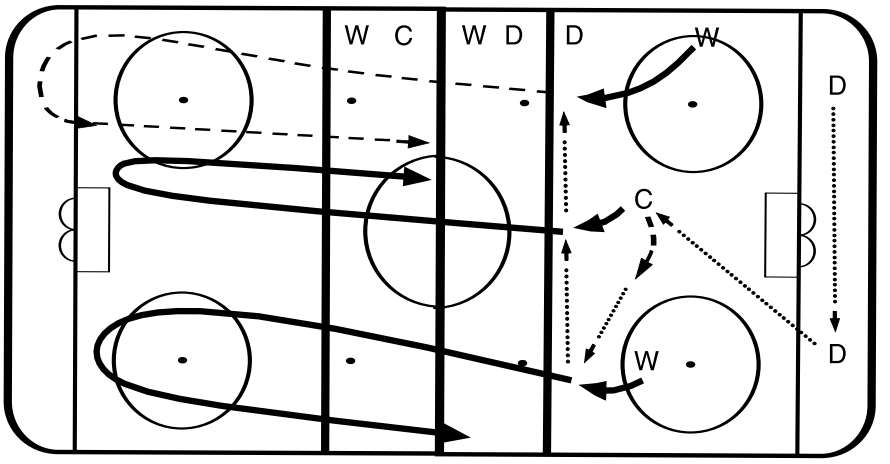
Drill — Team Play

- 2 on 2 half ice - F1 passes to D1, D1 passes to D2, D2 passes to F2, as soon as F2 touches puck, 2 on 2 rush starts



Drill — Breakout

- Breakout, attack, forecheck, backcheck, DZ coverage



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