



# West Madison Polar Caps

## Youth Hockey Practice Plan

Full-Ice Stations Practice Plan

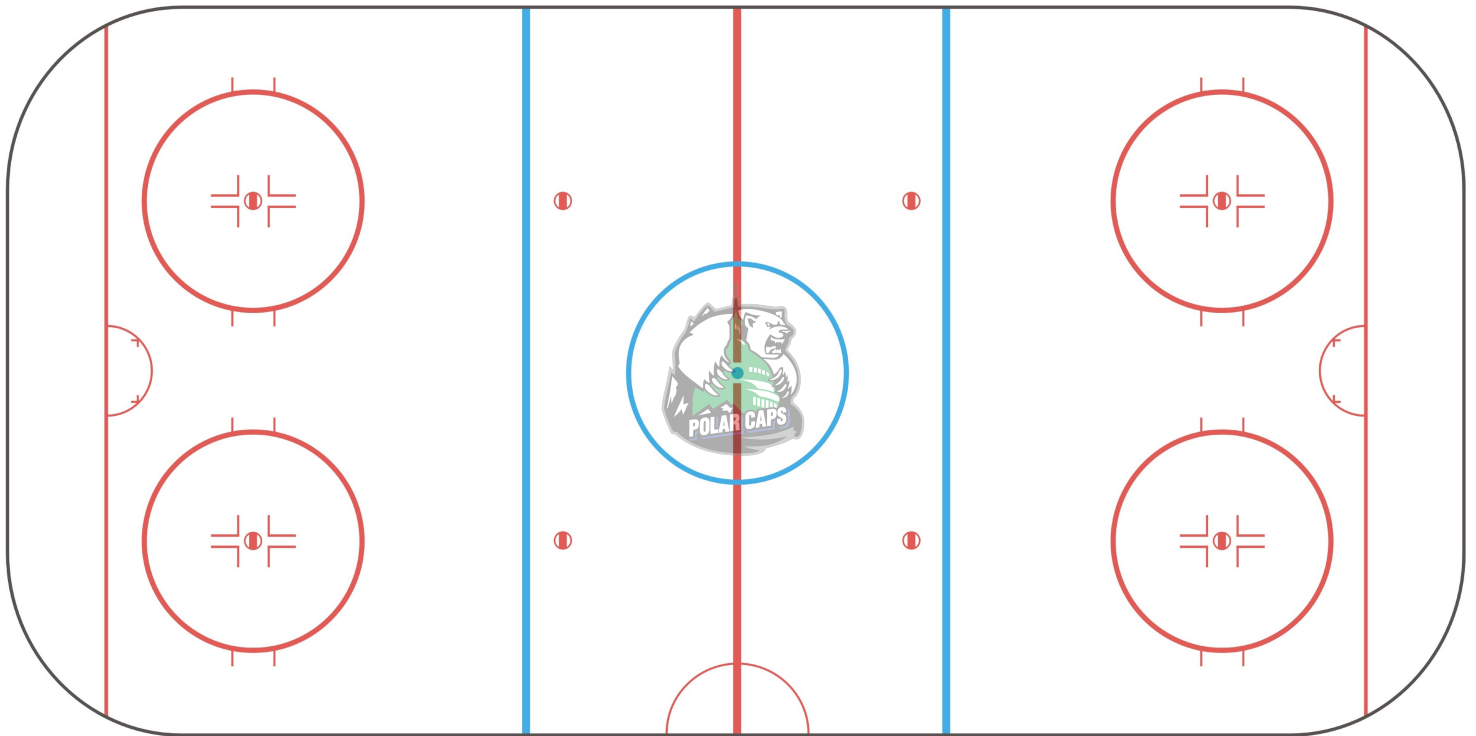
Skate	Tire
Pass	Cone
Stop	Skater / Defense
Carry Puck	Offense
Backward	Goalie
Lateral Skate	Coach
Shooting	

Coach: \_\_\_\_\_ Team(s): \_\_\_\_\_

Date: \_\_\_\_\_ Start: \_\_\_\_\_ Station Length: \_\_\_\_\_ min Practice Duration: \_\_\_\_\_ min

Warm-Up:

1	Drill: _____ Skill: _____	4	Drill: _____ Skill: _____
2	Drill: _____ Skill: _____	5	Drill: _____ Skill: _____
3	Drill: _____ Skill: _____	6	Drill: _____ Skill: _____



Game:

Equipment: