



**Coaching Education Program**

# **10-AND-UNDER PRACTICE PLANNER**





**Coaching Education Program**

**10-AND-UNDER  
PRACTICE PLANNER**

Copyright © 2017 USA Hockey

ALL RIGHTS RESERVED

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of USA Hockey, 1775 Bob Johnson Drive, Colorado Springs, CO 80906. Reproduction for team use only is allowed.

**Contributors:** Chuck Gridley, Al Bloomer, Mike MacMillan, David Hoff, Ty Newberry, Mark Tabrum, Phil Osaer, Matt Cunningham, Guy Gosselin, Roger Grillo, Bob Mancini, Kevin Margarucci

# Table of Contents

Introduction .....	3
<b>SECTION 1: Athlete Development.....</b>	<b>5</b>
Long-Term Athlete Development .....	7
<b>SECTION 2: Practice Planning .....</b>	<b>9</b>
Warmup .....	11
Practice Plans .....	12
Cool Down .....	23
<b>SECTION 3: Areas of Focus .....</b>	<b>25</b>
Body Contact .....	27
Goaltending.....	31
Small-Area Games.....	34
Dryland Training .....	35
<b>SECTION 4: Additional Resources.....</b>	<b>45</b>



# Introduction

*This manual provides practice plans and materials needed for 10-and-under coaches. USA Hockey and its Coaching Education Program provide a vast amount of resources and plans for coaches. This manual is a small sample of resources that are available and will provide you links to additional information for each section.*

## **SECTION 1 – ATHLETE DEVELOPMENT**

Here we will introduce you to the understanding of long-term athlete development for this age group.

## **SECTION 2 – AGE-SPECIFIC PRACTICE PLANNING**

Today, practices are more than just on-ice. It is important to incorporate things such as dynamic warmups, cool downs and other age-specific activities. In this section you will find numerous on-ice practice plans in addition to examples of how to organize your dynamic warmup and cool down.

## **SECTION 3 – AREAS OF FOCUS**

Here we highlight some specific aspects of practice planning. You will find age-specific information on body contact, goaltending, small-area games and off-ice practices.

Be sure to check out [usahockey.com](http://usahockey.com) for more coaching resources:

- Mobile Coach App
- Checking the Right Way
- Small-Area Games
- Skill Progression for Youth Hockey
- Goaltending
- Off-Ice Training
- American Development Model
- Coaching Manuals
- Coaching Articles
- Coaching Videos
- AND MORE!



# **SECTION 1**

# **Athlete Development**





# Long-Term Athlete Development

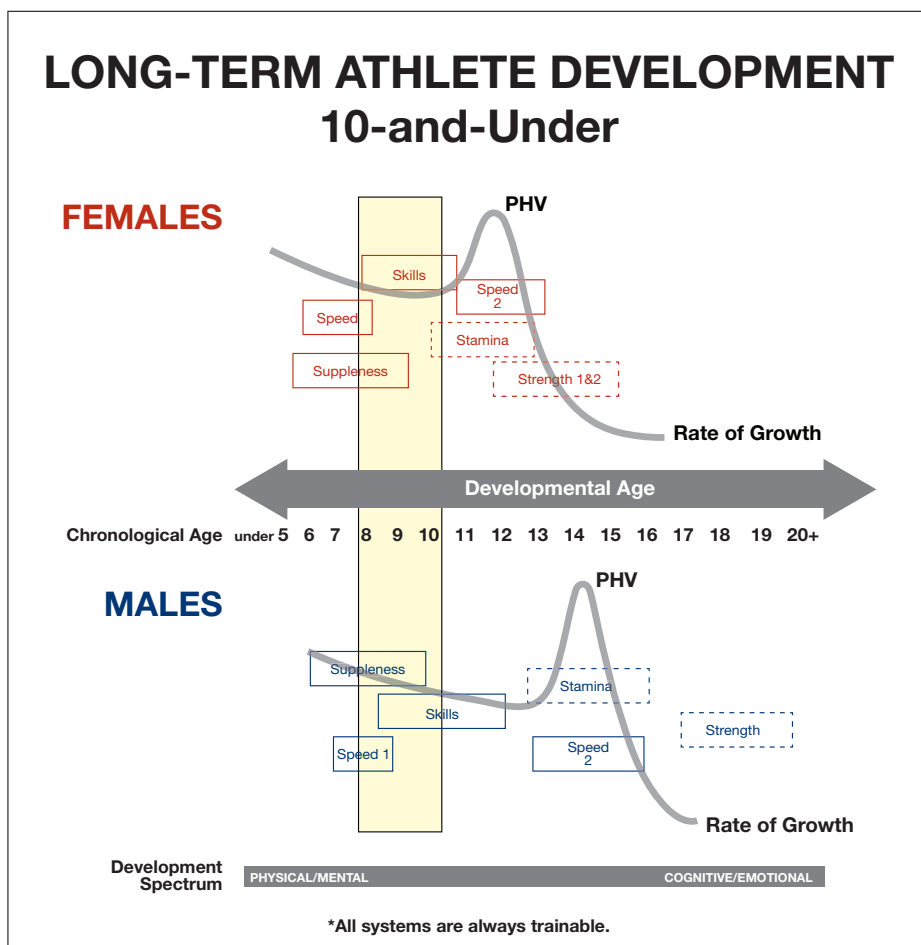
## STAGES OF DEVELOPMENT

- Learn To Train – ages 8-11 (female) and ages 9-12 (male)

Prior to the beginning of the adolescent growth spurt, players have the best opportunity to learn and begin mastering fine motor skills (the small movements of the hands, wrists, fingers, feet, toes) that can be used in combination with other skills.

In most cases, what is learned or not learned in this stage will have a significant effect on the level of play that is ultimately achieved later in a player's life. As these 10U players are in the Golden Age of Skill Development (a prime age for children to acquire and develop sport skills), coaches should remember that mastering fundamental skills takes a tremendous amount of time and the time invested at this stage will pay great dividends later.

In this stage, players should be able to begin transferring skills and concepts from practices to games. A proper balance of practices and meaningful games will promote the continued development and mastery of key hockey skills.



Balyi, E., Cardinal, C., Higgs, C., Norris, S., Way, R. (2010) Long-Term Athlete Development v2 - Canadian Sport For Life, Canadian Sports Centers, p27. ISBN 0-9738274-0-8

## GOALS/DESIRED OUTCOMES

- Focus on physical literacy, general athleticism (ABCs) and hockey skills.
- Players are entering the Golden Age of Skill Development, so ensure that skill development is the top priority.
- Competition with puck races and small-area games.
- FUN for all participants.

## LTAD AND OPTIMAL WINDOWS OF TRAINABILITY

- Hockey-like speed training (e.g., stopping, starting, changes in direction, puck races).
- Optimal window for motor coordination development.
- Beginning of window for aerobic stamina.
- Continue development of general athletic skills; play multiple sports.
- Focus on athleticism and ABCs (agility, balance, coordination).
- Play multiple sports (soccer, lacrosse, baseball, gymnastics, swimming, etc.).

## AGE-APPROPRIATE TRAINING

- Small-area games, with decision-making elements, will nurture hockey sense development.
- Allow the game to be the teacher.
- Basic hockey concepts (support, give-and-go, numerical superiority, etc.).
- 6- to 7-month training calendar.
- 95-100 ice sessions per season (3-4 sessions per week).
- 75-80 practices and 20-25 games.
- 30-45 players per practice session.
- Divide players into two halves: top half and bottom half.
- 10-12 skaters and 1 goalie per team.
- Twice a week, before practice, invest 30 minutes in training and development of fundamental movement skills off the ice.

## PRACTICE SHOULD FOCUS ON (*percentage of time listed after each*):

- Individual skill improvement (hockey skills, activities, and games) – 75%
- Hockey sense (teaching of concepts through small-area games) – 15%
- Tactics (team-play training) – 10%

**FOR MORE INFORMATION ON LONG-TERM ATHLETE DEVELOPMENT  
OR USA HOCKEY'S AMERICAN DEVELOPMENT MODEL, VISIT:**

<http://www.admkids.com/page/show/910488-long-term-athlete-development>

# **SECTION 2**

# **Practice Planning**





# Warmup

A proper team warmup is designed to get the body game-ready. Performing the activities below will improve cardiovascular, musculoskeletal, neurological, balance, coordination, visual and auditory readiness by challenging athletes dynamically. Ensure athletes understand proper technique for each exercise.

## DYNAMIC WARMUP

Pre-Game/Practice (30-40 minutes before going on the ice) should take 10-15 minutes maximum.

**STEP 1**      **Cardiovascular Activity** (*5 minutes*) – run/jog, tag, chase, mini soccer game, etc. Find fun activities that will keep younger kids moving.

**STEP 2**      Team forms four lines and perform these exercises for 10-20 yards. Choose 3-5 exercises from the following exercises for a total of 10 minutes:

1. **Forward and Backward Run** (*down and back*) – emphasize athletic ready posture.
2. **Butt Kickers** – emphasize hamstrings.
3. **Shuffle** (*facing left*) – emphasis on proper athletic-ready posture.
4. **Carioca** (*facing left*) – emphasis on trunk rotation.
5. **Walking RDL** – walk forward, reach with hands to forward leg; rear leg extends behind and upward. Alternate with one step forward to opposite leg. This stretches the hamstrings and opposite hip flexor. This exercise creates balance and core strength.
6. **Knee-to-Chest/Heel-to-Gut Stretch** (*alternating*) – hold each for 2 seconds; alternate leg as you walk forward for the 10-20 yards.
  - For knee-to-chest, pull knee up to chest with good posture and balance.
  - For heel-to-gut, pull heel into gut with care taken with the knee. This exercise focuses on hip and piriformis.
7. **Lunges with Twist** – with your hands behind head, lunge forward and do a trunk twist. Opposite elbow to forward leg. Alternate lunge as you walk forward 10-20 yards.
8. **Soldiers** (*toe-to-hand kicks*) – extend both hands forward at shoulder height, stride forward and kick hand. Alternate feet/hands.
9. **Sprints Around Right of Stationary Player** (*1 length*) – with a player 5 feet in front of the line, another player sprints to the right of the stationary player (remaining facing forward), circles around that player and then sprints forward the remaining

10-20 yards. Each player in line follows. Promotes core strength, mobility/cardio and balance.

10. **Sprints Around Left of Stationary Player** (*1 length*) – with a player 5 feet in front of the line, another player sprints to the left of the stationary player (remaining facing forward), circles around that player and then sprints forward the remaining 10-20 yards. Each player in line follows. Promotes core strength, mobility/cardio and balance.
11. **Somersaults/Cartwheels** – spread lines out to create wide gaps between the athletes, as some may not be able to do these exercises in a straight line. Perform one length of somersaults and return one length with cartwheels.

## Practice Plans

What to implement at the 10-and-Under level:

1. A proper practice-to-game ratio (at least 2.5 practices to every one game).
2. Heavy emphasis on skill development.
3. Training plans and schedules that build all-around athletes first, then hockey players.
4. Increased emphasis on decision-making skills.

Players will remain active with the increased engagement, puck touches and playing time they'll receive in station-based practices. More efficient skill development will result from more repetitions. Coaches should emphasize hockey sense development through small-area games. This includes the ability to understand and execute age-appropriate concepts and tactics such as puck support, breakouts and special teams. Through small-area games, the game is the teacher and players will become better problem-solvers. The majority of your practice time at 10U should be spent on skill development.

Training (on- and off-ice) should include skills related to body contact in a safe environment. This should include stick position, angling, body position and contact confidence. Training should reinforce the ultimate purpose of body contact which is to gain possession of the puck.

**THE FOLLOWING IS JUST A SAMPLING OF PRACTICE PLANS.  
FOR ADDITIONAL PRACTICE PLANS, VISIT:**

<http://www.usahockey.com/practiceplans>

# Practice Plan 1

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skills, early season acclimation to ice

**Equipment Required:** Ice marker, tires, cones

## WARMUP

### Free Play

(5 minutes)

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

### Edge Control

(10 minutes)

Have the players divide into six lines. Players must use controlled movements and strive for quality technique. Speed is not a factor. Quality is the goal. Use extra coaches to instruct individually when needed.

1. Inside edges forward (2x)
2. Outside edges forward without crossovers (2x)
3. Inside edges backwards (2x)
4. Outside edges backwards with crossover (2x)
5. Single leg inside/outside edge forward L/R
6. Single leg inside/outside edge backwards L/R
7. Two-foot power jumps (2x)
8. One-foot hop L/R

**Goalies:** Movement Drills

## STATIONS

On the whistle to change stations, players do 2 forward rolls before moving on to the next activity. Coaches distribute water at each station as players arrive.

### Station 1: Puck Control

(9 minutes)

X1 carries a puck around the net and passes to X2. X1 takes X2's position. X2 receives the pass and banks puck back to himself/herself at the tire. X2 then attacks the coach (attack triangle), jumps the tires and pivots to backwards at the far cone. Halfway through the drill, switch sides. Goalie Instruction: Goalies rotate with their groups.

### Station 2: ABCs

(9 minutes)

Drop to knees and up, moving forwards, head and chest up. Drop to knees and then rise up, moving backwards. Drop to single knee and up, alternate knees, moving forwards. Drop to single knee and up, alternate knees, moving backwards. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Repeat all with pucks.

### Station 3: 2v2 with Outlets

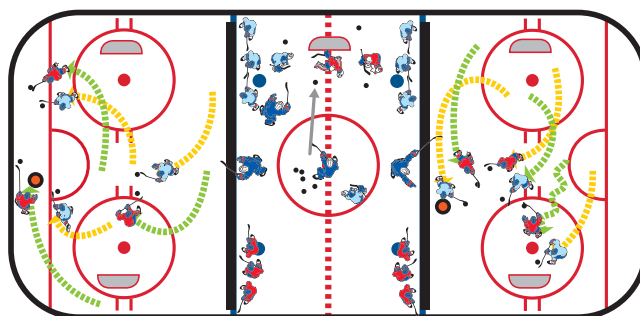
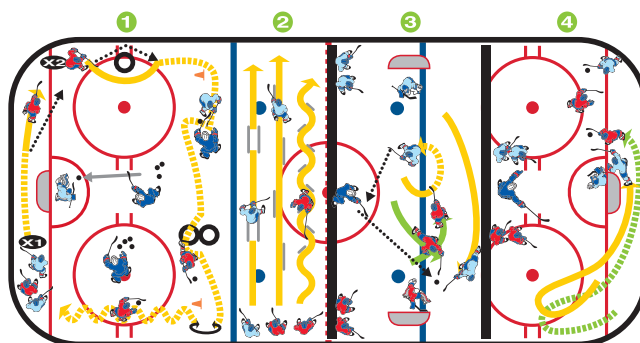
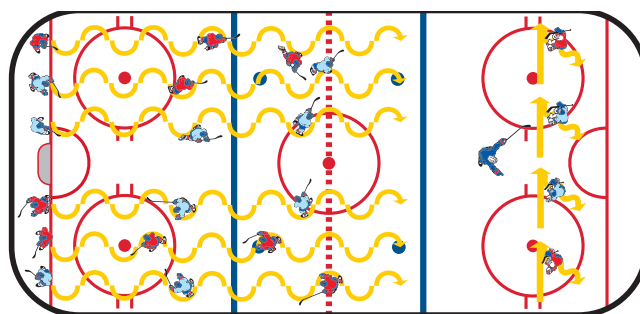
(9 minutes)

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

### Station 4: 1v1 Out of Corner (Angling)

(9 minutes)

Player O starts in the corner with a puck (from knees, on stomach, etc.). On whistle, O jumps up and attacks the net with X defending. Play until O scores, goalie covers puck or X steals puck and passes back to coach. Angle with stick-on-puck, encourage contact.



## GAME

### Soccer with Puck

(9 minutes)

Play 4v4 cross-ice soccer while each player carries a hockey puck. Players must have possession of their own puck at all times. This game helps players automate their stickhandling skills as the soccer ball provides an outside object to focus on. Goalies can have extra work with the coach in the neutral zone.

# Practice Plan 2

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Skating skills, ABCs, 1v1 play, competition, fun

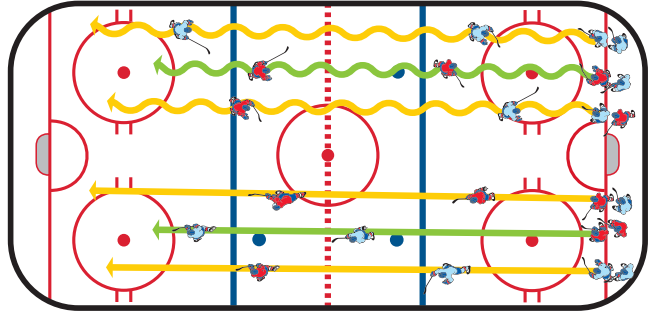
**Equipment Required:** Cones or tires, extra nets

## WARMUP

### ABC Controlled Movements

(12 minutes)

Skating forward, arm circles forward; arm circles backward; arm circles, one arm forward and one arm backward. Repeat sequence skating backwards. Skating forward, step over stick in left hand; step over stick in right hand. Repeat sequence skating backwards. Pass stick through legs in figure 8, moving forward. Repeat moving backward. Power jumps, 2 feet, moving forward, (head and chest up). Power jumps, 2 feet, moving backward. Power jump 180, 2-foot jump, land backwards then jump 180 land forwards, all turns to left. Repeat with all jumps to right.



## STATIONS

On the whistle to change station, players do 5 hops on each foot before moving to the next activity. Coaches distribute water at each station.

### Station 1: Net Tag with Pucks

(8 minutes)

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

### Station 2: Skating Stops-and-Starts

(8 minutes)

Players stop and start at the cones and the goal line. Coaches work individually when possible with players that need technique assistance. Add pucks.

### Station 3: Forward and Backward Tag

(8 minutes)

Play tag within a confined area. When a player has been tagged, that player becomes the tagger. Using the center red line to divide the ice, all players must skate forwards on one side of the red line and pivot to skate backwards on the opposite side.

### Station 4: Skating Technique Crossovers

(8 minutes)

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

### Station 5: 1v1 with Low Outlet

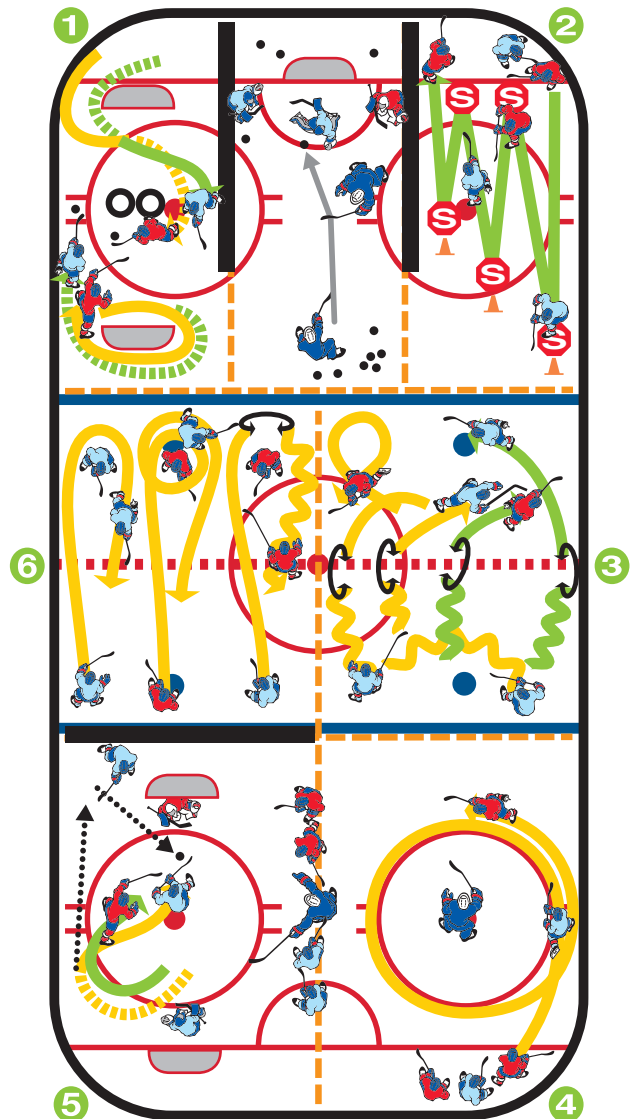
(8 minutes)

Play 1v1 in a small area. Outlet players are below the goal lines and can't score. They can only pass. Players in the middle must make a pass to their outlet player before they can score. Play 40-second shifts.

### Station 6: Skating Tight Turns and Pivots

(8 minutes)

Players use their partner as an obstacle to skate around. Coaches work with players on technique and turns to both R/L. Add pucks and repeat sequence. Finish with a puck control race through the opposite line and back to where the player started.



# Practice Plan 3

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skating skills, puck control and deception

**Equipment Required:** Cones, tires, dividers, ringette rings, sticks

## WARMUP

### SKATERS – 1v1 and Passing

(8 minutes)

Players pair up with one puck per pair. On the whistle, play 1v1 keep-away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15 feet apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

### GOALIES – Warmup and Movement

Goalies pair up and play catch with a medium-sized ball while doing lateral steps, during rest time, stationary passing.

## STATIONS

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station.

### Station 1: Puck Control – Deception

(10 minutes)

Use rings and pucks – controlled exaggerated movements.

1. Using rings, make wide exaggerated moves to forehand and backhand. Emphasis on knee bend and loading legs.
2. Exaggerated moves using pucks.
3. Exaggerated moves sliding under stick.
4. 1v1 shuttle, attack triangle, against passive players.

### Station 2: Stops, Starts, Transition Skating

(10 minutes)

Skills technique, stop and start at each cone (head and chest up). Progress to forward to backwards pivots. Add in agility at the red line (drop to knees and up) and then add pucks.

### Station 3: 1v1 Competition (Body Contact)

(10 minutes)

Players compete 1v1 for 30-second shifts. Coaches add additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1. Encourage stick-on-puck, body contact.

## GAMES

### Forward and Backward Tag

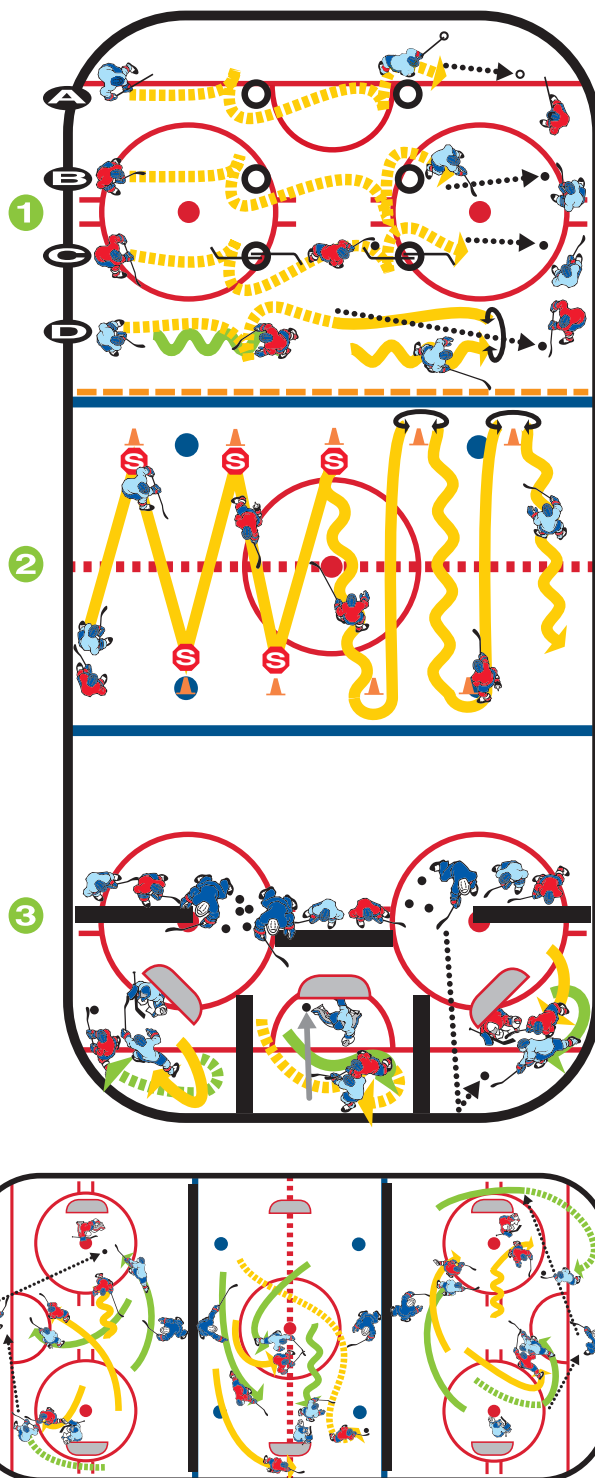
(8 minutes)

Using the whole ice surface, play tag. The middle zone is the forward skating zone and each end zone is for skating backwards. Each time a player is tagged, they join the tagging group. All players pivot at blue line.

### 3v3 with Outlets

(12 minutes)

Play 3v3 cross-ice for 40-second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score.



# Practice Plan 4

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** ABCs, puck control and ice awareness

**Equipment Required:** Tires, dividers and ringette rings

## WARMUP

### SKATERS – 1v1 Keep-Away

(10 minutes)

Players pair up with one puck per pair. On the whistle, play 1v1 keep-away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15 feet apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

### GOALIES – Warmup and Movement

Goalies pair up and play catch with a medium sized ball while doing lateral steps. During rest time, they practice stationary passing.

### Shooting

(8 minutes)

Paired players split up around the rink with one partner near the boards. The player near the boards passes to partner, who catches the pass and immediately shoots up in air back against the boards. The passer attempts to knock the puck out of the air. He then collects the puck and repeats with pass back to shooter. Switch positions halfway through.

## STATIONS

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### Station 1: Net Tag with Pucks

(8 minutes)

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

### Station 2: ABCs Obstacle Course

(8 minutes)

Set up a loose puck race that has the players turn, stop, start, and jump obstacles. Whoever gets to the puck first has a chance to score on the goalie.

### Station 3: Starts

(8 minutes)

Players pair up. One partner turns his/her stick over and stands it vertically on the butt end. On signal from coach, partner races to grab the stick before it falls over. Vary the distance between partners to increase difficulty. Have players start from various positions, e.g., forward start, side crossover start, from knees, etc.

### Station 4: Situational Passing

(8 minutes)

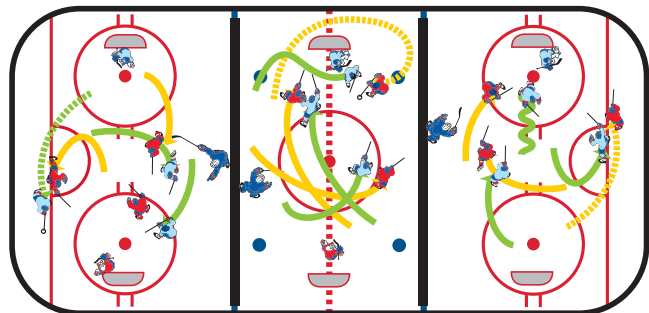
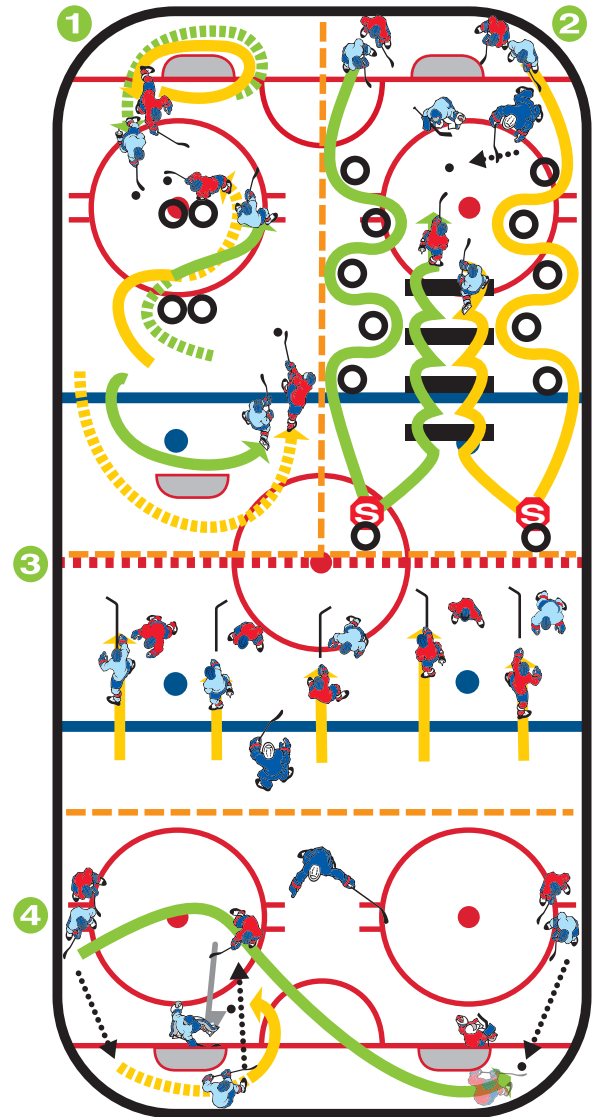
X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot, X becomes the new O on opposite side of ice.

## GAMES

### Ringette

(10 minutes)

Play 3v3 or 4v4 cross-ice ringette for 40-second shifts. Adjust the numbers accordingly so that players can play every other shift.



# Practice Plan 5

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skills, competition and body contact skills

**Equipment Required:** Tires or cones, tennis balls

## WARMUP

### Free Play

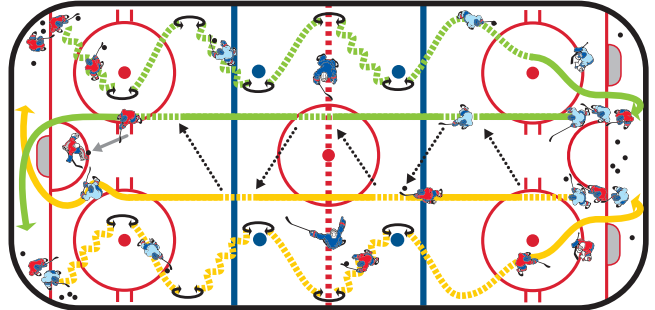
(5 minutes)

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

### Basic Skills Combination

(10 minutes)

The Xs start by carrying a puck and skating backward from the boards to inside the face-off dots; players pivot to skating forward toward the boards; then again pivot to skating backward again toward a position inside the face-off dots. Repeat the sequence down the ice. Pass 2-on-0 back.



## STATIONS

On the whistle to change station, players do 5 hops on each foot before moving on to the next activity. Coaches distribute water at each station.

### Station 1: Ringette Keep-Away

(8 minutes)

Begin by pairing up the players and having them play 1v1 keep-away with the rings. Progress to 1v1v1 keep-away. Encourage body contact.

### Station 2: Chaos Stickhandling

(8 minutes)

Players stickhandle while skating around obstacles. Keep players involved. The coach can switch to players going in pairs in a follow-the-leader setup. Check to see that each player is holding his/her stick properly. Hands about shoulder-width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger.

### Station 3: Acceleration

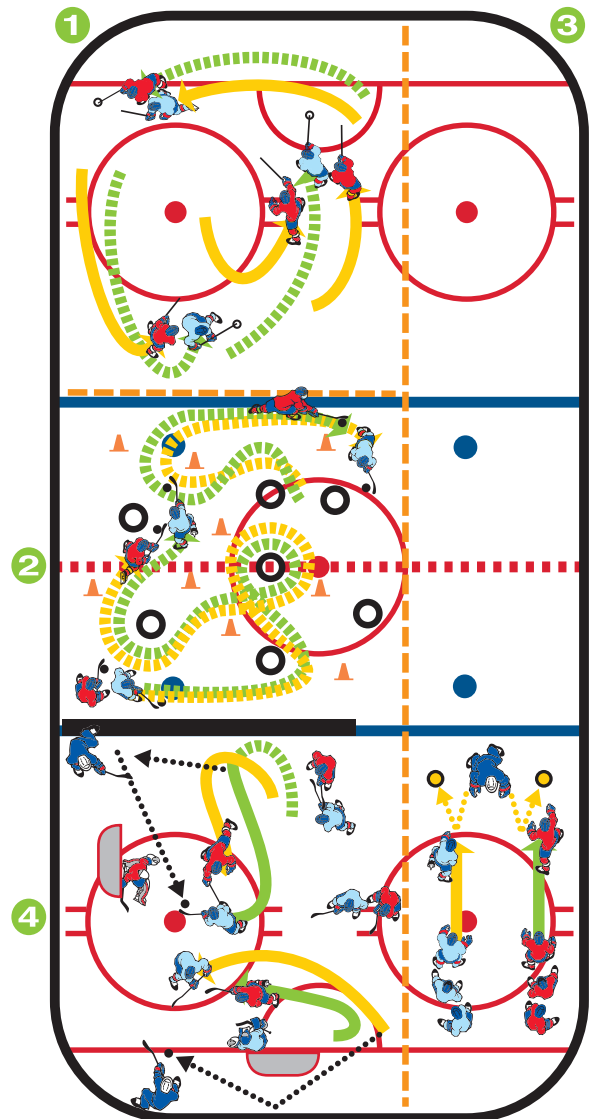
(8 minutes)

Coach stands 10-15 feet away from the players in the middle of two lines. The coach holds two tennis balls at shoulder height. The coach drops the balls and the players explode and attempt to catch the balls before they bounce a second time.

### Station 4: 1v1 Give-and-Go

(8 minutes)

Players must pass to the coach before they can shoot on goal. Play 1v1 for 30-second shifts. Emphasis is on moving to open ice after making the pass to the coach. Create a passing lane. The coach should change positions on the ice to make players get their heads up and find the coach for the initial pass. Use a second net to increase reps.



## GAMES

### Ringette

(13 minutes)

Play 3v3 cross-ice hockey for 40-second shifts. Play out of two ends.

# Practice Plan 6

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skating skills, shooting, body contact

**Equipment Required:** Cones, tires, dividers

## WARMUP

### NHL Role Play

(5 minutes)

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

### Edge Control

(10 minutes)

Split into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

1. Inside edges around stick L/R
2. Inside edges around stick L/R, hold edge - two laps
3. Outside edges around stick L/R
4. Outside edges around stick L/R, hold two laps
5. Figure 8 inside edges around ends of stick
6. Figure 8 outside edges around ends of stick
7. Two-foot side jumps over stick
8. One-foot side jumps over stick L/R

**Goals:** Movement Drills

## STATIONS

On the whistle to change station, players do 2 forward rolls before moving on to the next activity. Coaches distribute water at each station.

### Station 1: Passing, Shooting, OZP

(9 minutes)

Run from both sides. Player 1 passes to Player 2. Player 2 carries puck around the net for a pass to player 3. Player 3 catches pass and shoots. Rotate spot 1 to 2, 2 to 3, 3 back to the line.

### Station 2: Stops, Starts, Transition Skating

(9 minutes)

Skating skills technique, stop-and-start at each cone (head and chest up). Progress to forward to backwards pivots. Add agility at the red line (drop to knees and up) and then add pucks.

### Station 3: Body Contact Technique

(9 minutes)

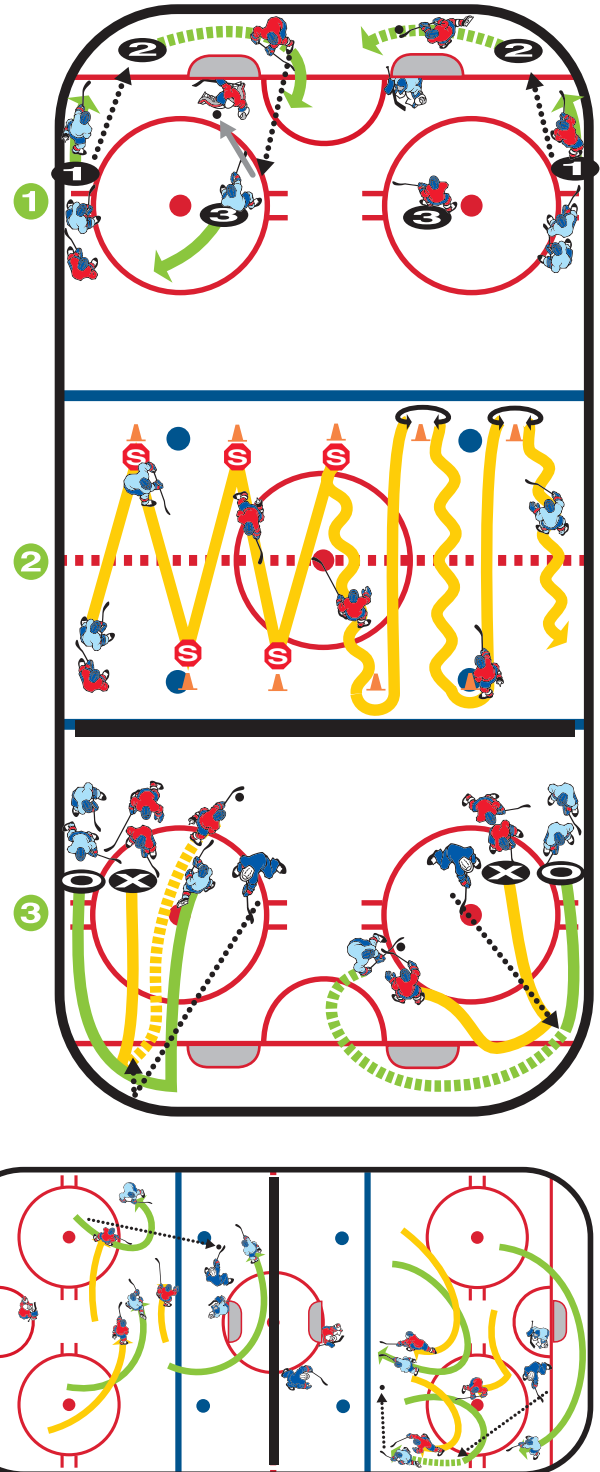
The coach spots a puck down the boards to create a loose puck race along the boards. If player O gains the puck he/she can attack the net; if player X gains possession he/she must skate the puck out over the top of the circles. Encourage body contact. Both players must bend their knees in contact situations. Players must play the puck but they both can lean into their opponent to establish body position on the puck.

## GAMES

### Breakout with Coach

(15 minutes)

On change of possession, each team must pass the puck back to the coach and one player must skate behind their net before the team can attack. Work on breakout skills and tactics. Coaches must encourage all players to come back to support the puck. Also emphasize not turning their backs to the puck.



# Practice Plan 7

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Angling, 2v1 play, puck control

**Equipment Required:** Dividers, cones, soccer ball

## WARMUP

### Free Play

(5 minutes)

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

### 2-on-0 Passing with Agility

(10 minutes)

The player without the puck begins by skating backward. Player with the puck skates forward and passes to teammate. After receiving the pass, that player pivots to carry the puck skating forward and his teammate switches to skating backward. Continue this pattern down the ice and finish off with a shot on goal.

## STATIONS

On the whistle to change station, players jump doing a 360-degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

### Station 1: 2v1 with Backchecker

(9 minutes)

The defensive player begins with the puck and gaps up before passing to one of the offensive players. As soon as an offensive player gains the puck, all the players are activated. The additional X player backchecks. Drill encourages communication between the backchecker and the D. Halfway through the drill, have the Os and Xs switch.

### Station 2: Bull in the Ring (Body Contact)

(9 minutes)

Depending upon numbers, the circle can be cut in half to allow two pairs to go at the same time. Player O attempts to evade player X who tries to push player O outside the circle. Have X hold a soccer ball as he pushes the opponent. Emphasis is on skating, protecting the puck and stability in body contact situations.

### Station 3: Angle and Backcheck (Contact)

(9 minutes)

Player X begins moving into NZ and starts the drill with a pass to player O. As player O receives the puck he/she breaks. O passes to coach and attempts to get open for a return pass. Player X angles to maintain inside body position on O. Drill works on angling and marking your opponent. Player O must work to create an offensive opportunity by separating from the checker.

### Station 4: Quick Shot

(9 minutes)

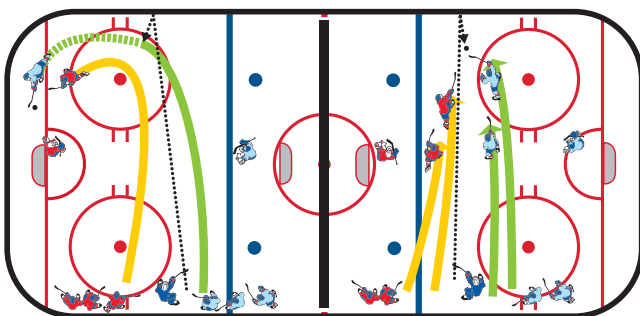
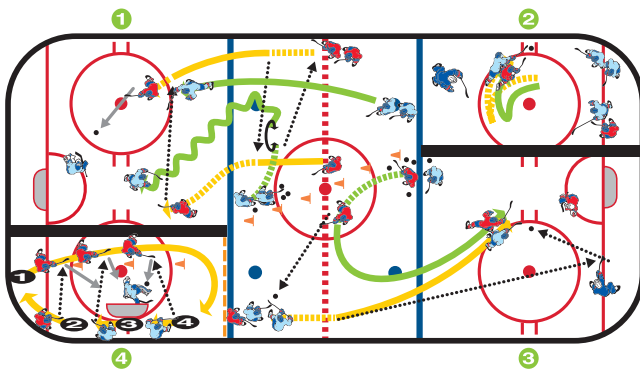
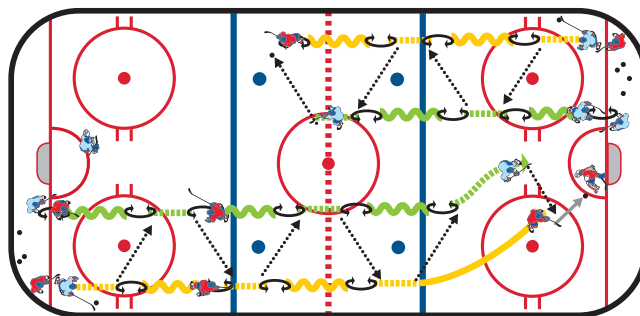
Player 1 breaks and gets a pass from player 2 and shoots before the cone. Next, player 1 continues and gets pass from player 3 and shoots before the cone. Player 1 gets a third pass from player 4 and shoots before the last cone. Player 1 takes player 4's spot, who takes 3's spot, who takes 2's spot, etc.

## GAMES

### Survival

(9 minutes)

The coach spots a puck across the ice and yells out 1v1 or 2v2. The first players in line compete until someone scores. You can have up to 3 competitions going on each side at a time.



# Practice Plan 8

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skills and team needs

**Equipment Required:** Tires, dividers

## WARMUP

### Free Play

(5 minutes)

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

## STATIONS

On the whistle to change station, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station.

### Station 1: Passing / Monkey in the Middle

(7 minutes)

Start with a few minutes of stationary partner passing to work on technique; sweep puck, forehand and backhand. Progress to Monkey in the Middle game. In this game, players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he/she moves to the outside and a new player goes to the middle.

### Station 2: Forward and Backward Crossover

(7 minutes)

Players work on skating crossover technique F/B. Add pucks if appropriate. Coaches should work individually with players that need it.

### Station 3: 1v1 Fake Only (Body Contact)

(7 minutes)

Players compete in a confined area 1v1 for 30-second shifts. Only fakes on the goalie are allowed to score, no shooting. Have the additional players waiting to go work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.). Encourage body contact while using good stick-on-puck technique to gain possession.

### Station 4: Skating with Pucks

(7 minutes)

Inside edges big Cs, narrow dribble, wide dribble, combination, around body, shuffle skate with quick hands, one hand breakaway skate, lunges with wide reach.

### Station 5: 2v1 Keep-Away

(7 minutes)

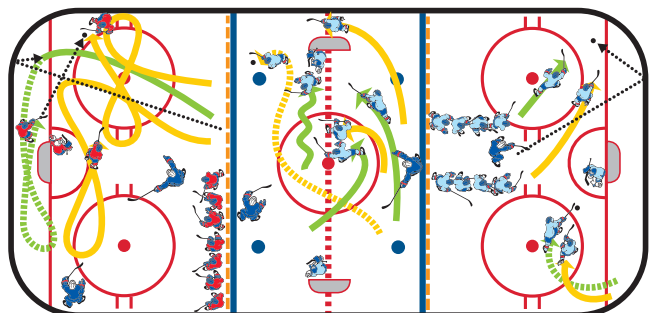
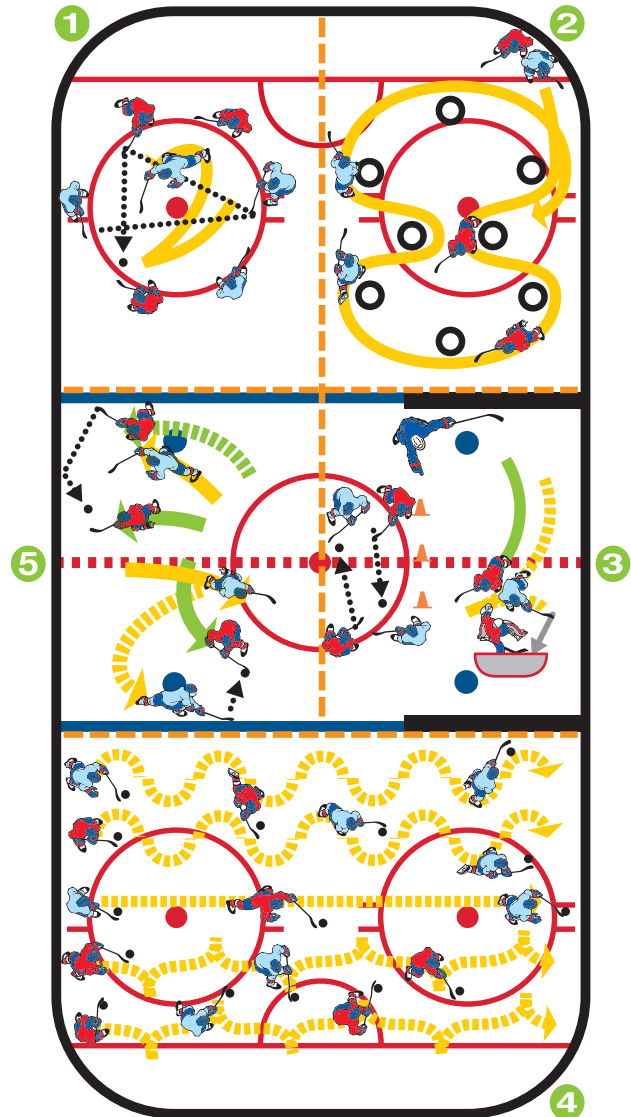
Divide players into groups of three. Two players attempt to play keep-away from the other player in their group. If the puck is stolen, a new player becomes the odd-person out.

## GAMES

### Coach's Choice

(20 minutes)

Split up by teams into available zone and focus on team-specific needs.



# Practice Plan 9

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skills, skating, competition and angling

**Equipment Required:** Cones, tires, dividers

## WARMUP

### NHL Role Play

(5 minutes)

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

### Y Pivot Drill

(7 minutes)

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

### Forward/Backward Passing

(8 minutes)

Pass the length of the ice with one player skating forward and one player skating backward. Finish off with a shot on goal.

## STATIONS

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### Station 1: Skating Skills

(9 minutes)

Players skate forward and backward through the course, picking up pucks and shooting on each net. If short on goalies, place a divider in front of the goal. Focus on agility and pivoting forward to backward.

### Station 2: Back Pressure Shooting

(9 minutes)

Player O passes to player X who must stay wide until the cone. After passing, player O chases down X. Focus for player X is on driving the net and backchecking for player O. Encourage body contact.

### Station 3: Defensive Skating

(9 minutes)

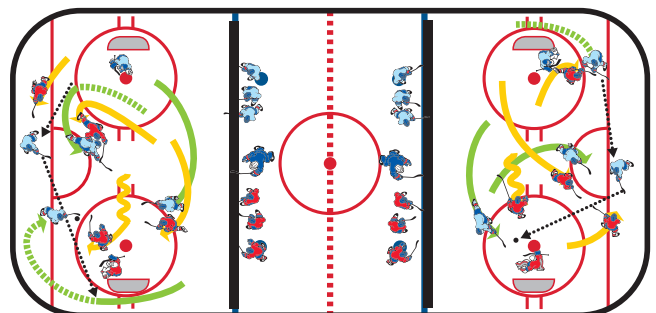
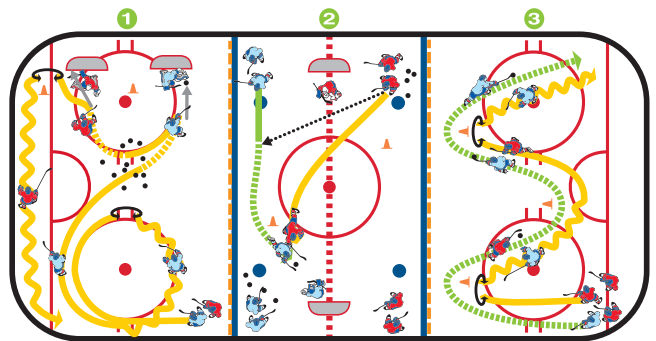
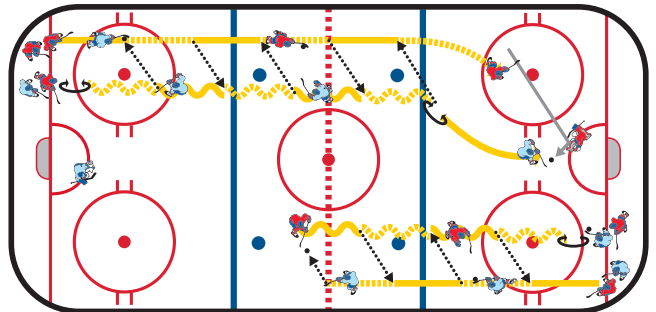
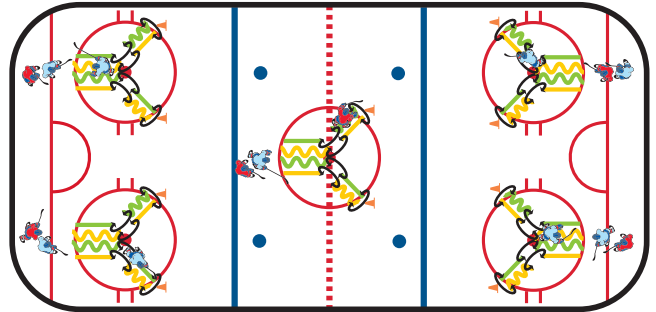
Player O carries a puck around the cones while player X attempts to mirror the movements of player O. Focus on staying with the puck carrier, transition skating and maintaining defensive side body position.

## GAMES

### Backward Only

(12 minutes)

Play 4v4 cross-ice hockey for 40-second shifts. The players can only skate backward during the game. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.



# Practice Plan 10

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Skating skills, passing and receiving, net play and competition

**Equipment Required:** Cones, tires, ice marker

## WARMUP

### Free Play

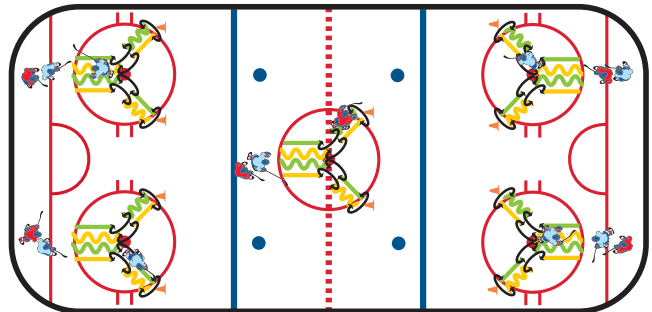
(5 minutes)

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

### Y Pivot Drill

(9 minutes)

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



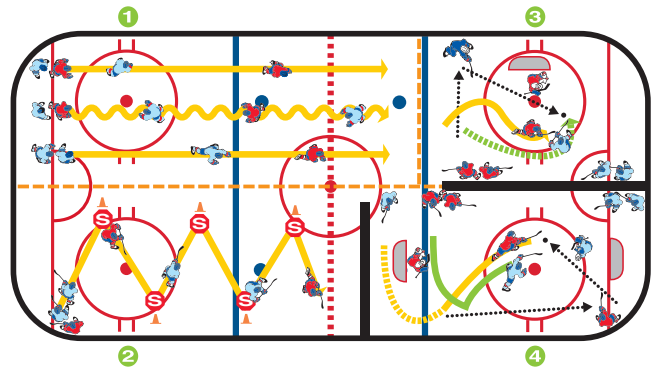
## STATIONS

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### Station 1: Skating Skills

(9 minutes)

Skate without sticks. While skating forward, players do arm circles forward, backward, one arm forward and one arm backward. Repeat sequence skating backward. Forward stride, feet on ice, push to side, left foot, right foot, alternate feet. Use arm circle movements in coordination with stride (rhythm).



### Station 2: Stops, Starts and Turns

(9 minutes)

Have players stop-and-start at each cone. Have them spray the cone with snow attempting to turn it white. Work on correct technique. Halfway through, have the players carry pucks. Progress to tight turns.

### Station 3: 1v1 Pass to Coach

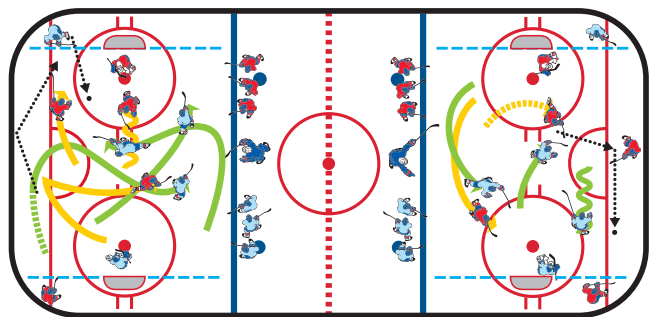
(9 minutes)

Players compete 1v1 but must pass to the coach before they can shoot on net. Emphasize moving to create a passing lane with the coach, give-and-go.

### Station 4: 1v1 Gretzky Game

(9 minutes)

Players must pass to their low teammate before they can score. Stress creating a passing lane, give-and-go. Low teammate must always stay below the goal line.



## GAMES

### 3v3 Gretzky

(10 minutes)

Same as the 1v1 version. Players must pass to the low teammate before they can score. Emphasize creating a passing lane, give-and-go. Low teammate must always stay below the goal line.

# Cool Down

## POST-GAME/PRACTICE COOL DOWN

**STEP 1** Five minutes of active cool down (jog, tag, soccer, etc.)

**STEP 2** Ten minutes of static stretching or substitute with foam roller (if available) on all muscle groups (pick three activities).

1. **Kneeling** (*1 leg forward*).
2. **Hip Flexor Stretch** (*hold 15 seconds*) – alternate legs; 2 reps each.
3. **Long Sitting Hamstring Stretch** (*hold 15 seconds*) – 2 reps.
4. **Legs Spread** – lean forward to center, then to left and to the right. Hold 15 seconds for each location and perform 2 reps each.
5. **Sitting Piriformis Stretch** – start with your left leg straight and your right leg over left. Hold for 15 seconds and perform for 2 reps each.
6. **Supine, Arms Out 90 Degrees** – lay down, then bring your right toe up and over to left hand. Hold for 15 seconds, then alternate and repeat for 2 reps each.
7. **Hamstring Stretch** – lay on back, bring your right toe straight up, use your left hand to touch your right toes. Move slowly, alternate legs and repeat for 15 reps. Be sure to keep the leg as straight as possible with an emphasis on reaching with your opposite hand to work the core.
8. **Core** – crunches; 15-30 reps.



# **SECTION 3**

## **Areas of Focus**

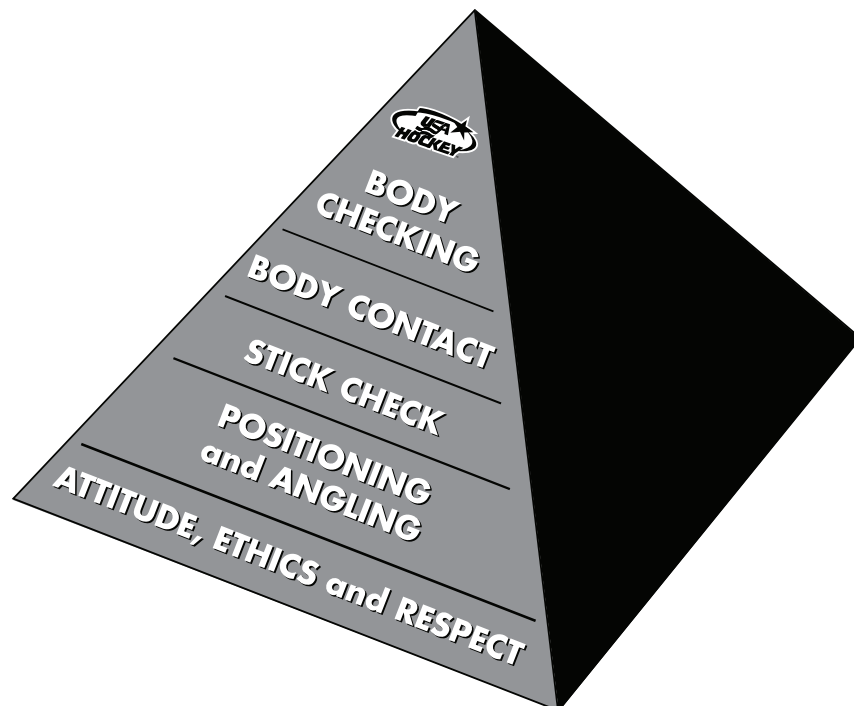




# Body Contact

## TEACHING POINTS

- Create a safe, structured environment with positive teaching.
- Try to partner players of like size and skill sets.
- Start players out close and slow, under control.
- Proper stance and stick control (stick-on-puck).
- Insure that players understand the principles of Head's Up, Don't Duck.
- Use simple angling drills.
- Emphasize puck protection.
- Practice receiving a check on and off the boards.
- Provide an understanding of dangerous hits and the purpose of a body check.



## BODY CONTACT CONFIDENCE DRILLS

### Tripod Push

Match players in pairs. One player should be positioned in hockey-ready position with deep knee bend and using the stick as a third leg for support. The other player pushes on the positioned player's shoulders and then the hips in an attempt to disrupt balance. Pushing should be under control. Partners switch roles after 30 seconds.

### Shoulder Bump

Without sticks, players lock arms and, on the count of three, they bump shoulders. Repeat on both right and left sides of the body and then while moving.

## BODY CONTACT TECHNIQUE

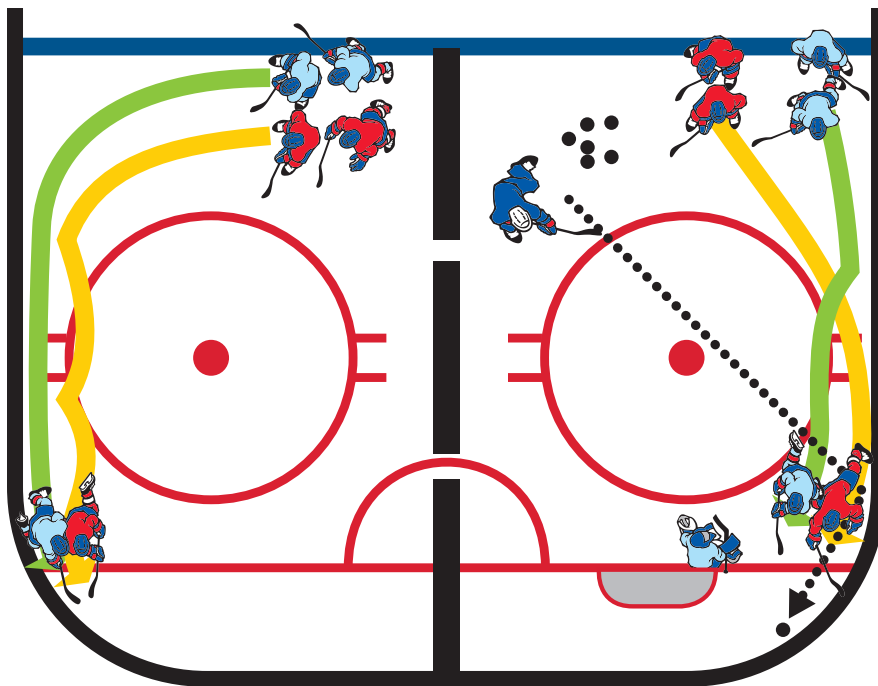
### 1v1 Angling Down Boards

Use this progression to foster contact confidence and body control.

1. Players line up a few steps from the boards. The players work on their own, starting stationary and hitting the boards, using shoulders and hips.
2. The puck carrier is stationary. The defender skates through the offensive player; stick-on-puck, hips through hands and takes control of the puck.
3. Both players are skating slowly. The defender angles and engages, leading with stick-on-puck contact.

### 1v1 Loose Puck Race

The coach spots a puck down the boards to create a loose puck race. If Player O gains the puck, he or she can attack the net. If Player X gains possession, he or she must skate the puck out over the top of the circles. Encourage body contact. Both players must bend their knees in contact situations. Players must play the puck, but they both can lean into their opponent to establish body position on the puck.

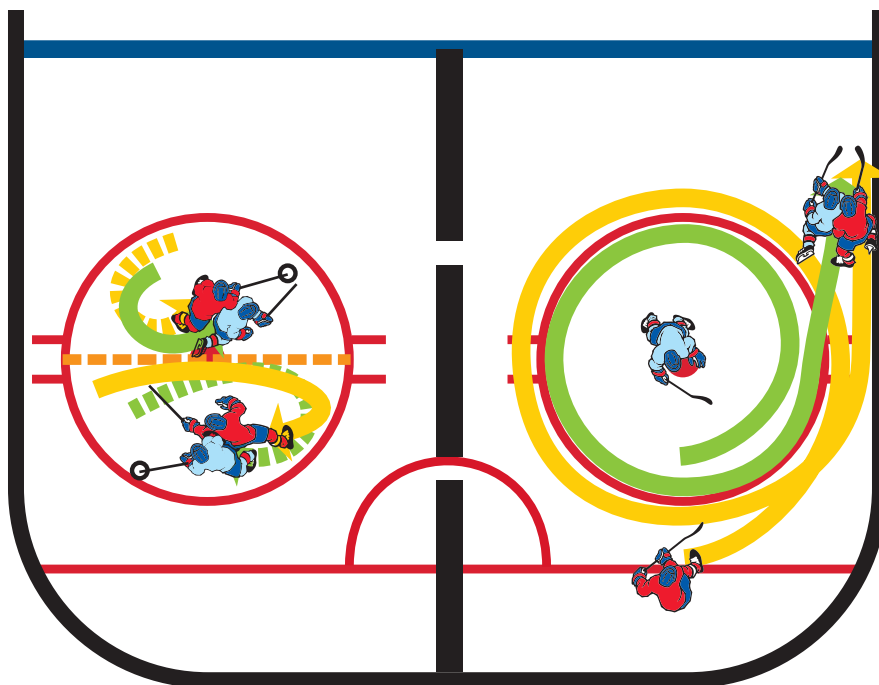


### Mirror Angle Drill (Body Contact)

Player O starts with a puck and skates around the circle. Player X mirrors Player O on the inside of the circle with correct body and stick position (shoulder-to-shoulder and with stick on the ice, blade-to-blade). As the players begin to head up the boards, player X angles and rubs out the opponent, maintaining proper body and stick position.

### Ringette Keep-Away (Contact)

Draw a line through the face-off circle. Play 1v1 keep-away in each half and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain puck.

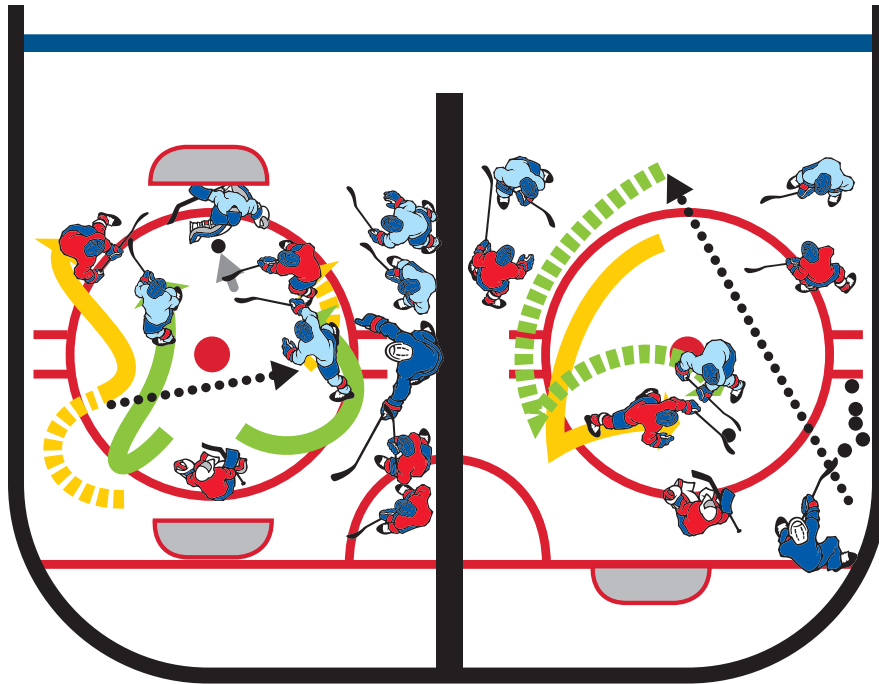


### 2v2 Tight Space Game (Contact)

Play 2v2 for 40-second shifts. Emphasis is on scoring. Add different rules, e.g., score on any net, backhand shots only, dekes only, etc. Encourage body contact while attempting to gain puck possession.

### Small Space 1v1 (Body Contact)

Players pair up with one player on offense and the other player on defense. Coach begins the drill by passing to one of the offensive players. As soon as Player O receives the puck, he or she attacks the net with Player X defending. Play until whistle and then the coach makes the next pass. Have players switch positions.



FOR ADDITIONAL INFORMATION ON BODY CONTACT,  
ACCESS THE *CHECKING THE RIGHT WAY* MANUAL:

<http://bit.ly/2iEO7Cr>

# Goaltending

## FUNDAMENTAL SAVES

- Stick Saves – start with standing stick save. Focus on deflecting the puck into the corner.
- Blocker Saves – start with standing blocker save. Focus on deflecting the puck into the corner.
- Glove Saves – start with standing glove save. Focus on catching the puck in the mesh of the glove.
- Butterfly Saves – make sure knees and hips are in line. Shoulders should be slightly forward toward the puck.



## PROPER RECOVERY FROM A BUTTERFLY

- Eyes, stick and gloves always (attached) facing the puck.
- The first leg up is the drive leg, which is the side that will push to the intended direction of the rebound. No double-leg jump recoveries.



## STANDING POST POSITION

- Post-side skate firmly against the post.
- Inside heel in line with post side skate toe (slightly off the goal line).
- Body balanced and hands and stick free to deflect passes through the crease.
- Stick blade slightly outside and in front of post-side skate.



## SKATING (performed from a basic goalie stance)

- Lateral Shuffle – pushing laterally with toes, knees, hands and shoulders facing the same direction. (Use this for short distances and when there is a threat of a shot.)
- T-Push – lead foot turns so the toe is pointed in the intended direction of travel. (Use this when the puck is not on an opponent’s stick.)





### Benchmarks

Players should be able to complete these fundamental goaltending activities to move on to the next level.

1. Consistently make proper fundamental saves. Saves should look fluid with effective rebound control.
2. Recover to a proper stance from a butterfly with either leg starting the recovery.
3. Hold a proper standing post position and shuffle post to post utilizing two shuffles.
4. Complete two shuffles and T-pushes in each direction while maintaining a proper stance.
  - Also should demonstrate an understanding of when they should use each skating movement.

**FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:**

<http://www.USAHockeyGoaltending.com>

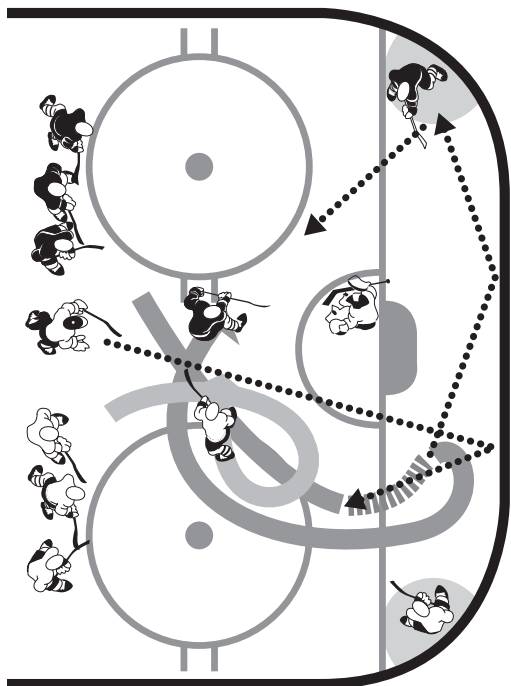
# Small-Area Games

Small-area competitive games not only force players into tight competitive quarters, they also encourage players to battle aggressively for the puck while having lots of fun. Similar to how kids used to play growing up and skating on frozen ponds, these games help replicate the best ‘free play’ environments of the past and develop critical skills in today’s future stars.

Utilizing small-area competitive games provides many advantages. First and foremost, the games are designed so players are forced to make quicker decisions and do so under pressure from other players. Small-area games also simulate game shifts and provide an excellent form of conditioning in practice. Below are two examples of small-area games.

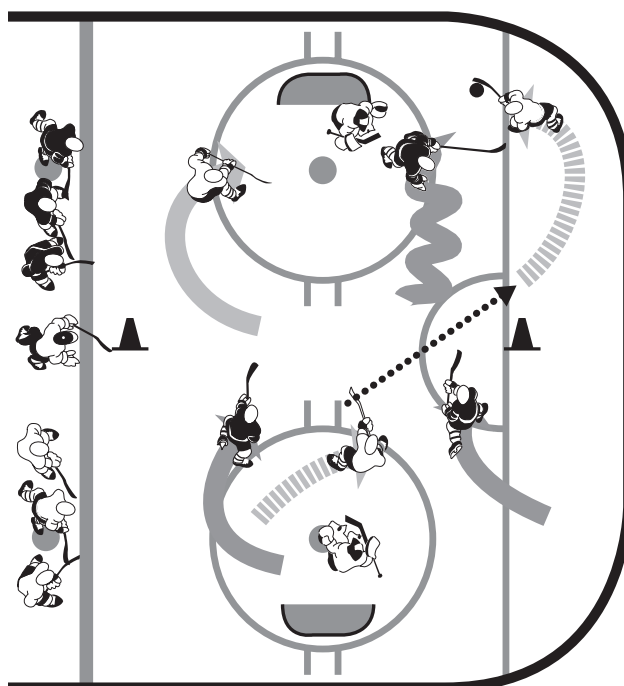
## SAFEHOUSE DRILL

Divide the players into two teams with the coach in the middle. One player from each team is placed in opposing corners. These players are safe and can handle the puck without being checked. The coach calls out 1-on-1 or 2-on-2, etc. The players must pass to their corner teammate first, then receive a pass back to be able to play offense and score.



## CENTER LINE BOUNDARY SCRIMMAGE

Using one third of the ice, the coach divides the players into two teams. Players are designated as forwards and defensemen and cannot cross the center line. This line can be marked on the side with cones. Start the game with two defensemen and four forwards. Alternate players and allow them to play both positions. Start the game with a 2-on-1 at each end. The defense, after a turnover, passes the puck to the forwards at the other end creating a continuous 2-on-1. Progress using more players and build the game into a 2-on-2, and eventually a 3-on-2.



FOR MORE SMALL-AREA GAMES, PLEASE VISIT:

<http://bit.ly/2wd94ZU>

# Dryland Training

USA Hockey provides dryland training cards with age-appropriate exercises and guidelines to help every player become a physically-literate athlete.

It's important that we develop athletes first; athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players with higher upside due to their enhanced overall athleticism.

The development of fundamental movement skills and fundamental sport skills is critical if children are to feel confident about physical activity.

All sports begin with basic fundamental movement and core sports skills. The ABCs of athleticism include agility, balance, coordination and speed, while fundamental movement skills include running, jumping, skating and throwing. Children must have a solid foundation in these fundamental movement skills before they can successfully acquire sports skills. Studies have shown that children who have a strong, broad-based foundation in the fundamental movements and sports skills from a variety of sports increase their potential for future success in sports.

This guide provides a sample dryland training plan. For additional age-appropriate on- and off-ice practice plans, please see ADMkids.com for resources you can use to easily design additional plans for your team.

## DRYLAND TRAINING PRACTICE PLANS

Instructions for use:

- Set up six stations, one for each exercise.
- Each station should have 1-2 coaches facilitating the activity whenever possible.
- Each station runs for approximately 5 minutes: 30-60 seconds of explanation and 4 minutes of exercise.
- Length of exercise is 30 seconds active and 30 seconds resting.

Below are three sample dryland training practice plans. Each drill is detailed on the following pages.

### PRACTICE PLAN 1

**Station 1:** Jump Rope

**Station 2:** Ladder: 2 In 2 Out

**Station 3:** Monster Walk

**Station 4:** Bridge Log Roll

**Station 5:** Monkey in the Middle

**Station 6:** Toe Drag

### PRACTICE PLAN 2

**Station 1:** Multi-Directional Sprints

**Station 2:** Ladder: Lateral 2 in the Hole

**Station 3:** Body Weight Squat

**Station 4:** Superman Log Roll

**Station 5:** Stickhandle Wrist Shot

**Station 6:** Figure 8s

### PRACTICE PLAN 3

**Station 1:** Jump Sprints

**Station 2:** Ladder: Slalom

**Station 3:** March & Catch

**Station 4:** Crab Walk Bridge

**Station 5:** Pass, Catch & Wrist Shot

**Station 6:** PVC Pipe Stickhandling

**FOR ADDITIONAL INFORMATION ON OFF-ICE TRAINING, PLEASE VISIT:**

<http://bit.ly/2iDMAMQ>

## PRACTICE PLAN 1

**Station 1:**  
Jump Rope

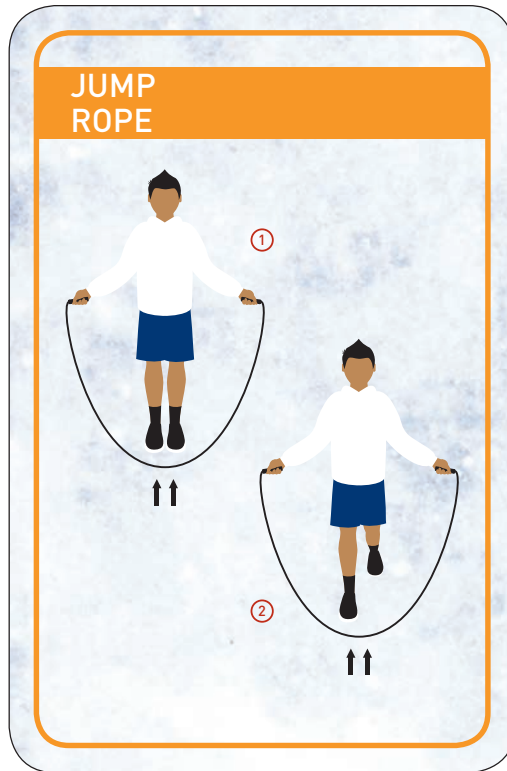
**Station 2:**  
Ladder: 2 In 2 Out

**Station 3:**  
Monster Walk

**Station 4:**  
Bridge Log Roll

**Station 5:**  
Monkey in the Middle

**Station 6:**  
Toe Drag



## JUMP ROPE

- MOVEMENT**
- Jump Rope on 2 feet using ball of foot.
    - Work on rhythm and timing.
    - Have players count repetitions trying to beat previous personal score.

- ADVANCED**
- Have players Jump Rope swinging rope backwards, hopping on one leg.

## PRACTICE PLAN 1

**Station 1:**  
Jump Rope

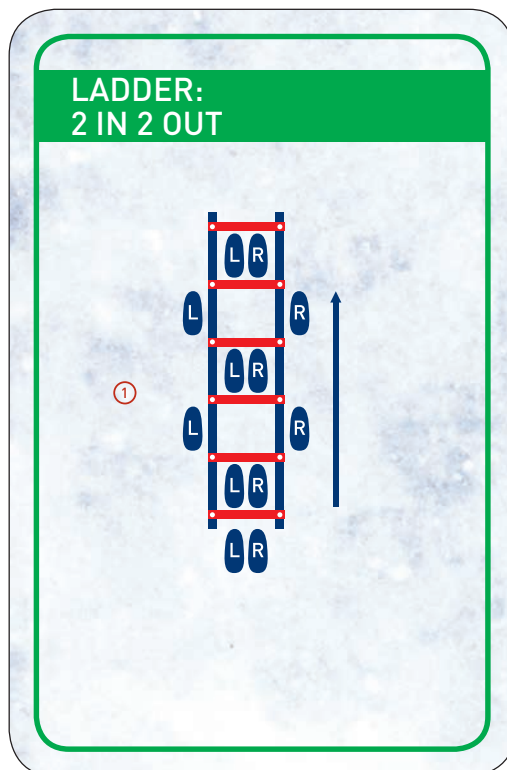
**Station 2:**  
Ladder: 2 In 2 Out

**Station 3:**  
Monster Walk

**Station 4:**  
Bridge Log Roll

**Station 5:**  
Monkey in the Middle

**Station 6:**  
Toe Drag



## LADDER: 2 IN 2 OUT

- MOVEMENT**
- Stand and face the ladder at one end.
    - Attempt to minimize vertical movement.
    - Jump into the first square with both feet.
    - Upon landing, quickly jump and straddle the next square up the ladder.
    - Perform this pattern until the end of the ladder is reached.
    - Player tries to avoid stepping on a ladder rung (land mind).
    - Jog back to line.
    - Repeat.

**ADVANCED**  
Have players attempt this pattern backwards.

- HOW TO MAKE AN AGILITY LADDER**
- Ladders can either be purchased or homemade.
  - Determine the length of the side rails using a measuring tape.
  - Draw out the first side rail to the desired dimension using chalk, paint or tape.
  - Place the second side rail that is equal in length parallel to first with 20 inches between them.
  - Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

## PRACTICE PLAN 1

**Station 1:**  
Jump Rope

**Station 2:**  
Ladder: 2 In 2 Out

**Station 3:**  
Monster Walk

**Station 4:**  
Bridge Log Roll

**Station 5:**  
Monkey in the Middle

**Station 6:**  
Toe Drag



## MONSTER WALK

### MOVEMENT

- Mimic a Monster Walk (forward lunge) with claws up in air above your head, eyes up looking ahead, wide strides.
- Monster Walk lunge from cone to cone (10 yards).

### REACTIVE

*Coach gives commands to make exercise reactive:*

- Red Light: **Stop.**
- Green Light: **Walk.**
- Yellow Light: **Walk slow.**
- Pink Light: **Hop like a bunny.**
- Purple Light: **Best dance moves.**

### TECHNIQUE

- ① • Stand with feet shoulder width apart.
- ② • Step forward, with the heel landing first.
  - Knee should be at 90 degrees.
  - Long strides so knee does not go past toes.
  - Return to standing position driving up with front leg.
  - Alternate legs.

## PRACTICE PLAN 1

**Station 1:**  
Jump Rope

**Station 2:**  
Ladder: 2 In 2 Out

**Station 3:**  
Monster Walk

**Station 4:**  
Bridge Log Roll

**Station 5:**  
Monkey in the Middle

**Station 6:**  
Toe Drag



## BRIDGE LOG ROLL

### MOVEMENT

- ① • Start on all fours in push-up position.
- ② • Rotate hip up towards ceiling lifting left hand and left foot off floor.
- ③ • Stop with hips as high as possible contracting glutes.
- ④ • Roll into the crab position.
  - Rotate hip back towards floor lifting right hand and right leg off the floor.
  - Repeat for 5 rolls one direction and then switch directions.
  - No bums and no knees can touch the floor.

## PRACTICE PLAN 1

**Station 1:**  
Jump Rope

**Station 2:**  
Ladder: 2 In 2 Out

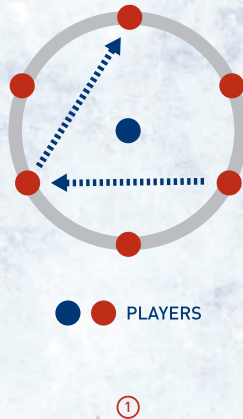
**Station 3:**  
Monster Walk

**Station 4:**  
Bridge Log Roll

**Station 5:**  
Monkey in the Middle

**Station 6:**  
Toe Drag

### MONKEY IN THE MIDDLE



### MONKEY IN THE MIDDLE

- ① **SETUP**
- Players form a circle with one player in the middle.
  - The player in the middle (monkey) attempts to intercept passes made between the outside players.
  - If the monkey steals the ball they move to the outside and new player becomes the monkey.

*5-6 players works best. Make players move feet, position hands correctly and make good passes by receiving only on forehand or backhand. If they catch the ball on the wrong side of the stick they become the monkey.*

#### PASSING TECHNIQUE

- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

#### RECEIVING TECHNIQUE

- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.
- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.

*Backhand-use same technique.*

#### ADVANCED

Add agility-touch one knee, 360 spin...before ball is passed.

## PRACTICE PLAN 1

**Station 1:**  
Jump Rope

**Station 2:**  
Ladder: 2 In 2 Out

**Station 3:**  
Monster Walk

**Station 4:**  
Bridge Log Roll

**Station 5:**  
Monkey in the Middle

**Station 6:**  
Toe Drag

### TOE DRAG

LEFT HANDED



### TOE DRAG

#### FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

#### MOVEMENT

- ① • Push ball away from body to entice opponent.
- Quickly pull ball back using toe of blade.
- Quick, short dribble in front of body then push ball away from front of body as far as possible and quickly pull back.
- In tight, hands are wide. The ball is pushed forward with the heel out in front of the body while the hands slide together.
- The ball is stopped with toe of blade pulled back in tight to body.
- ② • The same process is repeated out to the forehand side.

#### ADVANCED

Perform movement #1 and #2 in one fluid movement.

## PRACTICE PLAN 2

**Station 1:**  
Multi-Directional Sprints

**Station 2:**  
Ladder: Lateral 2 in the Hole

**Station 3:**  
Body Weight Squat

**Station 4:**  
Superman Log Roll

**Station 5:**  
Stickhandle Wrist Shot

**Station 6:**  
Figure 8s



## MULTI-DIRECTIONAL SPRINTS

### SETUP

- 4 cones are 5 feet apart in a square formation.

①

### MOVEMENT

- Face forward the entire sprint.
- Start at cone #1 and shuffle right to cone #2-keep butt down and knees bent.
- Face forward the entire sprint.
- Sprint to cone #3.
- Shuffle left to cone #4-keep butt down and knees bent.
- Back pedal to cone #1.
- Next player starts when previous player hits cone #2.
- Reverse pattern after 3 repetitions.

### REACTIVE

*On coaches command all players activate reverse pattern.*

## PRACTICE PLAN 2

**Station 1:**  
Multi-Directional Sprints

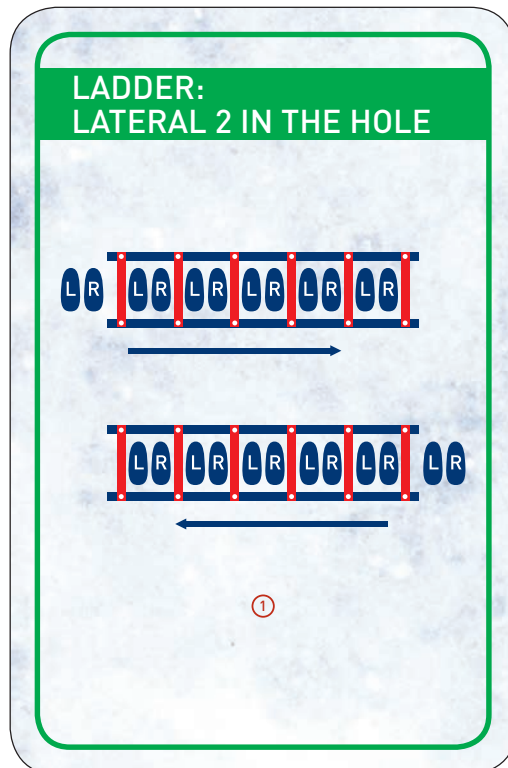
**Station 2:**  
Ladder: Lateral 2 in the Hole

**Station 3:**  
Body Weight Squat

**Station 4:**  
Superman Log Roll

**Station 5:**  
Stickhandle Wrist Shot

**Station 6:**  
Figure 8s



## LADDER: LATERAL 2 IN THE HOLE

①

### MOVEMENT

- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Shuffle laterally down the ladder, placing the lead foot in the square first then immediately followed by the other foot.
- Send next player when previous player reaches mid ladder.
- Jog back to line.
- Face other direction.
- Repeat.

### HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

## PRACTICE PLAN 2

**Station 1:**  
Multi-Directional Sprints

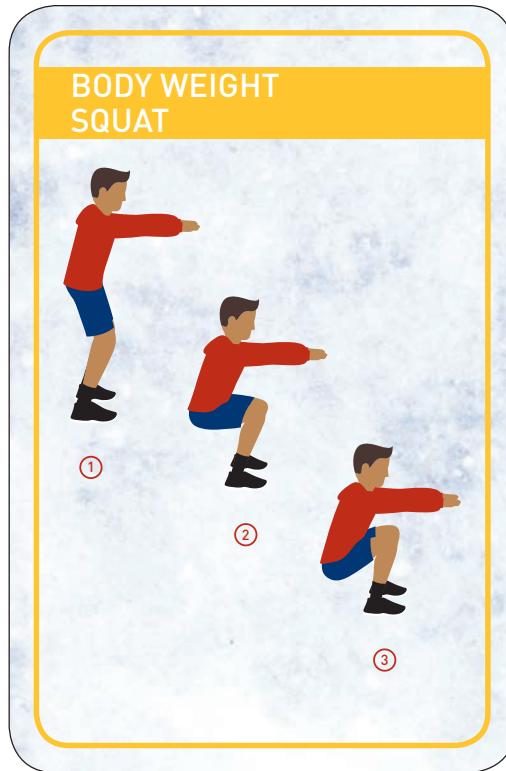
**Station 2:**  
Ladder: Lateral 2 in the Hole

**Station 3:**  
Body Weight Squat

**Station 4:**  
Superman Log Roll

**Station 5:**  
Stickhandle Wrist Shot

**Station 6:**  
Figure 8s



## BODY WEIGHT SQUAT

### MOVEMENT

- Reach and hold hands straight out in front of body.
- Feet shoulder width apart with toes pointing straight ahead.
- Keep a tall chest and tight core.
- Keep heels on ground and breathe in while pushing hips back.

- Top-3/4 squat.
  - Middle-90 degree squat.
  - Bottom-heels on ground with glutes low to ground.
- Drive heels into ground.
  - perform for 30 seconds and rest for 30 seconds.

### REACTIVE

Lower body to 1 of the 3 positions on coach's command.

### ADVANCED

Have players follow the leader, squatting together and counting backwards out loud to 10. Pick a pattern (bottom, top, middle...) and have players perform trying to execute together in sync.

## PRACTICE PLAN 2

**Station 1:**  
Multi-Directional Sprints

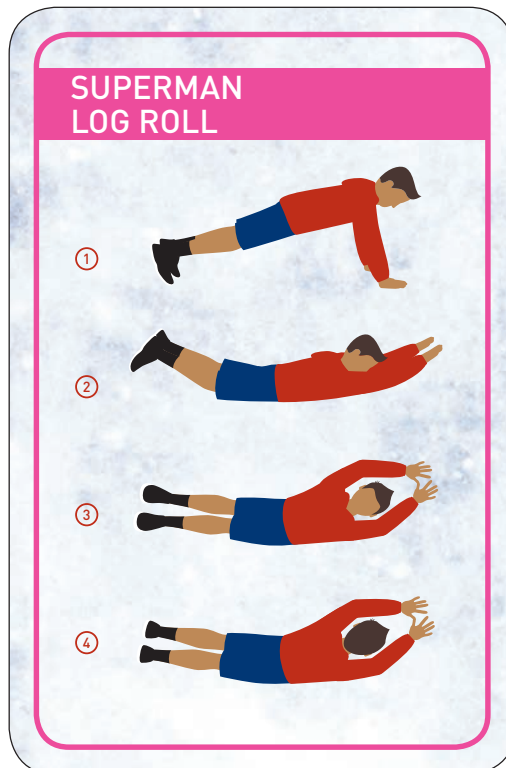
**Station 2:**  
Ladder: Lateral 2 in the Hole

**Station 3:**  
Body Weight Squat

**Station 4:**  
Superman Log Roll

**Station 5:**  
Stickhandle Wrist Shot

**Station 6:**  
Figure 8s



## SUPERMAN LOG ROLL

### MOVEMENT

- Start in push-up hold position.
  - Back should form a flat bridge.
  - Lower body to ground.
  - Extend arms, lift feet and arms off ground like Superman.
- Roll one complete rotation (360 degrees) maintaining the Superman position.
  - Make body as long as possible during movement.
  - Return to push-up hold position.
  - Repeat other direction.

### ADVANCED

Players perform multiple Superman Log Rolls in a row and change direction on coach's command.

## PRACTICE PLAN 2

**Station 1:**  
Multi-Directional Sprints

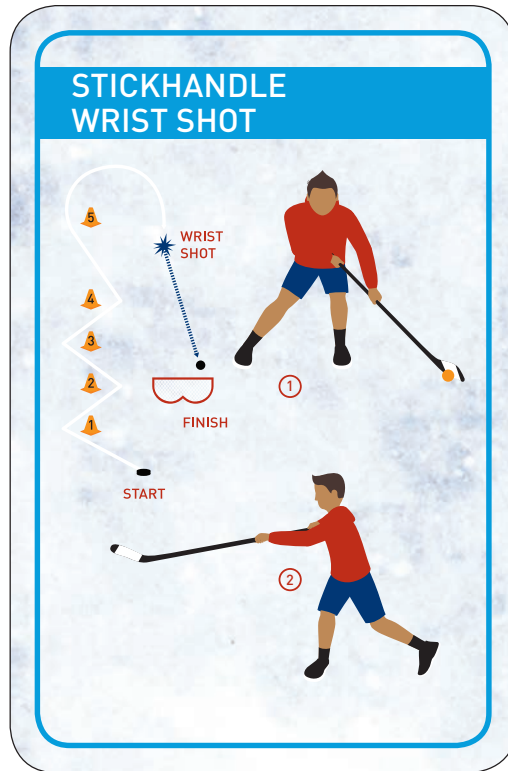
**Station 2:**  
Ladder: Lateral 2 in the Hole

**Station 3:**  
Body Weight Squat

**Station 4:**  
Superman Log Roll

**Station 5:**  
Stickhandle Wrist Shot

**Station 6:**  
Figure 8s



## STICKHANDLE WRIST SHOT

### SET UP

- Use a hockey ball.
- Cones 3 feet apart and the 5th cone 6 feet from the 4th cone.

### MOVEMENT

- Stickhandle through the 4 cones and end with a wrist shot.
- Look over shoulder to find the net and opening before rounding cone.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

### TECHNIQUE

- 1 Position your body at a 45 degree angle to the net
- 1 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- 1 Ball begins on the heel of the blade with the blade cupped.
- 1 Stick and ball start behind back foot.
- 2 Sweep the ball forward and shift weight to the front leg.
- 2 Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
- 2 Ball moves from heel to toe of the stick blade as it is released, ending with a flick of the wrists which accelerates the ball.
- 2 Rotate upper body toward the net; shoulders finish square to net.
- 2 Follow through until top hand palm is facing up and bottom hand palm is facing down, pointing stick at target.

*Power of a Wrist Shot comes from lower body strength more than arm strength. Proper weight transfer gives the shot power.*

### ADVANCED

Players shoot at a Shooter Tutor aiming for all 5 openings.

## PRACTICE PLAN 2

**Station 1:**  
Multi-Directional Sprints

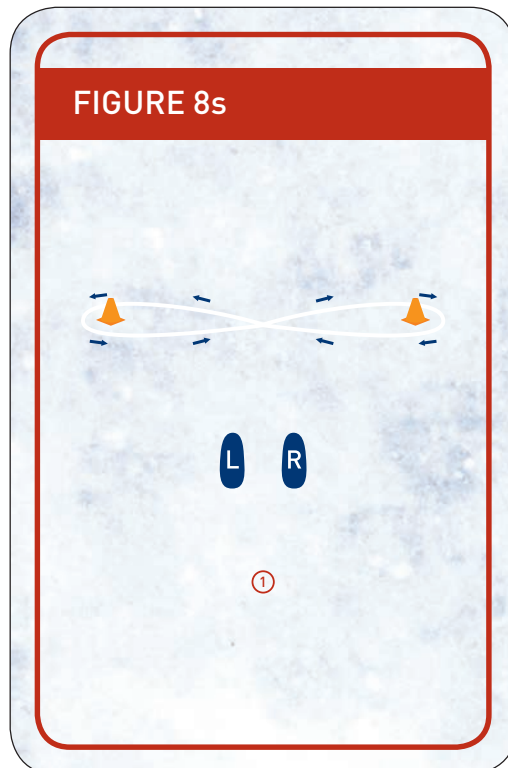
**Station 2:**  
Ladder: Lateral 2 in the Hole

**Station 3:**  
Body Weight Squat

**Station 4:**  
Superman Log Roll

**Station 5:**  
Stickhandle Wrist Shot

**Station 6:**  
Figure 8s



## FIGURE 8s

### FOCUS

- Wrist action and cupped blade.

### SETUP

- Use hockey ball to perform drill.
- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.

### TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- 1 Move the ball wide with the backhand side of the blade.
- 1 Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- 1 Continue to handle the ball in a Figure 8 pattern in front of the body.
- 1 Top hand controls the movement of the ball.

*Have players change Figure 8 direction halfway through station. Execute for 30 seconds, rest for 30 seconds. Repeat.*

### ADVANCED

Perform Figure 8s while using PVC piping with bottom hand.

## PRACTICE PLAN 3

**Station 1:**  
Jump Sprints

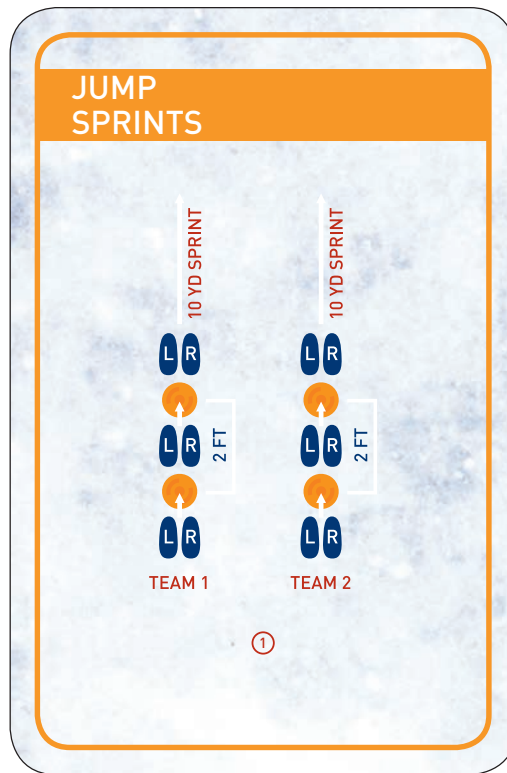
**Station 2:**  
Ladder: Slalom

**Station 3:**  
March & Catch

**Station 4:**  
Crab Walk  
Bridge

**Station 5:**  
Pass, Catch  
& Wrist Shot

**Station 6:**  
PVC Pipe  
Stickhandling



## JUMP SPRINTS

### SETUP

- 2 cones are 2 feet apart.
- 3 players per 2 cones line up in front of the cones.

### 1 MOVEMENT

- 2 foot jump over both cones, landing softly.
- Sprint 10 yards.
- Jog back to line slowly.
- Repeat.

### ADVANCED

Jump over cone using one leg. Use the same leg for both jumps. Switch legs and repeat. Create 2-3 lines and make this a race.

## PRACTICE PLAN 3

**Station 1:**  
Jump Sprints

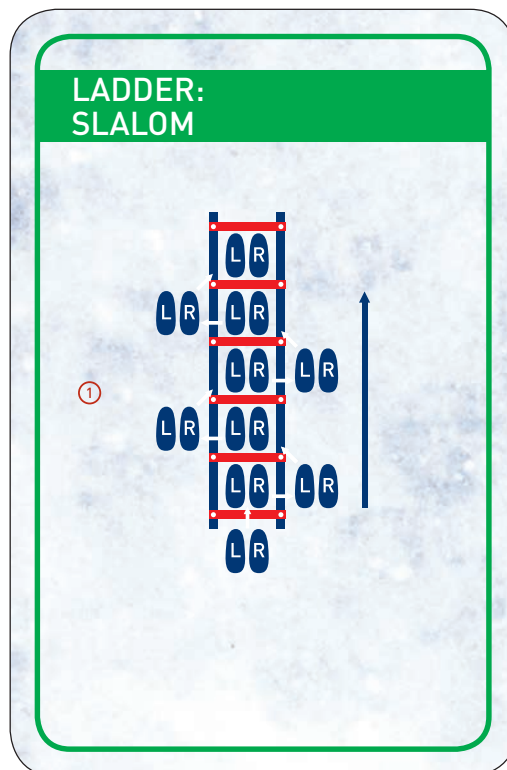
**Station 2:**  
Ladder: Slalom

**Station 3:**  
March & Catch

**Station 4:**  
Crab Walk  
Bridge

**Station 5:**  
Pass, Catch  
& Wrist Shot

**Station 6:**  
PVC Pipe  
Stickhandling



## LADDER: SLALOM

### 1 MOVEMENT

- Stand and face the ladder at one end.
- Keep both feet together and jump into the first square.
- Upon landing immediately jump laterally outside of first square.
- Immediately jump diagonally and forward into the second square.
- Jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig zag pattern.
- Jog back to line.
- Repeat.

### HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.

## PRACTICE PLAN 3

**Station 1:**  
Jump Sprints

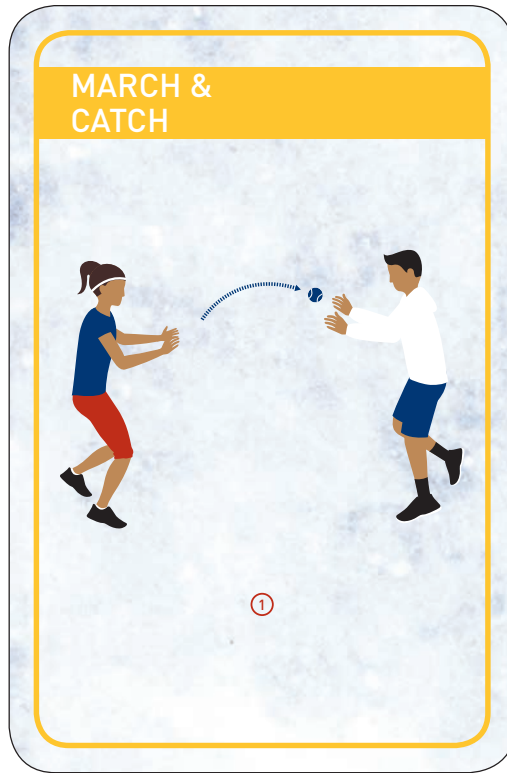
**Station 2:**  
Ladder: Slalom

**Station 3:**  
March & Catch

**Station 4:**  
Crab Walk  
Bridge

**Station 5:**  
Pass, Catch  
& Wrist Shot

**Station 6:**  
PVC Pipe  
Stickhandling



## MARCH & CATCH

### SETUP

- Divide players into partners and position them 8-10 feet apart.
- Each group has 1 tennis ball.

### ① MOVEMENT

- March while playing Catch with teammate.
- Throws can be overhand or underhand.
- Throw ball with dominant hand.
- Challenge players to make 5-10 consecutive catches without dropping the ball.

*If players have trouble, simplify by playing catch without marching, or toss ball underhand.*

### ADVANCED

Catch and/or throw with non-dominant hand.  
Hop on one foot while playing Catch.

## PRACTICE PLAN 3

**Station 1:**  
Jump Sprints

**Station 2:**  
Ladder: Slalom

**Station 3:**  
March & Catch

**Station 4:**  
Crab Walk  
Bridge

**Station 5:**  
Pass, Catch  
& Wrist Shot

**Station 6:**  
PVC Pipe  
Stickhandling



## CRAB WALK BRIDGE

### STATIONARY

- ① • Sit on floor with hands about a foot behind glutes.

### MOVEMENT

- ② • Alternate lifting opposite hands and legs walking forward two steps.
- ③ • Stop and lift hips as high as possible contracting glutes.  
• Hold for 3-5 seconds.  
• Lower hips and Crab Walk forward another 2 steps.  
• Repeat for 10 yards.

## PRACTICE PLAN 3

**Station 1:**  
Jump Sprints

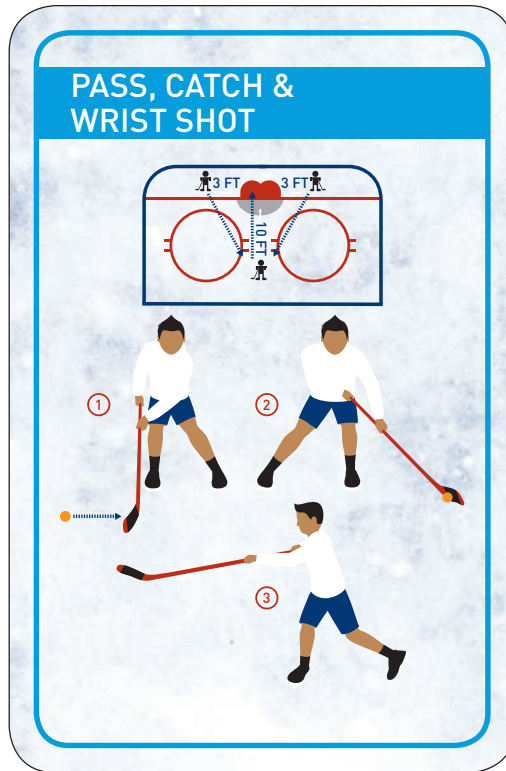
**Station 2:**  
Ladder: Slalom

**Station 3:**  
March & Catch

**Station 4:**  
Crab Walk  
Bridge

**Station 5:**  
Pass, Catch  
& Wrist Shot

**Station 6:**  
PVC Pipe  
Stickhandling



## PASS, CATCH & WRIST SHOT

### SET UP

- Use a hockey ball.
- One player stands 3-4 feet to the left or right of the goal post.
- Shooter stands 8-10 feet out from the middle of the net.
- Post player passes ball to shooter.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

### TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent with head and chest up.
  - 2 Body is turned to the side with weight on the back foot.
  - 3 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- Ball begins on the heel of the blade with the blade cupped.
  - Stick and ball start behind back foot.
  - Sweep the ball forward and shift weight to the front leg.
  - Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
  - Rotate upper body toward the net; shoulders finish square to net.
  - Ball moves from heel to toe of the stick blade as the ball is released, ending with a flick of the wrists which accelerates the ball.
  - Follow through by pointing the toe of the stick toward the target.
  - Follow through until top hand palm is facing up and bottom hand palm is facing down.

*Power of a Wrist Shot comes from lower body strength more than arm strength. Proper weight transfer gives the shot power.*

### ADVANCED

Players shoot at a Shooter Tutor aiming for all 5 openings.

## PRACTICE PLAN 3

**Station 1:**  
Jump Sprints

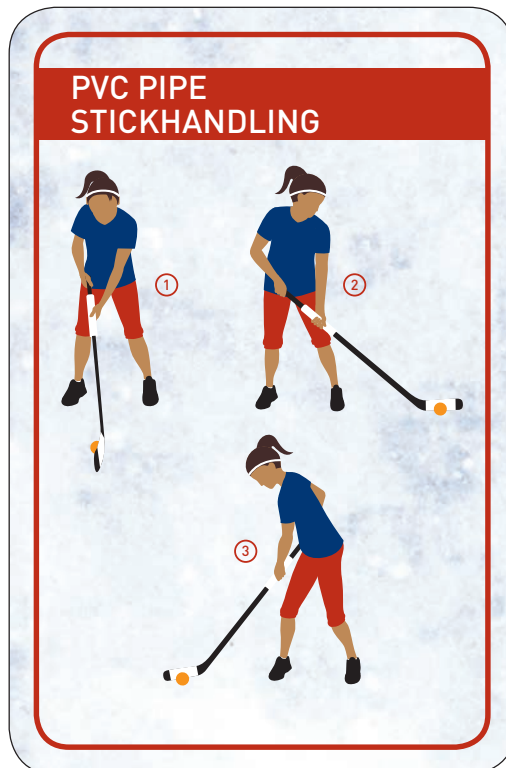
**Station 2:**  
Ladder: Slalom

**Station 3:**  
March & Catch

**Station 4:**  
Crab Walk  
Bridge

**Station 5:**  
Pass, Catch  
& Wrist Shot

**Station 6:**  
PVC Pipe  
Stickhandling



## PVC PIPE STICKHANDLING

### FOCUS

Top hand control, top hand strength, loose bottom hand.

### SETUP

- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

### MOVEMENT

- Perform stationary Quick Stick movements and stickhandle around the body.
- Top hand will fatigue quickly.
- 20 seconds active 20 seconds rest...

### TECHNIQUE

- 1 Feet are shoulder width apart.
  - 2 Head and chest up.
  - 3 Hands are closer together within a standard range.
- Tight grip with top hand.
  - The top of the stick shaft should be held in the top hand with a hammer grip.
  - Loose grip with bottom hand holding pvc piping.
  - Arms loose and away from body.
  - Emphasis is on wrist movement, not arm movement.
  - Cup ball on forehand side of blade.
- 2 Cup ball on backhand side of blade.
  - 3 Player rolls top wrist to cup the ball.

### ADVANCED

"Chaos" stickhandle in designated area with other players.

# **SECTION 4**

## **Additional Resources**





# Additional Resources

## USA HOCKEY WEBSITE

[www.usahockey.com](http://www.usahockey.com)

## USA HOCKEY COACHES PAGE

<http://www.usahockey.com/coaches>

## USA HOCKEY MOBILE COACH APP

<http://www.usahockey.com/page/show/893678-usa-hockey-mobile-coach>

## LONG-TERM ATHLETE DEVELOPMENT (LTAD)

<http://www.admkids.com/page/show/910488-long-term-athlete-development>

## SKILL DEVELOPMENT

### *Skill Progressions for Youth Hockey*

<http://www.usahockey.com/page/show/1510002-skill-progressions-for-youth-hockey>

### *Practice Plan Manuals*

<http://www.usahockey.com/practiceplans>

## ACTIVITY TRACKER

<http://www.admkids.com/page/show/977437-repetition-and-player-activity>

## BODY CONTACT

### *Checking the Right Way Manual*

[http://assets.ngin.com/attachments/document/0042/2205/Checking\\_Manual\\_FINAL\\_15.pdf](http://assets.ngin.com/attachments/document/0042/2205/Checking_Manual_FINAL_15.pdf)

## GOALTENDING

<http://www.usahockeygoaltending.com/>

## OFF-ICE TRAINING

<http://www.usahockey.com/page/show/893673-age-specific-training>

## SMALL-AREA GAMES

### *Teaching Concepts Through Small-Area Games*

[http://assets.ngin.com/attachments/document/0065/0924/Teaching\\_Concepts\\_Through\\_Small-Area\\_Games\\_FINAL.pdf](http://assets.ngin.com/attachments/document/0065/0924/Teaching_Concepts_Through_Small-Area_Games_FINAL.pdf)

### *USA Hockey Small-Area Competitive Games*

<http://mobilecoach.usahockey.com/USAH/Manual0024/>









