

# 12U Practice Plan 6

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-45

**Practice Theme/Goals:** Skills, skating, ABCs, competition, fun

**Equipment Required:** Cones, tires, borders, soccer balls, nets (4)

## WARMUP

**Free Play** (5 minutes)

Players are free to do whatever they want.

**Edge Control Around Sticks** (8 minutes)

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

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two-foot side jumps over stick
- One-foot side jumps over stick L/R

## STATIONS

**Station 1: Stick Skills** (10 minutes)

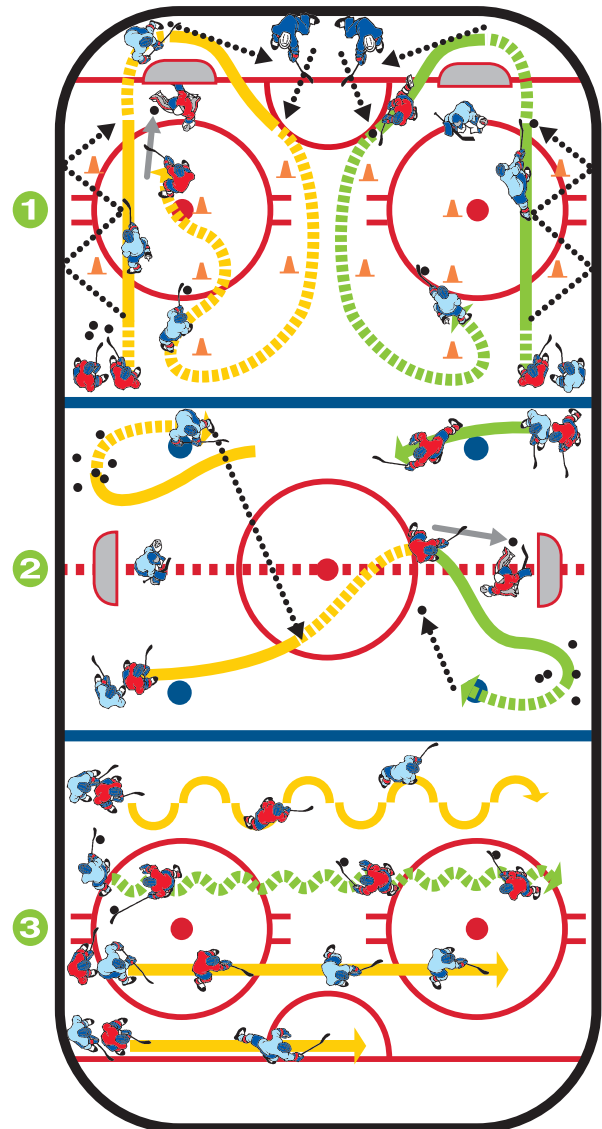
X skates on the inside of the cones and makes two indirect passes to himself/herself then skates behind the net and performs a give-and-go with the coach. X then skates around the two outside cones, slaloms down the middle cones and shoots to score. Switch sides each time.

**Station 2: Passing/Timing** (10 minutes)

X breaks as O retrieves a puck after shooting on net. O passes to X who goes down and shoots to score. After X shoots, X curls and picks up a puck to restart the timing and activates the next player. Players need to keep their eyes up to maintain the same timing on both sides of the ice. Tell them not to hurry but to make sure they execute the drill. Timing is a skill as well.

**Station 3: Skating** (10 minutes)

Players work on skating fundamentals and technique. Enforce edge control and move into forward stride with good technique and recovery. Add pucks as well. Be creative to make it fun and competitive. Mix in some short burst races or toss-and-catch drills.



## GAMES

**Game 1: Gretzky Game** (10 minutes)

Players must pass to a teammate behind their attacking net before attempting to score. The player behind the net (Gretzky) can move laterally behind the net but must not cross the goal line. Emphasize moving to get open.

**Game 2: Regroup/Breakout Game** (10 minutes)

Players must regroup/breakout with the coach behind the net they are defending before they can go on offense.

