

Sample Plans:

1st 1/3 of season plans should include:

10 minutes of warm-up skill work (skating with and without pucks).....pivots, edges, tight turns.

10-15 minutes flow drills with puck-handling and shooting included...1v1, 2v1, 3v2's etc.

10 minutes F/D Split skill work... work on specific positional drills mostly as indiv. drills

20-25 minutes systems work: (B.O., FC, DZ, NZ, PP, PK, FACEOFFS)

Last 10 Minutes Small Area Games which are skill based.

2nd 1/3 of season plans should include:

5-7 minutes of warm-up skill work (skating with and without pucks).....pivots, edges, tight turns.

7-10 minutes flow drills with puck-handling and shooting included...1v1, 2v1, 3v2's etc.

10 minutes F/D Split skill work...work on specific positional drills mostly as indiv. drills

25-30 minutes systems work: (B.O., FC, DZ, NZ, PP, PK, FACEOFFS)

5 minutes Small Area Games which are skill based

Last 1/3 of season plans should include:

5 minute skating warm-up... pivots, edges, tight turns.

10 minutes flow drills with puck-handling and shooting included...1v1, 2v1, 3v2's etc.

30-35 minutes systems work: (B.O., FC, DZ, NZ, PP, PK, FACEOFFS)

10 minutes small area games

Again, this is all depending on the progress of your team throughout the year. It should take into account the age and skill level of your team. If you have questions of where your team is at please feel free to ask your mentor coaches or myself for help.