14-AND-UNDER (BANTAM)
16/18-AND-UNDER (MIDGET)
Practice Plan Manual

A Publication Of The USA Hockey Coaching Education Program

The USA Hockey
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EASTON

Labatt Blue

Practice Plan Manual For

14-and-UNDER (Bantam) 16/18-and-UNDER (Midget)

Philosophy
Areas of Development
Practice Plans
Drills

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Dedication

This manual is dedicated to Lou Vairo and Dave Peterson, both have served as Coaching Program Directors and Olympic Team Coaches for USA Hockey. Their dedication, knowledge and contribution to the sport of ice hockey has made a tremendous impact throughout the United States in the development of our sport and its coaches.

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 14-and-Under (Bantam), 16-and-Under (Midget), and 18-and-Under (Midget).

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 youngster's 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 14-and-Under (Bantam), 16-and-Under (Midget), and 18-and-Under (Midget) levels is fun, enjoyment, and a maximum amount of active participation for each player.

OBJECTIVES

- Provide a healthy atmosphere for fun and development
- Increased competition designed to expand existing skills
- Development of communication at the player's level of learning
- Stress the importance of modern American hockey – fast, combined action of individuals and groups (Flow Concepts)
- Stress the importance of the educational development of the individual as a whole – socially, physically and mentally
- Enjoyable and rewarding experiences in ice hockey that will encourage continued participation

PHILOSOPHY

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

USA Hockey's recommended guidelines for youth hockey encourage a non-competitive environment in which children and youth can learn the basic skills without the distractions that are often associated with an over-emphasis 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 and to reduce the number who become disenchanted and drop out.

These voluntary guidelines are directed at youth programs, but hey must be implemented by adults. 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
- Hockey is fun for all to enjoy

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 graceful 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

At this level, the diversity of the individual's desire and abilities will result in a player participating in either the recreational or developmental program.

Recreational

- 2/1 or ideally 3/1 Ratio Practice/Game
- Practice one hour
- No. of Games = 35 games maximum for 14-and-Under (Bantam), 16-and-Under (Midget), and 18-and-Under (Midget)

Developmental

- 2/1 or ideally 3/1 Ratio Practice/Game
- Practice 1 to 1 1/2 hours
- No. of Games = 40 games maximum for 14-and-Under (Bantam)
- 45 games maximum for 16-and-Under (Midget) and 18-and-Under (Midget)
- An increase in the amount of stop time may lead to more playing time and may result in a reduction of games and travel

PROGRAM SPECIFICS

On-Ice

• April - May	Rest
• June - July	Develop speed and agility – off-season
• August - September	Hockey skills – preseason
• October - March	Hockey-active season

Off-Ice

- Flexibility
- Agility exercises
- Skills off-ice

PHYSICAL PREPARATION

- ❖ Daily physical training for the total development of the athlete
- ❖ Stress proper posture
- ❖ Include games and activities that involve physical contact and rough and tumble play in a safe and organized environment
- ❖ Both on and off-ice training should stress and continue to develop strength, quickness, agility and flexibility
- ❖ Careful attention should be made to establish a work/rest ratio of 2/1 or 3/1 during practice activities
- ❖ Development of game-like drills to complement teaching systems and tactics

PSYCHOLOGICAL PREPARATION

- ❖ Seeking alignment with peer groups - seek approval - team loyalty develops. These players need the coach's approval and encouragement
- ❖ Help the players develop self-reliance and independence
- ❖ Build confidence
- ❖ Stress group participation and sharing, but be aware of the individual needs of the player
- ❖ Support and protect the player in situations they are not prepared to handle
- ❖ Develop an understanding on the player's part of the role of the coach

TECHNICAL PREPARATION

- ❖ Development of those skills specific to each position
- ❖ Further development of conceptual skills necessary for the enhancement of the team system
- ❖ Advanced development of skills necessary to perform elements of team play

TACTICAL PREPARATION

- ❖ Psychology - development of attention, visual memory, relaxed concentration and orientation
- ❖ Development of group interaction and team awareness in game situations
- ❖ Development of a more complex team system including offensive and defensive tactics and special situations

Performance Areas	
Offense	**Defense**
Offense in the defensive zone	Two-man forechecking
Offense in the neutral zone	Backchecking (neutral zone)
Offense in the offensive zone	Center on defenseman coverage
2-1-2 Power play	Wing on defenseman coverage
Face-offs	Man-short situations

SKILLS AND ABILITIES

Performance Areas					
Skating	**Puck Control**	**Passing & Receiving**	**Shooting**	**Checking**	**Goalkeeping**
Edge control	Change of pace	Snap	Wrist	Covering	Skate saves
Ready position	Slip through	Flip	Backhand	Should check	Stacking pads
Forward start	Slip across	Receiving (skate)	Snap	Hip check	V drops
Forward start-right/left	Fake shot	Receiving (hand)	Flip	Playing angles	Rebounds
Forward stride	Spin around		Slap		Situations
Control stop	Double shift				
Backward skating	Stop and go				
Backward stop	Grandstand				
Control turn					
Forward crossunder					

Hockey Practice Plan

Objectives:

Date: _____
Practice _____
Level: _____
_____
_____

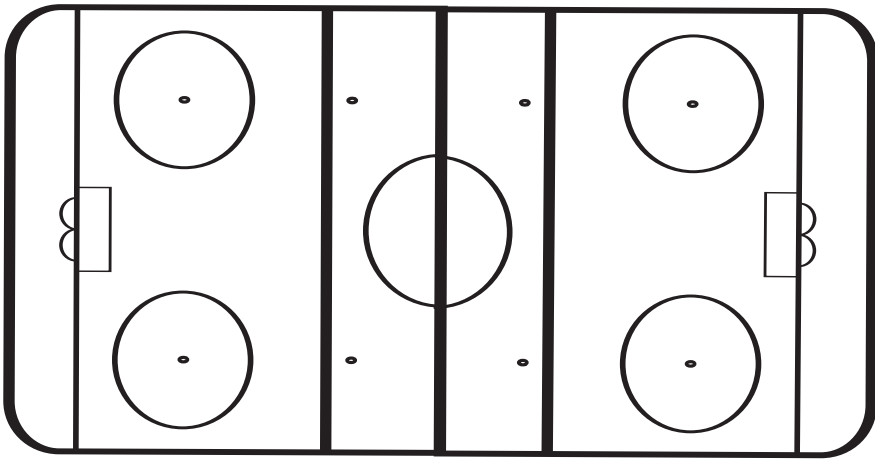
Skill Work	**Competitive Drills**	**Team Systems (Optional)**	**Fun/Modified Scrimmages**
____ Skating	____ Skill Races	Positional Play	____ Tag Games
____ Puck Control	____ 1 on 1	____ Breakout	____ Relay Races
____ Passing	____ 2 on 2	____ Lanes	____ 3 on 3 scrimmage
____ Shooting	____ Time Skills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

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

SAMPLE

System/Drill _____

Description _____



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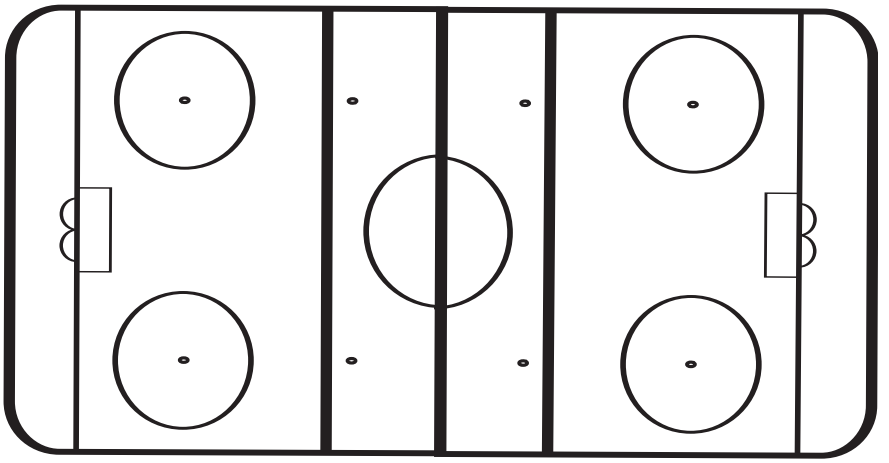

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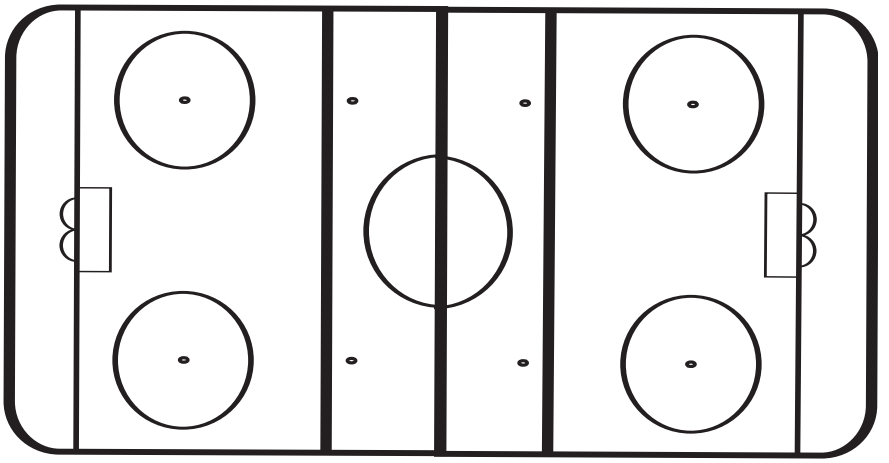


Notes/Comments _____

14-and-Under (Bantam)
16/18-and-Under
(Midget)
Practice Plans

Hockey Practice Plan

Objectives: To learn, practice, and reinforce skating and puckhandling skills

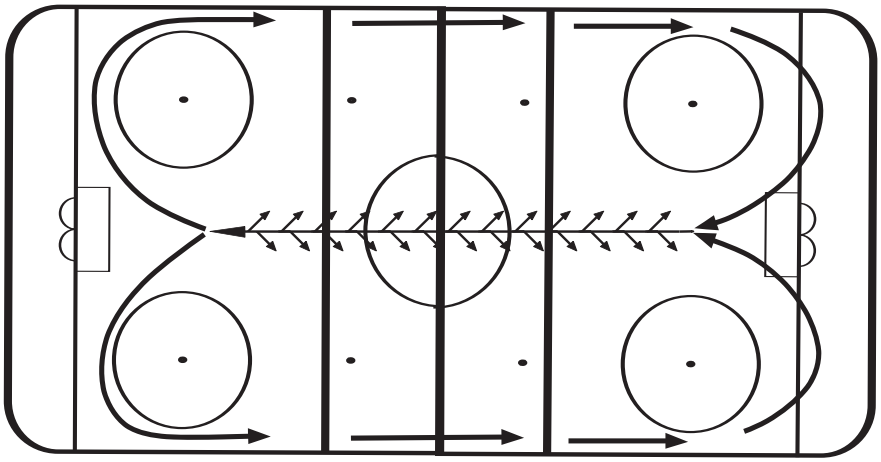
Date: _____
Practice #1
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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
_X_ Agility Work	____ 3 on 2	____ Triangulation/Cycling	_X_ Misc. *(Competition; angles)*
____ Goaltending		____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - stretch various body parts	Everyone together
7 mins.	2. Skate circles without and with puck forward and backward	Head up, full crossover
5 mins.	3. Power circles around cones (3 lines) forward and backward	Bend knee, accelerate out of turn
5 mins.	4. Stationary stickhandling - goaltenders get shots	Wide, out of comfort zone, angles
5 mins.	5. Moving stickhandling (three lines) - goaltenders work on angles	Wide and accelerate
6 mins.	6. Figure 8, wide move, shoot	Head up, accelerate
6 mins.	7. Weave, backwards, shoot	Puckhandling, forward turns, backward
6 mins.	8. Defense reaction drill	Full speed skating, puck control
5 mins.	9. Fish in a pond - puck control, keep away	Competition, conditioning

Drill #1 — Warm-Up

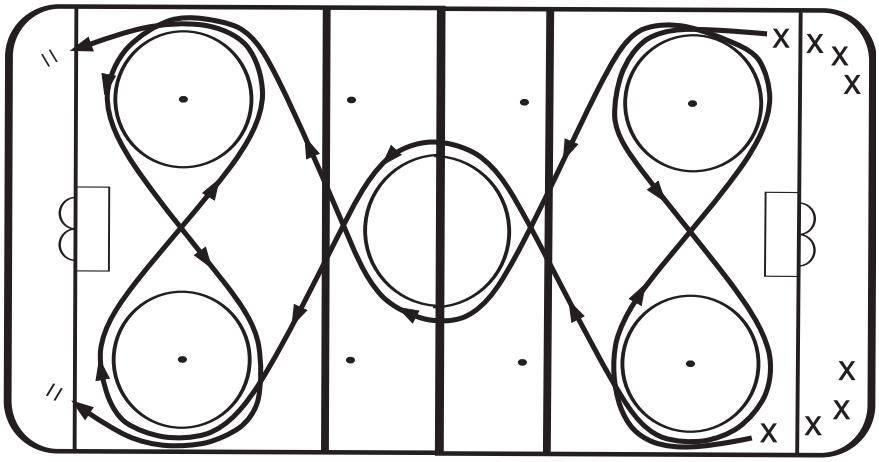
- Power strides up middle of ice.
- Peel away either side.
- Player rests down sideboards, then accelerates up middle again.



Notes/Comments: Warm-Up - skate hard up middle, long powerful strides.

Drill #2 — Skate Circles

- Players start in corners at one end.
- On coach's whistle, first players in each line start and skate.
- Do drill with and without pucks, forward and backward

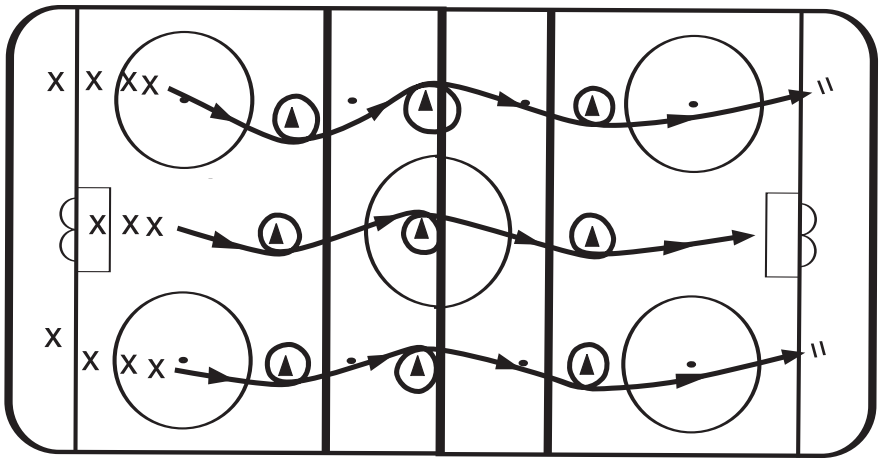


Notes/Comments: Skate circles, head up, move feet, full crossovers.

Drill #3 — Power Circles

- Players start in three lines, first player in each line goes at same time.
- Next player starts when first player hits near blue line.
- Player skates forward, making a tight control turn around each cone, accelerating out of turn to next cone.

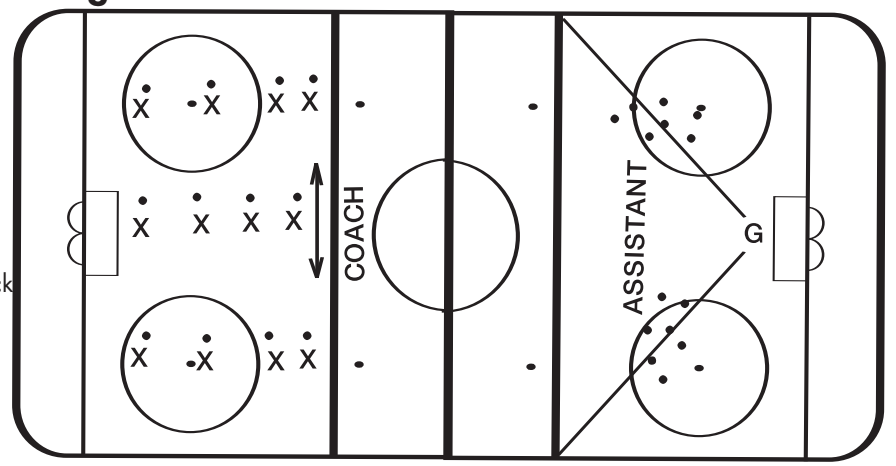
* Do drill with and without pucks, forward and backward.



Notes/Comments: Power circles around cones, keep low with knee bent and accelerate to the next cone.

Drill #4 — Stationary Stickhandling

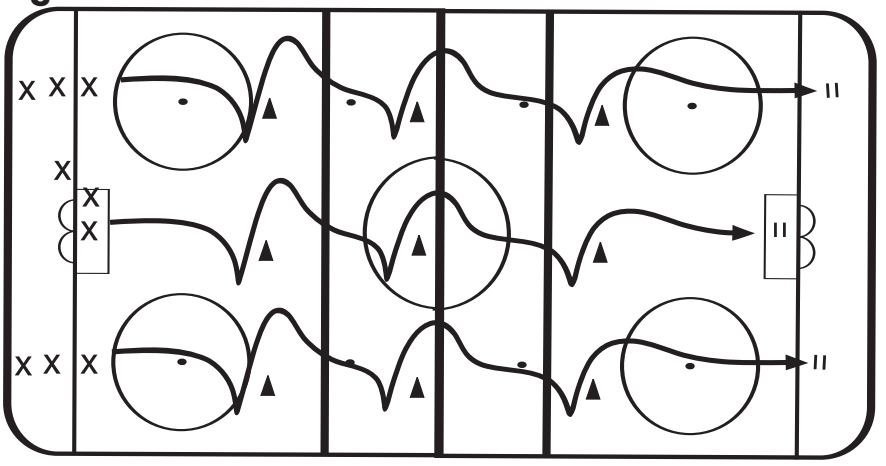
- Players stickhandle, following coach's lead.
  - wide to forehand
  - wide to backhand
  - wide on sides
  - diagonal
  - put puck in skates
  - toe puck in
- Coach holds up numbers, players shout back number.
- Goaltenders work on angles and get shots.



Notes/Comments: Stationary stickhandling; wide movements out of comfort zone; keep head up

Drill #5 — Moving Stickhandling

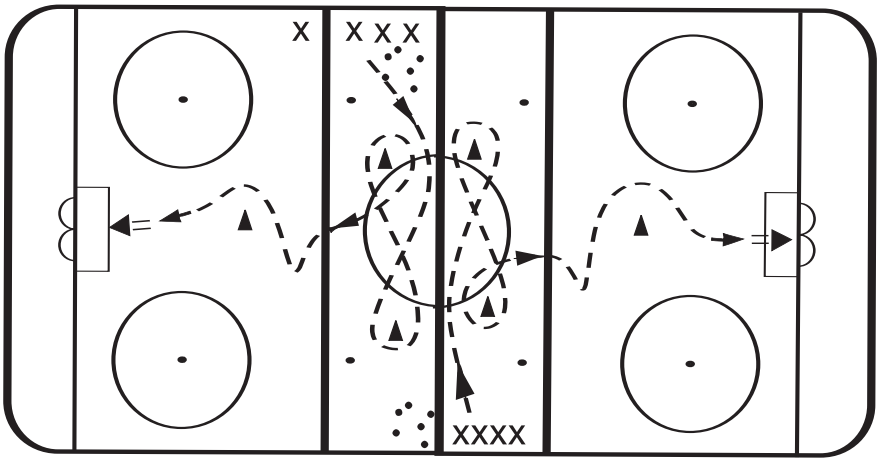
- Players start in three lines. When first players approach blue line, next players in line go.
- Player skates to cone, fake to one side, pull puck wide across and accelerate to next cone.
- Goaltenders continue to work on angles.
- Use pucks.
  - wide to backhand
  - toe in puck around cone
  - put puck in skates, kick up to stick, around cone either way



Notes/Comments: Moving stickhandling; head up; wide movement; accelerate between cones

Drill #6 — Figure 8

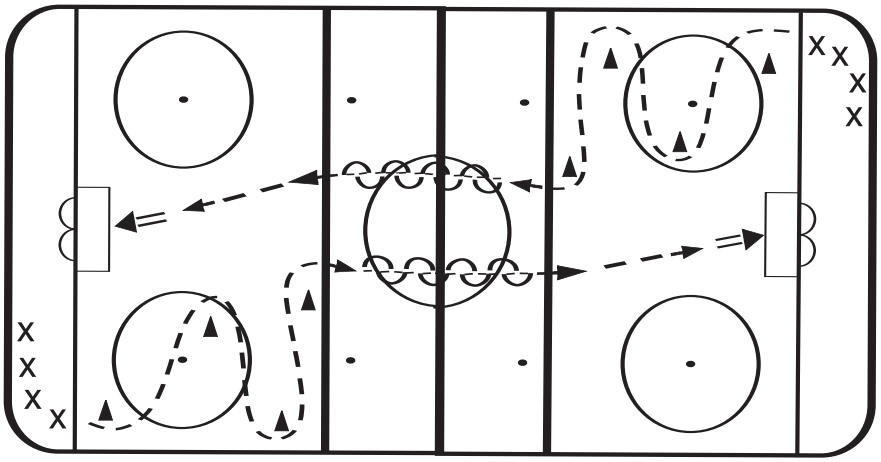
- Players start on opposite sides.
- On whistle, player skates with puck, does a figure 8 around cones, makes a wide move around cone in offensive zone and shoots on goaltender.



Notes/Comments: Figure 8, wide move and shoot; keep head up; accelerate around cones

Drill #7 — Weave

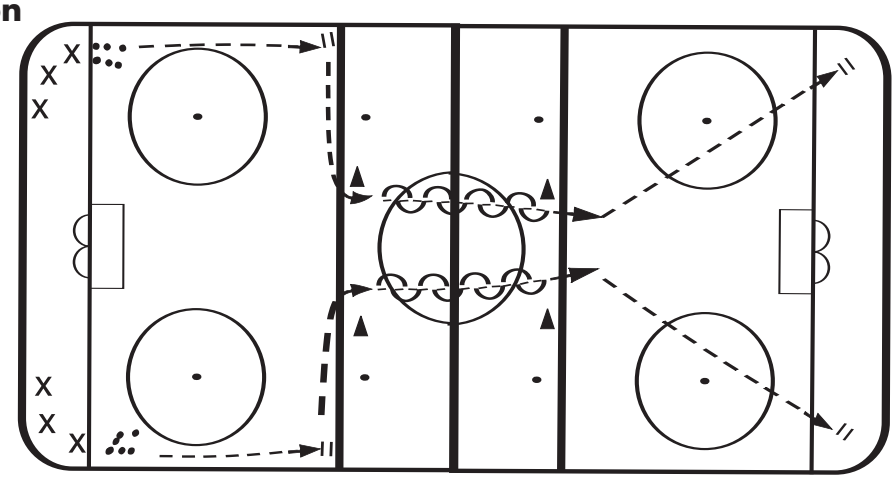
- Players start in corners with pucks.
- Players skate forward with pucks weaving around cones.
- When player approaches blue line, player turns and skates backward with puck until far blue line.
- At far blue line, player turns forward, skates in and shoots on goaltender.



Notes/Comments: Weave; backwards skating; shoot; accelerate around cones

Drill #8 — Defensive Reaction

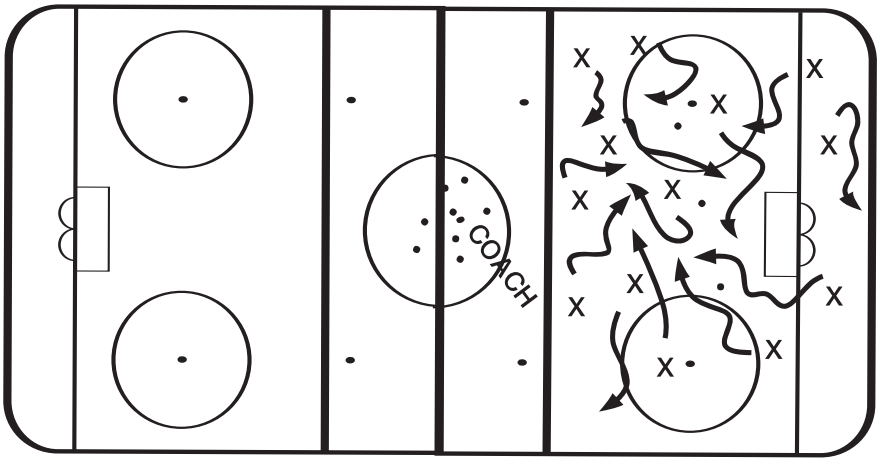
- Players start in each corner. When first player gets to near blue line, next player starts.
- Player skates forward with puck to blue line, stops and skates to middle of ice.
- When player reaches cone. player pivots and skates backward with puck to far blue line.
- At far blue line, player turns to the outside and skates forward to the corner.



Notes/Comments: Puck control; full speed, footwork

Drill #9 — Fish in a Pond

- Everyone starts in one zone.
- Coach throws three pucks in zone; on whistle, players try to get a puck and keep it away from everyone else.
- Go for 30 seconds, then blow whistle. Whoever doesn't have puck does 10 push-ups.
- Rest for 45 seconds. During this time, throw in one or two more pucks.



Notes/Comments: Competition; conditioning

Hockey Practice Plan

Objectives: To learn, practice and reinforce skating and puckhandling

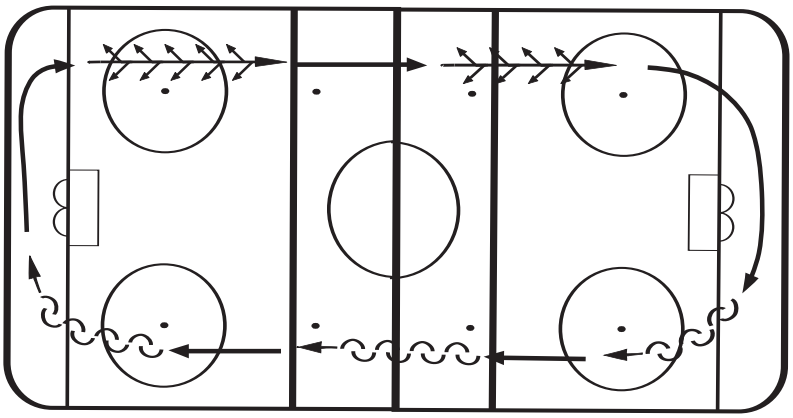
Date: _____
Practice #2
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	____ 2 on 2	____ Breakouts	____ FUN – Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	X Misc. *angles*
____ Goaltending		____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - various stretches	All together
9 mins.	2. Puck control station drills (three stations) Goaltenders work on angles	Head up, accelerate
7 mins.	3. Weave, wide moves, shoot	Quickness, acceleration
6 mins.	4. Out of corners shooting	Keep feet moving, look at target
5 mins.	5. Circle passing	Follow through to target; head up
7 mins.	6. Double pass with shot	Full speed break to space
6 mins.	7. 1 on 1 half ice	Forwards - wide move Defense - force wide
5 mins.	8. Race for the puck competition, conditioning	

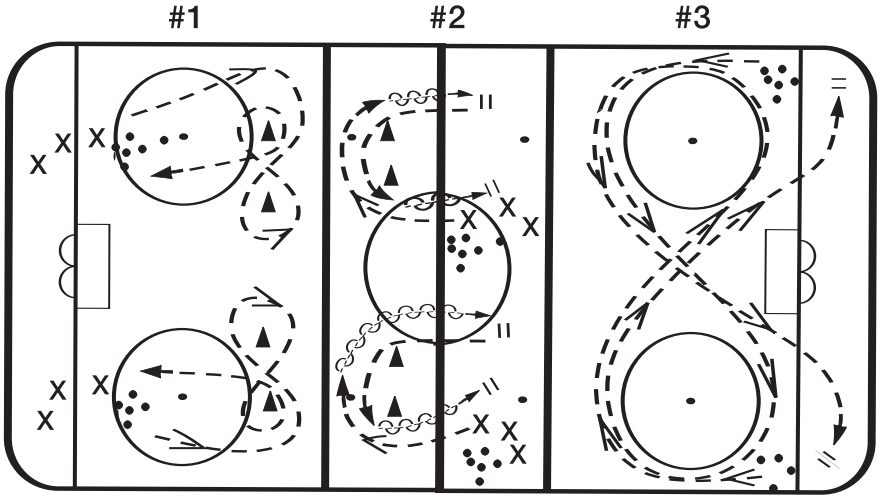
Drill #1 — Warm-Up

- After stretches, coach blows whistle.
- Between whistles the players either turn backward or power stride.



Drill #2 — Puck Control

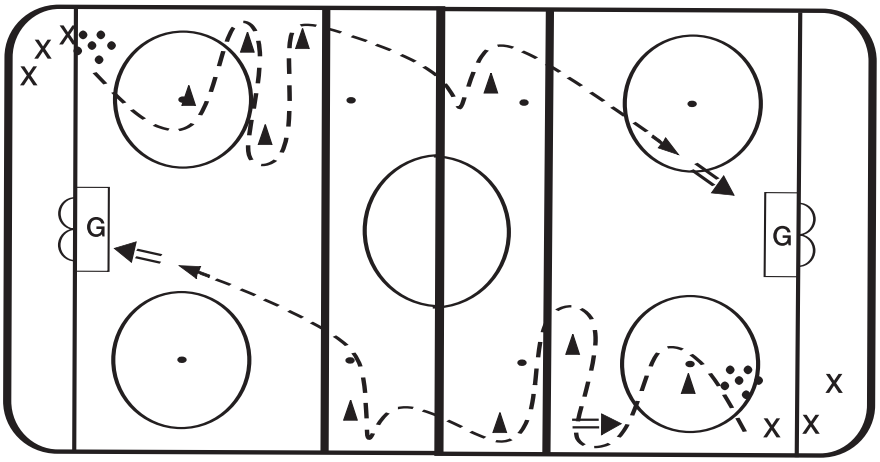
- All stations use pucks
- Station #1 - player starts outside of cones and makes a tight figure 8 around cones.
- Station #2 - player skates forward with puck. When player reaches cones, player pivots and skates backward. Player skates back to red line, stops, goes forward other direction, pivots around cones and skates backward to line.
- Station #3 - crossover figure 8 around circle; once forward, once backward.



Notes/Comments: One player from each line goes on whistle; each player goes twice at each station

Drill #3 — Weave

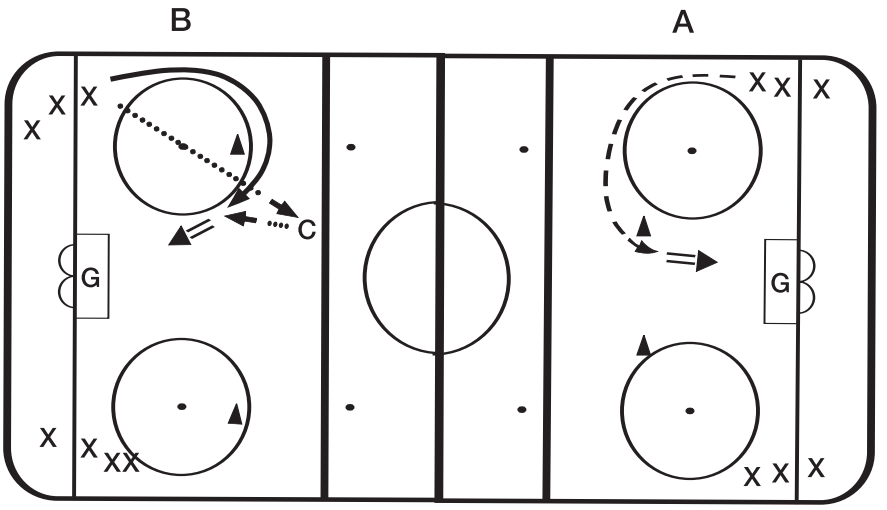
- Players skate through cones, accelerating from cone to cone.
- When player reaches final cone, player makes wide move to forehand or backhand, accelerates around and shoots on the goaltender.



Notes/Comments: Weave, wide move, shoot, acceleration, quickness

Drill #4 — Out of Corners Shooting

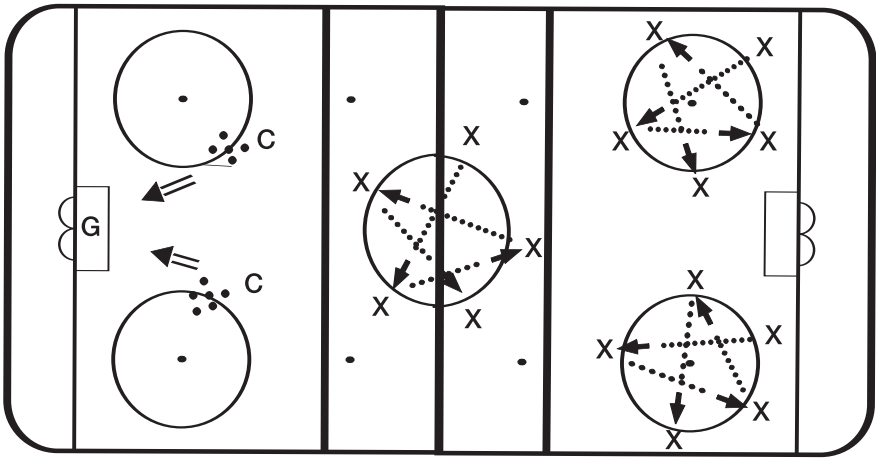
- A - players skate with pucks around circle, crossing over. When player reaches cone, he takes a shot and continues for a rebound. Player must shoot backhand if on backhand side.
- B - player passes to coach then skates around circle. Coach gives player a return pass. Player skates and shoots on goaltender.



Notes/Comments: Keep feet moving; look at target while skating around circle

Drill #5 — Circle Passing

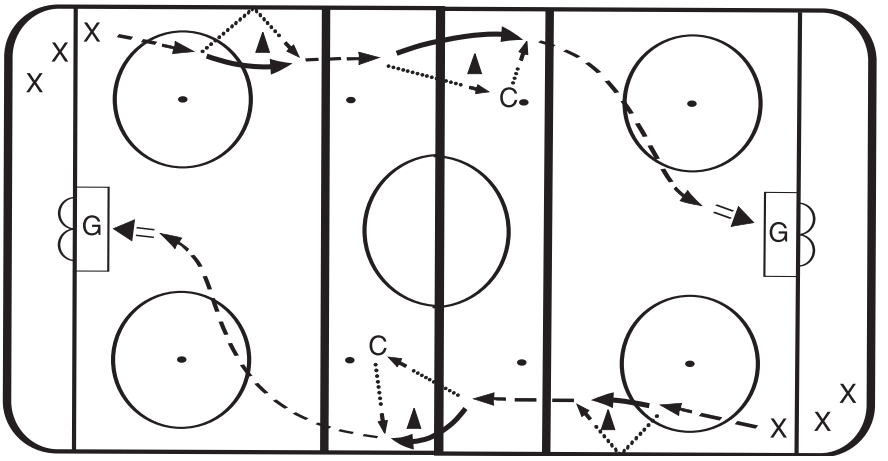
- Players pass within circles.
  - receive and pass
  - receive forehand, pass backhand
  - receive backhand, pass forehand
  - one touch passing
- Coaches work goaltenders side to side.



Notes/Comments: Stress good hockey position; don't slap the puck; concentrate on hitting the target

Drill #6 — Double Pass With Shot

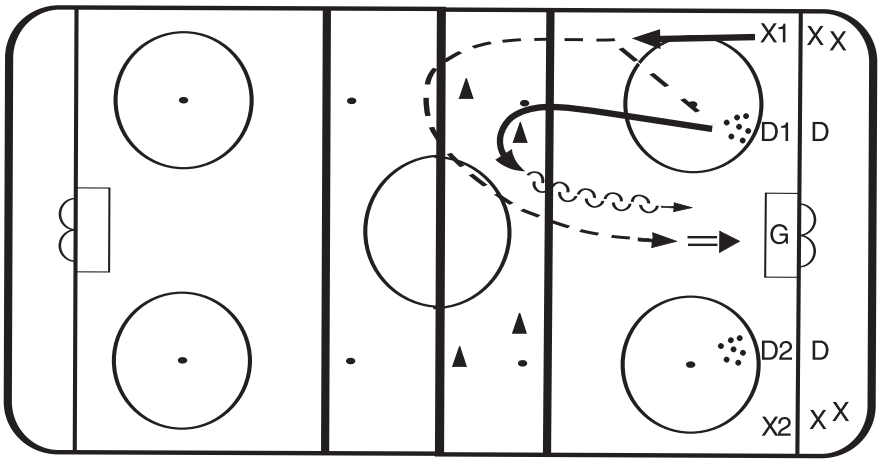
- Players skate and pass off boards (around cone) to themselves.
- After receiving puck, player continues skating, passes to coach and breaks around cone.
- Coach gives player a return pass and player shoots on goal and gets rebound.



Notes/Comments: Full speed and break to open space

Drill #7 — 1 on 1 Half-Ice

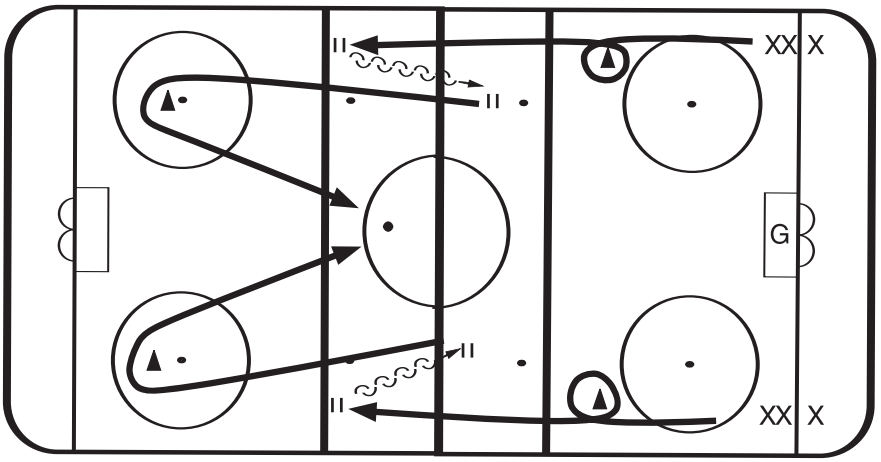
- D1 passes to X1. X1 skates with puck around far cone.
- At same time, D1 skates to near cone, pivots and skates backward.
- D1 now plays X1, 1 on 1.
- When D1 and X1 hit blue line on way back, X2 and D2 start.



Notes/Comments: Forwards - make wide move; Defense - face forwards wide

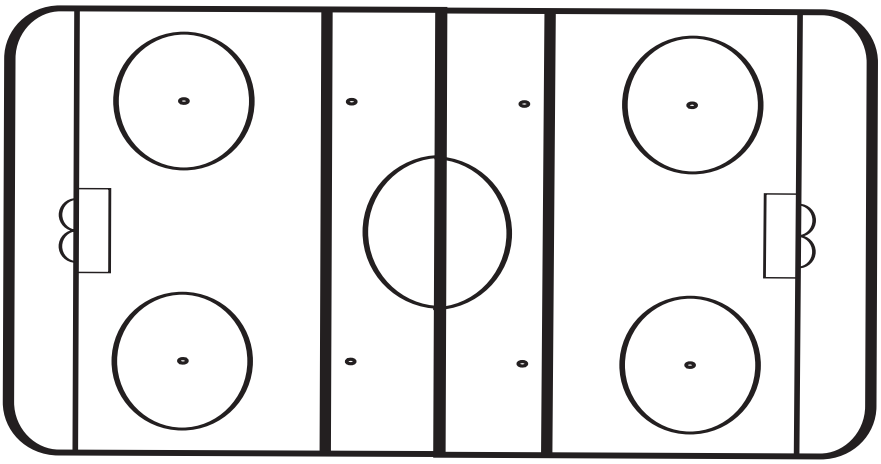
Drill #8 — Race for the Puck

- Players start in each corner, make a tight turn around the cone.
- Proceed to far blue line, stop, skate backwards to red line, stop, skate around far cone and race for the puck at center ice.
- First player to pucks tries to score. Second player becomes a backchecker.



Notes/Comments: Competition and conditioning; players start on whistle

Description _____



Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice and reinforce passing skills

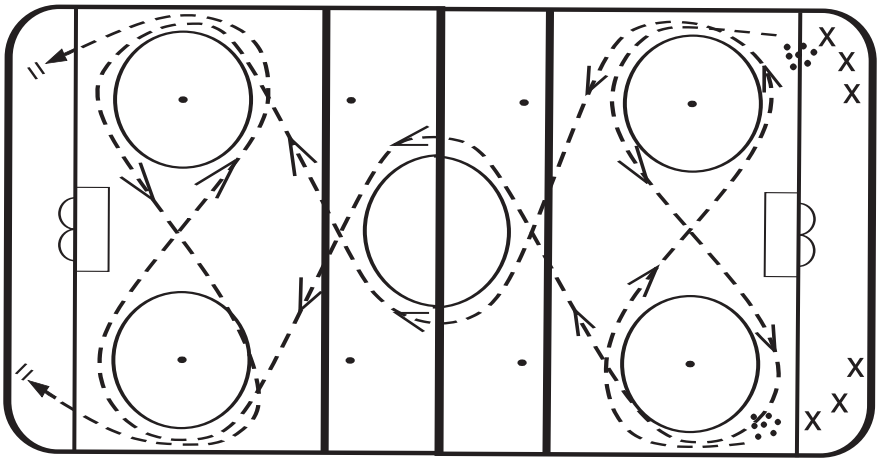
Date: _____
Practice #3
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
_X_ Skating	_X_ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
____ 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	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	_X_ Misc. *(Restricted Area Games)*
____ Goaltending	_X_ 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
5 mins.	1.Warm-up - stretch; skate circles with pucks	Head up
5 mins.	2. Four Lines - warm-up goaltenders	
7 mins.	3. Snake Drill	Keep feet moving
7 mins.	4. Flin Flon - double pass	
7 mins.	5. 2 on 0	Go up ice together
7 mins.	6. 1 on 1 out of corner	Forwards - create space, moves; Defense - stay between player and goal
7 mins.	7. 3 on 0 weave	Head up, keep feet moving
5 mins.	8. Improvisation	Creativity

Drill #1 — Warm-Up

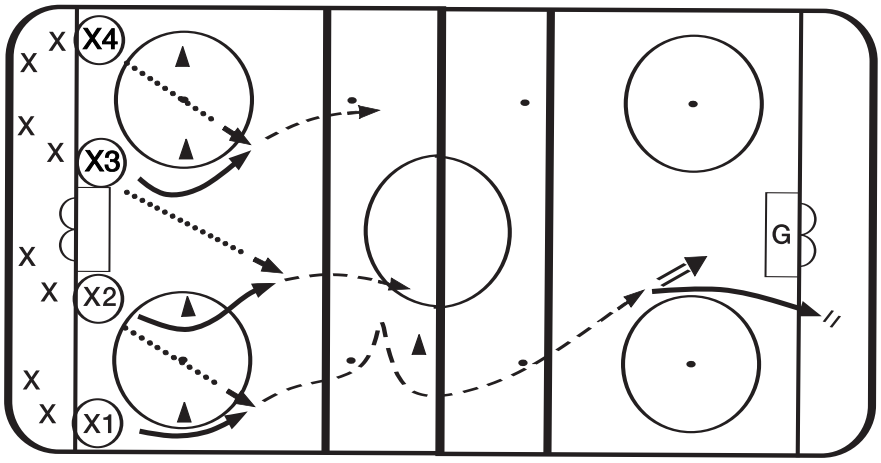
- After stretch, skate circles with pucks, work on speed and full crossovers.
- Do forward and backward.



Notes/Comments: Skate circles; keep head up; crossovers; full speed

Drill #2 — Four Lines

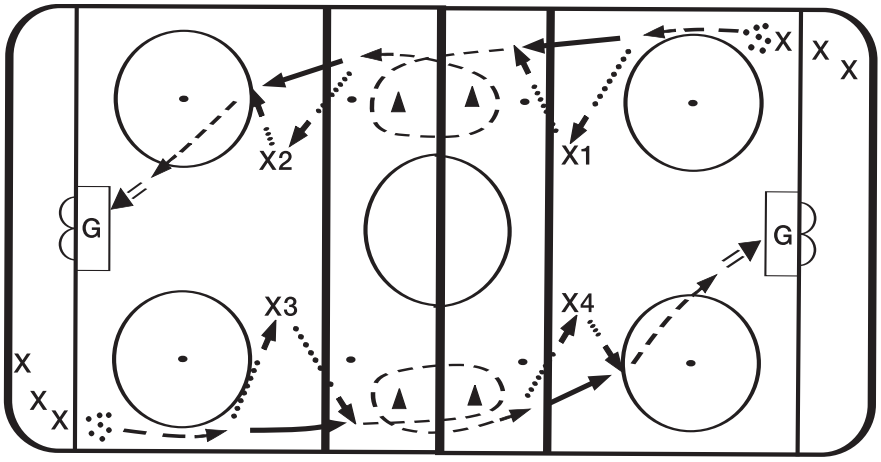
- All lines start with pucks.
- X1 starts and makes tight turn around cone; after turn, X1 gets a pass from X2.
- X1 continues with puck; makes a wide move on cone at center ice and takes a long shot on goal.
- After X2 makes pass, he makes tight turn and receives pass from X3.
- Continue down line; X4 gets pass from X1 line.



Notes/Comments: Four lines; Warm-Up goalies; accelerate out of turn and after wide move

Drill #3 — Snake Drill

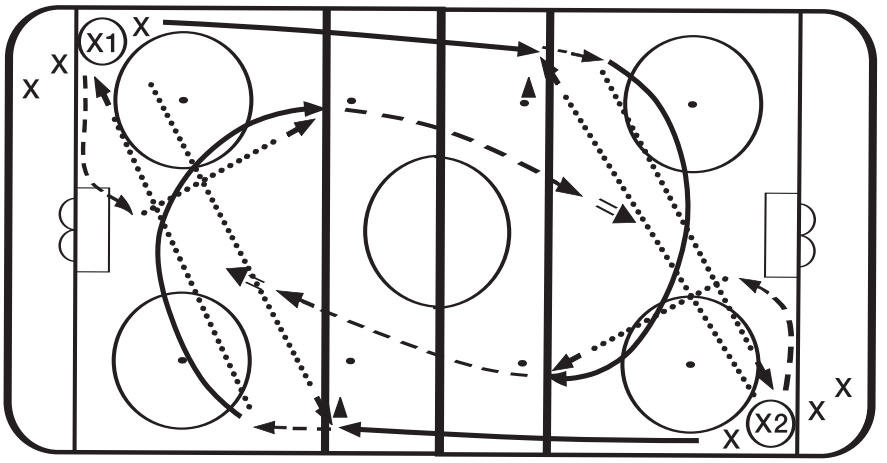
- Players start opposite corners with pucks. Position players and or coaches at X1, X2, X3, X4 positions
- Player skates out of corner with puck and passes to X1. X1 gives player a return pass. Player skates around cones and gives X2 a pass. X2 gives a return pass. Player takes a shot on goal.
- Next player in line starts when first player hits red line



Notes/Comments: Break to space to get pass; crossover around cones; switch corners to crossover and pass in both directions

Drill #4 — Flin Flon

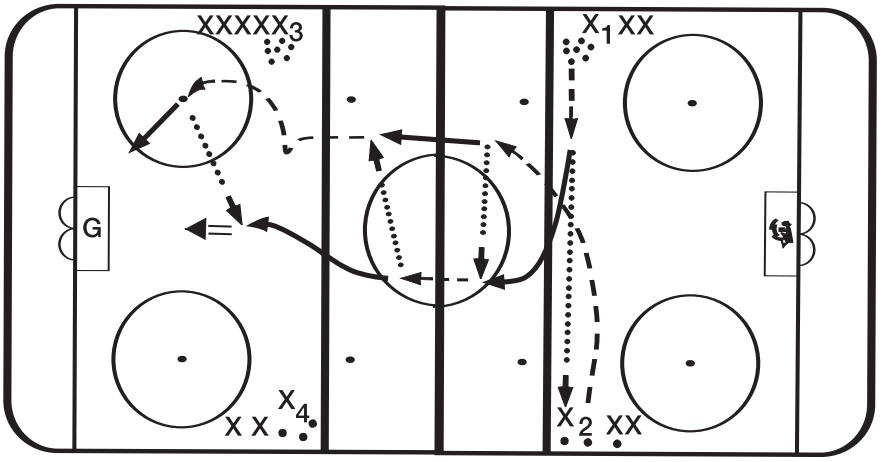
- First players in line skate without puck to far cone.
- When player hits red line, X1 and X2 pass the puck.
- Player immediately passes puck back to X1 or X2 and swings to top of circle.
- X1 and X2 receive pass, step to the middle of the ice and make a pass back to player.
- Player skates with puck and shoots.
- X1 and X2 skate without puck to far corner.



Notes/Comments: Double pass; player must touch top of circle when swinging

Drill #5 — 2 on 0

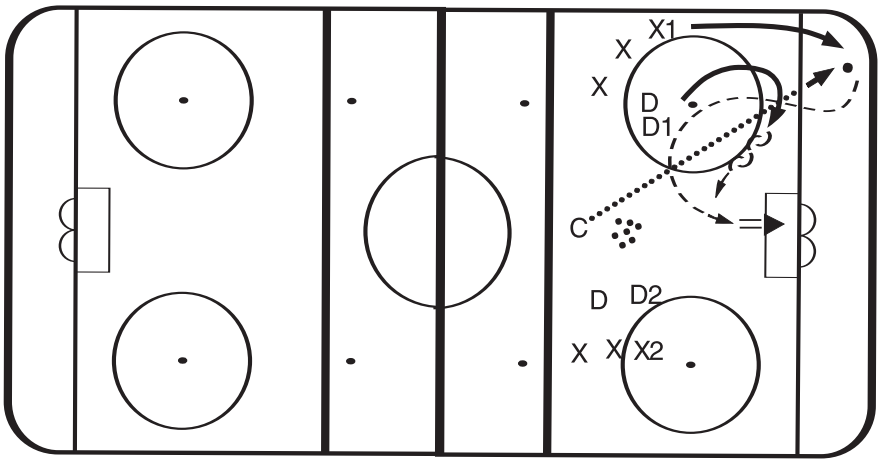
- Players start at all four corners of the blue lines with pucks.
- X1 starts drill by making pass to X2.
- X1 and X2 skate toward each other (not up ice) and cross in middle of ice.
- After X1 and X2 cross, they head up ice passing the puck. When crossed far blue line, the player with puck makes a wide move to outside then passes puck to trailing player. Trailer shoots on goal.
- When X1 and X2 cross blue line, X3 and X4 go other direction.



Notes/Comments: Trailer must slow up to high slot; after player passes to trailer, he/she goes to net for rebound

Drill #6 — 1 on 1

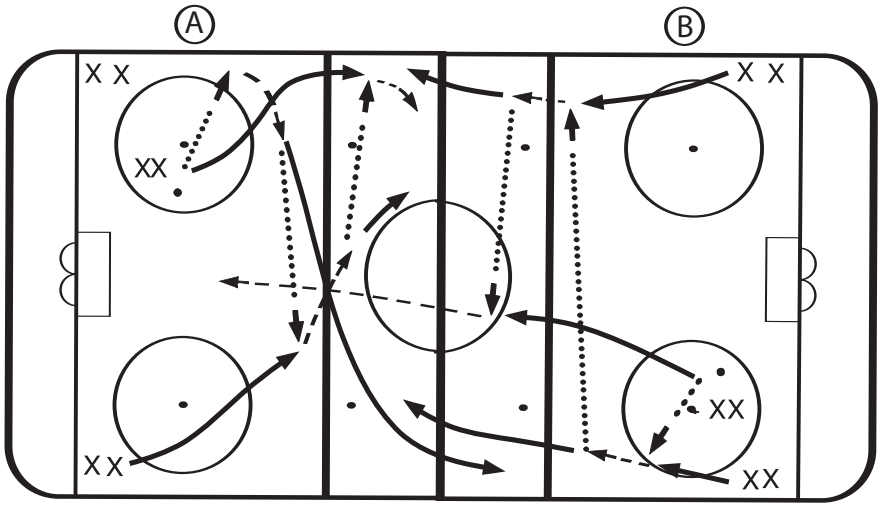
- Coach dumps puck into corner.
- X1 picks up puck in corner then tries to score a goal.
- When X1 crosses goal line, D1 skates to play X1 coming out of corner with puck.
- Drill goes until X1 takes shot or D1 takes puck away.
- Coach then dumps puck in other corner for X2 and D2.



Notes/Comments: Forward makes wide move to create space; defense keeps self between player and goal

Drill #7 — 3 on 0 With Weave

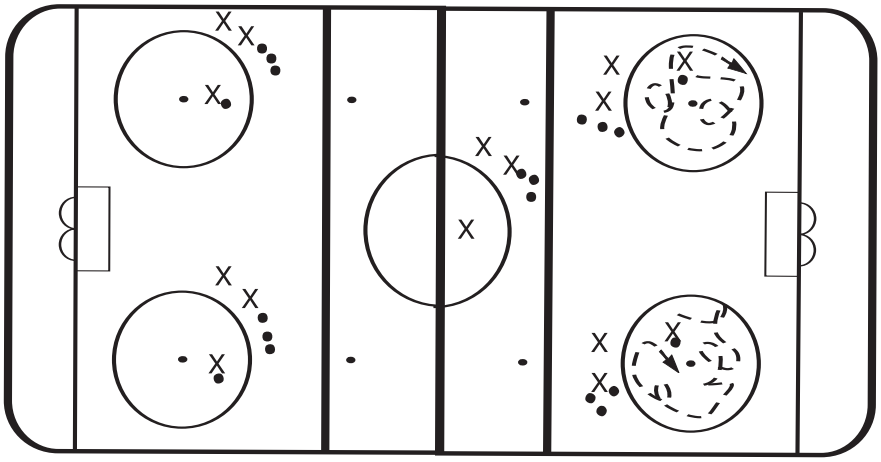
- Players form three lines at each end.
- Group A starts, three players pass puck up ice and take a shot on goal. When group A crosses far blue line, group B starts.
- Variation: instead of going straight up ice, players follow their pass (weave) as they go up ice.



Notes/Comments: Heads up; look at target; skate full speed

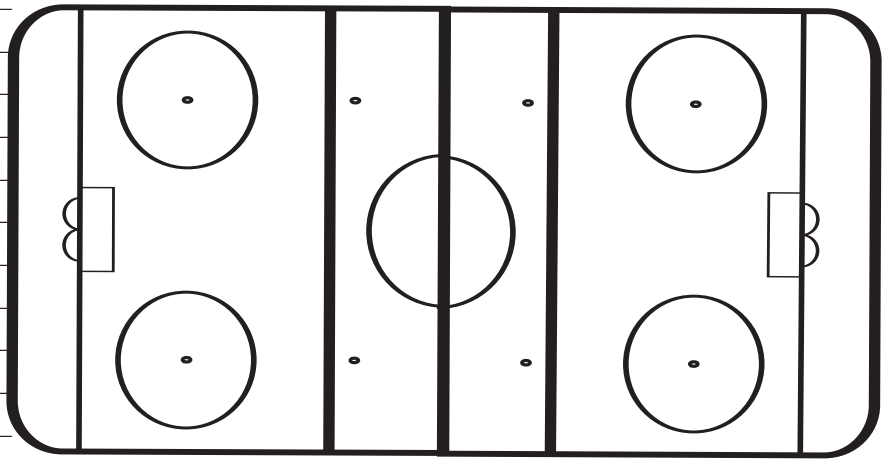
Drill #8 — Improvisation

- Players inside circles with puck. Other players stay outside circles.
- On whistle, player inside makes any moves they want. If they lose the puck, players outside give them a new one.
- After 30 seconds, change players



Notes/Comments: Be creative

Description _____



Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice and reinforce starts and 2 on 1 concept

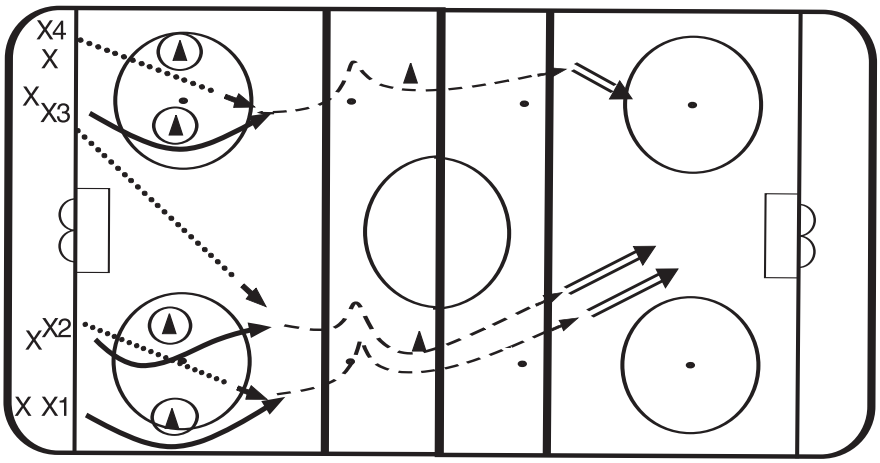
Date: _____
Practice #4
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	____ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	____ Forecheck	X Full Ice Modified Games
X Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	X 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up - stretches; four lines to warm-up goaltenders	
5 mins.	2. Flip passing; goaltenders work on movement and angles	
7 mins.	3. Starts; flip pass; shoot	Accelerate, concentrate on target when passing and shooting
10 mins.	4. Split up; Forwards - 2 on 1 concept; Defense - 2 on 1	Forwards - create good shot Defense - eliminate good shot
7 mins.	5. 2 on 0; 2 on 1	Works on concepts
7 mins.	6. Start and Stop; shooting	Accelerate; look at target
7 mins.	7. 3 on 0 race drill	Teamwork

Drill #1 — Warm-Up Goaltenders

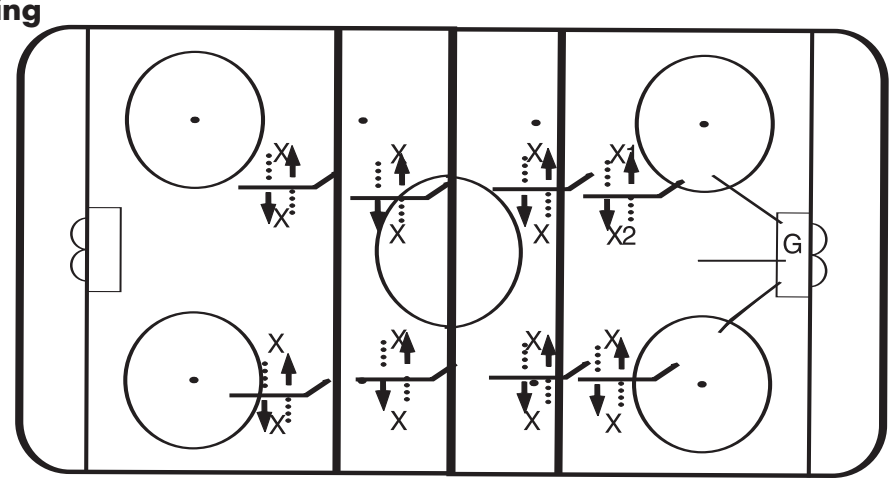
- After stretch, make four lines. All lines have pucks.
- X1 starts, makes tight turn around cone, receives a pass from X2, continues and makes a wide move on neutral ice cone and shoots around goal.
- X2 starts when X1 hits the blue line.
- X4 gets pass from X1 line.



Notes/Comments: Accelerate around cones and after wide move; full speed

Drill #2 — Stationary Flip Passing

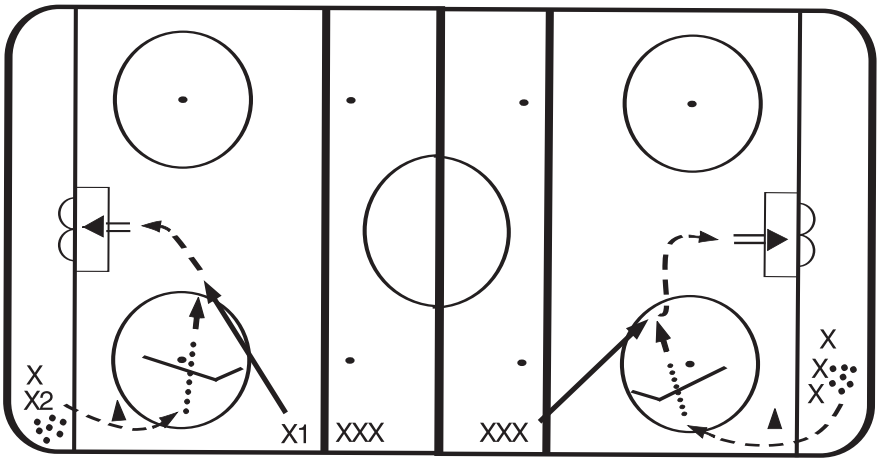
- Players get partners and lay extra stick between them.
- They are approximately three to four stick lengths apart.
- Players make heel to toe passes, lifting puck over stick so it lands flat on the other side of stick.
- Have players pass forward and backward.
- Goaltenders work on angles; movement with coach.



Notes/Comments: Work forehand and backhand passes

Drill #3 — Starts, Flip Pass, Shoot

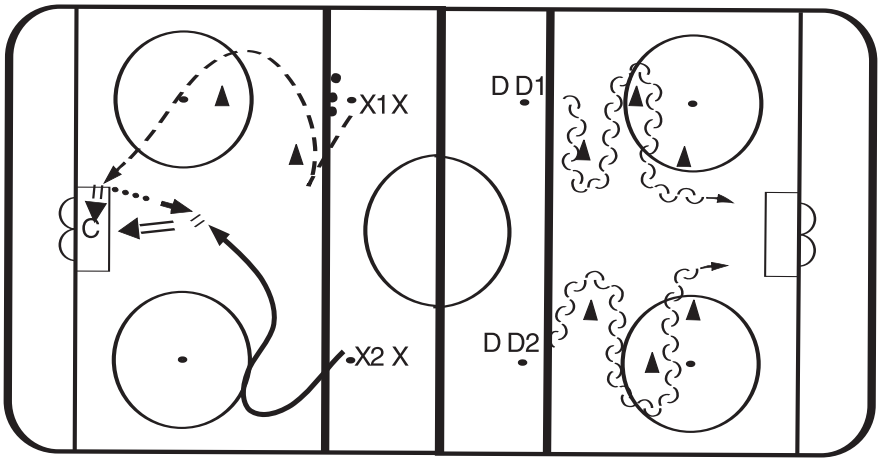
- On whistle, X1 performs a running start and skates to slot.
- At same time, X2 skates with puck to cone.
- When X2 reaches cone, X2 makes a flip pass over sticks on ice to X1.
- X1 receives pass and shoots on goal; players switch lines



Notes/Comments: Perform both sides of ice, flip passes forehand and backhand

Drill #4 — 2 on 1; Split Up

- Forwards - X1 makes wide move on cone, accelerates around and drives to net.
- At the same time, X2 skates and delays so he/she is in high slot.
- X1 may shoot puck or pass to X2 in high slot, X2 then shoots while X1 goes to net.
- Defense - D1 and D2 start backward at same time. They skate around cones as shown, working on lateral movement.
- They force forward with puck wide, then come back to middle to take away pass to high slot.

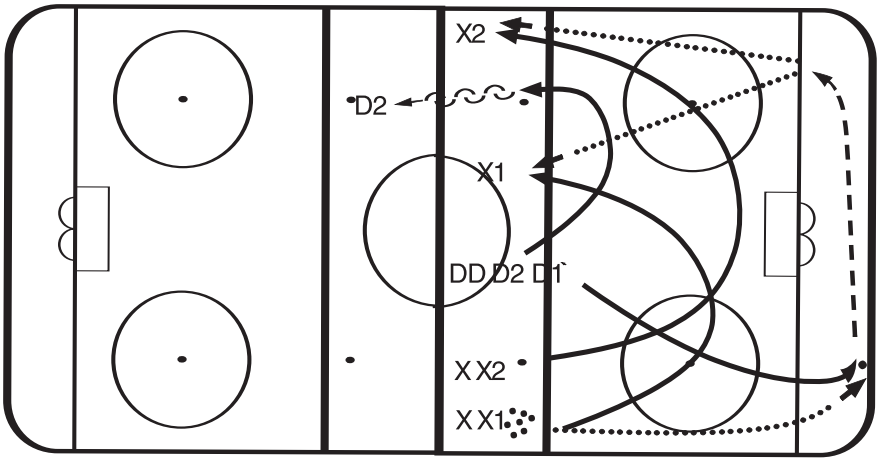


Notes/Comments: Forwards - Create good shot; Defense - eliminate good shot

Drill #5 — 2 on 0; 2 on 1

- X1 starts drill by dumping puck in corner. X1 and X2 swing as shown.
- D1 skates, picks up puck and skates behind net.
- D1 then makes a pass to X1 or X2.
- D2 steps out to play the 2 on 1.

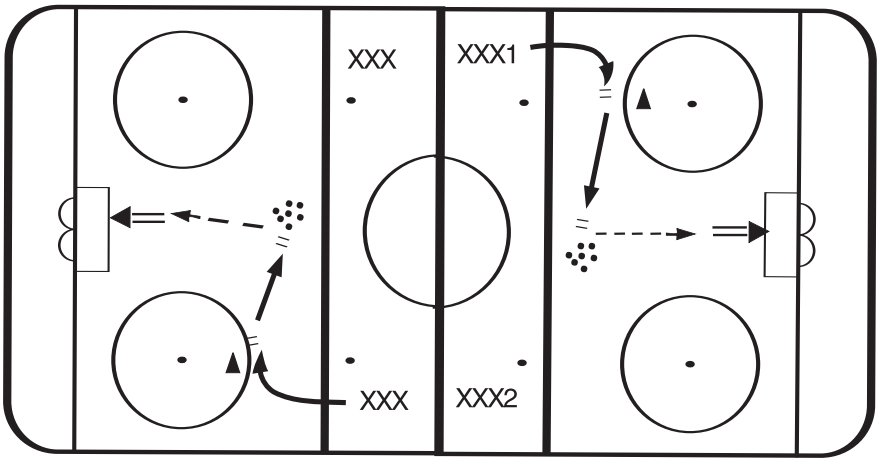
Variation - don't have D2 step out and have X1 and X2 go 2 on 0; switch sides after several minutes.



Notes/Comments: Forwards and defense work on concepts in previous drill.

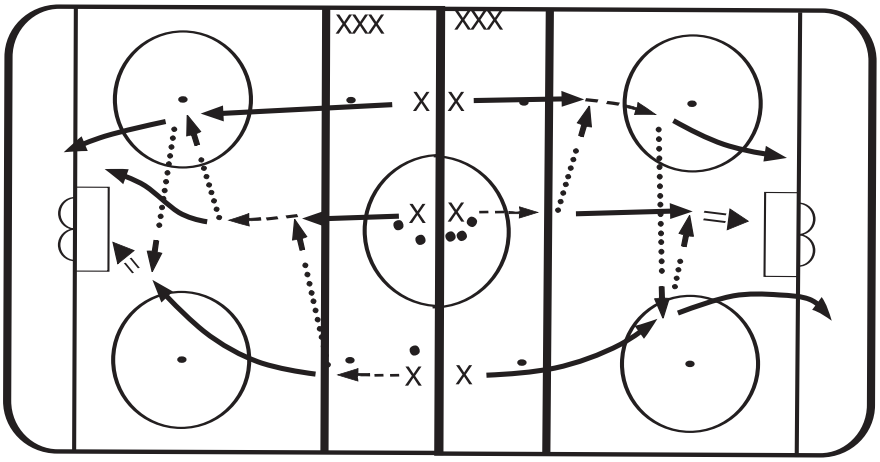
Drill #6 — Start and Stop - Shooting

- X1 does running start and skates to cone and stops facing pucks. X1 then does crossover start, skates to pucks and stops. X1 then does a crossover start the other direction and takes a shot on goal.
- X2 starts when X1 stops and picks up a puck.



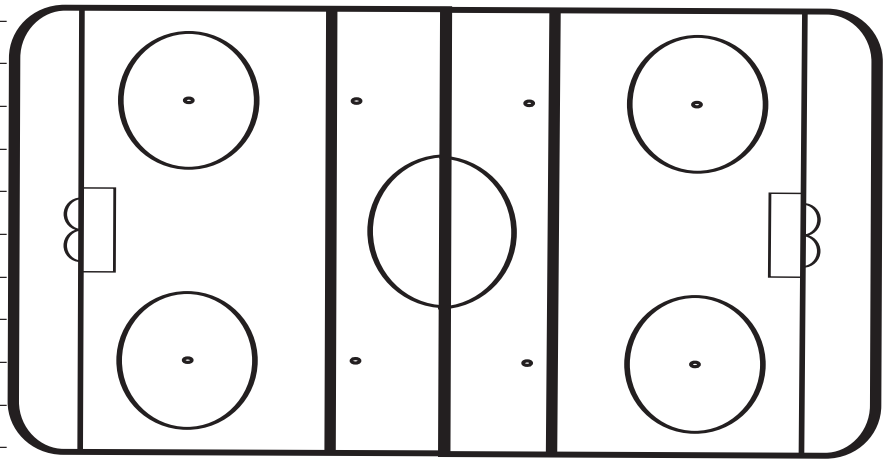
Drill #7 — 3 on 0 Race Drill

- Groups of three start on either side of red line with three pucks.
- On whistle, players go 3 on 0 to score a goal. They must make three passes before they can shoot.
- After they score, they all must go outside the blue line and pick up the second puck.
- The team that scores three goals first, wins. The losers do 20 push-ups.



Notes/Comments: Three passes before shot; go until score with puck; all players must cross blue line after each goal

Description _____



Notes/Comments _____

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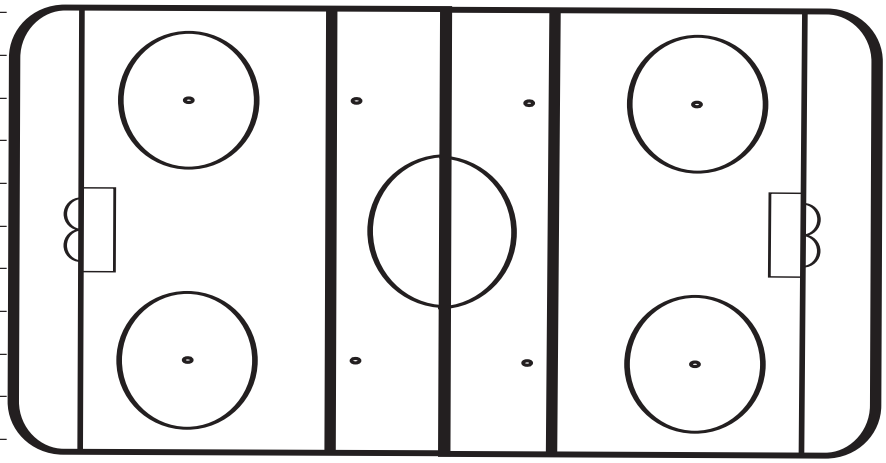


Notes/Comments _____

Hockey Practice Plan

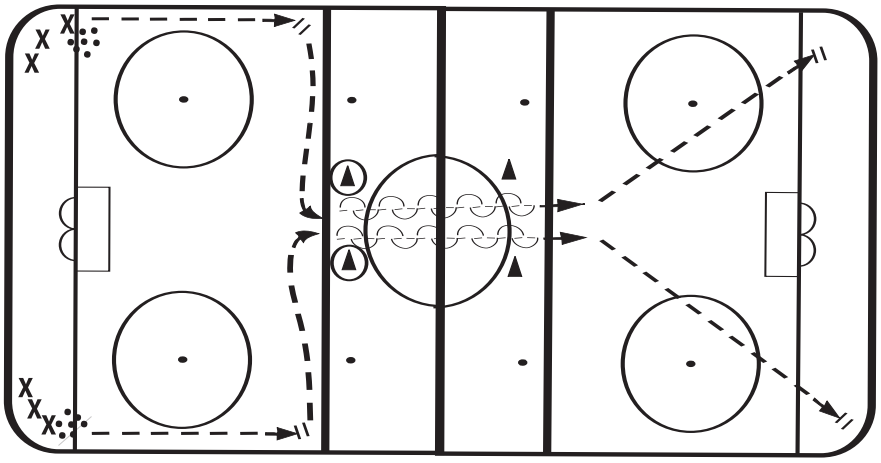
Objectives: To learn, practice and reinforce passing, 1 on 1 and shooting skills

Date: _____
Practice #5
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	X Misc. *(2 on 2 zone games)*
____ Goaltending	____ 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches (goalies stretch); defense reaction drill	Puck control; full speed
5 mins.	2. Out of corner pass - both ends	Keep feet moving
6 mins.	3. Shooting - out of corner; goaltender skate saves	Head up; shoot to corner
4 mins.	4. 1 on 1 - defense no sticks	D-skate to forward, don't lunge F-wide move; drive to net
4 mins.	5. 1 on 1 - defense sticks	D-force forward wide F-look for weakness to attack
6 mins.	6. Double pass in tight; 2 on 0; goaltender stack pads	One touch pass and shot
7 mins.	7. Tip drill - 2 on 1	Timing on tip; 2 on 1 concept review
5 mins.	8. Stationary wrist shots; backhand	Practice form and accuracy
6 mins.	9. Zone games - 2 on 2	Have fun

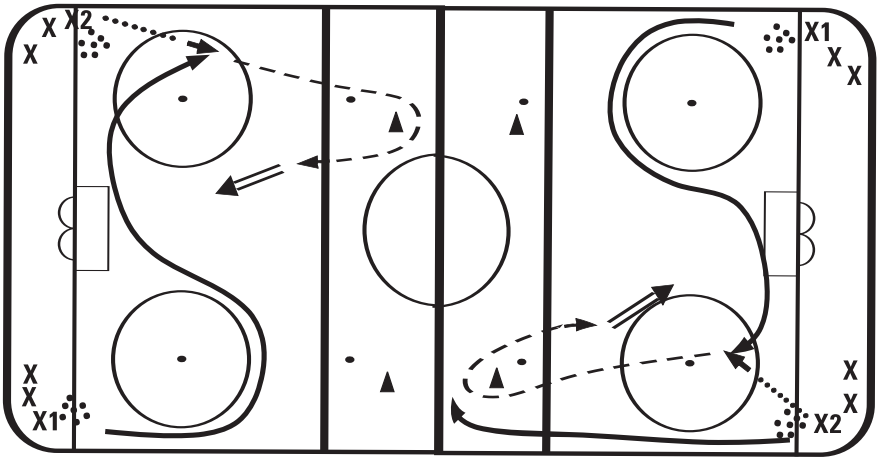
Drill #1 — Warm-Up Defense Reaction Drill



- Players start in each corner. When first player gets to near blue line, the next player in line starts.
- Player skates forward with puck to blue line, stops and skates to middle of ice.
- When player reaches cone A, player pivots and skates backward with puck to far blue line.
- At far blue line, player turns to outside and skates forward to the corner.

Notes/Comments: Puck control and agility

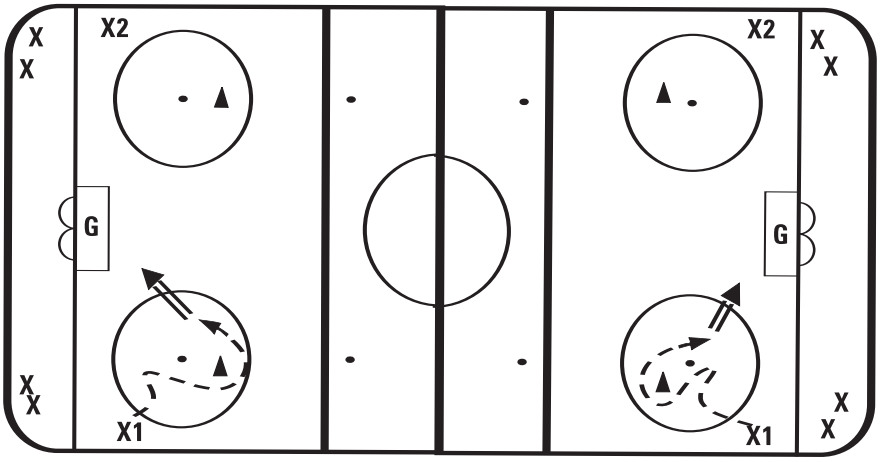
Drill #2 — Out of Corner Pass



- X1 skates without puck as shown and receives pass from X2.
- After receiving pass, X1 skates with puck around cone and takes a long shot on goaltender.
- After making pass, X2 starts around circle without puck.
- After shot, continue for rebound.

Notes/Comments: Keep feet moving; take long shot on goaltender

Drill #3 — Shooting Out of Corner

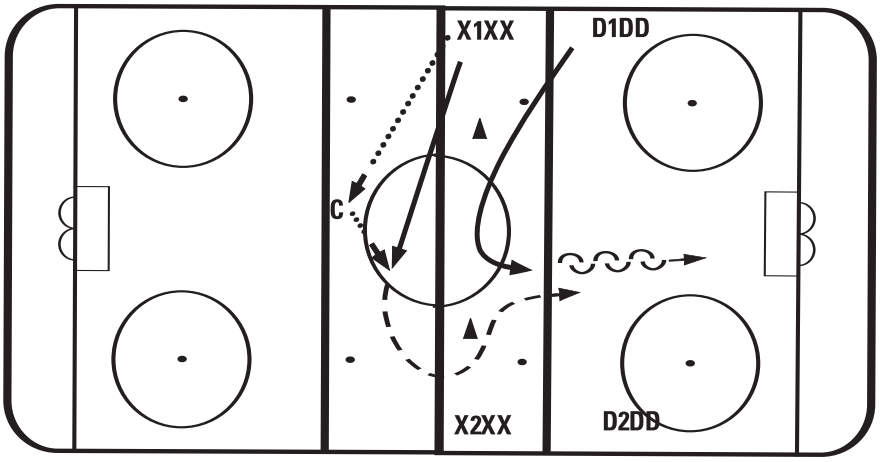


- X1 skates with puck and makes a fake inside to net.
- After fake, X1 accelerates outside to cone.
- When X1 reaches cone, X1 shoots on ice to far corner. Goaltender makes skate save or stick deflection to corner.
- After goaltender is set, X2 starts.

Notes/Comments: F - shoot to far corner; G - practice skate saves

Drill #4 — 1 on 1

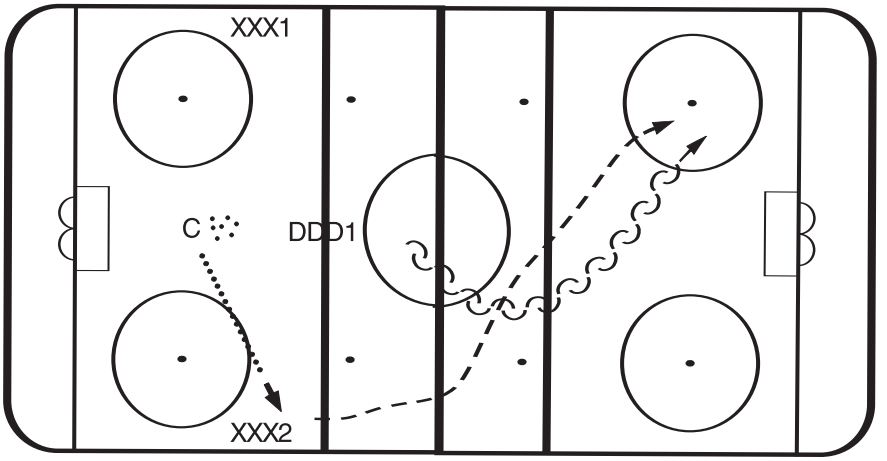
- X1 starts by passing to coach.
- X1 then skates to far cone, coach gives X1 pass back.
- When X1 starts to skate, D1 follows X1 across ice, keeping correct gap.
- X1 receives pass from coach and skates around cone.
- D1 pivots backwards after X1 receives pass and plays X1 1 on 1.
- When 1st group crosses blue line, X2 and D2 start.



Notes/Comments: Defense no sticks; D - keep gap, don't lunge at forward; F - make wide move and drive to net

Drill #5 — 1 on 1

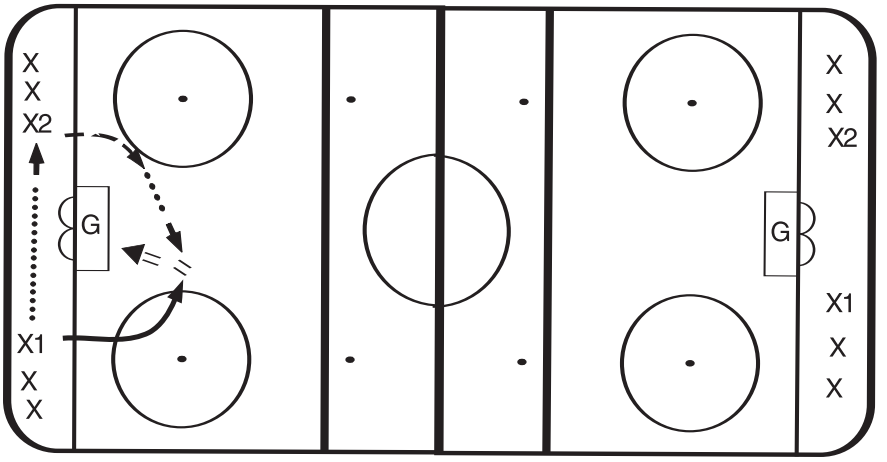
- Coach starts with pucks and either passes to X1 or X2.
- D start just outside blue line; after pass, D1 must react to either side.
- X2 looks for weakness in D1 position.
- D1 must establish gap and force X2 outside.
- After group 1 crosses for blue line, coach makes another pass.



Notes/Comments: Defense with sticks; D - force forward wide, no shot; F - look for weakness to attack

Drill #6 — 2 on 0

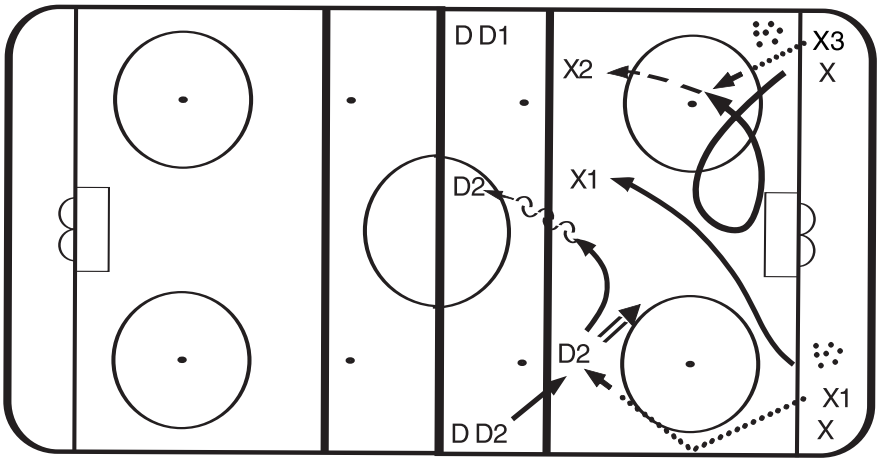
- X1 starts by passing puck to X2.
- X1 skates to corner of crease and stops.
- X2 skates with puck across goal line, makes pass to X1.
- X1 shoots off pass.
- Goaltender either deflects pass if puck is close or stacks pads to block shot.
- Switch pucks to other line half way through drill.



Notes/Comments: Double pass in tight - 2 on 0; goaltender stack pads

Drill #7 — Tip Drill 2 on 1

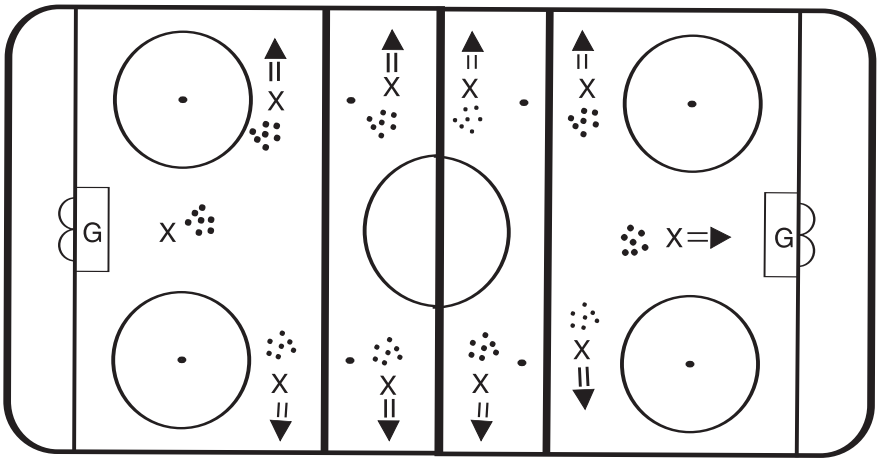
- X1 passes to D1 or D2; may pass direct to stick, off boards, in air, etc.
- X1and X2 skate to slot and positions themselves for a tip.
- D2 shoots on ice then gets into position for 2 on 1.
- After X1 group tips shot, they break, get a pass from X3 and continue up ice 2 on 1 on D2.



Notes/Comments: F - timing on tip, not too deep, 2 on 1 concept; D - work on gap and 2 on 1 concept

Drill #8 — Stationary Wrist Shots and Backhands

- Players line up around ice with pucks.
- Players pick spots boards and work on wrist shots and backhands.

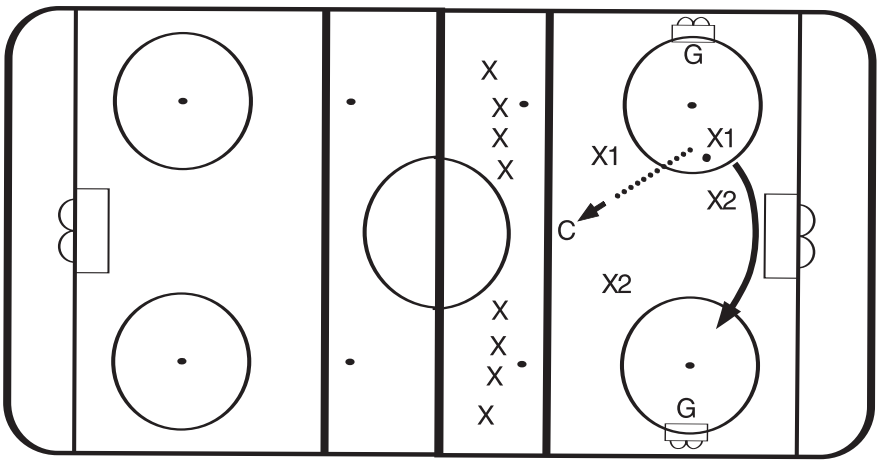


Notes/Comments: Work on form, power, accuracy.

Drill # 9 — Zone Games - 2 on 2

- Put both nets in one zone. Put teams together and let them play 2 on 2.

Variation - after gaining possession puck, they must pass to coach and get open for return pass.



Notes/Comments: Have fun.

Hockey Practice Plan

Objectives: To learn, practice and reinforce body contact and playing angles
To review Heads Up Hockey program

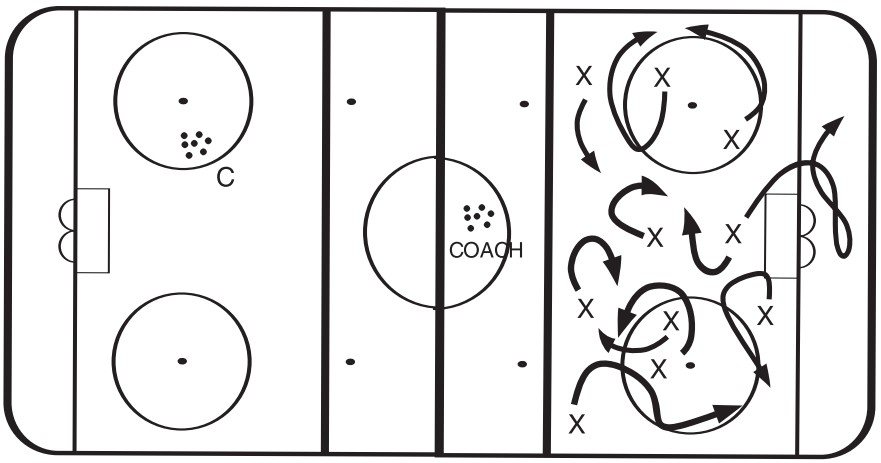
Date: _____
Practice #6
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	X Full Ice Modified Games
____ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
X Agility Work	____ 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	X 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches (goalies stretch); fish in the pond	Competition
9 mins.	2. Three stations - stickhandling/puck control; three minutes each station	Heads up; keep feet moving
5 mins.	3. Skating and puck control with shot	Full speed
10 mins.	4. Body contact along boards	Body positioning; angles
6 mins.	5. Forecheck angling; body contact	Angles; timing
7 mins.	6. 3 on 0 below top of circles	Triangle movement
7 mins.	7. Pom-pom drill; two-hand touch	Agility; skating

Drill #1 — Warm-Up: Fish in the Pond

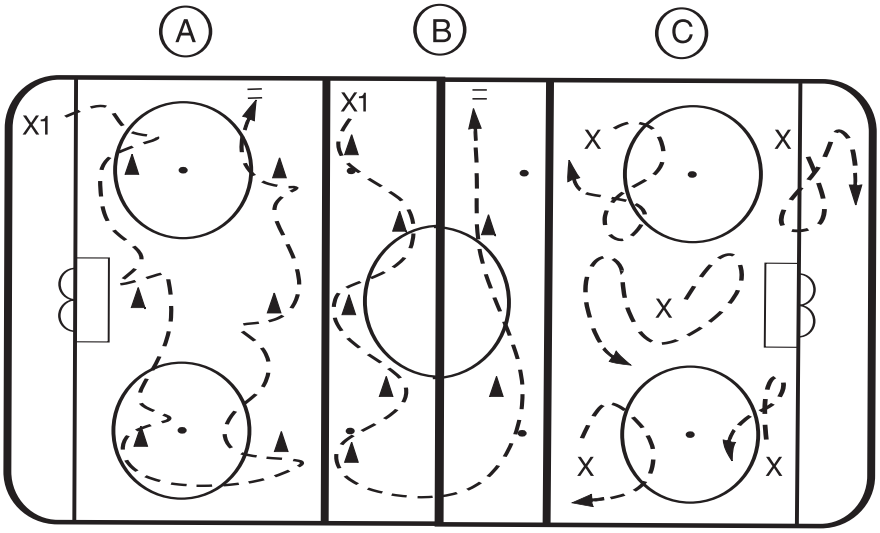
- Everyone starts in one zone.
- Coach dumps three pucks in zone.
- On whistle, players try to gain control of puck and keep it away from everyone else.
- Go for 30 seconds, then blow whistle. Anyone without a puck does 5-10 push-ups.
- Rest for 45 seconds. During rest, dump 2-3 more pucks in.



Notes/Comments: Goaltenders work on skate saves and stacking pads with assistant

Drill #2 — Three Stations - Stickhandling and Puck Control

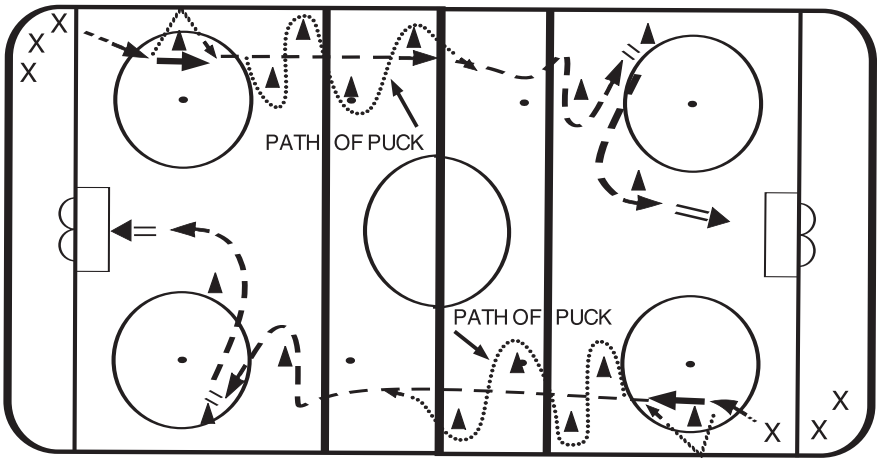
- A makes wide move, forehand, backhand.
- B skates through cones, tight turn.
- C improvises - player makes up moves and stays in confined area.
- All stations use pucks.
- Blow whistle to start and stop, each player goes through each station twice.



Notes/Comments: Head up; keep feet moving

Drill #3 — Skating and Puck Control with Shot

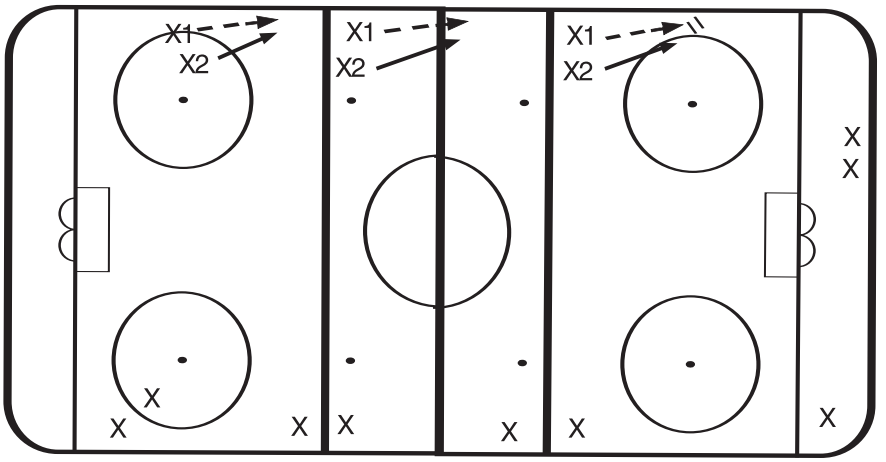
- Players start in corners with pucks. Player starts drill by passing off boards (around cone) to self.
- Player then skates down middle of cones while reaching puck wide to forehand and backhand around cones.
- Player makes move to next cone, skates to outside, stops at next cone, heads to slot and takes shot on goaltender.
- Do drill both directions.



Notes/Comments: Full speed; head up

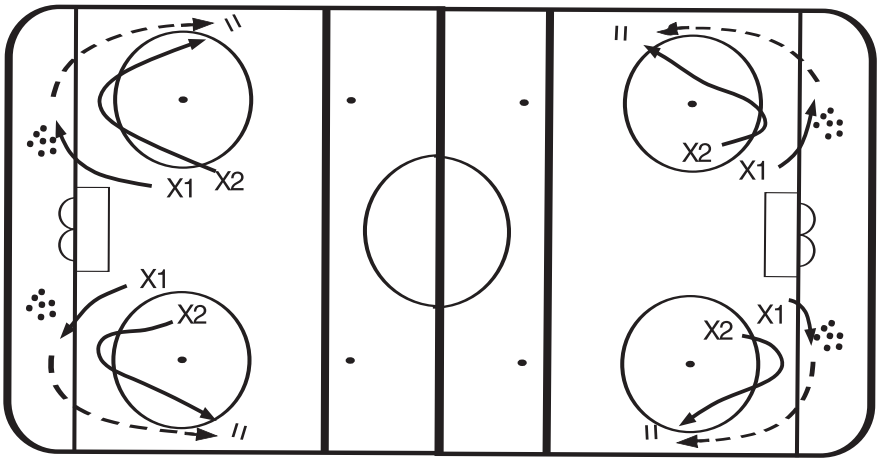
Drill #4 — Body Contact Along Boards

- Before starting drill, demonstrate how to check along boards and defend oneself from check stress.
- A - body position; wide base, knee bent, stick on ice.
- B - Angling X2 approaches X1 so X1 cannot cut back or drive to the net.
- C - Defending: brace self for impact, wide base, don't turn back on player.
- Players pair off and proceed around ice as shown. Switch roles and do both directions.



Drill #5 — Forecheck Angling - Body Contact

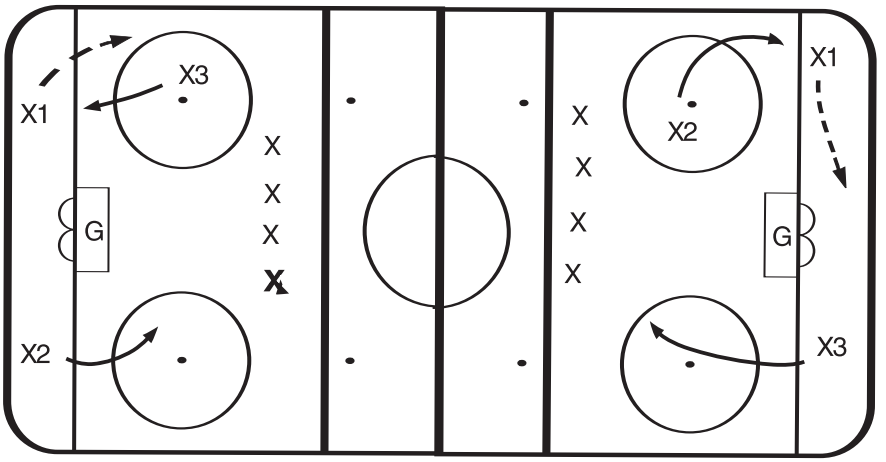
- X1 starts, picks up a puck and heads up the ice.
- When X1 crosses goal line, X2 starts.
- X2 must angle X1 to boards and body check along boards stopping X1's momentum.
- X1 may cut back or accelerate out of zone.
- X2 must position self correctly and time acceleration.



Notes/Comments: Work on timing; review Heads Up Hockey program

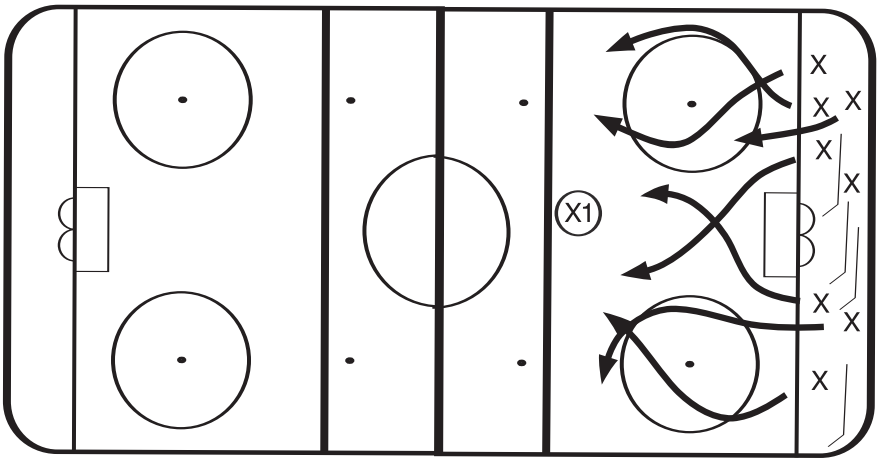
Drill #6 — 3 on 0 - Below top of Circle

- X1, X2, X3 must move puck around below top of circles keeping a triangle relation.
- When coach blows whistle, they start. Whistle blows again, they take a shot.
- Stress creativity, keeping triangle, keeping feet moving and talking to each other.



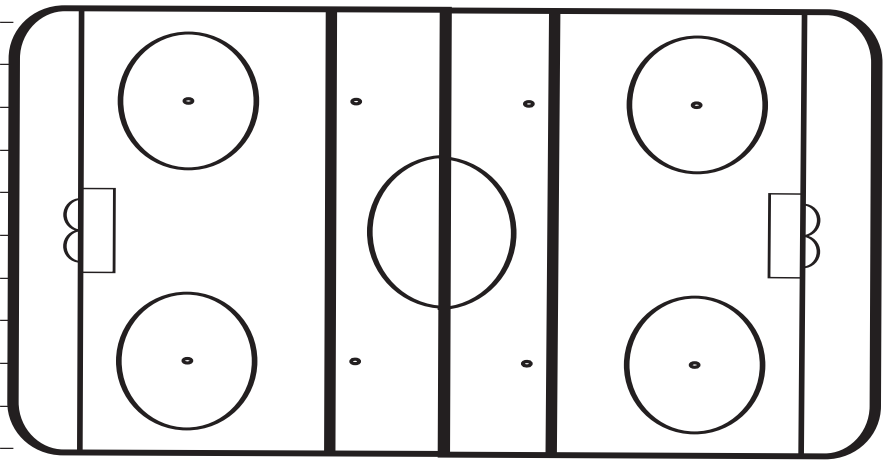
Drill #7 — Pom-Pom - 2 Hand Touch

- X1 calls out pom-pom. All other players try to skate to other end without getting touched (two hands) by X1 before crossing far goal line.
- Whoever X1 touches, those players stay in middle and help X1 next time back.
- Last player wins.



Notes/Comments: Skating agility - reading and reacting

Description _____



Notes/Comments _____

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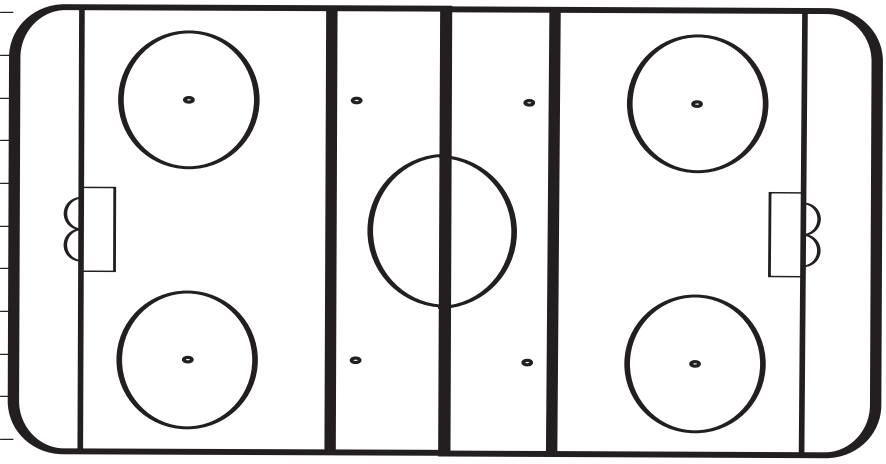


Notes/Comments _____

Hockey Practice Plan

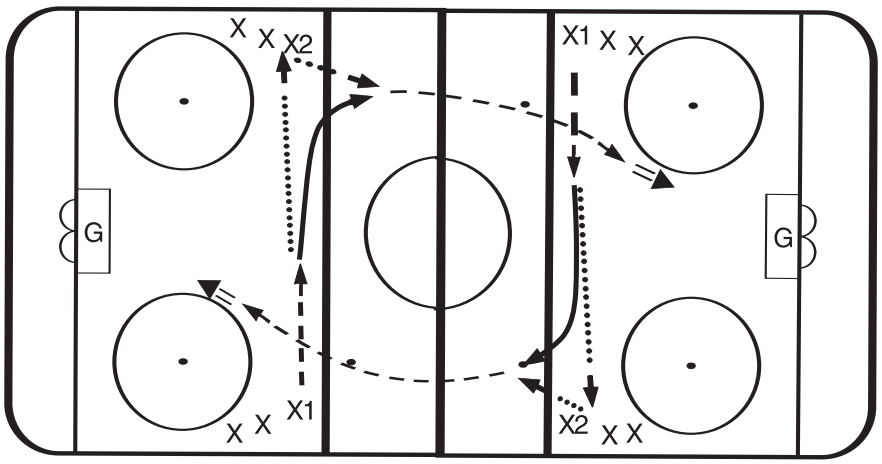
Objectives: To learn, practice and reinforce shooting skills and body positioning

Date: _____
Practice #7
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
____ Skating	____ 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
X Shooting	X 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	X 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	X 3 on 3	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches; four blue line shooting	Passing; long shots
6 mins.	2. Passing Drill - Tic Tac Toe	Quick passes
7 mins.	3. Pivot Shoot - pivot pass drill	Read and shoot or pass
10 mins.	4. 2 on 1; 2 on 1 with backcheck drill	Offense - 2 on 1 with pressure Defense - communicate, body position
10 mins.	5. 3 on 2; 3 on 3 low	Offense - triangle with pressure Defense - body position
5 mins.	6. Three shot drill	Goaltender work
5 mins.	7. Agility race	Competition

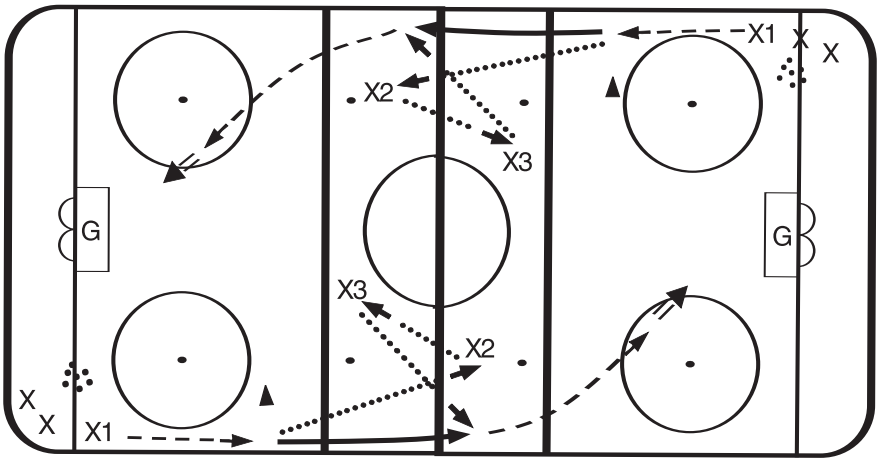
Drill #1 — Warm-Up: Four Blue Line Shooting



- All 4 lines have pucks.
- On whistle, X1's skate several strides with puck then pass to X2 across ice.
- X1 continues skating, swings up ice and gets a return pass from X2.
- X1 skates with puck and takes a long shot.
- After X1 crosses blue line, X2 starts skating with puck, passes to X1 line and swings up ice.

Notes/Comments: Take long shots

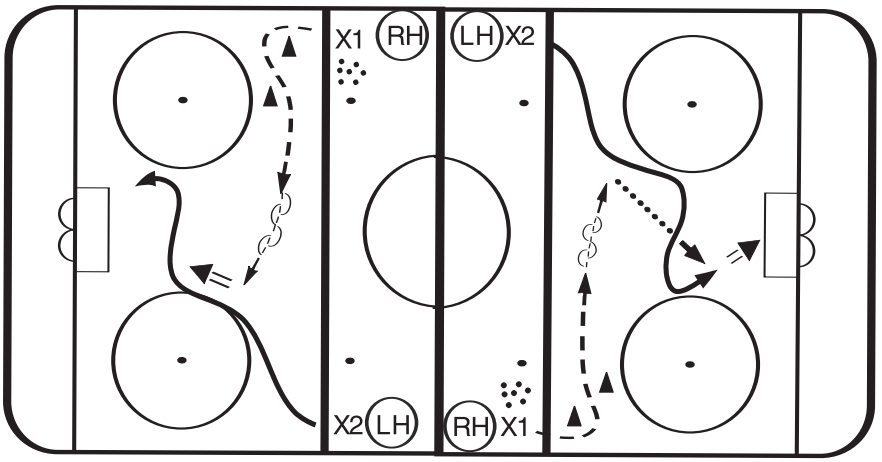
Drill #2 —Passing Drill - Tic, Tac, Toe



- X1 skates with puck to cone and then passes to X2.
- X2 one touch passes to X3.
- X3 one touch passes back to X1.
- X1 takes shot on goal.

Notes/Comments: Quick passes

Drill #3 — Pivot Shoot; Pivot Pass



RH - right-handed players
LF - left-handed players

- X1's start with pucks and skate through cones. When X1 reaches middle of ice, X1 turns and skates backwards with puck.
- At same time, X2 crosses with X1 and gets open.
- A - X1 may shoot puck with X2 going for rebound.
- B - X1 may fake shot and pass to X2.

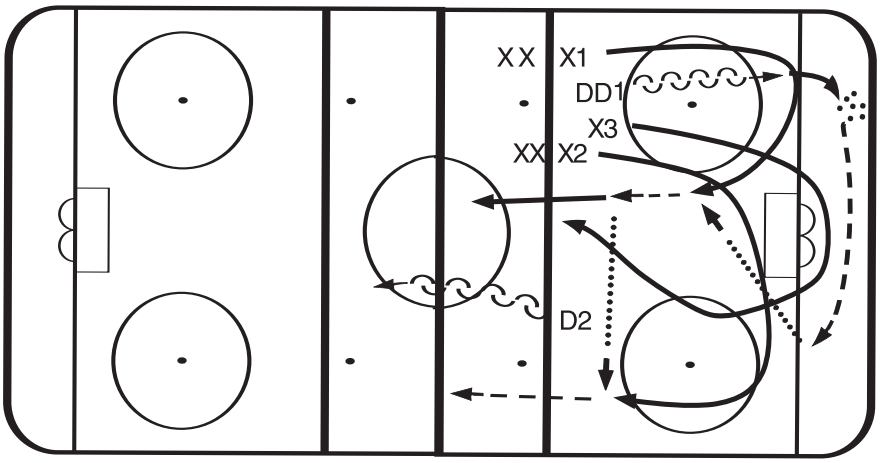
Notes/Comments: Read play and shoot or pass

Drill #4 — 2 on 1; 2 on 1 With Backcheck

- D1 skates backward, turns and picks up a puck.
- At same time, X1 and X2 skate as shown.
- D1 skates behind net and passes to X1 or X2 who proceed 2 on 1 on D2.

Variation - (2 on 1 backchecker) X3 skates at same time behind net and backchecks picking up either X1 or X2.

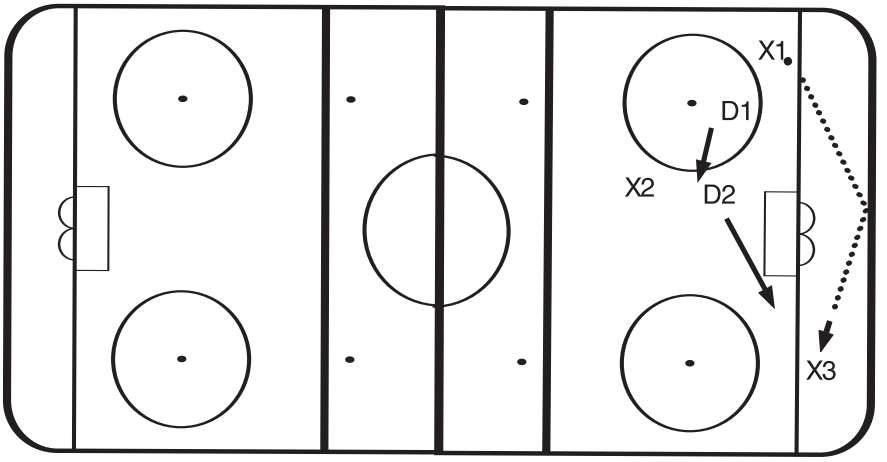
- Switch sides half-way through.



Drill #5 — 3 on 2; 3 on 3 Low

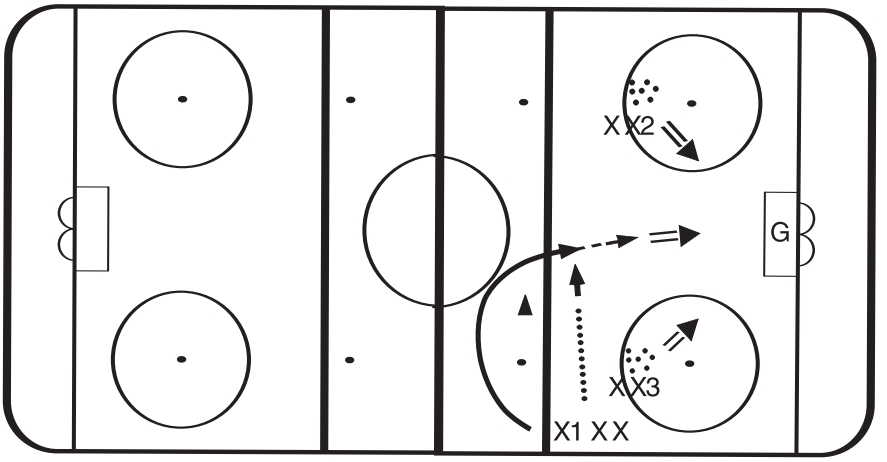
- Puck is dumped in corner.
- X1, X2, X3 work puck below the top of circles while D1 and D2 defend.
- X1, X2, X3 must work triangle for shot.
- D1 and D2 must not give a shot from slot.

Variation - (3 on 3) Put in X4 who helps D1 and D2.



Drill #6 — Three Shot Drill

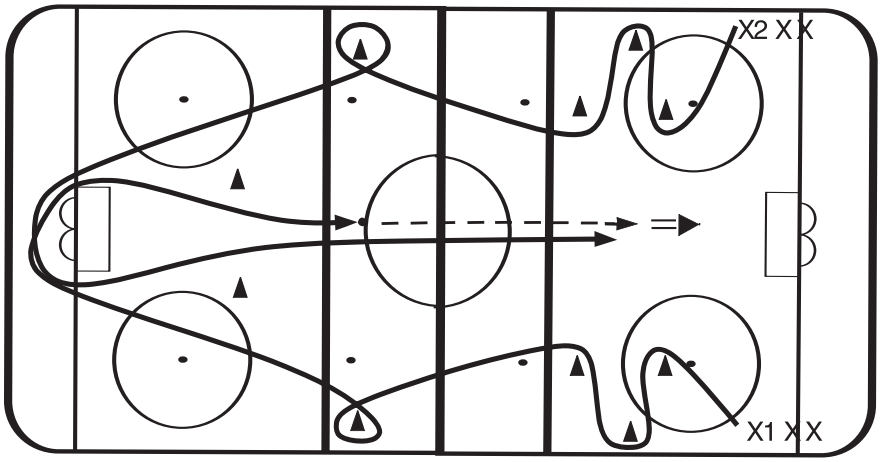
- X1 skates around cone, gets pass from next player in line and shoots.
- When puck hits goaltender, X2 shoots.
- When puck from X2 hits goaltender, X3 shoots.
- Goaltender must react quickly to all shots.
- Do drill at both ends and switch sides for X1 line.



Notes/Comments: Goaltender work

Drill #7 — Agility Race for Puck

- X1 and X2 start on whistle and skate as shown.
- First player to reach puck at neutral ice tries to score.
- Second player backchecks.



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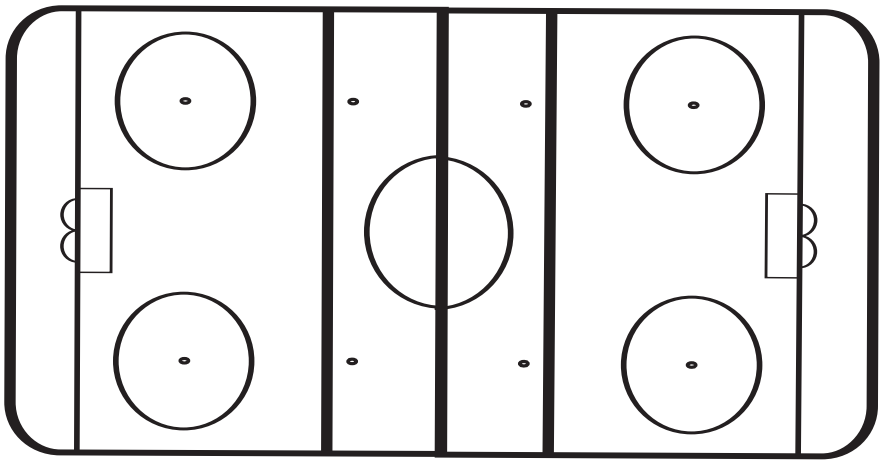

Notes/Comments _____

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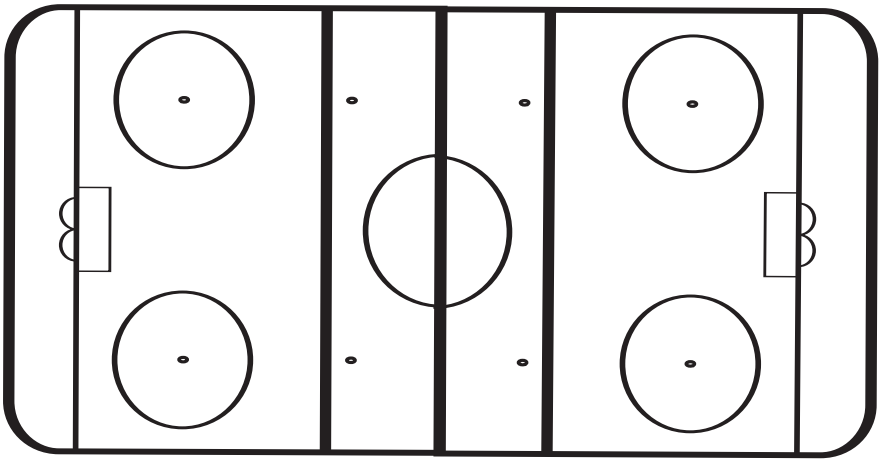


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice the breakout

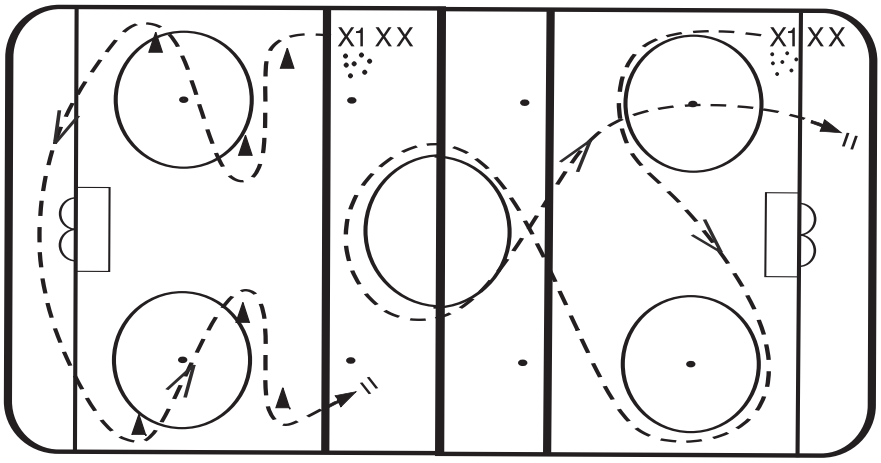
Date: _____
Practice #8
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	X 1 on 1	X Defensive Zone	___ Short Work - Quickness
___ 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	X Breakouts	X FUN - Relay Contests
___ Checking	___ 3 on 1	___ Entering Attack Zone	___ Skills Testing
___ Agility Work	___ 3 on 2	___ Triangulation/Cycling	X Misc. *block shots*
X Goaltending	___ 3 on 0	___ Faceoffs	
___ Def./Forwards		___ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches; backward with puck	Speed; quickness
6 mins.	2. Defense reaction drill - modified	
6 mins.	3. Czech passing drill	One-touch passes
10 mins.	4. Split up: Defense - breakout drills; Forwards - breakout drills	Defense - look before get to puck Forwards - always face puck
6 mins.	5. Simple Breakout (Option: with forecheckers)	Good passes
6 mins.	6. Fake shot drill	Strong fake, acceleration after fake
5 mins.	7. Rebound drill	Forwards - shot on ice Goalie - direct shots away from forwards
5 mins.	8. 1 on 1 Battle keep away	

Drill #1 — Warm-Up: Backward With Puck

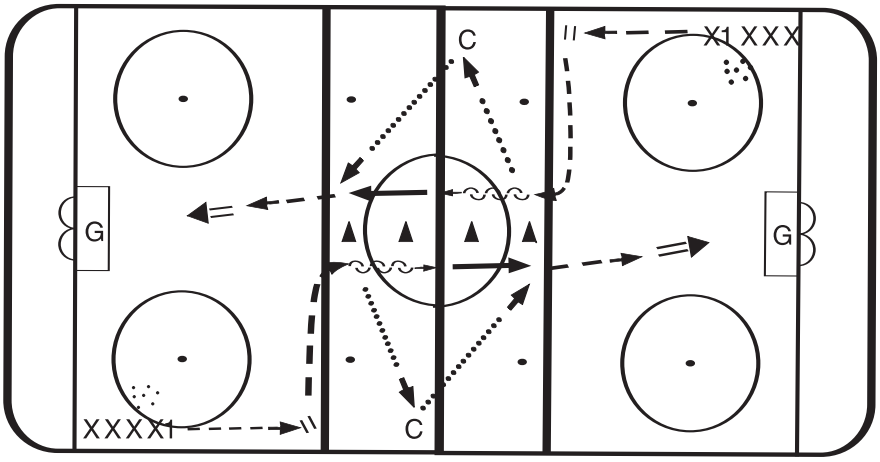
- Pick two drills. Have each player go through each drill twice, using pucks.
- A - work on quick direction changes; backwards with pucks.
- B - work on speed backward crossovers with pucks. Switch corners on this drill.



Notes/Comments: Quickness, speed

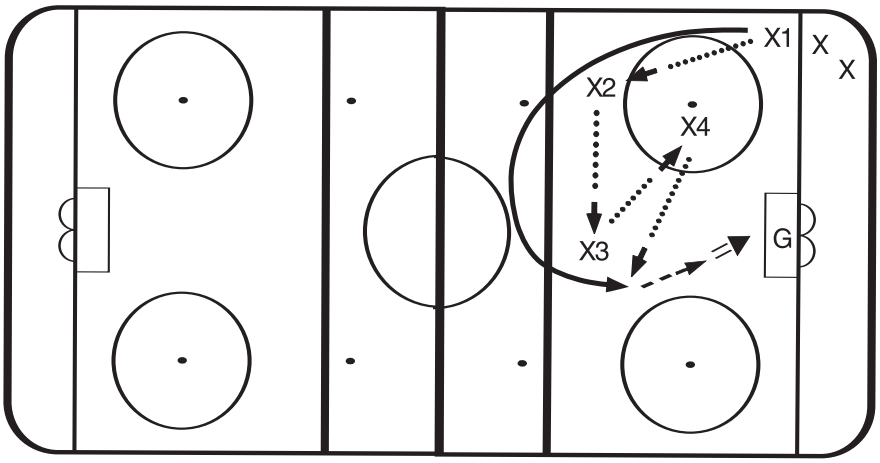
Drill #2 — Defense Reaction Drill - Modified

- X1 skates with puck to blue line, stops and skates along blue line.
- When X1 reaches cones, he pivots backward and passes to coach.
- X1 continues backward until red line, then turns and skates forward.
- X1 receives a return pass from coach and takes a long shot on goal. Switch corners half-way through.



Drill #3 — Czech Passing Drill

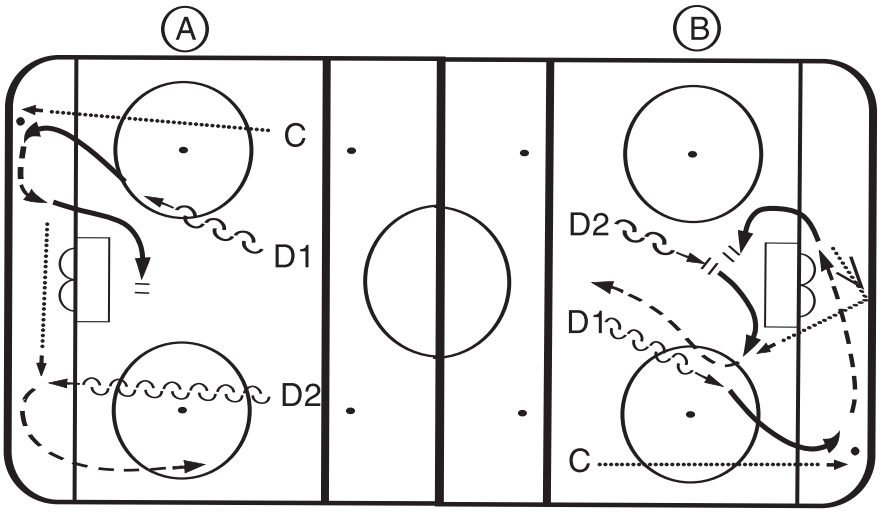
- X1 starts by passing to X2. X1 then skates as shown.
- Meanwhile X2 passes to X3 and X3 passes to X4.
- X4 then looks for X1 entering zone. X4 passes to X1 who takes a shot on goal.
- Switch corners half-way through.



Notes/Comments: One-touch passing

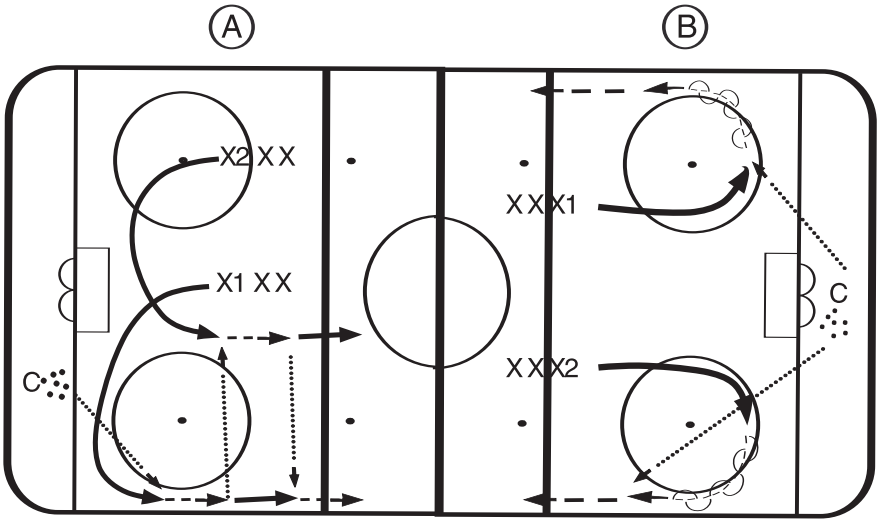
Drill #4 — Split Up - Defense

- Defense should always look back before getting to puck and stay inside dots when making passes so they have better passing angles.
- A - coach dumps puck in corner. D start out backwards. D1 turns, picks up puck and makes pass to D2. D2 receives pass and skates up ice. D1 goes to front of net.
- B - coach dumps puck in corner. D1 turns, picks up puck and skates behind net and reverses puck off boards. D2 skates backwards and stops in front of net. D2 picks up puck when reversed and head up ice.



Drill #4 — Split Up - Forwards

- A - X1 and X2 swing as shown. Coach passes to either X1 or X2. X1 and X2 pass puck until blue line. Switch sides halfway through.
- B - X1 skates deep, pivots around bottom of circle (always facing puck) and receives a pass from coach.
  - coach may pass direct or off boards
  - X2 starts when X1 reaches bottom of circle

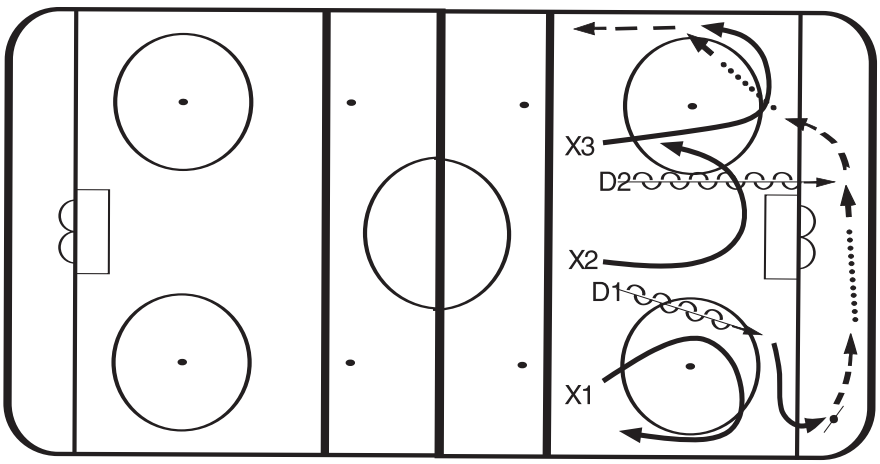


Notes/Comments: A - Swing Drill; B - Pivot Drill

Drill #5 — Simple Breakout

- Start all players just inside blue line.
- Puck is dumped into either corner.
- Defense perform D to D or reverse pass.
- Forwards stay in their own lanes and swing as shown.

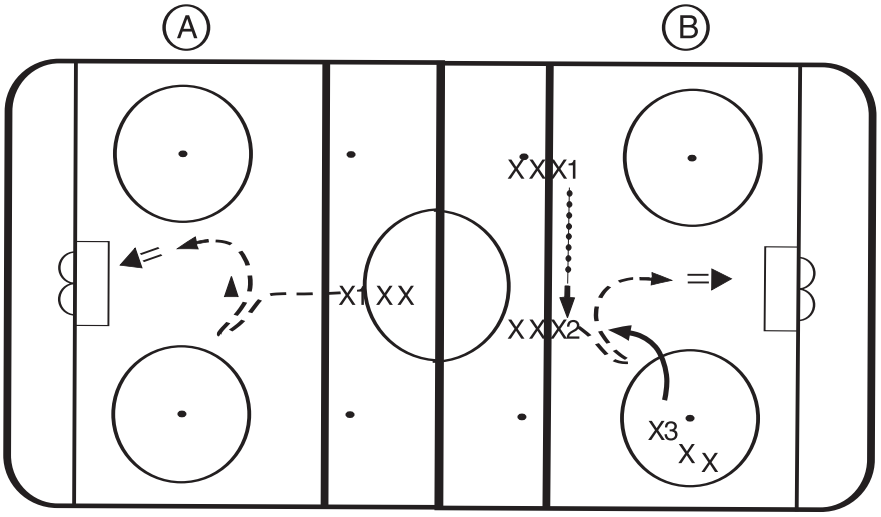
Options: can do drill half ice or continue full ice 5 on 0. You can also add 2-3 forecheckers.



Notes/Comments: Defense - stay inside dots, look before get to puck; Forwards - use pivots, face puck

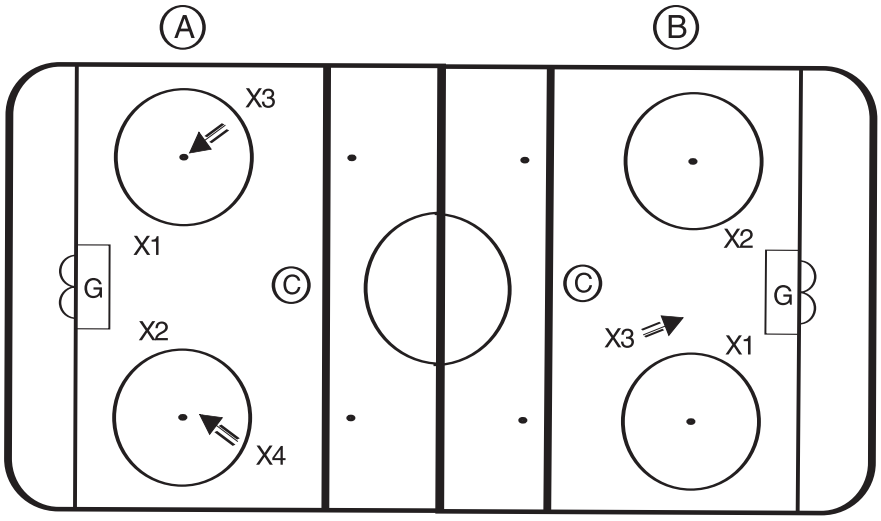
Drill #6 — Fake Shot Drill

- A - X1 skates full speed to cone, fakes shot and continues for a shot on goal.
- B - X1 starts drill by passing to X2.
  - X3 heads for X2 after pass is made, going down to block shot
  - X2 must fake shot forehand or back-hand and continue for a shot on goal
  - X3 tries to stop X2 after fake.



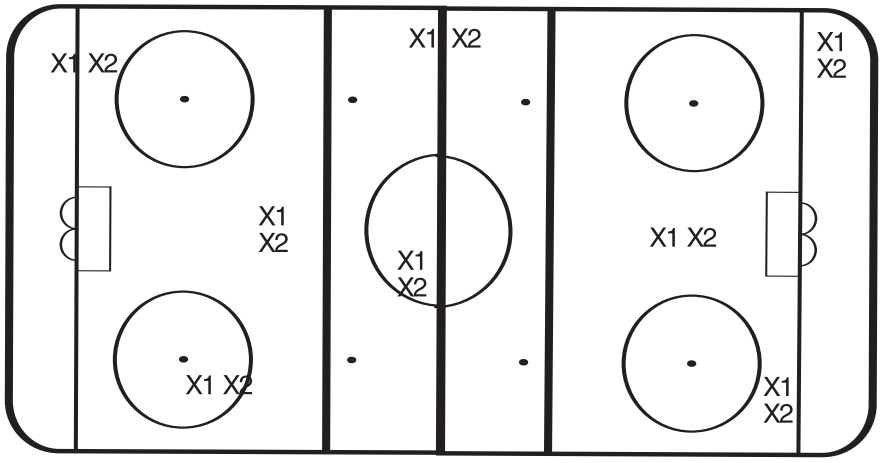
Drill #7 — Rebound Drill

- A - X1 and X2 position themselves in front of goaltender, not too deep.
  - X3 and X4 alternate shots.
  - G must direct shots to corner or away from X1 and X2.
- B - X1 and X2 position in front, not too deep.
  - X3 takes shots
  - goaltender must direct shots away from X1 and X2.
- Coach keeps track of how many rebounds, second shots.



Drill #8 — 1 on 1 Battle Keep Away

- Players pair up and find a restricted area.
- On whistle, they play keep away.
- After 30-45 seconds, coach blows whistle. Whoever doesn't have puck does 10 push-ups.



Hockey Practice Plan

Objectives: Varied Skill Work

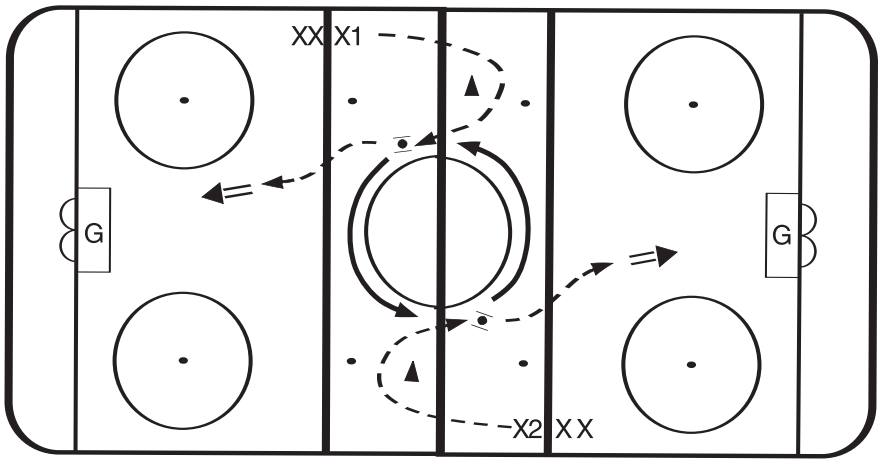
Date: _____
Practice #9
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
X Body Contact	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
X Body Position	____ 3 on 2	____ Triangulation/Cycling	X Misc. - *puck wars*
____ Goaltending	____ 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: Stretches Crossover shooting drill	Crossovers, drop pass
8 mins.	2. Give and Go Drill	One-touch passes
5 mins.	3. Tip in Drill: D - Shot on ice; F - Stay high slot	
9 mins.	4. Puck Handling - 3 stations	Wide movements
8 mins.	5. 1 on 1 with breakout pass: D - move up with play; F - attack defensive weaknesses	
7 mins.	6. Checking - three stations	Use legs
6 mins.	7. Puck wars	Competition

Drill #1 — Warm-Up: Crossover Shooting Drill

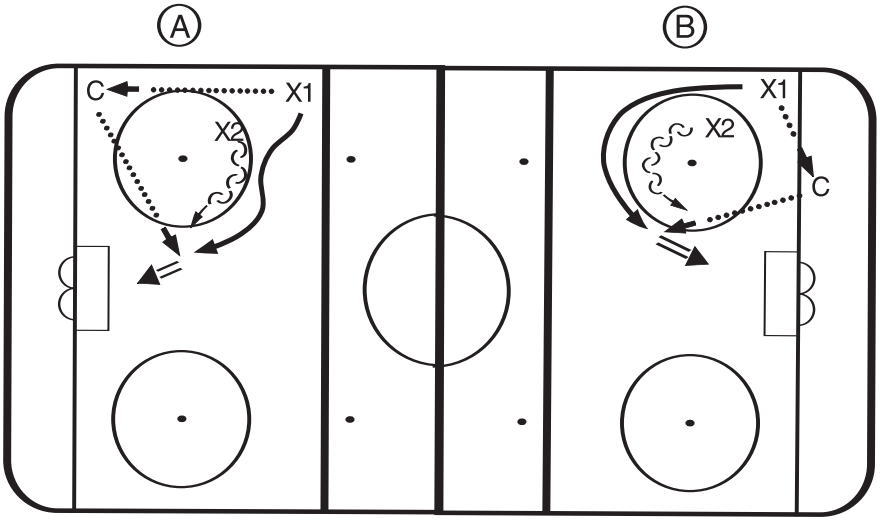
- X1 and X2 start at same time.
- X1 skates with puck around cone, crossing over.
- X1 then skates to center circle hash marks and makes a drop pass, leaving puck in hash marks.
- X2 skates same pattern.
- X1 continues around center circle, crossing over and picks up puck (opposite hash marks) left by X2.
- X1 skates and takes long shot on goal.
- X2 does same.



Drill #2 — Give and Go Drill

A.
- X1 starts with puck and makes pass (forehand, backhand or flip) to coach.
- X1 then breaks to get open, receives a return pass and shoots off pass.
- Option - add X2 who must cover X1 after X1 makes pass to coach.
- Do drill both sides.

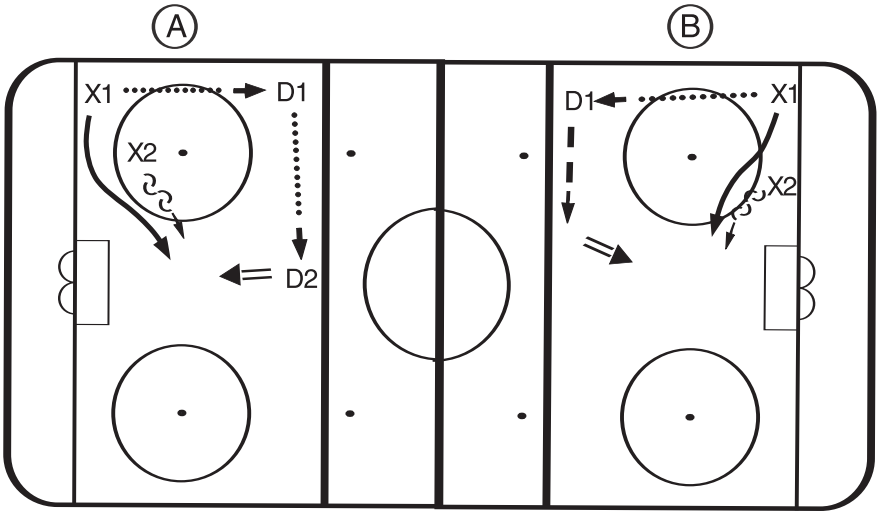
B.
- X1 makes pass to coach (forward, backward, flip) and breaks around top of circle.
- X1 receives pass and shoots.
- Option - add X2 to cover X1.



Drill #3 — Tip In Drill

A.
- X1 makes pass to D1 and skates to slot for tip.
- D1 passes to D2, who shoots.
- Option - add X2 who covers X1 after pass is made.

B.
- X1 passes to D1 and goes to slot for tip.
- D1 skates to middle of ice and takes shot.
- Option - add X2 to cover X1 after pass



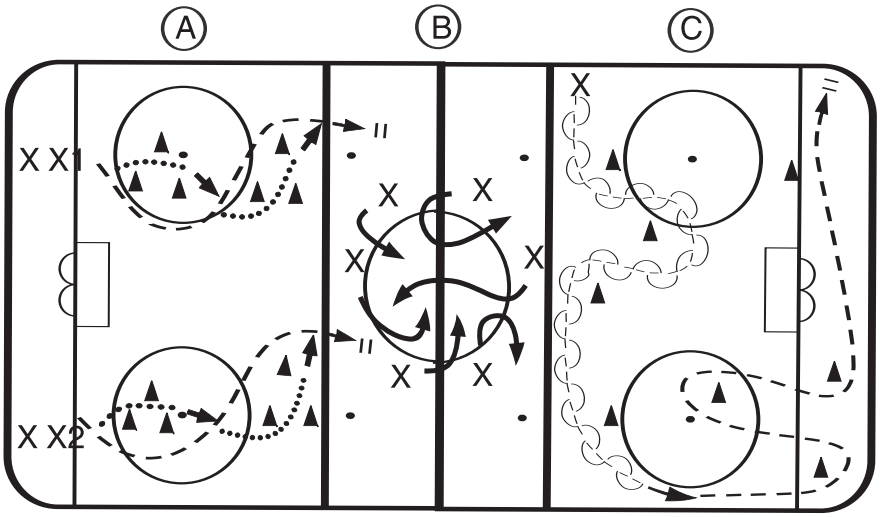
Drill #4 — Puckhandling Three Stations

A. • Players approach three cones (pretending cones are a defenseman's stick) and skates triangle.

B. • Players skate full speed, making up moves, avoiding each other.

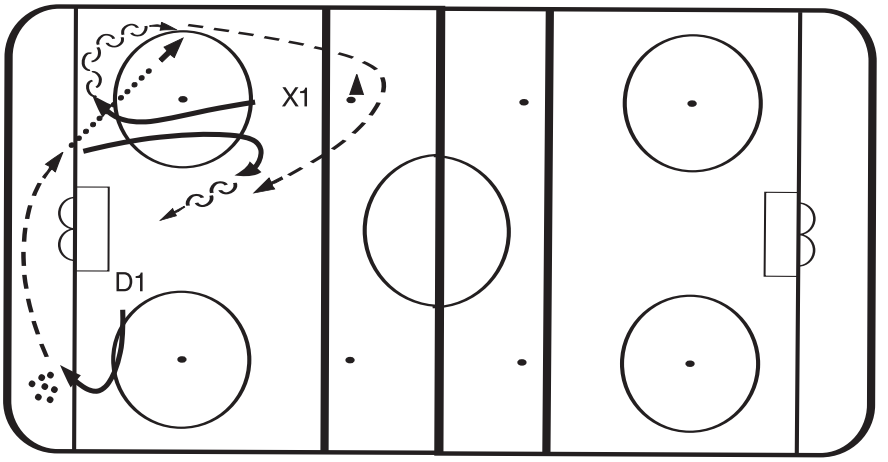
C. • Players skate backward with puck through cones then pivot forward and skate forward through cones.

• Rotate after three minutes.



Drill #5 — 1 on 1 With Breakout Pass

- On whistle, D1 and X1 shoot.
- D1 skates to corner, picks up puck, skates behind net and makes pass to X1.
- X1 skates low, pivots facing D1 and receives pass.
- X1 then skates around cone and heads back into zone.
- After D1 makes pass, D1 must move up to blue line and play X1 one on one.

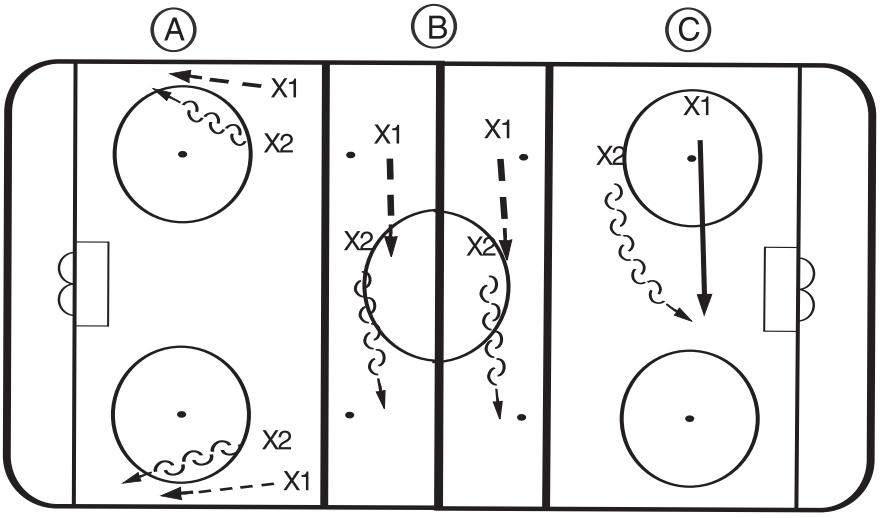


Drill #6 — Checking 3 Stations

A. • X1 skates forward with puck.
• X2 skates backward.
• X2 must shoulder check X1 and pin X1 against boards.

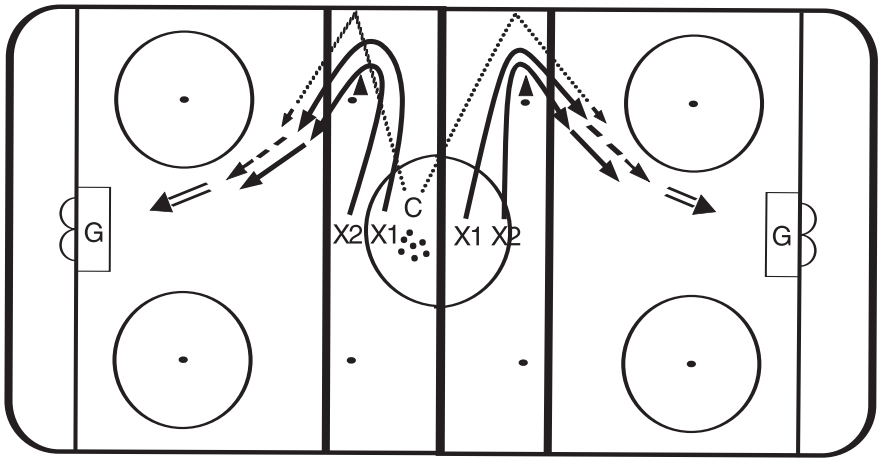
B. • X1 skates toward X2 with puck (X2-backward).
• X2 must poke check puck, stop and get puck.

C. • X1 skates in straight line 3/4 speed.
• X2 skates backwards four feet away.
• X2 must hip check X1, staying low and accelerate.



Drill #7 — Puck Wars

- Coach starts at center ice with pucks and passes puck off boards around cone.
- X1 and X2 skate around cone and battle for puck.
- The first player to puck tries to score a goal and the other player tries to defend.



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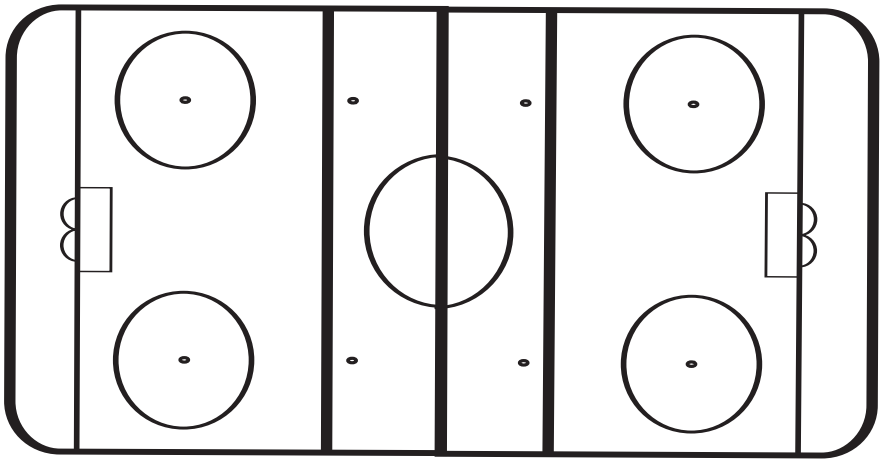

Notes/Comments _____

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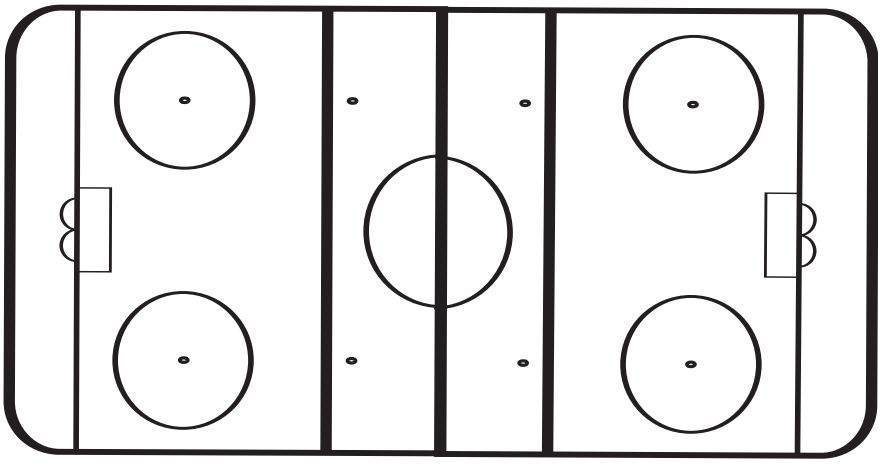


Notes/Comments _____

Hockey Practice Plan

Objectives: Work on backchecking skills

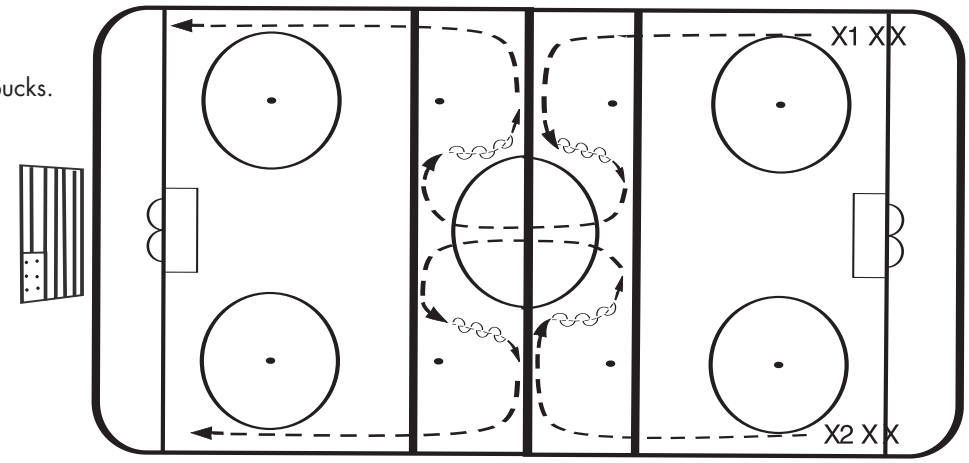
Date: _____
Practice #10
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 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	X Full Ice Modified Games
____ Shooting	X 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
X Agility Work	X 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	X 3 on 3	____ Faceoffs	
____ Def./Forwards	____ 3 on 0	____ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: Stretches; Face the flag	Agility, lateral movement
7 mins.	2. Swedish Passing Drill	Keep feet moving, execute passes
7 mins,.	3. 2 on 1	F - get quality shot D - force outside shot
7 mins.	4. 2 on 1 with backchecker	Defense and designated back-checker must communicate
7 mins.	5. 3 on 2	F - create shot in slot D - pressure at blue line
7 mins.	6. 3 on 2 with backchecker	Defense and designated back-checker must communicate
8 mins.	7. Relays with net	Have fun

Drill #1 — Warm-Up; Face the Flag

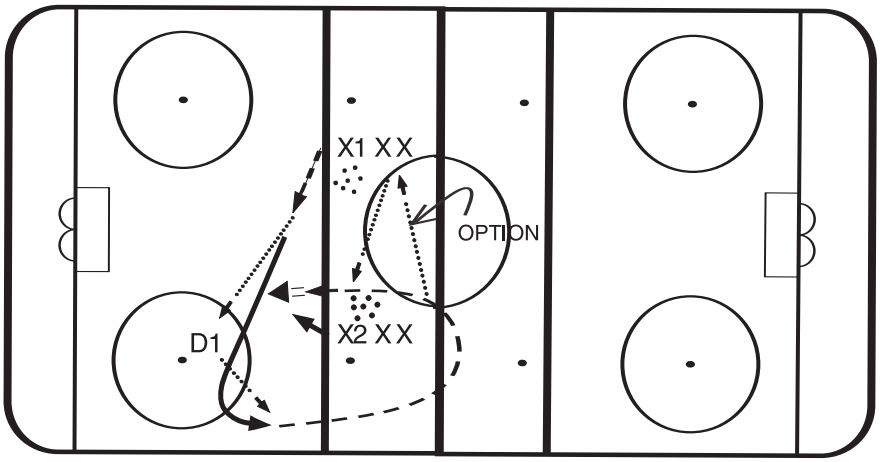
- X1 and X2 start at same time with pucks. Always face flag at far end of ice.
- X1 skates forward to red line, crossover left, backwards to blue line, crossover right, backward to red line, crossover right, forward to hash mark.
- X2 skates same on other half of ice.



Drill #2 — Swedish Passing Drill

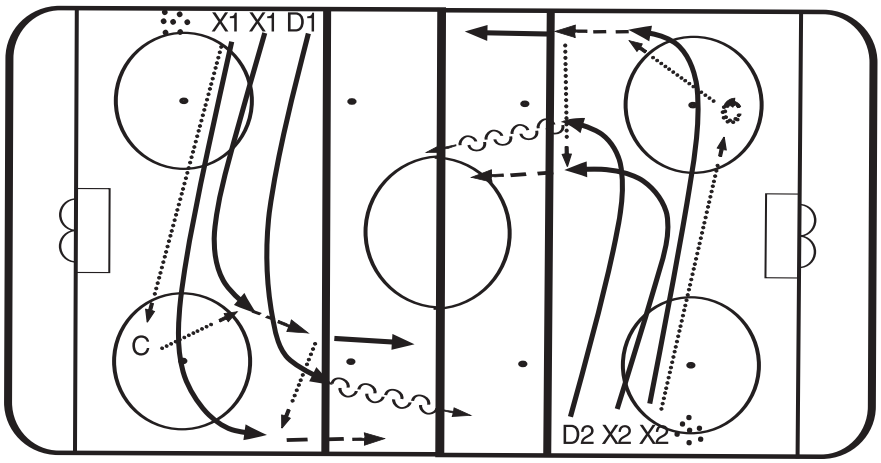
- X1 skates with puck then passes to D1, after making pass. X1 swings to boards.
- D1 passes back to X1 after X1 makes swing.
- X1 skates with puck around X2 line and takes a shot on goal.
- X2 starts after X1 gets return pass from D1.

Option - as X1 reaches X2 line, X1 passes to last player in X1 line and gets return pass.



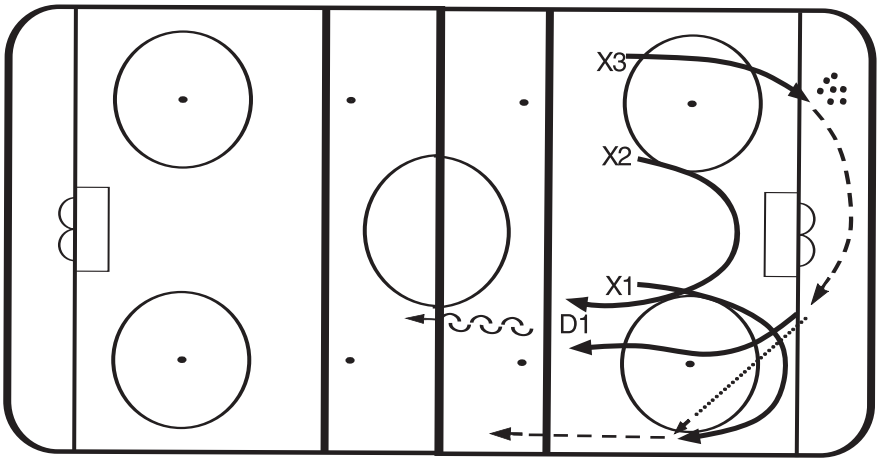
Drill #3 — 2 on 1

- X1 and X2 lines start at same time.
- X1 passes to coach and swing as shown.
- D1 follows X1s across ice, coach passes back to X1s and D1 plays the 2 on 1.
- Switch sides half way through.



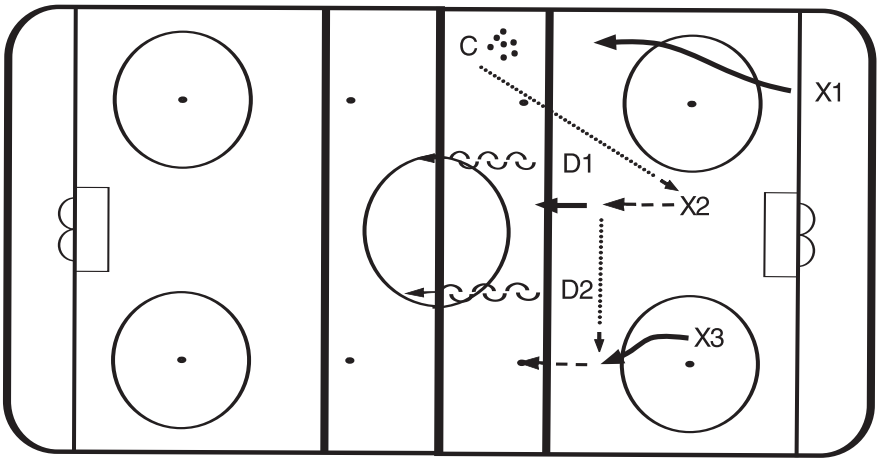
Drill #4 — 2 on 1 With Backchecker

- X1, X2 and X3 start on whistle.
- X1 and X2 swing, X3 picks up puck and skates behind net.
- X3 then passes to either X1 or X2.
- D1 steps out to play 2 on 1.
- X3 must read play and pick up open man on backcheck.
- D1 must let X3 know who to take.



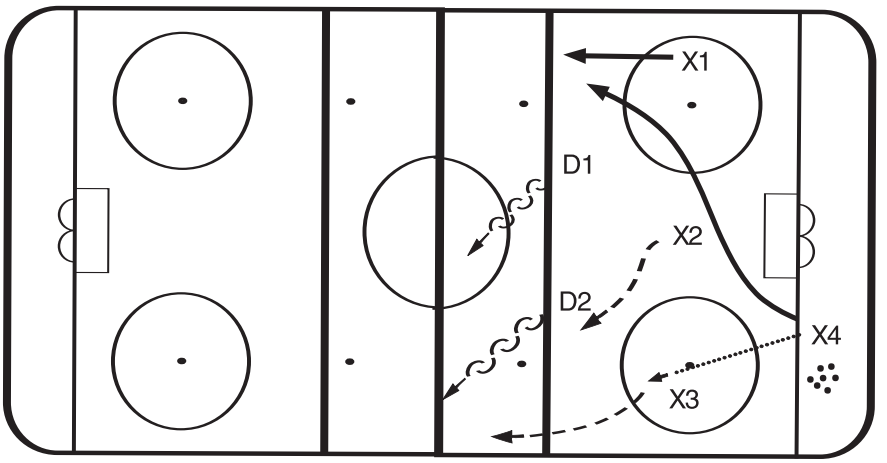
Drill #5 — 3 on 2

- Start drill by dumping puck in zone and have five players work puck 5 on 0.
- Coach blows whistle and gives a pass to one of the forwards (X2).
- Three forwards proceed 3 on 2 on the two defensemen.



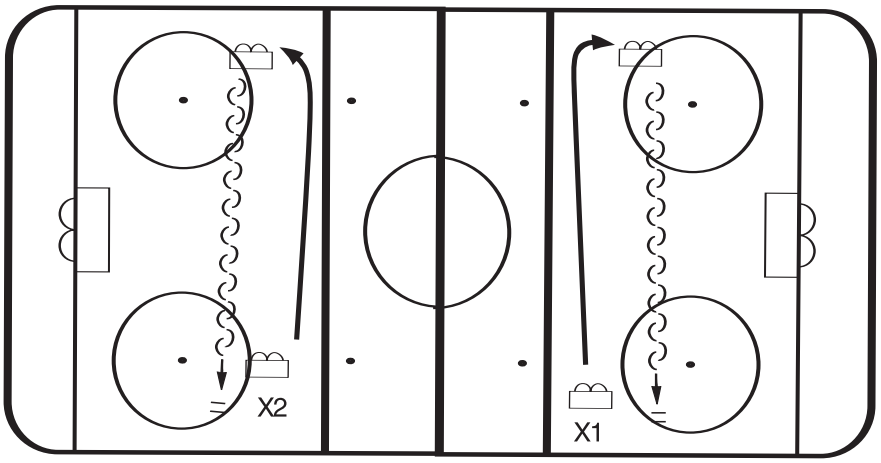
Drill #6 — 3 on 2 With Backchecker

- X4 starts drill by passing to X1, X2 or X3.
- X1, X2 and X3 proceed 3 on 2.
- X4 must pick up open man on backcheck.
- D1 and D2 must direct X4 where to skate on backcheck.



Drill #7 —Relays With Net

- Makes two teams.
- Net is pushed forward across ice and pulled back backward.



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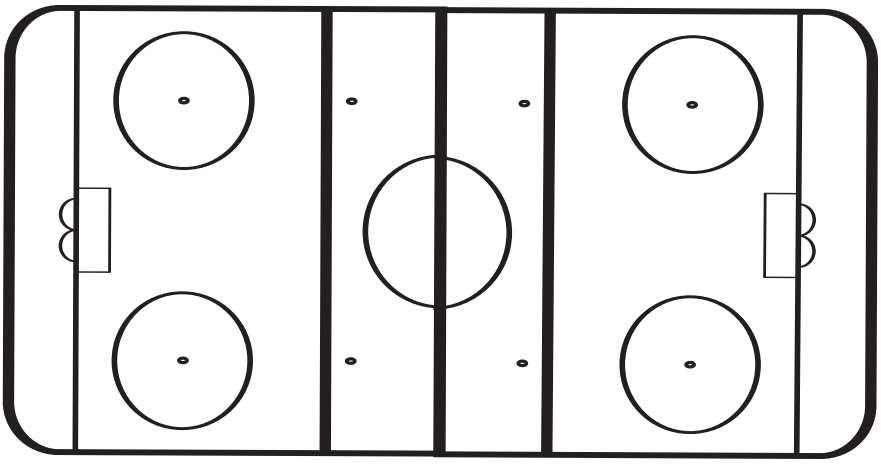

Notes/Comments _____

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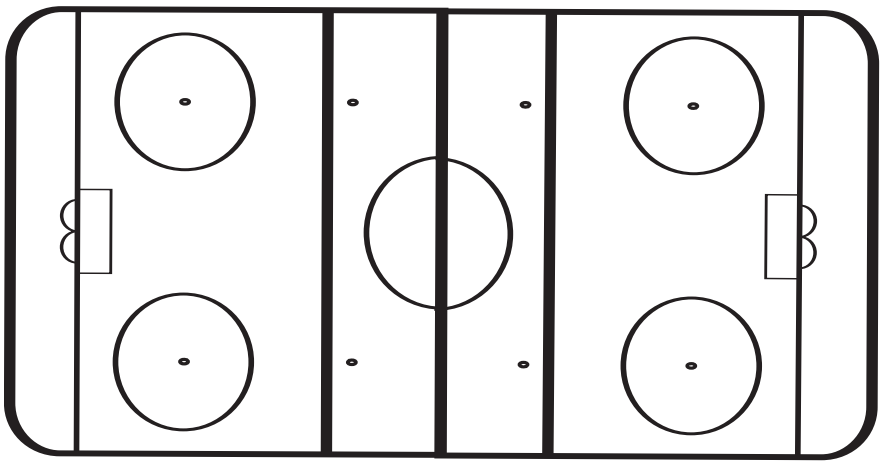


Notes/Comments _____

Hockey Practice Plan

Objectives: Regroup; cycling

Date: _____
Practice #11
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

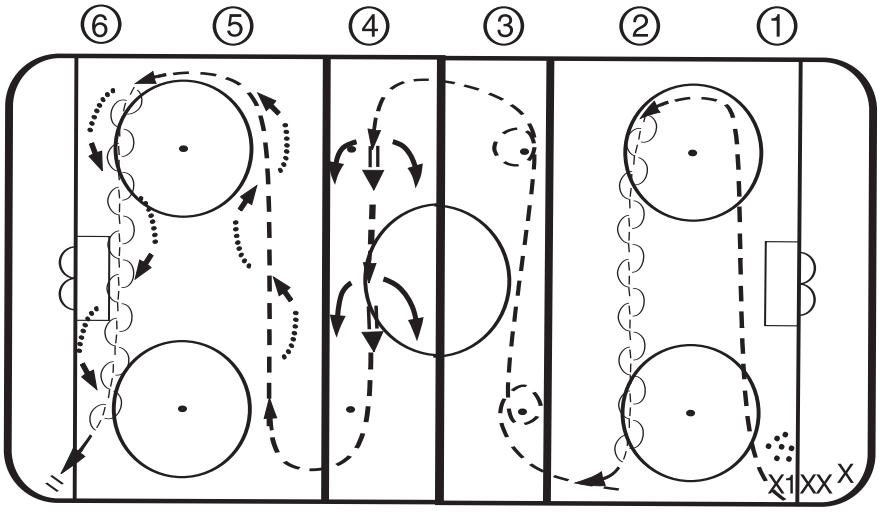
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	____ Defensive Cov.	X Short Work - Quickness
____ Puck Control	X 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
X Shooting	____ 2 on 2	____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

Time	Drill	Emphasis
6 mins.	1. Warm-Up: Stretches; Skate the lanes with pucks	
7 mins.	2. Flin-Flon - modified exchange puck	Look before pass
7 mins.	3. 2 on 0	Escape move
8 mins.	4. Split up	D - regroup passes F - cycling in zone
5 mins.	5. Regroup Drill #1	D - pass puck in spaces F - Swing low to defense
8 mins.	6. Regroup Drill #2	Same as drill #1
5 mins.	7. 3 on 2 deep; F - work on cycling D - pressure puck	Movement, on touch puck eliminate good shot
5 mins.	8. Free time - players work on skills or ask specific questions	Feedback from players

Drill #1 — Skate The Lanes With Pucks

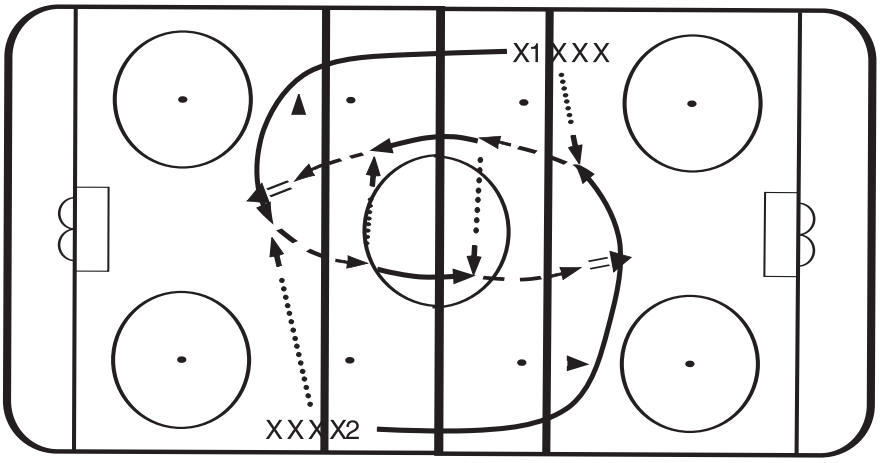
- Players start in corner. They skate down lanes performing different skill in each lane.

1. Make single fake, wide move
2. Backward
3. Tight turns
4. Fake shot pull to side
5. Put puck in skates and kick up to stick
6. Backward puck in skates, kick up to stick



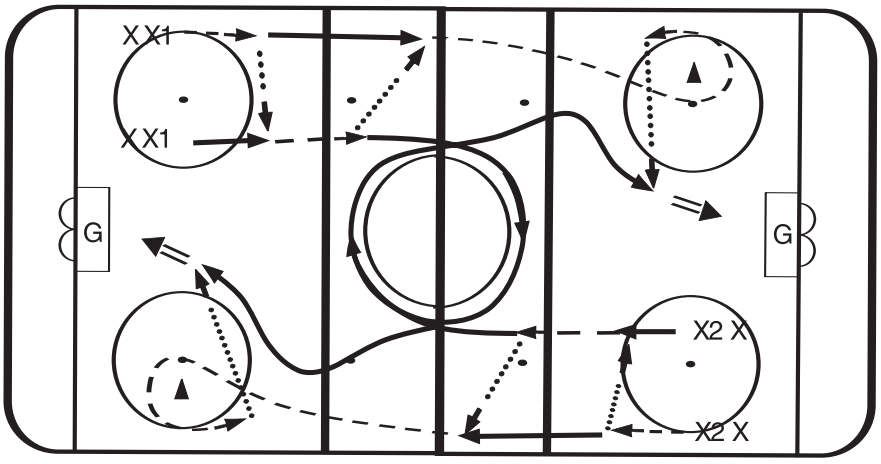
Drill #2 — Flin-Flon

- X1 and X2 start on whistle with at pucks.
- They skate around cone and then get pass from other line.
- After receiving pass, they skate several strides looking for each other.
- In neutral ice they pass to each other, exchanging pucks.
- Players continue and take a long shot on goal.



Drill #3 — 2 on 0

- X1s start by passing puck up ice. When they enter neutral ice the puck should be with the player along the boards.
- The inside player crossovers around center circle and then enters offensive zone.
- The player along boards with puck skates into zone, makes an escape move around cone and passes to player entering zone.
- Shot on goal should be taken between top of circles and hash marks.

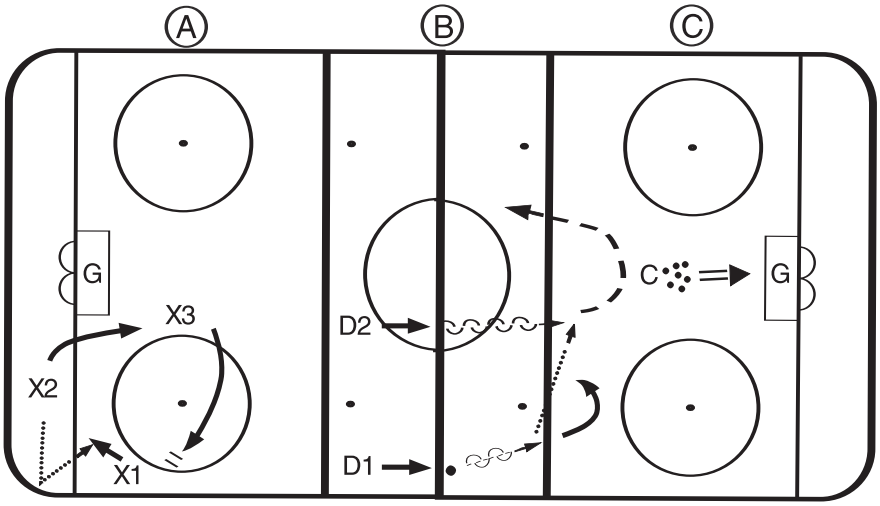


Drill #4 — Split Up

A. Forwards work on cycling in corner. Cycle both directions in each corner. On whistle they take a shot on goal.

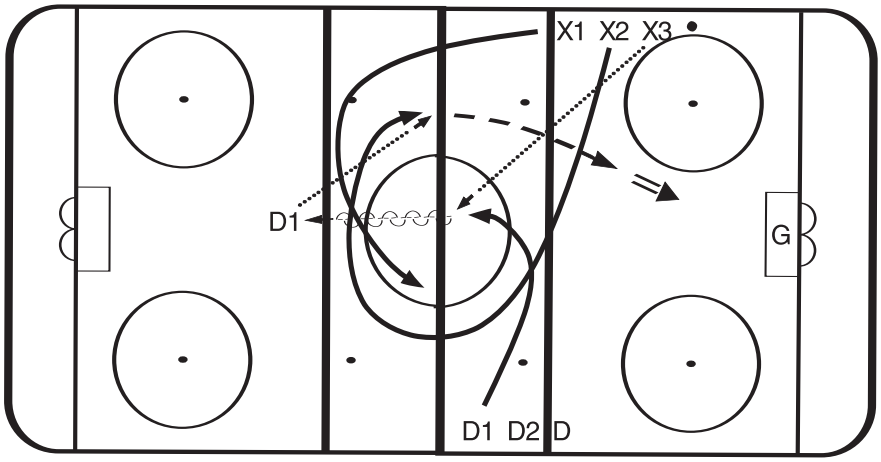
B. Defense works on neutral ice regroup pass.
- D1 picks up puck and turns backward.
- D2 skates and turns backward, getting in position to receive pass (behind).
- D1 makes a back diagonal pass to D2, D2 heads up ice with puck. D1 fills in middle

C. Goalies work on angles and lateral movements.



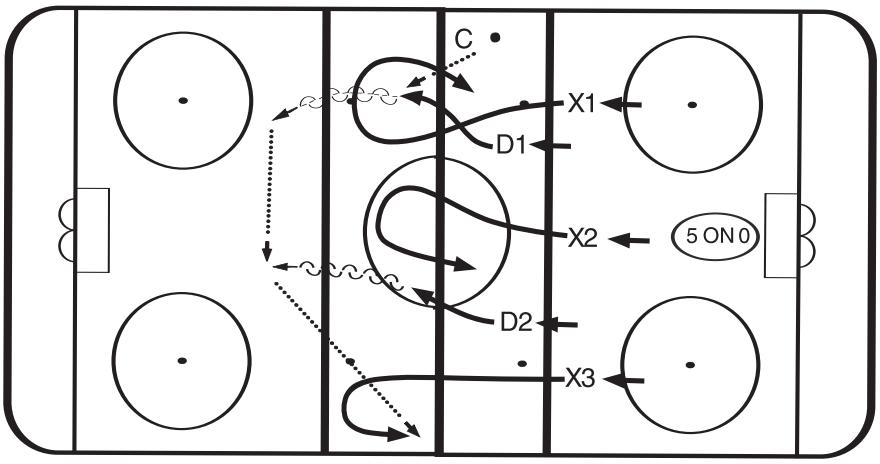
Drill #5 — Regroup Drill #1

- D1, X1 and X2 start at same time.
- X1 and X2 skate as shown and cross close to blue line.
- D1 skates, receives a pass from X3, turns backwards to blue line.
- D1 then makes a pass to X1 or X2 who continue 2 on 0 and take shot.
- D1 follows them all the way into the offensive zone.



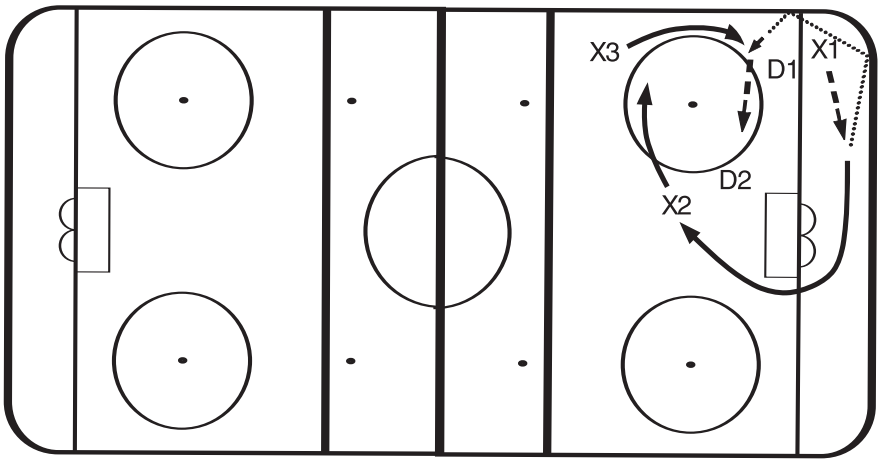
Drill #6 — Regroup Drill #2

- Start drill by moving five players 5 on 0 in offensive zone.
- When you blow whistle, they drop their puck. Coach then throws a puck in the neutral zone.
- D1 or D2 picks up puck and take back for regroup pass.
- X1, X2 and X3 swing near blue line.
- Defense makes a D to D pass and then passes to X1, X2 or X3.
- They continue up ice 5 on 0 and take shot.



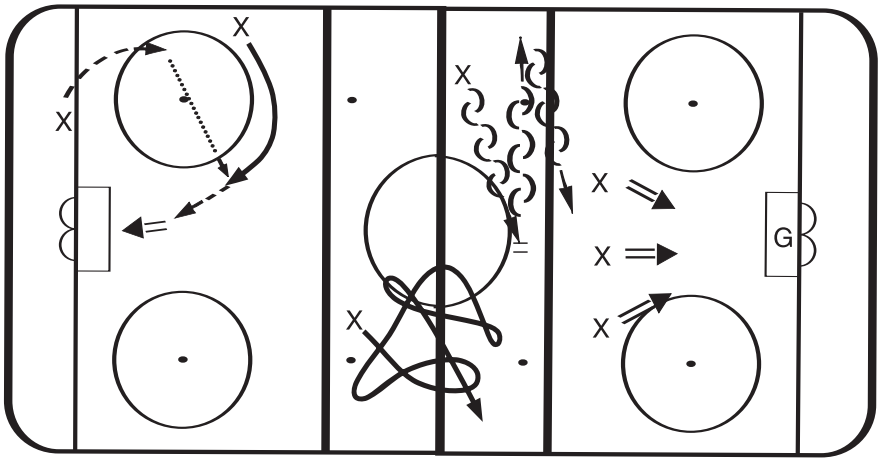
Drill #7 — 3 on 2 Deep

- Dump puck deep in corner.
- X1, X2 and X3 must cycle puck and work for shot on goal.
- D1 and D2 must put pressure on puck and protect slot area.



Drill #8 — Free Time

- Players have time to work on skills or ask questions.



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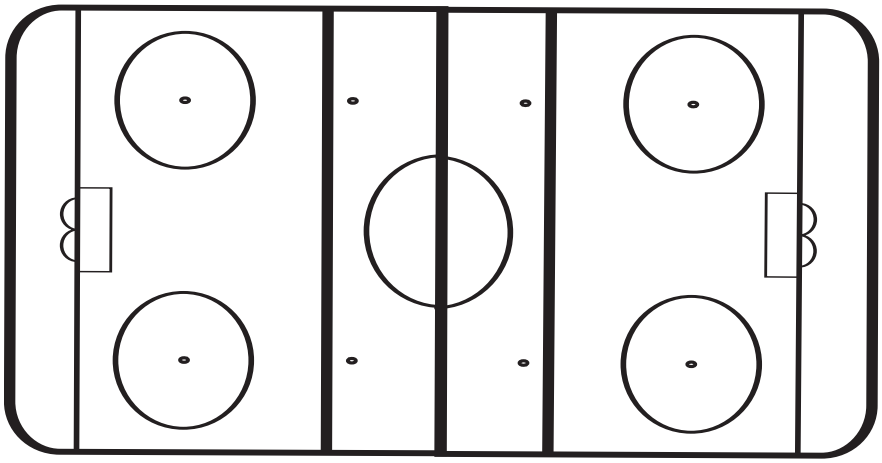


Notes/Comments _____

Hockey Practice Plan

Objectives: Work on Faceoffs

Date: _____
Practice #12
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

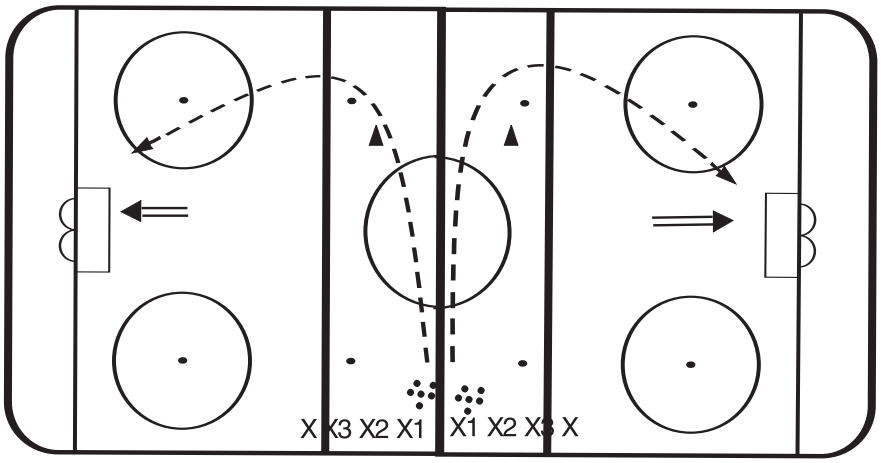
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
X Skating	____ 1 on 1	X Defensive Cov.	____ Short Work - Quickness
____ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
____ Shooting	____ 2 on 2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

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches; train shooting	Keep feet moving, look where shooting
5 mins.	2. 3 on 0 with weave One-touch passes	
8 mins.	3. Breakout, 5 on 0, 3 on 2	Keep small gap
10 mins.	4. Defensive zone faceoffs	Two situations
8 mins.	5. Offensive zone faceoffs	Give two or three options
6 mins.	6. 3 on 3 zone game Coverage away from puck, talk to teammates	
6 mins.	7. Three Stations: Defense - protect puck in corner Wings - shooting drill Centers - work on faceoffs	

Drill #1 — Train Shooting

- X1 skates with puck around cone and takes shot while in stride.
- X2 starts when X1 gets to center ice dot.
- X3 starts when X2 gets to center ice dot.
- Do drill both sides of ice.

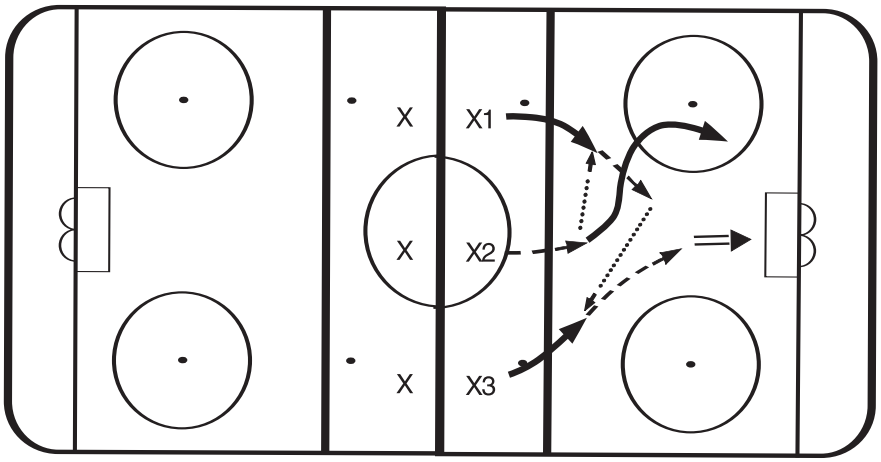
Option - move cones closer to goalie after each round.



Notes/Comments: Shoot while in stride

Drill #2 — 3 on 0 With Weave

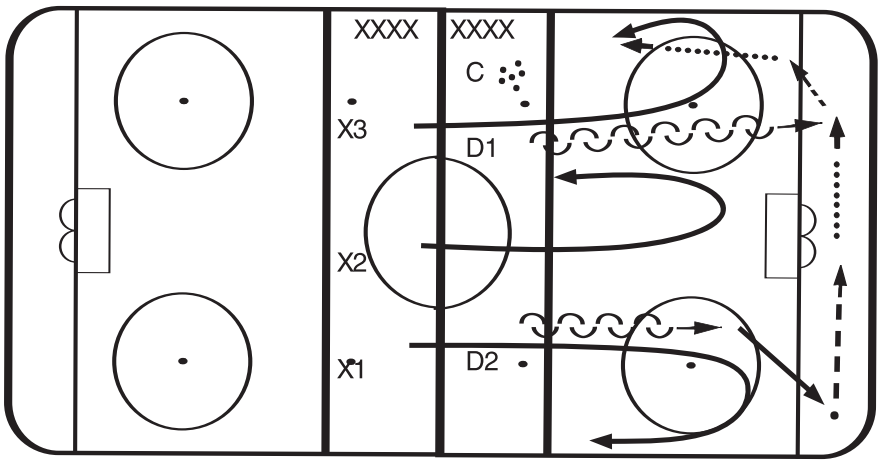
- Start drill at center ice.
- Players 3 on 0 pass - following their pass (weave).
- Have players make two passes at neutral ice and only one pass after crossing blue line, then they shoot and get rebound.



Drill #3 — Breakout, 5 on 0

- Coach dumps puck in corner.
- D1 and D2 make D to D pass or reverse pass.
- X1, X2 and X3 do simple swing.
- D pass up to forwards and all five continue up ice 5 on 0.

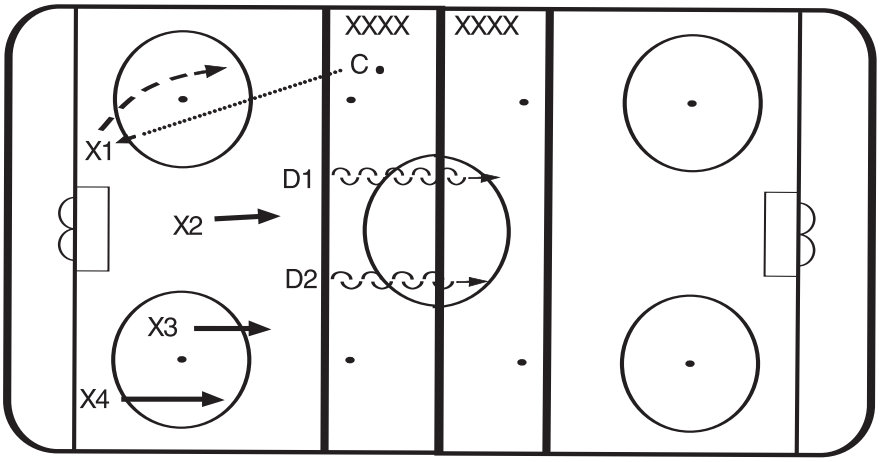
Option - include two to three forecheckers to put pressure on group breaking out.



Drill #3 — Breakout, 3 on 2

- After players score goal 5 on 0 (5 on 2, 5 on 3), coach blows whistle.
- Coach passes puck to X1, X2 or X3 and they return 3 on 2 defensemen.

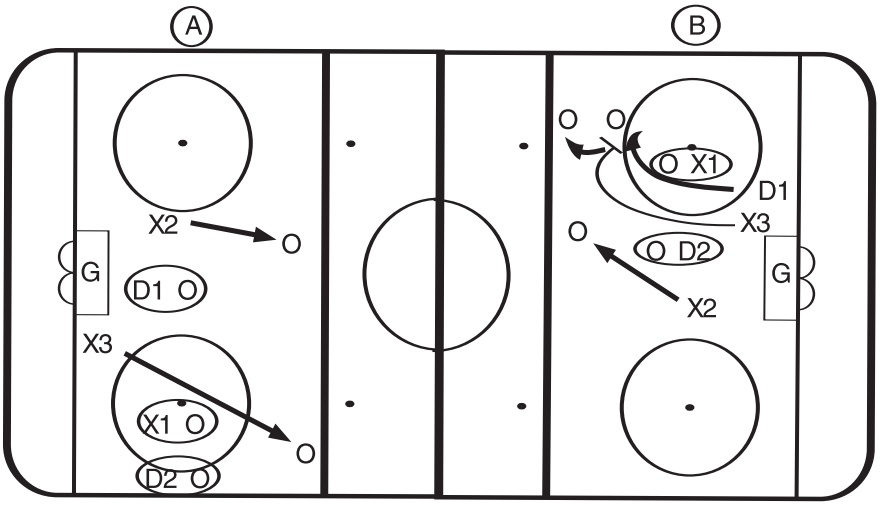
Option - Designate one of the forecheckers to backcheck during 3 on 2. Here X4 backchecks.



Drill #4 — Defensive Zone Faceoffs

A. Three Men Across - other team has three men lined up across. X1 stays with center. D1 and D2 stay with wings. X2 lines up outside D1 and goes to defenseman X3 lines up behind D1 and goes to defenseman. D1 must block out so X3 has open lane.

B. Shooter Situation - other team has shooter. X1 stays with center. D2 stays with wing. X2 lines up outside D2 and goes to defenseman. X3 lines up behind D2. First checks shooter then goes to defenseman. D1 reads play and moves up on shooter when X3 leaves shooter.

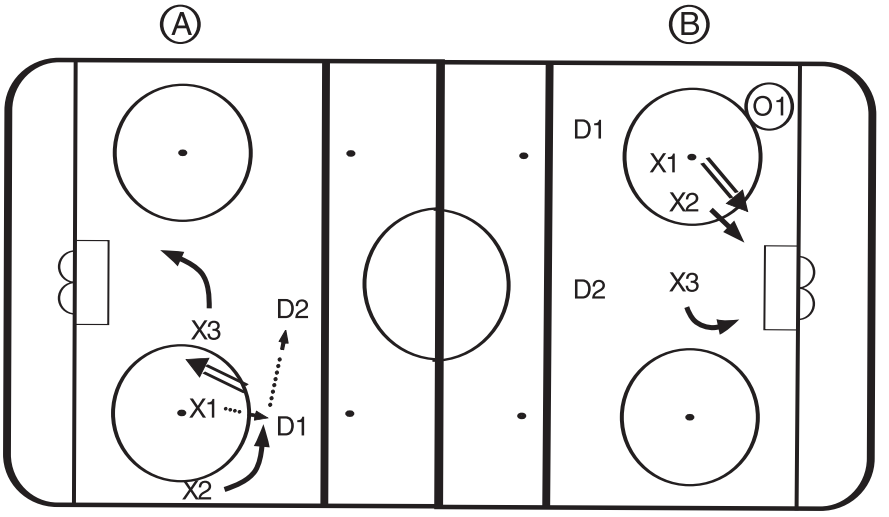


Drill #5 — Offensive Zone Faceoffs

A. X1 draws puck back to X2 who skates around top of circle. X2 either shoots or gives pass to D1 or D2. D1 or D2 shoot. X3 and X2 position in front of net.

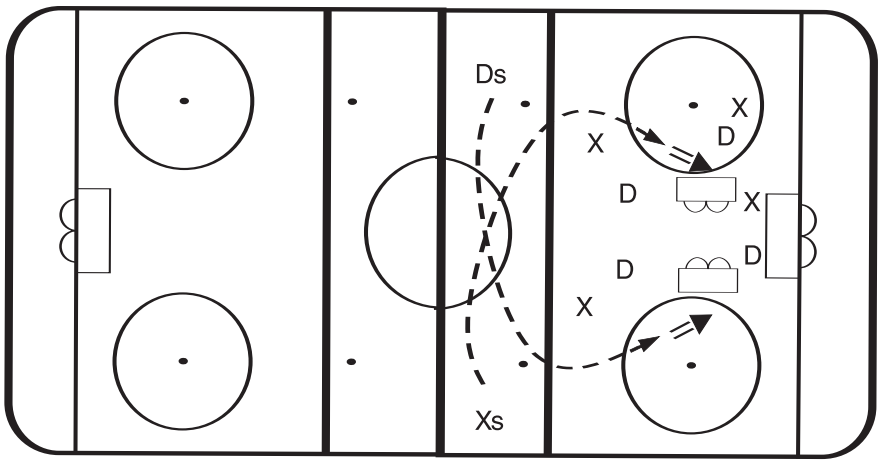
B. X2 and X3 line up inside. D1 moves to top of circle. X1 goes to net with puck while X2 and X3 break to net.

* Works well when other team D 01 stands near corner. This opens lane for X1.



Drill #6 — 3 on 3 Zone Game

- Play 3 on 3 in zone when nets are placed back to back as shown.
- Xs must score in net labeled X.
- Ds must score in net labeled D.

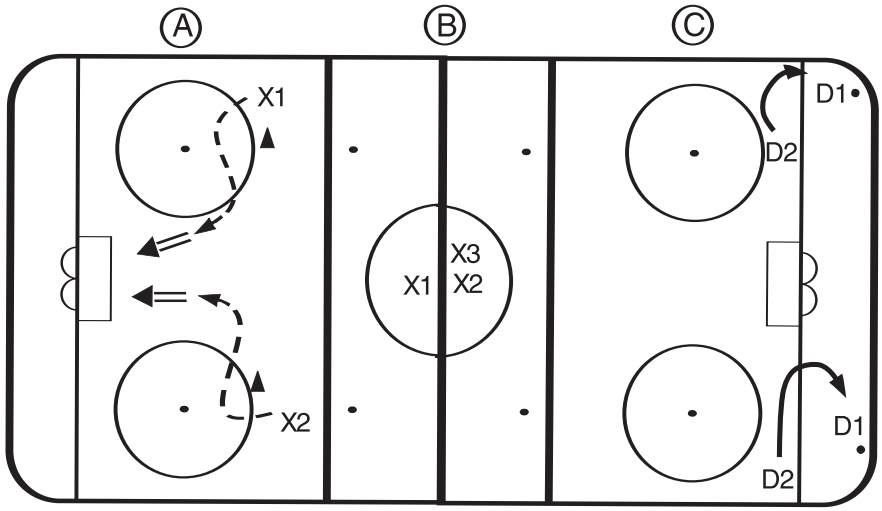


Drill #7 — Three Stations

A. Wings work on driving to net with puck and shooting in stride.

B. Centers work on taking faceoffs.

C. D1 protects puck on boards while D2 tries to get puck.



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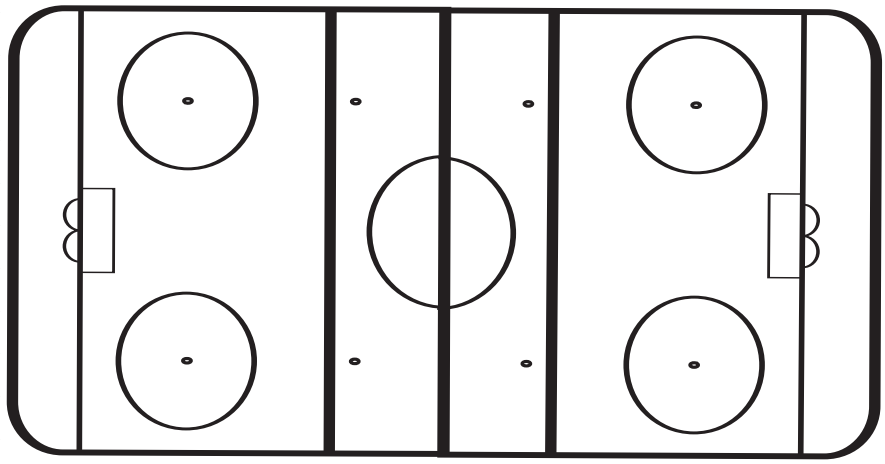


Notes/Comments _____

Hockey Practice Plan

Objectives: Work on the Two-Man Forecheck

Date: _____
Practice #13
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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
___ Shooting	___ 2 on 2	___ Breakouts	___ FUN - Relay Contests
X Checking	___ 3 on 1	___ Entering Attack Zone	___ Skills Testing
___ Agility Work	___ 3 on 2	___ Triangulation/Cycling	X Misc. *Backcheck*
___ Goaltending	___ 3 on 0	___ Faceoffs	
___ Def./Forwards	X 5 on 5	___ Power Play / Penalty Kill	

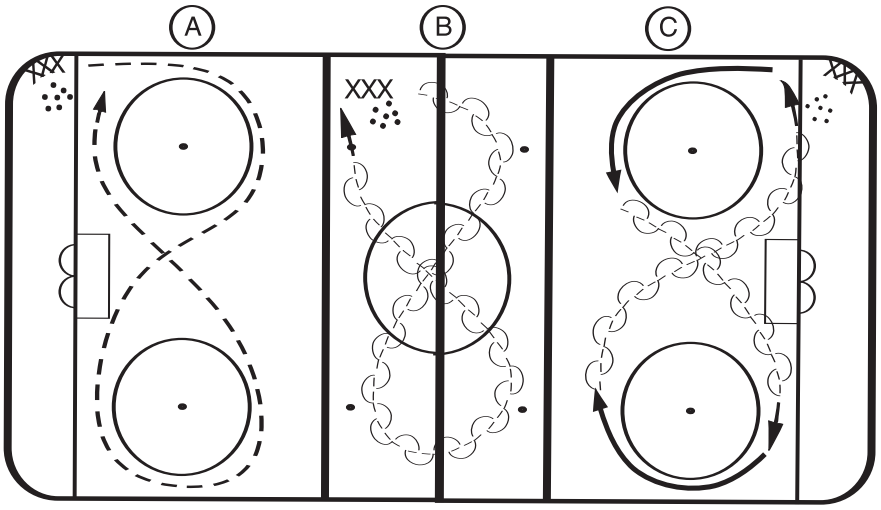
Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches, Figure 8	
6 mins.	2. Stop and Go with shot	Quick starts, acceleration
6 mins.	3. One touch pass with shot	shoot off pass
6 mins.	4. 1 on 1 circle drill D - force forward wide F - attack defense triangle	
12 mins.	5. Forechecking - two man	One man high
7 mins.	6. Neutral ice backcheck	Pick up open man
7 mins.	7. 5 on 5 controlled scrimmage	

Drill #1 — Warm-Up; Figure 8

A. Forward crossovers.

B. Backwards crossovers.

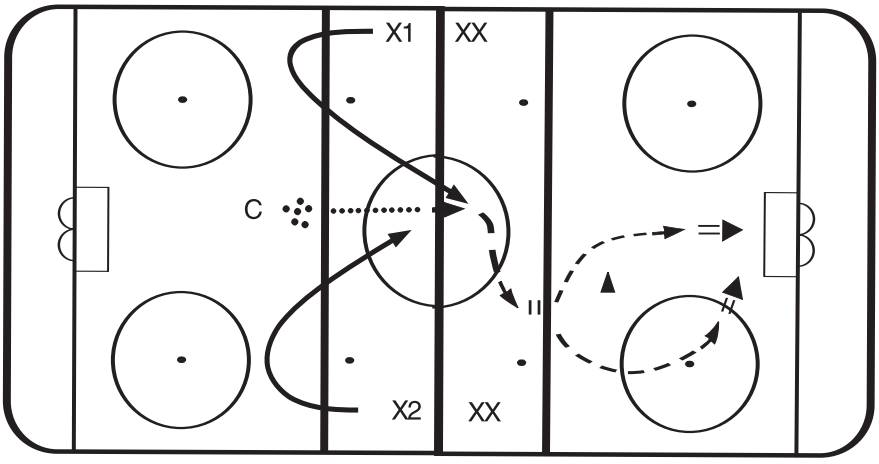
C. Always face the flag, making pivots forward and backwards.



Notes/Comments: Perform all three drills with pucks, two minutes at each station

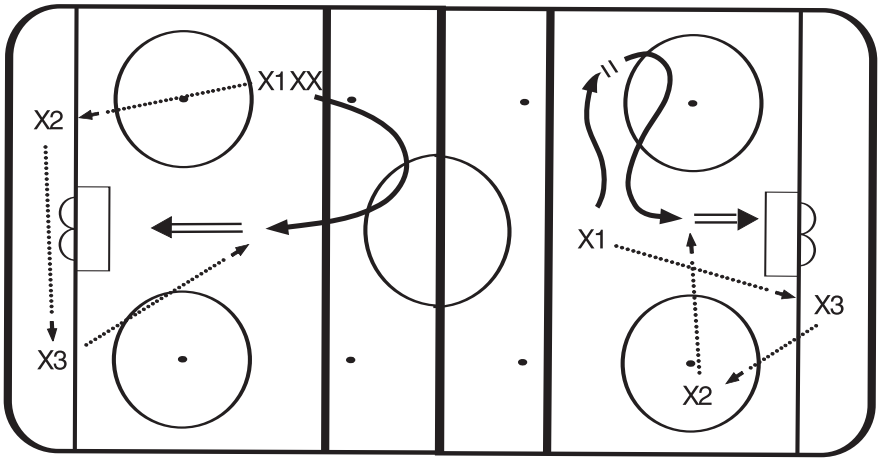
Drill #2 — Stop and Go With Shot

- X1 skates around neutral ice dot and gets pass from coach.
- X1 continues across blue line, makes a slight move to the outside and stops.
- X1 then accelerates inside or outside (quick shot) while pulling the puck wide.
- X1 drives to net and shoots.
- X2 starts when X1 crosses red line.



Drill #3 — One Touch Pass With Shot

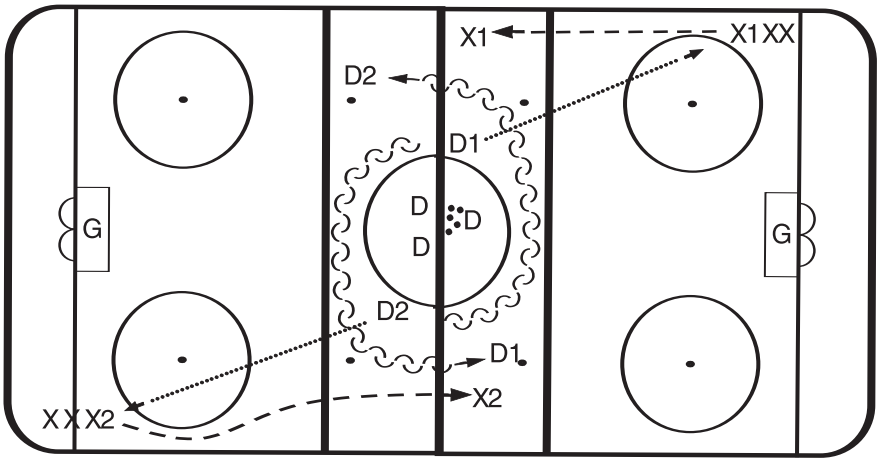
- X1 passes to X2 or X3.
- X1 then makes move to get open then accelerates to slot.
- Meanwhile, X2 and X3 one touch pass to each other, then to X1 in slot.
- X1 shoots off pass.



Notes/Comments: There are many configurations you could use

Drill #4 — 1 on 1 Circle Drill

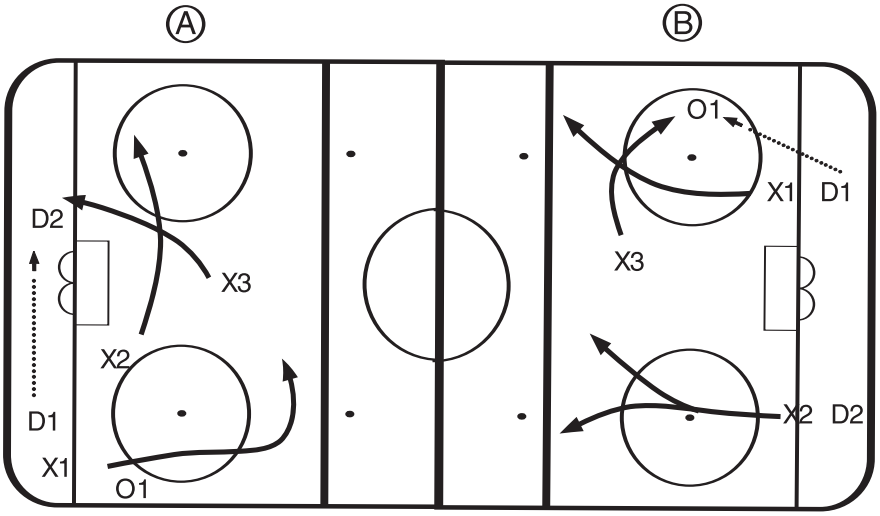
- All defense start inside center circle with pucks.
- D1 and D2 make passes to X1 and X2 as shown.
- X1 and X2 cannot leave cone until they receive the puck. X1 and X2 then skate up ice with puck.
- D2 picks up X1 one on one. D1 picks up X2 one on one.
- Switch corners half way through.



Drill #5 — Forechecking - 2 Men

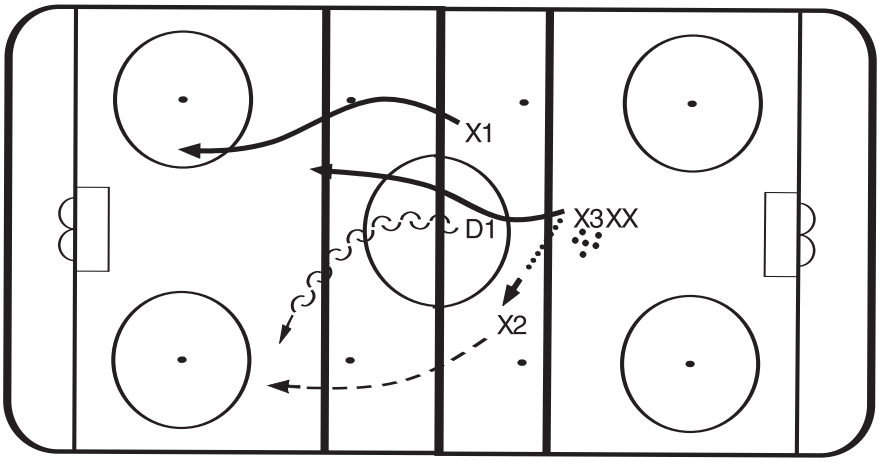
A. Two men on puck
- X1 and X2 forecheck the puck aggressively.
- X3 stays high in slot reading play.
- When puck rotates, X3 attacks X2 supports and X1 comes back high.

B., 2-1-2 Forecheck
- X1 and X2 each forecheck a defenseman to take away D to D pass.
- X3 high in slot reading play.
- When puck moves, X3 attacks, X1 supports X3, and X2 moves high in slot or picks up wing.



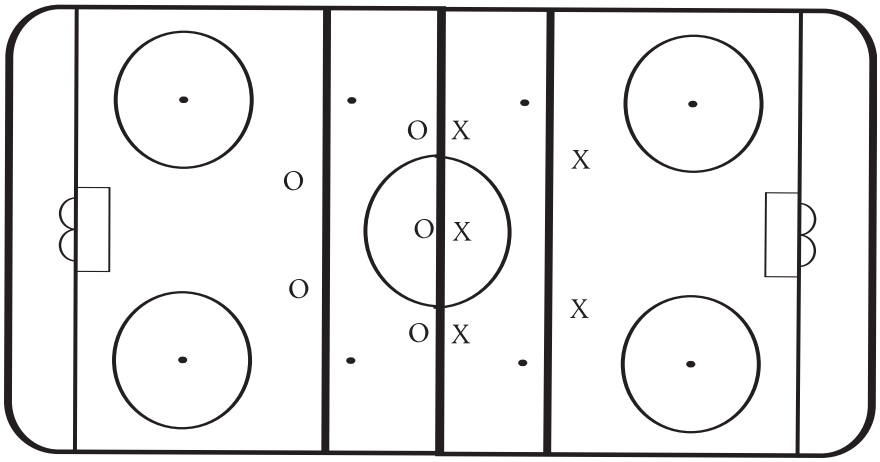
Drill #6 — Neutral Ice Backcheck

- X3 starts with puck and passes to X1 or X2.
- X3 then becomes backchecker and works with D1.



Drill #7 — 5 on 5 Controlled Scrimmage

Have 5 on 5 scrimmage, stopping play to teach when necessary.



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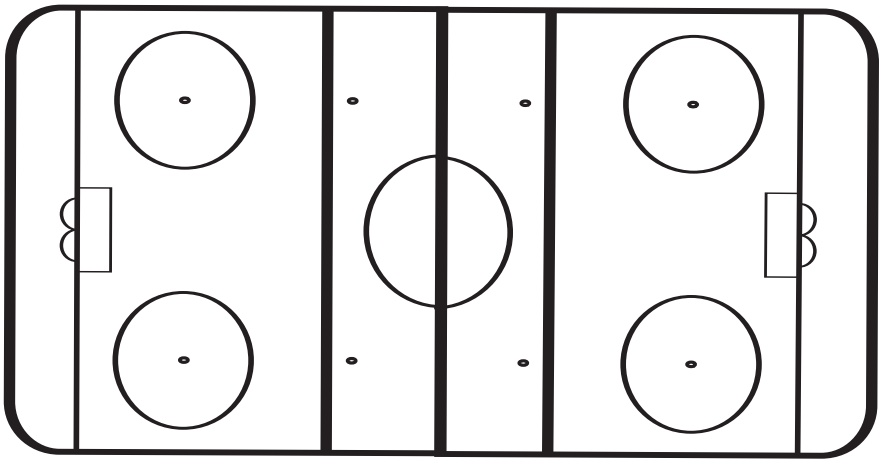

Notes/Comments _____

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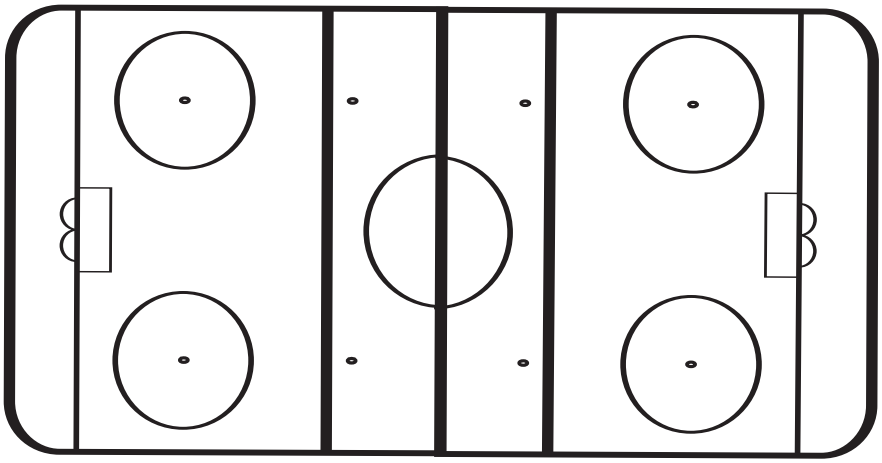


Notes/Comments _____

Hockey Practice Plan

Objectives: Work on Defensive Coverage

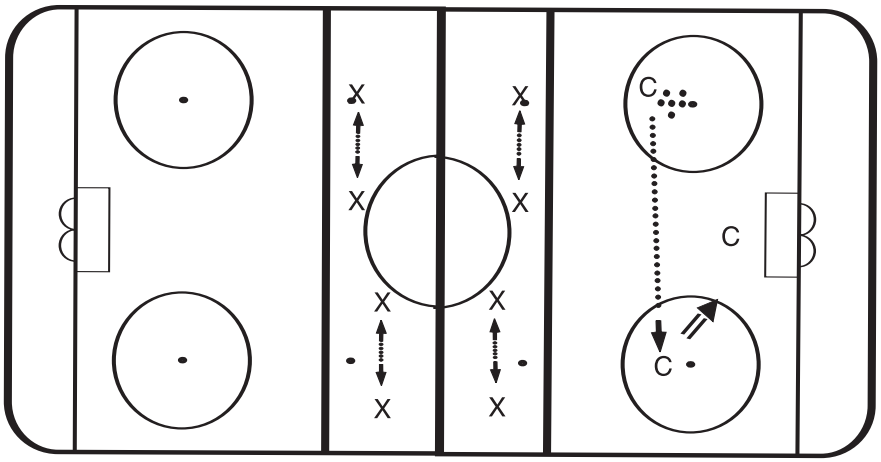
Date: _____
Practice #14
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
____ Skating	____ 1 on 1	_X_ Defensive Cov.	____ Short Work - Quickness
____ 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	____ FUN - Relay Contests
_X_ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
_X_ Agility Work	____ 3 on 2	____ Triangulation/Cycling	_X_ Misc. *Read and React*
____ Goaltending	____ 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches, Stationary passing	Forehand, backhand, flip
6 mins.	2. Read and React Drill	Responding to situation
10 mins.	3. Split up: F - pressure shooting drill D - shooting from point	Protect puck and shoot quickly Control puck and shoot quickly
15 mins.	4. Defensive coverage - wings on defensemen; center on defensemen	Initial situations
7 mins.	5. Stamina shooting drill	Goaltender work, stop after shot, no circling
7 mins.	6. Torpedo	Have fun

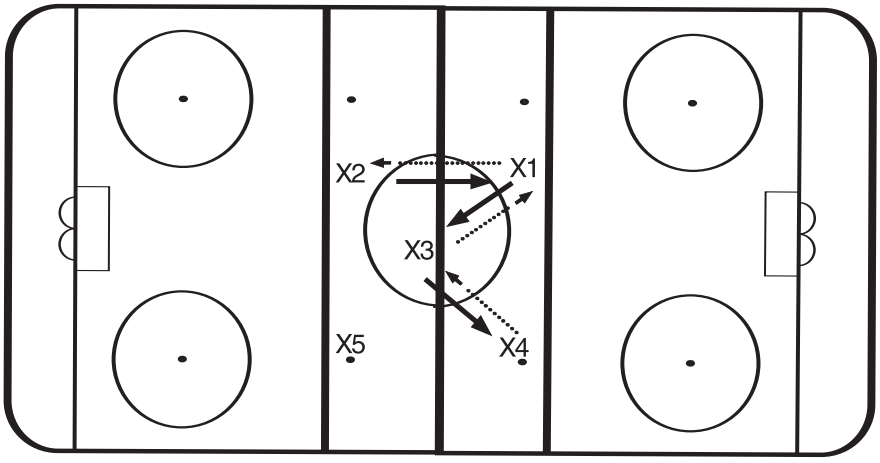
Drill #1 — Warm-Up: Stretches, Stationary Passing

- Players pair up and enhance passing skills - forehand, backhand flip, control out of air, forward and backwards across ice.
- Coaches work on goalie's movement from post to post.



Drill #2 — Read and React Drill

- Five players start as shown.
- X3 starts by passing to X1.
- X3 then skates towards someone (X4) other than player he/she passed to (X1).
- X4 now starts by passing to someone (now X4 in middle). X1 then skates towards someone else (X2) and X2 must take X1's position.

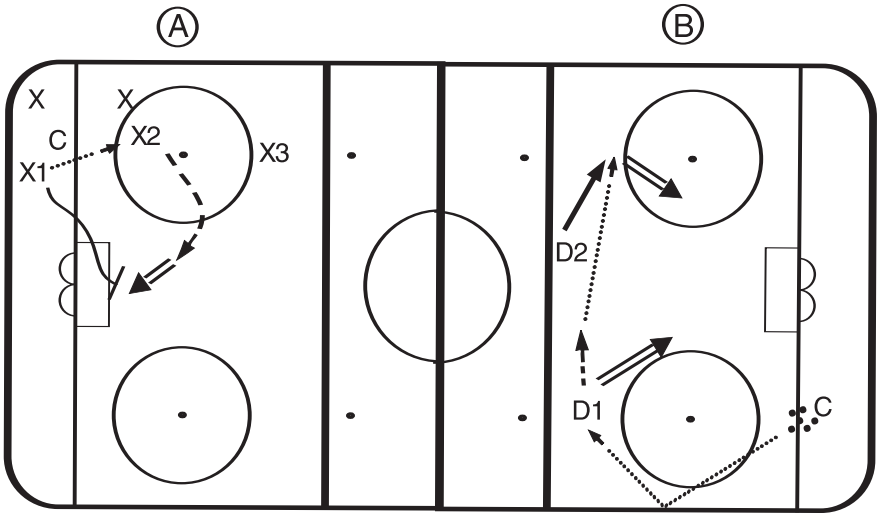


Notes/Comments: Players may pass anywhere and must fill position of a different player.

Drill #3 — Split Up

A. Coach gives pass to X2 or X3
- If coach gives to X2, X1 must check X2 or block his shot.
- If gives to X3, X1 must cover X2 on tip-ins and rebounds from X3's shot.

B. Coach flips puck in air, off glass to D1
- D1 must knock down puck and take quick shot or skate toward D2, give D2 a pass and D2 takes quick shot.



Drill #4 — Defensive Coverage

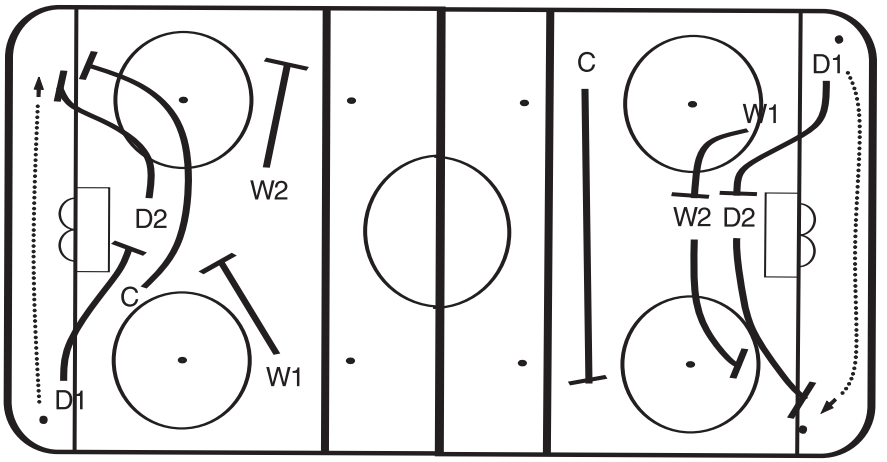
- Puck rotates to opposite corner.

A. Wings on defensemen

- D1 on puck in corner, C backs up D1, W1 on defenseman, D2 in front of net, W2 on defenseman, puck rotates, D2 goes to puck, D1 goes to front of net, C now supports D2, wings stay on defensemen.

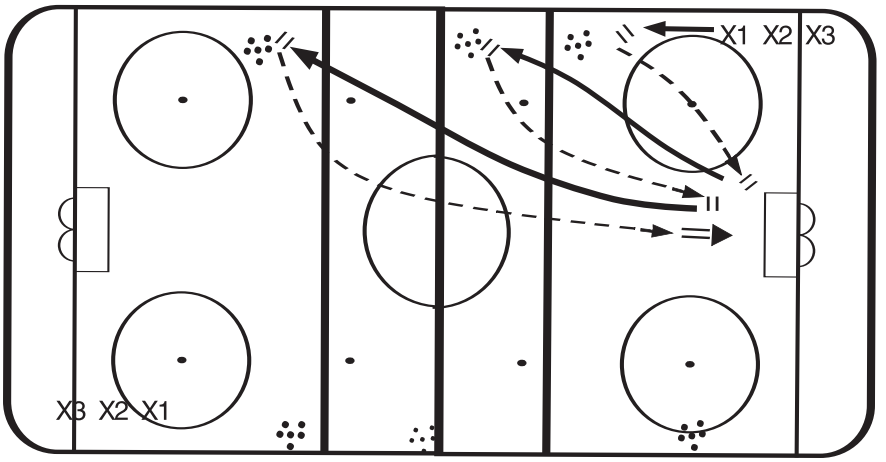
B. Center on defensemen

- D1 on puck, W1 supports D2, W1 and D1 go to net, center comes across to strong side defenseman.



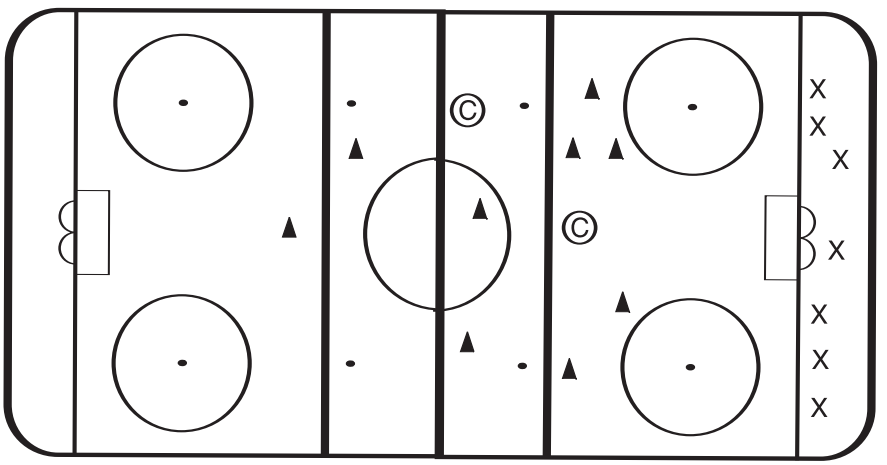
Drill #5 — Stamina Shooting Drill

- Both corners start at same time.
- X1 picks up puck at blue line and takes shot on goal.
- X1 stops, goes to red line to get puck, takes shot on goal, stops, goes to far end to puck up puck and skates back to take a shot on goal.
- X2 starts right after X1, picks up first puck, X3 starts when X2 picks up first puck.
- Make sure goaltender is looking when shooting



Drill #6 — Torpedo

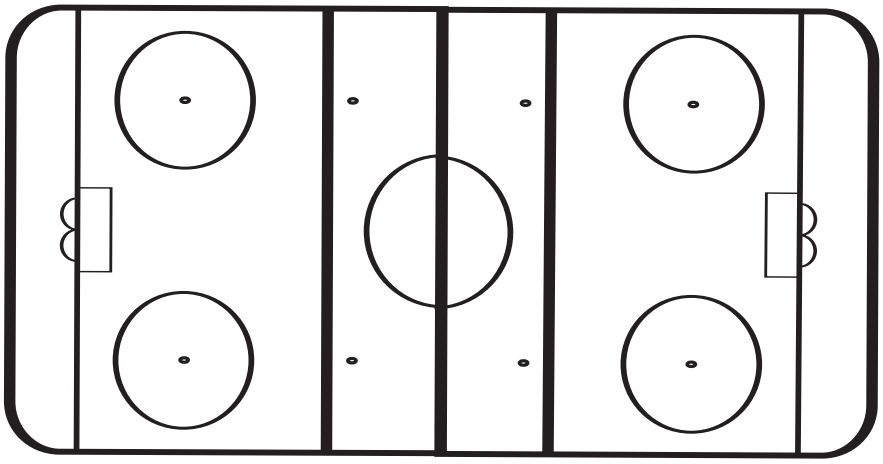
- Coaches start in middle of ice with cones.
- When coach shouts, Torpedo, players skate to other end.
- Coaches slide cones on ice with stick and try to hit players.
- If player gets hit, he/she must stop and sit down in spot where hit.
- Last player not hit wins.



Notes/Comments: Coaches be careful on how hard they slide cones with stick

System/Drill _____

Description _____



Notes/Comments _____

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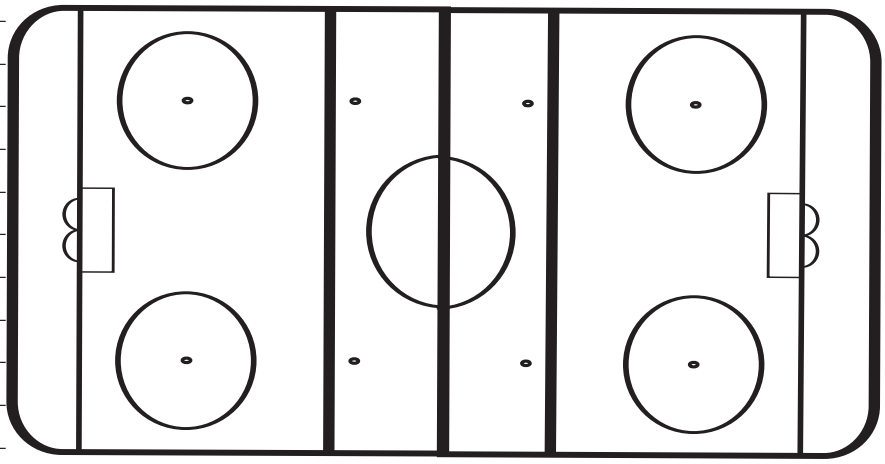

Notes/Comments _____

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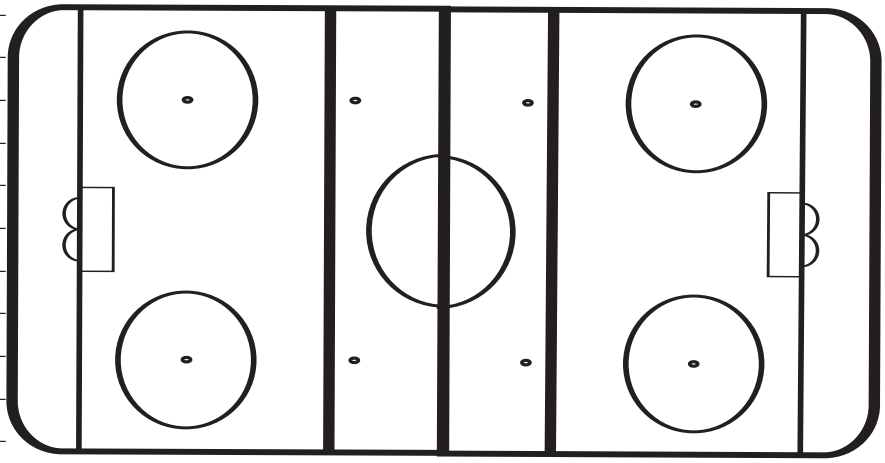


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice, and reinforce the power play

Date: _____
Practice #15
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

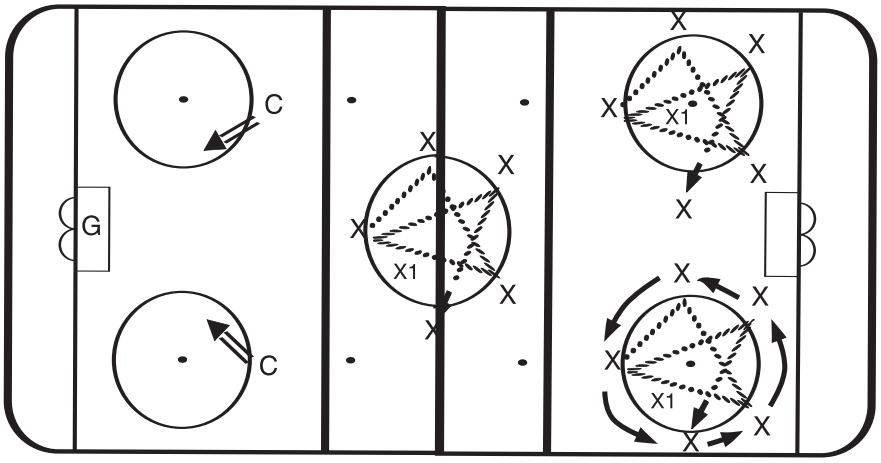
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
____ Skating	_X_ 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
____ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
_X_ Passing/Receiving	____ 2 on 1	____ Forecheck	____ Full Ice Modified Games
____ Shooting	____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

Time	Drill	Emphasis
7 mins.	1. Warm-Up - stretch; circle keep away	One touch passes
7 mins.	2. Stickcheck backcheck drill	Show technique
7 mins.	3. D Pass, 1 on 1	D - move up to control gap
10 mins.	4. 3 on 0, plays entering zone	Be creative, talk it up
15 mins.	5. Power Play, 2-1-2 Create 2 on 1 situation	
5 mins.	6. Chase the rabbit	Keep feet moving

Drill #1 — Warm-Up: Four Circle Keep Away

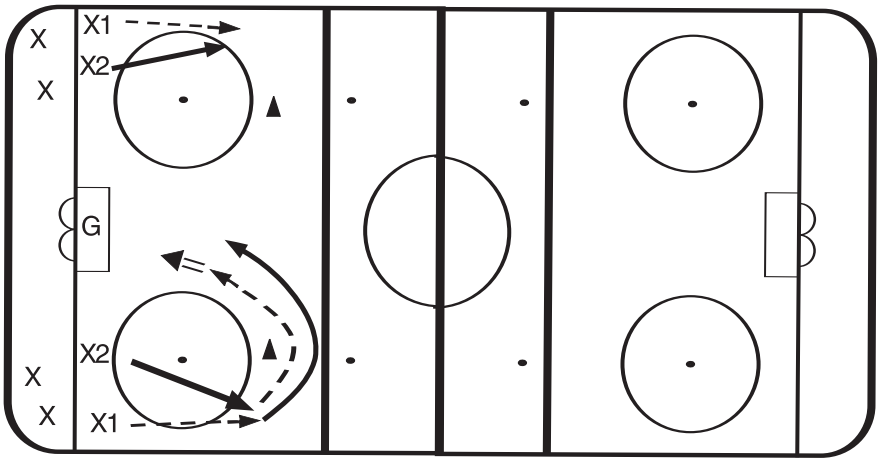
- Put five or six players around circle, one player in middle
- Players pass puck while X1 tries to intercept passes.
- If X1 intercepts pass, the player who passed puck is now in middle.

Option - have players move around circle.



Drill #2 —Stickcheck Backcheck

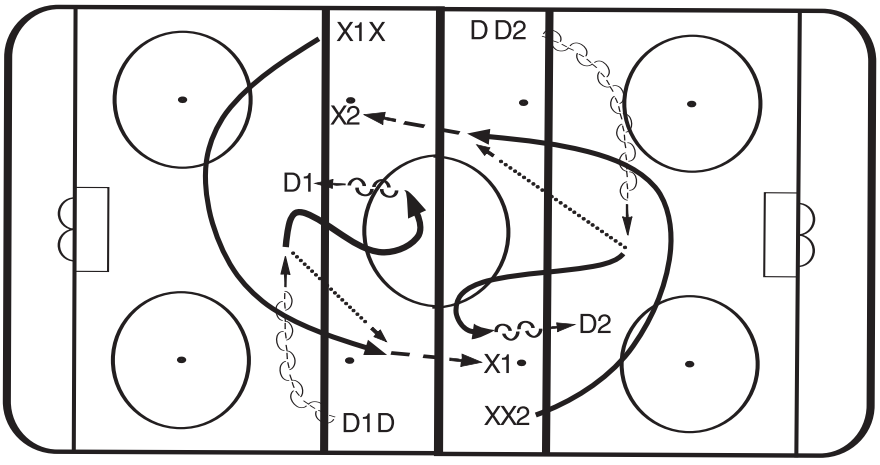
- X1 starts skating along boards with puck at 3/4 speed.
- X2 skates up from behind and stick checks X1, taking puck.
- X2 and X1 then accelerate, X2 makes tight turn around cone and tries to shoot puck while X2 backchecks and tries to stop X2.



Notes/Comments: Can lift stick or hit stick away to gain control of puck

Drill #3 — D Pass, 1 on 1

- All four players start at same time.
- D1 skates backwards laterally with puck to middle of ice.
- X1 swings behind D1 then receives a pass from D1.
- After making pass, D1 moves up to close gap and play X2 1 on 1.
- Switch sides half-way through.



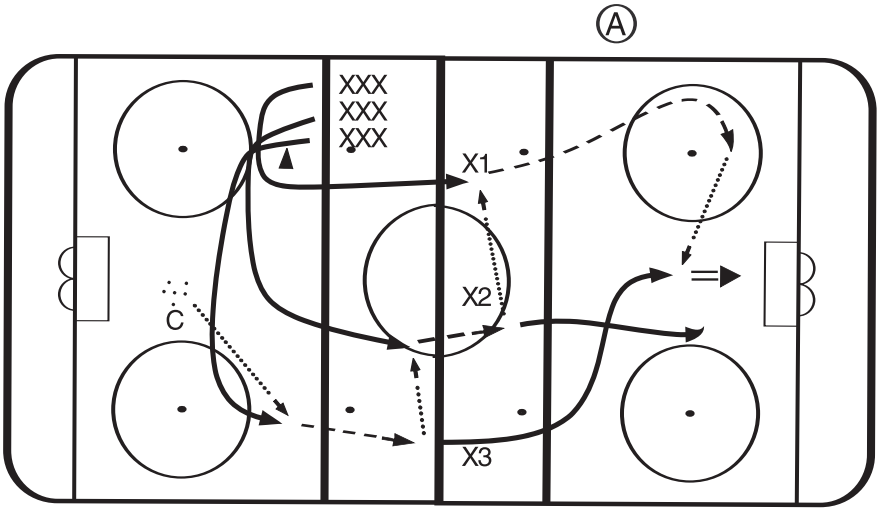
Notes/Comments: D must move up to control gap of 1 on 1

Drill #3 — 3 on 0 - Plays Entering Zone

- Coach blows whistle and three players skate around cone.
- Coach passes puck and three players continue 3 on 0.

Plays Entering Zone

A.
- X1 takes puck wide.
- X2 drives to net.
- X3 delays and breaks for high slot.
- X1 passes to X3, X2 shoots.

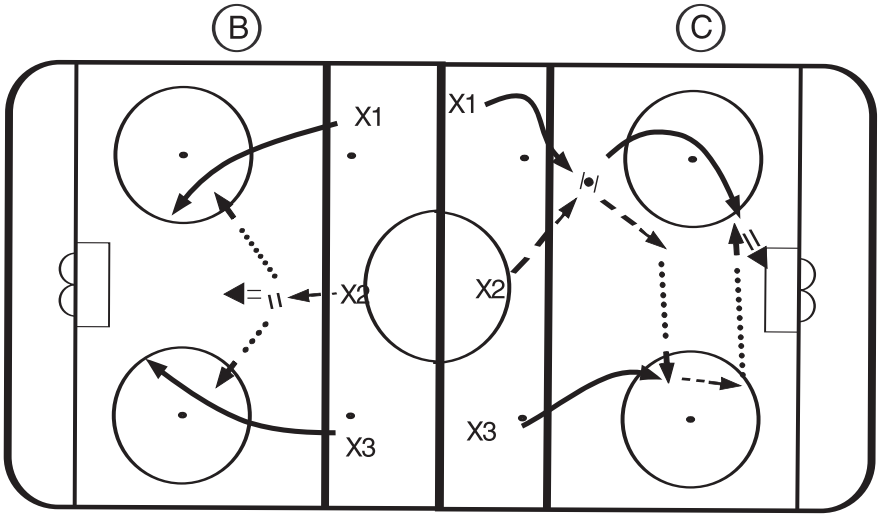


Notes/Comments: Stress communication and creativity.

Drill #4 — 3 on 0 - Plays Entering Zone Continued

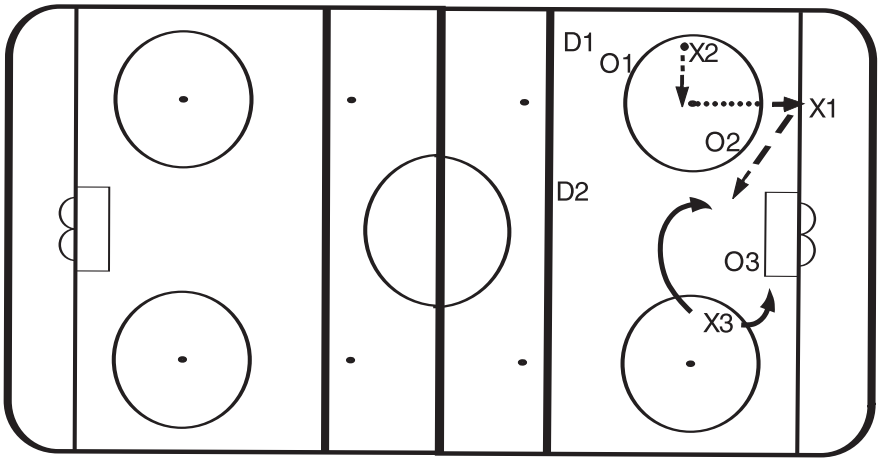
B.
- X2 carries puck over blue line and stops.
- X1 and X3 break to net.
- X2 shoots or passes to X1 or X3.

C.
- X2 carries puck over blue line and makes a drop pass.
- X1 cuts behind X2 and picks up puck, X1 can shoot or pass to X3.
- X3 can shoot or pass to X2 breaking in.



Drill #5 — Power Play, 2-1-2

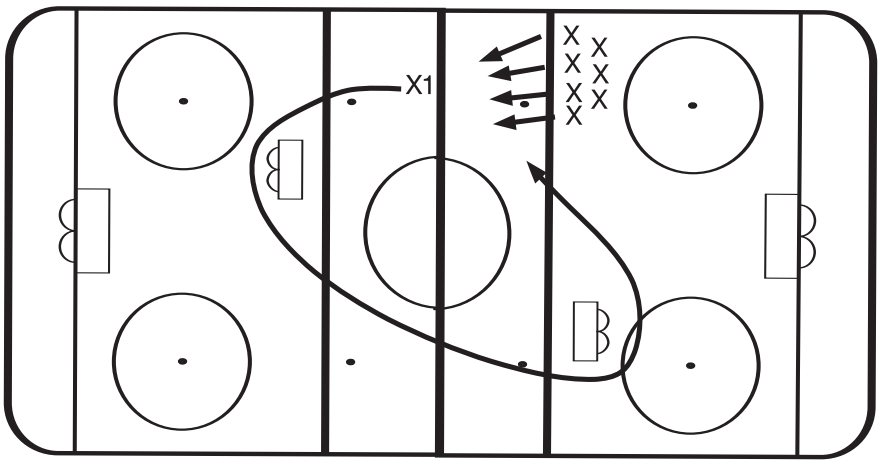
- D1 and X2 play catch to pull 01 high in order to work puck low.
- X2 starts skating to middle, he/she can shoot or pass to X1 (depending on what 02 does).
- X1 can skate to front of net and shoot or pass to X3 (depending on what 03 does).
- X3 goes high or low to receive pass or get rebound (depending on what 03 does).



Notes/Comments: Create 2 on 1 situation down low. Run through without opposition, then add penalty killers

Drill #6 — Chase the Rabbit

- All players except X1 start on blue line.
- X1 starts on far side of red line.
- On whistle players try to catch X1. Go two laps.
- Do drill both directions and give X1 an option.



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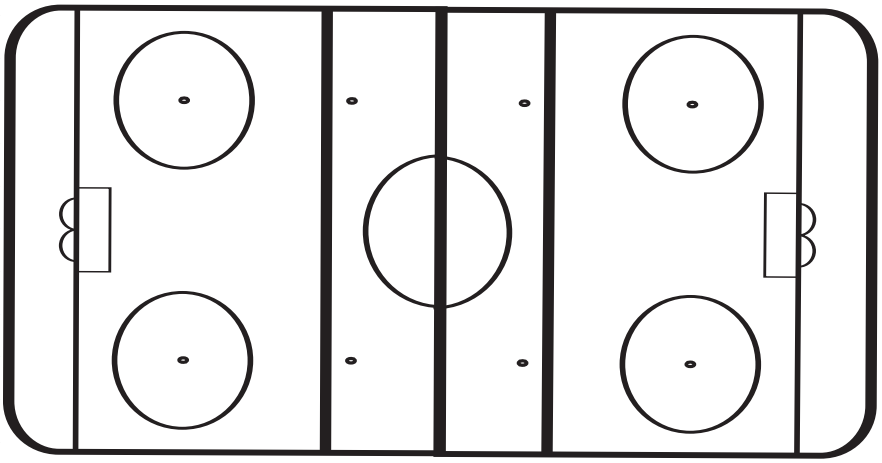

Notes/Comments _____

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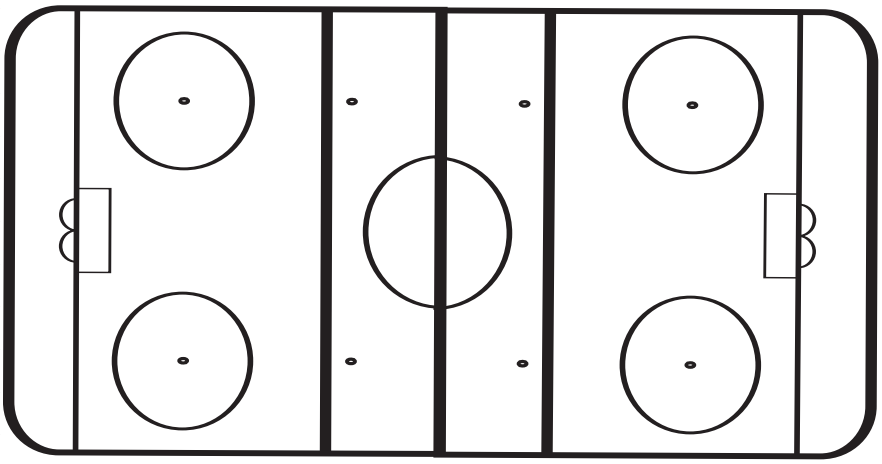


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice and reinforce angles and defensive coverage

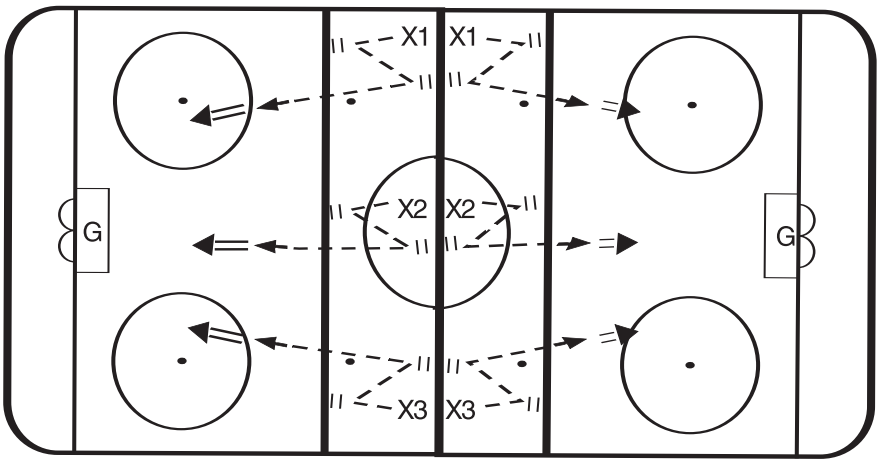
Date: _____
Practice #16
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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

Time	Drill	Emphasis
6 mins.	1. Warm-Up - various stretches; Stop and start long shots	Quick starts
6 mins.	2. Pivot slap shots	No big wind up, quick shot using legs
6 mins.	3. Create space and shoot	Cut back up ice to buy time
10 mins.	4. Defensive coverage - new situations	Puck moves up sideboards
6 mins.	5. Forecheck angles with support	Force to boards, communication
6 mins.	6. Neutral ice angles with support	Force to boards, close gap, communication
6 mins.	7. Defensive angles	Inside out
6 mins.	8. Showdown	Competition

Drill #1 — Warm-Up: Stop and Start Long Shots

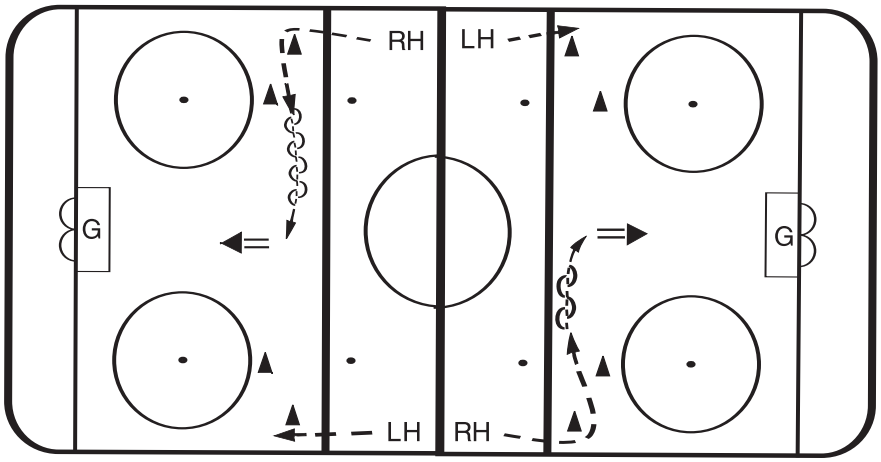
- X1 starts drill, skates to blue line and stops, goes back to red line and stops, then takes a long shot.
- X2 starts when X1 stops at red line.
- X3 does same pattern.



Notes/Comments: Quick starts and acceleration.

Drill #2 — Pivot Slap Shots

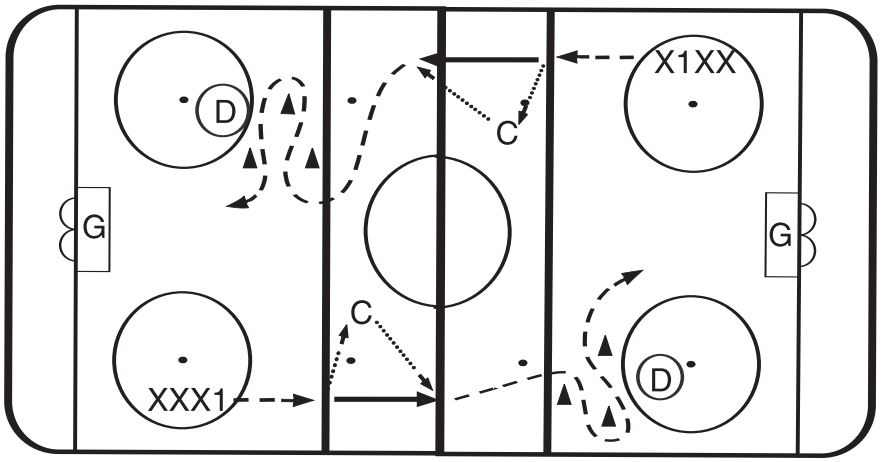
- Right-handed player skates with puck, pivot backwards and takes slap shot from middle of ice.
- Left-handed player starts after right-handed player has taken shot.



Notes/Comments: Full speed, then quick shot not a big wind up

Drill #3 — Create Space and Shoot

- X1 skates with puck, passes to coach and gets a return pass.
- X1 then approaches blue line imagining a defenseman (D).
- X1 crosses blue line, makes a move to the outside, then makes a sharp cut back up ice away from the defenseman.
- X1 then skates to middle of ice and takes shot.

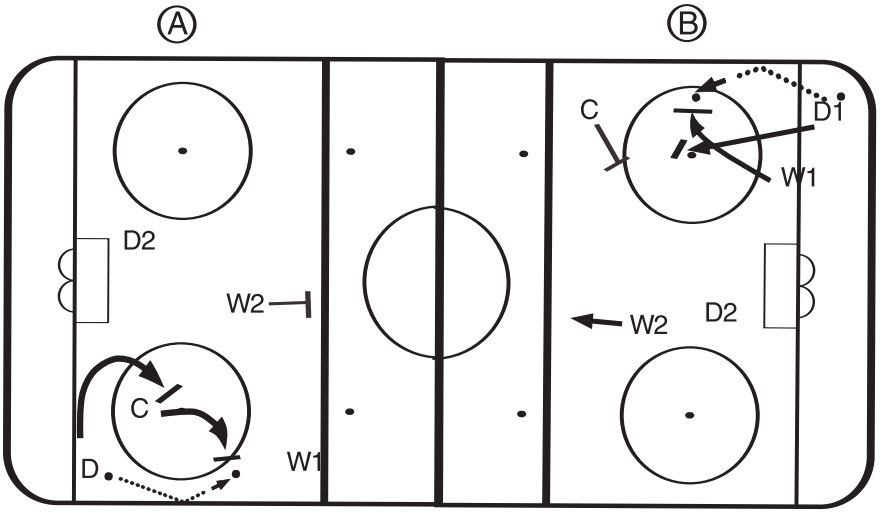


Notes/Comments: The sharp cut back up ice creates space, buying time for X1

Drill #4 — Defensive Coverage - New Situations

A - Wings on defensemen.
- C goes to play puck.
- D1 now supports center on sideboards.
- W1 and D2 stay.
- W2 may move towards defensemen slightly.

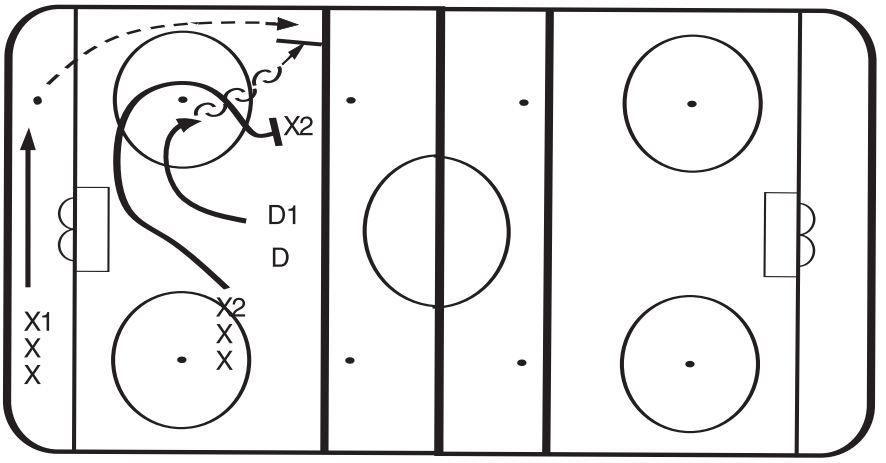
B. - Center on defensemen.
- W1 goes to play puck.
- D1 now supports W1 on sideboards.
- W2 moves to high slot.
- D2 stays and C may move back slightly.



Drill #5 — Forecheck Angles With Support

- Coach starts by dumping puck in corner.
- X1 picks up puck and heads up ice (X1 may cut back if open).
- D1 skates in, pivots backward to support X2 and angle X1 to boards.

Options - D1 continues to support or X2 passes X1 and D1, D1 checks and pins X1 to boards, X2 then supports D1.

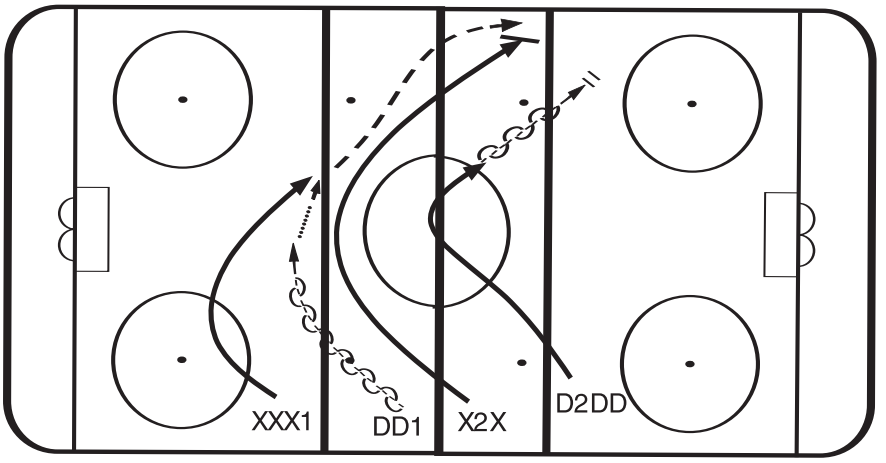


Notes/Comments: X2 and D1 must communicate. Do drill from both sides

Drill #6 — Neutral Ice Angles With Support

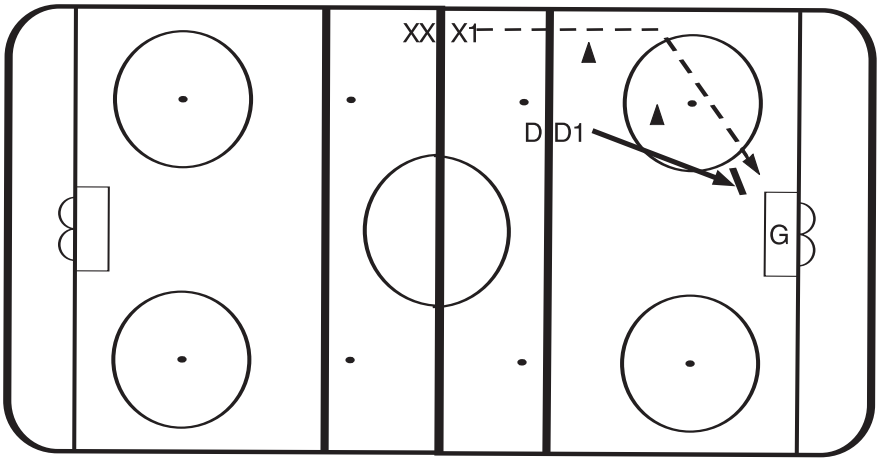
- D1 skates backwards with puck and makes pass to X1 who swings to middle of ice.
- X2 and D2 move up to close gap.
- X2 angles X1 to boards.
- D2 pivots backward and supports X2. Stress communications.

Options - X2 checks and pins X1 to boards while D2 supports. X2 passes to D2, X2 then supports D2.



Drill #7 — Defensive Angles

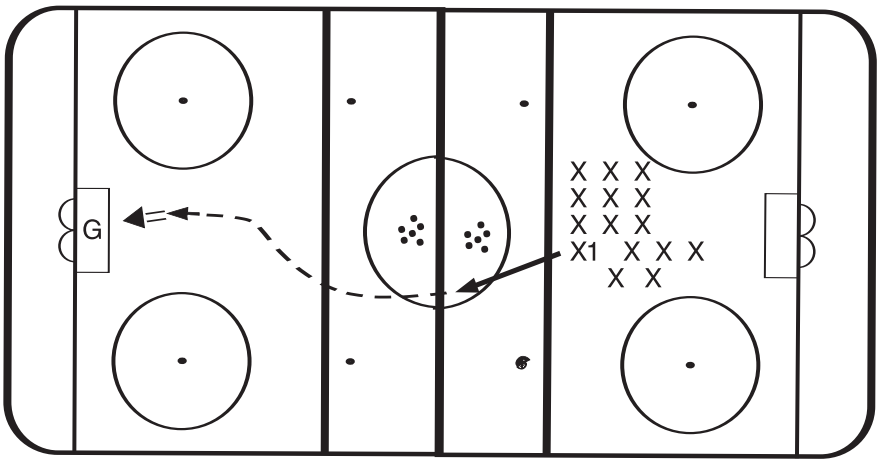
- X1 skates with puck to cone. When X1 gets to cone he/she drives to the net.
- D1 has skates facing up ice and is stationary.
- When X1 hits blue line, D1 makes a pivot turn to outside (facing X1) and skates to the net.
- X1 must deke goalie, D1 checks X1 when they meet.



Notes/Comments: D1 must pivot and skate to the net. If D1 skates towards X1, D1 will never catch X1.

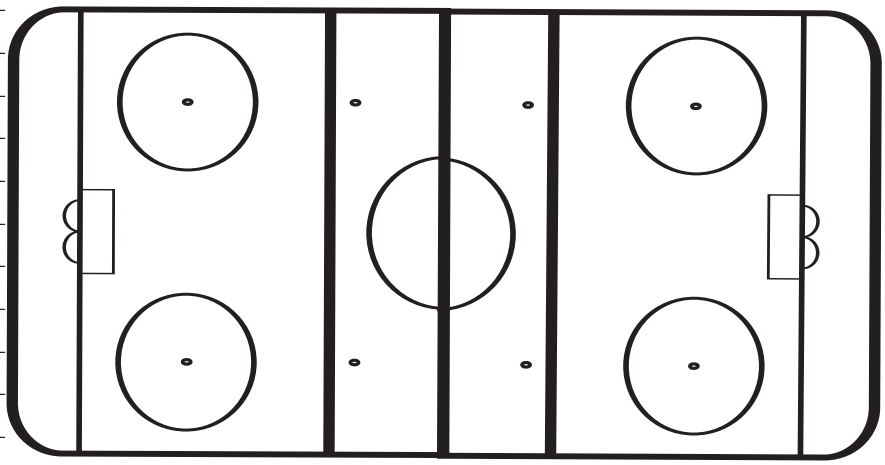
Drill #8 —Showdown

- Pucks at center ice. All players, except goalies, at one end.
- X1 picks up a puck at center ice and continues 1 on 0.
- If score, sit in referee's crease. If not, sit in players' bench.



Notes/Comments: Stress skating full speed and changing goaltenders' angles

Description _____



Notes/Comments _____

Hockey Practice Plan

Objectives: To review day skills

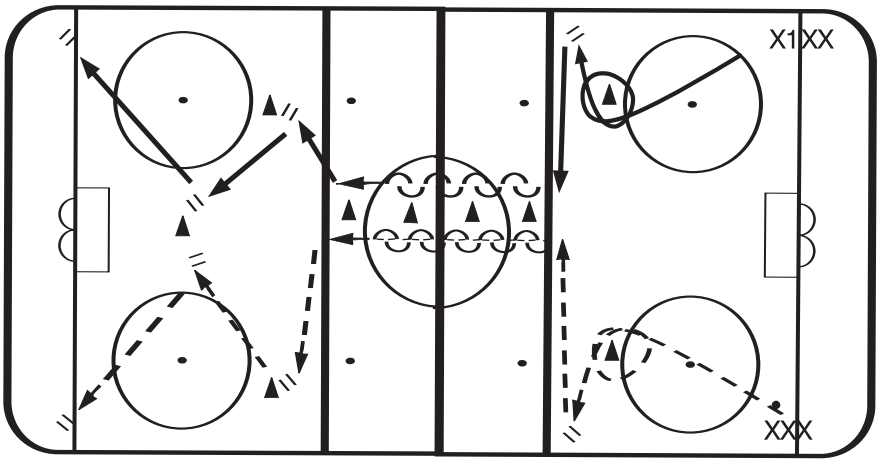
Date: _____
Practice #17
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
X Body Contact	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	X 3 on 2	____ Triangulation/Cycling	X Misc. *Breakout*
____ Goaltending	X 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up - stretch; defense reaction drill (modified)	Skating, agility
6 mins.	2. Puckhandling	Head up, keep feet moving
6 mins.	3. Shooting	Look at target when shooting, shoot in stride
6 mins.	4. Passing	One touch passes
6 mins.	5. Checking	Work on technique, wide base and bend knees
6 mins.	6. 1 on 1; D - force wide shot; F - attack D's weaknesses	Watch gaps
7 mins.	7. 3 on 0, 3 on 2 below top of circles; D - communication, 1 man high; D - pressure puck	Good flow
7 mins.	8. Breakout, back 3 on 2 half ice	Tape to tape passes

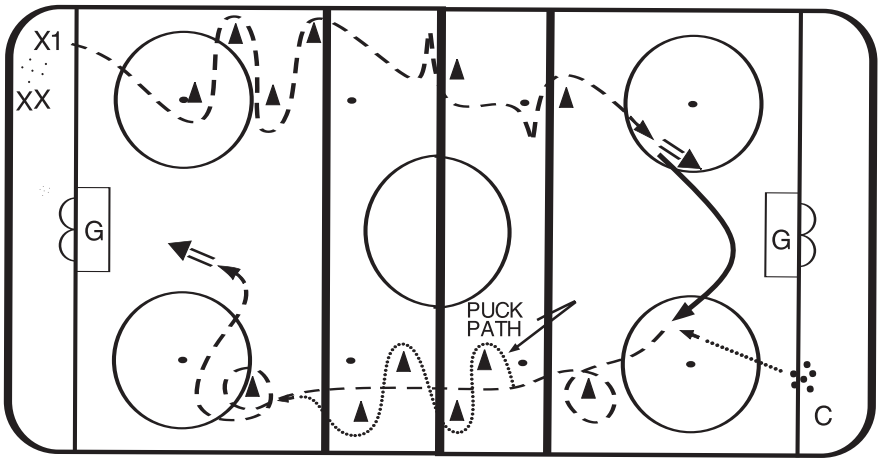
Drill #1 — Warm-Up; Defense Reaction Drill (modified)

- Do drill with and without pucks.
- X1 skates, makes a tight turn around cone and stops at blue line.
- X1 continues along blue line, pivots and skates backwards to far blue line.
- X1 turns to outside, stops at cone, skates to cone in hash marks, stops and skates to corner.



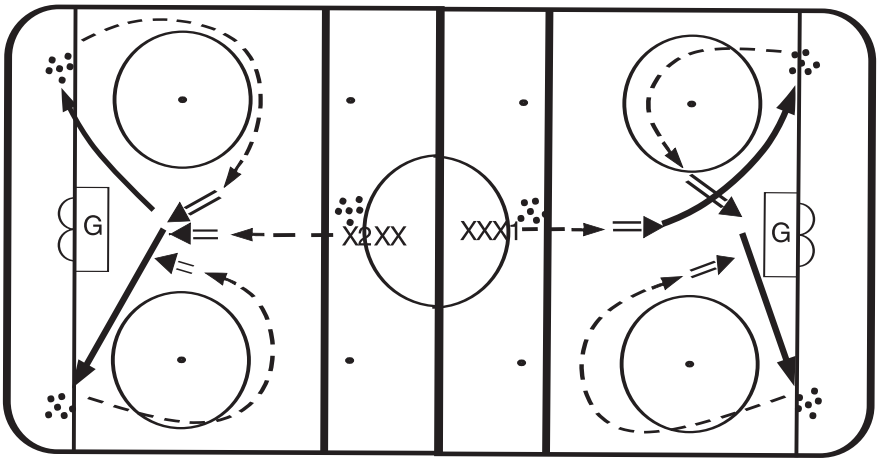
Drill #2 — Puckhandling

- X1 starts with puck and skates through first set of cones.
- On next two cones, X1 makes wide moves to forehand and backhand, then takes a shot on goal.
- After shot, X1 receives a pass from coach and makes a tight turn around cone.
- On next set of cones, X1 skates down middle while moving puck wide around cones.
- X1 then makes another tight turn and takes a shot on goal.



Drill #3 — Shooting

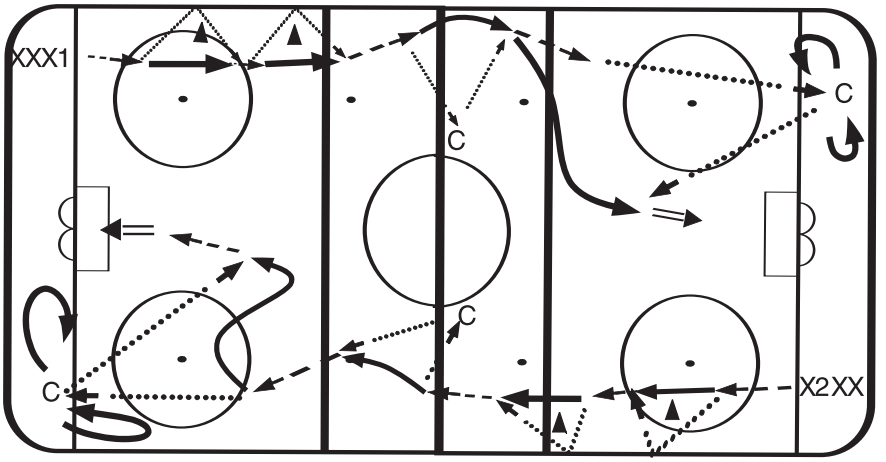
- X1 skates with puck and takes slap shot (get rebound if there is one).
- X1 continues, picks up puck in corner, skates around circle and shoots.
- X1 then picks up puck in other corner, skates around circle and shoots.
- Do drill from both ends. Have players keep track of how many goals they score.



Notes/Comments: Look at target when shooting, shoot in stride

Drill #4 — Passing

- X1 and X2 start at same time.
- X1 skates with puck, passing off boards to himself.
- X1 then passes to coach at center ice, gets a return pass and crosses blue line.
- When crossing blue line, X1 must look for coach who is moving around in zone.
- X1 passes to coach, breaks to net, gets a return pass and takes a shot on goal.

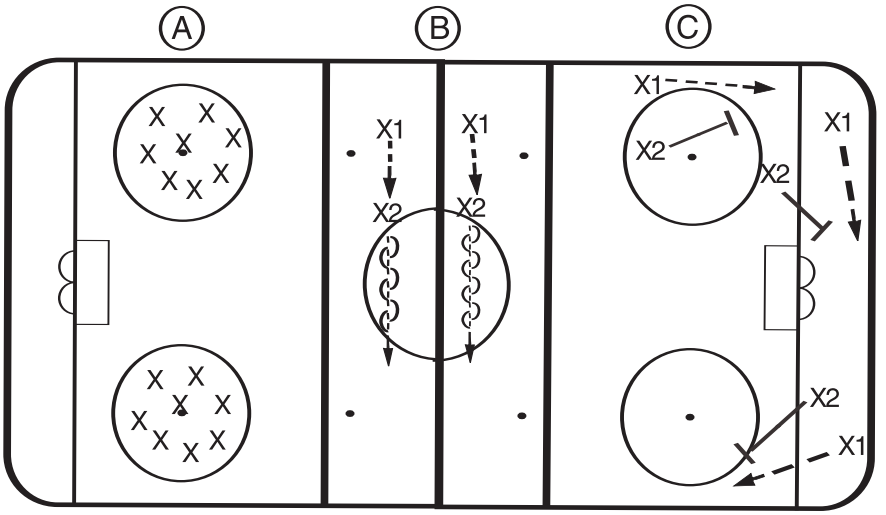


Drill #5 — Checking

A - Bull in the ring
- Players without sticks try to check each other out of the circle.

B - Poke Check
- X1 skates with puck toward X2.
- X2 controls gap and poke checks when X1 gets close enough.

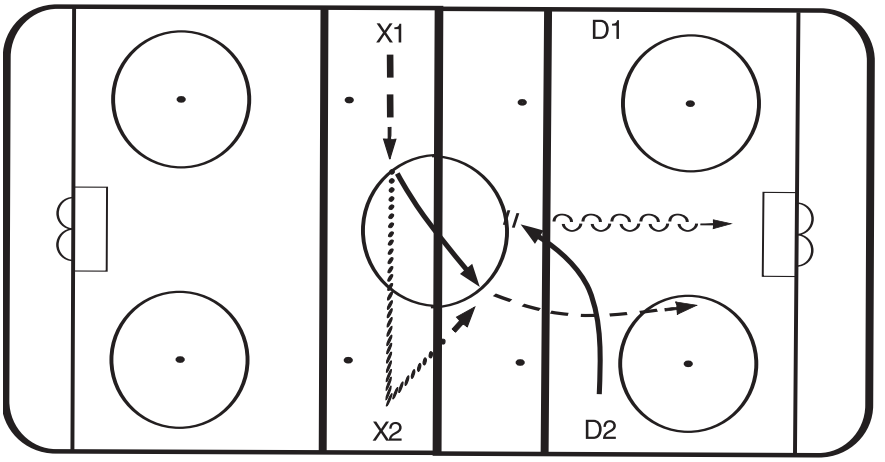
C.
- X1 carries puck along boards.
- X2 angles X1 and either checks and pins X1 to boards or stick checks X1 and takes puck.



Notes/Comments: Bend knees, control gap, wide base

Drill #6 — 1 on 1

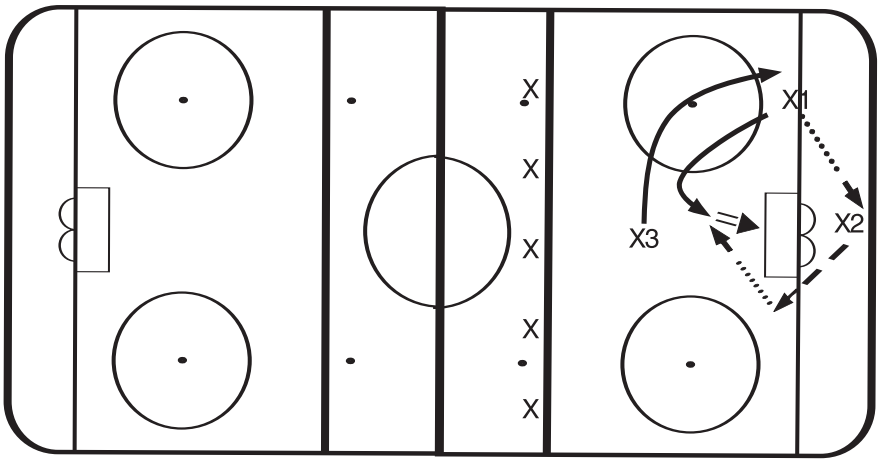
- X1 starts with puck and passes to X2 and gets a return pass.
- Meanwhile, D2 moves up to blue line and plays X1 1 on 1.
- X2 and D1 starts when X1 and D2 are just inside blue line.



Notes/Comments: D - force wide shot; F - attack D's weaknesses

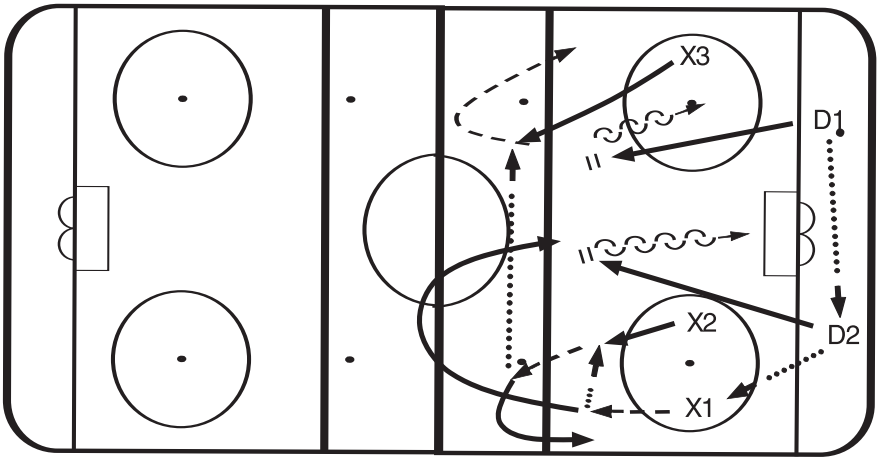
Drill #7 — 3 on 0, 3 on 2 Below Top of Circles

- Three players must work puck below top of circle. They may cycle or use triangle, always keeping one man high in slot.
- Add two defensemen and do drill 3 on 2. Defense should pressure puck.



Drill #8 — Breakout, Back 3 on 2 Half Ice

- Coach dumps puck in corner.
- Five players breakout.
- Forwards pass puck. When they get to neutral zone, they turn and come back 3 on 2.
- After breakout pass to forwards, the defense hustle up to blue line, stop and skate backward playing the 3 on 2.



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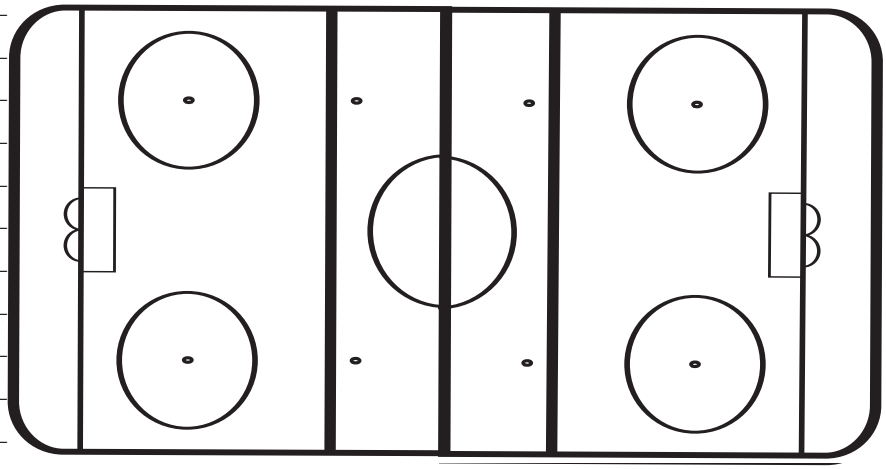


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice and reinforce skills while short-handed

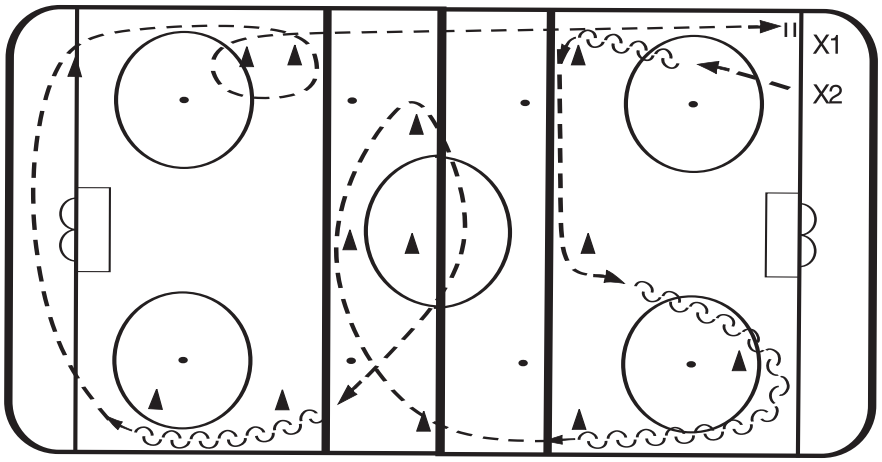
Date: _____
Practice #18
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	X 2 on 1	____ Forecheck	X Full Ice Modified Games
____ Shooting	X 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	____ 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up - stretches; puckhandling	Full speed, good body position
7 mins.	2. 2 on 1	D hold the middle
8 mins.	3. 2 on 2 - coverage in front of net	Body position, control stick of player
10 mins.	4. Short-handed - pressure box, defensive zone	Stops and starts, stick on ice
10 mins.	5. Shorthanded - 1-3 forecheck, offensive zone	Trap in neutral ice
8 mins.	6. 1 on 1 survival	Competition

Drill #1 — Warm-Up: Stretches, Puckhandling

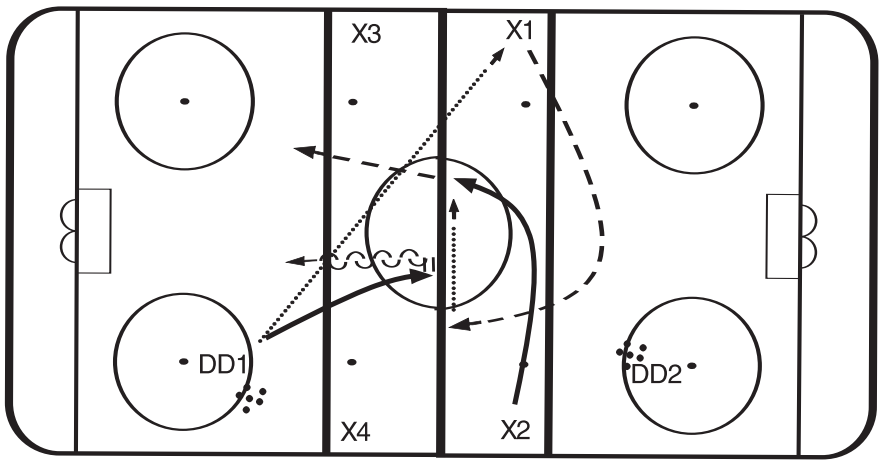
- X1 skates with puck as shown.
- X2 starts when X1 reaches blue line.



Notes/Comments: Go full speed, stress good body position

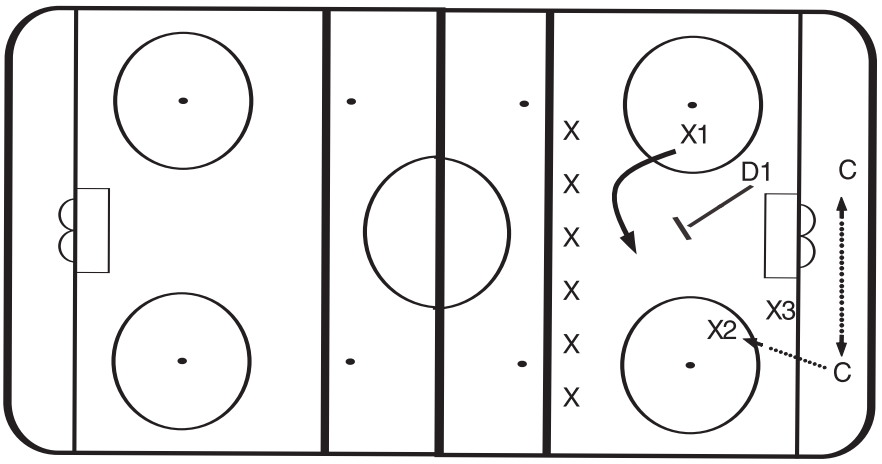
Drill #2 — 2 on 1

- D1 starts drill by passing to X1.
- D1 skates up to red line and stops, then skates back playing 2 on 1.
- X1 and X2 cross and head up ice 2 on 1 on D1.
- When X1 and X2 cross far blue line, D2 passes to X3 or X4.



Drill #3 — 2 on 2 - Coverage in Front of Net

- Coach sets up two offensive players (X1, X2) and two defensive players (D1, X3) in front of net.
- On whistle, X1 and X2 try to get open while D1 and X3 cover.
- Coaches pass puck behind net, looking for opening to pass to X1 or X2.
- Defensive players must be aware of puck while covering.



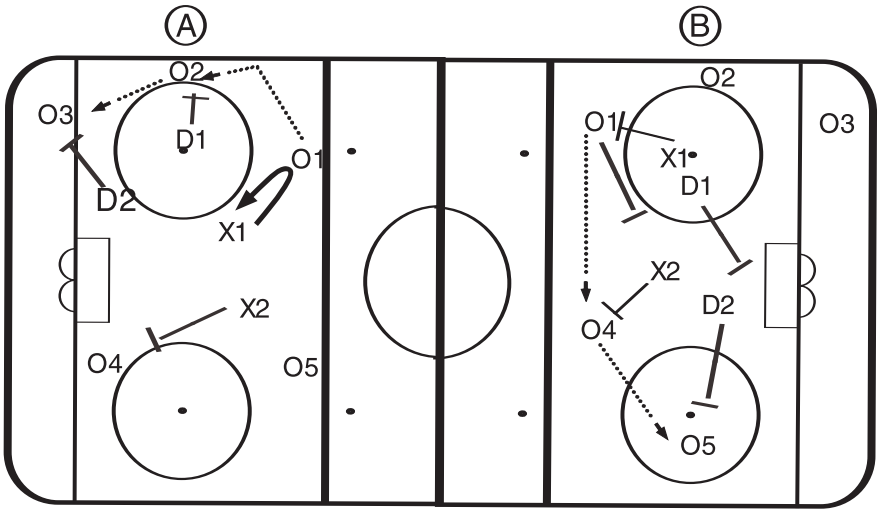
Drill #4 — Short-handed - Pressure Box, Defensive Zone

A. -

- Puck starts at 01, X1 starts pressure box rotation, puck moves down boards.
- X1 skates at 01, when puck moves down boards, X1 stops and skates back to middle.
- D1 pressures 02, puck moves to D3, D2 pressures 03.
- X2 skates to low slot to cover 04.

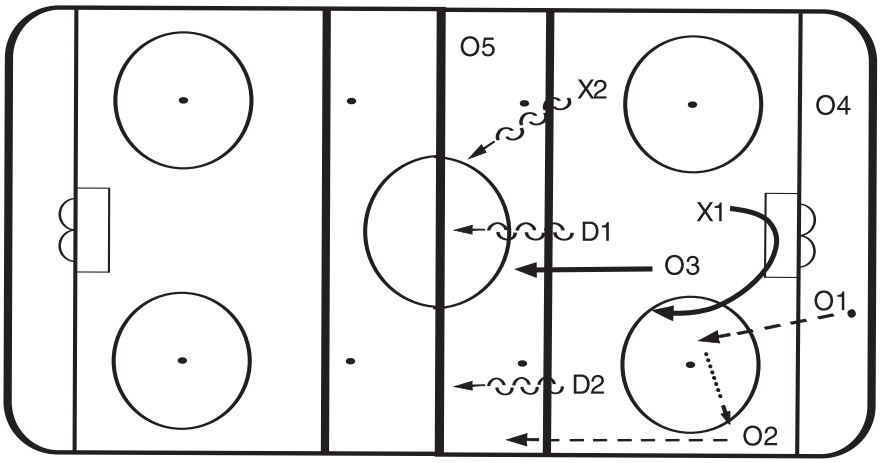
B -

- Puck moves across top; X1 starts by pressuring 01.
- Puck moves to 04; X2 pressures 04.
- Puck moves to 05; D2 pressures 05.
- D1 skates and covers in front of net.



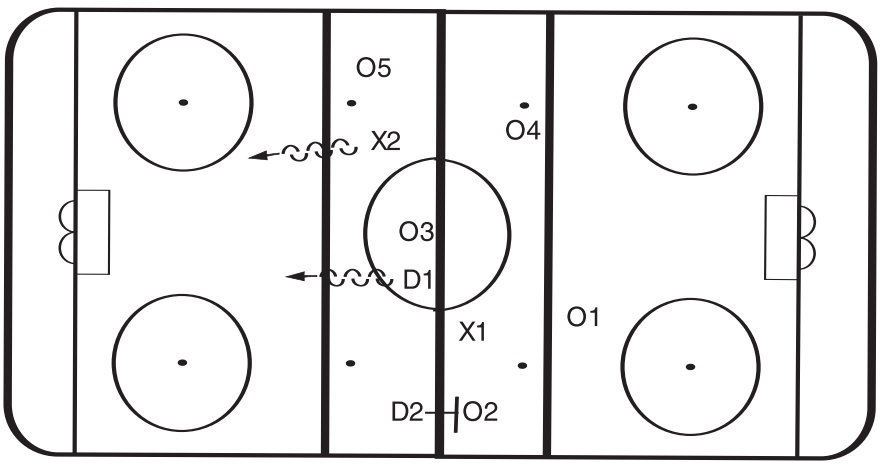
Drill #5 — Short-handed - 1-3 Forecheck, Offensive Zone

- X1 positions himself in high slot.
- X2, D1 and D2 are across blue line.
- As 01 carries puck up, X1 swings inside out, forcing puck to outside. X1 then heads up middle of ice.
- D2, D1 and X2 back up into neutral ice.



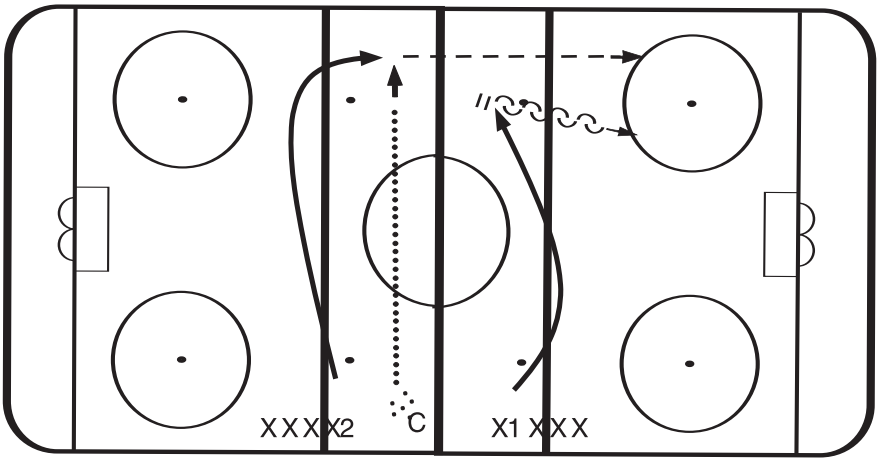
Drill #6 — Short-handed - 1-3 Forecheck, Offensive Zone Continued

- When 02 gets to center ice, D2 steps up to play 02.
- X1 and D1 support D2. Positioned as shown.
- X2 takes away cross ice pass and is safety valve.



Drill #6 — 1 on 1 Survival

- Coach throws puck into neutral ice.
- X1 and X2 go after puck and play 1 on 1 until someone scores.
- Up to 3 groups go at one time.
- When goal is scored, coach throws puck out for next group.
- Goalies must be aware of all groups on ice.



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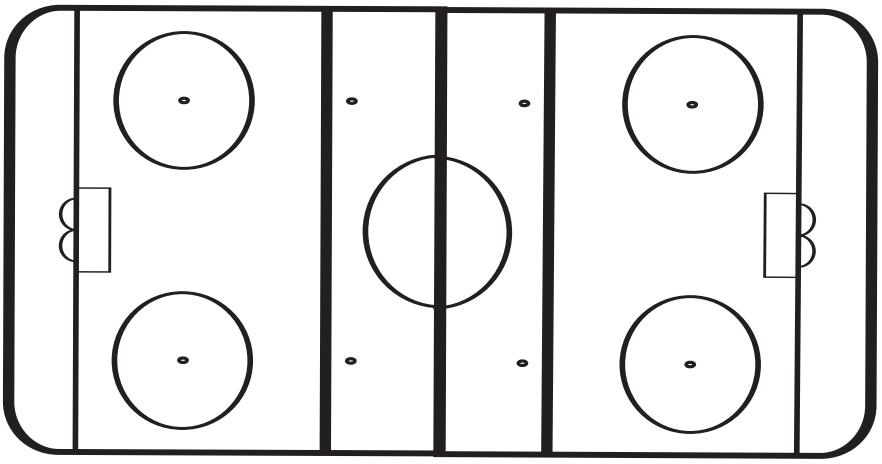

Notes/Comments _____

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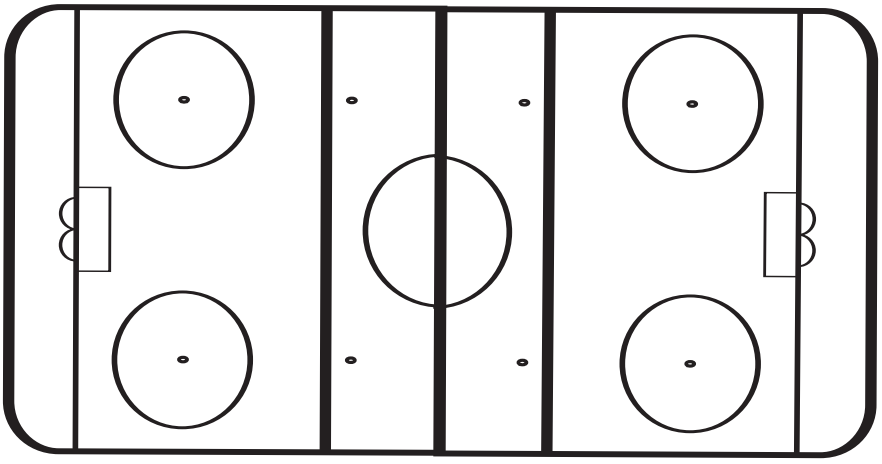


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice and reinforce blocking shot drills

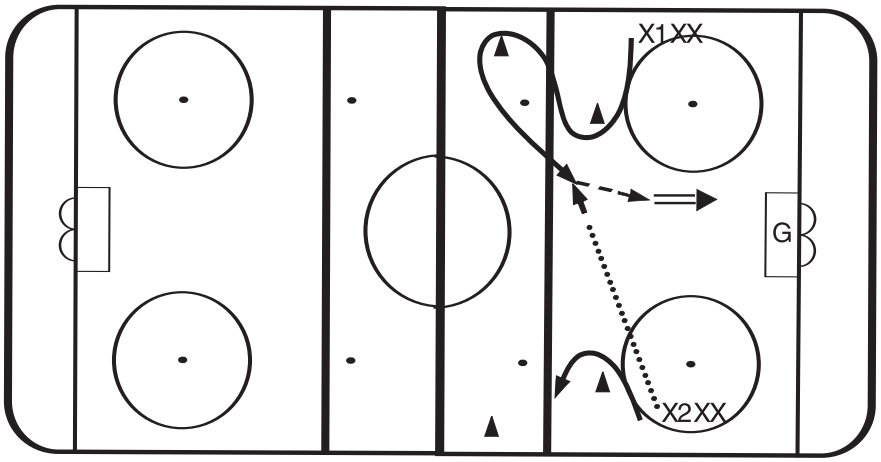
Date: _____
Practice #19
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
____ Skating	X 1 on 1	____ Defensive Cov.	____ Short Work - Quickness
X Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	X 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
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	X Misc. *blocking shots*
____ Goaltending	____ 3 on 0	____ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches, skate	
7 mins.	2. Break to space drill	Timing, skate to space, continued flow
7 mins.	3. Touch pass - speed drill	Keep feet moving
7 mins.	4. Breakout up middle pass - 1 on 1	Defense move up with play
8 mins.	5. Block shots #1 (forwards)	Make self big
8 mins.	6. Block shot #2 (defense)	Shinpads at puck
7 mins.	7. Shooting accuracy fun drill	Hit posts and crossbar

Drill #1 — Warm-Up; Stretches; Shooting Drill

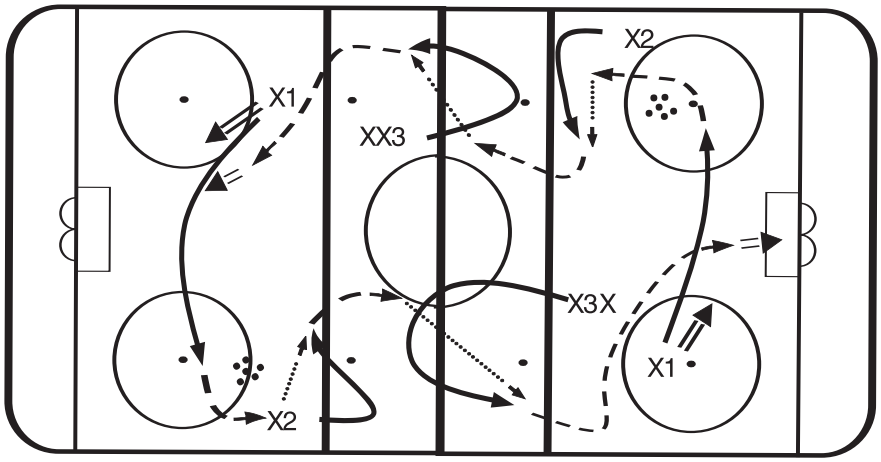
- X1 starts without puck and skates through cones.
- X1 crosses blue line, gets pass from X2 and shoots.
- X2 starts after making pass.



Drill #2 — Break to Space

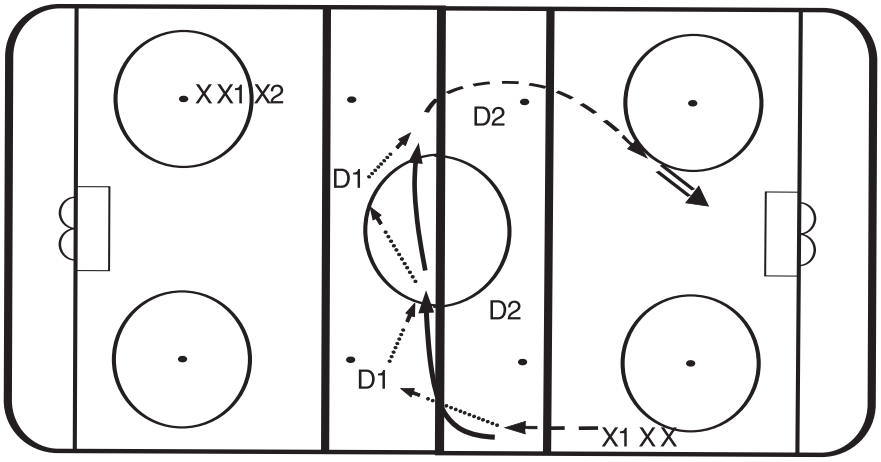
- X1s start drill by shooting puck.
- X1 then skates to pick up puck in circle and passes to X2 who is curling to space.
- X2 receives pass from X1 and skates to neutral zone and passes to X3 who is curling to space.
- X3 receives pass from X2..
- X3 shoots puck, then skates to pick up puck and start drill.

Notes/Comments: Do drill both ways.



Drill #3 — Touch Pass - Speed Drill

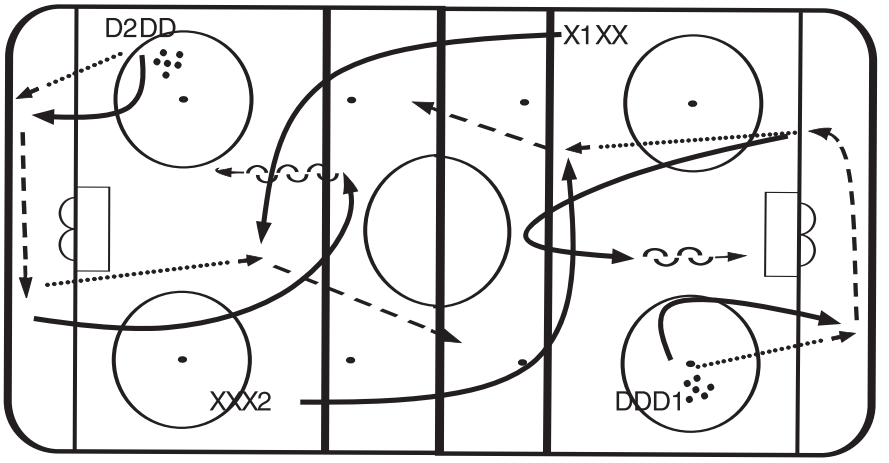
- X1 skates full speed with puck, makes one touch passes to both D1s at neutral ice, then goes to shoot.
- X2 skates same pattern with D2s at same time.
- Xs must accelerate through entire neutral zone.



Notes/Comments: Do drill both ways.

Drill #4 — Breakout Up Middle Pass 1 on 1

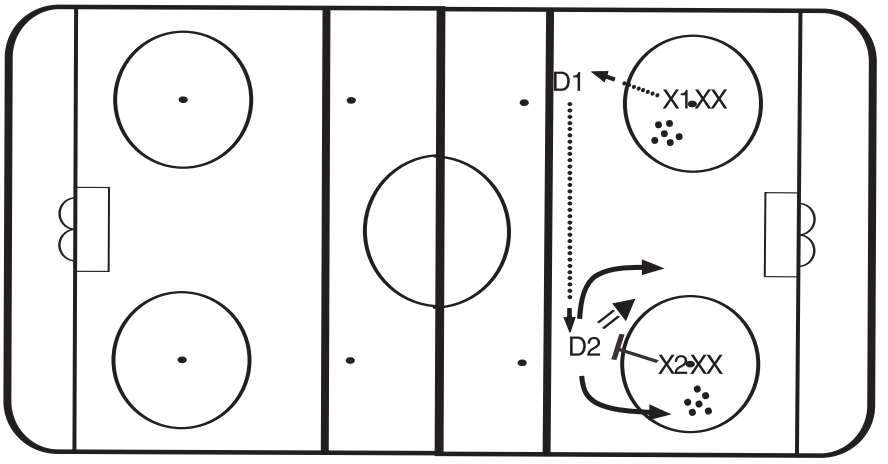
- D1 starts by dumping puck in corner.
- D1 then picks up puck, skates behind the net, then passes to X2 who is swinging in middle.
- X2 continues up ice with puck.
- D1 then hustles up to neutral ice where he meets X1 1 on 1.
- X1 has received pass from D2 at other end at same time.



Notes/Comments: D must move up with play in order to play 1 on 1 effectively.

Drill #5 — Blocks Shots #1 (Forwards)

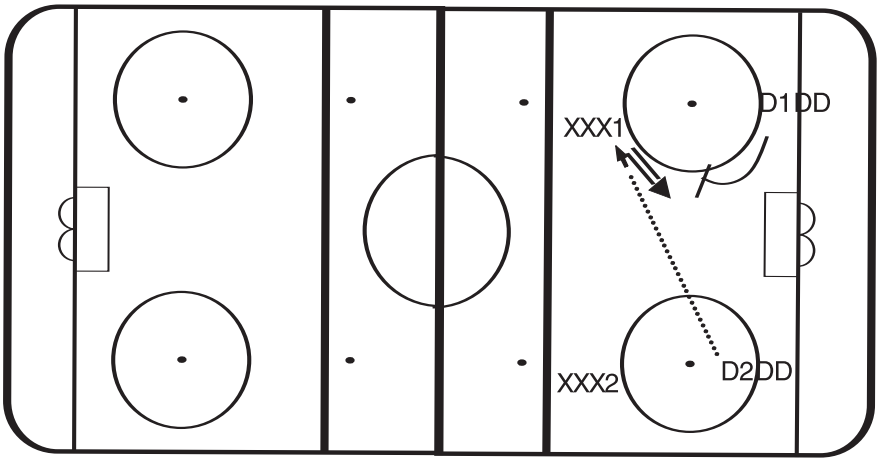
- X1 passes to D1 who passes to D2.
- At same time, X2 skates out to block D2's shot.
- D2 may shoot puck or fake shot and try to go around X2.
- X2 line then passes to D2 to D1. X1 blocks D1 shot.



Notes/Comments: Technique - forwards should do down to one knee, arms at side and stick on ice straight out to side. If D fakes shot, forward stops and plays D.

Drill #6 — Block Shots #2 (Defense)

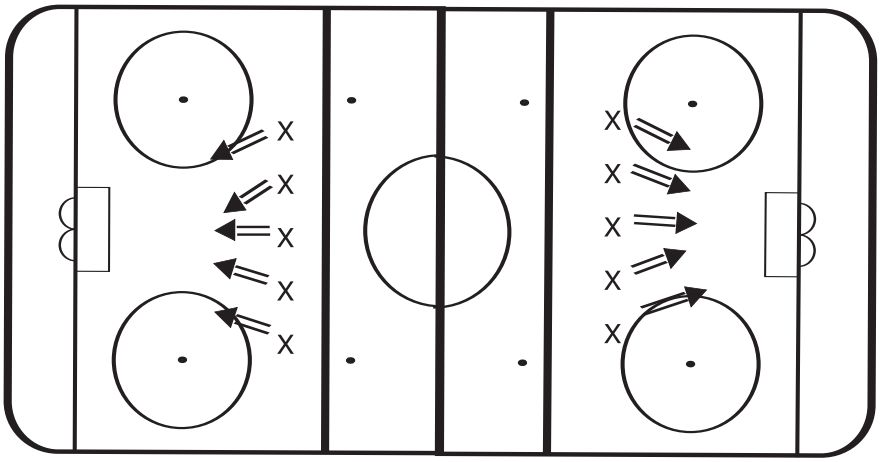
- D2 passes to X1, who shoots puck.
- D1 starts on goal line. When pass is made, D1 may start. D1 blocks X1's shot
- D1 line then passes to X2 who shoots. D2 blocks shot.



Notes/Comments: Technique - D must sprint to shooter. To block shot, D must lay flat on side (legs stacked), keeping head up. D wants to line up shin pads on puck when making slide.

Drill #7 — Shooting Accuracy Fun Drill

- Players line up, each with three pucks.
- Each player shoots one puck at a time, trying to hit a post or crossbar.
- Keep track of how many pipes hit and have elimination rounds.
- Use four nets if available.



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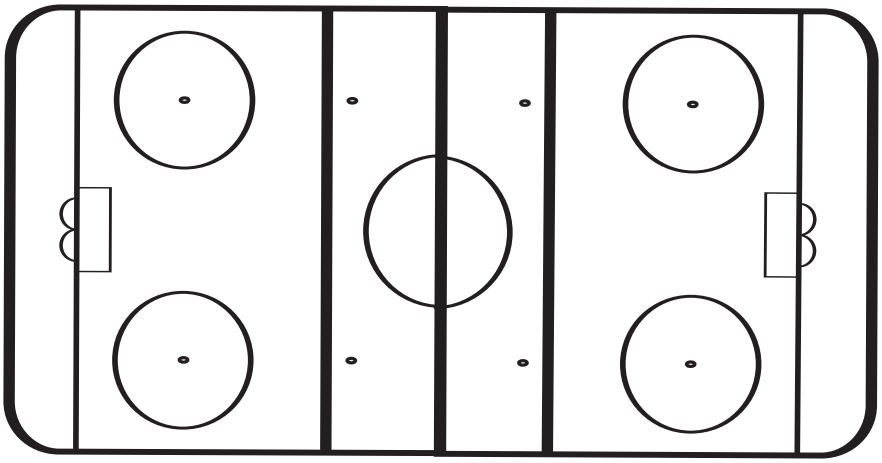

Notes/Comments _____

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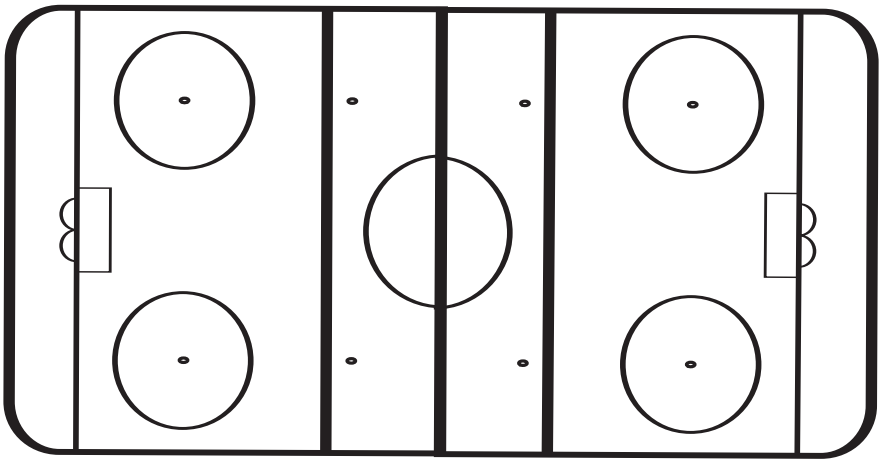


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice and reinforce situations and concepts

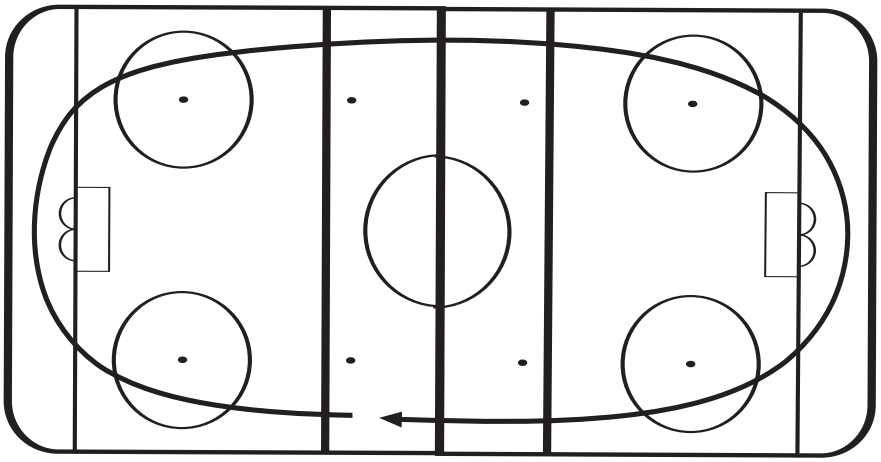
Date: _____
Practice #20
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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

Time	Drill	Emphasis
5 mins.	1. Warm-Up: stretches, skate	
6 mins.	2. 1 on 1 Dump-in	Body position, checking
6 mins.	3. 2 on 0	One-touch passing
6 mins.	4. 2 on 1	F - create scoring opportunity D - Force wide shot, man on man coverage
6 mins.	5. 2 on 2	Mon-on-man coverage
6 mins.	6. 3 on 0	Be creative
6 mins.	7. 3 on 1	F - triangle options D - Take away slot
6 mins.	8. 3 on 2 Dump-in	F - forecheck and cycle D - pressure puck
6 mins.	9. 3 on 3	Transition to offense D - man-on-man communication

Drill #1 — Warm-Up: Stretches, Skate

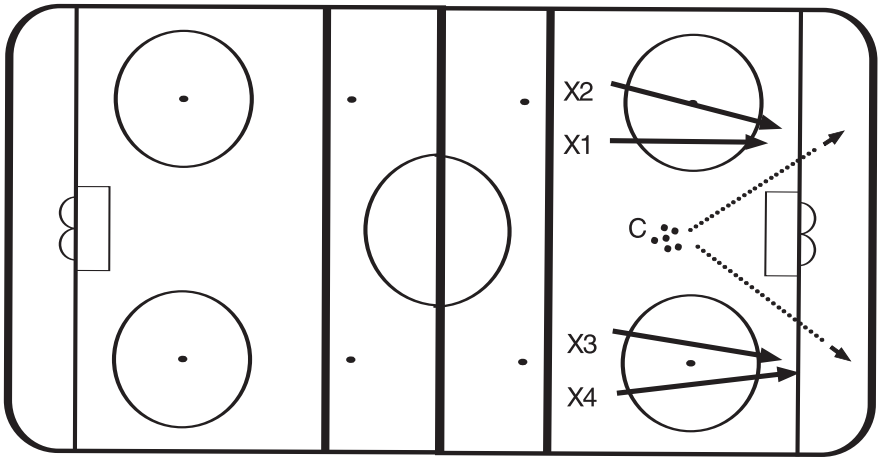
- Backward between whistle.
- Hard between whistle.
- Stop and Go other way.
- Turn to boards.
- 360 degree spin each way.
- Drop to knees and stomach, back up again.
- Dribble puck with skates.
- Pass puck off boards to self.



Notes/Comments: Use pucks and, on whistle, incorporate different drills. Go both directions

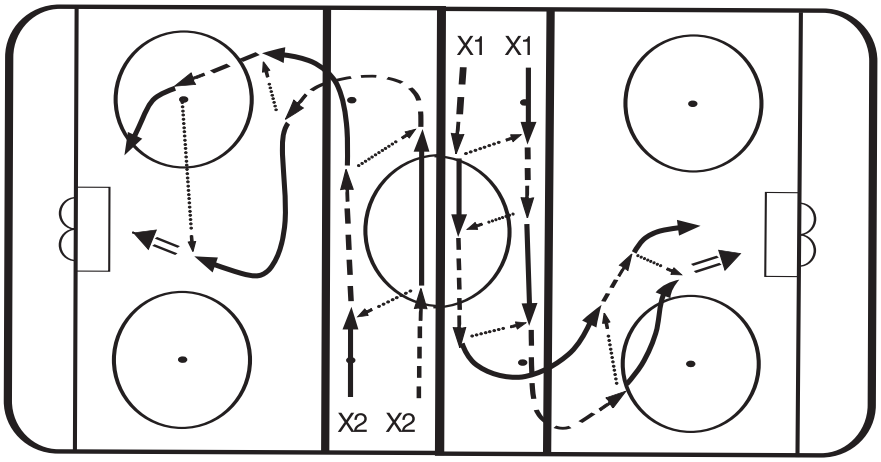
Drill #2 — 1 on 1 Dump-In

- Coach designates an offensive and defensive player.
- Coach dumps puck in both corners.
- Offensive player must keep defensive player from coming out.
- Defensive player tries to skate puck past top of circles.



Drill #3 — 2 on 0

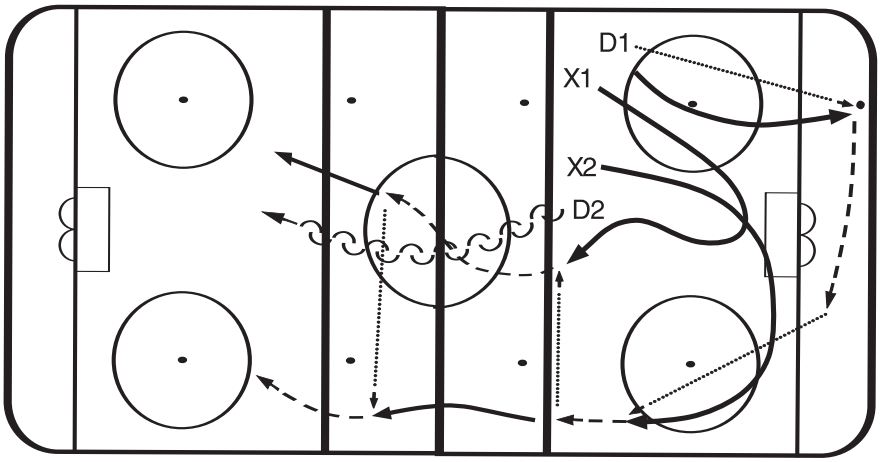
- X1s and X2s start at same time and pass through neutral zone one touching the puck.
- They then cross blue line, make one or two passes, driving to the net and shooting puck.



Notes/Comments: One-touch passing

Drill #4 — 2 on 1

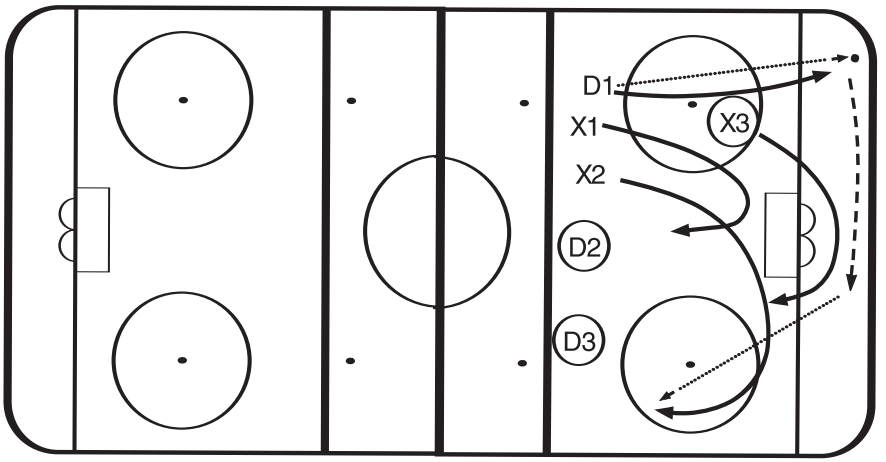
- D1 dumps puck in and skates to pick up puck and skate behind net.
- X1 and X2 swing and receive pass from D1.
- X1 and X2 skate up ice 2 on 1 on D2 who has stepped out to play 2 on 1.



Notes/Comments: F - create scoring opportunity. D - force wide shot. Do drill both directions

Drill #5 — 2 on 2

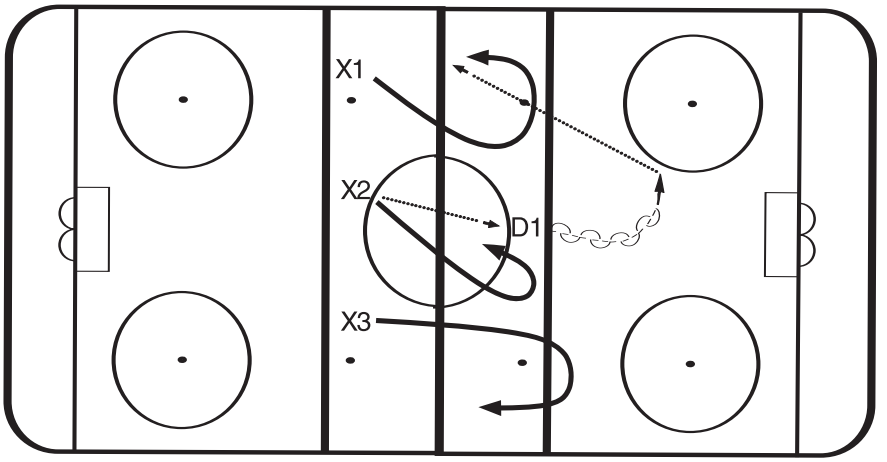
- Same drill as above but either have two defense (D2, D3) play 2 on 2 or add X3.
- X3 is backchecker and must skate around net. X3 then plays with D2 against X1 and X2.



Notes/Comments: Do drill both sides

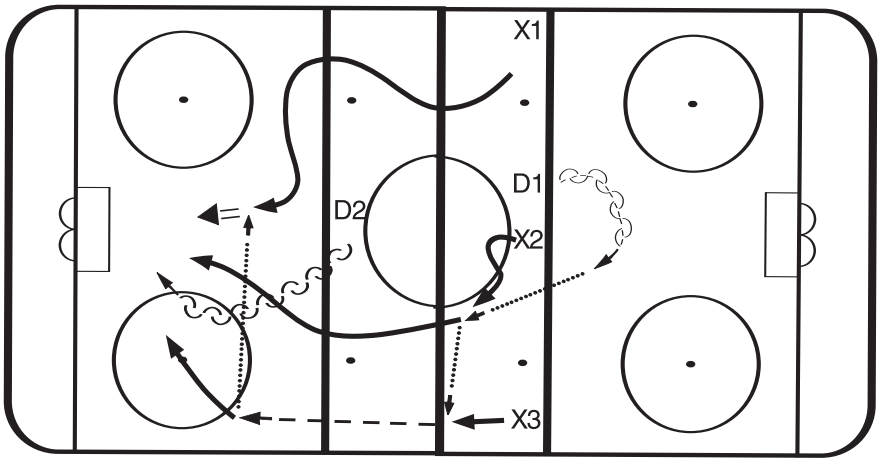
Drill #6 — 3 on 0

- Three forwards and one defenseman step out in neutral zone.
- X2 passes to D1 to start drill.
- D1 skates backward and laterally with puck.
- X1, X2 and X3 swing regroup pattern.
- D1 passes up to X1, X2 or X3.
- Forwards continue 3 on 0.
- Next group steps out when they cross blue line.



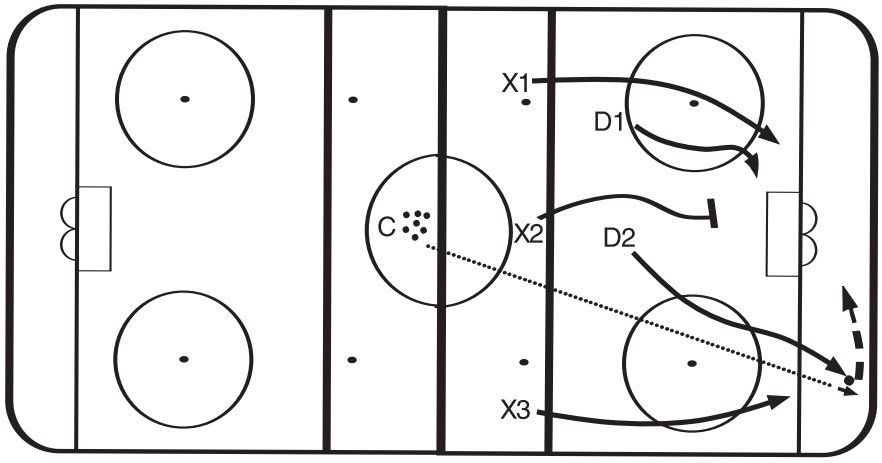
Drill #7 — 3 on 1

- Same drill as #6, but D2 steps out to play 3 on 1.



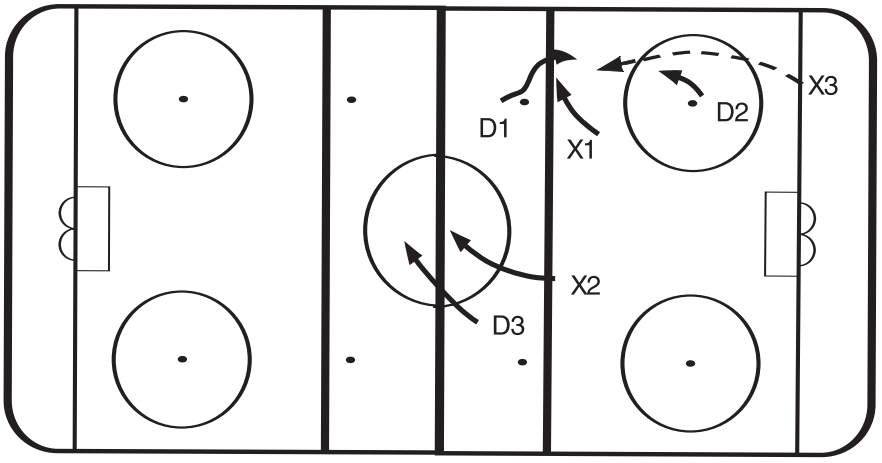
Drill #8 — 3 on 2 Dump In

- Coach dumps in puck to either corner.
- D1 and D2 must carry or pass puck across blue line.
- X1, X2 and X3 must forecheck, cycle and try to score a goal.



Drill #9 — 3 on 3

- Have teams of three play full-ice elimination tournament.
- Stress defense and transition to offense.



Hockey Practice Plan

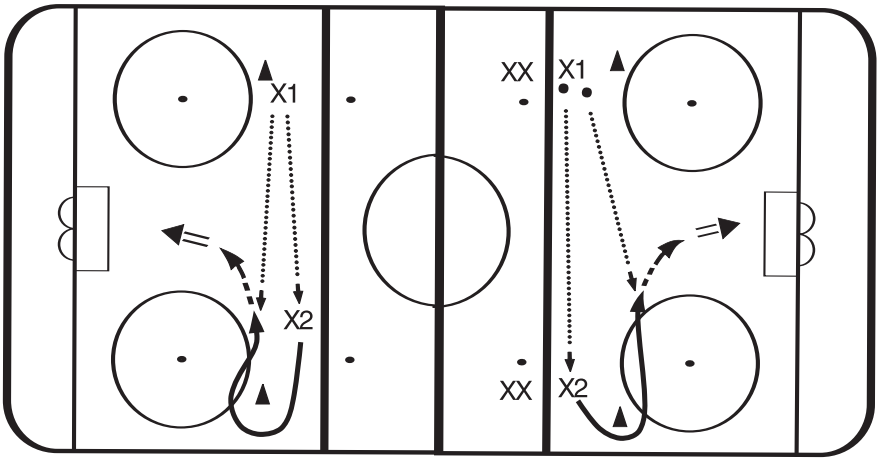
Objectives: To learn, practice and reinforce team play

Date: _____
Practice #21
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
____ Skating	____ 1 on 1	_X_ Defensive Cov.	____ Short Work - Quickness
____ 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
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	____ 3 on 3	_X_ Faceoffs	
____ Def./Forwards		____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches; double shot drill	Nice and easy
7 mins.	2. Forecheck	One man high
7 mins.	3. Breakout with regroup	Move to spaces
7 mins.	4. Backchecking drill; Read, play and communicate	
7 mins.	5. Defensive Coverage - new situation	Puck moves across ice
7 mins.	6. Faceoffs	Review situations, competition
8 mins.	7. 4 on 4, 5 on 5 controlled scrimmage	Evaluate situations

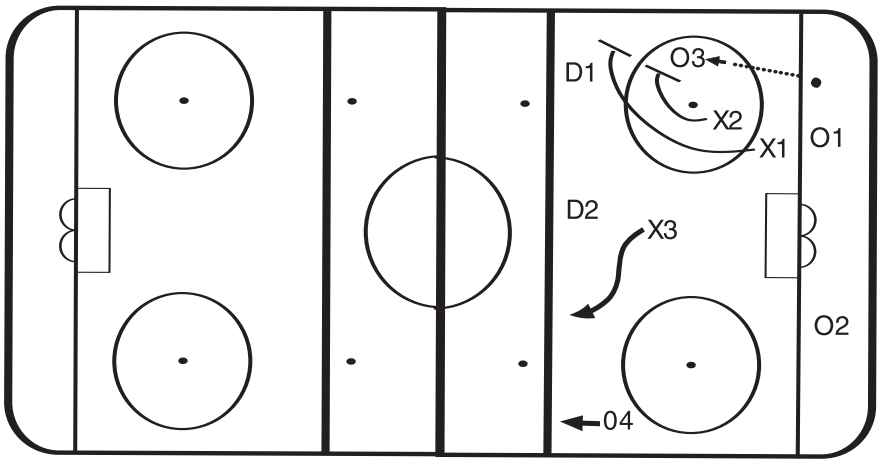
Drill #1 — Warm-Up: Stretches, Double Shot Drill



- X1 starts with 2 pucks.
- X1 passes to X2 along blue line, X2 takes long shot.
- After shot, X2 breaks around cone and receives second pass from X1.
- X2 shoots off pass.
- Next player in half line then starts by passing to X1.

Notes/Comments: Long shot, shoot off pass

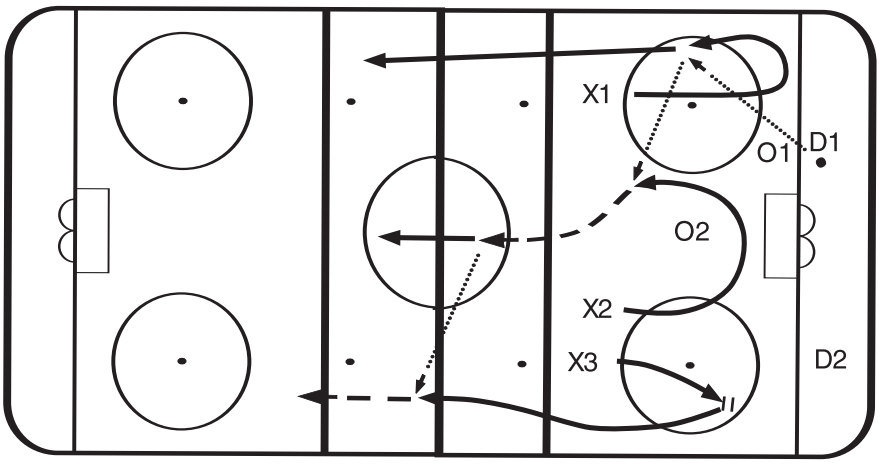
Drill #2 — Forecheck



- Start with four players trying to break out and five players forechecking.
- Coach dumps puck in. Os try to break out. Forecheckers must execute 2-man forecheck and hold the puck in zone.

Notes/Comments: Stress putting pressure on puck and support teammate on defensive side of puck.

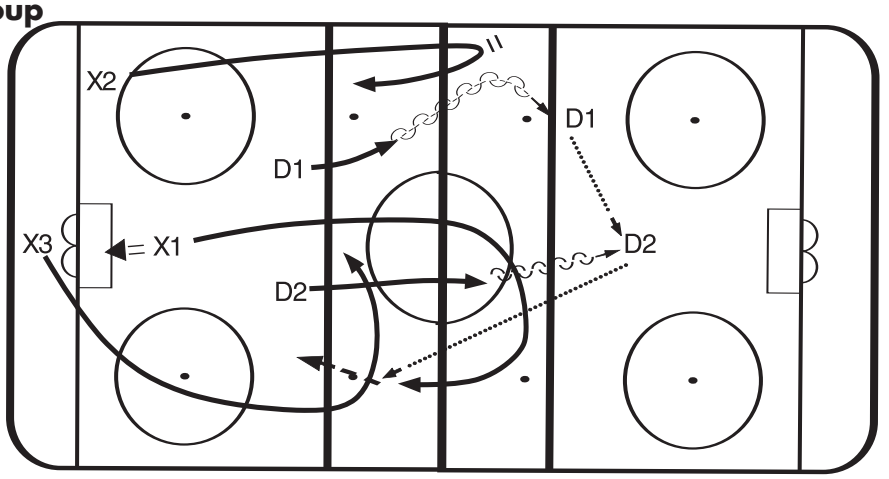
Drill #3 — Breakout With Regroup



- Dump puck in corner for five players to breakout.
- Two forecheckers from next line (O1, O2) try to break up play and only backcheck to blue line.
- Five players continue 5 on O and score goal.
- Forwards must swing deep.
- Defense must look where forecheckers are before getting to puck and making pass.

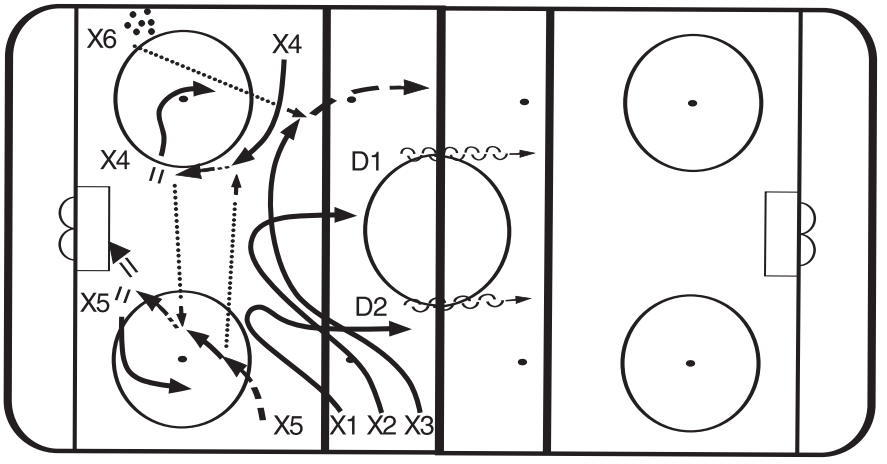
Drill #3 — Breakout With Regroup

- After five players score goal or take several shots, coach blows whistle for regroup.
- Coach throws puck into neutral ice.
- D must skate backwards making a D to D pass while forwards come back and make swings.
- Forwards must read play and fill open lanes.
- Defense must look before getting to puck and make pass.



Drill #4 — Backchecking

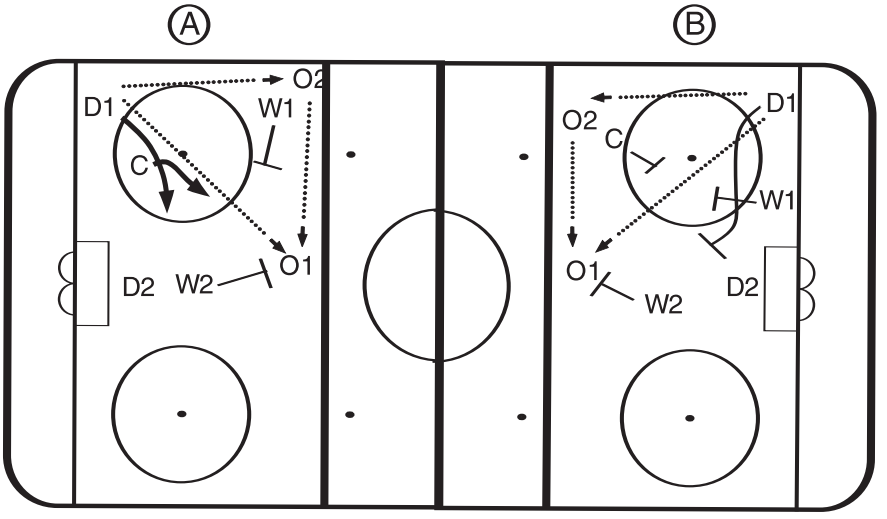
- Coach designates three players to start in zone (X4, X5, X6).
- X4 and X5 start by going 2 on 0 on goalie. X6 starts in corner with puck.
- While X4 and X5 are 2 on 0, X1, X2 and X3 swing into zone.
- After X4 and X5 take shot, coach blows whistle and X6 gives X1, X2, X3 a pass.
- X4 and X5 backcheck while X1, X2, X3 go down ice on D1 and D2.



Drill #5 — Defensive Coverage

A. Wings on Defensemen
- W2 releases and plays O1.
- W1 comes back slightly.
- D2 covers in front.
- C and D1 cover players coming out of corner.

B. Center on Defensemen
- W2 releases and plays O1.
- C comes back slightly.
- D2 covers in front.
- D1 and W1 cover players coming out of corner.



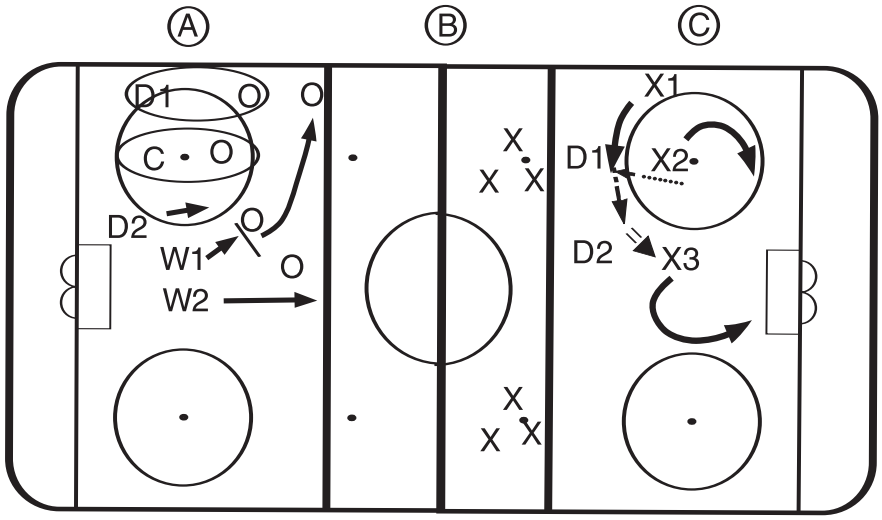
Notes/Comments: Defensive Coverage - puck moves across ice either diagonally or up and over to O1

Drill #6 — Faceoffs

A. Do drill 5 on 5 off faceoff. Let Os win faceoff. Do various situations (three across, one shooter).

B. Have players work on taking faceoffs or can work on neutral ice team faceoffs.

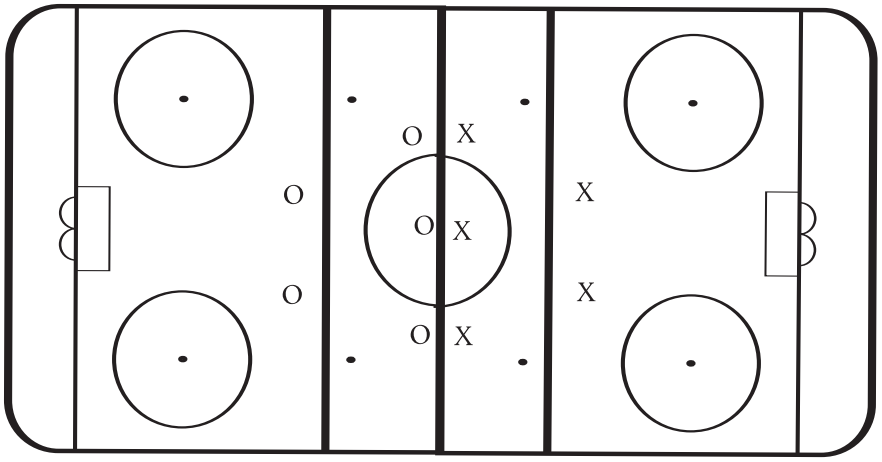
C. Work on offensive faceoffs against players with sticks turned around.



Notes/Comments: Review faceoffs in practice plan 12.

Drill #7 — 4 on 4, 5 on 5 Controlled Scrimmage

- Have players work on certain plays and teach when mistake is made.



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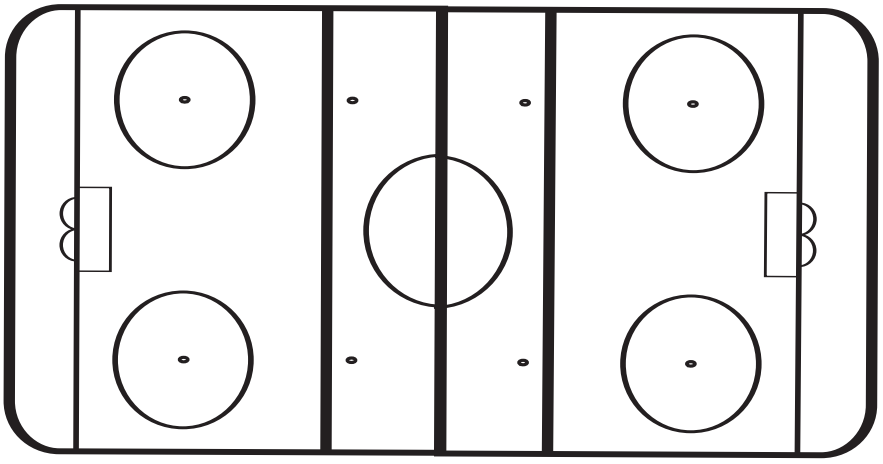


Notes/Comments _____

Hockey Practice Plan

Objectives: To work on special teams skills

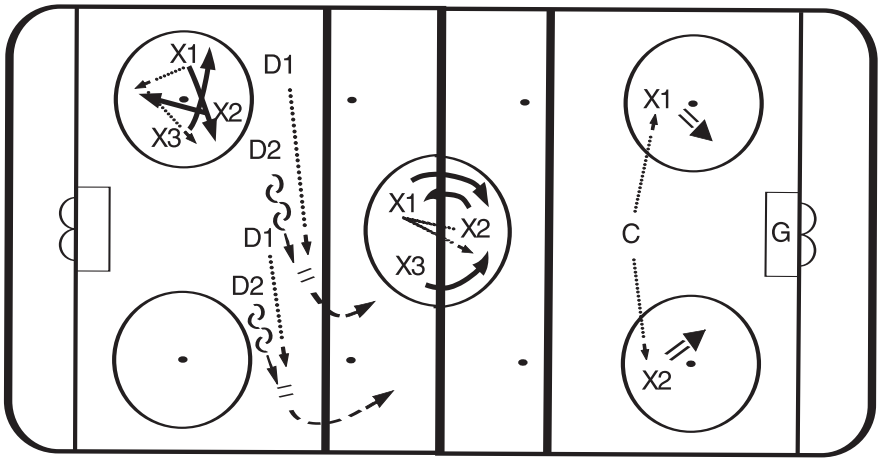
Date: _____
Practice #22
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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
____ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	____ 3 on 1	____ Entering Attack Zone	____ Skills Testing
____ Agility Work	____ 3 on 2	____ Triangulation/Cycling	_X_ Misc. - *Zone Games*
____ Goaltending	____ 3 on 0	____ Faceoffs	
____ Def./Forwards		_X_ Power Play / Penalty Kill	

Time	Drill	Emphasis
7 mins.	1. Warm-Up: stretches; goalies shots, passing	One touch
7 mins.	2. Pass 1, Pass 2	Read play and timing
10 mins.	3. Power Play breakout with forecheckers	Head up ice together
10 mins.	4. Power Play in Zone	Create 2 on 1 situation
10 mins.	5. Short handed in zone; 5 on 3	Stop and Start
6 mins.	6. Bank puck to score; 3 on3	Have fun

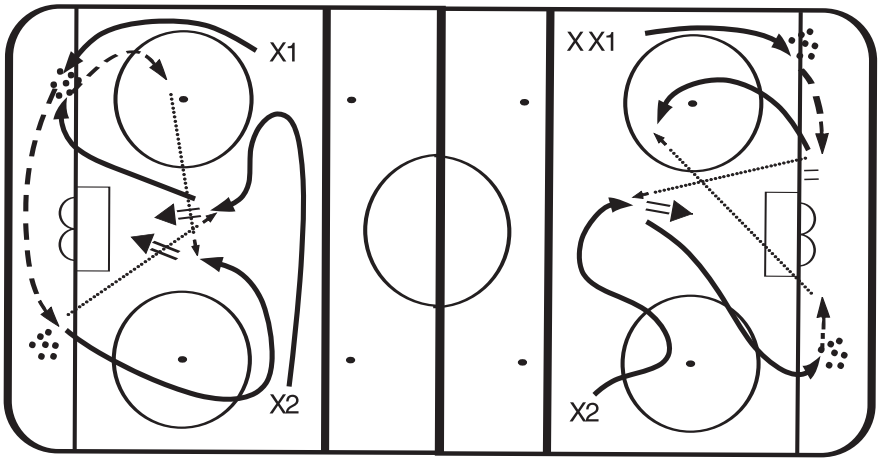
Drill #1 — Warm-Up: Stretches, Goalie Shots, Passes

- Coach and two players warm-up goalies. Pass with shot off pass.
- Forwards get in groups of three and skate inside circle passing puck.
- Defense pair up and pass while skating forward. Backward and making stops.



Drill #2 — Pass 1, Pass 2

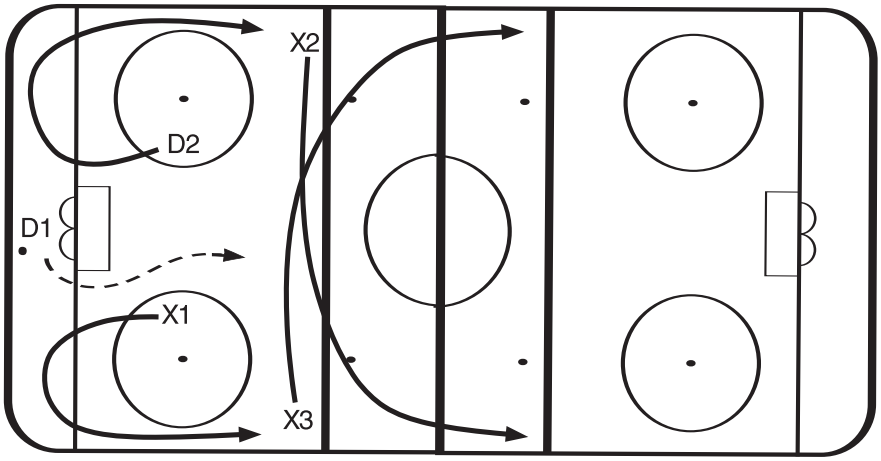
- X1 skates and picks up puck in either corner and can go anywhere.
- Meanwhile X2 is positioning himself in front.
- X1 passes to X2, who then shoots.
- X2 then picks up puck in either corner and skates anywhere.
- X1 gets open in front.
- X2 passes to X1, X1 shoots.



Notes/Comments: Reading play and timing should be stressed.

Drill #3 — Power Play Breakout With Forechecking

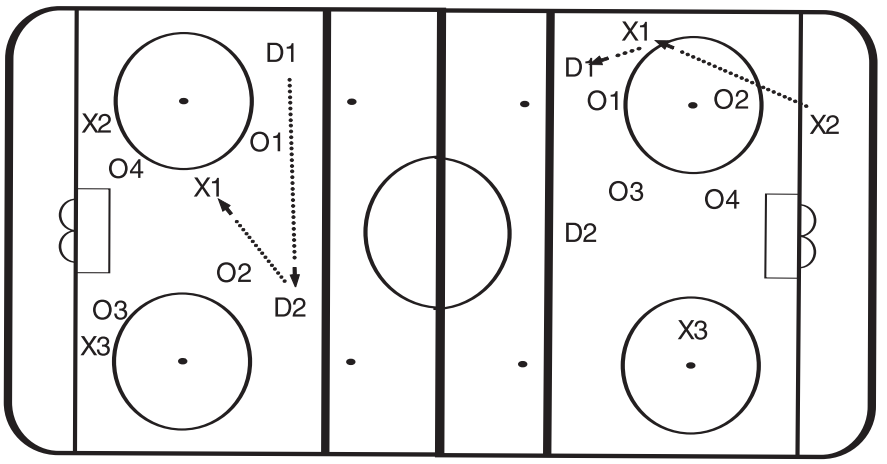
- D1 stops behind net with puck.
- D2 and X1 circle deep in corners.
- D1 steps out from behind net so all three players head up ice together.
- X2 and X3 cross as shown.
- Add two forecheckers who pressure powerplay all the way to far blue line.



Notes/Comments: Do drill with different lines and forecheckers

Drill #4 — Power Play in Zone

- Set up power play in zone. Also have three or four penalty killers.
- Work various power play options.
- Penalty killers can either pressure or play stationary box.

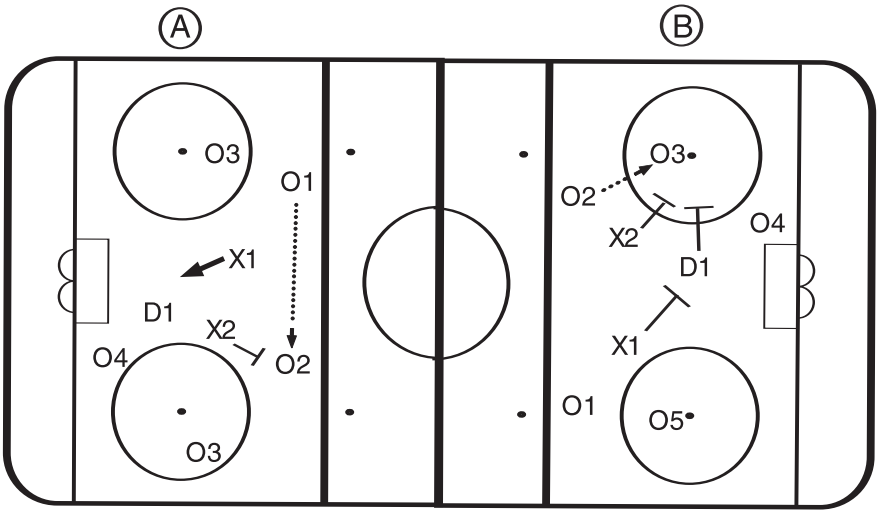


Notes/Comments: Create a 2 on 1 situation. Read play and react to penalty killers.

Drill #5 — Short-Handed in Zone

A. Triangle Penalty Kill
- Puck moves across top O1 to O2
- D1 stays in hash marks and does not get tied up.
- X1 moves back slightly (stop and start)
- X2 moves out slightly (stop and start)

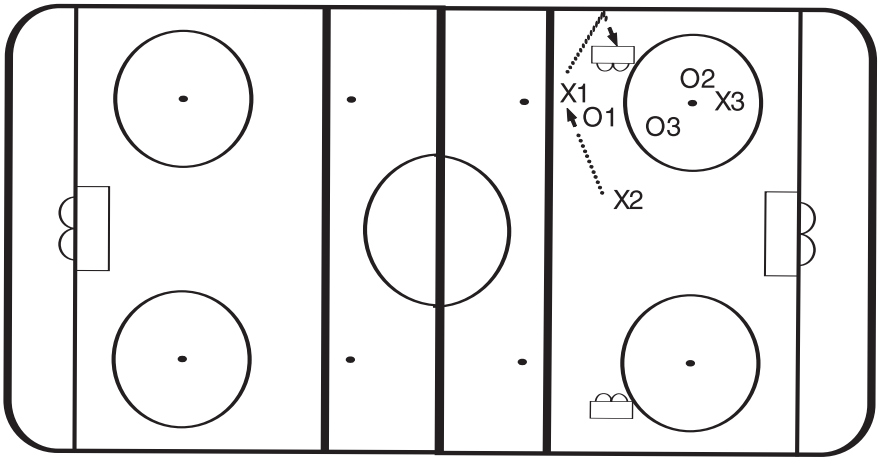
B. Puck Moves Down
- X2 moves even with 03.
- D1 moves out, X1 moves back.
- Should be L formation.



Notes/Comments: Defense - stay inside dots, look before get to puck; Forwards - use pivots, face puck.

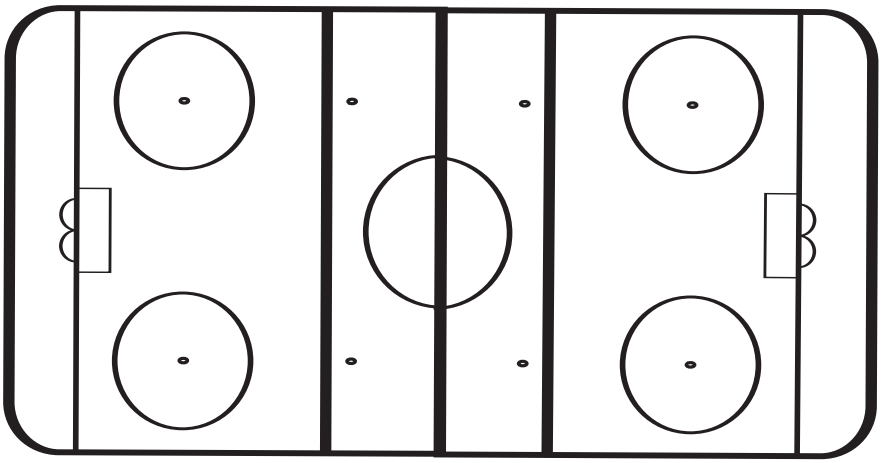
Drill #6 — Bank Puck to Score; 3 on 3

- Face nets as shown.
- Play 3 on 3 in zone.
- Players must bank in puck off boards to score.
- Goaltenders work at other end.



System/Drill _____

Description _____



Notes/Comments _____

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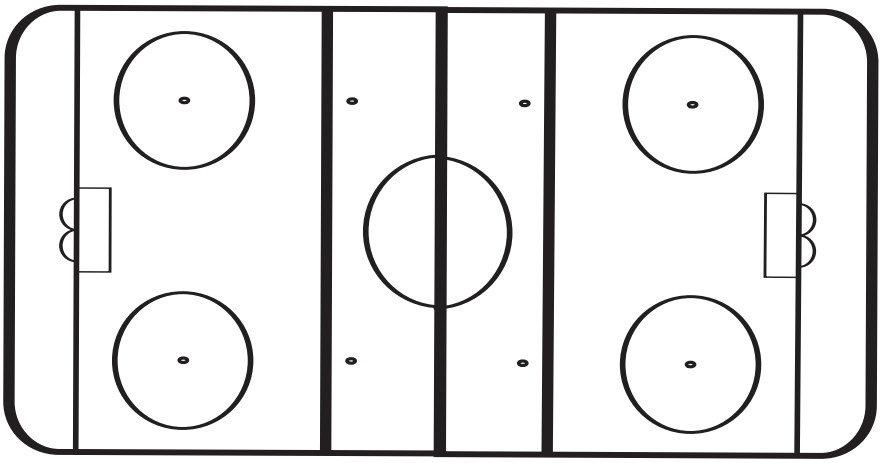

Notes/Comments _____

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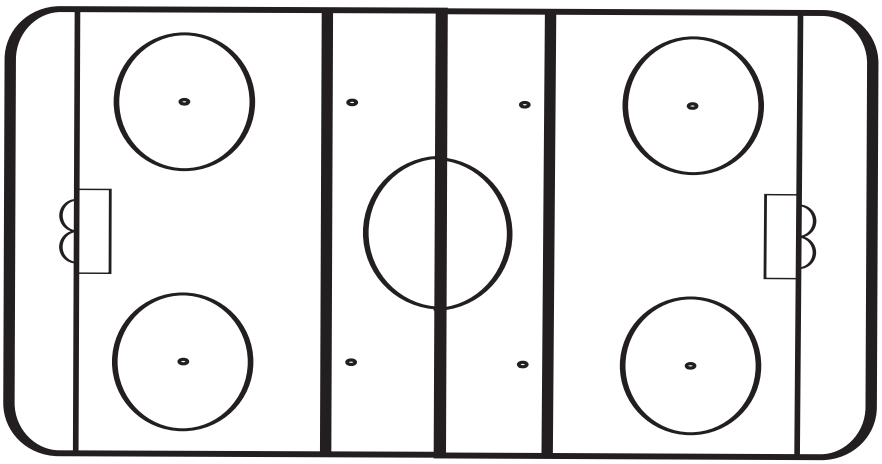


Notes/Comments _____

Hockey Practice Plan

Objectives: To learn, practice, and reinforce team play concepts

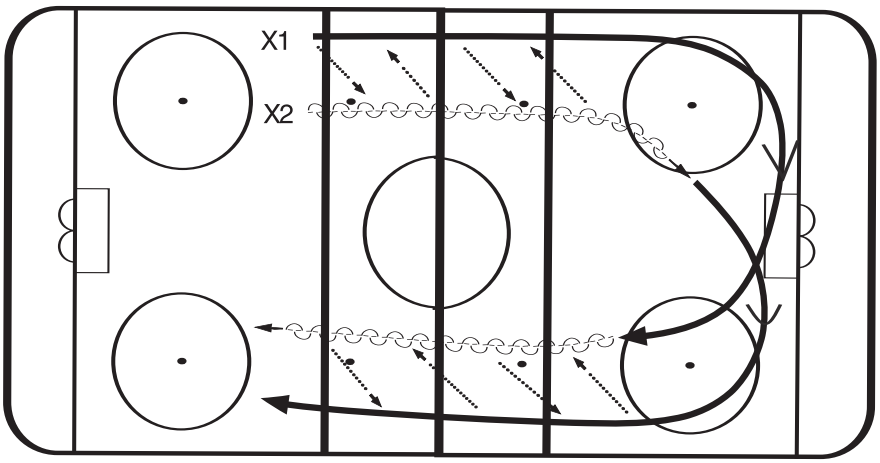
Date: _____
Practice #23
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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

Time	Drill	Emphasis
6 mins.	1. Warm-Up: Stretches; one touch pass around rink	
6 mins.	2. 1 on 1; goalie work	Gap control for D
6 mins.	3. 2 on 1 - criss-cross Attack together, speed through	neutral zone
8 mins.	4. Half-ice progression; 1 on 1; 2 on 1; 2 on 2	D - move up and pressure F - attack net
8 mins.	5. 3 on 0 with backchecker	One man stays high to backcheck
8 mins.	6. Diamond cycle	Read, play and react
8 mins.	7. 2 on 2 small game	Have Fun

Drill #1 — Warm-Up: One-Touch Pass Around Rink

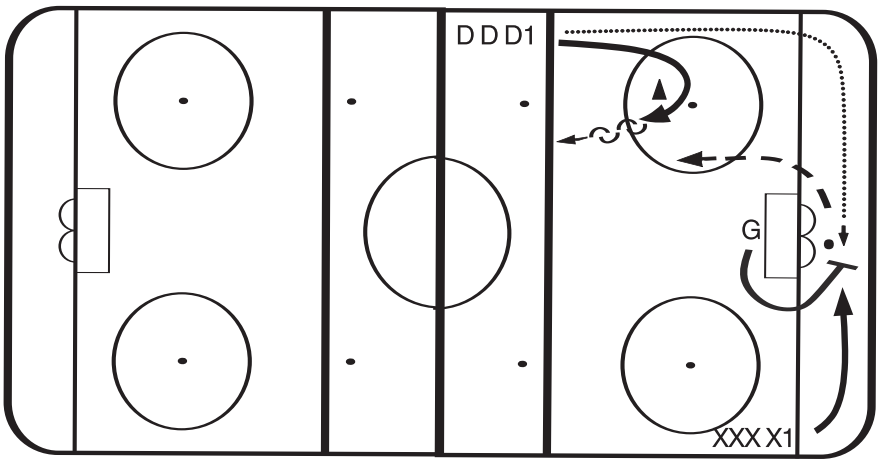
- X1 and X2 start at same time. X1 skates forward, X2 skates backwards.
- X1 and X2 one touch pass around rink.
- When players reach end of rink they reverse roles and come back up ice.



Drill #2 — 1 on 1, Goalie Work

- D1 starts drill by shooting puck around boards. D1 then skates around cone.
- G must leave net, stop puck and set it up for X1 and returns to net.
- X1 picks up puck and heads up ice 1 on 1.

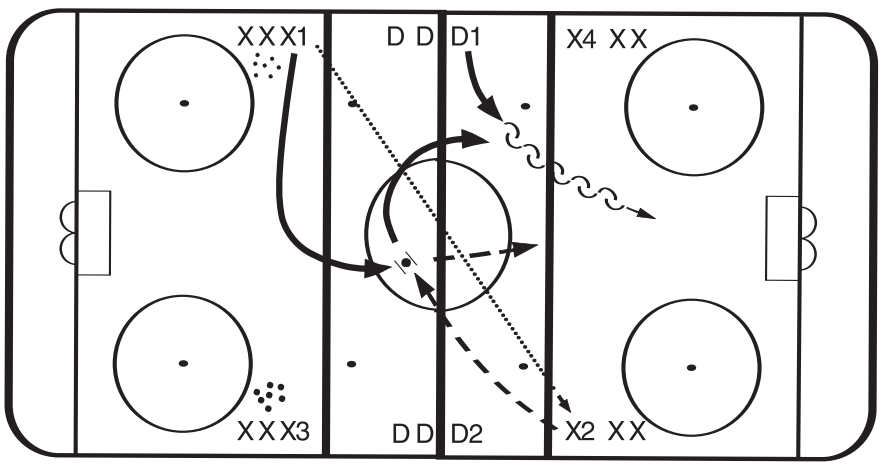
Variation - may have two forwards pick up puck and proceed 2 on 1.



Notes/Comments: D1 must time pivot around cone to have correct gap for 1 on 1

Drill #3 — 2 on 1 - Criss-Cross

- Start drill on whistle. X1 passes to X2.
- X2 skates back across red line and drops or passes puck back to X1.
- X1 and X2 cross and head up ice.
- While X1 and X2 are crossing D1 steps out to play the 2 on 1.
- X3 then passes to X4. Same movement, D2 steps out.

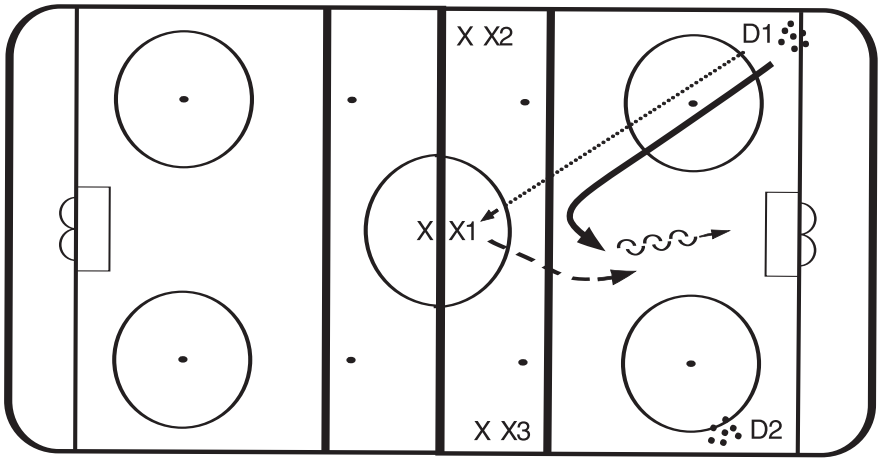


Notes/Comments: Forwards must time play in order to attack together with speed through neutral zone.

Drill #4 — Half-Ice Progression, 1 on 1, 2 on 1, 2 on 2

- On whistle, D1 passes to X1, X2 or X3.
- D1 then moves up to blue line and plays 1 on 1 with the forward he passed the puck to.
- D2 then goes.

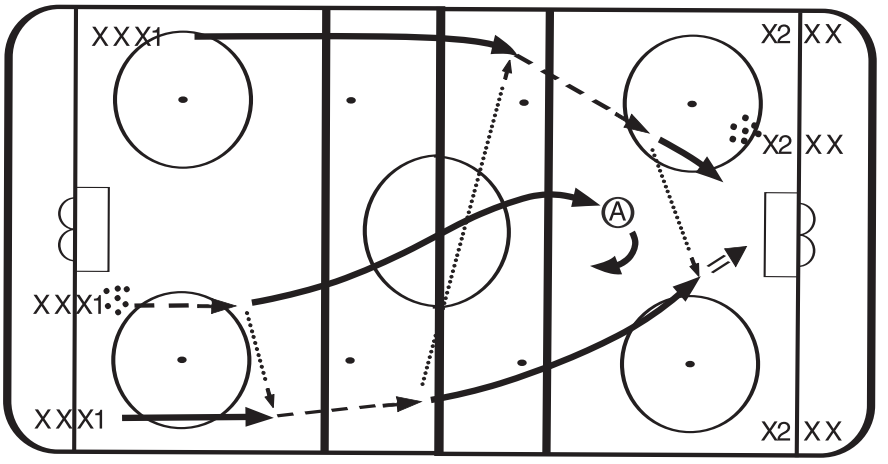
For 2 on 1, the forward who receives pass from D may pass to any other forward and continue 2 on 1. For 2 on 2, both Ds step up to blue line



Notes/Comments: D must move up quickly to blue line.

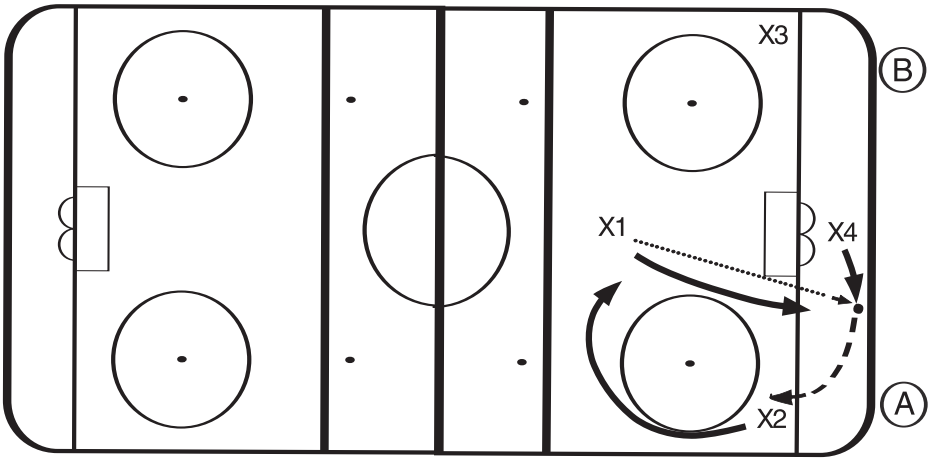
Drill #5 — 3 on 0 With Backchecker

- X1s start drill 3 on 0 and take shot. One player stays high (A).
- X2s start when X1s cross blue line.
- The player that is high (A) picks up an X2 player and backchecks to goal line.
- The other two X1s backcheck also to goal line.
- Drill continues, one man stays high to back check.



Drill #6 — Diamond Cycle

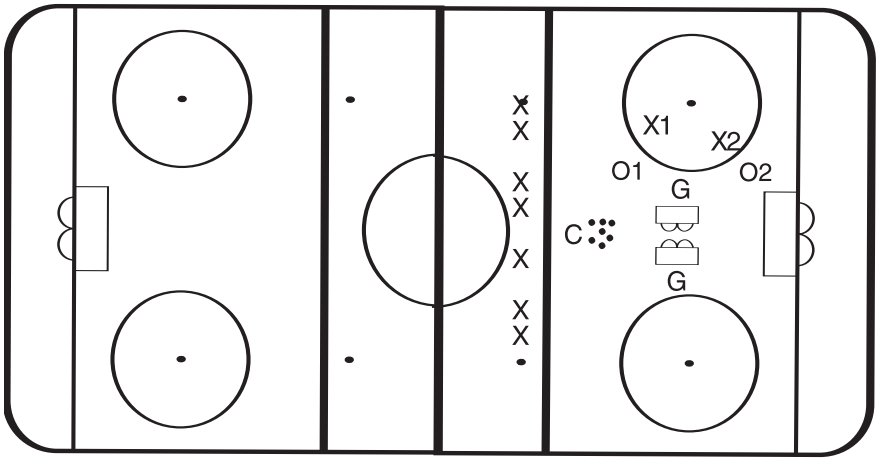
- X1 starts drill by dumping puck below goal line to X2, X3 or X4.
- If dumped to corner (A), X2 or X4 picks up puck and skates clockwise or counter clockwise.
- The three players cycle, bumping the puck low.
- When coach blows whistle, the players either walk out or pass to high slot and shoot.
- The player who is now high in slot dumps a puck to corner (B) to start.



Notes/Comments: Let players read and react, be creative, always keeping a triangle formation.

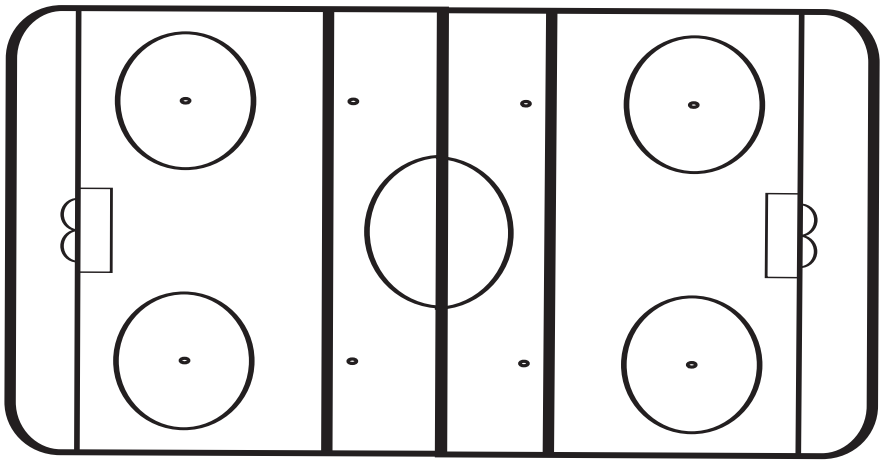
Drill #7 — 2 on 2 Small Game

- Coach starts drill by dumping puck.
- Players play 2 on 2 and may score in either net.
- Players may also use coach as an outlet pass.



Notes/Comments: Transition from offense to defense happens very quickly. Go for 45 seconds then switch groups

Description _____



Notes/Comments _____

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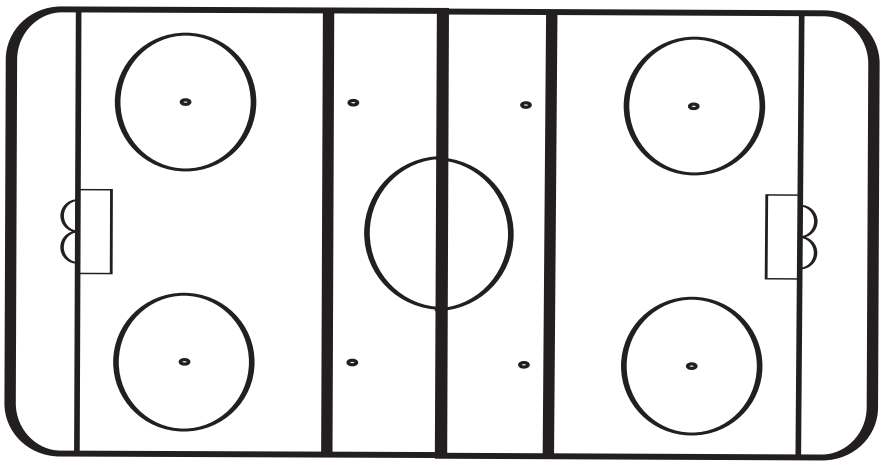


Notes/Comments _____

Hockey Practice Plan

Objectives: Flow and high tempo practice

Date: _____
Practice #24
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

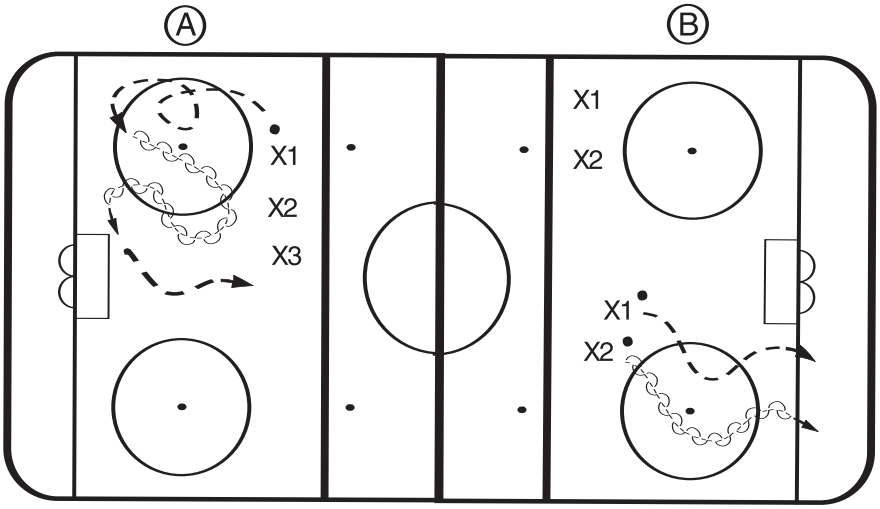
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
____ Skating	X 1 on 1	X Defensive Cov.	____ Short Work - Quickness
____ Puck Control	____ 2 on 0	____ Backcheck	____ Small Ice Modified Games
X Passing/Receiving	X 2 on 1	____ Forecheck	X Full Ice Modified Games
____ Shooting	____ 2 on 2	____ Breakouts	____ FUN - Relay Contests
____ Checking	X 3 on 1	____ Entering Attack Zone	____ Skills Testing
X Agility Work	X 3 on 2	____ Triangulation/Cycling	____ Misc.
____ Goaltending	____ 3 on 3	____ Faceoffs	
____ Def./Forwards	X 5 on 5	____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: stretches; follow the leader	Mirror partner
10 mins.	2. Full ice progression; 1 on 0; 1 on 1; 2 on 1; 3 on 1; 4 on 0	Combat skills - 1 on 1, 2 on 1, 3 on 1; Attack zone - 1 on 0, 2 on 1, 3 on 1, 4 on 0
8 mins.	3. 2 on 2 half-ice	D - support and communicate F - attack net
10 mins.	4. Cycling patterns	Movement, keep triangle pattern
10 mins.	5. 3 on 2 with 3 backcheckers; 5 on 5 defensive zone	pick up open players
6 mins.	6. Small game 1 on 1 progression	Competition

Drill #1 — Warm-Up; Follow The Leader

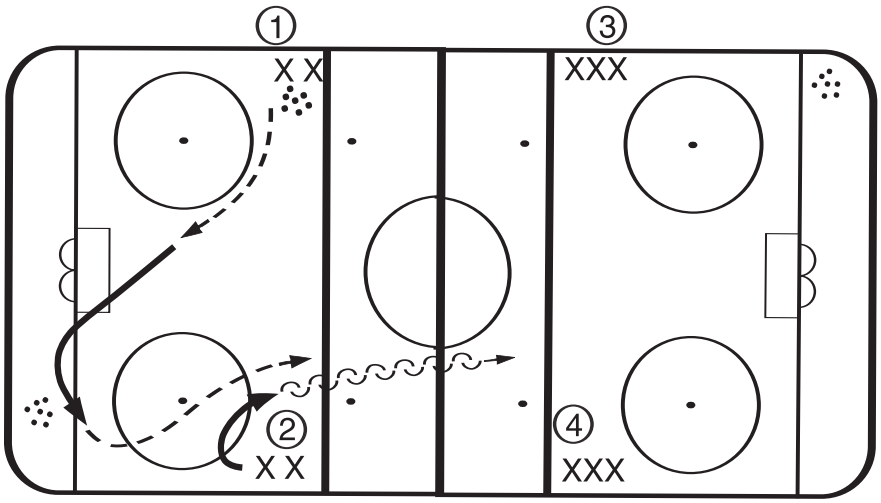
A.
- Put players in groups of three, each having a puck.
- X1 can do anything forward or backward. The other two players must imitate moves.

B.
- X1 skates forward with puck. X2 must do same moves skating backwards.
- X2 mirrors X1's moves.



Drill #2 — Full-Ice Progression; 1 on 0, 1 on 1, 2 on 1, 3 on 1, 4 on 0

- X1 starts drill by taking a shot on net, then picks up a puck in corner.
- X2 steps out and plays X1 1 on 1.
- After 1 on 1, X1 and X2 pick up puck in corner. X3 steps out to play the 2 on 1.
- After shot, X1, X2 and X3 pick up puck in corner. X4 steps out to play 3 on 1.
- After shot, X1 - X4 pick up puck and go 4 on 0.

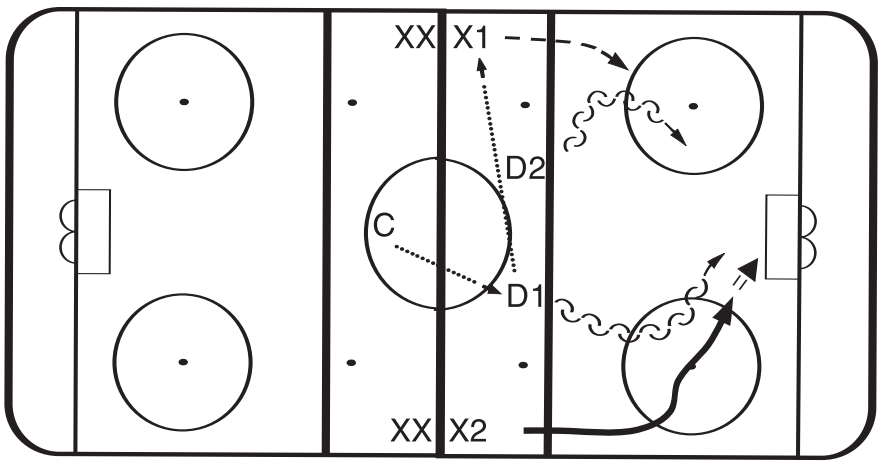


Notes/Comments: Do both directions, players rotate lines

Drill #3 — 2 on 2 Half-Ice

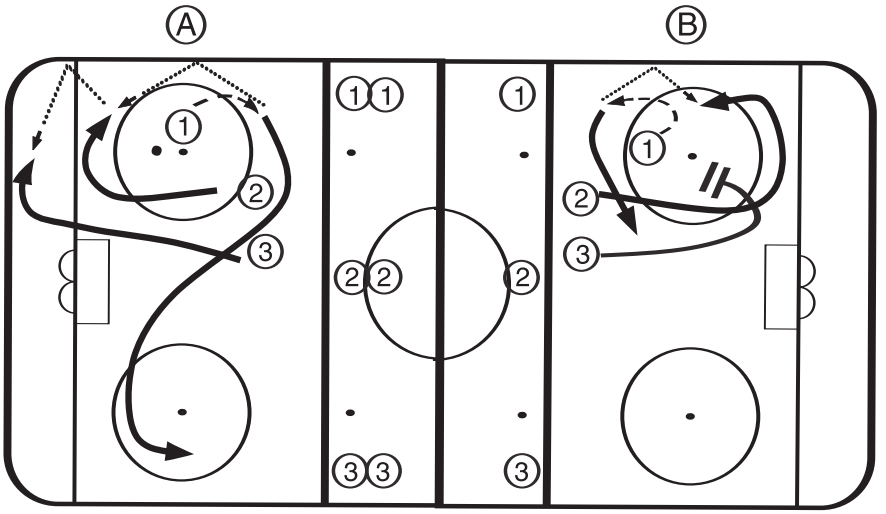
- Coach starts drill by passing to D1 or D2.
- The D then passes to X1 or X2.
- X1 and X2 attack D1 and D2, 2 on 2. (D must start in middle of ice. F can attack anyway they like).

Variations - Start both forwards on same side of ice, D stay in middle. Add another defender so forwards attack 2 on 3.



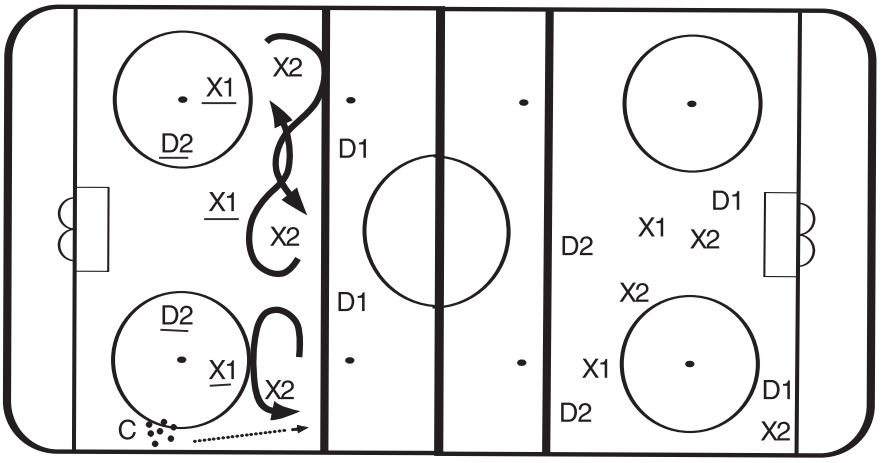
Notes/Comments: D - must support each other. F - must attack quickly, full speed.

Drill #4 — Cycling Patters



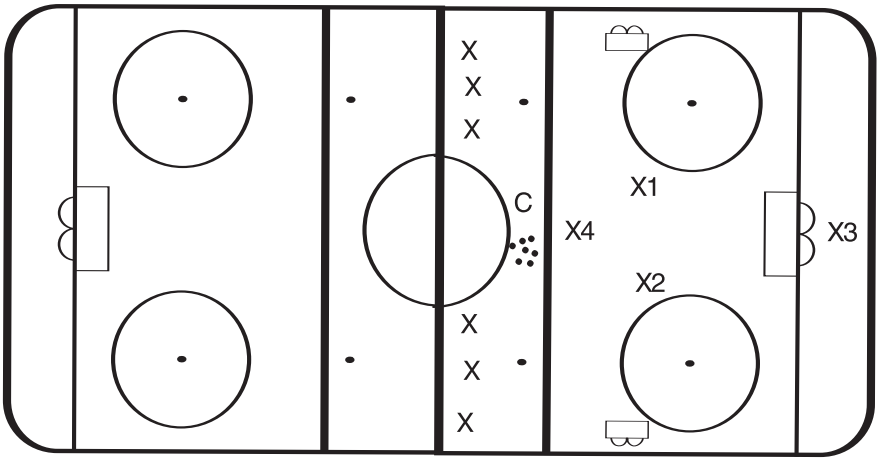
- Three players skate the circle. Player 1 picks up puck and bumps puck off sideboards and continues. Player 2 picks up puck and bumps to Player 3. After three bumps, they skate to other circle and repeat.
- Player 1 picks up puck and bumps to player 2. Player 2 picks up puck and has three options:
  1. Skate to top of circle and shoot
  2. Pass back to player 1, now in high slot
  3. Pass to player 3 stopped by net

Drill #5 — 3 on 2 With Three Backcheckers; 5 on 5 Defensive Zone



- X2s weave back and forth in zone.
- X1s and D2s are on one knee below the top of circles.
- Coach starts drill by passing to X2s who attack D1s, 3 on 2.
- At same time, X1s get up and backcheck.
- D2s also get up and follow play.
- After shot or when play is broken up, coach blows whistle and dumps puck in zone. X1s and D1s try to break out. X2s and D2s try to score goal (5 on 5).

Drill #6 — Small Game 1 on 1 Progression

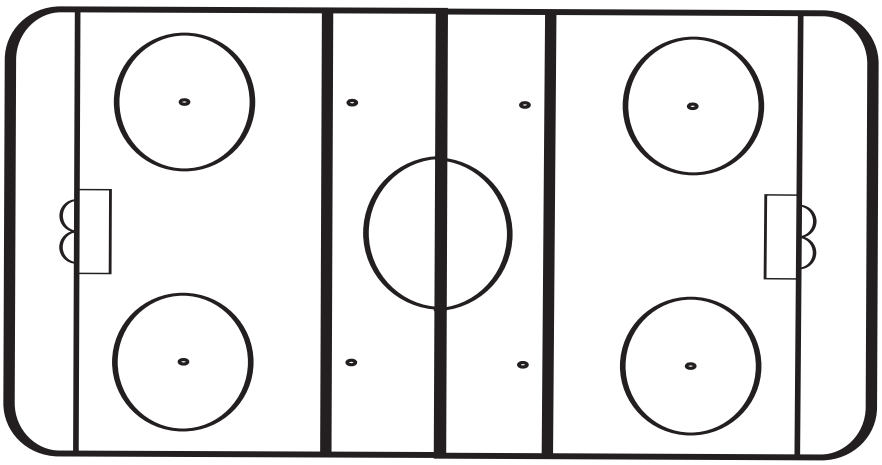


- Coach starts drill by throwing puck in zone.
- X1 and X2 play 1 on 1.
- X3 and X4 are passing outlets.
- When X1 and X2 have passed twice to same outlet that player may join them.

  Example: X1 makes 2 passes to X3. X1 and X3 now play 2 on 1 against X2. If X2 makes 2 passes to X4, X4 joins X2 for 2 on 2. If X1 and X3 make 2 passes to X4, becomes 3 on 1.

System/Drill _____

Description _____



Notes/Comments _____

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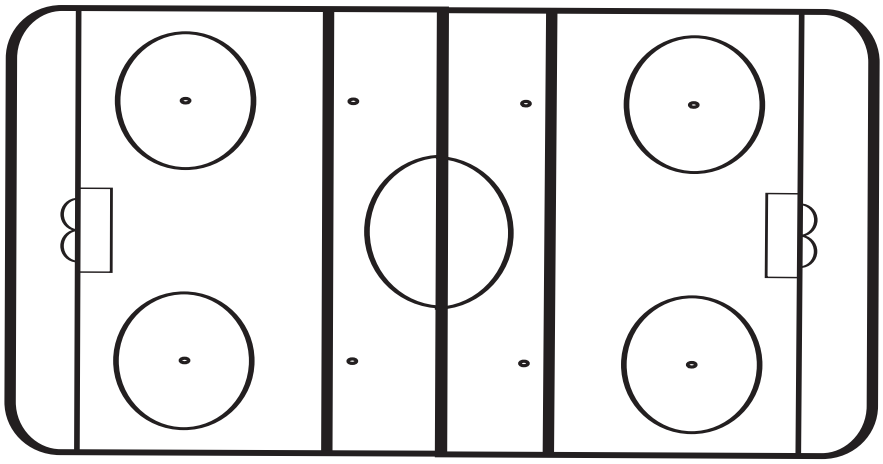

Notes/Comments _____

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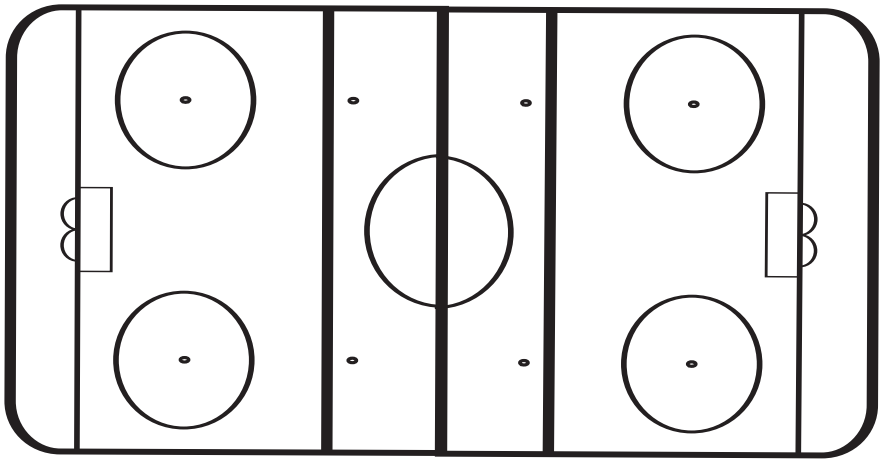


Notes/Comments _____

Hockey Practice Plan

Objectives: Tactical practice with combination drills

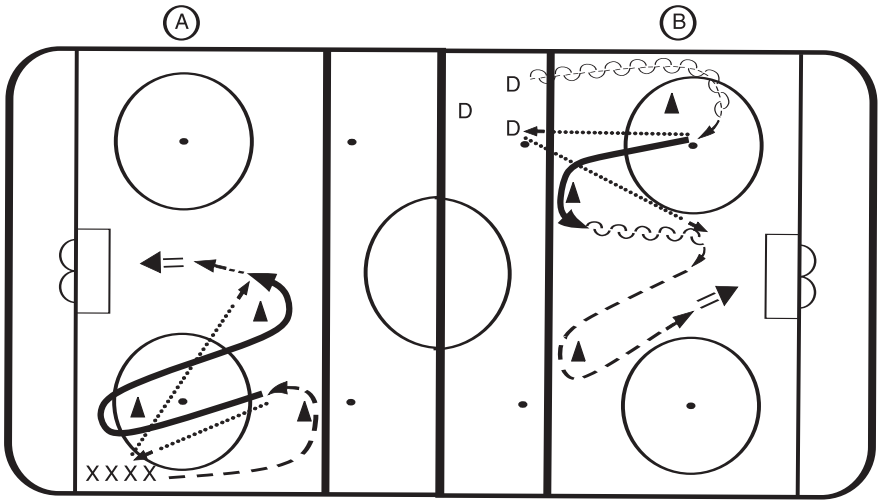
Date: _____
Practice #25
Level: 14-and-Under (Bantam)
16-and-Under (Midget)
18-and-Under (Midget)

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	X 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
____ Agility Work	X 3 on 2	____ Triangulation/Cycling	____ Misc. *block shots*
____ Goaltending	X 3 on 3	____ Faceoffs	
____ Def./Forwards	X 3 on 4	____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: Stretches; shooting drills - forwards and defense	Warm-up goalies
7 mins.	2. Give and go breakout drill	Mohawk turn D - move inside dots F-attack quickly
7 mins.	3. 2 on 1 half-ice	
7 mins.	4. 3 on 2 circle the wagons	D must anticipate play
10 mins.	5. 3 on 2 with backchecker	D tell forward who to pick up on backcheck
7 mins.	6. 3 on 4	Reduce time of play developing
6 mins.	7. Triangle tag	Fun conditioning

Drill #1 — Warm-Up; Shooting Drills - Forwards and Defensemen

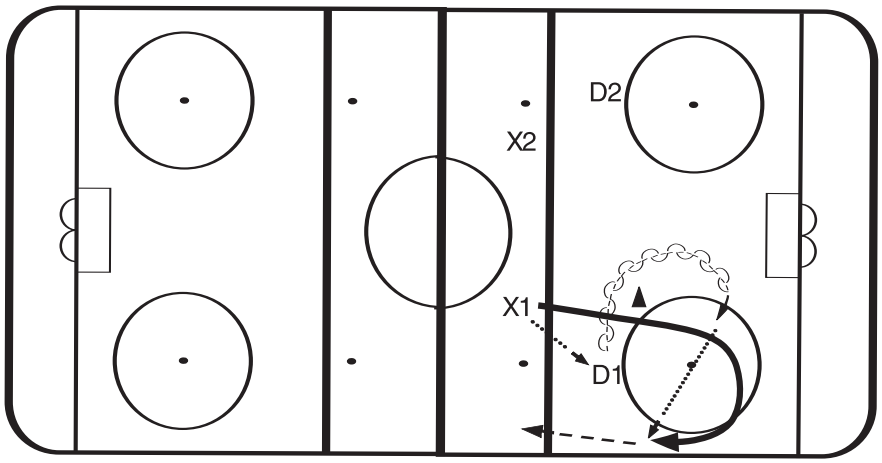
- Forwards - carry puck around cone and pass to next forward in line. Continue skating around cones, get return pass in high slot and take shot.
- Defense - skate backward with puck around cone, pivot forward, give pass to next player in line. Continue skating around cones, receive a return pass, pivot forward skate around final cone and take shot.



Notes/Comments: Do drill both sides of the ice

Drill #2 — Give and Go Breakout

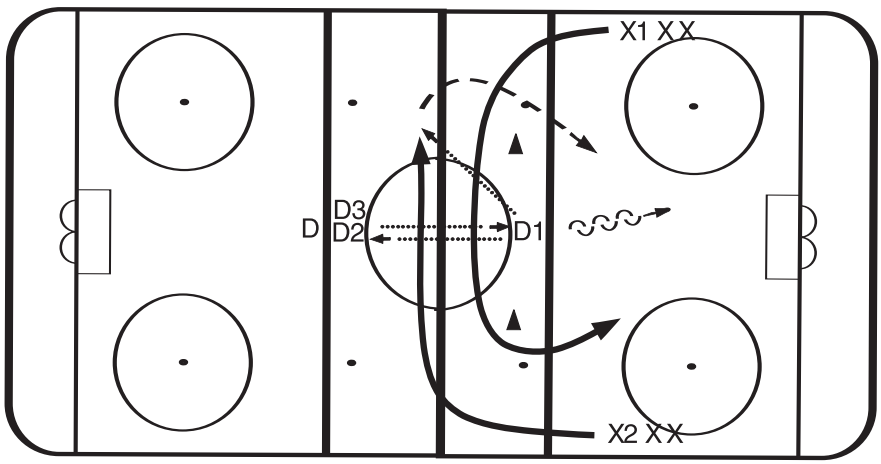
- X1 and X2 go at same time.
- X1 passes to D1.
- X1 skates to bottom circle, does mohawk turn and moves up ice.
- D1 skates backwards with puck around cone and towards faceoff dot.
- D1 gives pass to X1. Both move up ice and get back in line.



Notes/Comments: D - work on lateral movement; F - do mohawk turn to always face D

Drill #3 — 2 on 1 Half-Ice

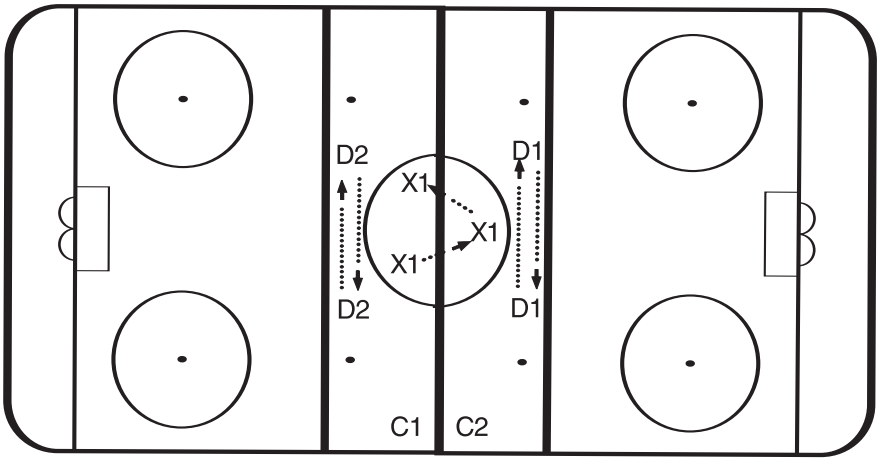
- D1 and D2 pass puck back and forth.
- On whistle, X1 and X2 skate around cones.
- When reach apex, D1 or D2 give pass to X1 or X2.
- X1 and X2 proceed around cones, D1 plays 2 on 1.
- D2 moves to D1's position, D3 takes D2's position.



Notes/Comments: F - attack quickly into zone

Drill #4 — 3 on 2 Circle the Wagons

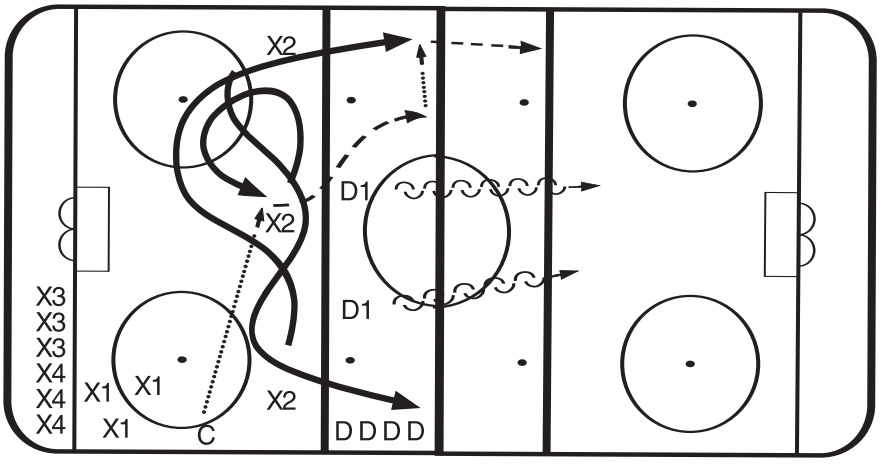
- Before X1s go to center circle, coach tells them in which direction to attack.
- On first whistle, X1s skate around circle either direction and pass the puck.
- On second whistle, D2 passes to C and D1 passes to other coach.
- At same time, X1s attack in direction that was stated before drill.
- D must play the 3 on 2.



Drill #5 — 3 on 2 With Backchecker

- X2s weave back and forth.
- X1s line up by coach.
- When coach passes to X2s, they attack 3 on 2 and X1 backchecks to help D1.
- Play continues until coach blows whistle.

Each X1 backchecks then X2s become backcheckers. Rotate through so every line backchecks.

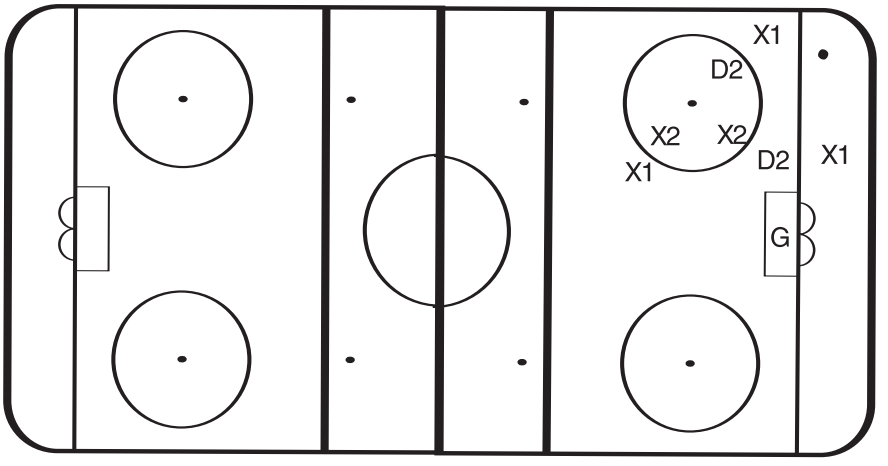


Notes/Comments: Defense must tell backchecking forward who to pick up.

Drill #6 — 3 on 4

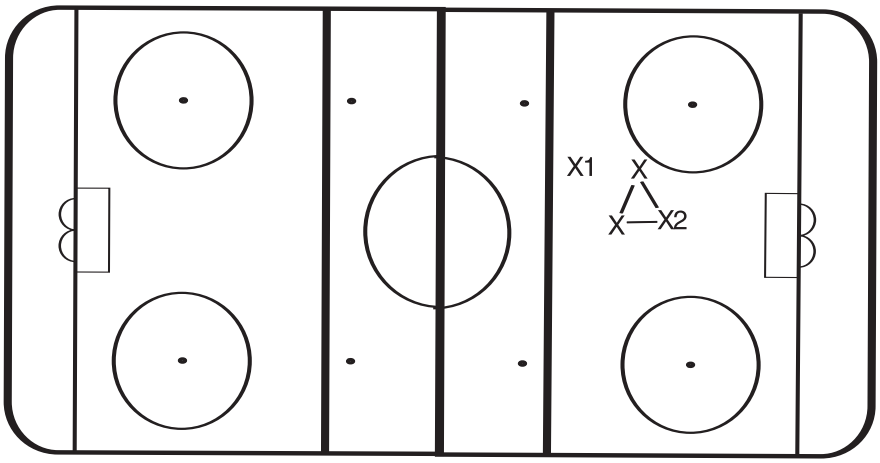
- Coach dumps puck into corner.
- 3 forwards (X1s) play against two defensemen and two forwards.

Drill improves decision making by reducing time X1s have to react.



Drill #7 — Triangle Tag

- Put players in groups of four.
- Three players join hands to make triangle.
- Player on outside X1 must try and tag player opposite them, X2.
- X1 cannot go through middle of triangle.
- Triangle players can pivot, rotate, etc. to keep X1 from tagging X2.
- Go for 30 seconds, then rotate players.



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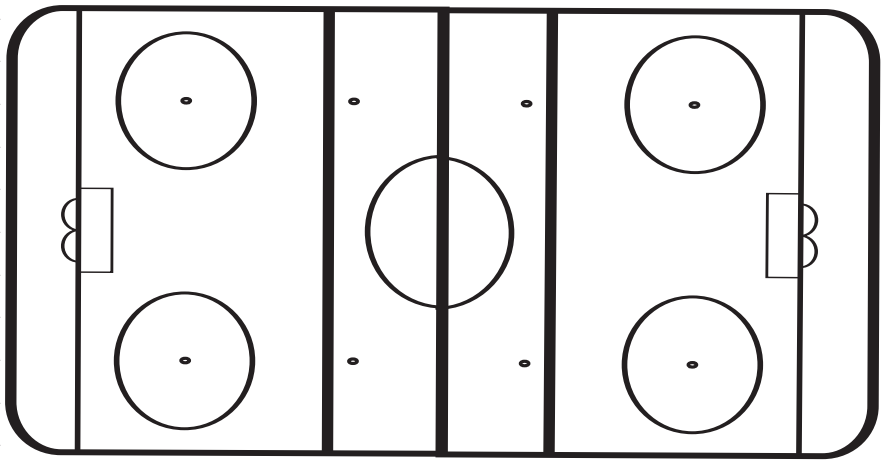

Notes/Comments _____

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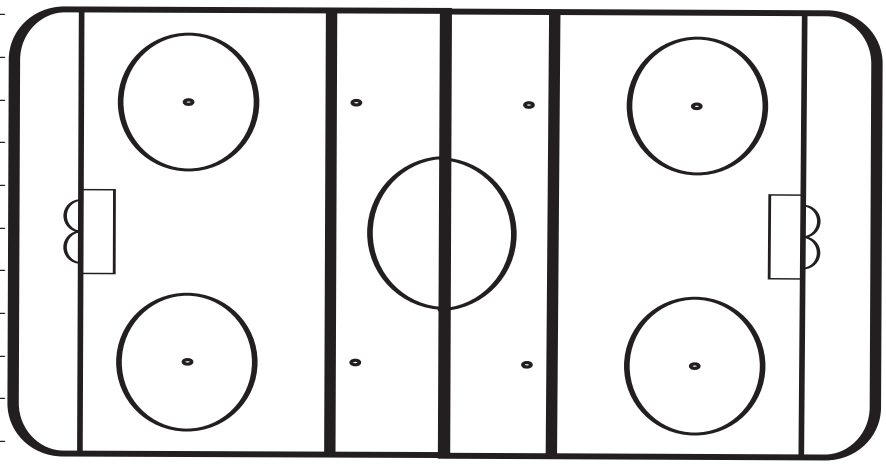
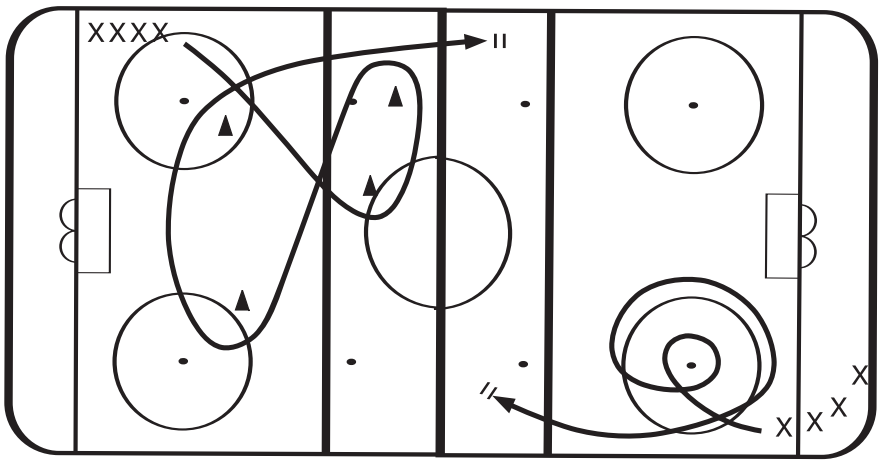


Notes/Comments _____

Skating Drills

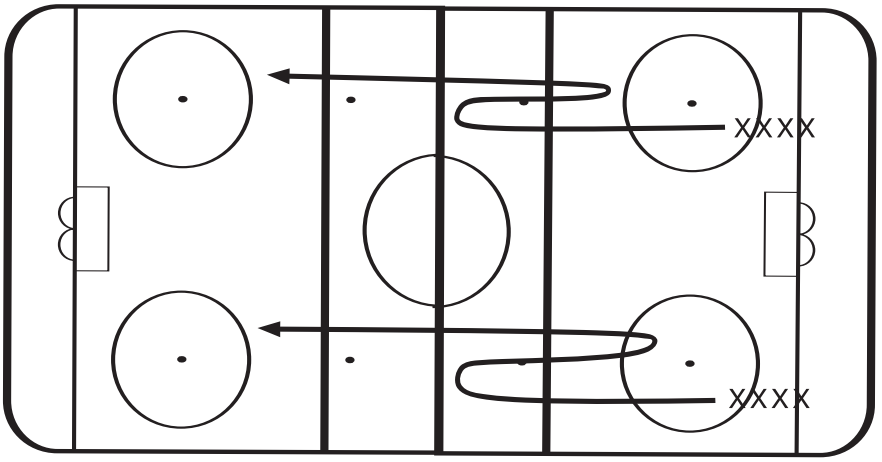
Drill #1 — Overspeed Turns

- Do drill at maximum speed or first circle under control then accelerate to max speed.
- Tight turn followed by wider turn.



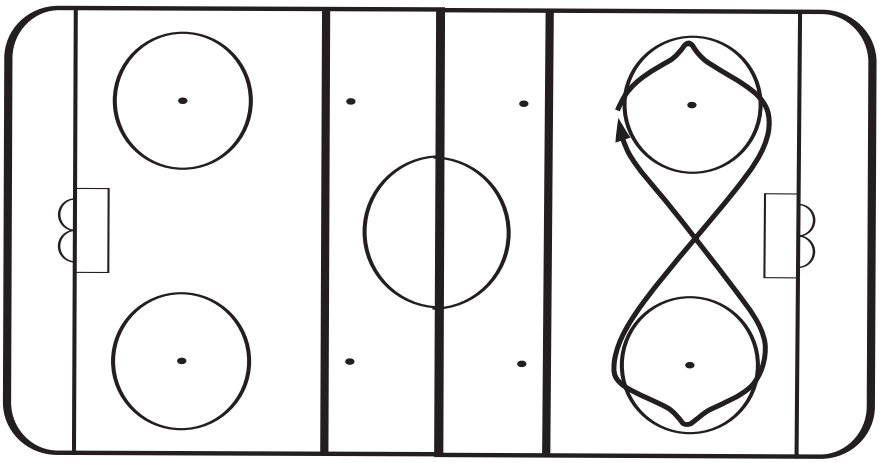
Drill #2 — Stops and Starts or Tight Turns

- After stop or tight turn, accelerate to max speed.



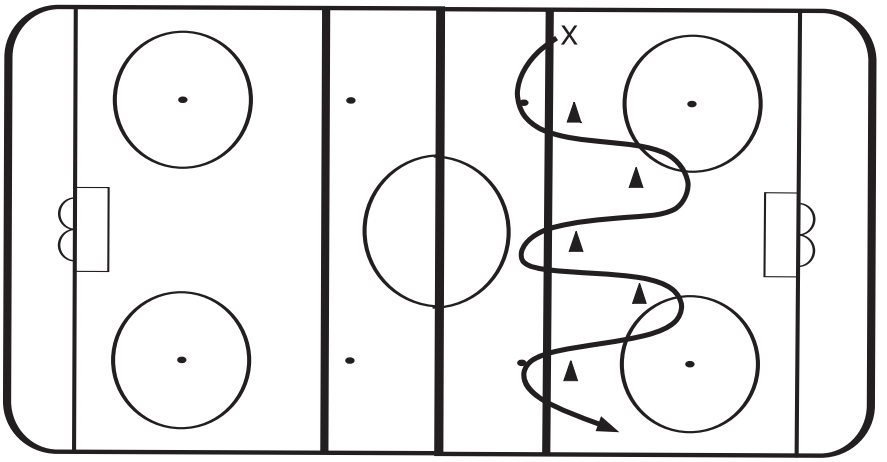
Drill #3 — Mohawk Figure 8

- Player skates figure 8 around circles.
- When play reaches bottom of each circle, player makes a mohawk turn in order to always face coach.
- Don't turn back on coach.



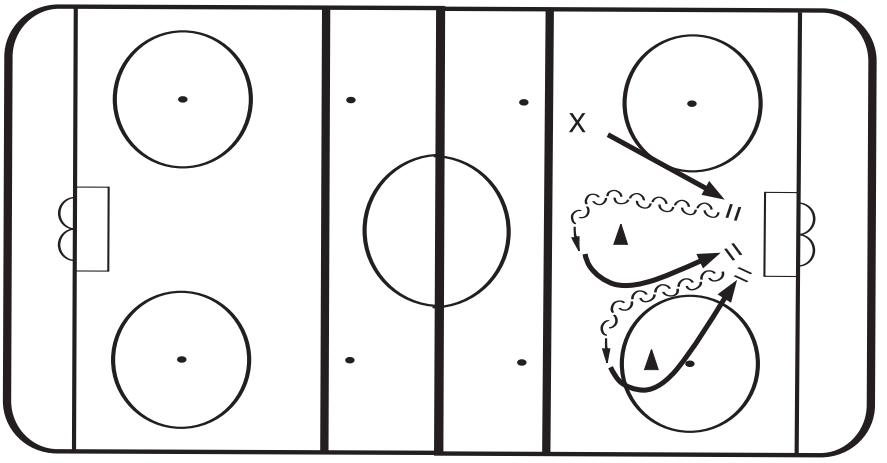
Drill #4 — Tight Zig Zag

- Player skates tight zig zag through cones.



Drill #5 — Drive to Net, Back To High Slot

- Player drives to net and stops, skates backward around cone, pivots or stops and drives to net again. Repeat.
- Player must always face the net, simulate moving in and out of slot while facing play.



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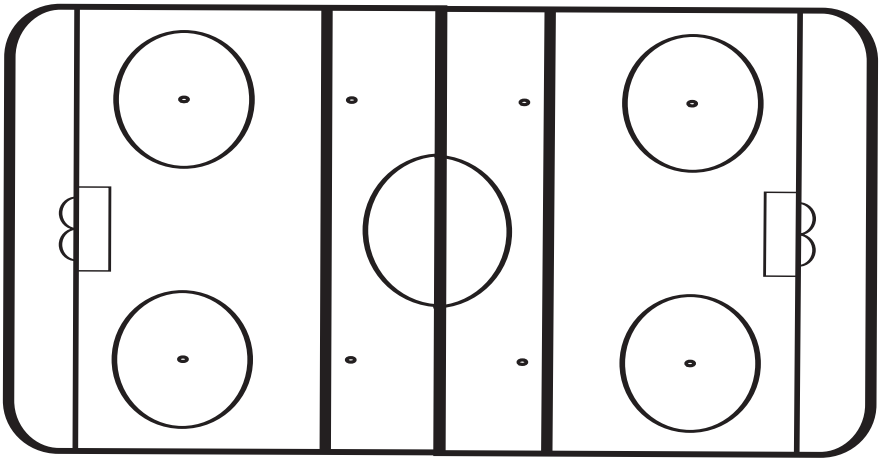

Notes/Comments _____

System/Drill _____

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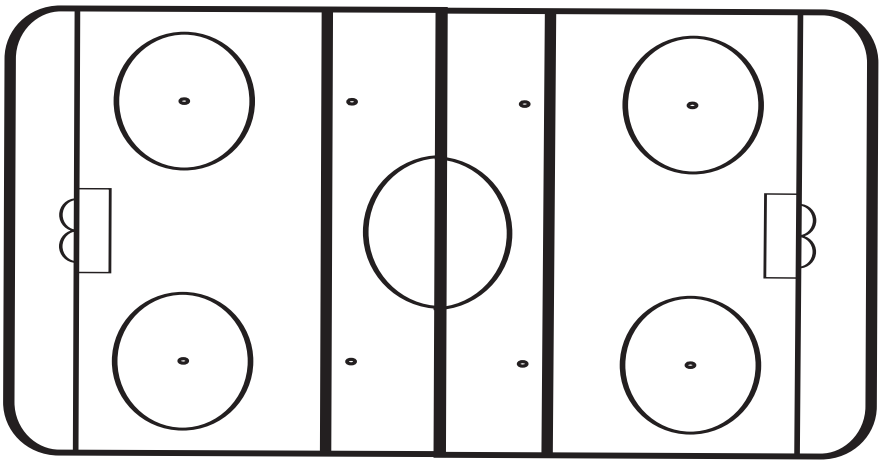

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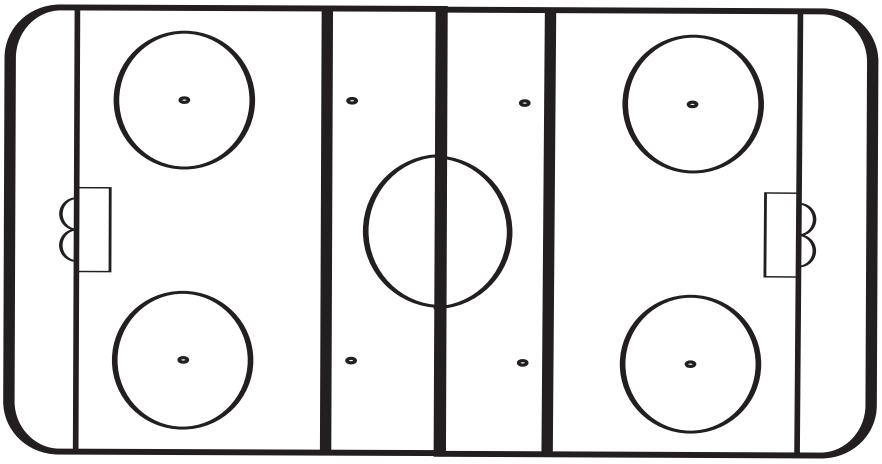

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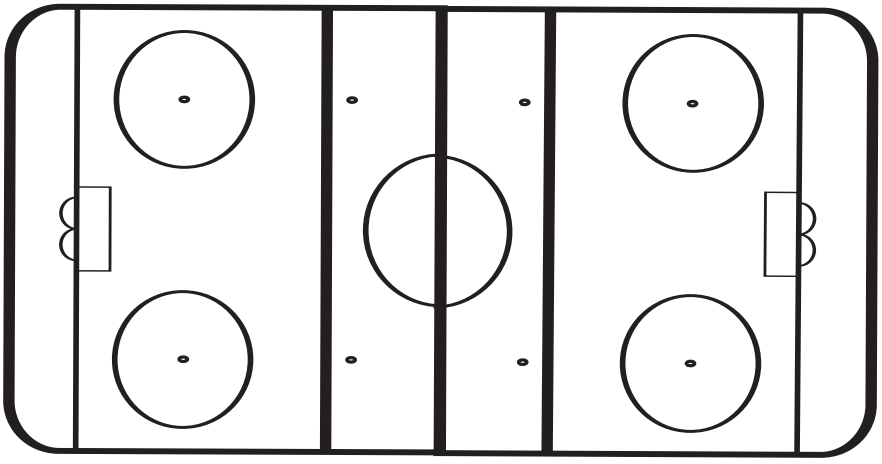


Notes/Comments _____

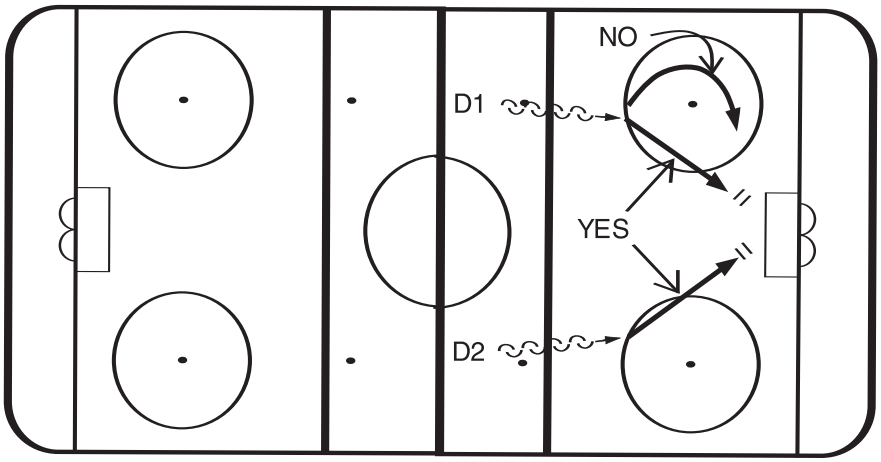
Defensive Drills

Drill #1 — Pivot and Go to Net

- Defense start out backward.
- When coach blows whistle, D pivot to outside and skate to net.

Key Elements

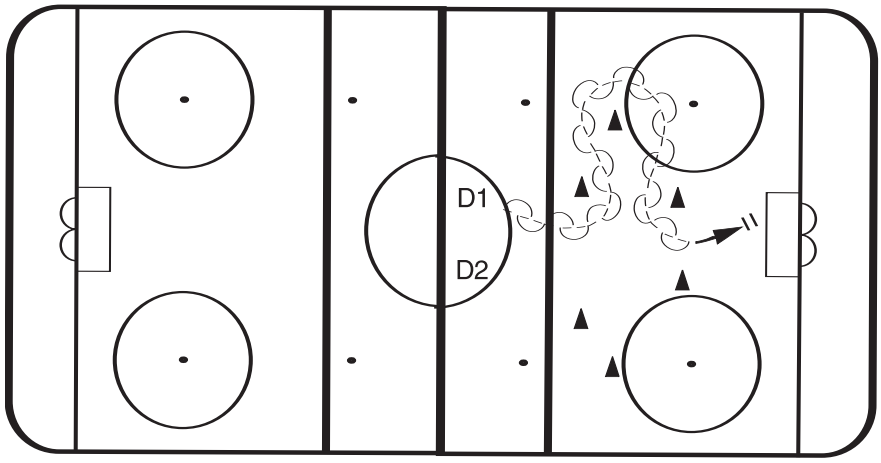
- Don't let D glide when skating backwards.
- D must turn directly to net and skate in straight line. Don't let D turn to boards and then skate a curve to the net shown by D1.



Drill #2 — Lateral Movement

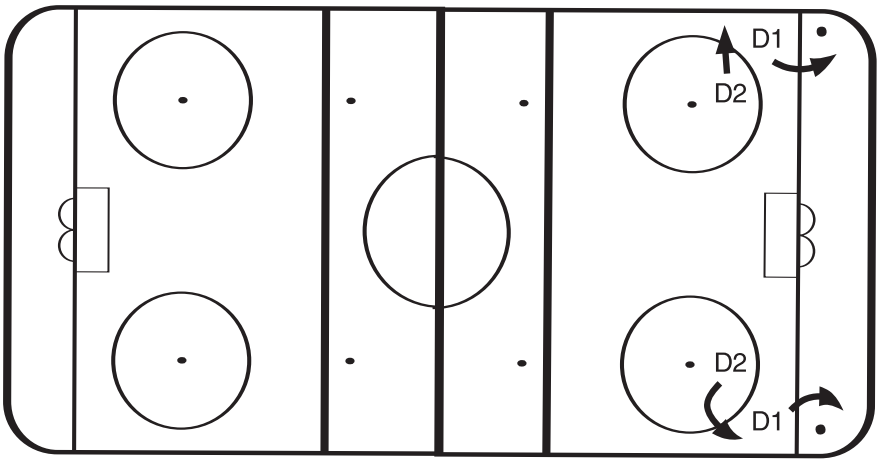
- D1 and D2 go backward at same time.
- D must skate through cones working on lateral movement and speed.

Option - do drill with and without pucks.



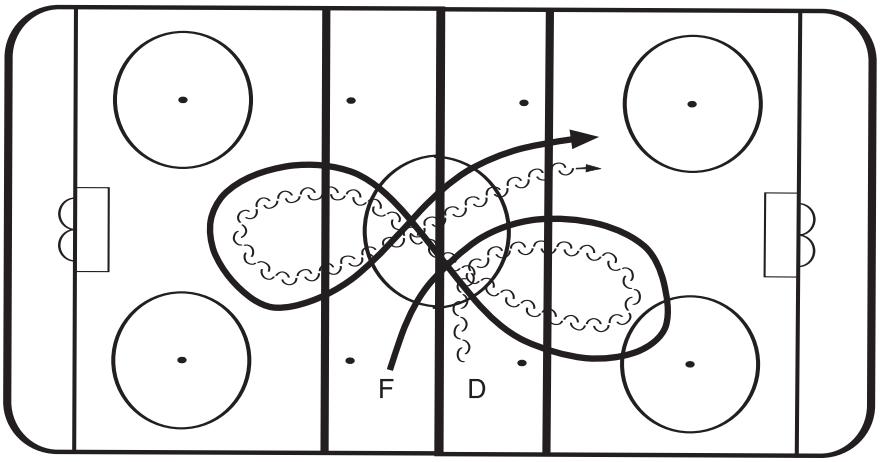
Drill #3 — Protecting The Puck

- Put puck in corner. D1 is next to puck.
- On whistle, D1 must create and protect puck from D2.
- D2 aggressively tries to get puck.
- Do drill for five to 10 seconds.



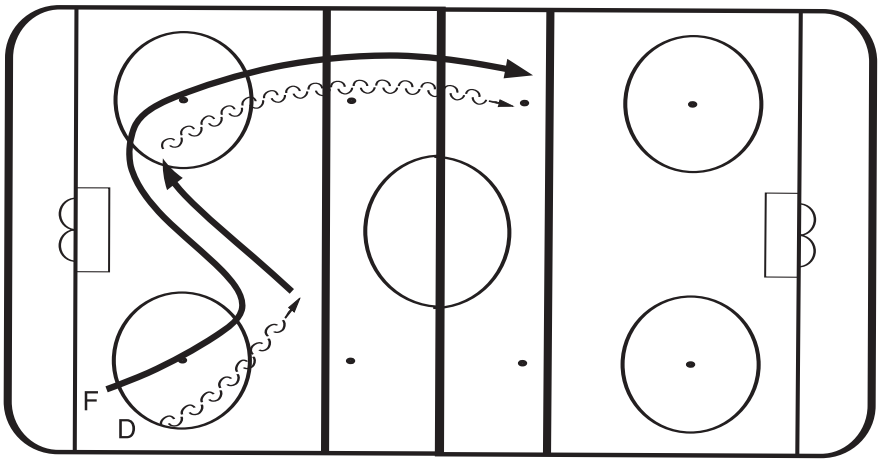
Drill #4 — Mirror Skating, Figure 8

- F and D go at same time in a figure 8 pattern.
- D must skate backward mirroring the forward.
- D must always stay to the inside.



Drill #5 — Mirror Skating Backward and Forward

- D must mirror forward.
- When F skates back towards goal line, D must pivot forward keeping the correct gap.
- D then pivots backward as forward heads up ice.



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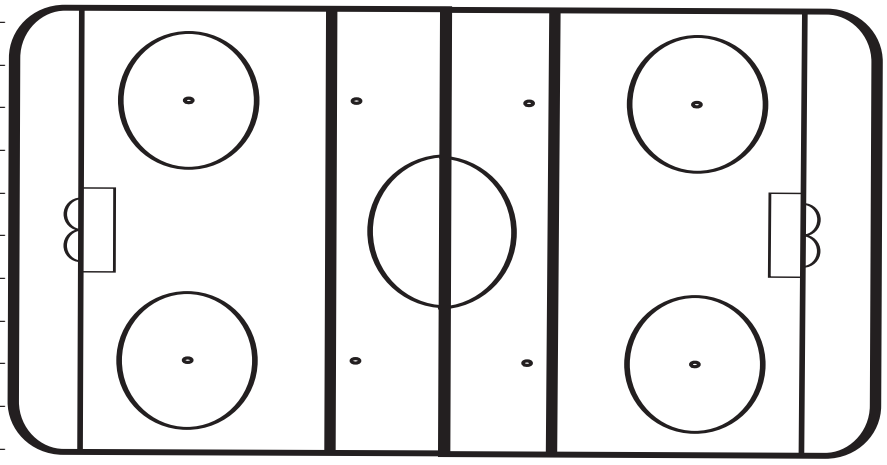

Notes/Comments _____

System/Drill _____

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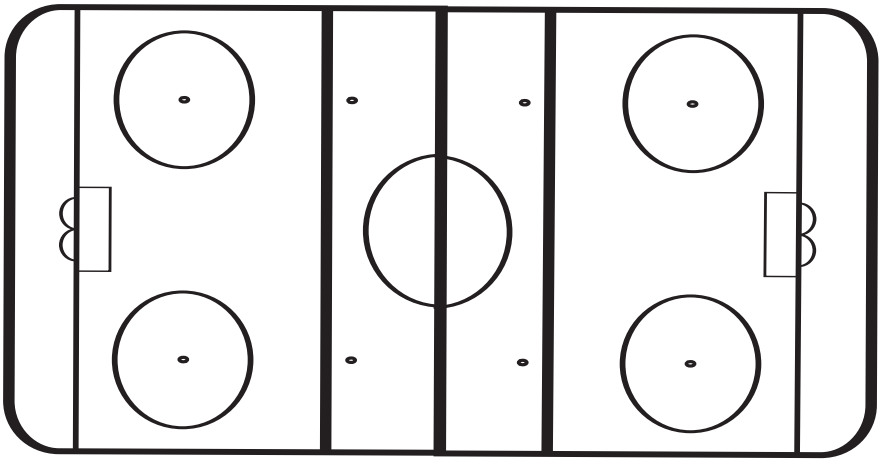

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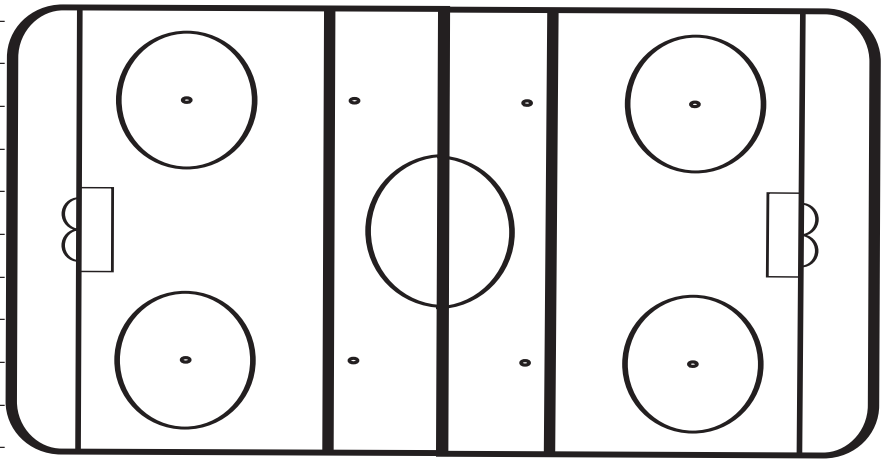

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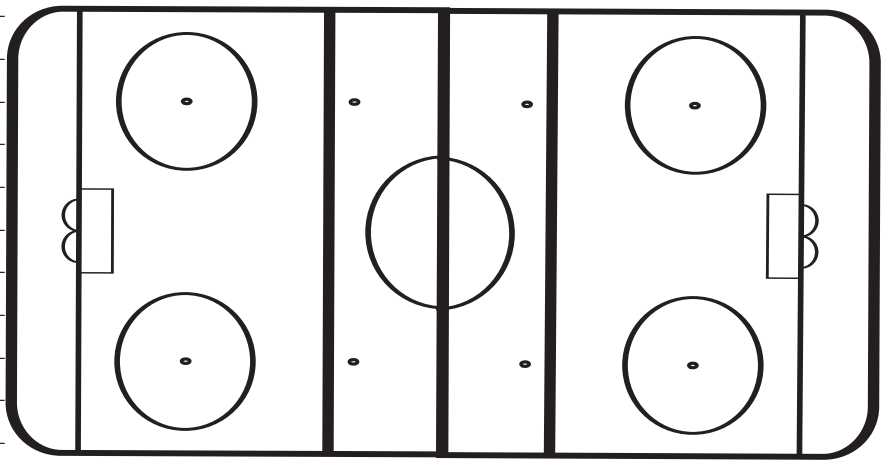
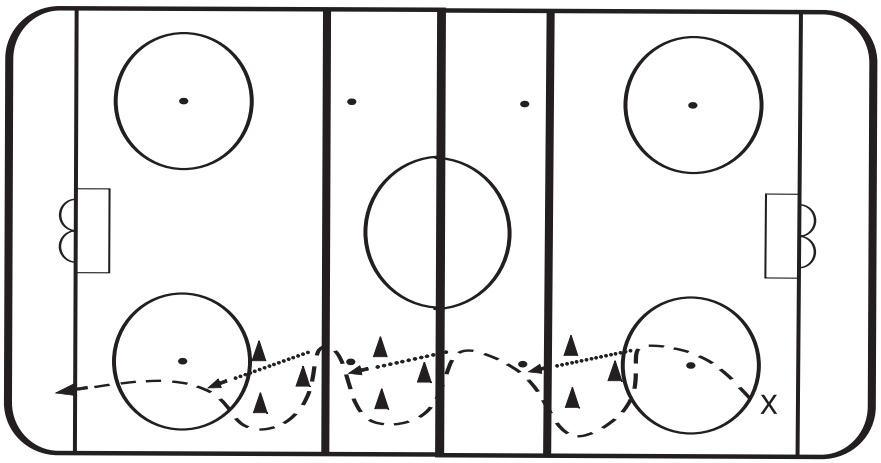


Notes/Comments _____

Stickhandling Drills

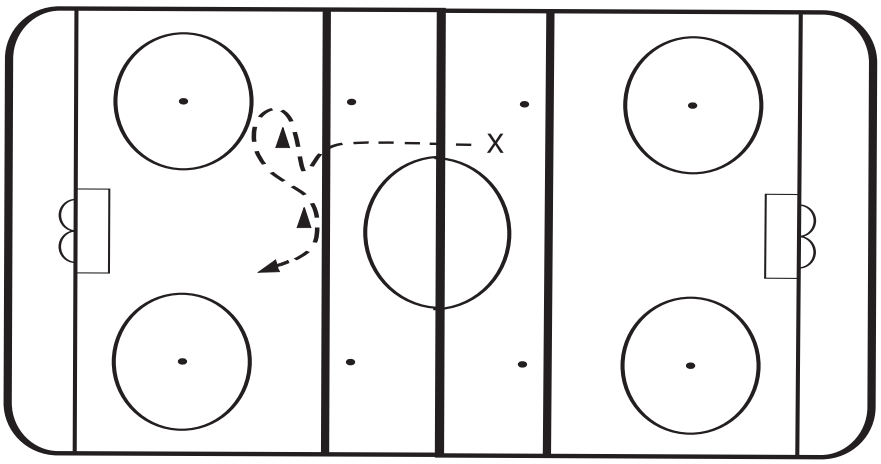
Drill #1 — Attack The Triangle

- Set up cones in a triangle close together, simulating skates and stick of an opposing player.
- Player must make a fake then push puck through space in triangle and gather control on other side.



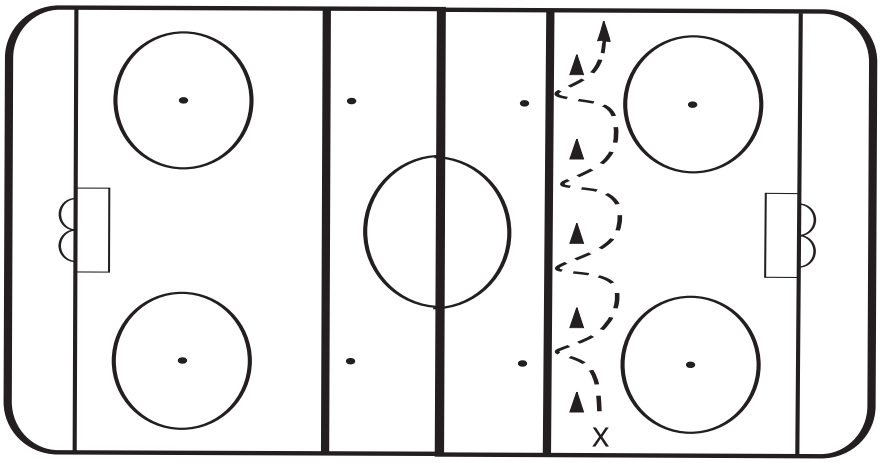
Drill #2 — Gretzky Create Space Move

- Player approaches cones and makes a move to the outside.
- Player then makes a very tight turn, heads back up ice around cone.
- Player fakes to outside, makes a tight turn, skates laterally and back up ice to create time and space.



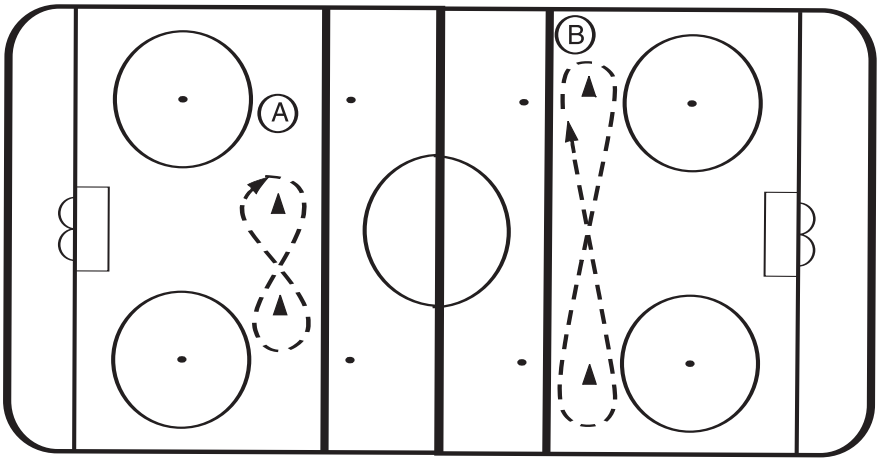
Drill #3 — Quick Reach

- Player skates down one side of the cones reaching out of comfort zone between each set of cones.
- Do drill on forehand and backhand.
- As players get better, have them increase their speed and reduce the space between the cones.
- On backhand, player may release bottom hand.



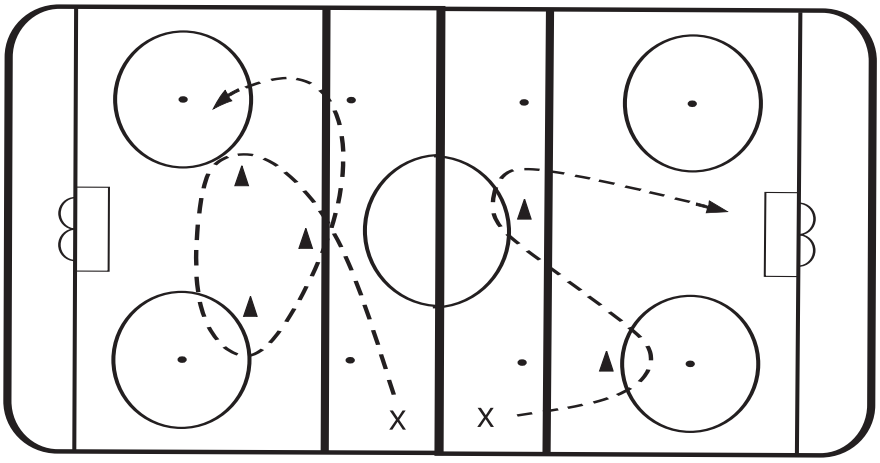
Drill #4 — Figure 8 Stickhandling Tight and Wide

- Have players stickhandle in a figure 8.
- May use tight figure 8 (A), or wide figure 8 (B).



Drill #5 — Puck Control – Speed Work Forward

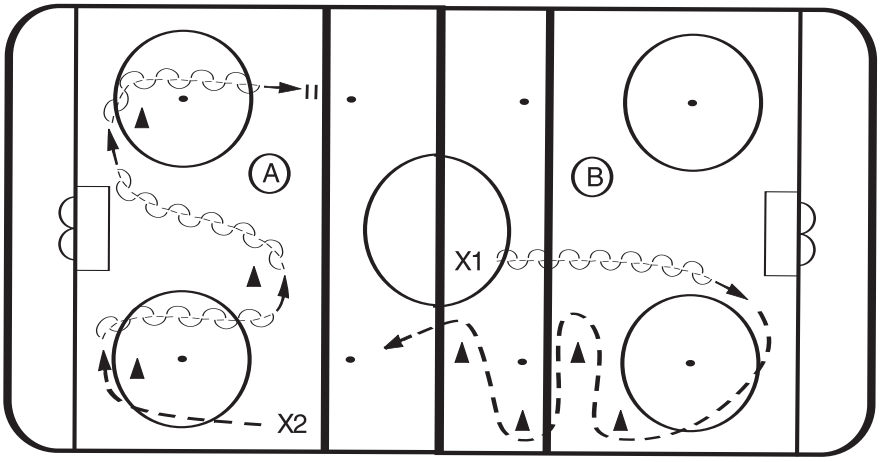
- Keep feet moving with head up.
- Constant acceleration.



Drill #6 — Puck Control – Speed Work Forward and Backward

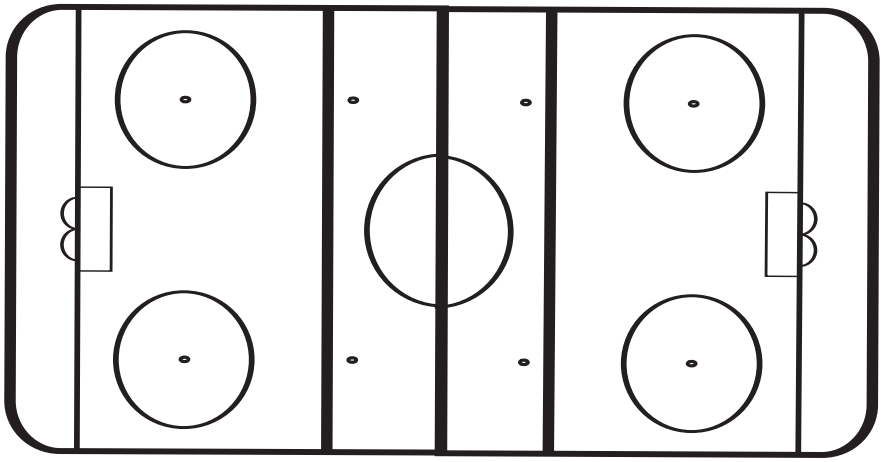
A. Skate forward, pivot backward, forward, backward. Always keep good hockey position controlling the puck.

B. Start out backward, pivot and skate forward, zig zag through cones.



System/Drill _____

Description _____



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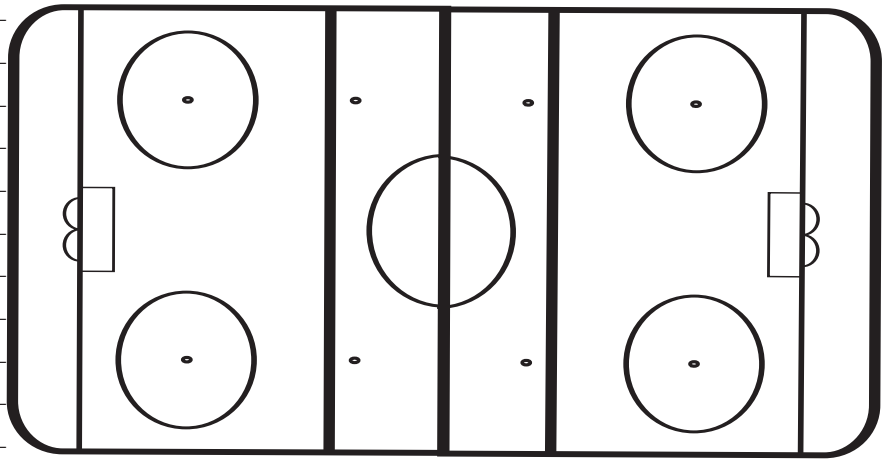

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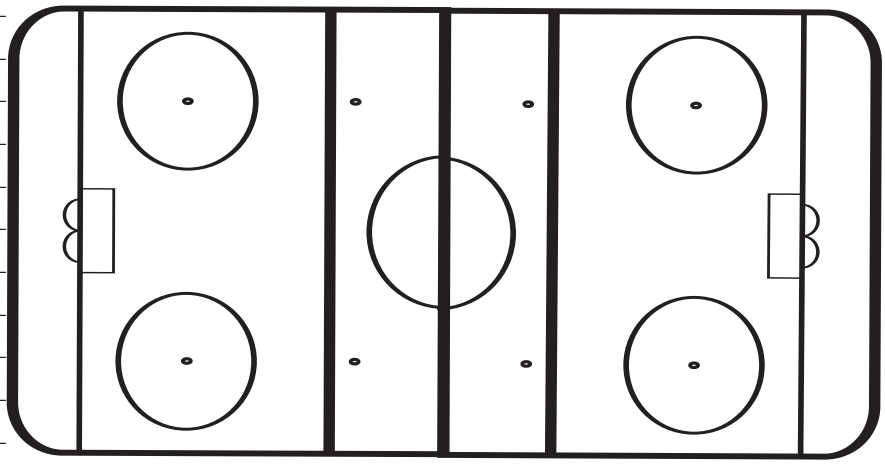
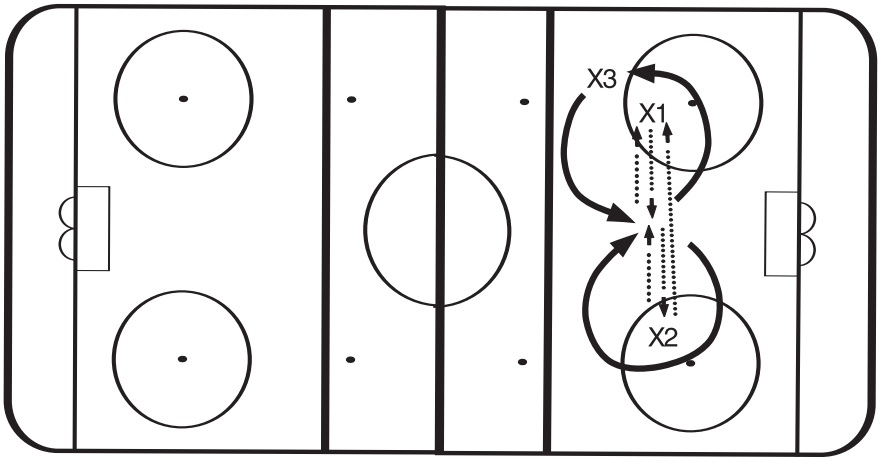


Notes/Comments _____

Passing & Receiving Drills

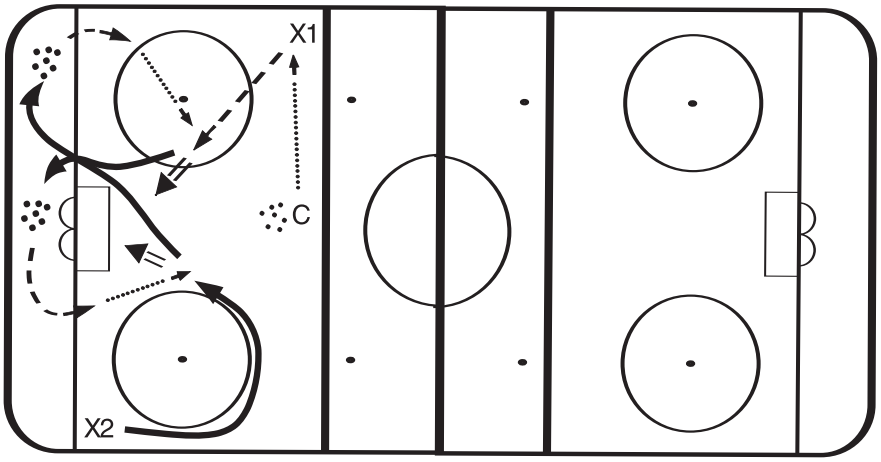
Drill #1 — Three Player Figure 8, One-Touch Passing

- X3 skates figure 8 around X1 and X2.
- As X3 skates to X2, X2 gives X3 a pass, X3 one touches back to X2 and skates around him.
- While X3 skates around X2, X1 gives X3 a pass, X3 one touches back and skates around X1.
- X1 then gives pass to X2, etc.



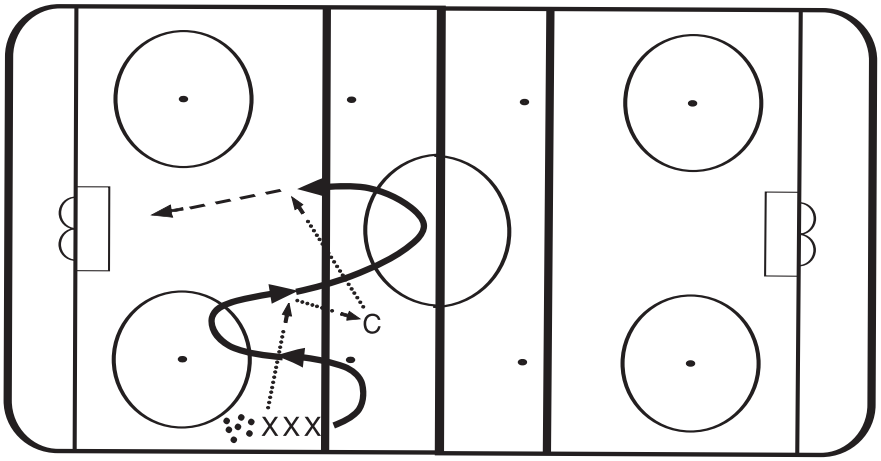
Drill #2 — Two Player Passing Drill

- Coach starts by passing to X1.
- X1 takes a shot and then picks up puck behind the net.
- X1 then passes to X2 who has been skating around circle.
- X2 takes shot then picks up a puck in corner and passes to second X1 in high slot.



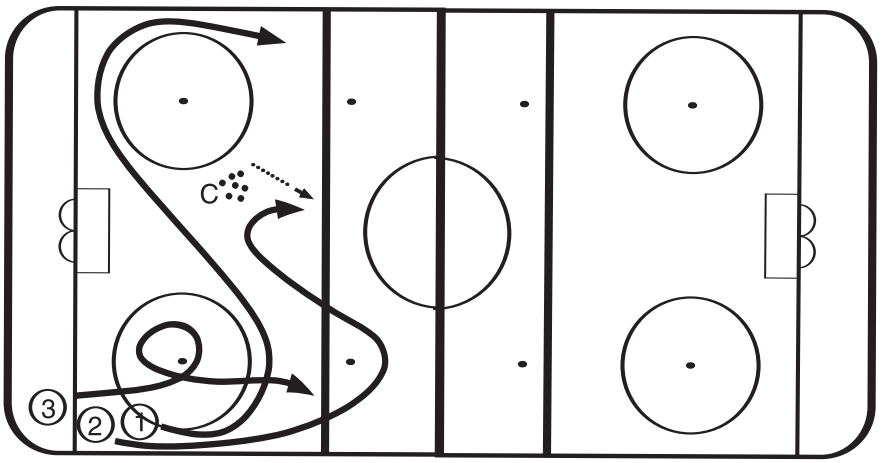
Drill #3 — Overspeed Passing

- Player starts and skates a tight turn, then receives pass from next player in line.
- Player then passes to coach, makes another turn and get a return pass from coach.
- Can have players either do mohawk turns to face passer or not do mohawks and look over shoulder at passer.



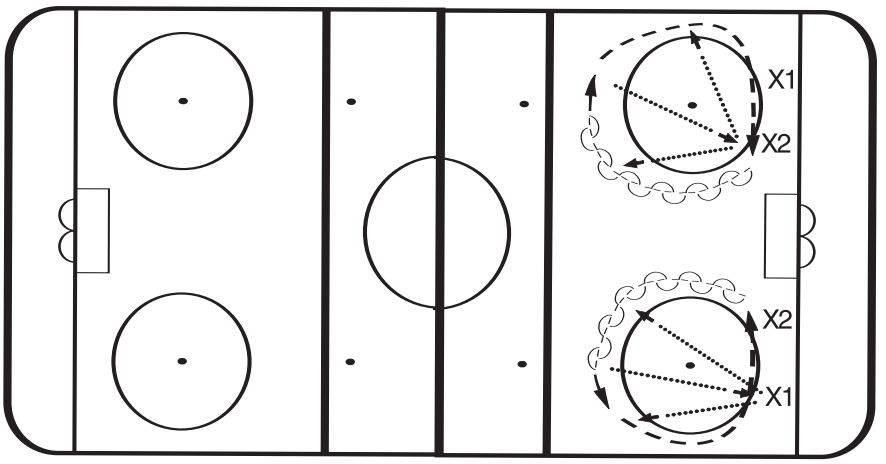
Drill #4 — 3 on 0 Circle Breakout

- Player 1 skates around top of circle, across ice, and around bottom of circle.
- Player 2 skates around neutral zone face-off dot and back to high slot.
- Player 3 makes a tight circle and heads up ice.
- Coach can give/pass to player 2 and have them head up ice 3 on 0 or can have player 3 start with puck and have them pass puck as they swing.



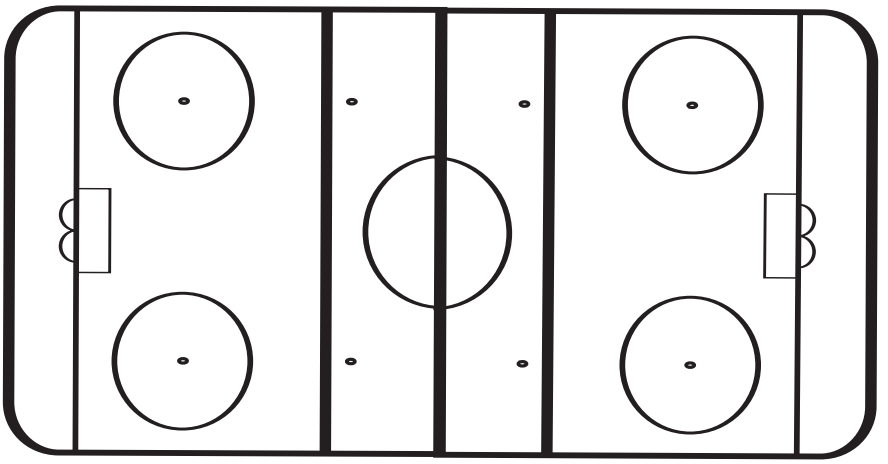
Drill #5 — One-Touch Circle Passing

- X1 stays at bottom of circle with puck.
- X2 skates around circle, always facing X1.
- X1 and X2 pass puck back and forth while X2 skates around circle.
- Option – one touch passing.



Notes/Comments: Keep feet moving

Description _____

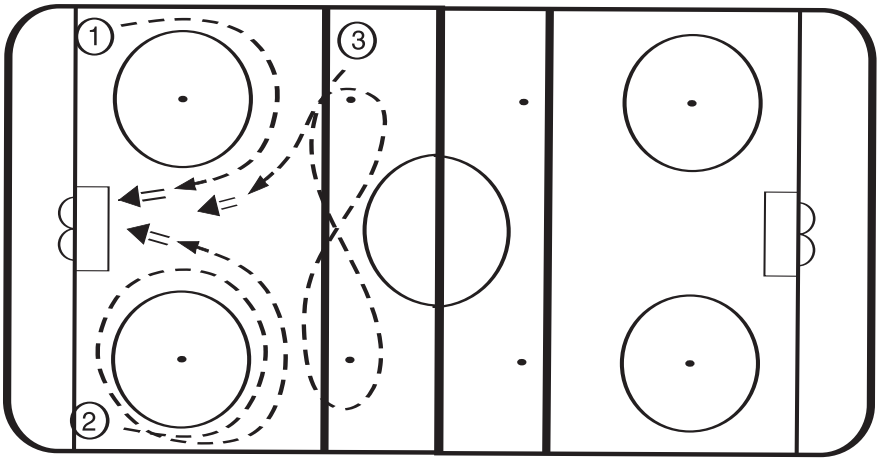


Notes/Comments _____

Shooting Drills

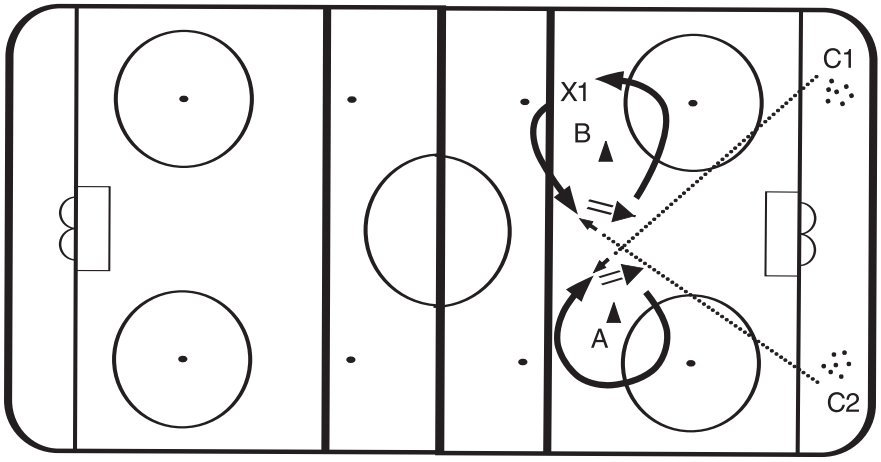
Drill #1 — Three Shot Drill

- All players start at the same time.
- Player 1 drives around top of circle and shoots.
- Player 2 skates the circle and shoots.
- Player 3 skates a figure 8 around dots and shoots long shot.



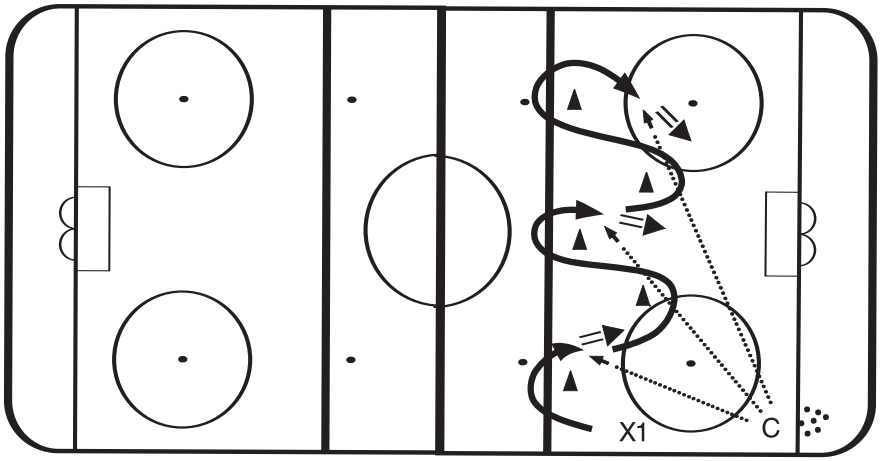
Drill #2 — Figure 8 Shooting

- X1 skates figure 8 around cones A and B.
- When X1 comes around cone A, X1 receives pass from C1. X1 shoots immediately.
- When X1 comes around cone B, X1 gets pass from C2 and shoots off pass.
- Player X1 goes for four to six shots, then change players.
- Have players pass instead of coach.



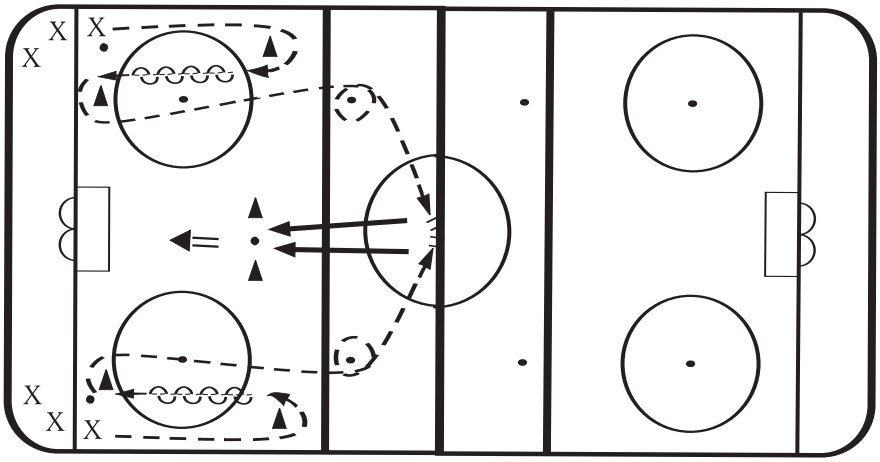
Drill #3 — Zip Zag Shooting Drill

- X1 zig zags around cones.
- Each time X1 comes around cone by blue line, coach gives X1 a pass.
- X1 shoots off pass.
- Each player gets three shots.



Drill #4 — Stickhandle and Race For Shot

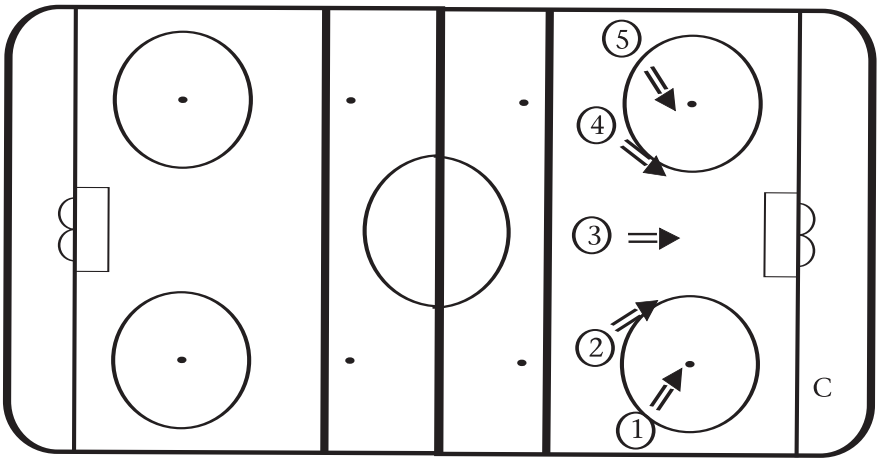
- Both players start with puck at the same time.
- Players stickhandle puck forward around cone, backward around cone, forward again. They make a tight turn around faceoff dot then leave their puck at center ice dot. They race for puck in between cones. The winner takes the shot.



Notes/Comments: Works on skating, puck control and shooting while being pressured

Drill #5 — Goalie Work - Five Shots

- Each player has three pucks.
- Coach calls out players number to shoot.
- Goalie must square to shooter quickly.
- Have players use different type of shots (backhand, wrist, slap, etc.)



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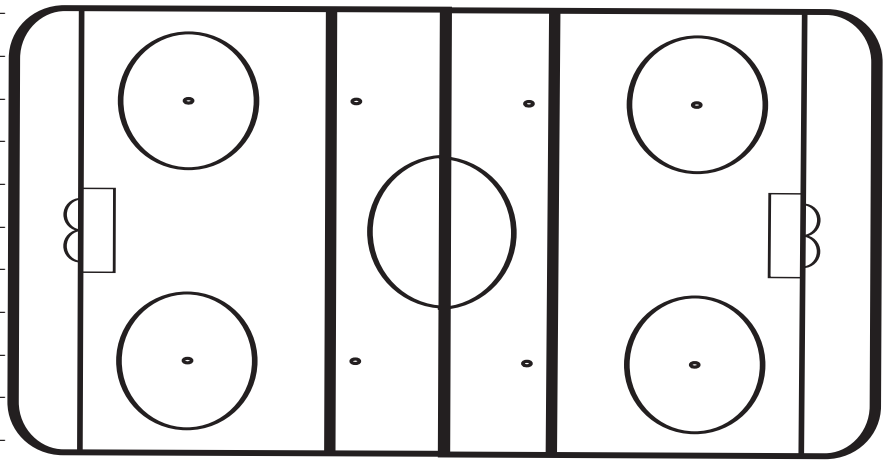

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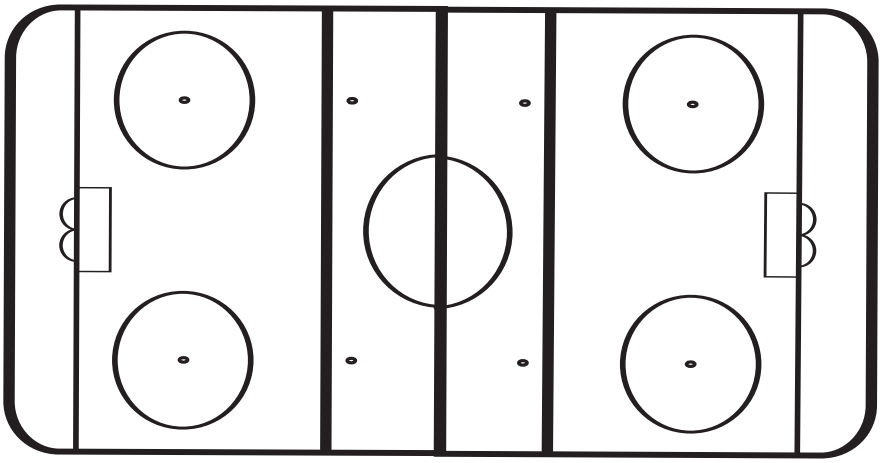

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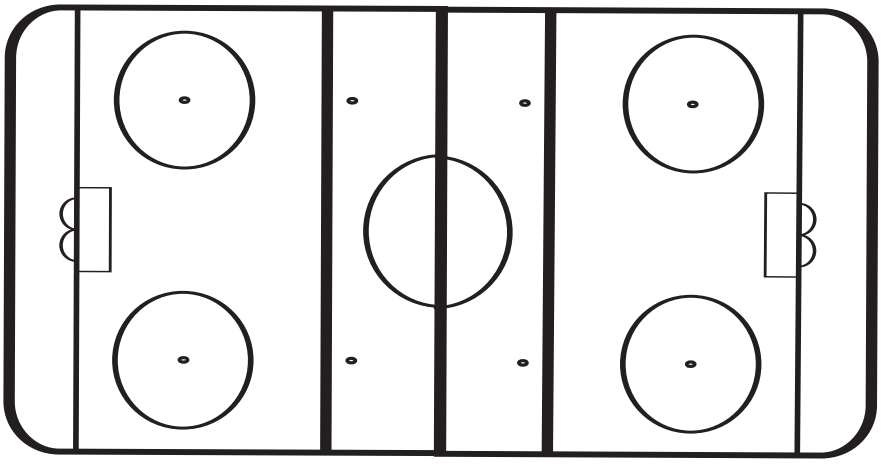

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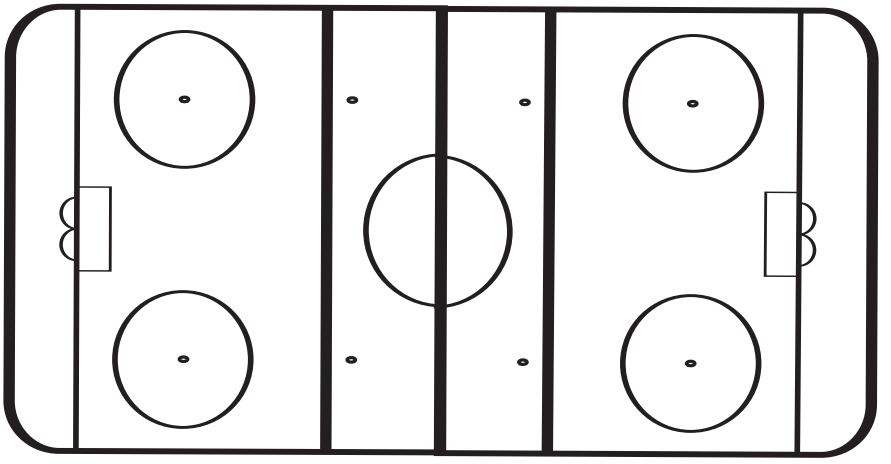

Notes/Comments _____

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