



Coaching Education Program

12-AND-UNDER PRACTICE PLANNER

The USA Hockey Coaching Education Program is presented by





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Introduction

This manual provides practice plans and materials needed for 12-and-under coaches. USA Hockey and its Coaching Education Program provide a vast amount of resources and plans for coaches. This manual is a small sample of resources that are available and will provide you links to additional information for each section.

SECTION 1 – ATHLETE DEVELOPMENT

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

SECTION 2 – AGE-SPECIFIC PRACTICE PLANNING

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

SECTION 3 – AREAS OF FOCUS

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

Be sure to check out usahockey.com for more coaching resources:

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

SECTION 1

Athlete Development



Long-Term Athlete Development

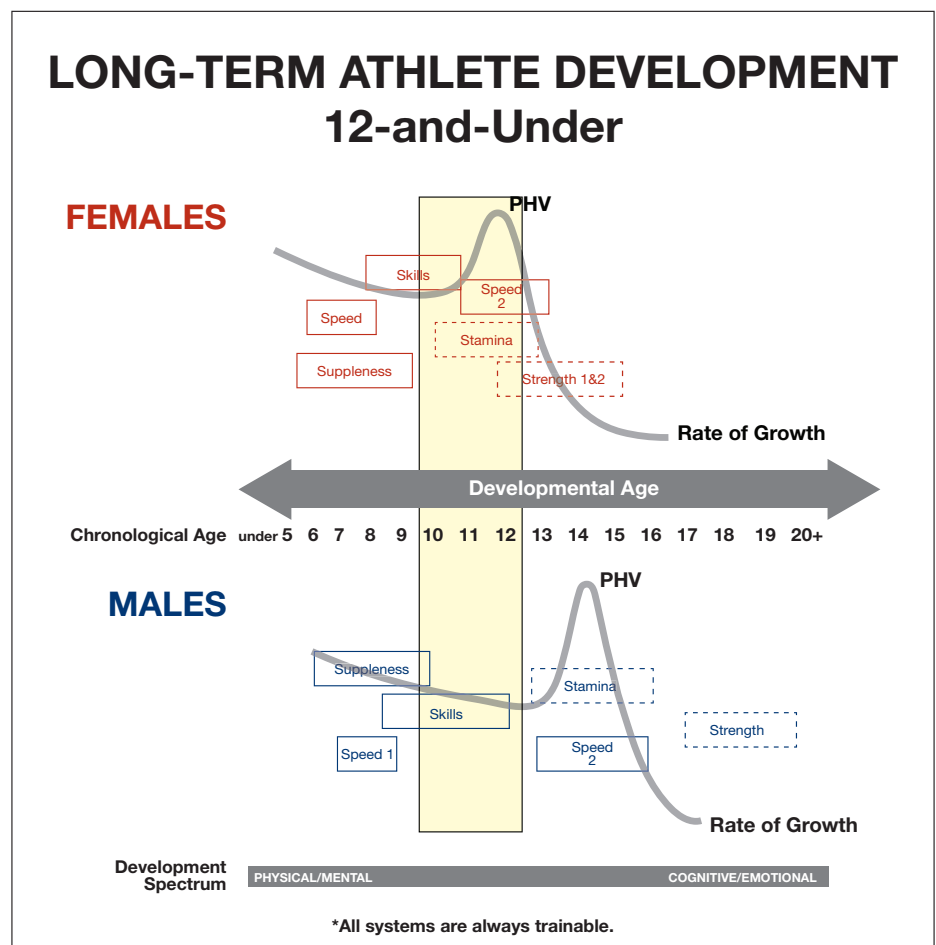
STAGES OF DEVELOPMENT

- Learn To Train – ages 8-11 (female) and ages 9-12 (male)
- Train to Train – ages 11-15 (female) and 12-16 (male)

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

In most cases, what is learned or not learned in this stage will have a significant effect on the level of play that is ultimately achieved later in a player's life. As these 12U players are in the Golden Age of Skill Development (a prime age for children to acquire and develop sport skills), coaches should remember that mastering fundamental skills takes a tremendous amount of time and the time invested at this stage will pay great dividends later.

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



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

GOALS/DESIRED OUTCOMES

- Focus on skill development and fun.
- Continue development of physical literacy and general athleticism.
- Prepare players for 14-and-Under hockey where body-checking is permitted.

LTAD AND OPTIMAL WINDOWS OF TRAINABILITY

- Optimal window for skill development (Golden Age of Skill Development)
- Beginning of window for aerobic stamina.
- Continue development of general athletic skills, play multiple sports.
- Focus on athleticism and ABCs (agility, balance, coordination).

AGE-APPROPRIATE TRAINING

- Use small-area games to train team concepts and decision-making skills.
- Hockey sense development.
- Maintain proper work-to-rest ratio; game-like scenarios in training.
- Increase body-contact training (on- and off-ice); angling, puck protection, stick-on-puck, contact confidence, receiving a check, etc.
- 7-month training calendar.
- 105-120 ice sessions per season (4 sessions per week).
- 15 skaters and 2 goalies per team.
- Increase off-ice training.

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

- Individual skill improvement (hockey skills, activities, and games) – 65%
- Hockey sense (teaching of concepts through small-area games) – 25%
- Tactics (team-play training) – 10%

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

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

SECTION 2

Practice Planning



Warmup

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

DYNAMIC WARMUP

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

STEP 1 Cardiovascular activity for five minutes with running- and biking-type exercises.

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

1. **Forward and Backward Run** (*down and back*) – emphasize athletic ready posture.
2. **Butt Kickers** – emphasize hamstrings.
3. **Shuffle** (*facing left*) – emphasis on proper athletic-ready posture.
4. **Carioca** (*facing left*) – emphasis on trunk rotation.
5. **Walking RDL** – walk forward, reach with hands to forward leg; rear leg extends behind and upward. Alternate with one step forward to opposite leg. This stretches the hamstrings and opposite hip flexor. This exercise creates balance and core strength.
6. **Knee-to-Chest/Heel-to-Gut Stretch** (*alternating*) – hold each for 2 seconds; alternate leg as you walk forward for the 10-20 yards.
 - For knee-to-chest pull knee up to chest with good posture and balance.
 - For heel-to-gut pull heel into gut with care taken with the knee. This exercise focuses on hip and piriformis.
7. **Heel-to-Butt/Superman** – lean forward to emphasize stretch of the weight-bearing leg. Be sure to alternate leg as you walk forward 10-20 yards.
8. **Lunges with Twist** – with your hands behind head, lunge forward and do a trunk twist. Opposite elbow to forward leg. Alternate lunge as you walk forward 10-20 yards.
9. **Lateral Lunge with Sumo Squat** – rotate to the right side doing a wide-base squat, placing elbows into knees and pushing out. Be sure to feel the stretch in your right/left groin. Repeat on the opposite side as you move down the 10-20 yards.

10. **Soldiers** (*toe-to-hand kicks*) – extend both hands forward at shoulder height, stride forward and kick hand. Alternate feet/hands.
11. **Sprints Around Right of Stationary Player** (*1 length*) – with a player 5 feet in front of the line, another player sprints to the right of the stationary player (remaining facing forward), circles around that player and then sprints forward the remaining 10-20 yards. Each player in line follows. Promotes core strength, mobility/cardio and balance.
12. **Sprints Around Left of Stationary Player** (*1 length*) – with a player 5 feet in front of the line, another player sprints to the left of the stationary player (remaining facing forward), circles around that player and then sprints forward the remaining 10-20 yards. Each player in line follows. Promotes core strength, mobility/cardio and balance.
13. **Leg/Arm Swings**
14. **Push-Ups** – as a team; counted in unison (10-20)
15. **Crunches** – as a team; counted in unison (10-20)

Practice Plans

What to implement at the 12-and-Under level:

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

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

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

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

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

Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Skating fundamentals, passing, shooting, puck protection, competition

Equipment Required: Borders, cones, tires, nets (4)

WARMUP

Free Play

(5 minutes)

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

STATIONS

Station 1: Skating Fundamentals/Sprints

(9 minutes)

Power skating drills to work on stride, technique and mechanics. Drills should incorporate fun into teaching.

Work on the following:

- C cuts/edges
- Stride length and recovery
- Explosive starts

Goalies can do specific movement drills as well.

Station 2: Outnumbered Competition

(9 minutes)

Have players play in a small area in outnumbered formats. Play 2v1, 2v2, 3v2, etc. Change the format each shift so players have to recognize situations and work to exploit man advantage. Players should use puck protection skills, creativity and deception to create offensive opportunities.

Station 3: Puck Control with Fakes

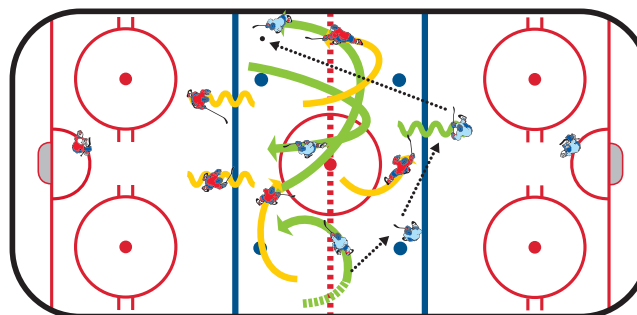
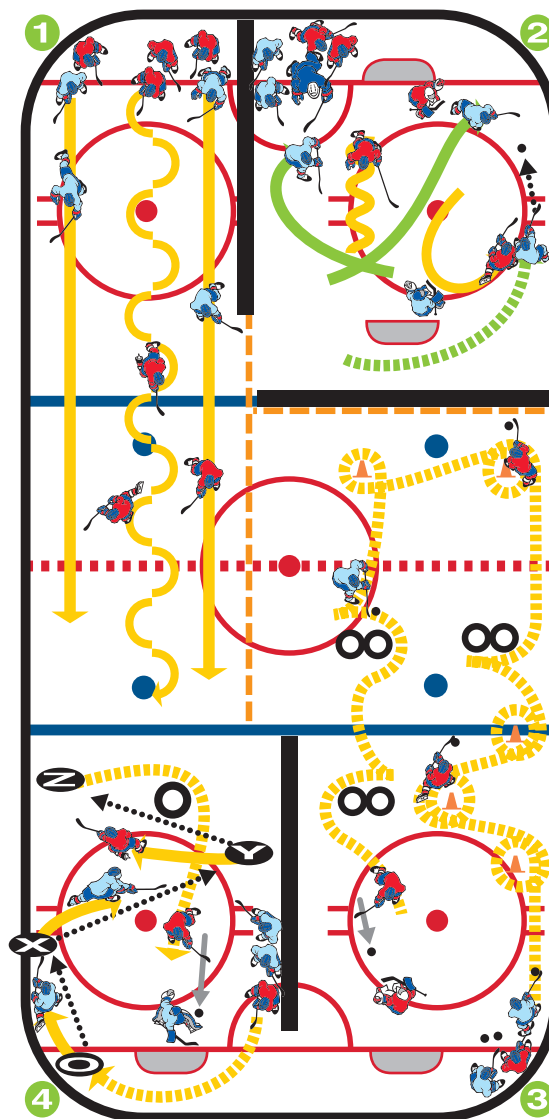
(9 minutes)

Players skate through obstacle course using fakes at the tires. Emphasis should be on exaggerating the fakes. Correct players if they do not extend themselves. Play the rebound if it is there. Shoot to score.

Station 4: Pass and Follow with Shot

(9 minutes)

O carries puck behind net and passes to X. X passes to Y, Y passes to Z, Z skates around tire and attacks net avoiding other players and shoots to score. After each pass, sprint to the spot where you just made your pass. O becomes X, X becomes Y, Y becomes Z, Z sprints back to line after scoring/rebound chance. Encourage players to make good passes and get to the next spot with urgency.



GAME

Full-Ice Scrimmage

(12 minutes)

Play full-ice scrimmage. Remind players to execute the skills that were reinforced with previous drills. Compete for pucks, use puck protection skills and creativity to create offense. Be creative (coach) – use 4 nets and 4 goalies, play 6v5, etc.

Practice Plan 2

Date: Early Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Skating, passing and receiving, puck skills, body contact, competition, fun

Equipment Required: Cones, tires, borders, ringette rings, nets (3)

WARMUP

Free Play

(5 minutes)

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

STATIONS

Station 1: Skating Fundamentals/Sprints

(9 minutes)

Power skating drills to work on stride technique and mechanics. Drills should incorporate fun into teaching. Work on the following:

- Balance and agility
- C cuts/edges
- Stride length and recovery
- Explosive starts

Station 2: Puck Skills

(9 minutes)

Coach gives the player a pass who catches it and shoots without stickhandling. Once the player catches and shoots and looks for an immediate rebound, the player picks up a puck in the corner and stickhandles through the tires with a 360 on the last one. After coming out of the 360, pass to player O. O passes to coach and goes back into line. X who made the pass to O then becomes O. Be sure to switch sides so that players catch pucks from both sides of their bodies.

Station 3: Ringette Keep-Away

(9 minutes)

Players play keep-away with rings in odd-numbered situations. You can play 1v1, 2v1, 2v2, etc. Work on stick strength and a strong bottom hand. Use deception and exaggerated movements when in possession of the ring. Encourage them to stay in a tight area so body contact occurs.

Station 4: Small-Area Game Always 2v1

(9 minutes)

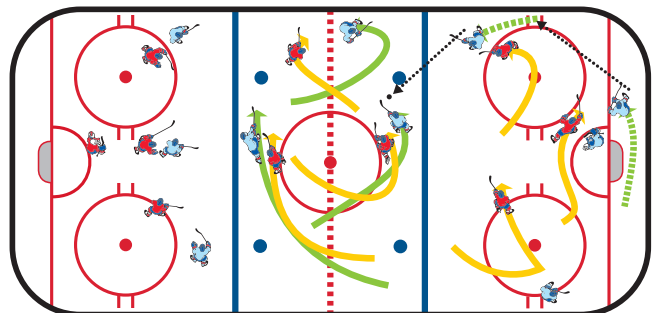
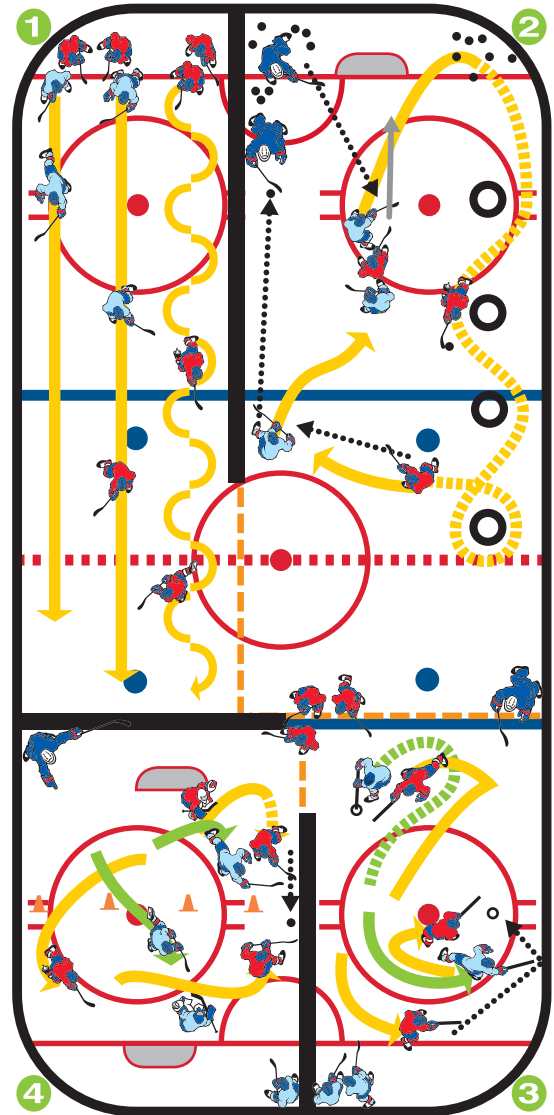
Players play a small-area game that is always a 2v2 game with the parameter that, when they are on offense, it is always a 2v1. One player from each team is designated to always stay on the offensive side of the midline. When in possession on offense, a 2v1 should always be the case. Have players work on odd-man situations. On the defensive side, have the player who is not allowed back into the defensive zone always ready to get open for a clearing pass. Body contact is allowed and encouraged in tight areas.

GAME

Full-Ice Scrimmage

(12 minutes)

Teams are split into 3 zones by color. The black team (B) is attacking one direction while the white team (W) is attacking the other direction. The goal is for the teams to advance the puck, zone by zone, to their teammates and then for the group in the offensive zone to score. Only players in the offensive zone are allowed to score. The players in the neutral zone and defensive zone must maintain possession of the puck until they can pass to a player in the offensive zone. Encourage communicating and calling for pucks. Discourage dumping pucks out and in and just getting rid of it. Players will rotate zones every couple of minutes so they play in each zone.



Practice Plan 3

Date: Early Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: ABCs, athleticism, stickhandling, passing, competition

Equipment Required: Cones, tires, borders, nets (3), marker

WARMUP

Free Time

(5 minutes)

Encourage players to imitate moves of their favorite players.

STATIONS

Station 1: Stickhandling – 2 Parts

(9 minutes)

1. Chaos Stickhandling – have half of the players go at a time and stickhandle any way they choose between the obstacles on the ice. Encourage them to be creative. Have them go in 20-second intervals. 20 on/20 off.
2. Ducks on the Pond – clear the obstacles and throw out fewer pucks than there are players. For example, if you start with 8 players, use 6 pucks. Play keep-away for 20-30 seconds and blow whistle. Keep progressing using fewer and fewer pucks.

Station 2: Passing/Shooting

(9 minutes)

X passes to Y, Y passes to Z, Z passes to M, M shoots. After each pass, sprint to the spot where you just made your pass. X becomes Y, Y becomes Z, Z becomes M, M sprints back to line. Focus on making each pass a good one.

Station 3: Dodgeball

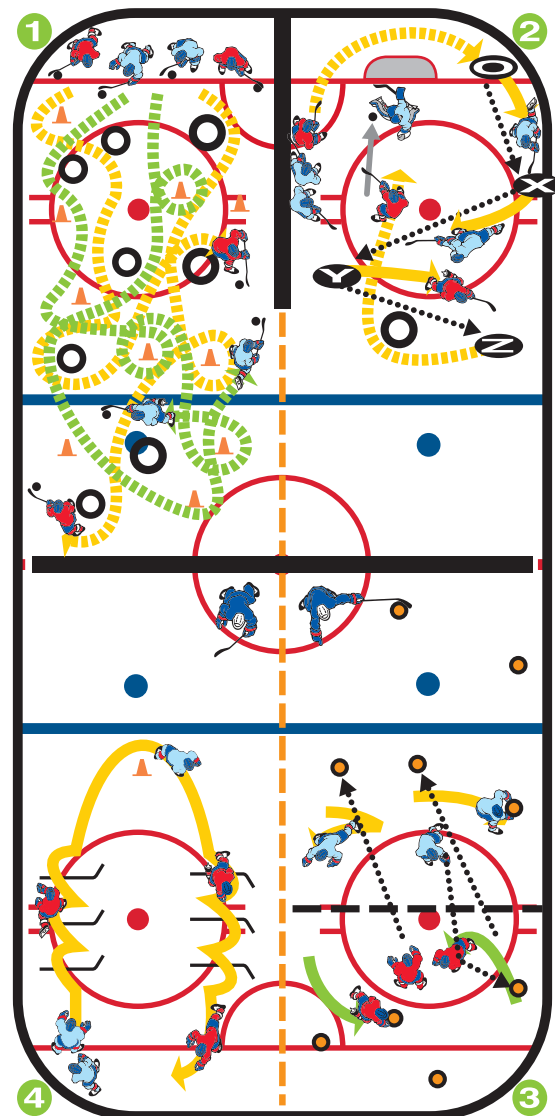
(9 minutes)

Players play dodgeball in an area cordoned off with borders. Draw a line down the middle so they know where they can't cross. Rules of dodgeball apply. Works on athleticism, balance, agility, coordination, and edge control.

Station 4: Agility Skating (No Sticks)

(9 minutes)

- Run over sticks x2
- 2-legged hop over sticks x2
- Lift left leg, hop on right leg over sticks x1
- Lift right leg, hop on left leg over sticks x1
- Swizzle through sticks

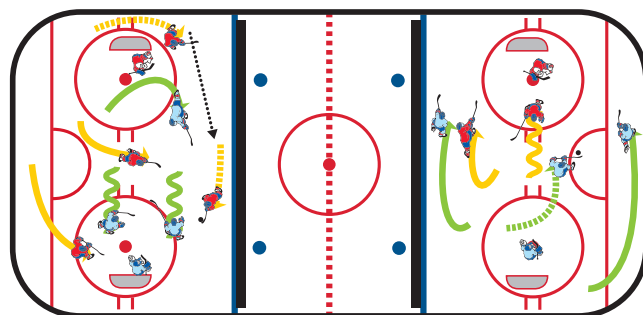


GAME

Odd-Man Games

(12 minutes)

Play cross-ice with many different number structures. Play games at two ends and have free play in the middle for those that aren't playing. The rotation should go as follows: playing the game to free play to being in line. Have shifts of 3v2, 4v2, 4v3, 5v3, etc.



Practice Plan 4

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Basic skating skills, puck control with deception, competition, fun

Equipment Required: Cones, tires, dividers, ringette rings, extra sticks, nets (4-6)

WARMUP

Free Play

(5 minutes)

Players are free to do whatever they want.

Passing and 1v1

(8 minutes)

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

STATIONS

Station 1: Puck Control – Deception

(10 minutes)

Use rings and pucks – controlled, exaggerated movements.

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

Station 2: Stops, Starts, Transition Skating

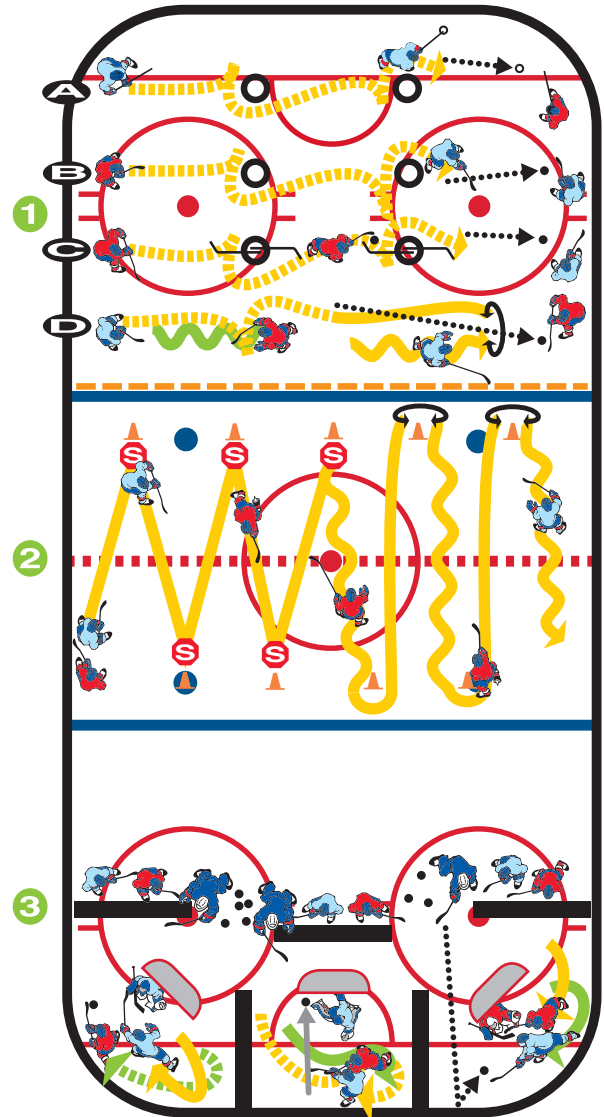
(10 minutes)

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

Station 3: 1v1 Competitions

(10 minutes)

Players compete 1v1 for 30-second shifts. Coaches add additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1. (Use a tire as a goal if not enough goalies or nets).

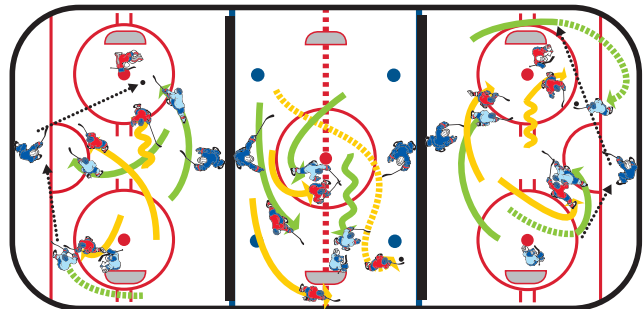


GAMES

3v3 with Outlets

(15 minutes)

Play 3v3 cross-ice for 40-second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Use tires for goals if not enough goals or goalies.



Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Basic skating skills, puck control with deception, competition, fun

Equipment Required: Cones, tires, dividers, ringette rings, extra sticks, nets (4-6)

WARMUP

Free Play

(5 minutes)

Players are free to do whatever they want.

Passing and 1v1

(8 minutes)

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

STATIONS

Station 1: Skating

(10 minutes)

Work on all facets of skating...edges, agility, balance, coordination, transition, backward, etc. Mix in some short burst sprints as well. Halfway through the time of the station, add pucks into the mix. Be creative and make it fun.

Station 2: Agility, Stickhandling, Passing, Receiving and Shooting

(10 minutes)

X starts out by jumping over the border and picking up a puck behind it. X skates through the tires and makes a pass to the coach who passes it right back. X catches the pass and goes between the next two tires where X passes to the next coach for another give-and-go. X then goes through the last set of tires and passes to O in the corner (who was the last player to go) who gives it back. X collects the pass and attempts to score.

Station 3: 3v3 with Outlets

(10 minutes)

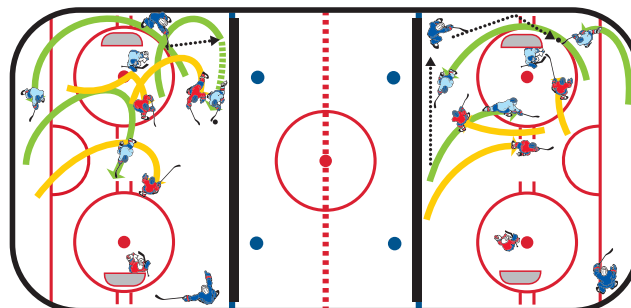
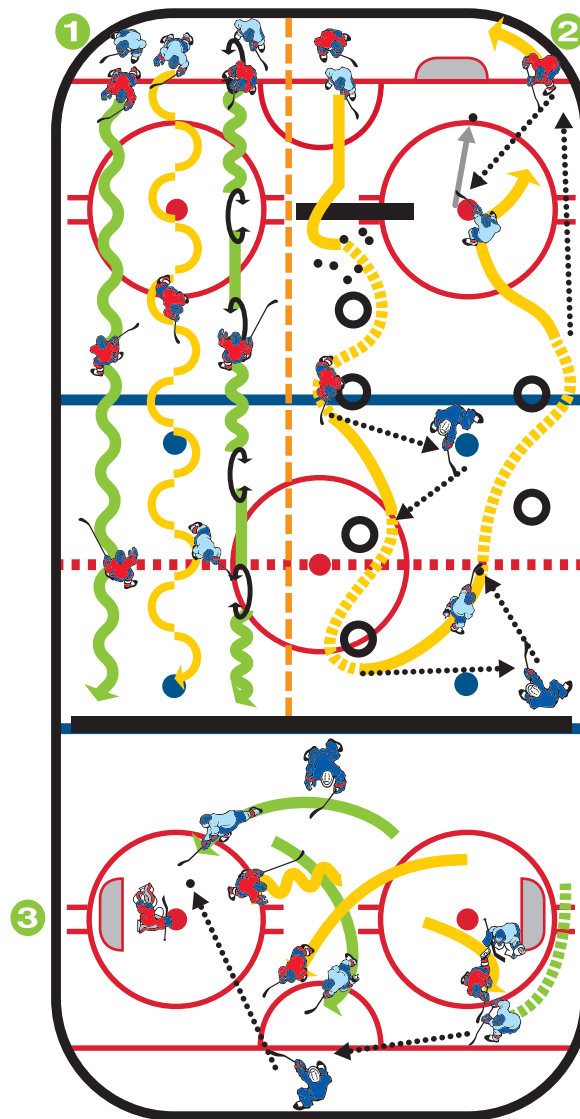
Play 3v3 cross-ice for 40-second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Emphasize players moving to get open and teach transition. Allow the players to use the coaches as often as they want to replicate a power play.

GAMES

3v3 Regroup

(15 minutes)

3v3 game where, in order to go on offense, you must regroup with a coach behind the net you are defending. At least two players must come below the goal line to get a pass from the coach. Works on passing, receiving, skating, competing, team play, puck support and hockey sense.



Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-45

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

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

WARMUP

Free Play

(5 minutes)

Players are free to do whatever they want.

Edge Control Around Sticks

(8 minutes)

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

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

STATIONS

Station 1: Stick Skills

(10 minutes)

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

Station 2: Passing/Timing

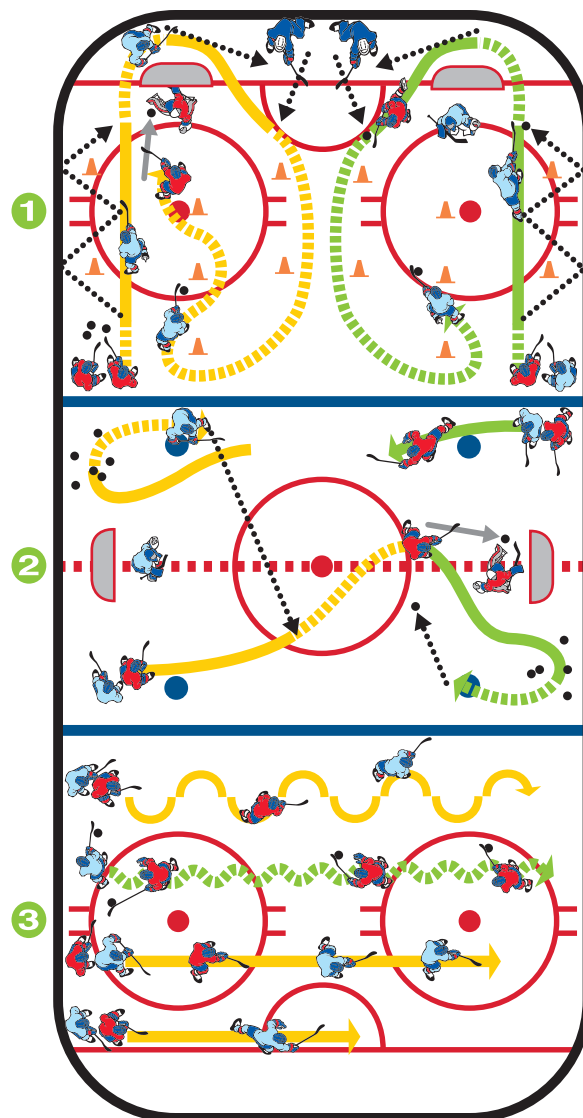
(10 minutes)

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

Station 3: Skating

(10 minutes)

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



GAMES

Game 1: Gretzky Game

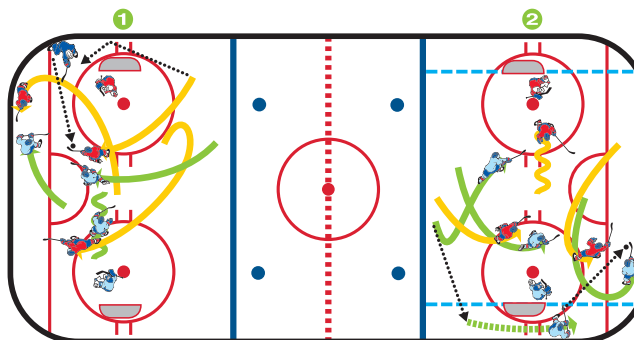
(10 minutes)

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

Game 2: Regroup/Breakout Game

(10 minutes)

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



Practice Plan 7

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-45

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

Equipment Required: Cones, tires, borders, soccer balls, nets (5)

WARMUP

Free Play

(5 minutes)

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

Edge Control Around Sticks

(8 minutes)

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

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

STATIONS

Station 1: Pass and Chase Tag

(8 minutes)

Player X passes to player O who must skate around the tires and attempts to evade player X who then chases him/her. Player O then passes to player Y and the rotation continues. Each player is finished after he/she receives a pass, goes around the tires and then gives a pass and becomes the chaser.

Station 2: Stretch Pass Short Version

(8 minutes)

Play O breaks as Player X retrieves puck. X passes to O, who shoots on goal and then picks up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 3: Attack Under Pressure

(8 minutes)

Player O begins with a puck five feet in front of player X. On the coach's signal, Player X chases player O around the tires and attempts to stop player O before he/she can score. Vary the start distances so that player O is forced to skate at top speed.

Station 4: 1v1 with Low Outlet

(8 minutes)

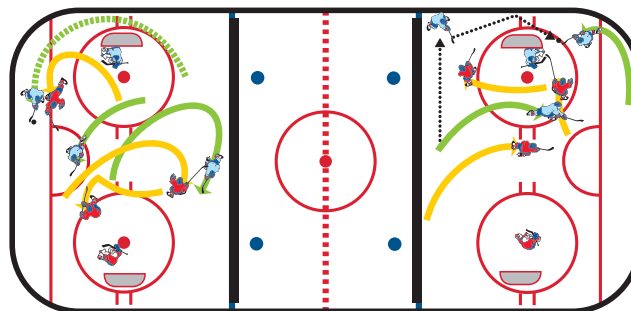
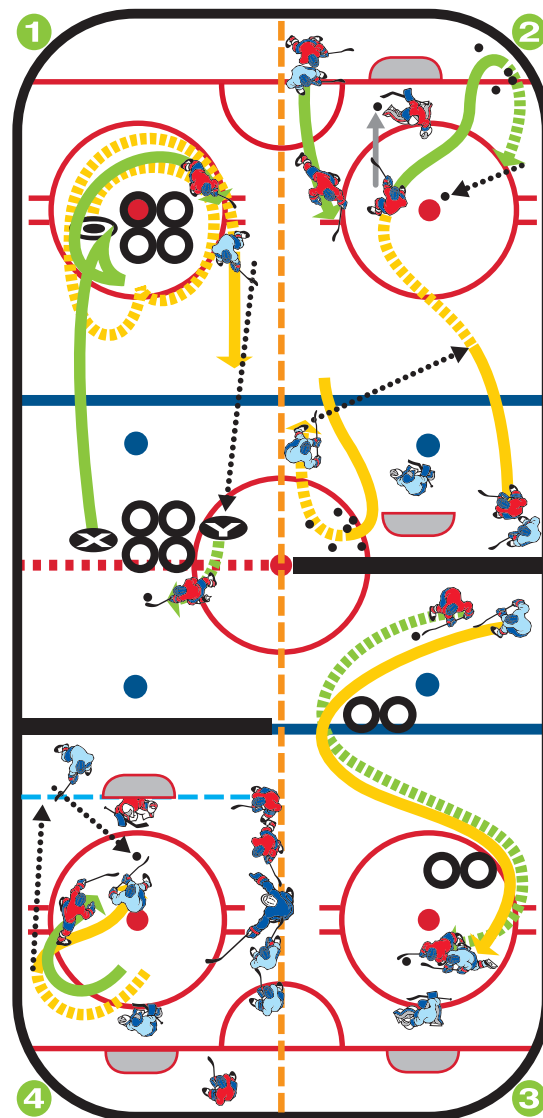
Play 1v1 in a small area. Outlet players are below the goal lines and can't score. They can only pass. Players in the middle must make a pass to their outlet before they can score. Play 40-second shifts.

GAME

3v3 Breakout Game

(13 minutes)

Play 3v3 cross-ice for 40-second shifts. Upon each change of possession, a team must either carry the puck or pass the puck behind their own net before they can attack.



Practice Plan 8

Date: Late Season

Time: 60 minutes

Number of Players: 30-45

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

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

WARMUP

Free Play

(5 minutes)

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

Skating/Stickhandling

(10 minutes)

1. Players skate around the rink handling a puck while the coach yells out different agility drills to perform (examples: drop to knees, Russian walk, pull puck through legs, jumps, etc.).
2. Players skate around the rink with puck and on whistle enter the nearest circle and stickhandle in traffic within that circle. Next whistle, exit the circle, continue the rotation. Go each direction.
3. Ducks on the Pond: Split players into two ends. Have roughly the amount of pucks in an end as there are players. Players play keep-away from each other. Example: If there are 10 players, start with 6 pucks, then go to 5, 4, 3, etc.

STATIONS

Station 1: Keep-Away

(8 minutes)

2v2 game with the support of a coach (makes it 3v2) where players play keep-away. Emphasize moving without the puck, covering your opponent, and communication. Explain odd-man situations offensively and defensively.

Station 2: Pass and Backcheck

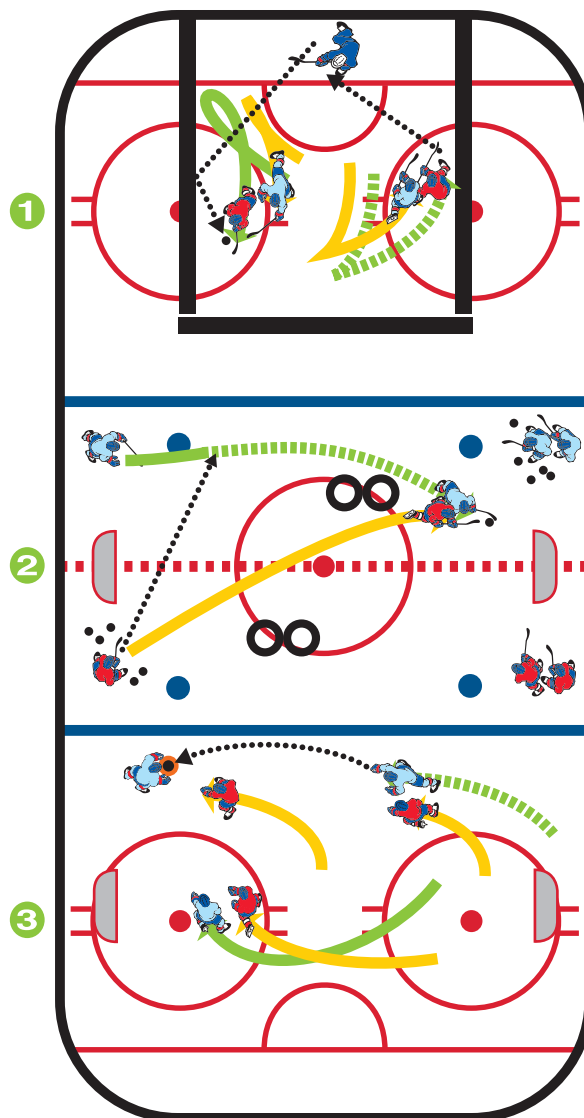
(8 minutes)

X passes to Y who catches pass and skates to tire. After reaching the tire, Y can cut to the net or shoot. X must backcheck Y to make Y skate hard with the puck. X should aim for the tire to create a good angle. If X beats Y, use proper angle and body contact to separate puck.

Station 3: Handball

(8 minutes)

Play 3v3 with a soccer ball and no sticks. Players must use their hands to throw and catch the ball. No goalies. Goalies play as regular players here. Must make 3 passes before you can shoot on net. Emphasize puck support and short passes.



GAMES

Game 1: 2v2 with Point

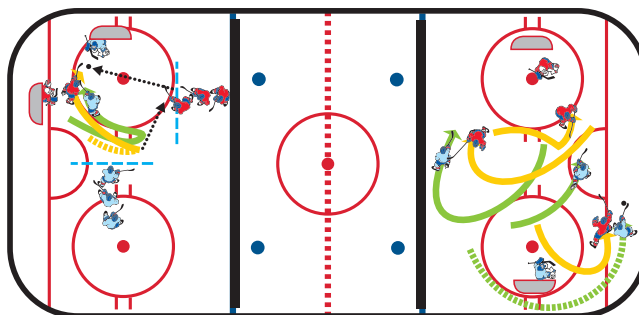
(10 minutes)

2v2 game in a tight area where the players must pass back to their point man before they can go on offense. Points can pass or shoot when they receive puck. Works on hockey sense, stickhandling, puck support, skating, loose puck battles, competing, and team play.

Game 2: 3v3 Breakout Game

(10 minutes)

Play 3v3 cross-ice for 40-second shifts. Upon each change of possession, a team must either carry the puck or pass the puck behind their own net before they can attack.



Practice Plan 9

Date: Late Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Skating, puck protection, scoring 1v1 play, body contact

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

WARMUP

Free Play

(6 minutes)

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

Skating Crossovers

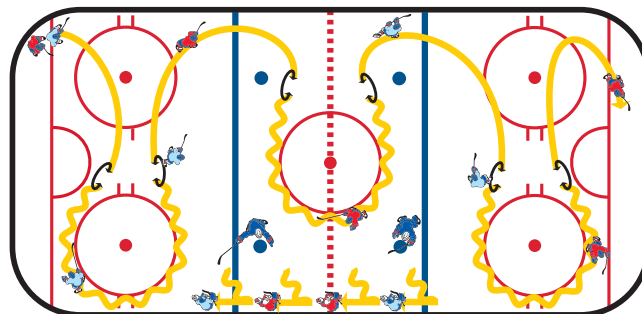
(7 minutes)

Skate forward and backward crossovers pivoting each time they cross center ice. No gliding on turns. Focus on keeping the feet moving and acceleration through turns.

Skating Agility/Puck Control

(7 minutes)

Board pass to self and jump the dividers, players finish with a shot on goal. 2-on-0 passing back down the middle.



STATIONS

Station 1A: 1v1 Angle Through Dot

(4 minutes)

Player X begins skating through the face-off dot. Once over the dot, player O begins skating down the wall and tries to attack the net. Players O and X play 1v1 until the whistle, at which time player O becomes the new X and starts the next sequence by skating through the face-off dot. Switch side halfway through.

Station 1B: 1v1 Defend The House

(4 minutes)

The defensive player X begins on the face-off dot. Throughout the drill player X must stay inside the face-off circle. The offensive player O must attack the grade A scoring area by moving inside the face-off circle. Player O can only shoot from inside the circle.

Station 2: 1v1 F and D

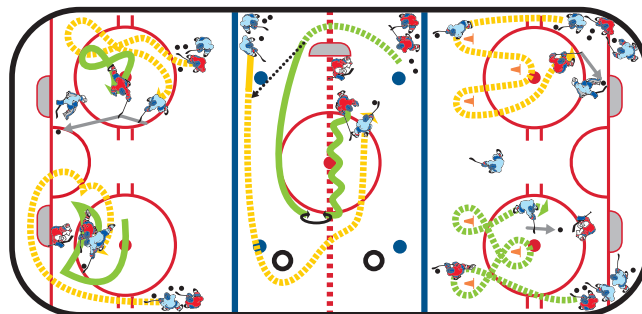
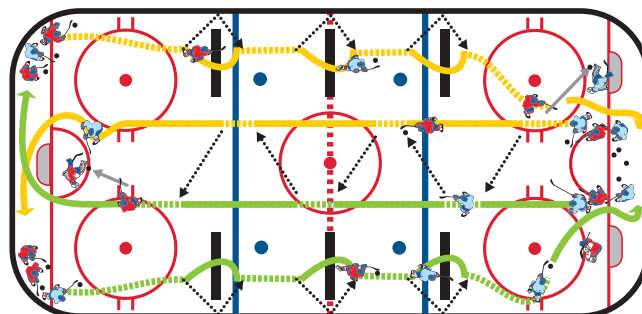
(8 minutes)

Player X carries puck around net and makes a breakout pass to player O. Player O carries the puck around the tire and attacks against player X who has gapped up. Play the 1v1 and then start the drill from the opposite side.

Station 3: Puck Control

(8 minutes)

Players carry the puck through the course and finish with a shot on goal. Begin with tight turns at each cone, then progress to 360-degree turns around each cone. If no goalie, place one of the dividers in front of the goal to force a shot over it in order to score.



GAMES

Game 1: Quick Score

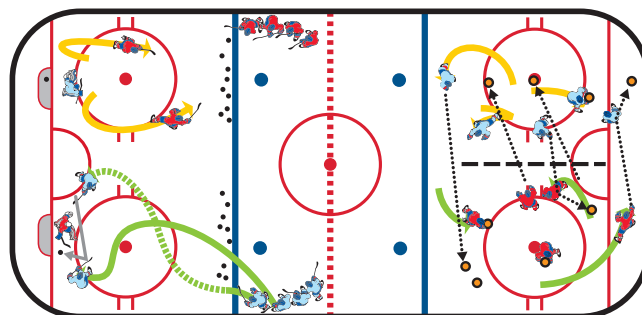
(8 minutes)

Teams line up along the boards at each blue line. Ten pucks are placed on the blue line for each team. Players attack the net 2v0 and go until they score. Once they score, they sprint out of the zone over the blue line at which point the next 2v0 begins. Teams play until all 10 pucks are scored. The first team to score all 10 of their pucks wins.

Game 2: Dodgeball

(8 minutes)

Play dodgeball in an area cordoned off with borders. Draw a line down the middle so they know where they can't cross. Rules of dodgeball apply. Works on athleticism, balance, agility, coordination and edge control.



Practice Plan 10

Date: Late Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Skating, puck protection, scoring, 1v1 play, body contact, fun

Equipment Required: Cones, tires, borders, soccer balls, nets (5), ringette rings

WARMUP

Free Play

(5 minutes)

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

Stops-and-Starts

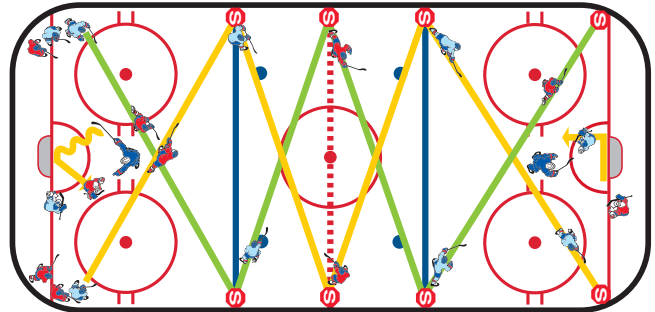
(7 minutes)

Work on stops and starts facing both ways. Work on exploding starts out of the stops. See how much snow they can spray on the boards. Do without and then with pucks.

Agility and Passing

(7 minutes)

Skate up the wall and pass to the coach before jumping the border. After jumping, the coach will give you a pass back. Shoot on the net. Come back up the middle touching your knees at each line while carrying a puck.

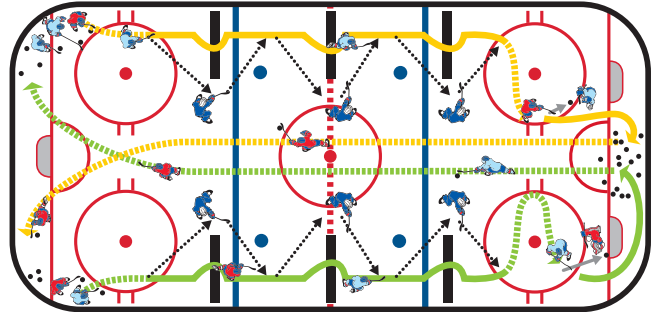


STATIONS

Station 1: 1v1 Tight Area Game

(8 minutes)

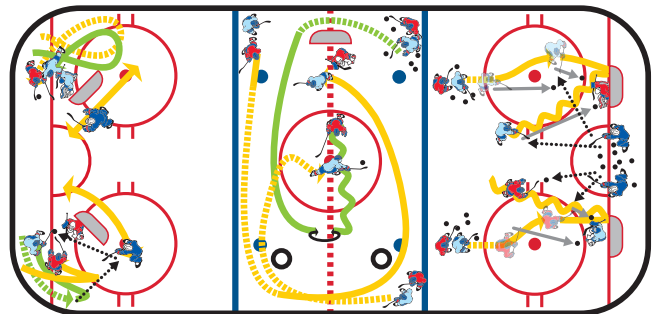
Players compete 1v1 in a tight area. Whomever has the puck is on offense but they must pass to the coach before they can shoot. The coach can move laterally behind the net so the players must have their heads up to see where they are passing. Encourage body contact, defending, getting open by moving the feet and scoring. Have players switch sides so they are going against different players and attacking at a different angle.



Station 2: 2v1 F and D

(8 minutes)

Player X carries puck around net and makes a breakout pass to player O. Player O carries the puck around the tire and passes to player Y. Y and O skate around the tires and attack X 2v1 who has gapped up. Have players start at all three spots. Works on team play, odd-man rushes, passing, scoring, defending.



Station 3: Three Shot Unjam

(8 minutes)

X starts with a puck and takes a wrist shot. X then skates to the net and gets a pass from the coach for a second shot. After the second shot, X touches the post and backs out into the high slot for another pass from the coach. X catches the pass and takes a third shot. Works on receiving, shooting, agility, scoring and hockey sense.

GAMES

Game 1: 3v3 with Rover

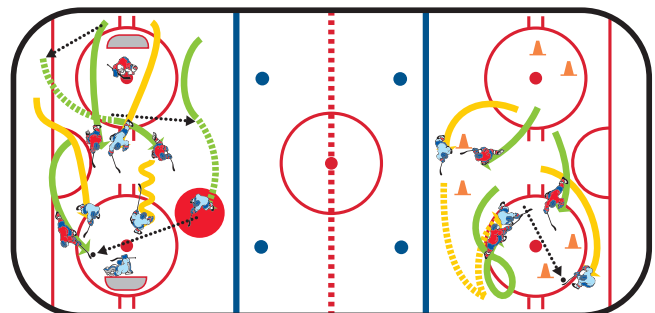
(10 minutes)

Play 3v3 with a rover. The rover is always on offense. Whichever team has the puck, the rover plays with them. On any transition, the rover switches to the other team always creating a 4v3 opportunity. Works on transition, puck possession, power play/penalty kill, communication and team play.

Game 2: Passing Gate Game

(10 minutes)

Possession/passing game where you score points by passing the puck through the gates to your teammates. Works on puck support, puck possession and protection.



Cool Down

POST-GAME/PRACTICE COOL DOWN

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

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

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

SECTION 3

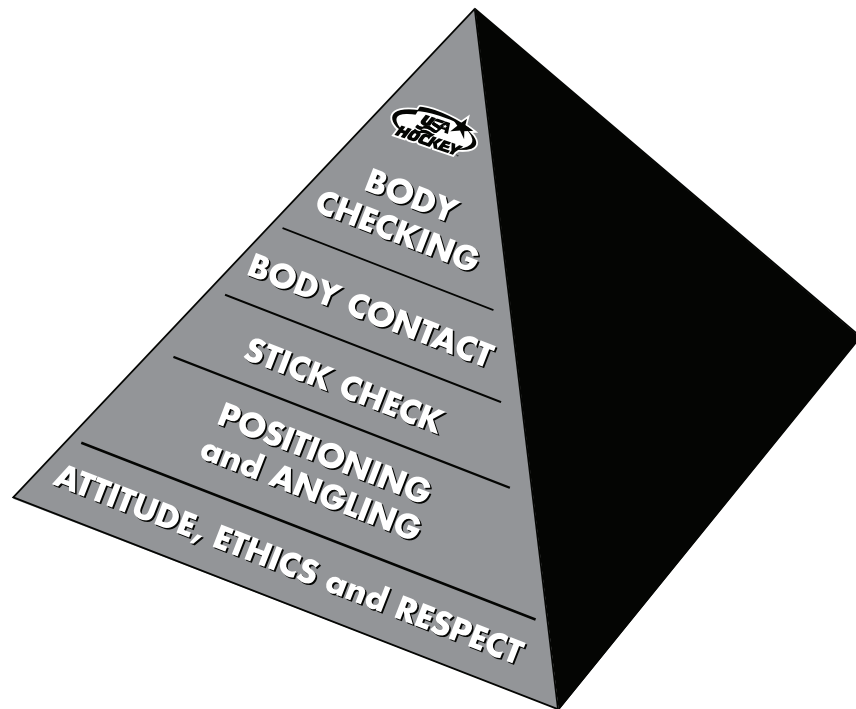
Areas of Focus



Body Contact

TEACHING POINTS

- Full understanding of the purpose of body contact.
- Ensure that players understand the principles of Heads Up, Don't Duck.
- Focus on stability (flexion in ankles, knee bent, hips down, heads up).
- Puck retrieval (shoulder check, create an angle and accelerate).
- Have an understanding of danger areas and ways to escape pressure (create time and space).
- Taking a check and giving a check.
- Stability (solid base, knees bent, bottom hand pressure on stick), awareness (head on a swivel).
- Steering, taking ice away, controlling speed, angling, active stick.



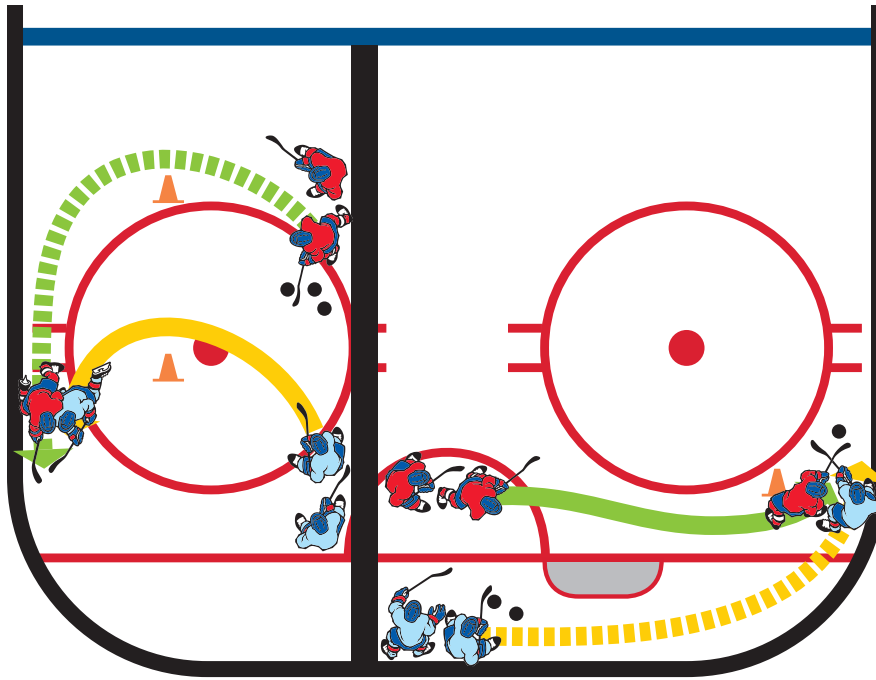
WHERE TO START

Angling into Corner

X begins with the puck and carries it down the wall. O attacks X at an angle. O must try to pinch X off before the cone and separate X from the puck. If O separates the puck, the next two go. The drill emphasizes angling, body contact and body control.

Angling and Body Contact

Set up two cones 10 feet apart and 5-8 feet off the boards. Place puck on boards across from the first cone. Player X retrieves puck at correct angle while Player O angles and pins. Focus on feet and hips facing correct direction and proper use of stick.



Thrust of War – Side

Players pair up and begin shoulder-to-shoulder. On signal from the coach, the players push against each other. Keep the stick and arms down while using the legs to push against your partner. Knee bend is important for balance and stability.



Thrust of War – Front

Players pair up and face each other. Start with the front of the shoulders in contact. On the signal from the coach, players push against each other. Keep the stick and arms down while using the legs to push against your partner. Be sure to emphasize knee bend.



Side Check Reaction

Three players are lined up in a straight line 6-8 feet apart. The outside players are facing each other and the middle player is turned so his/her shoulders line up with the two other players. All players are in an athletic position with deep knee bend, alert and ready to go.

A coach is positioned behind the player in the middle. The coach will give a sign, which the player in the middle can't see. The two other players will react to the sign. Whoever is chosen by the instructor will take 2-3 steps forward and execute a side check on the player in the middle. He/she should react to the checker as quickly as possible, take a lateral step and "hit back."

The drill can be done with or without sticks. If sticks are used, make sure the sticks are down at all times.



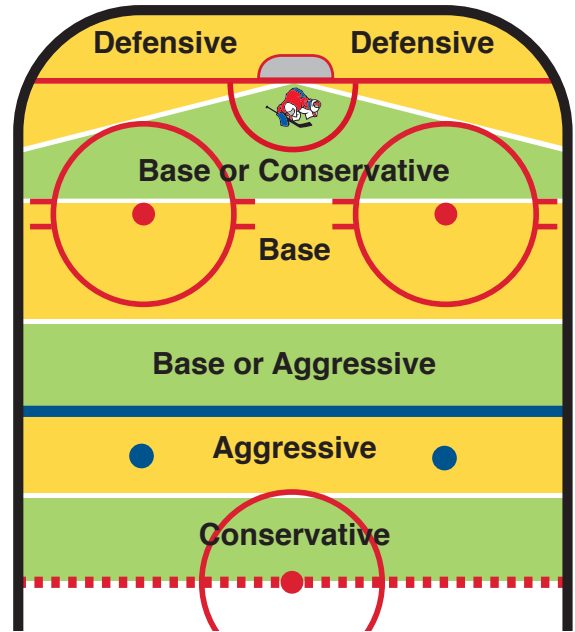
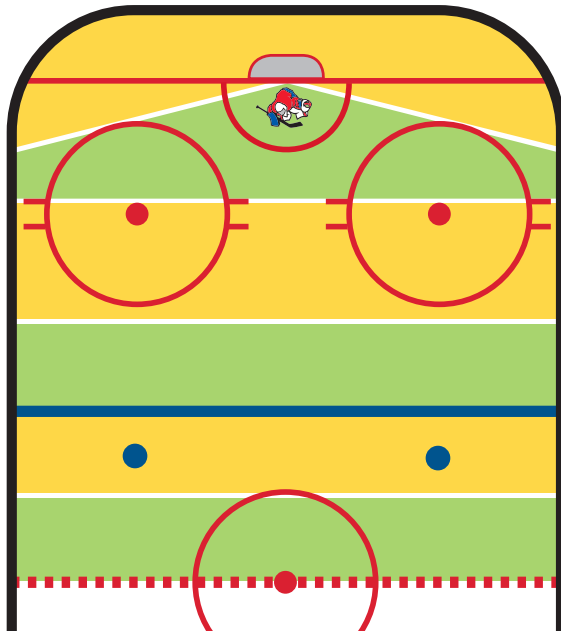
**FOR ADDITIONAL INFORMATION ON BODY CONTACT,
ACCESS THE *CHECKING THE RIGHT WAY* MANUAL:**

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

Goaltending

POSITIONING

- Square to the puck – eyes, shoulders, toes, hips and knees facing the puck.
- Angles – puck is lined up with the goaltender's midsection and the center of the net.
- Depth – understand the ABCs of depth.



When the puck is in these areas, the goalie should be at the appropriate depth in their crease.

STICKHANDLING

- One-hand forehand, one-hand backhand, two-hand forehand and two-hand backhand passing.
- Fast, efficient skating to retrieve loose pucks.
- Effective communication with teammates.



SKATING

- Introduce on-ice recovery. When the goalie is down in a butterfly position with an immediate threat of a second shot, goalies should use a proper on-ice recovery.



Benchmarks

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

1. Understand the four depths and when they should utilize each depth.
2. Make accurate flat passes utilizing each of the four types of passing techniques.
3. Effectively utilize on-ice recoveries in both directions.

FOR MORE GOALTENDING RESOURCES, PLEASE VISIT:

<http://www.USAHockeyGoaltending.com>

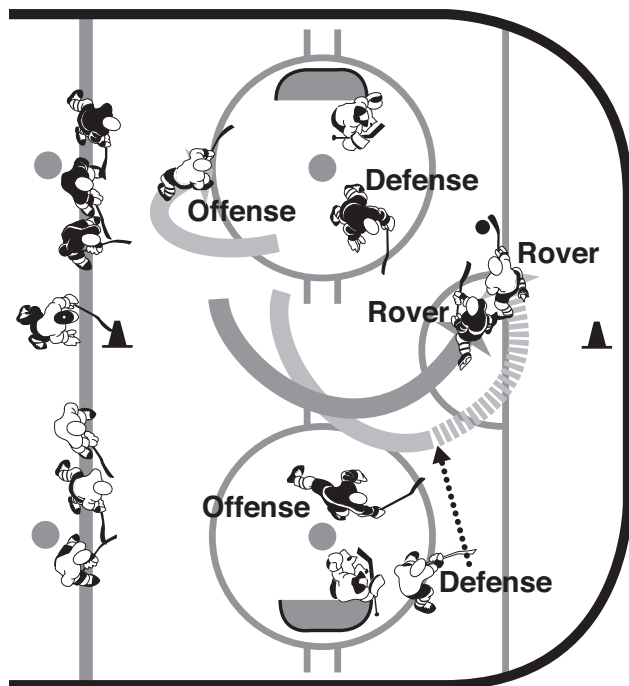
Small-Area Games

Competitive small-area games not only force players into tight competitive quarters, they also encourage players to battle hard for the puck while at the same time having lots of fun. Similar to how kids benefited from free-play and skating/competing on frozen ponds, these games help simulate game situations and develop valuable skills.

Utilizing small-area games provides many advantages. First and foremost, the games are designed to provide an environment to help players make quicker decisions. Small-area games also simulate intense game shifts and provide an excellent form of conditioning in practice.

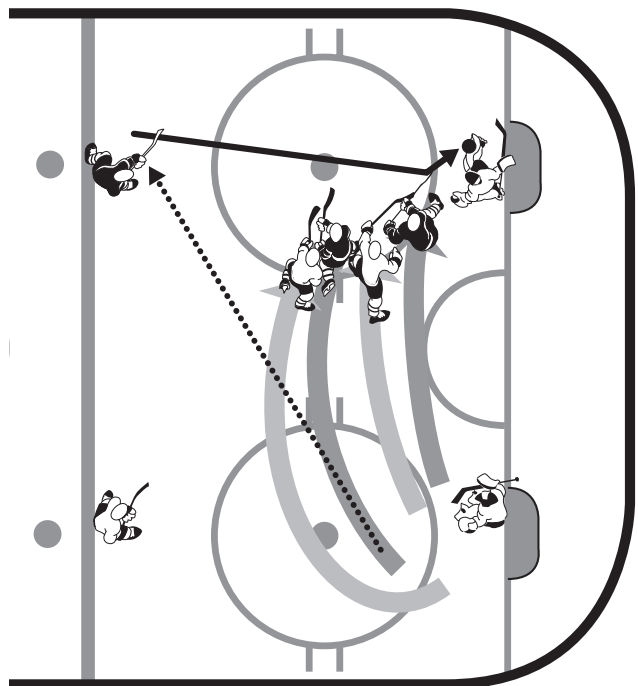
ROVER TRANSITION GAME

Each team starts out with one designated defensive and offensive player who must remain on their respective side of the center line. (Use cones to mark the center line.) The third player on each team is a rover who can play on either side of the center line. The game is a continuous 2-on-2. Create a variation by removing one rover and creating a 2-on-1 allowing the remaining rover to play on offense for both teams.



HIGH/LOW 2-ON-2 TIP-INS

Divide the players into two teams and place one player per team at the blue line. Using two nets, players play a 2-on-2 in front. When the top player has the puck, they wait for a teammate to get in front for a tip-in. Goals only count if they are tipped-in. After each goal, the team that scores keeps possession of the puck. Players hustle from side to side playing offense or defense depending which point player has the puck. Change every 40 seconds.



FOR MORE SMALL-AREA GAMES, PLEASE VISIT:

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

Dryland Training

USA Hockey provides dryland training cards with age-appropriate exercises and guidelines to help every player become a physically-literate athlete. We must first develop athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players. By incorporating principles of Long-Term Athlete Development (LTAD), USA Hockey's American Development Model (ADM) allows coaches to utilize training, competition and recovery programming appropriate to the biological development of their players. This allows young athletes to reach their full genetic potential in ice hockey and other sports.

The ADM is a life-long athletic performance development model. The development of fundamental movement skills and fundamental sport skills is critical if children are to feel confident about physical activity. All sports begin with basic fundamental movement and core sports skills. The ABCs of athleticism include agility, balance, coordination and speed, while fundamental movement skills include running, jumping, skating and throwing. Children must have a solid foundation in these fundamental movement skills before they will be able to succeed in acquiring sports skills. Studies have shown that children who have a strong, broad-based foundation in the fundamental movements and sports skills from a variety of sports increase their potential for future success in sports. Whether this is confidence to lead a healthy and active life in sport, or to become an elite athlete, this strong foundation in the FUNdamentals will help children reach their full potential.

DRYLAND TRAINING PRACTICE PLANS

Instructions for use:

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

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

PRACTICE PLAN 1

Station 1: Push Up Scramble

Station 2: Ladder: Single Leg Slalom

Station 3: T-Push

Station 4: Plank Hold to Bridge

Station 5: Monster Walk/Bear Crawl

Station 6: PVC Pipe Figure 8s

PRACTICE PLAN 2

Station 1: Monster Walk Twist

Station 2: Ladder: In-In-Out-Out

Station 3: Inch Worm

Station 4: Spiderman Climbs

Station 5: Hip Turns & Sprint

Station 6: Touch Passing

PRACTICE PLAN 3

Station 1: Hurdle Jumps Lateral

Station 2: Ladder: Lateral 1 in the Hole

Station 3: Inverted Rows

Station 4: Burpees

Station 5: Zig Zag Skaters

Station 6: Stationary Saucer Passing

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

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

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

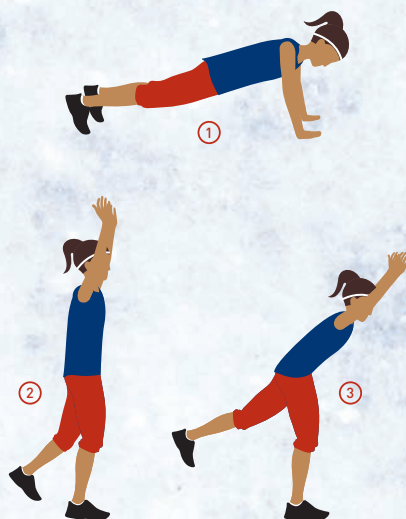
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

PUSH UP SCRAMBLE



PUSH UP SCRAMBLE

MOVEMENT

- Lie on Stomach.
- ① • Perform push-ups and scrambles on left foot and scrambles on right foot.
- ② • Scramble: get off the ground into a standing position.
- ③ • Scramble to standing on 1 foot and sway side to side and front to back.
- Repeat technique sequence 4 times.

Perform 2-3 push-ups in a row followed by 2-3 scrambles in a row.

VARIATION

- Lie on back.
- Scramble to standing on 1 foot, sway side to side and front to back.

ADVANCED VARIATION

Lie on back, complete a full roll each direction, scramble to standing on 1 foot, sway side to side and front to back.

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

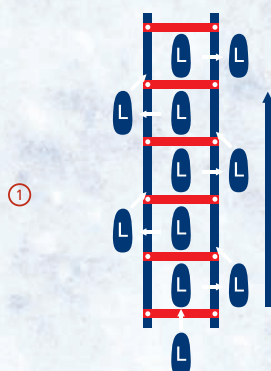
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

LADDER: SINGLE LEG SLALOM



LADDER: SINGLE LEG SLALOM

MOVEMENT

- Begin standing at one end of the ladder standing on one leg.
- ① • Jump into the first square, upon landing immediately jump laterally to one side of the first square.
- Immediately jump diagonally and forward in to the second square, then jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig-zag pattern.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

HOW TO MAKE AN AGILITY LADDER

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

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

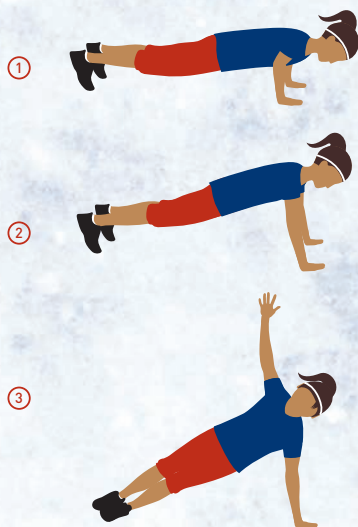
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

T-PUSH



T-PUSH

MOVEMENT

- ① • Start at the bottom of a push-up position.
- Back should form a flat bridge.
- ② • Perform a push-up and hold at the top of exercise.
- ③ • Lift one arm from the floor and raise towards the ceiling.
- Roll hips so belly button faces 3 o'clock or 9 o'clock.
- Roll onto the side of feet and keep body straight for entire movement.
- Create a sideways T-shape with arms and body.
- Return to the starting position.
- Repeat raising opposite arm.
- 1 T-Push repetition with each arm constitutes 1 full repetition.

Perform 5 repetitions, rest for 30 seconds and repeat.

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

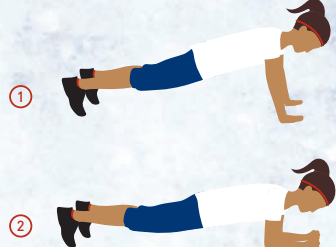
Station 6:
PVC Pipe Figure 8s

PLANK HOLD TO BRIDGE

PLANK HOLD



PLANK TO BRIDGE



PLANK HOLD TO BRIDGE

PLANK HOLD MOVEMENT

- ① • Begin with elbows under shoulders, hands in line with elbows and weight on forearms.
- Weight on toes and legs fully extended.
- Shoulders down and back with shoulder blades pinched.
- Core tight, tuck tail, squeeze glutes and draw belly button back into spine.

Perform for 30 seconds, rest for 30 seconds.

ADVANCED

PLANK TO BRIDGE PROGRESSION

- ① • Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
- Back should form a flat bridge.
- Weight on toes and legs fully extended.
- Shoulders down and back with shoulder blades pinched.
- Core tight, tuck tail, squeeze glutes and draw belly button back into spine.
- ② • With back slightly rounded move from push-up position to a plank position (hands to forearms).

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

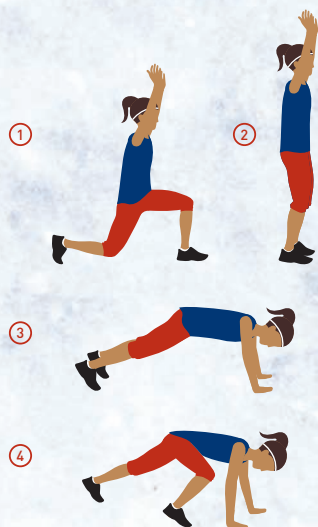
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

MONSTER WALK/ BEAR CRAWL



MONSTER WALK/ BEAR CRAWL

MOVEMENT

- Perform 6 Monster Walks (forward lunge) transitioning into 6 Bear Crawls.

MONSTER WALK TECHNIQUE

- Stand with feet shoulder width apart.
- Arms are stretched straight up over head in line with ears.
- Step forward, landing with the heel first.
- Knee should be at 90 degrees.
- Long strides so knee does not go past toes.
- Right knee touches ground.
- Looking straight ahead with back straight.
- Return to standing position driving up with front leg.
- Alternate legs.

BEAR CRAWL TECHNIQUE

- Start on all fours.
- Pick up right hand and left leg, extend forward.
- Pick up left hand and right leg, extend forward.
- Repeat.

ADVANCED

Perform Monster Walk/Bear Crawl backwards and laterally.

PRACTICE PLAN 1

Station 1:
Push Up
Scramble

Station 2:
Ladder: Single
Leg Slalom

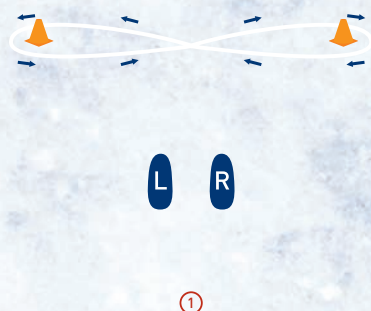
Station 3:
T-Push

Station 4:
Plank Hold
to Bridge

Station 5:
Monster Walk/
Bear Crawl

Station 6:
PVC Pipe Figure 8s

PVC PIPE FIGURE 8s



PVC PIPE FIGURE 8s

FOCUS

- Loose bottom hand, expansion of reach, cupped blade, top hand control.

SET UP

- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.
- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Move the ball wide with the backhand side of the blade.
- Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- Continue to handle the ball in a Figure 8 pattern in front of the body.
- Top hand controls the movement of the ball.
- Have players change Figure 8 direction halfway through station.
- Execute for 20 seconds, rest for 20 seconds...repeat.

Top hand will fatigue quickly.

PRACTICE PLAN 2

Station 1:
Monster Walk Twist

Station 2:
Ladder:
In-In-Out-Out

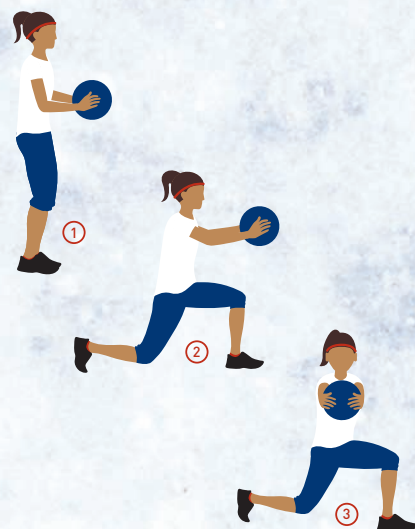
Station 3:
Inch Worm

Station 4:
Spiderman Climbs

Station 5:
Hip Turns & Sprint

Station 6:
Touch Passing

MONSTER WALK TWIST



MONSTER WALK TWIST

MOVEMENT

- Forward lunge, holding a soccer ball.
- Monster Walk Twist 10 yards.
- Alternate legs.

TECHNIQUE

1. Stand with feet shoulder width apart.
2. Hold soccer ball in front of body with elbows bent about 90 degrees.
3. Step forward with left foot into a lunge position.
4. Be sure to keep knee over left foot and behind ankle; do not twist at the knee.
5. From torso, twist upper body to the right—belly button should be at 3 o'clock.
6. Arms are stretched straight out towards 3 o'clock.
7. Maintain a slow and controlled movement throughout the exercise.
8. Slowly move arms/ball to center and return to standing position.
9. Step forward with the opposite foot.
10. Twist to the other side—arms stretched out to 9 o'clock.

If players struggle with technique perform Monster Walk Twists without a ball.

ADVANCED

Use a 1lb, 2lb or 3lb medicine ball performing Monster Walk Twists. Do not add weight if technique diminishes.

PRACTICE PLAN 2

Station 1:
Monster Walk Twist

Station 2:
Ladder:
In-In-Out-Out

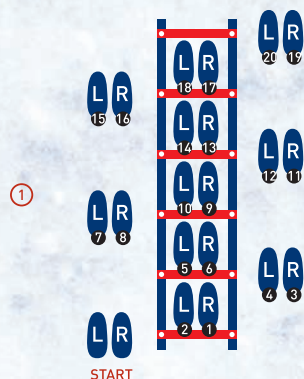
Station 3:
Inch Worm

Station 4:
Spiderman Climbs

Station 5:
Hip Turns & Sprint

Station 6:
Touch Passing

LADDER: IN-IN-OUT-OUT



LADDER: IN-IN-OUT-OUT

MOVEMENT

- Stand to the side at one end of the ladder with the ladder running vertical.
- 1. Step with one foot into the right square, followed by the opposite foot.
- 2. Step forwards out of the square diagonally with the lead foot so that it is in front of the second square, follow with the trail foot.
- 3. Repeat sequence down the ladder.
- 4. Jog back to line.
- 5. Halfway through time allocated repeat this drill leading with the opposite leg.

HOW TO MAKE AN AGILITY LADDER

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

PRACTICE PLAN 2

Station 1:

Monster
Walk Twist

Station 2:

Ladder:
In-In-Out-Out

Station 3:

Inch Worm

Station 4:

Spiderman
Climbs

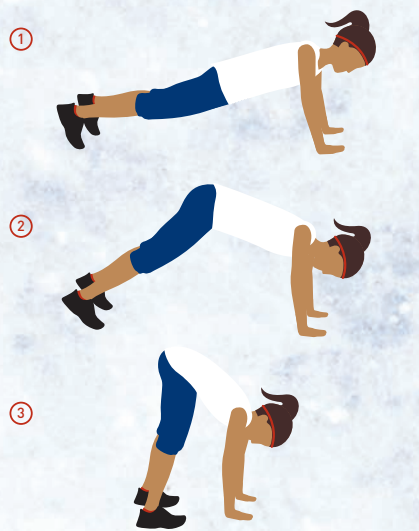
Station 5:

Hip Turns
& Sprint

Station 6:

Touch Passing

INCH WORM



INCH WORM

MOVEMENT

- ① Start in a push-up position.
- Back should form a flat bridge
- Perform 1 push-up.
- Lift hips to form a V.
- ②
- ③
- Slowly walk feet to hands keeping knees straight.
- Repeat entire sequence.

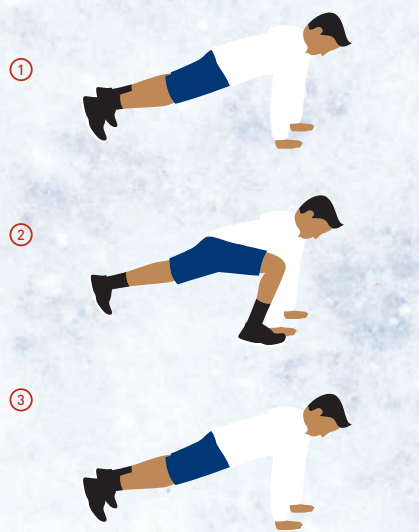
Have players perform 5-10 Inch Worms.

REVERSE MOVEMENT

- Players start in a sandwich position.
- Place palms on ground outside feet.
- Walk feet backwards into push-up position.
- Perform one push-up.
- Walk hands back to feet.

Have players perform 5-10 reverse Inch Worms.

SPIDERMAN CLIMBS



SPIDERMAN CLIMBS

MOVEMENT

- ① Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
- Back should form a flat bridge.
- Pick up one foot off the ground.
- ②
- Slowly bring knee up outside right arm and place foot on the ground beside hand.
- Keeping abdominals braced.
- ③
- Slowly return foot to starting position.
- Alternate sides.

Perform for 30 seconds, rest for 30 seconds. Repeat.

PRACTICE PLAN 2

Station 1:
Monster
Walk Twist

Station 2:
Ladder:
In-In-Out-Out

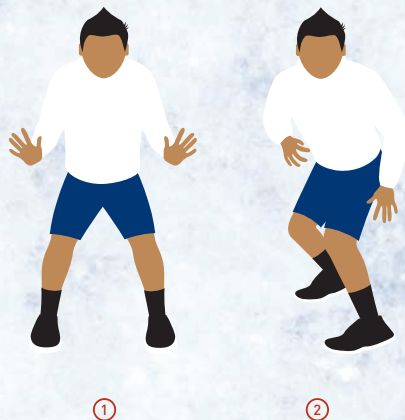
Station 3:
Inch Worm

Station 4:
Spiderman
Climbs

Station 5:
Hip Turns
& Sprint

Station 6:
Touch Passing

HIP TURNS & SPRINT



HIP TURNS & SPRINT

SETUP

- Stand facing coach with legs a little wider than shoulder width.
- Coach uses commands 1, 2, 3, reset.
- Turn hips/pivot 45 degrees to the left.

①

②

- Turn hips/pivots 45 degrees to the right.
- Sprint.
- Reset: stand facing coach with legs a little wider than shoulder width.
- Perform 1-4 hip turns to keep drill reactive, jog back to line.
- Repeat.

*Players should only turn hips. Shoulders should not turn.
To sprint players must cross-over feet to accelerate.*

PRACTICE PLAN 2

Station 1:
Monster
Walk Twist

Station 2:
Ladder:
In-In-Out-Out

Station 3:
Inch Worm

Station 4:
Spiderman
Climbs

Station 5:
Hip Turns
& Sprint

Station 6:
Touch Passing

TOUCH PASSING



TOUCH PASSING

SETUP

- Players partner up.
- Stand 8-10 feet apart.
- Feet face partner.
- Use a hockey ball.

Touch Passing can only be done on the forehand and should be used to receive and pass the ball all in one motion. It can be used most effectively in a "give and go" situation where the passing distance is very short.

TECHNIQUE

①

- Bottom hand should be low on the shaft.
- Bear down, putting plenty of weight on bottom hand.
- The ball should be Touch Passed on the heel of the stick.
- This is the strongest part of the blade and it will eliminate bouncing.
- As the ball meets the stick player pushes through with bottom hand while pushing back with top hand quickly (push-pull action).
- The ball spins off the stick from heel to toe keeping the ball on the ground.
- Touch Pass ball in slow controlled movement.
- Players need to move feet and hands to one touch pass back to partner on forehand.

ADVANCED

As technique is learned players can pass harder and/or shorten distance between partners. Introduce 2 balls, Touch Passing. Player will need to lengthen the distance between partners and Touch Pass softer.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

HURDLE JUMPS LATERAL



HURDLE JUMPS LATERAL

SETUP

- Use 6 inch or 12 inch hurdles.
- Place 3 to 4 hurdles in a straight line approximately 2 feet between each other.

MOVEMENT

- 1 Stand laterally next to hurdles in an athletic position.
- 1 Bend knees and spring off both feet jumping laterally over hurdle.
- 1 Land on both feet, knees bent in an athletic position.
- 1 Hold position for 3 seconds.
- 1 Repeat jumps and technique over remaining hurdles.
- 1 After last jump, land and sprint 10 yards.
- 1 Face opposite direction on next repetition.
- 1 Repeat technique.

ADVANCED

Jump hurdles, land and immediately jump again...single leg low hurdle hops.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

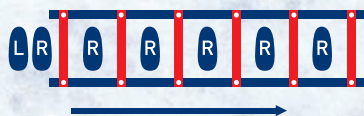
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

LADDER: LATERAL 1 IN THE HOLE



LADDER: LATERAL 1 IN THE HOLE

MOVEMENT

- 1 Stand sideways at one end of ladder.
- 1 Hop laterally through entire ladder with foot closest to ladder.
- 1 Halfway through time allocated repeat using opposite (outside) foot.

HOW TO MAKE AN AGILITY LADDER

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

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

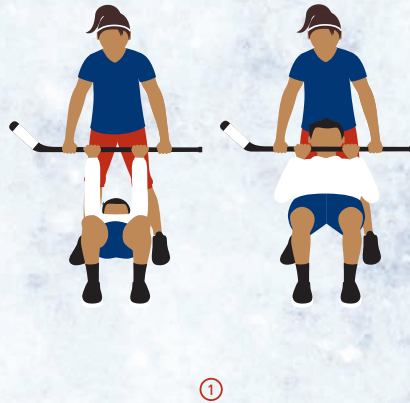
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

INVERTED ROWS



INVERTED ROWS

SETUP

- ① Divide players into partners.
- One player lies on ground face up.
- Player straddles partner holding hockey stick horizontally in front of body.
- Player on the ground holds the stick with palms facing in, knees bent, feet flat the on floor.

MOVEMENT

- ② Perform an Inverted Row pulling chest and hips to a bridge position.
- Keep elbows tucked close to body.
- Lead with chest, keeping chin tucked and shoulder blades back and down.
- Lower body back to the ground.

Repeat for 5 repetitions then switch roles with partner.

ADVANCED

Perform Inverted Rows with legs straight and heels on the floor.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

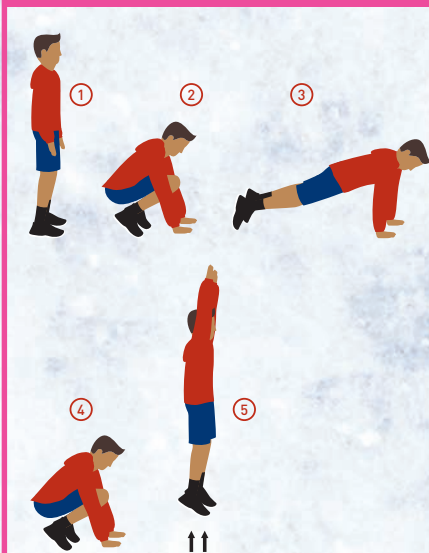
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

BURPEES



BURPEES

MOVEMENT

- ① Stand in athletic position: feet shoulder width apart and knees slightly bent.
- ② Squat down into a crouched position with hands on ground out in front of feet.
- ③ Extend legs behind hands into a push-up position.
- ④ Jump back into the crouched position.
- ⑤ Jump up into a standing position.

Repeat for 5-10 reps or 30 seconds, rest for 30 seconds. Players will fatigue quickly.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

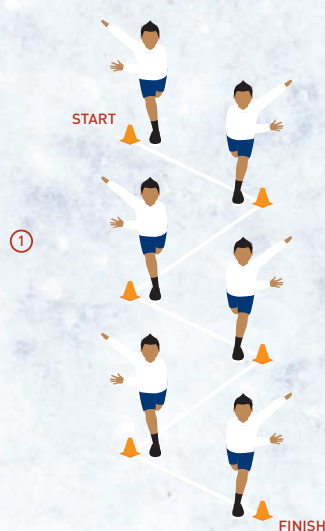
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

ZIG ZAG SKATERS



ZIG ZAG SKATERS

SETUP

- 6 cones 3-5 feet apart in a zig zag pattern.

MOVEMENT

1. Start standing comfortably on the inside of cone #1.
 - Load weight onto right leg with a deep knee bend.
 - Place left leg behind right leg in the air.
 - Jump to cone #2 landing on left leg while swinging arms to the left-simulating a hockey stride.
 - Jump to cone #3 landing on right leg while swinging arms to the right-simulating a hockey stride.
 - Perform skaters zig zagging through all 6 cones.
 - Hold each landing for 3 seconds.
 - Players jog back to line.
 - Repeat.

ADVANCED

Perform Zig Zag Skaters backwards.

PRACTICE PLAN 3

Station 1:
Hurdle Jumps
Lateral

Station 2:
Ladder: Lateral
1 in the Hole

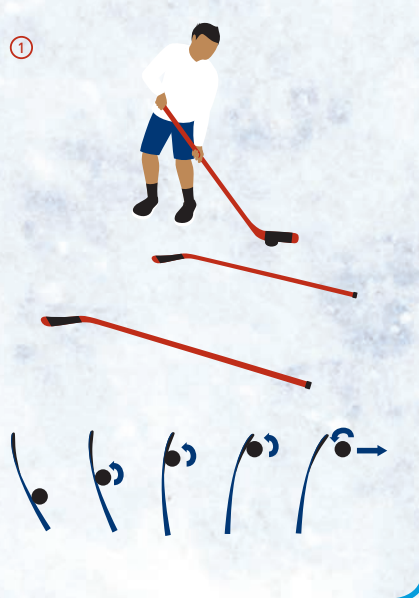
Station 3:
Inverted Rows

Station 4:
Burpees

Station 5:
Zig Zag Skaters

Station 6:
Stationary
Saucer Passing

STATIONARY SAUCER PASSING



STATIONARY SAUCER PASSING

SETUP

- Set up 2 sticks on the player's forehand side of the body.
- Use a hockey puck.

TECHNIQUE

1. Similar to Touch Passing, the player pushes through with the bottom hand while pulling back with the top hand to open up the stick blade.
 - Keep the blade of the stick open as the puck spins off heel to the toe of blade.
 - This requires plenty of practice to develop the right touch.
 - Toes pointing forward, player Saucer Passes the puck over one stick at a time using a flip motion on forehand side of blade.
 - Return to starting position by saucer flipping the puck back over the obstacles using backhand side of the stick.

ADVANCED

Players partner up, stand 8-10 feet apart, lay a hockey stick between the players.

Players Saucer Pass over the stick to partner.

SECTION 4

Additional Resources



Additional Resources

USA HOCKEY WEBSITE

www.usahockey.com

USA HOCKEY COACHES PAGE

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

USA HOCKEY MOBILE COACH APP

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

LONG-TERM ATHLETE DEVELOPMENT (LTAD)

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

SKILL DEVELOPMENT

Skill Progressions for Youth Hockey

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

Practice Plan Manuals

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

ACTIVITY TRACKER

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

BODY CONTACT

Checking the Right Way Manual

http://assets.ngin.com/attachments/document/0042/2205/Checking_Manual_FINAL_15.pdf

GOALTENDING

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

OFF-ICE TRAINING

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

SMALL-AREA GAMES

Teaching Concepts Through Small-Area Games

http://assets.ngin.com/attachments/document/0065/0924/Teaching_Concepts_Through_Small-Area_Games_FINAL.pdf

USA Hockey Small-Area Competitive Games

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

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