

# 10U Practice Plan 3

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-40

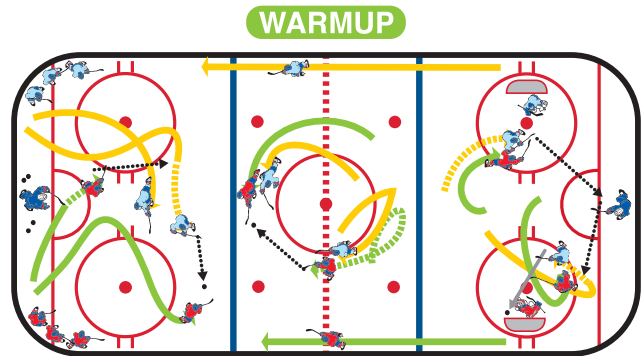
**Practice Theme/Goals:** Skill development, fun, competitiveness, contact

**Equipment Required:** Cones, tires, bumpers

## WARMUP

### 3-Zone Warmup: 40 second stations (12 minutes)

All the players start at one end of the rink. On the whistle, the first 2 players from each line jump into Zone 1. On the next whistle, the first 4 players move to Zone 2 and 2 new players come out of each line so by the third whistle there are 12 players going with four in each zone. On the fourth whistle, the group in Zone 3 skates back to the original end and gets in their line. The groups will be performing three different things in each zone. **Zone 1:** Four-person pass and go. There will be one puck and all four players must move to support and give and go, always facing the puck. **Zone 2:** 2v2 keep-away first couple of times in a small space, next couple of times use bigger space. **Zone 3:** 2v2 give-and-go with coach. Team with possession must go through coach before they can score. All transition must go through coach. If greater numbers, then go 3v3.



## STATIONS

### Station 1: Net Tag with Pucks (8 minutes)

Players begin with pucks and attempt to evade the tagger using the nets or tires as screens. Once the tagger steals a puck the roles are reversed.

### Station 2: Musical Pucks (8 minutes)

Players skate in the designated space with a puck. Coach takes the puck from one of the players and puts it into the net. The puck is live until it goes into the net. Any player without a puck must now help the coach steal other players' pucks and put them into the net.

### Station 3: Forward and Backward Tag (8 minutes)

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

### Station 4: Guard the Gate (8 minutes)

Using a ringette, one player is trying to get through the gate while the other is trying to guard the gate and not allow the ringette-carrying player through the gate. The defending player must use an angle and use body contact to defend the gate. Focus on good angles, feet moving, head up and good body contact with the shoulder and hip.

### Station 5: 1v1 with Low Outlet (8 minutes)

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

### Station 6: Box Tag (8 minutes)

Build a box out of bumpers. Put one player inside the box. The rest of the players are on the outside of the box. In order to get a point, the players on the outside must enter into the box by jumping over the bumpers and get out of the box without getting tagged. If they get tagged, they replace the player inside the box.

### Goalies: Middle-Out Skill Development

Mix up where goalie starts drill (posts, 45s, middle of net). Goalie pushes out to be square with puck. Shooter shoots to either gloves or on the ice to either side of goalie so goalie can execute various, proper save techniques. Shooter needs to move to different shooting locations. No more than 3 shots from the same place.

