

12U 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

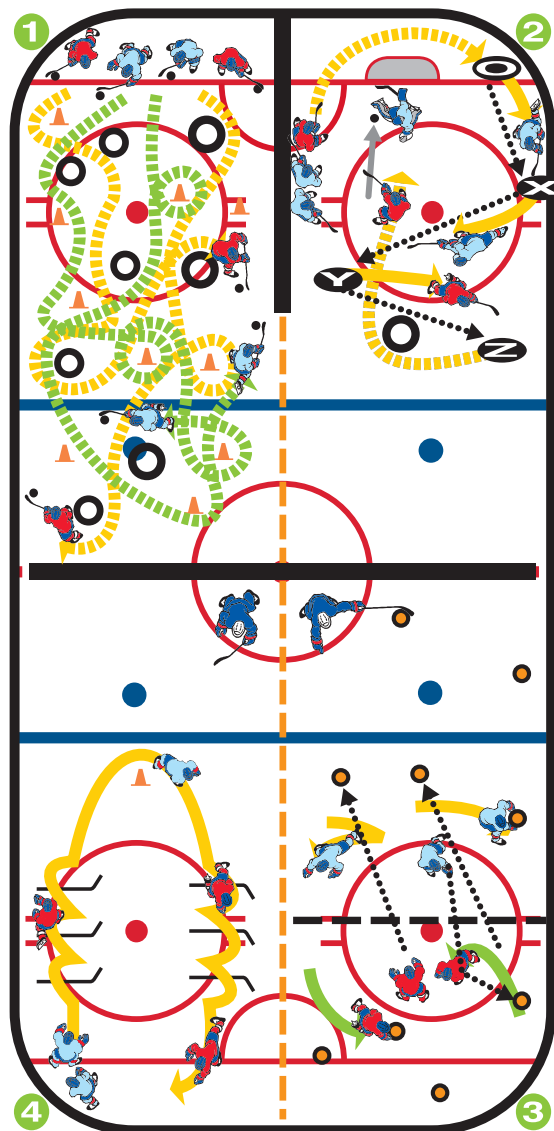
(9 minutes)

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.

