



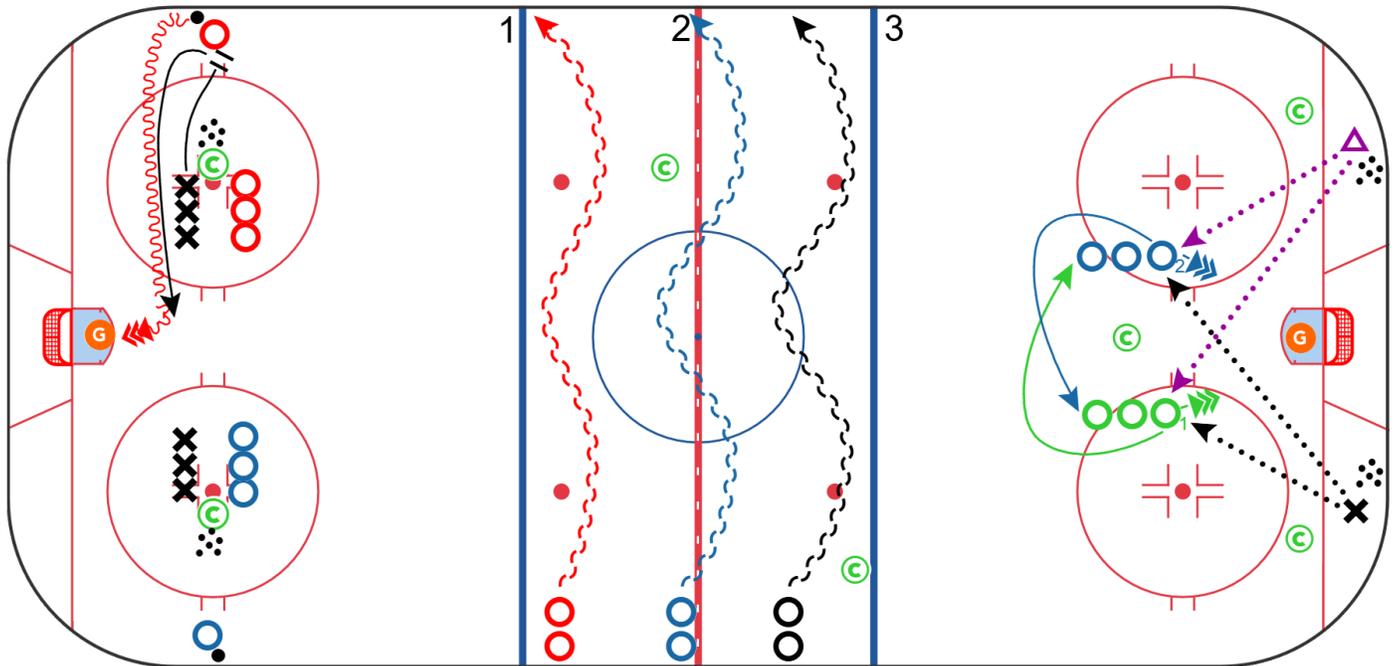
JSHL 6U & 8U #15 & #16

Duration: 60 mins

The practice plan is structured to run three drill stations for the first 30 minutes followed by another three drill stations for the final 30 minutes. All coaches should work together, staff and volunteer, to facilitate the plan. Players may be mixed up in stations regardless of what team they are on, they may be grouped in stations by skill, or teams may be grouped and move together. Please read over all drills for familiarity. Staff coaches will keep track of timing and directions for rotating drills.

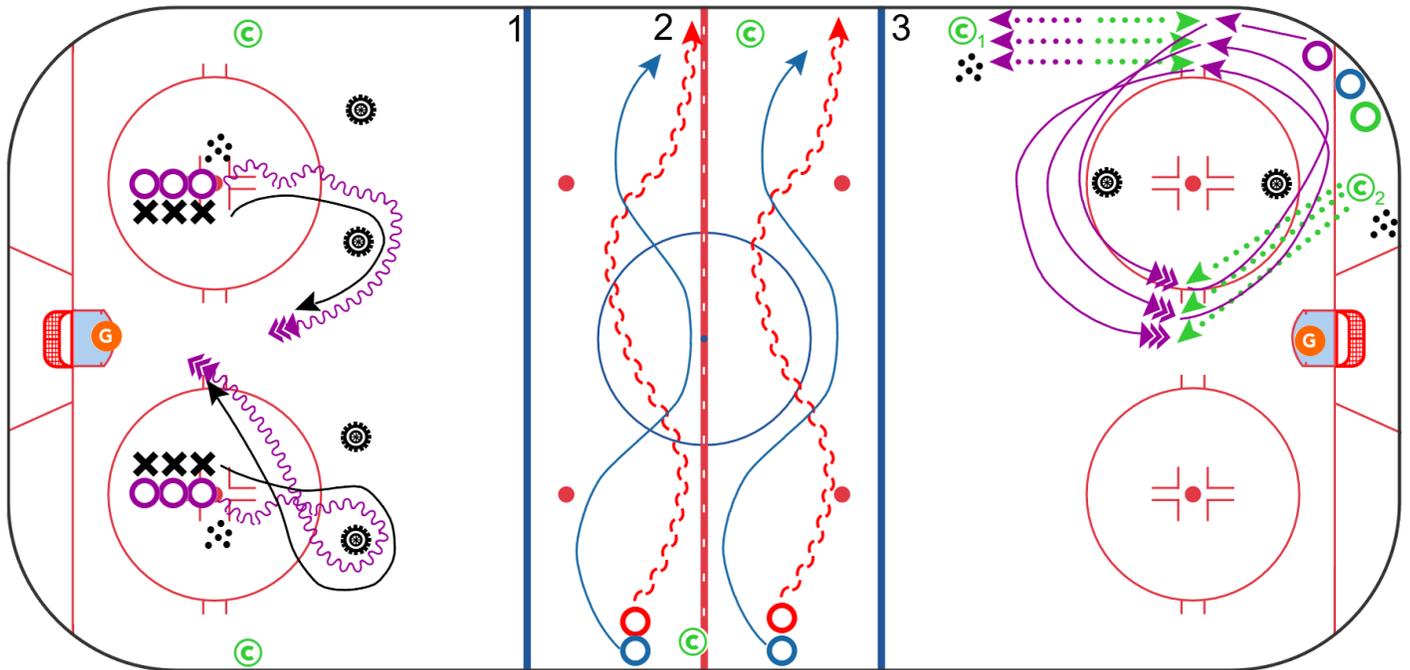
JSHL 6U & 8U PP 15.16A

30 mins



Description

- **1 | Board Battle 1 vs 1** | **O** at the boards with the puck, **X** is on the dot of the circle. **X** skates towards the **O** and attack. **O** protects the puck from **X** and skates towards the net to score.
- **2 | Backwards Lateral Crossovers** | Line players up on neutral zone wall. They skate backwards across the ice, performing lateral crossovers. They should do two lateral crossovers to the left followed by two to the right, repeating the sequence the full width of the ice. As a progression, have them skate backwards with three lateral crossovers each way. You can also add pucks for advanced players.
- **3 | Pass to the Slot Shot** | Player **△** in the corner passes to **○** 1 who catches puck and shoots quickly. Player **△** passes a second puck to **○** 2 who catches and shoots on net rapidly. Now its player **X** turn to make passes to **○** 1, and then to **○** 2 for quick shots on net. The players who shot should switch lines. Passing players below the goal line should be rotated every couple minutes. As a progression, have players catch the pass then adjust for a quick backhand shot.



Description

- **1 | Deception 1 vs 1** | On ©'s whistle, the attacking player ○ skates with the puck while player ✕ applies pressure and tries to stop the attacker from scoring. The attacker skates through the tires, turns around any side using deception to fake out the trailing defender, and tries to score.
- **2 | Mirror Drill** | Players pair off and line up on the boards as shown. Player ○ skates backward in a weaving manner. Player ○ skates forwards, doing lateral crossovers to mirror their partner. Players switch positions on return. Add pucks as a progression.
- **3 | 3 Touch 3 Shot** | ○ starts from the boards, receives a pass from © 1 and gives it right back. ○ turns around the top of the circle, gets a pass from © 2 for a quick shot. ○ repeats the loop twice, then the next player starts the drill.