



# U14 - U16 Battle Day Practice

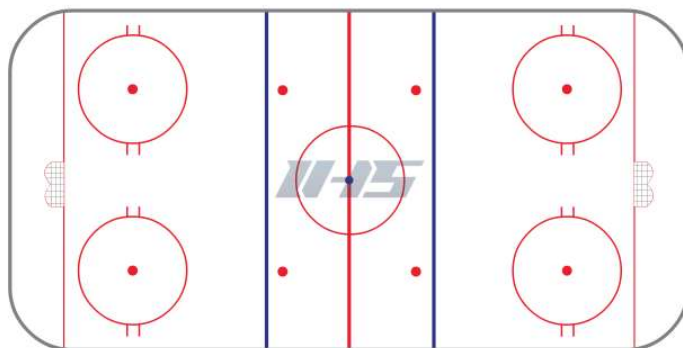
Wednesday, September 21st, 2022

**Please Note:** This U14 - U16 Battle Practice Example is designed to be utilized across multiple age levels. With that being said, we encourage you to adjust the drills & games based on your team's age and skill levels. These drills and practices can be modified to become more basic or more advanced.

## PRACTICE LAYOUT

### Practice Setup:

- Divide up teams evenly (2 color jerseys)
- Tally up the points scored in each game. The team with the most points at the end of a game is awarded 1 point.
- Depending on the amount of ice-time you have, you can play 3 to 7 games.
- Below we show examples of 7 games that can be used, with links to view 150+ other games.

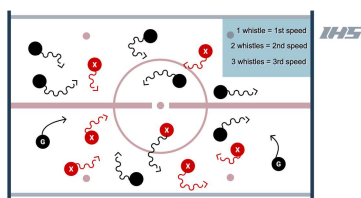


### Coaching Points:

- Have fun!
- Encourage teammates to communicate, and cheer for each other throughout the practice!
- Each drill and game will have different constraints that may work on different concepts & skills, let players know of the the concepts & skills they should focus on to be successful in each game.
- Coaches can view our 8 Hockey Habits webinar to get ideas on general habits that should be reinforced at every practice.

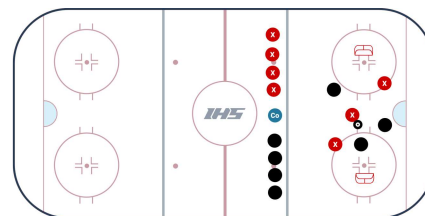
### Battle Day Practice Overview

### 3 Speed Warm-Up Drill

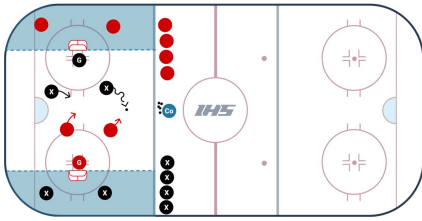


This is a warm-up activity. No points will be scored here.

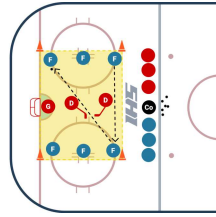
### 3 vs. 3 Handball Game



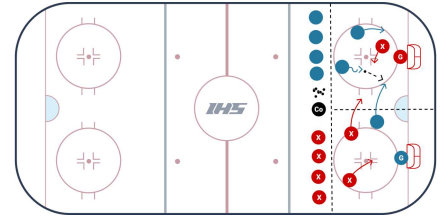
### Gretzky 2 vs. 2 Game



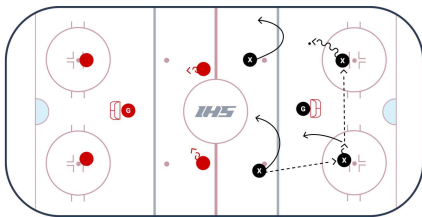
### Sticks In Lanes Game



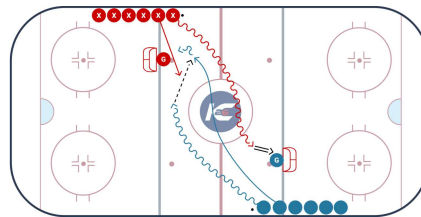
### Offensive Advantage Game



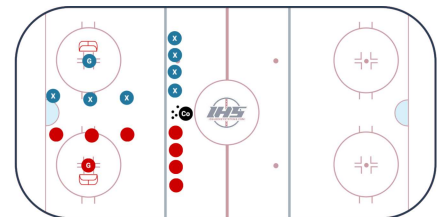
### Griffs 2 V 2 Game



### Poker 2 V 2 Game



### 3 v 3 Cross-Ice Scrimmage



Finish Battle Day with a 3 v 3 Cross-Ice Scrimmage. Encourage players on the blue line to keep the puck in the zone and to cheer for their teammates.

Coaches can award 2 points for specific skills the team is working on. For example - 2 points for a goal that

Below we have links of resources you can use to create your own Battle Day.

## MORE BATTLE DAY PRACTICE EXAMPLES

- Jr / College / Pro Battle Day
- U10 - U12 Battle Day

## BATTLE DAY DRILLS, GAMES & RESOURCES

- 16 Small Area Games from Kendall