

# 12U 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 backward 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.

