

Practice plan



Winterland Ice Hockey

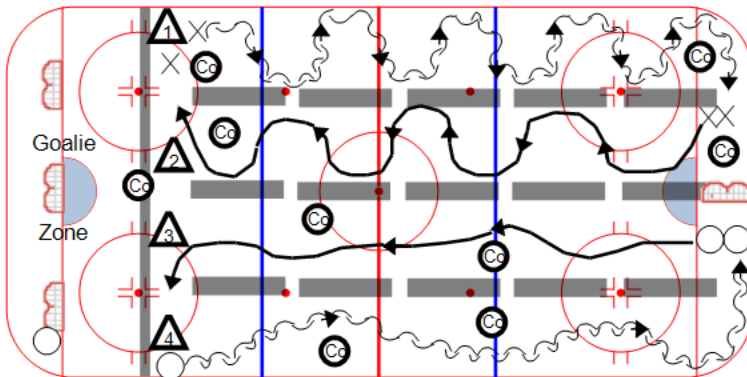
High School - Bantam+

Week 1
Skills & Games



Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

Pucks

4 Lane-F&B Skate/w goalies

Station 1 - Skating - Backward Edges

Inside & Outside Edges - Jumping from foot to foot

Station 2 - Skating - Forward Edges

Inside & Outside Edges - Jumping from foot to foot

Station 3 - Skating - Forward Strides

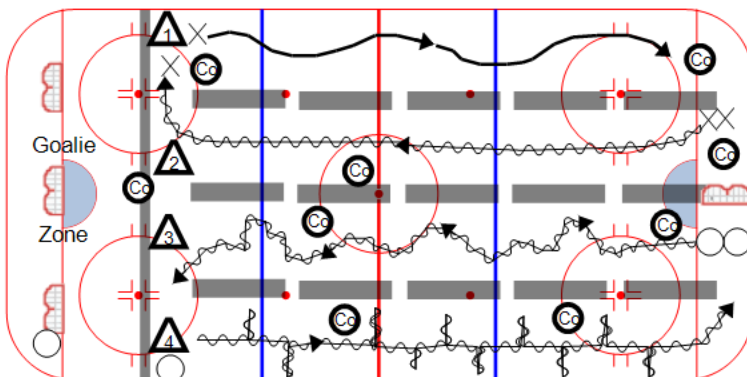
Drive off Toes - Knees Bent - Shoulders Up

Station 4 - Skating - Backward Strides

Drive off Toes - Hips Down - Back / Chest Up

Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

Pucks

4 Lane-Pre-Stickhandling w/

Station 1 - Speed - McDavid with Puck

Players crossover each way driving off Outside Edges

Station 2 - Speed - Open Ice Carry

Players skate full speed with 1 hand, puck on backhand.

Station 3 - Stickhandling - Shuffle & Dribble / Kick

Handle Puck - Kick with both feet / Edges

Station 4 - Stickhandling - 1 Hand Expansion

Work on handling the puck away from body with 1 & 2 hands on the stick.

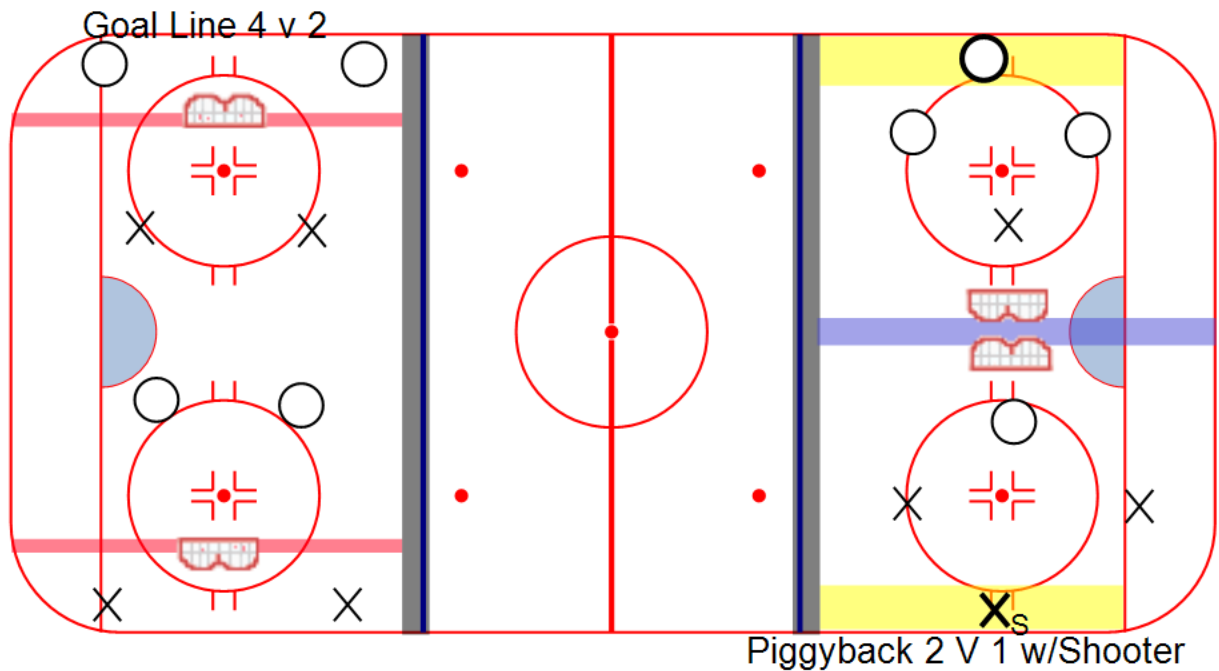
Title : Winterland21-Sags-HS Dev 1

Category #1 : Full ice

Category #2 : Stations

Content elements:

Components :



Key Points :

Bumpers

Marker

4 Nets

Pucks

Description

Goal Line 4 v 2

Play 2 v 2 inside the zone. Each team has 2 players placed behind their opponents net. In order to attack, team must get the puck to the players behind the net before they can score.

Can also add a rule that both players behind the net must touch the puck before the team can attack the net.

FOCUS - Get Open - Shoot Quick - Take Away Middle - Stick on Puck - Pass & Attack - 2 Goalies

PiggyBack 3 v 1 w/Shooter

Each team has 2 players placed in the offensive zone and 1 player in the defensive zone. Each team also has a shooter placed on the boards in the offensive zone. No player is allowed to cross the middle line. This creates a continuous 2 v 1 with one player as the designated shooter.

1 Goalie can defend both nets if we are short a goalie.

FOCUS - D Stay between Puck & Net - Stick in Passing Lane - Get to the Net for Tip or Rebound