

Practice plan



SKILLS & GAMES

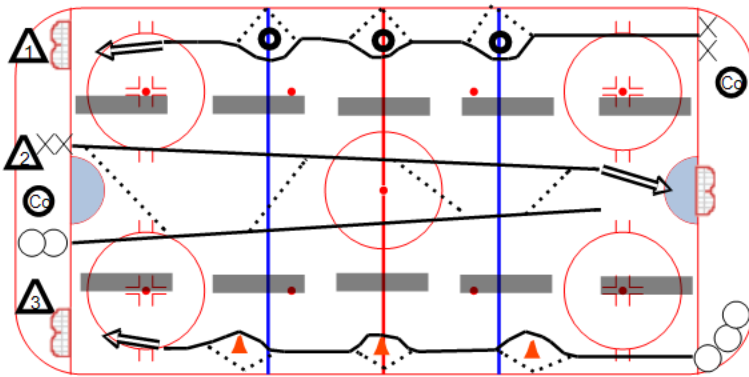
WINTERLAND
Week 1

SquirtPLUS
PeeweePLUS



Category #1 :

Category #2 :



Keep puck in front

Knees Bent

Skate Hard

Head Up

3 lane Chip & Pass small

Lane 1 - Skating - Forward Edges

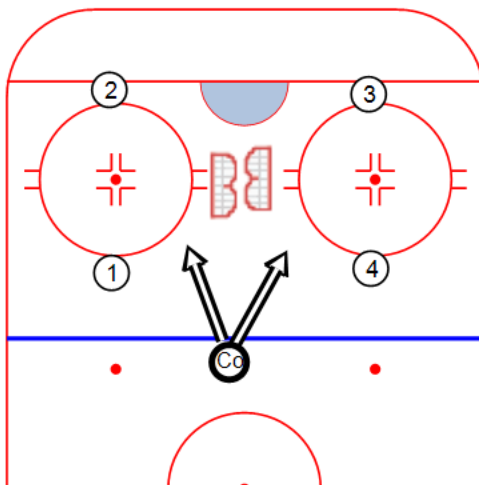
Puck Control - Board Pass / Chip

Lane 2 - Skating - Strides - F/B

Puck Control - 2 on 0

Lane 3 - Skating - Backward Edges

Puck Control - Board Pass / Chip



All for 1 war

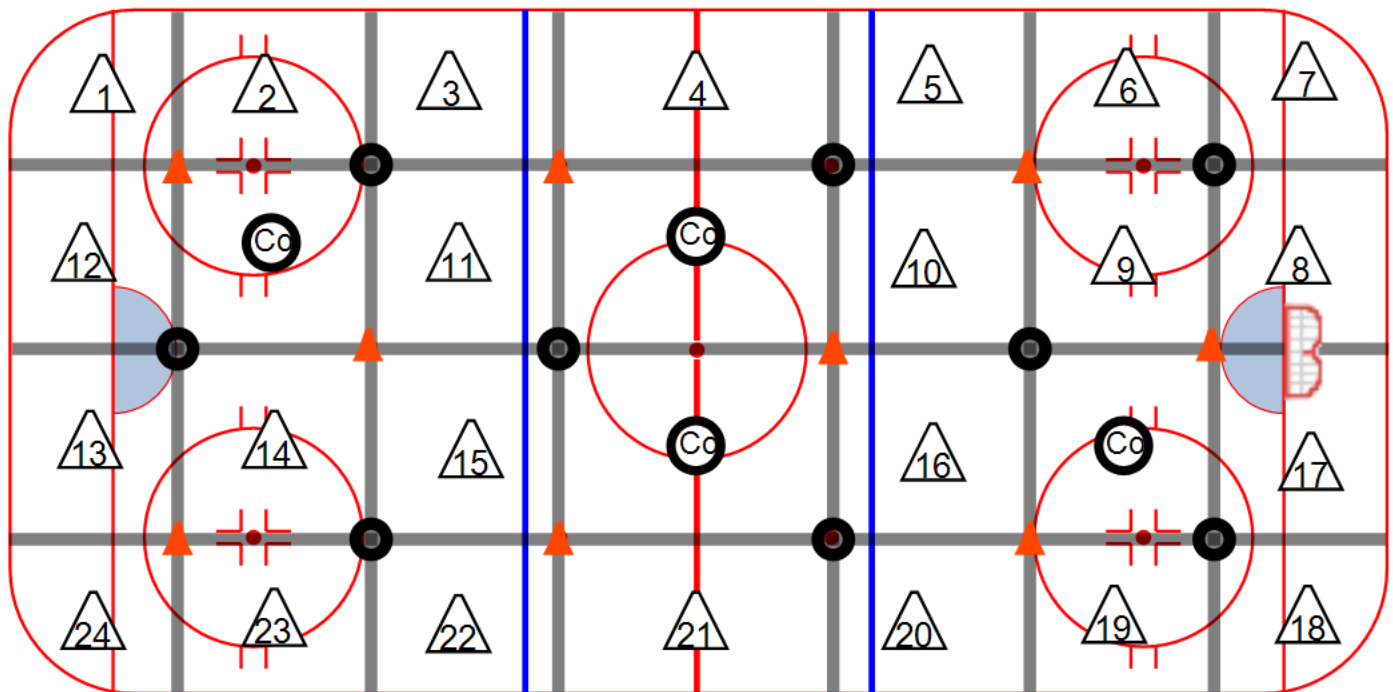
Each player is on their own team
One goalie tends both nets
Players can score on either net
Add puck if they score too quick
Should last 30-45 seconds

Category #1 :

Half Ice

Category #2 :

Fun Games



9 Tires

9 Cones

Markers

Pucks

Simple Skating skills for 1st Day

- 1 Knee Down - 2 Knees Down
- 2 Foot Bunny Hops - High Jumps - Jump & Spin
- Jump Stick - Side to Side - Glide & Jump
- 1 Foot Bunny Hops - 1 Foot Skips
- Jump Stick - Side to Side - Glide & Jump
- Edge Taps
- Inside Edge - Outside Edge
- Gloves Down - or use Pucks
- Inside Edge Figure 8 - Power Turn Figure 8
- Stick Down
- Jump Stick
- Inside Edge to Inside Edge
- Outside to Outside
- Figure 8 Inside Edge around Stick with Jump

Stickhandling - Focus on Top Hand Control - Top Hand Away From Body! - Bottom Hand Loose

- 1 Hand Dribble
- 2 Hand Dribble - Front / Side / Around Body
- Expansion of the Reach - Bottom Hand Slide
- 1 Hand Reach
- Gloves Down - Figure 8 Handles
- Figure 8 Around Skates
- Toe Drags
- Shuffle Strides
- Figure 8 Shuffle Around Gloves