

10U Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Coordination, athleticism, puck skills

Equipment Required: Nets (3), pucks, cones or tires/bumpers

WARMUP

Chaos

(4 minutes)

Players carry a puck around the rink attempting to dodge and weave around other players. Coaches can reduce the space to increase difficulty.

Goalies: Rise from the Dead

Goalie starts drill lying on back in crease. When coach taps stick, goalie gets to feet as quick as possible while locating the shooter. Goalies not in net are moving in various directions to create distractions for goalie in the crease. Shooter takes shot just before goalie is set to make the goalie have to make save off angle/balance. Everyone plays rebound. Shooter must shoot from various locations on the ice.

STATIONS

Station 1: Gap Up Drill

(8 minutes)

Offensive player skates to dot, stops and grabs a puck from either pile and attacks 1v1. Defensive player activates on the stop, and gaps up to play 1v1. Coach yells 'second puck' and the offensive player goes to the other pile and grabs a puck and the defensive player gaps back up for the second 1v1.

Station 2: Trucks, Trailers and Dogfight

(8 minutes)

Have players pair up, each with a puck. Designate which player is the truck and which player is the trailer to start. On the signal to start, the trucks try to shake their trailer and the trailer attempts to stay directly behind and as close as possible to their truck. After 30 to 40 seconds, switch trucks and trailers. **Dogfight:** Have the trailer try to touch the truck's skate with their puck. On touch, players switch roles. Condense the space to increase the conflict and encourage awareness.

Station 3: 1v1 Battle for Puck and Score

(8 minutes)

Split the group into two teams and set up a small target for each team (a tire or cone so the puck stays in play). Put a puck in the middle and have the first two players in each line battle to score as many goals as they can in about 30 seconds (touching puck to tire). Coach throws new pucks into drill if a puck leaves the playing area. Tell the puck carrier to score as many times as they can to force the defender to battle and the offensive player to stay in the scoring area.

Station 4: Forecheck vs. Breakout

(8 minutes)

Defensive player tries to skate the puck behind the net then out through the two cones. The two fore-checking players try to take the puck away and score 2v1. The coach sends checker 1 and checker 2 at different times to force them to make good reads, use angles and their bodies to win the puck. Make sure every player gets the opportunity to play each position. Encourage body contact.

Station 5: Chaos Passing

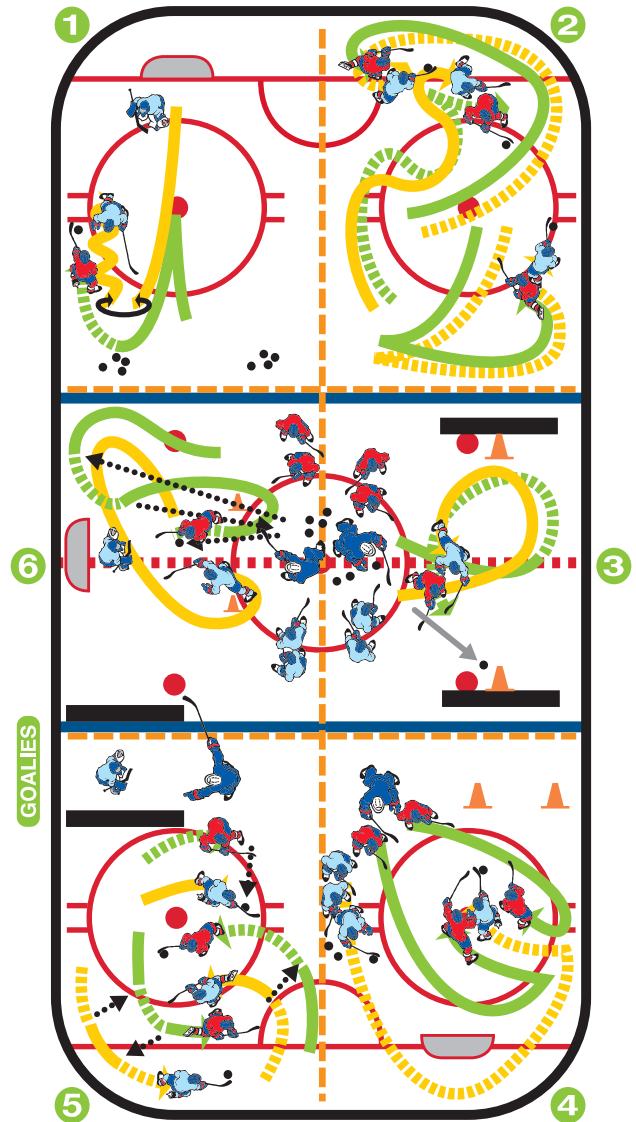
(8 minutes)

Have players pair up and move around the zone passing with their partner while avoiding the other players. After a few minutes, begin to reduce the space. Find a balance between success and failure for the players. Then change to 2v2 keep-away.

Station 6: Own the Middle

(8 minutes)

Play 2v2 or 1v1 depending on the number of players. Coach throws a puck into the zone; two or four players battle to get the puck to the coach. They then have to skate around their cone and then the coach passes back to the player or team who passed the puck to the coach. They attack the net to score. The player or team who lost initial possession must skate around their cone then play D. Every transition must go through the coach and the player or players must skate around the cones from the outside back into



the middle of the zone. If the puck leaves the playing area, put a new puck into the game. Have the shifts go for about 25-30 seconds.

GAME

1v1, 2v1, 2v2, 3v2, 3v3

(8 minutes)

Play cross ice. Coach throws a puck into the zone; the first two players on each team attack it for possession. The player who wins the puck now has a decision to make: Do I attack or do I give the puck to the next player on my team for the odd-man advantage? This continues until 3v3 happens and then the process starts again from the initial 1v1. If the player chooses to use a player on their team for the odd-man advantage, the coach only gives them 3-4 seconds of advantage and then sends in another player from the defending team. A team may only have a 1-player advantage.