



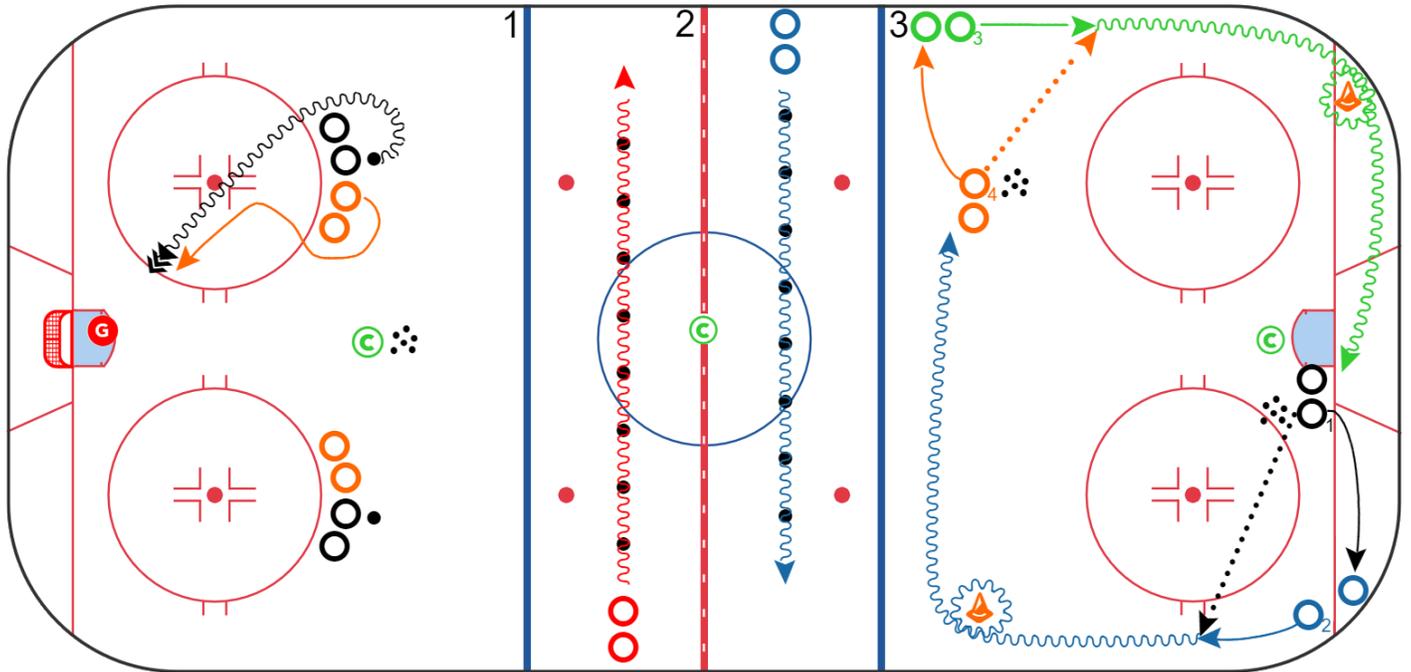
JSHL 6U & 8U #13 & #14

Duration: 60 mins

The practice plan is structured to run three drill stations for the first 30 minutes, followed by another three drill stations for the final 30 minutes. All coaches should work together, staff & volunteer, to facilitate the plan. Players may be mixed up in stations regardless of what team they are on, they may be grouped in stations by skill, or teams may be grouped and move together. Please read over all drills for familiarity. Staff coaches will keep track of timing and directions for rotating drills.

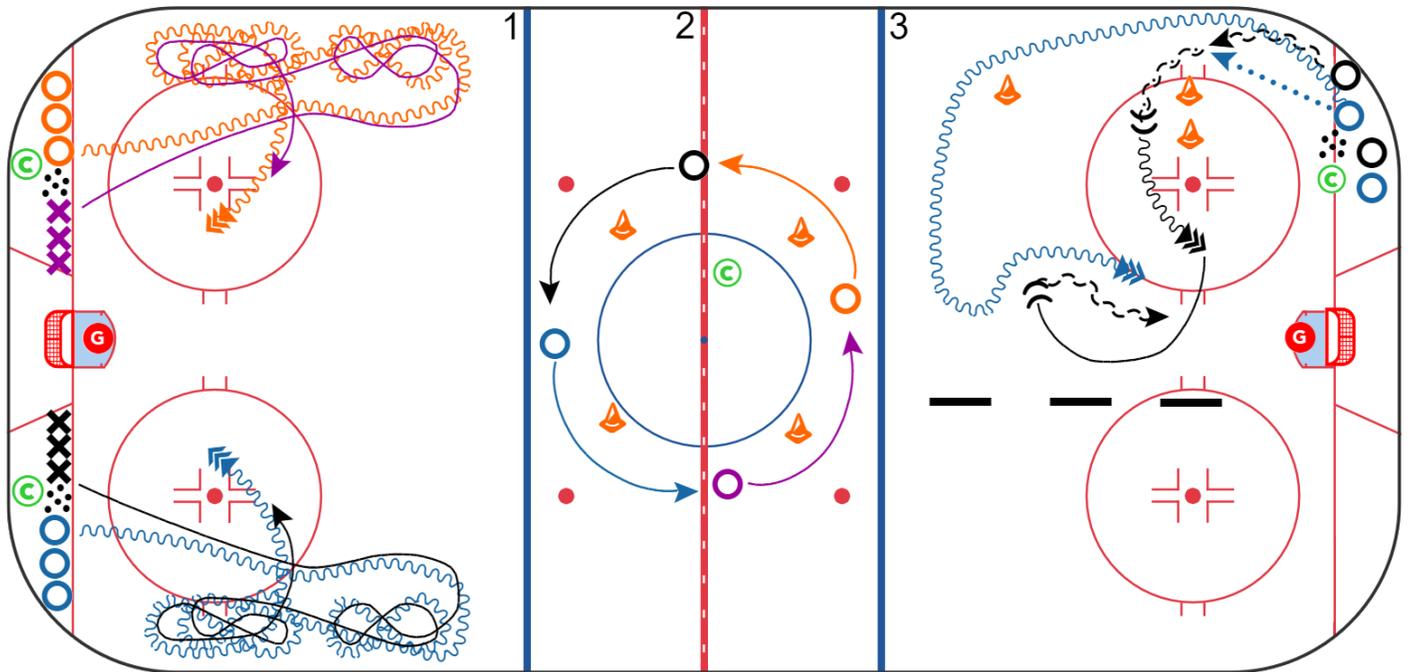
JSHL 6U & 8U PP 13.14A

30 mins



Description

- **1 | 1 vs 1 Net Drive** | Players line up just above the top of the faceoff circles. Two players nearest the top of the circle begin on their knees. On 's whistle, players on their knees, hop up to their skates and play 1vs1.  with puck, protects it from  and drives to the net to score.
- **2 | Puck Dots** | Arrange pucks as shown. With the skates straddling the row of pucks, the players stickhandle back and forth through the puck dots. Can progress to backwards skating with puck handling through puck dots.
- **3 | Lead Pass** | Set up course as diagrammed. On signal players  2 and  3 start out skating with stick on ice ready to receive a pass.  1 and  4 try to pass them the puck, so they receive it about 15 feet out from the start of line.  2 skates down around pylon in control of puck and goes to end of  4 line.  1 goes to end of  2 line.  3 goes to  1.



Description

- **1 | 1 vs 1 Puck Protection** | On ©'s signal, both the ● & ● players leave with a puck at the same time. Both ✕ & ✕ players apply pressure to the puck carriers. The puck carriers are trying to score while the defenders are trying to take away the puck and make a pass to the coach. Players take turns in each line.
- **2 | Crossovers - Four Pylon Race** | Arrange pylons in a square. 4 players begin at 4 corners of the square. On ©'s signal, players race twice around the square trying to catch the player in front of them. Switch directions and have players skate backwards as progressions.
- **3 | Attack & Defend** | ● skates backwards from the goal line, receives a pass from ●, turns around the ▲ towards the net and attacks 1vs0. After the shot, ● skates with a puck around the far ▲ to attack 1vs1 against ● who has gapped up in middle ice. Use divider pads to shrink the playing area to an appropriate size.