

Hockey Practice Plan

Objectives: Tactical practice with combination drills

Date: _____

Practice #25

Level: 14-and-Under (Bantam)

16-and-Under (Midget)

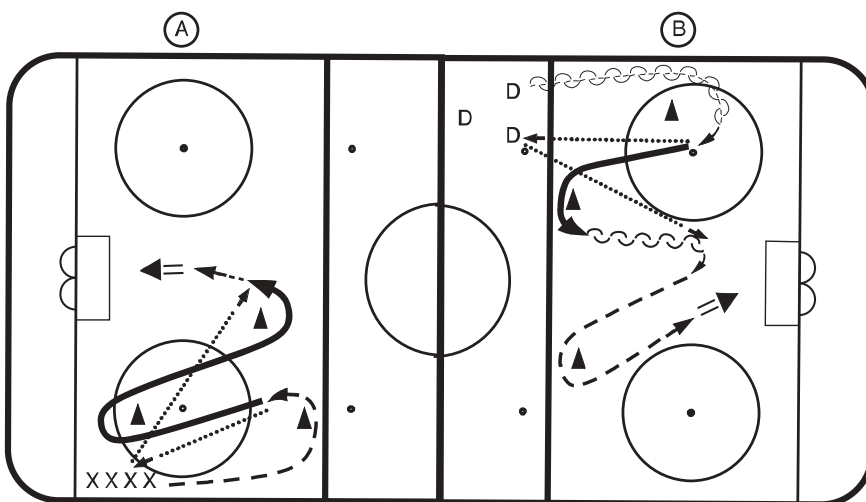
18-and-Under (Midget)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<u>X</u> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<u>X</u> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<u>X</u> Passing/Receiving	<u>X</u> 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<u>X</u> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	<u>X</u> 3 on 2	_____ Triangulation/Cycling	_____ Misc. <i>block shots</i>
_____ Goaltending	<u>X</u> 3 on 3	_____ Faceoffs	
_____ Def./Forwards	<u>X</u> 3 on 4	_____ Power Play / Penalty Kill	

Time	Drill	Emphasis
6 mins.	1. Warm-Up: Stretches; shooting drills - forwards and defense	Warm-up goalies
7 mins.	2. Give and go breakout drill	Mohawk turn D - move inside dots F-attack quickly
7 mins.	3. 2 on 1 half-ice	
7 mins.	4. 3 on 2 circle the wagons	D must anticipate play
10 mins.	5. 3 on 2 with backchecker	D tell forward who to pick up on backcheck
7 mins.	6. 3 on 4	Reduce time of play developing
6 mins.	7. Triangle tag	Fun conditioning

Drill #1 — Warm-Up; Shooting Drills - Forwards and Defensemen

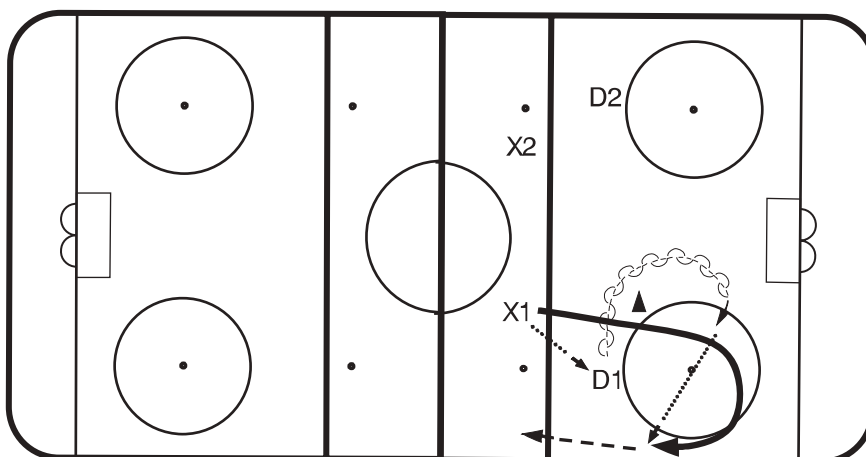
- Forwards - carry puck around cone and pass to next forward in line. Continue skating around cones, get return pass in high slot and take shot.
- Defense - skate backward with puck around cone, pivot forward, give pass to next player in line. Continue skating around cones, receive a return pass, pivot forward skate around final cone and take shot.



Notes/Comments: Do drill both sides of the ice

Drill #2 — Give and Go Breakout

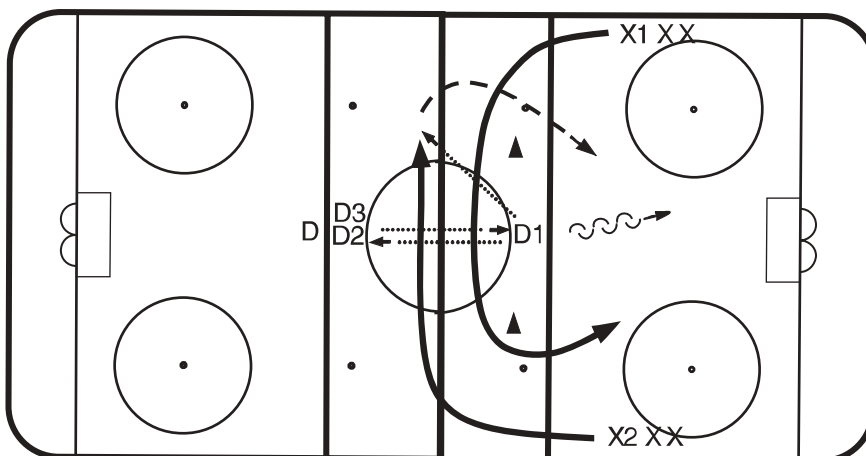
- X1 and X2 go at same time.
- X1 passes to D1.
- X1 skates to bottom circle, does mohawk turn and moves up ice.
- D1 skates backwards with puck around cone and towards faceoff dot.
- D1 gives pass to X1. Both move up ice and get back in line.



Notes/Comments: D - work on lateral movement; F - do mohawk turn to always face D

Drill #3 — 2 on 1 Half-Ice

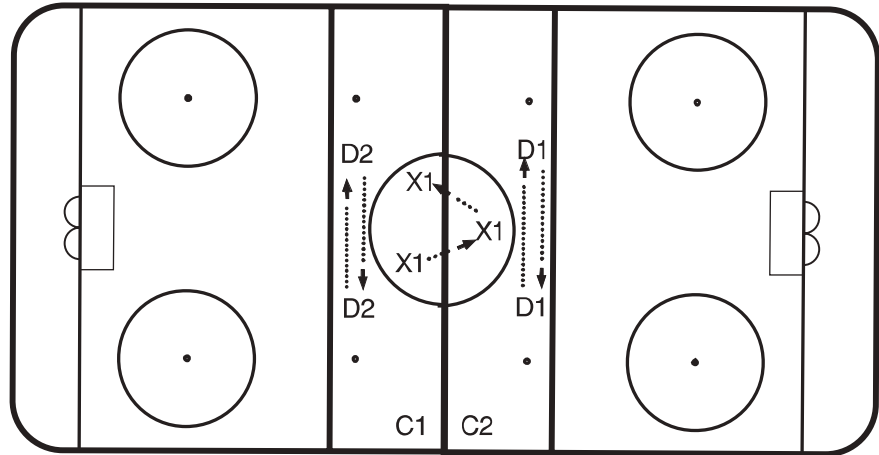
- D1 and D2 pass puck back and forth.
- On whistle, X1 and X2 skate around cones.
- When reach apex, D1 or D2 give pass to X1 or X2.
- X1 and X2 proceed around cones, D1 plays 2 on 1.
- D2 moves to D1's position, D3 takes D2's position.



Notes/Comments: F - attack quickly into zone

Drill #4 — 3 on 2 Circle the Wagons

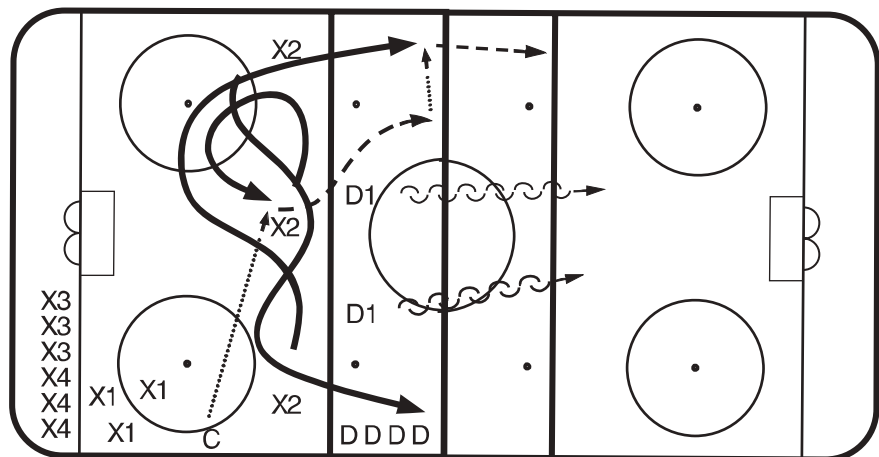
- Before X1s go to center circle, coach tells them in which direction to attack.
- On first whistle, X1s skate around circle either direction and pass the puck.
- On second whistle, D2 passes to C and D1 passes to other coach.
- At same time, X1s attack in direction that was stated before drill.
- D must play the 3 on 2.



Drill #5 — 3 on 2 With Backchecker

- X2s weave back and forth.
- X1s line up by coach.
- When coach passes to X2s, they attack 3 on 2 and X1 backchecks to help D1.
- Play continues until coach blows whistle.

Each X1 backchecks then X2s become backcheckers. Rotate through so every line backchecks.

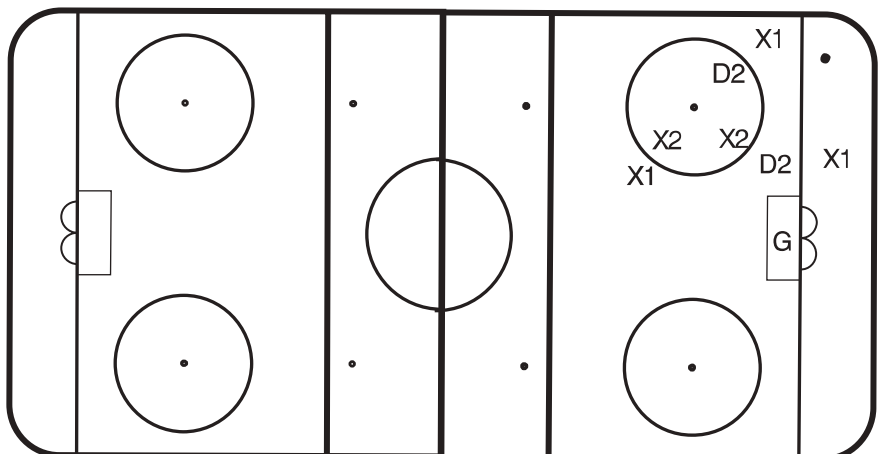


Notes/Comments: Defense must tell backchecking forward who to pick up.

Drill #6 — 3 on 4

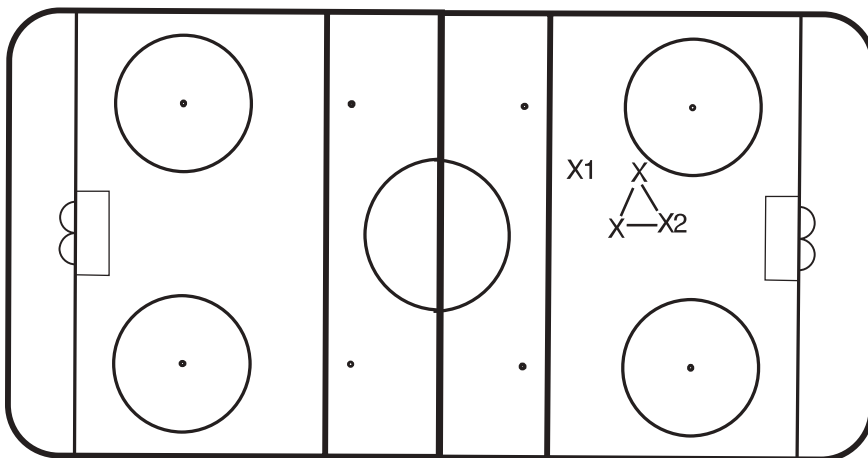
- Coach dumps puck into corner.
- 3 forwards (X1s) play against two defensemen and two forwards.

Drill improves decision making by reducing time X1s have to react.

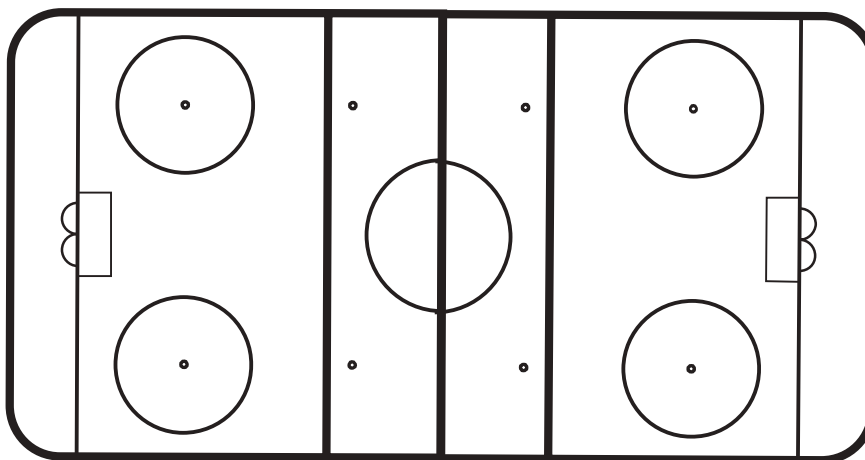


Drill #7 — Triangle Tag

- Put players in groups of four.
- Three players join hands to make triangle.
- Player on outside X1 must try and tag player opposite them, X2.
- X1 cannot go through middle of triangle.
- Triangle players can pivot, rotate, etc. to keep X1 from tagging X2.
- Go for 30 seconds, then rotate players.

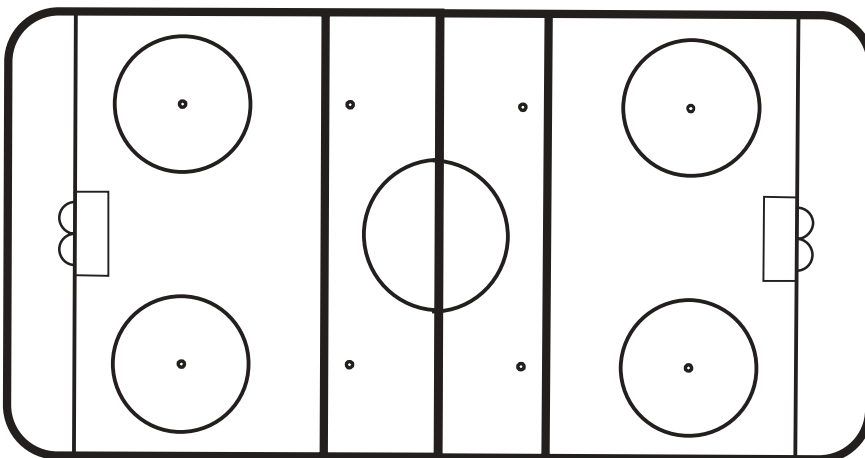


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