



# 10 & UNDER SQUIRT

# Practice Plan Manual

---

A Publication Of The USA Hockey Coaching Education Program

The USA Hockey  
Coaching Education  
Program Is Presented By





Practice Plan Manual For

# 10 & UNDER (Squirt)

## **Philosophy**

Areas of Development  
Practice Plans  
Drills

## **By**

Val Belmonte  
Dick Emahiser

## **Edited By**

Mark Tabrum

## **Production**

Dana Ausec

## **Technical Advisors**

Val Belmonte  
Dick Emahiser  
Mike MacMillan  
Bob O'Connor  
Matt Walsh

Copyright © 2007, USA Hockey, Inc.

ALL RIGHTS RESERVED

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of USA Hockey.

Library of Congress Cataloging in Publication Data:

Belmonte, Val, 1951 -  
Emahiser, Dick, 1952 -

Practice Plan Manual For 10 & Under (Squirt)

# LEGEND



**Backward Skate**



**Backward Skate With Puck**



**Drop Pass**



**Forward Skate**



**Forward Skate With Puck**



**Forward Stroke**



**Pass**



**Shoot**



**Stop**

# TABLE OF CONTENTS

Legend .....	2
Introduction .....	4
Objectives & Philosophy .....	4
The Coach .....	4
Recommended Program .....	5
On-Ice & Off-Ice Training .....	5
Development of Speed .....	6
Physical & Psychological Preparation .....	6
Technical & Tactical Preparation .....	6
Skills & Abilities .....	7
Sample Practice Plan .....	8
Practice Plans .....	11
Additional Drills .....	103

---

## Dedication

This manual is dedicated to Ken Johansson, one of the founders of USA Hockey's Coaching Education Program. Ken wrote USA Hockey's first coaching manual as well as designed the original curriculum for the coaching clinics.

---

## INTRODUCTION

As part of an ongoing effort to promote enthusiasm and enjoyment in hockey, USA Hockey has prepared a Practice Plan Manual for 10 & Under (Squirts).

The objective of this manual is to provide coaches with the resources to create a positive and healthy environment for players to learn. The emphasis is to develop a non-competitive environment for the younger age levels that stresses the fun of playing and the learning of basic skills.

This manual provides the coach with the knowledge to develop successful practice sessions. The drills have been developed to stress the youngsters' individual improvement. The fundamental skills of skating, puck control, passing, shooting and checking are presented in a progressive manner.

It is important that coaches prepare and organize their session prior to going on the ice. The better thought out a practice, the more successful it will be. Coaches are encouraged to use their own imagination to create drills.

The overall emphasis at the 10 & Under (Squirt) level is fun, enjoyment, and a maximum amount of active participation for each player.

### OBJECTIVES

- ❖ Enjoyable introduction and experience in ice hockey.
- ❖ Provide a healthy atmosphere for fun and learning.
- ❖ Introduce the concept of games and the fun in playing hockey.
- ❖ Development of communication at the player's level of learning.
- ❖ Encourage the players to enjoy, learn and continue to play hockey.
- ❖ Develop qualities important to hockey: quickness, agility, coordination, balance, strength and flexibility.

### PHILOSOPHY

Enjoyment and recreational benefits are the major focus of new guidelines for youth hockey issued by the USA Hockey Board of Directors. More than 80% of registered teams play in the classification of 8 & Under (Mite), 10 & Under (Squirt), 12 & Under (Pee Wee), 14 & Under (Bantam), 16 & Under (Midget), 18 & Under (Midget), prompting the Youth Council of USA Hockey to emphasize the educational and recreational values of ice hockey.

The USA Hockey recommended guidelines for youth hockey encourage an environment in which children and youth can learn the basic skills without the distractions that are often associated with an overemphasis on winning. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey. Programs must be conducted to accommodate the number of new players who wish to play hockey and to reduce the number who become disenchanting and drop out.

These voluntary guidelines are directed at youth programs, but they must be implemented by adults if they are to influence youth hockey programs. Coaches, parents, administrators and rink operators must all do their part to ensure that the USA Hockey philosophy and the following guidelines are upheld.

### THE COACH

Your impression upon these young players is profound. How they relate to the game of hockey depends upon you. Your role is vital and heavy with responsibility.

#### The Coach...

- Shapes the player's views through their actions and attitudes.
- At times, plays a more important role than the child's parents.
- Is a teacher.
- Is a leader.

## **Coach's Code of Conduct:**

- Hockey is fun.
- Honest representation; skills should decide the final outcome of games.
- Opponents are to be respected and complimented.
- Rules and regulations are to be viewed as mutual agreement in spirit and trust.
- Officials are to be viewed as honest arbitrators.
- Winning is a consideration, but not the only one, nor the most important one.
- Set a good example of behavior.

## **Teach Players to:**

- Play for the love of the game.
- Respect their opponent.
- Play for the good of the team.
- Accept the official's decisions and respect their judgment.
- Play within the rules of the game.
- Be generous in victory and gracious in defeat.
- Always conduct yourself with honor and pride.
- To play the game is great, to win the game is greater, to LOVE the game is the greatest.

## **RECOMMENDED PROGRAMS.**

- ❖ Three practices to every game.
- ❖ Practice sessions lasting one to one and a half hours.
- ❖ While emphasis of development of the fundamental skills is still important, it becomes important that more time is now spent teaching the principles of the game.

## **25 games maximum = 75 practices**

### **ON-ICE TRAINING**

- One hour practice
- Individual instruction
- Fun games
- Scrimmage
- Cross ice and small game activities
- Skating
- Passing and receiving
- Shooting
- Puck handling

Prepare interesting and challenging practice sessions. Utilize all the variables within each time allotment, i.e., backward skating, turning, etc., within the skating time allotment.

### **OFF-ICE TRAINING**

- Only for those who wish to participate.
- Stress flexibility.
- Encourage players to participate in all sports.
- Develop qualities important to hockey.

## DEVELOPMENT OF SPEED

- ❖ Sudden bursts in different directions
- ❖ Obstacle courses
- ❖ Track and field
- ❖ Soccer
- ❖ Jumping
- ❖ Team combination drills
- ❖ Wrestling

## PHYSICAL PREPARATION

- ❖ Daily physical education.
- ❖ Stress proper posture.
- ❖ Include games and activities that involve physical contact and rough and tumble play in a safe and organized environment.
- ❖ Stress agility, quickness, balance, coordination and dexterity.
- ❖ Encourage the players to participate in school activities and other sports.
- ❖ Flexibility drills.
- ❖ Alternate work and rest periods. Youngsters are easily fatigued.

## PSYCHOLOGICAL PREPARATION

- ❖ By seeking alignment with peer groups, team loyalty develops. These youngsters need the coach's approval and encouragement.
- ❖ Help the players develop self-reliance and independence.
- ❖ Build confidence.
- ❖ Stress group participation and sharing, but be aware of the individual needs of the youngster.
- ❖ Support and protect the youngster in situations they are not prepared to handle.

## TECHNICAL PREPARATION

- ❖ Introduction of specific skills by position.
- ❖ Master principle game elements, methods and techniques.
- ❖ Continued refinement of skills necessary to perform elements of team play.
- ❖ Introduction of checking skills and techniques.

## TACTICAL PREPARATION

- ❖ Development of attention, visual memory, relaxed concentration and orientation.
- ❖ Simple combinations in pairs, or in a line.
- ❖ Simple game situation theory (when to pass, when to shoot, where to pass, where to shoot).
- ❖ Introduction to group interactions.
- ❖ Introduction of a basic team system including offensive and defensive tactics.

<b>Performance Areas</b>	
<b>Offense</b> Offense in the defensive zone Offense in the neutral zone Offense in the offensive zone Face-offs	<b>Defense</b> Territorial defense One-man forechecking Two-man forechecking Backchecking (neutral zone) Center on defenseman coverage Wing on defenseman coverage



## SKILLS AND ABILITIES

Suggested Emphasis for 10 & Under (Squirt)

Performance Areas					
Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goalkeeping
Edge control Ready position Forward start Forward start- right/left Forward stride Control stop Backward skating Backward stop Control turn Forward crossunder	Forehand shift Backhand shift Change of pace Slip through Slip across Puck off boards	Forehand Backhand Snap Flip Receiving (stick) Receiving (skate) Receiving (hand)	Wrist Backhand Snap Flip	Poke check Hook check Lift the stick check Covering	Parallel shuffle Lateral T-glide Forward/backward moves Stick saves Body saves Glove saves Leg saves Skate saves Stacking pads "V" drop Playing angles Rebounds Situations

# Hockey Practice Plan

**Objectives:**

**Date:** \_\_\_\_\_

**Practice:** \_\_\_\_\_

**Level:** \_\_\_\_\_

<b>Skill Work</b>	<b>Competitive Drills</b>	<b>Team Systems (Optional)</b>	<b>Fun/Modified Scrimmages</b>
<input type="checkbox"/> Skating	<input type="checkbox"/> Skill Races	Positional Play	<input type="checkbox"/> Tag Games
<input type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

<b>Time</b>	<b>Drill</b>	<b>Emphasis</b>
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
	8.	
	9.	
	10.	

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

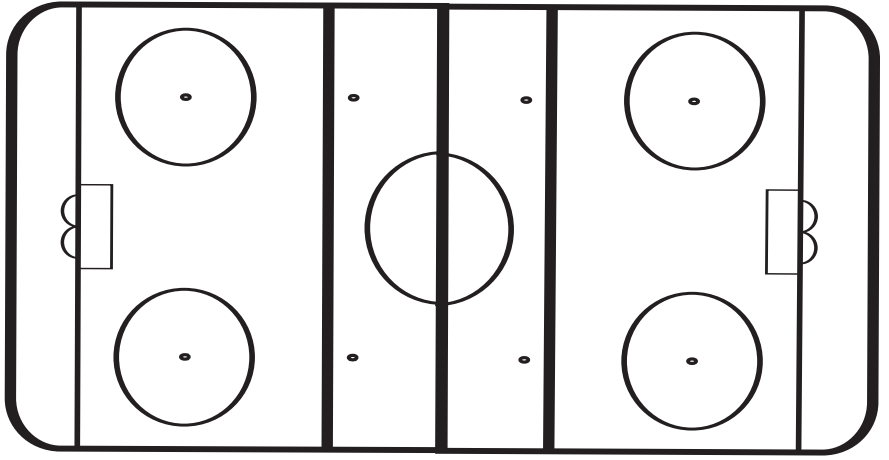
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

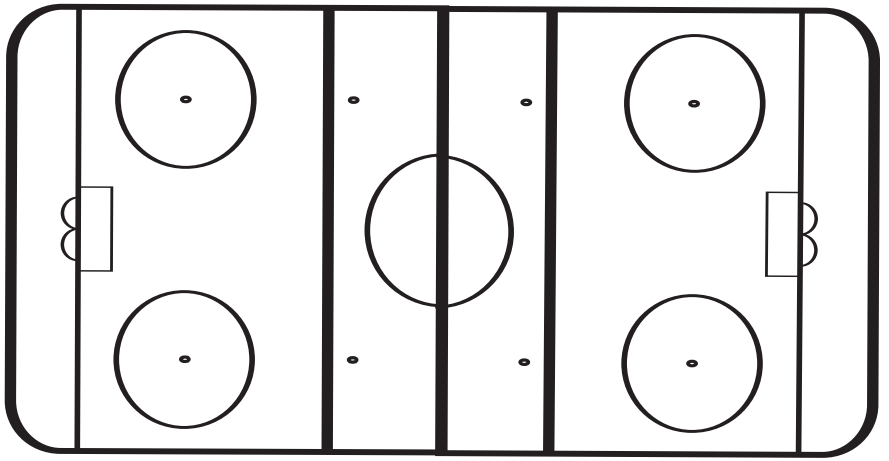
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

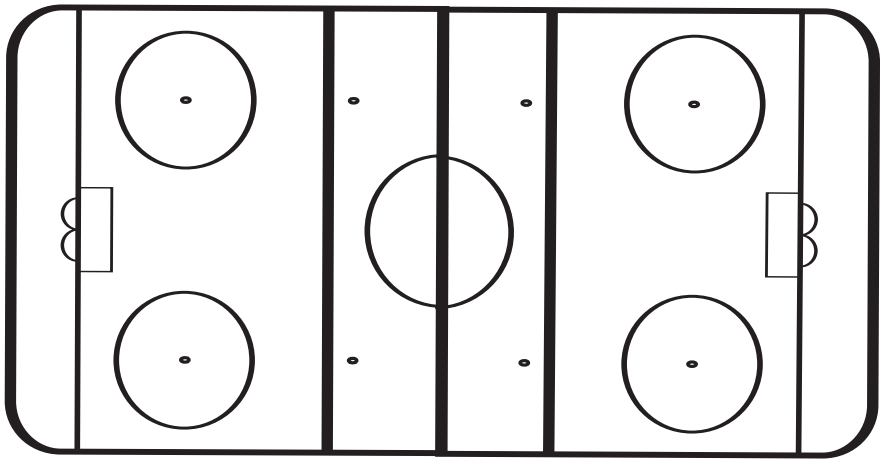
---

---

---

---

---



Notes/Comments \_\_\_\_\_

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

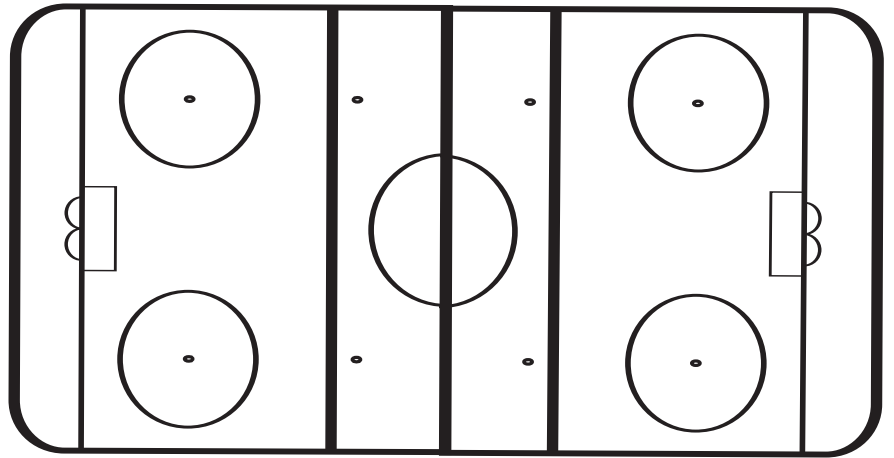
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

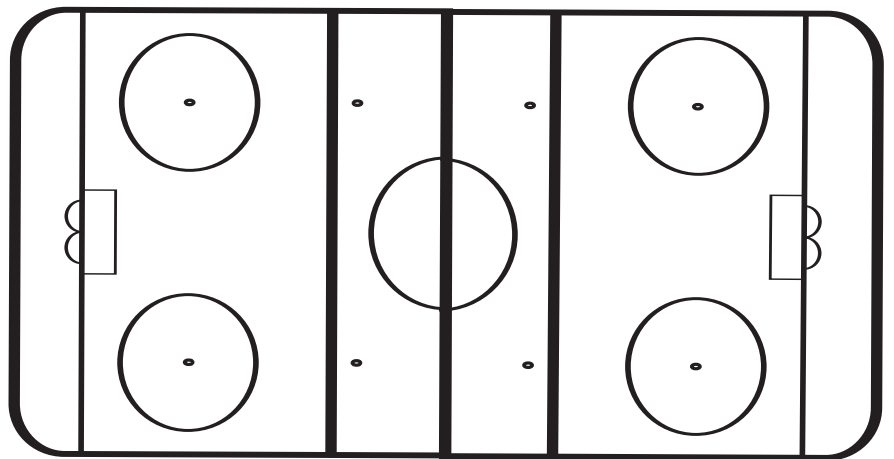
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

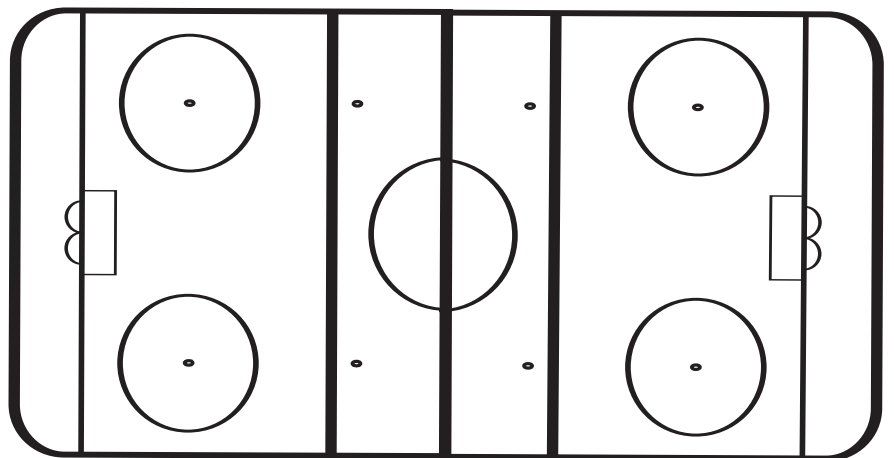
---

---

---

---

---



Notes/Comments \_\_\_\_\_

**10 & UNDER  
(Squirt)  
Practice Plans**

# Hockey Practice Plan

- Objectives:**
1. Skating - Inside Edges, Power Stroke
  2. Puck Control - Grip, Lateral Dribbling, Eyes Up
  3. Passing / Receiving - Forehand, Pass To Blade, Receiving

**Date:** \_\_\_\_\_

**Practice:** #1

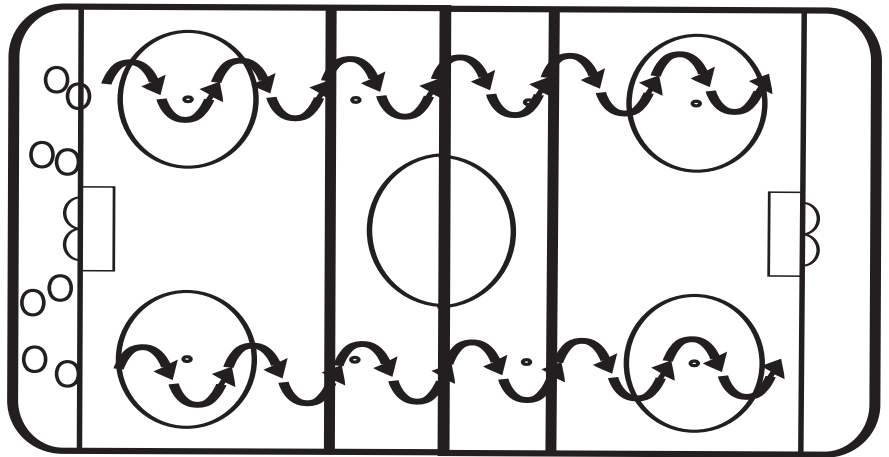
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
<input type="checkbox"/> Goaltending		<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Moving stretches - legs, back, shoulders, waist, wrist	Warm-up
5 mins.	2. Big C - inside edges	Inside edge, power stance
5 mins.	3. Push-Touch power strokes - full extension to complete recovery	Full extension complete recovery
5 mins.	4. 10 power strokes - length of ice	Push inside edge
5 mins.	5. Stationary stickhandling - gripping the stick, short and wide, front to back, diagonal, lateral step and pull	Grip, wrist roll, eyes up
5 mins.	6. Pull puck wide in stride - half speed - very wide pulls	Slow, exaggerated, wide pulls
5 mins.	7. Two direction puckhandling - over and back	Eyes up; avoid contact
5 mins.	8. Stationary passing - (A) buddy passing - 3 ft.-10 ft.-20 ft. apart, (B) pepper pass - five players	Sweep puck; Give receiving
5 mins.	9. Zig-Zag (3 section) pass and move	Pass to forehand side
5 mins.	10. 1 on 1 puck competition - inside edge turn on cone	Turn on one skate only

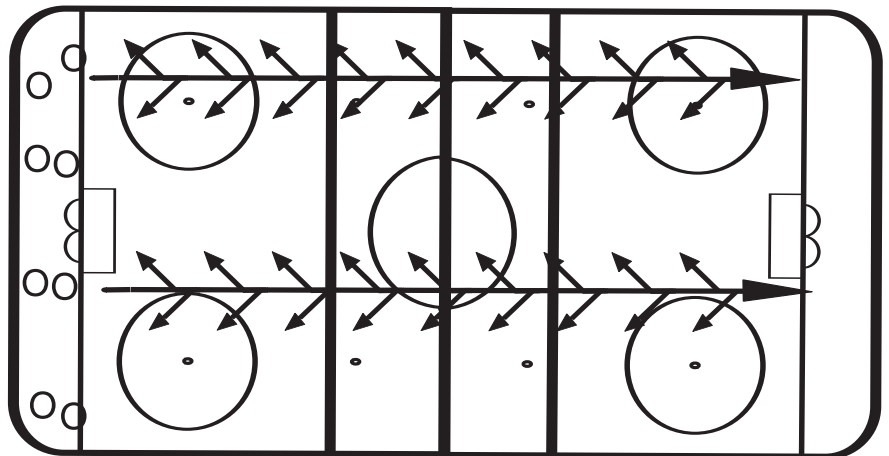
## Drill #2 – Big C

- Knee bent throughout stride.
- Cut the ice with inside edge.
- Learn to balance on inside edge; the other skate is held up off the ice.
- Head and chest up.
- Two hands on stick; blade on the ice.



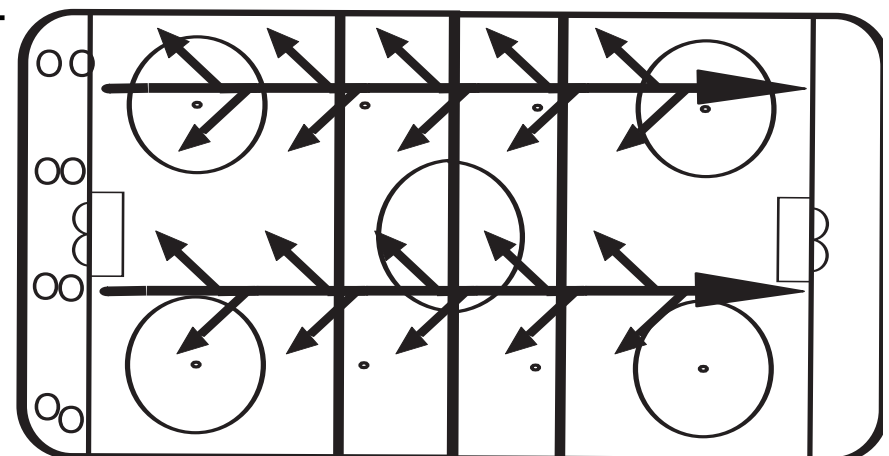
## Drill #3 – Push-Touch Power Strokes

- Glide skate; knee well bent.
- Stride skate; full extension; push inside edge hard into ice.
- Recover - when recovering touch skate to glide skate.



## Drill #4 – 10 Power Strokes - 10 strides or less

- Emphasis on power not speed.
- Full extension to maximum push of inside edge.
- Recovery - recover under hip next to glide foot.



## Drill #5 — Stationary Stickhandling - Basic Movements

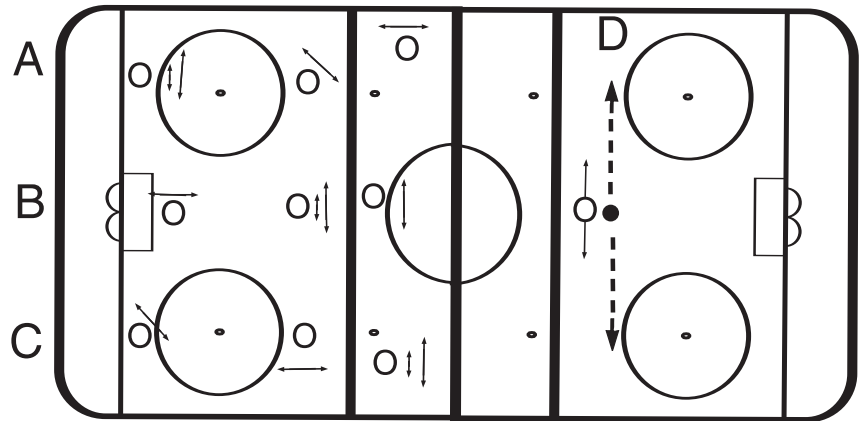
- Grip - Hands 9-12 inches apart, eyes up.

(A) Short and wide dribbles in front of body.

(B) Front to back dribbles - side of body.

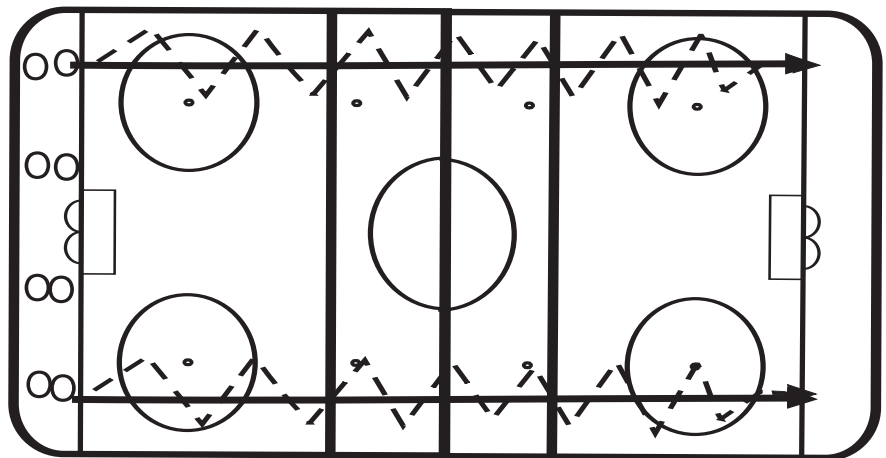
(C) Diagonal dribbles.

(D) One step to side (lateral), pull puck very wide.



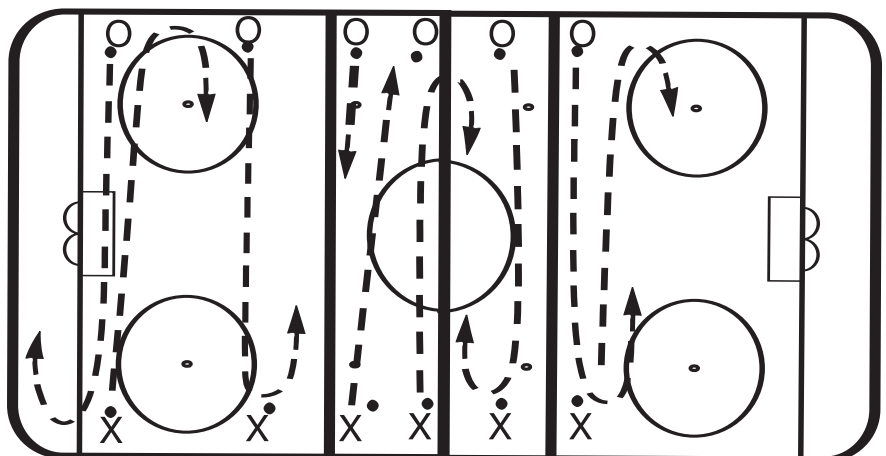
## Drill #6 — Pull Puck Wide in Stride

- Go half speed.
- Pull puck wide with every stride.
- Learn to pull puck quickly across from one side to the other.



## Drill #7 — Two Direction Puckhandling

- Half the players on each sideboard with puck.
- Skate with puck from one side to the other, turn around and come back.
- Eyes up - avoid running into other player.



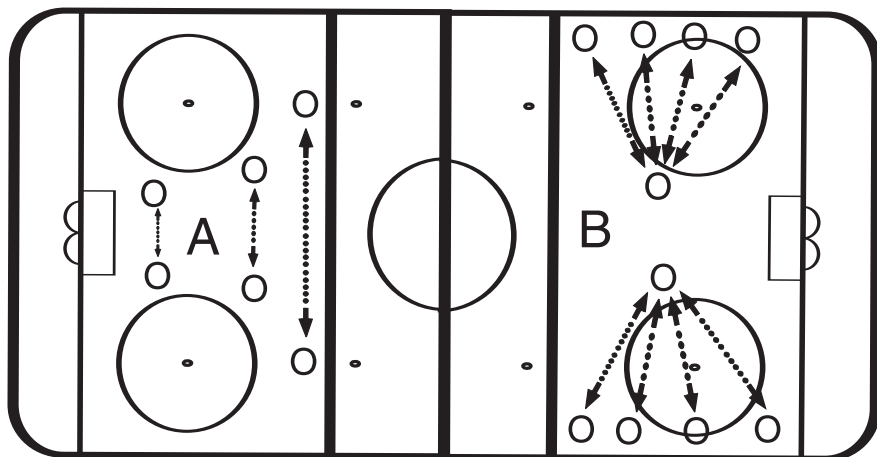


## Drill #8 — Stationary Passing - Forehand

(A) Buddy Passing - Start 3 ft. apart, then 10 ft., then 20 ft.

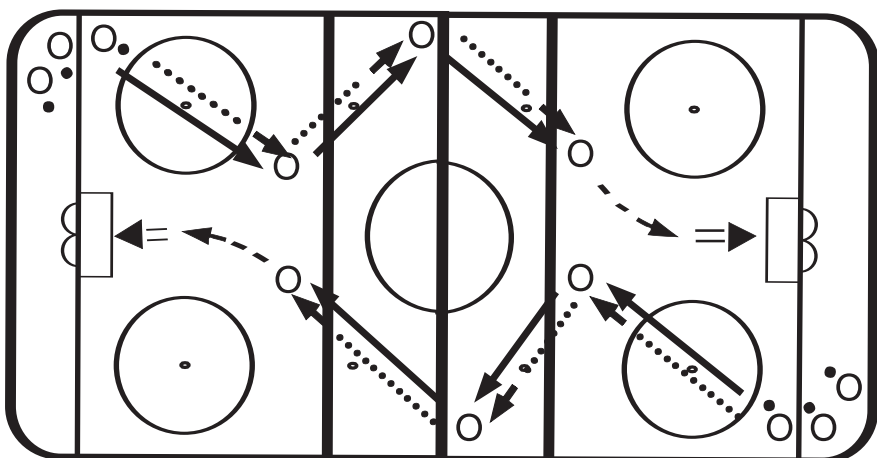
- Pass to forehand side.
- Slide and Guide and Cup and Give.

(B) Five Player Pepper Pass.



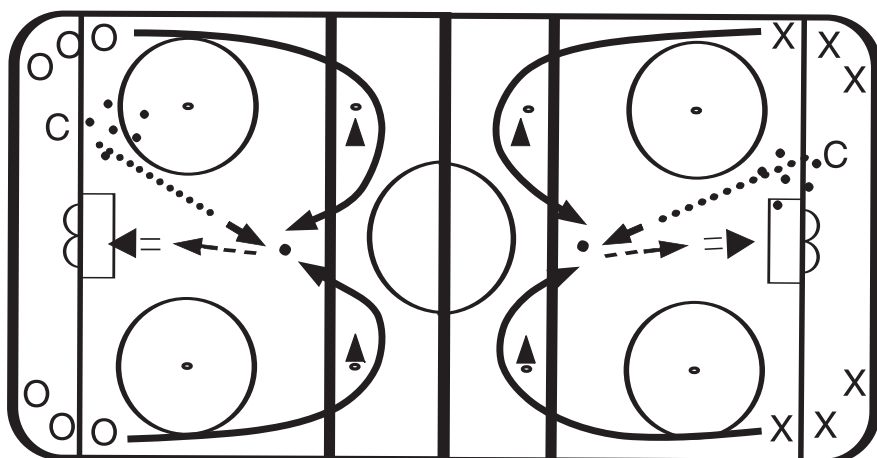
## Drill #9 — Zig-Zag (3 sections) Pass and Move

- Pass accurately to forehand side.
- Pass the puck hard.
- After pass, skate quickly to that section to receive pass from next player.
- Player on far blue line skates in and shoots.



## Drill #10 — 1 on 1 Up Around Cone Competition

- One line in each corner, coach has pucks.
- Player skates forward using inside edge turn on one skate around cone.
- Coach passes puck, two players race for puck and shoot.



# Hockey Practice Plan

- Objectives:**
1. Skating - Aggressive Inside Edges and Power Stop
  2. Puck Handling - Acceleration, Change Direction, Movement in Tight Areas
  3. Passing - Quick and Accurate
  4. Shooting - Pull to Side and Shoot (Stationary and Moving)

**Date:** \_\_\_\_\_

**Practice:** # 2

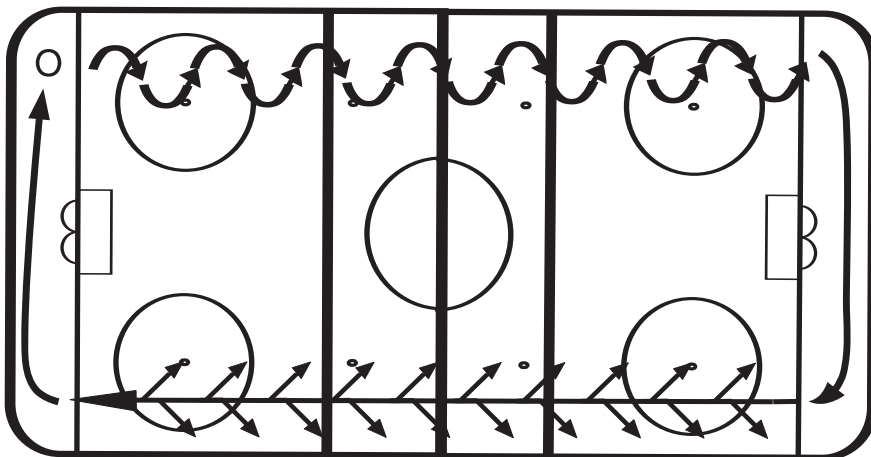
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
_____ Goaltending		_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-up - moving stretches, Big C, power strokes	Inside edges
5 mins.	2. Three Cone Triangle - race, one skate inside edge turn on each cone	Keep balance while going fast
5 mins.	3. Lightning - one skate power start with L start	One skate balance
5 mins.	4. One hand on stick puck acceleration	Push puck out in front and blade rotation
5 mins.	5. 1 on 1 lightning steps and starts with puck then shoot at cone	Control puck while stopping and starting
5 mins.	6. Three players jam the circles - One hand puck acceleration going between circles	Eyes up to avoid contact
6 mins.	7. Circle passes (A) Stationary pass to second player to your right; (B) Circle pass keep away - put one player in middle of circle	Smooth and accurate passes
5 mins.	8. Stationary wrist shot on boards - pull puck back to side then sweep puck forward hard	Put weight on stick when sweeping
5 mins.	9. Side to side moving - pull to side wrist shot, follow in and shoot a second puck high off boards	
5 mins.	10. 1 on 1 chase - battle and shoot	

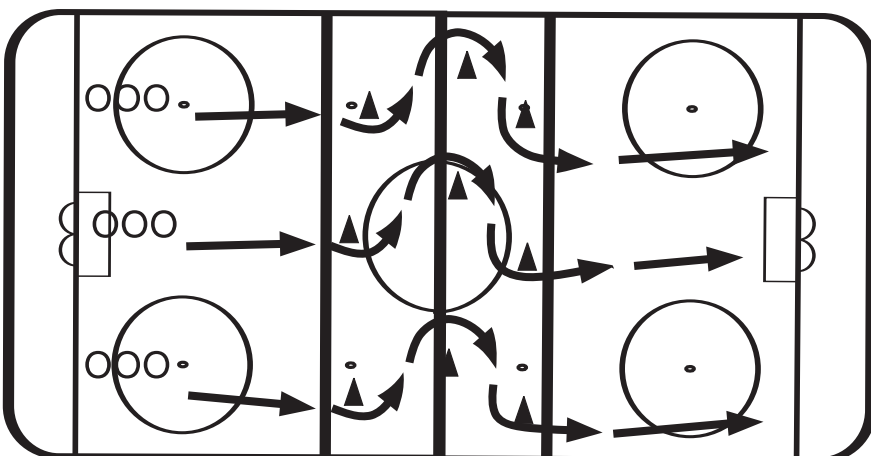
### Drill #1 — Warm-up: Big C and Power Strokes

- Aggressive inside edges
- Full extension
- Complete recovery
- Body rhythm when stroking



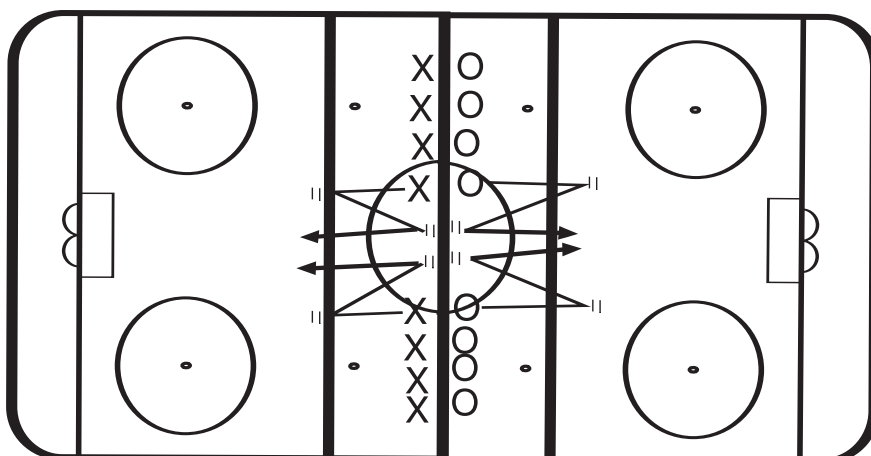
### Drill #2 — Three Cone Triangle Race - Inside Edges

- Turn on inside edge one skate only around each cone.
- Go fast; teach balance.



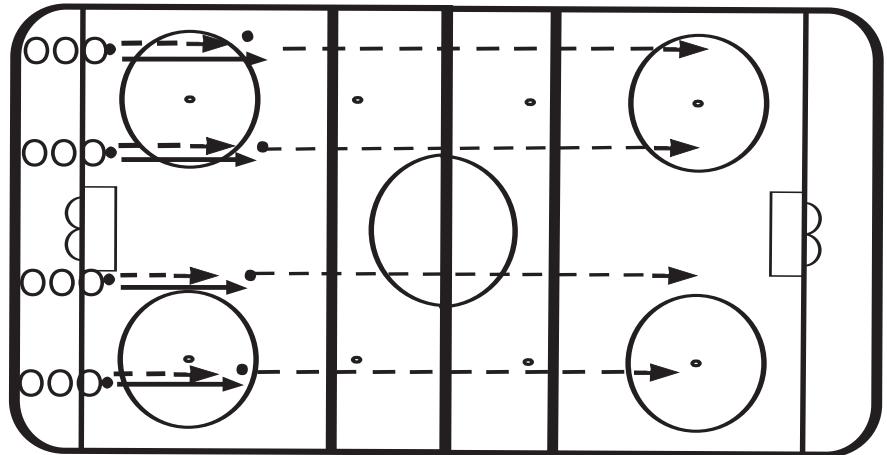
### Drill #3 — Lightning - One Foot Power Stop and L Start

- Four lines (two each direction same side)
- Skate to line using one foot stop, knee well bent.
- L Start - skates heel to heel, toe pointing the direction to go - make it a race.



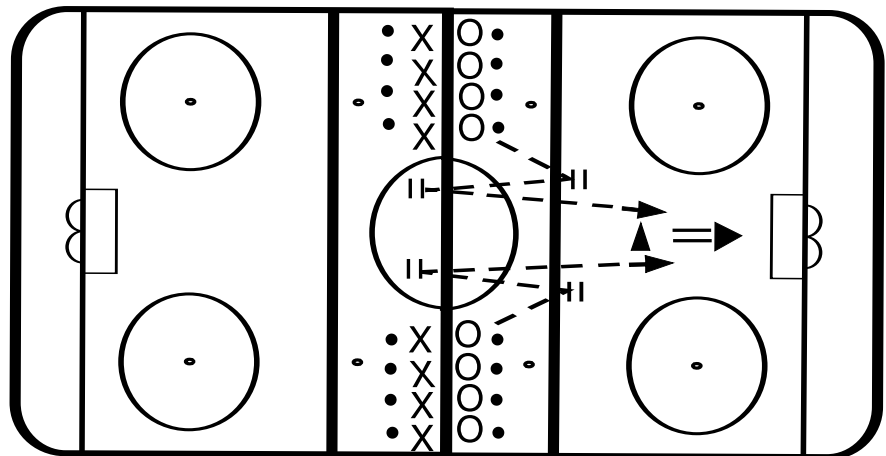
### Drill #4 — One Hand Puck Acceleration

- Slide puck to top of circle.
- Skate hard to puck
- Push puck in front of body, one hand.
- Flip/Flop blade to keep puck going straight.



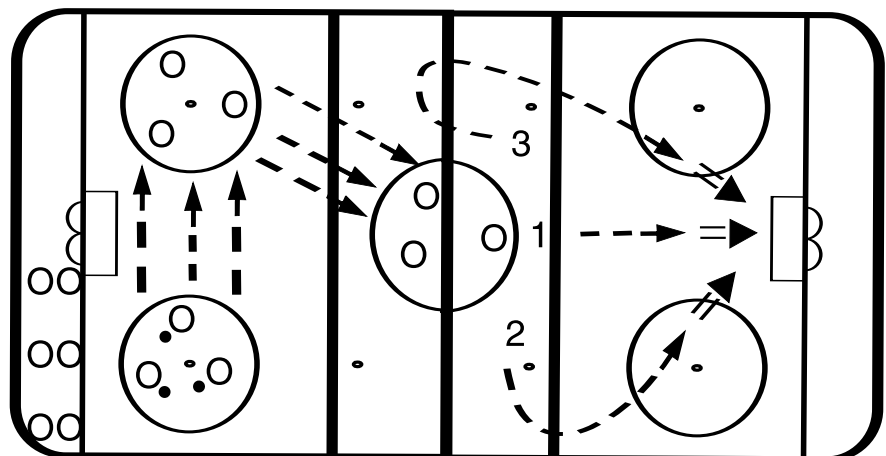
### Drill #5 — Lightning Stops and Start With Puck - 1 on 1

- Carry puck while doing stops and starts at lines.
- Carry puck to cone and shoot.
- First player to score wins.
- If both miss net on shot, retrieve and score.



### Drill #6 — Three Player Jam the Circles and 1-2-3 Shoot

- Three players at a time stickhandle inside circle.
- After completing third circle players are numbered 1-2-3, #1 straight in, #2 around dot at blue line, #3 skate up over red line.

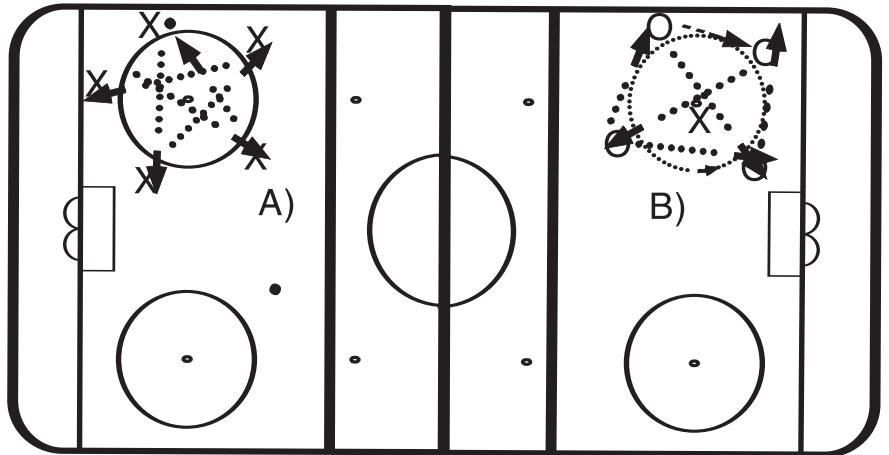


## Drill #7 — Stationary Circle Passing

(A) Pass to second player on right.

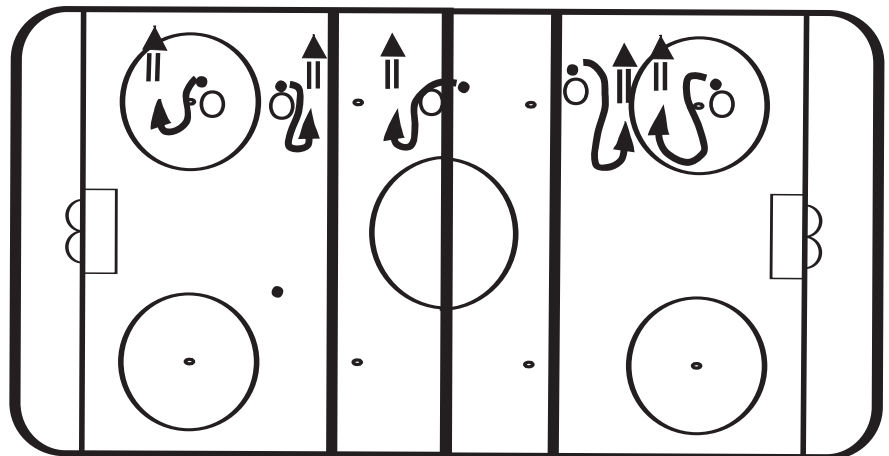
- Hard passes to forehand side

(B) Circle pass keep away - one player in middle, pass keeping puck away from middle player.



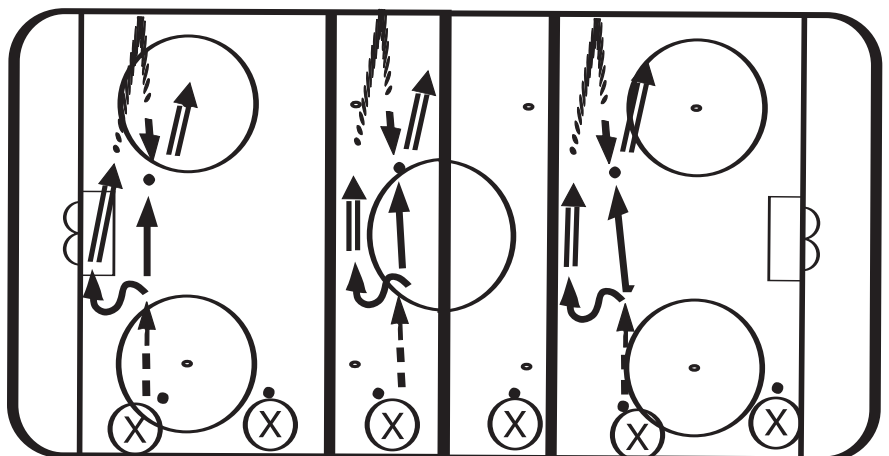
## Drill #8 — Stationary Wrist Shot Against Boards

- Puck starts in front, quickly pull puck to side.
- Skates rotate 45 degrees to side.
- Put weight on stick and sweep puck hard forward, open blade to raise puck.



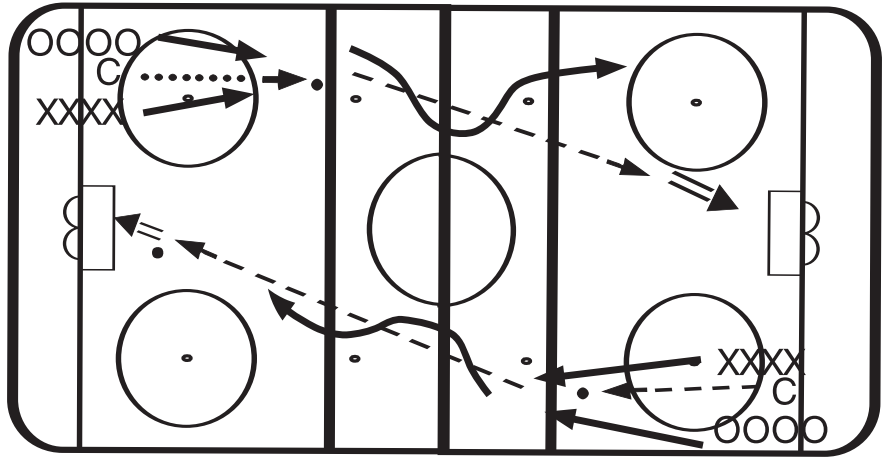
## Drill #9 — Side to Side Movement - Wrist Shot

- Player X skates towards the middle of the ice.
- Skates rotate 45 degrees to side.
- Pull the puck to side and shoot a wrist shot against the boards.
- Pick the puck up off the boards and shoot a second wrist shot high off the boards.



## Drill #10 – 1 on 1 Puck Chase - Battle and Shoot

- Coach slides puck towards blue line.
- Player X and Player O battle for the loose puck.
- The player that gains control of the puck attempts a shot on goal.
- The player without the puck tries to gain inside positioning and prevent a scoring opportunity.



Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

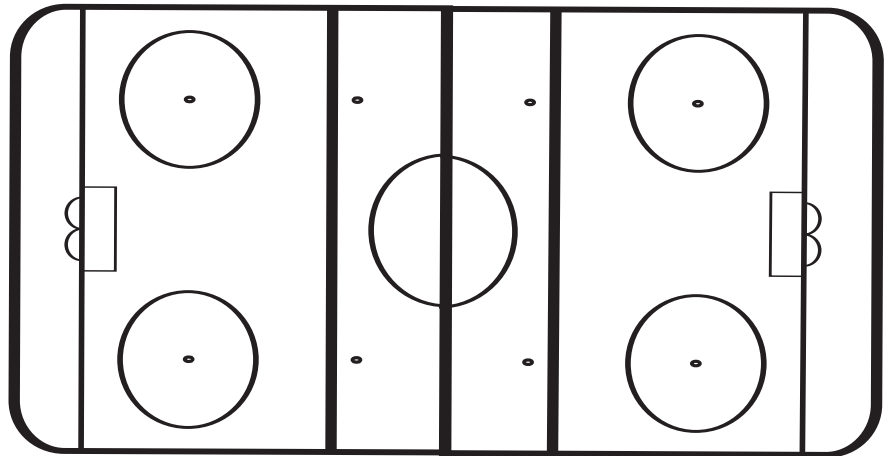
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

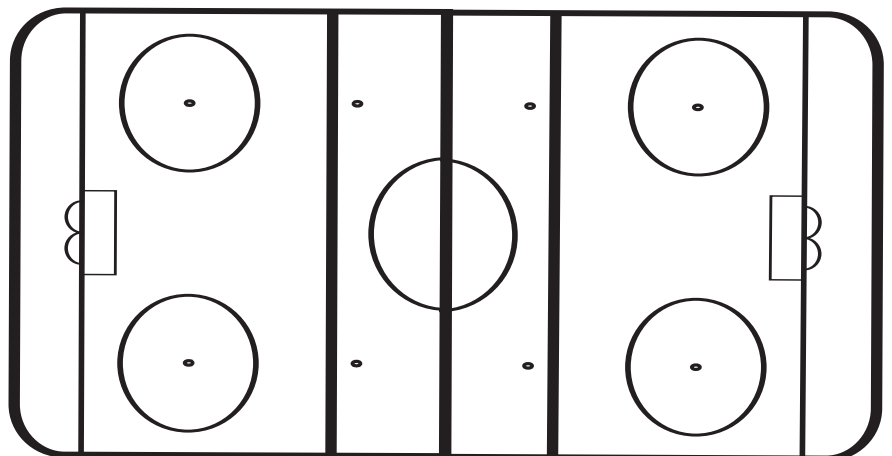
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Notes/Comments \_\_\_\_\_

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

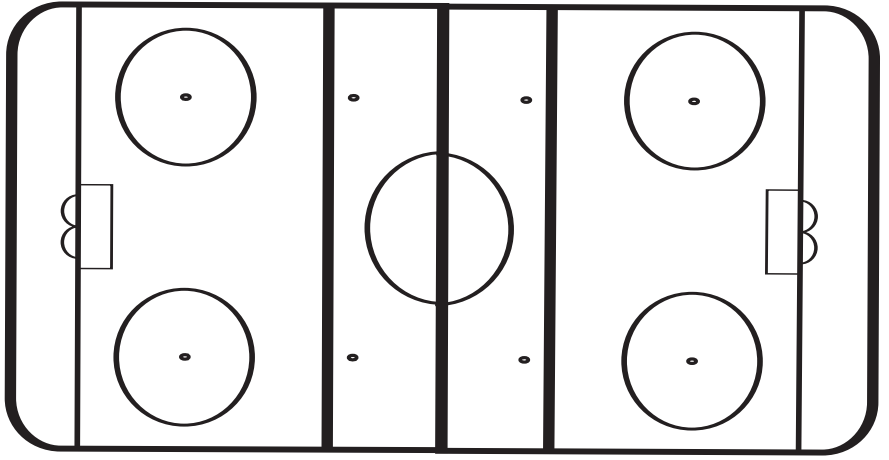
---

---

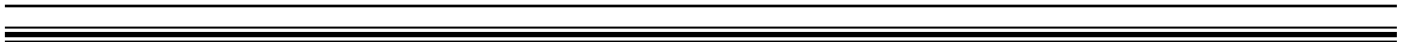
---

---

---



Notes/Comments \_\_\_\_\_



Description \_\_\_\_\_

---

---

---

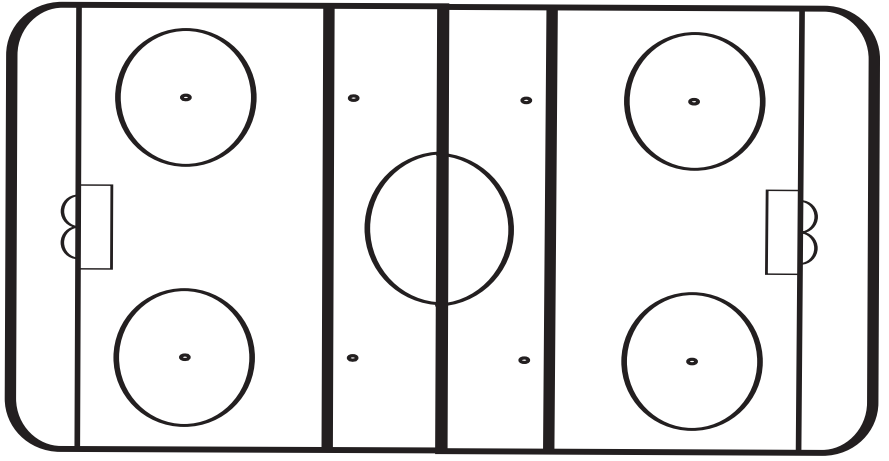
---

---

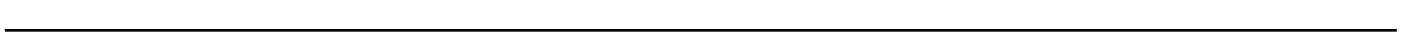
---

---

---



Notes/Comments \_\_\_\_\_



Description \_\_\_\_\_

---

---

---

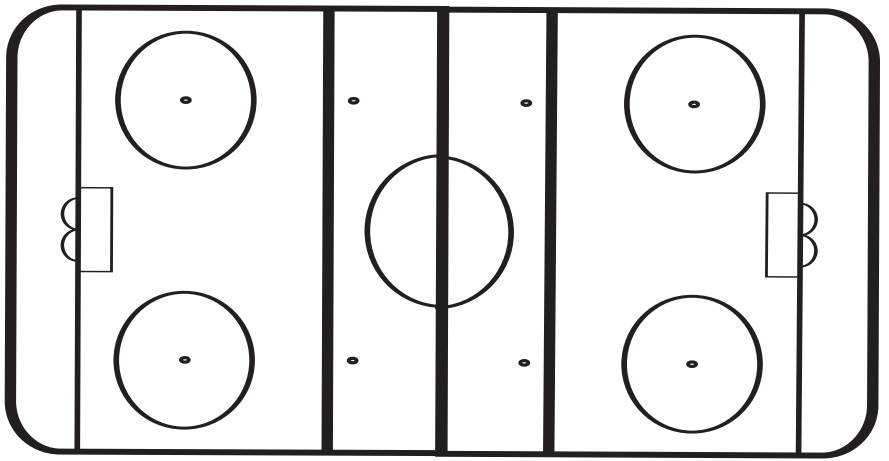
---

---

---

---

---



Notes/Comments \_\_\_\_\_

# Hockey Practice Plan

- Objectives:**
1. Skating - Body Rhythm, Outside Edge, Control Turn
  2. Puck Control - Pulls, Controlling Puck While Turning
  3. Passing / Receiving - Short Quick Passing, Board Pass
  4. Shooting - Deflection and Screens

**Date:** \_\_\_\_\_

**Practice:** # 3

**Level:** 10 & Under (Squirt)

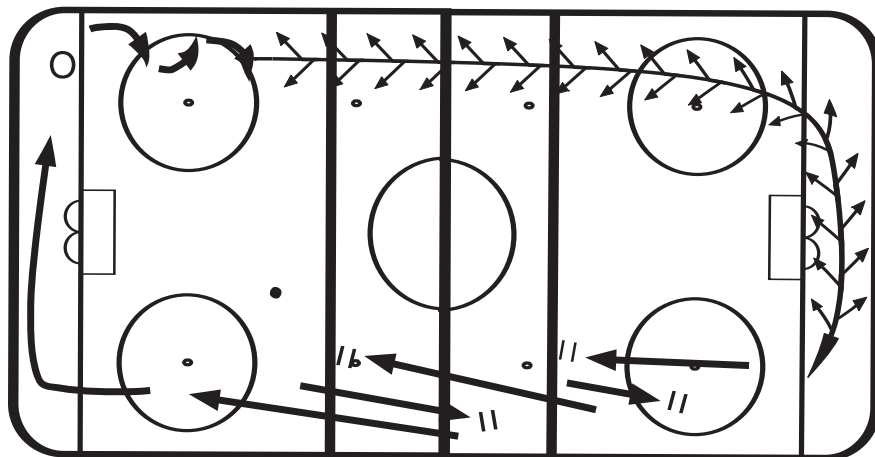
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
_____ Goaltending		_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - moving stretches, Big C, power strokes, whistle starts and stops	Do for short time spans
5 mins.	2. Four cone inside edge rhythm skate - two hands on stick; stick blade on ice (steering wheel) around cone	
5 mins.	3. Big C - Outside edge crossovers - try and balance on outside edge for a period of time	Make 1/2 circle with each skate
5 mins.	4. Zig-Zag control turns (feet straddle cone) - red to blue line; body center of gravity low (keep knee bent)	Inside leg bent, outside leg straight
5 mins.	5. Short, quick dribble and wide pulls while skating forward; do five short dribbles then four wide pulls in stride and continue all the way to the other end	
5 mins.	6. Pull around cone and board - both directions, same time	Stress good fake and wide pull
5 mins.	7. Control turns - Figure 8 around hockey gloves; gloves two stick lengths apart	Put puck outside and pull puck around
5 mins.	8. 2 on 0 short passes - shoot - get puck in corner, make pass to coach, keep skating for return pass from coach	No slapping puck, quick sweep passes
5 mins.	9. Shot with deflections (A) two players - shooter (middle) and deflects (boards); (B) two players pass from corner; skate to net, shoot and deflect the direction of puck	Quick sweep passes
5 mins.	10. 1 on 1 Competition - control turns around three cone triangle; let them battle until one scores (set time limit)	Full speed Learn to battle



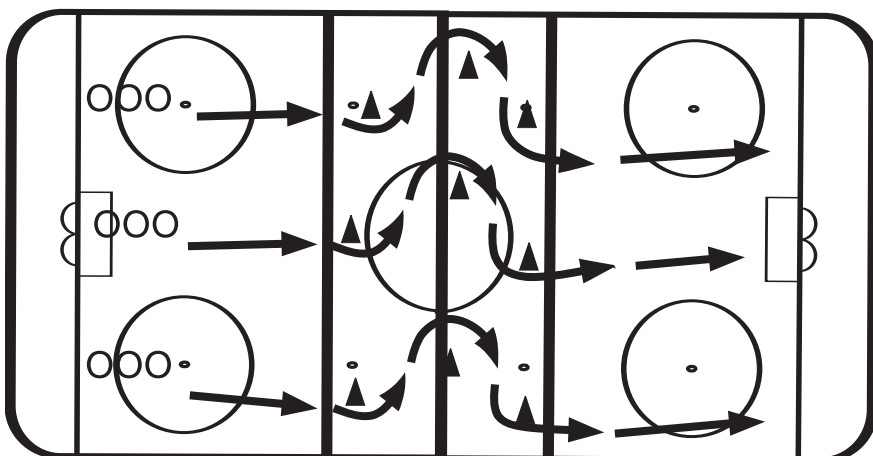
### Drill — Warm-up and Big C - Power Strokes - Stops and Starts on Whistle

- Stop on whistle and change direction.
- One foot power stop.
- L start; heel to heel; point the toe in the direction you want to go.



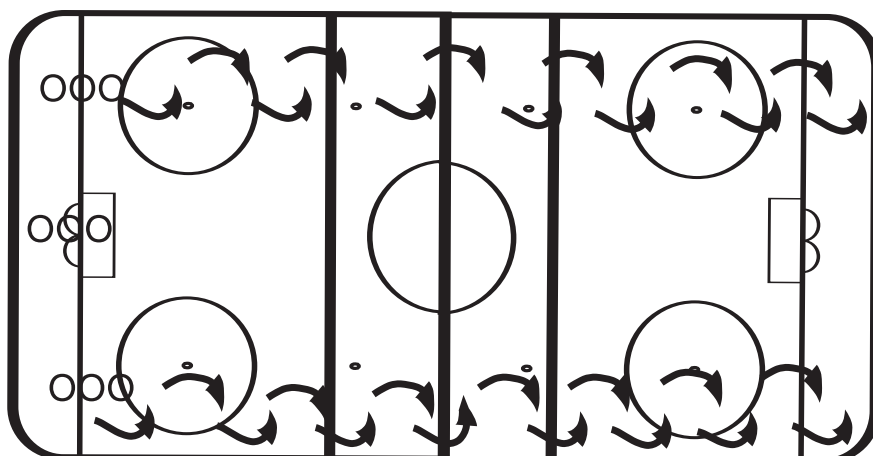
### Drill #2 — Four Cones Inside Edge Rhythm Skate

- Two hands on stick; blade on ice.
- One skate inside edges; turn on each cone.
- Use stick blade as the steering wheel going around each cone.
- Shorten distance between cones as players get better.
- Use up to eight cones.



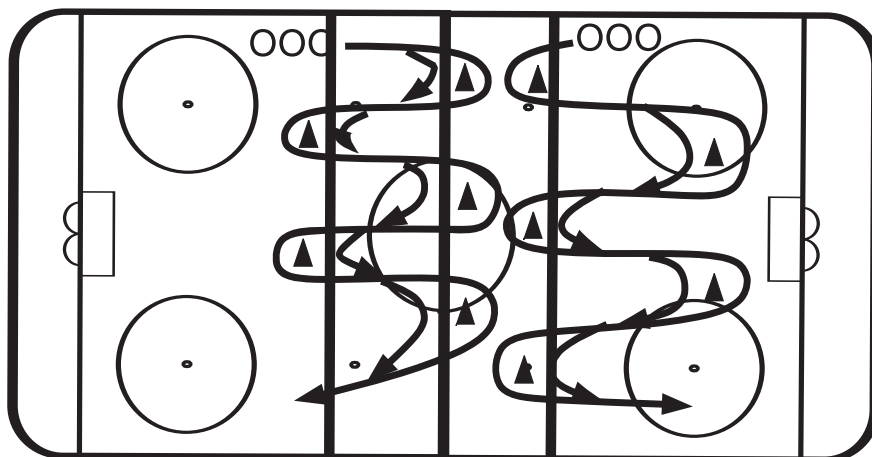
### Drill #3 — Big C - Outside Edge Cross-Over

- Make complete half circle pattern with each skate on outside edge.
- Balance on outside edge for a length of time.
- Keep knee bent.



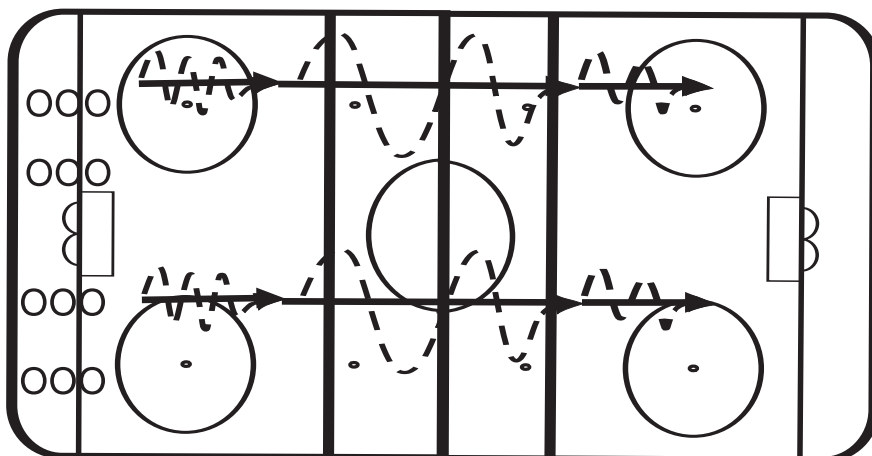
### Drill #4 — Zig-Zag Control Turns on Cones

- Inside leg bent, outside leg straight (brace).
- Skates straddle the cone laying on its side when making the turn.
- Stick moves to straight leg (outside) then bring stick around (rotate at waist) when turning.



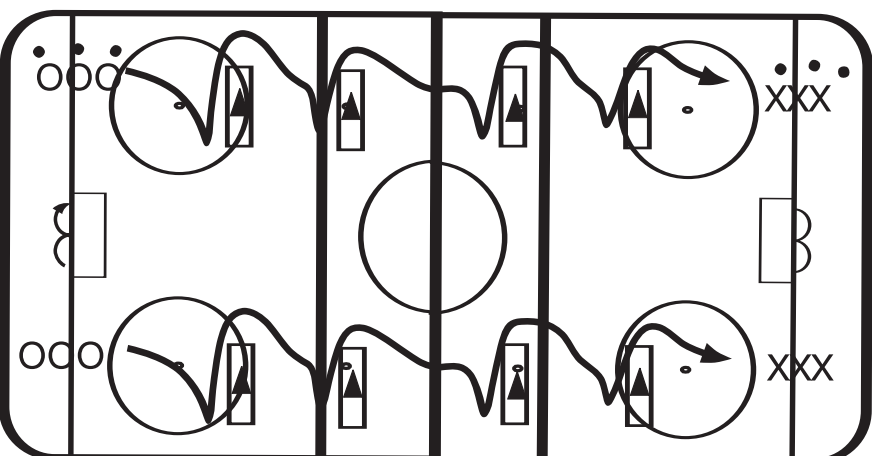
### Drill #5 — Six Short, Quick Dribbles and Four Wide Pulls in Stride

- Six very quick, short dribbles.
- Four maximum wide pulls - player may drop one hand off stick on pulls.
- Continue sequence the length of ice.



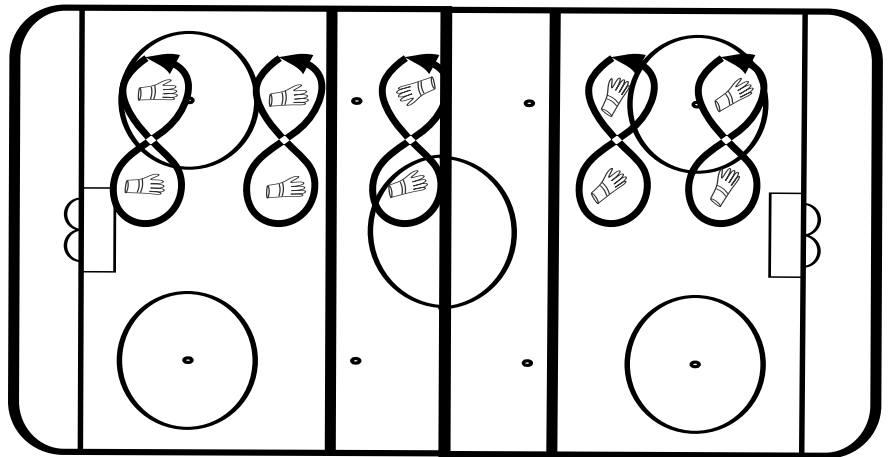
### Drill #6 — Fake and Pull on Board and Cones - Two Ways

- Use 2"x6"x6' or 8' board and put cone in middle of board.
- Two lines (same time) - skate at cone, fake, pull wide - three quick crossovers.
- Force players to fake and accelerate.



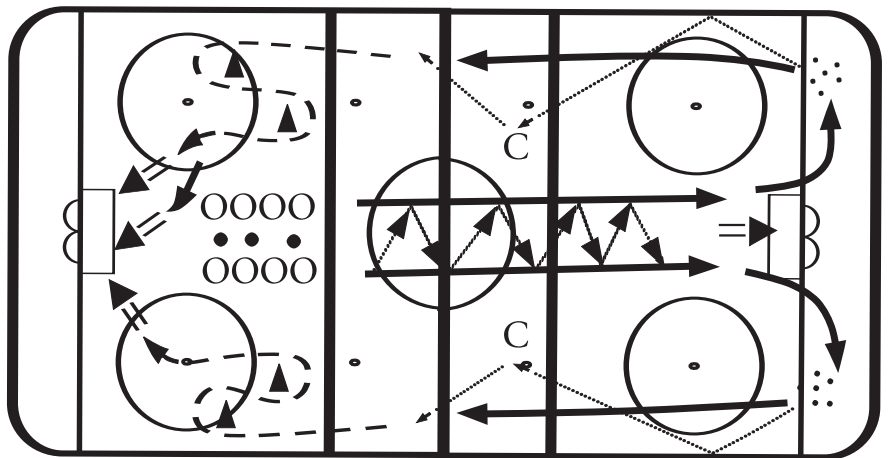
### Drill #7 — Control Turns - Figure 8 on Gloves

- Inside leg bent (outside edge) and outside leg straight (inside edge).
- Put puck to outside of turn, surround puck with blade and pull puck around turn (don't start puck on inside of turn).



### Drill #8 — 2 on 0 - Short, Quick Passes and Shoot

- 2 players pass puck back and forth and then shoot on net.
- Both players retrieve puck in the corner and make a board pass to the coach.
- Continue skating; receive pass from coach
- Do two control turns around cones and shoot low on net (bench across net); get rebound and shoot.



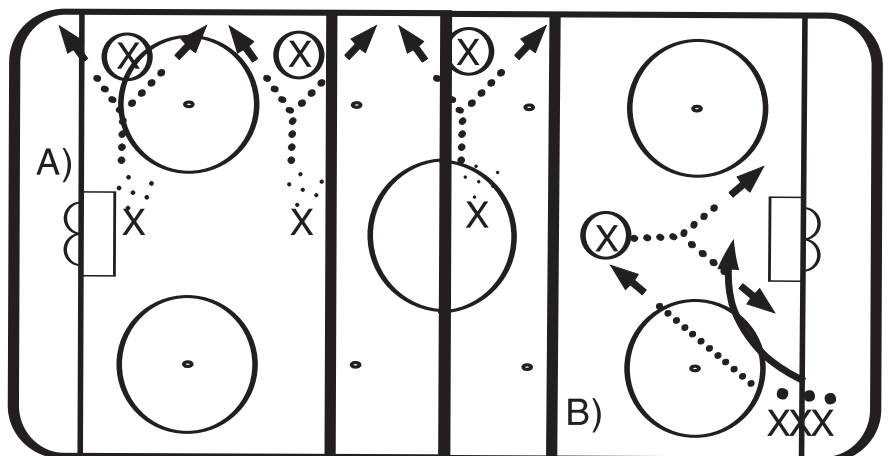
### Drill #9 — Shoot With Deflection and Screen

(A) Shooter in middle, player deflecting on side boards.

- Shoot puck on ice; keep blade on ice; change direction of puck.

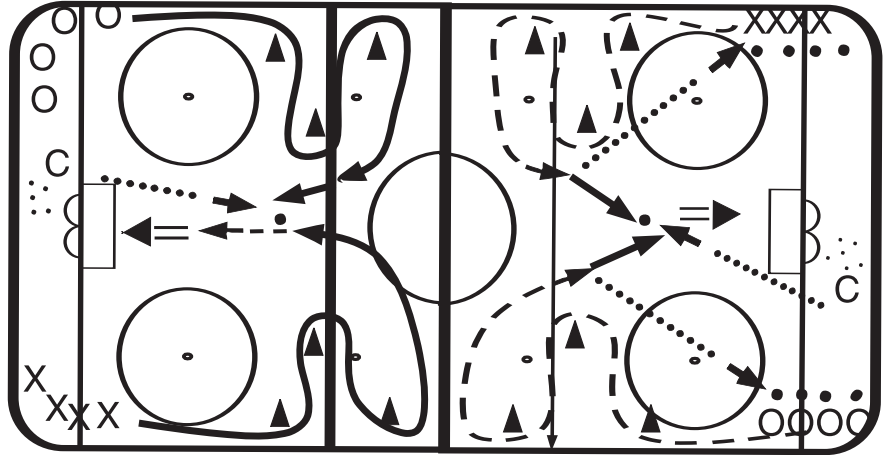
(B) Pass out from corner to shooter.

- Skate to front of net, screen and deflect.

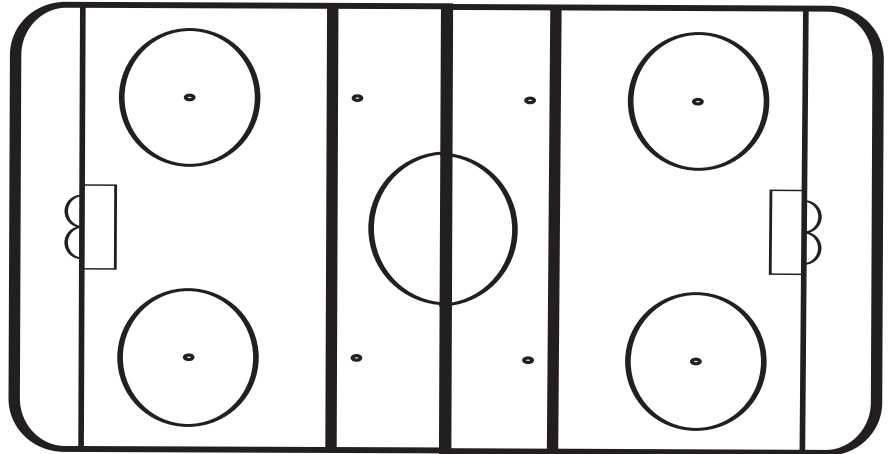


**Drill #10 – 1 on 1  
Competition - Control Turns  
Around Three Cones With  
or Without a Puck; Race to  
Puck and Shoot**

- (A) Player carry no puck; battle for puck and shoot.
- (B) Player carry puck pass to player in line; continue in; battle for puck and shoot.

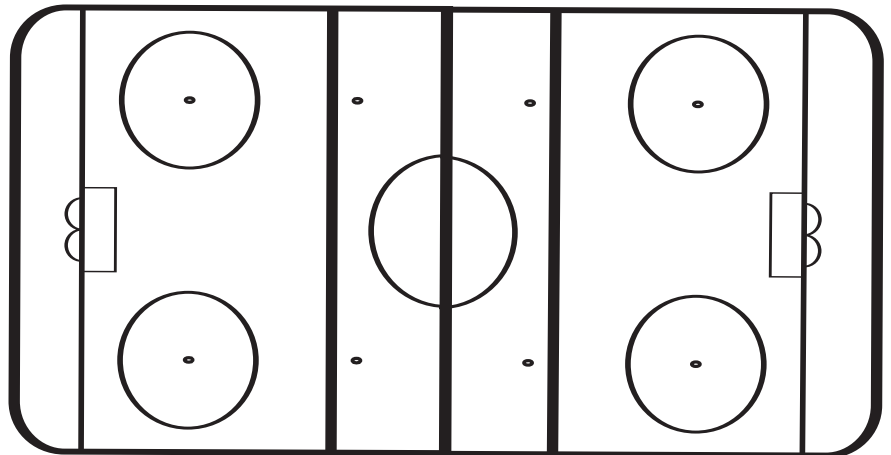


Description \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Notes/Comments \_\_\_\_\_  
 \_\_\_\_\_

Description \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Notes/Comments \_\_\_\_\_  
 \_\_\_\_\_

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

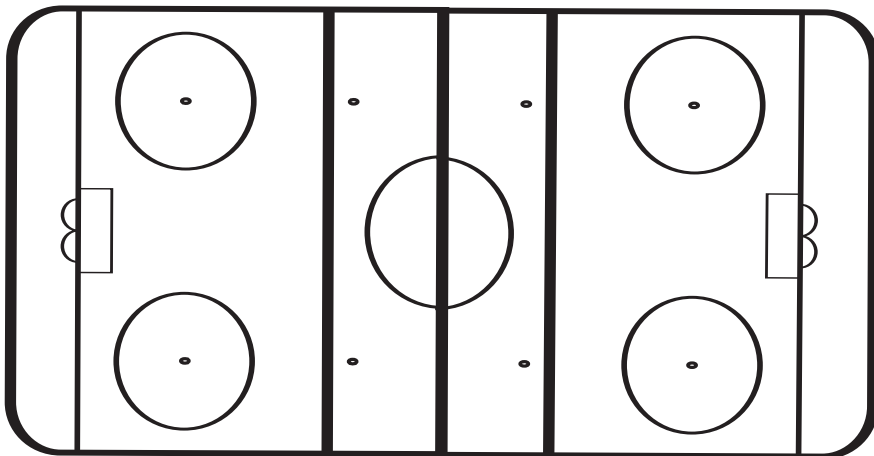
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

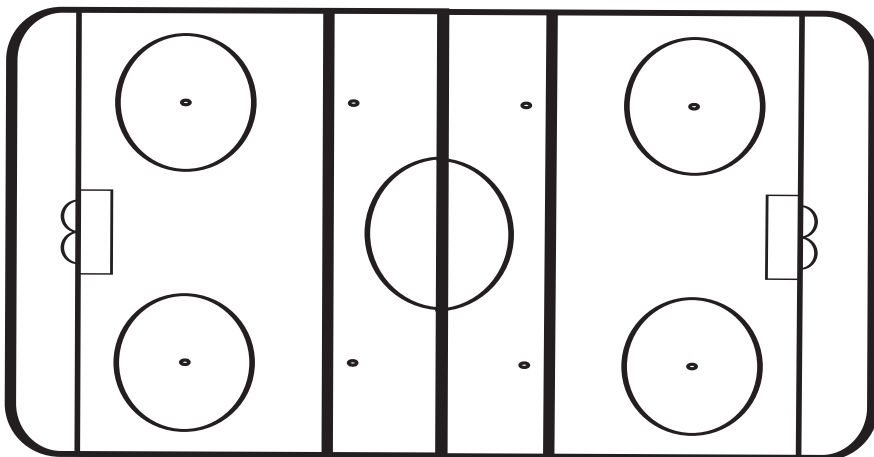
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

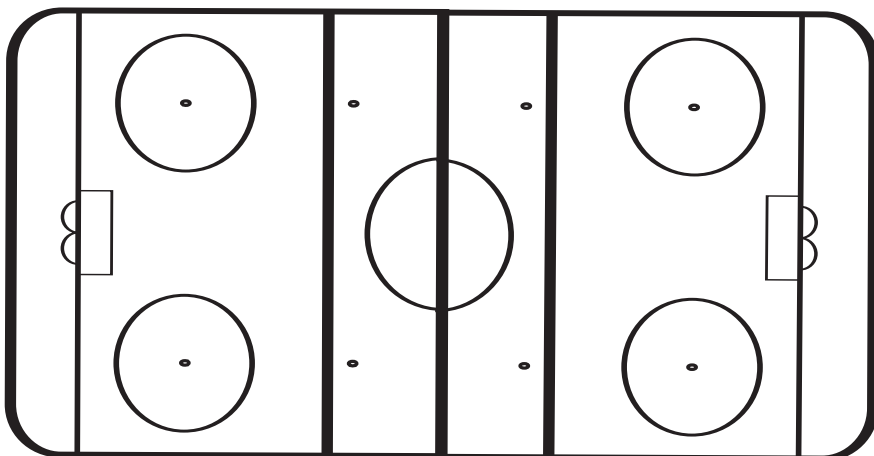
---

---

---

---

---



Notes/Comments \_\_\_\_\_

# Hockey Practice Plan

- Objectives:**
1. Skating - Forward Crossovers, Backward Start and Crossovers
  2. Puck Control - Fake - Pull - Accelerate with Opposition
  3. Passing - Drop Pass
  4. Checking - Limit Hands and Sticks
  5. Competition - 1 on 1 Drills

**Date:** \_\_\_\_\_

**Practice:** #4

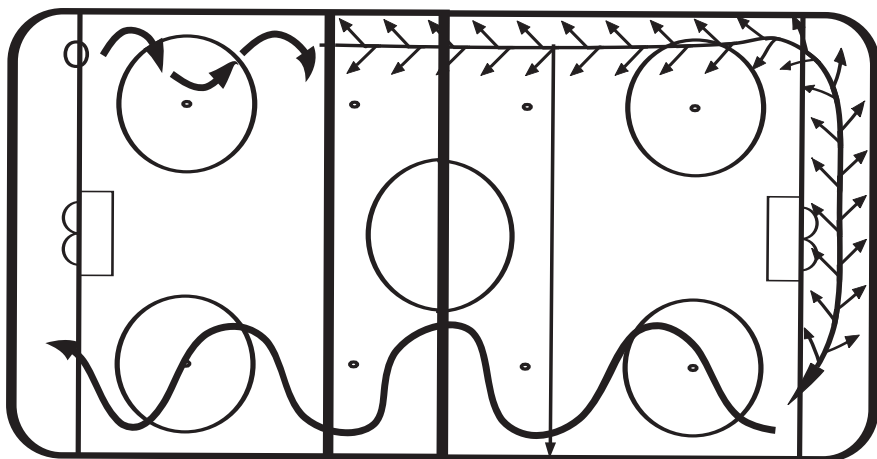
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
<input type="checkbox"/> Goaltending		<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - Big C outside edge - power strokes - zig-zag control turns	
5 mins.	2. Forward crossovers (A) Circles (B) three cone M pattern	Outside edge balance; no gliding
10 mins.	3. Backward strokes (A) "C" start to backward strokes; (B) backward crossovers; (C) 4 backward crossovers to backward strokes	
5 mins.	4. Puckhandling - 1 on 1 with stationary partner in middle option; shoot at boards after crossovers	Fake; Pull; three quick crossovers
5 mins.	5. Puckhandling - Forward crossovers - fake, pull, three crossovers on coaches; shoot then screen/deflect	Keep puck away from a poke check
5 mins.	6. 2 on 0 drop pass at both blue lines; shoot second puck rebound shot	Puck carrier cross first, then receiver
5 mins.	7. 1 on 1 - forward behind net; defense carries in and shoots	D sticks upside down; Close gap
5 mins.	8. No Body Play - Take out hands/stick weave	Checker's hip on puck carrier's gloves
5 mins.	9. 1 on 1 Circle crossovers; three cone triangles control turns; race to puck and score. Option - carry puck, pass to players' line	
5 mins.	10. Small games (A) 2 vs. 2 (B) 1 vs. 1; both width of rink	

**Drill #1 — Warm-Up: Big C  
Outside Edge Balance;  
Power Strokes; Control Turn  
Zig-Zag**

- Control turn; wide base.
- Four hard strides coming out of turn.



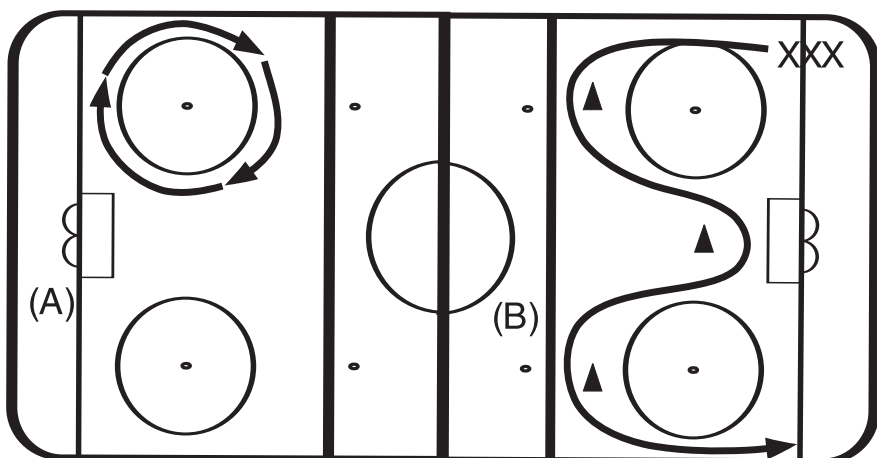
**Drill #2 — Forward  
Crossovers**

(A) Forward crossovers on circle

- Outside edge balance.
- Knee over knee cross.

(B) Three cone "M" forward crossovers

- No gliding.
- Set outside skate when starting turn.



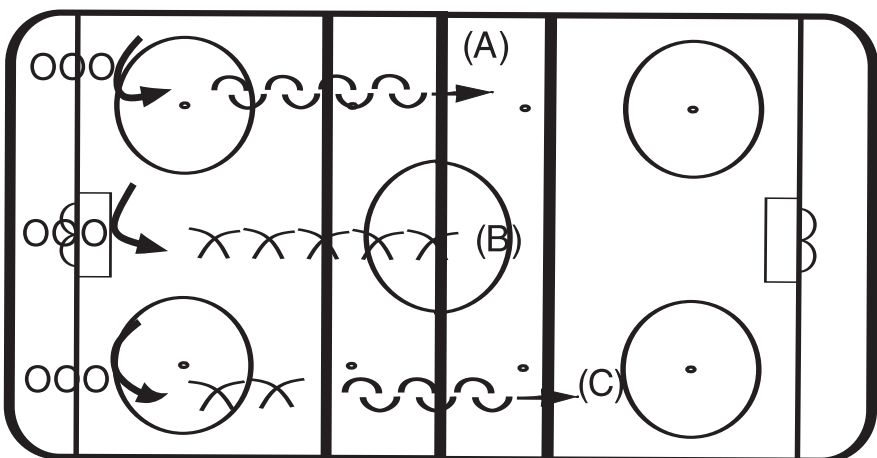
**Drill #3 — Backward  
Movement**

(A) C Start to backward strokes

- Cut ice hard with C start.
- Full extension and hip recovery on back stroke.

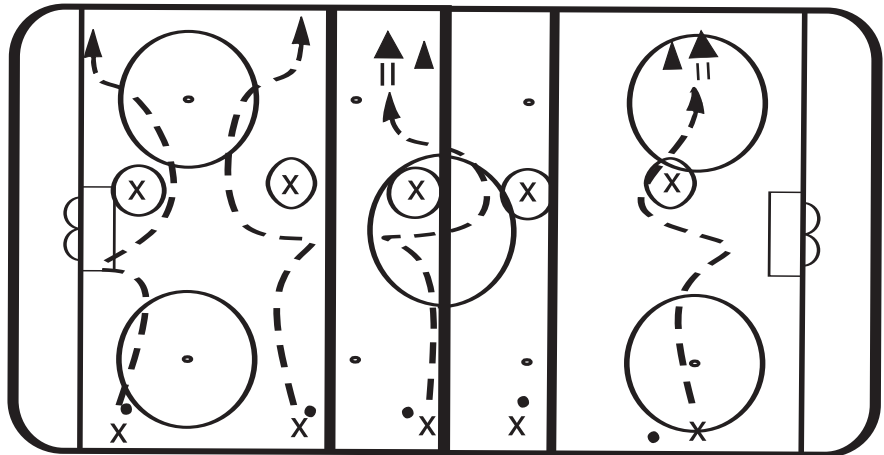
(B) Backward crossovers - Rush-Cross-Reach

(C) Three back crossovers to backward strokes



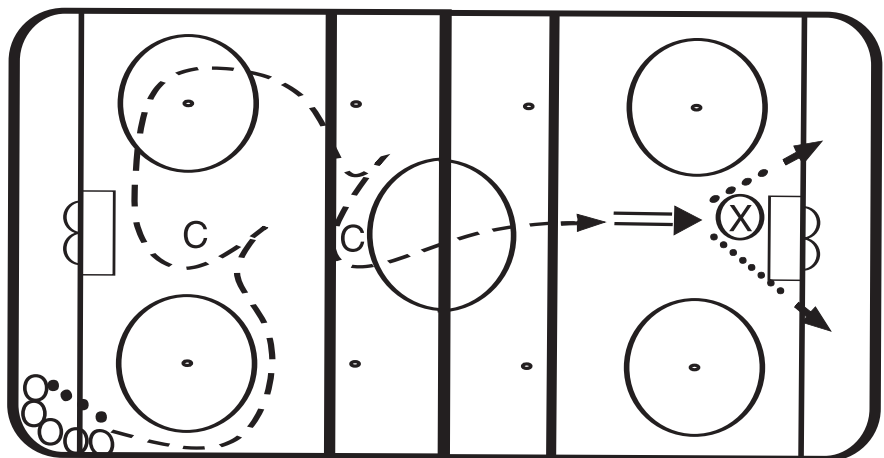
### Drill #4 — Puckhandling - 1 on 1 with Stationary Partner

- Make fake stick length away from opponent's stick.
- Make fake with puck, head and shoulders.
- Pull puck quickly across body to other side.
- Accelerate - do three quick crossovers.
- Option: put cone behind defender and shoot.



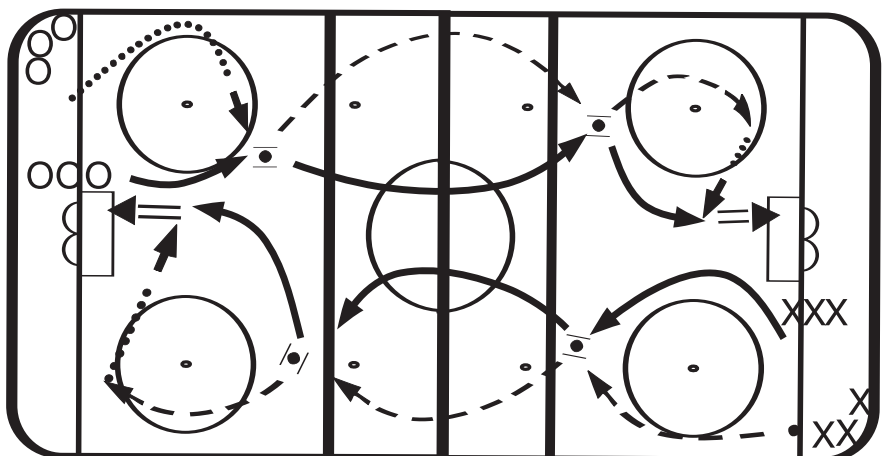
### Drill #5 — Russian Circle - Fake Around Coaches - Shoot and Screen / Deflect

- Fake with puck, head, shoulder.
- Quick pull across body and three crossovers.
- Shoot at blue line.
- Follow shot for rebound then screen/deflect.



### Drill #6 — 2 on 0 - Both Ends - Double Drop Pass - Double Drive - Pass and Shoot

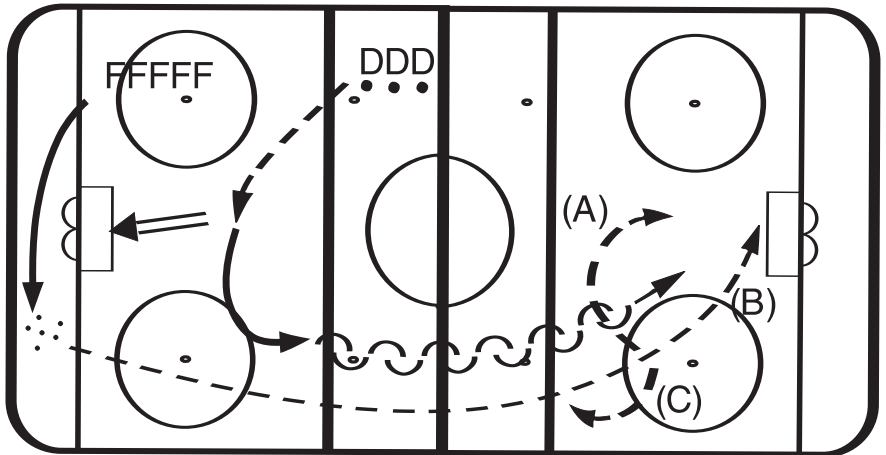
- Puck carrier crosses first, player receiving drop crosses behind.
- Stop puck when dropping.
- Always protect puck with body when making a drop pass.





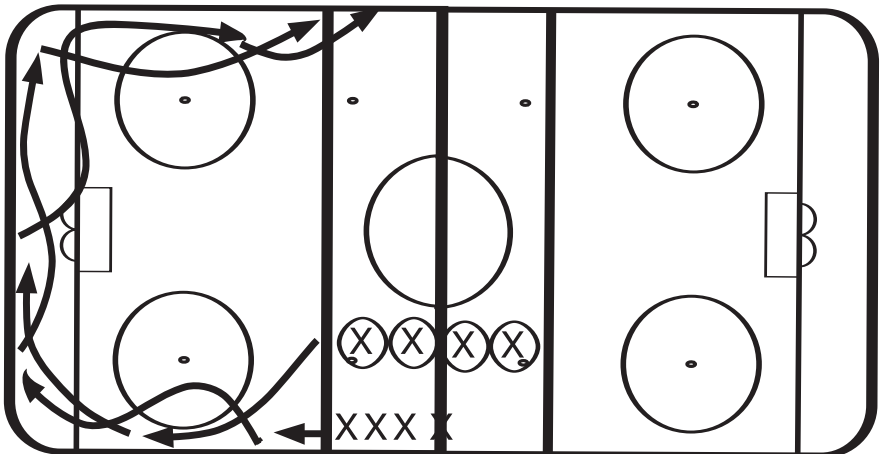
### Drill #7 — 1 on 1 - Forward Behind Net - Defense Shoots

- After D shoots - stick upside down.
  - F reads D gap.
- (A) Loose gap, skate across front on D; shoot.
- (B) Tight gap, cut into middle behind D.
- (C) D controls F; escape towards board.



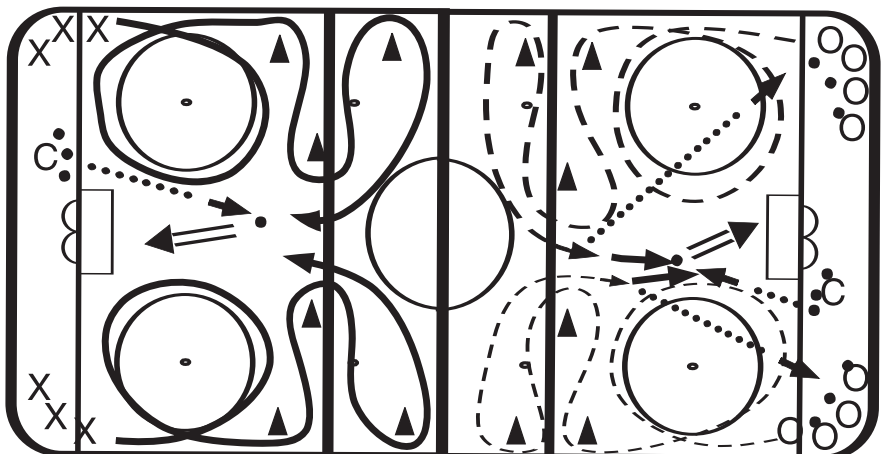
### Drill #8 — Take Out Hands/ Stick Check Weave

- Player on boards allows himself to be taken out.
- Checker's hip on puck carrier's gloves and stick.
- Checker must skate half stride in front then throw hip in.
- Checker's stick controls the puck carrier's stick.



### Drill #9 — Competition 1 on 1 - Circle Crossovers - Three Control Turns on Triangle - Race to Puck - Shoot

- (A) Players carry no puck; battle for puck and shoot.
- (B) Players carry puck when doing crossovers and control turns, pass to player in line; race to puck and shoot.



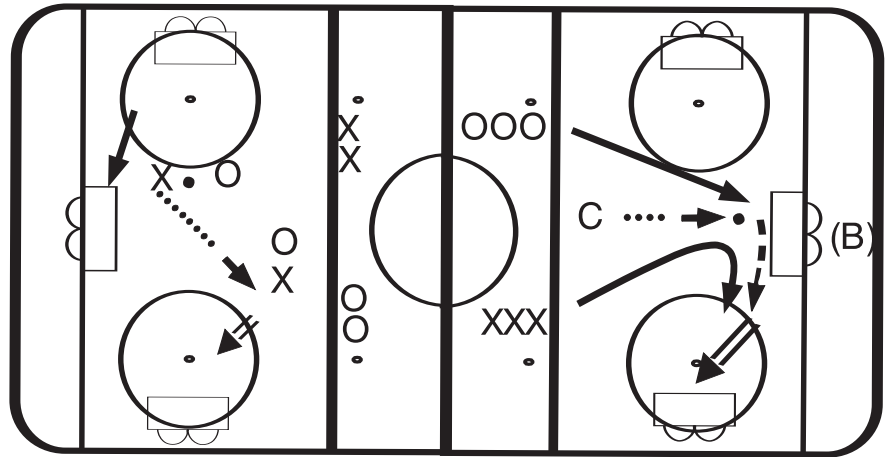
## Drill #10 — Small Cross Ice Games

(A) 2 vs. 2 - 30 sec. shifts

- Teach support for partner.

(B) 1 vs. 1 - 15 sec. shifts

- Protect puck, don't allow opponent to take puck away.



Description \_\_\_\_\_

---



---



---



---



---



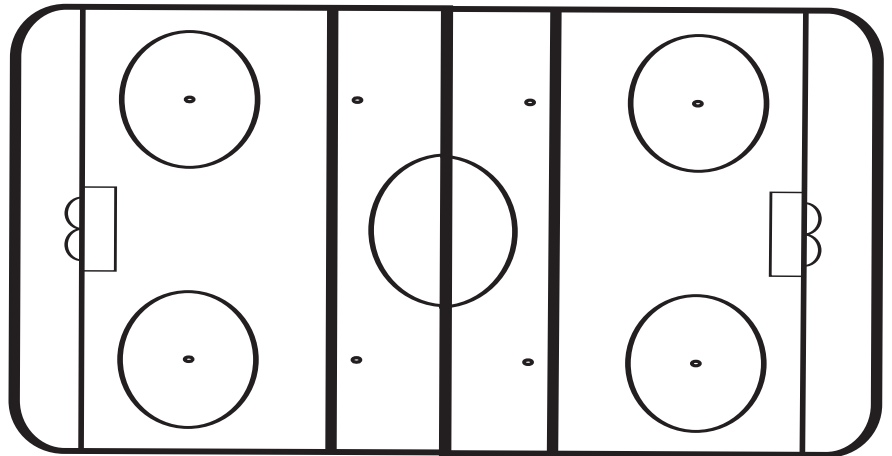
---



---



---



Notes/Comments \_\_\_\_\_

---



---

Description \_\_\_\_\_

---



---



---



---



---



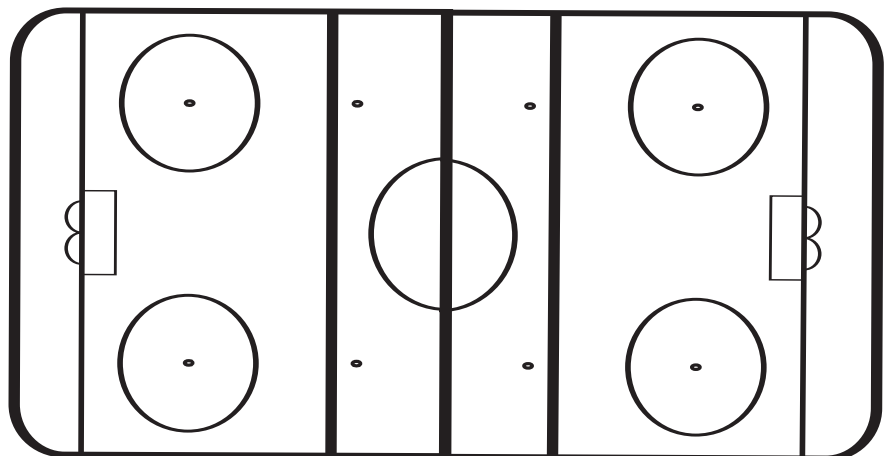
---



---



---



Notes/Comments \_\_\_\_\_

---



---

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

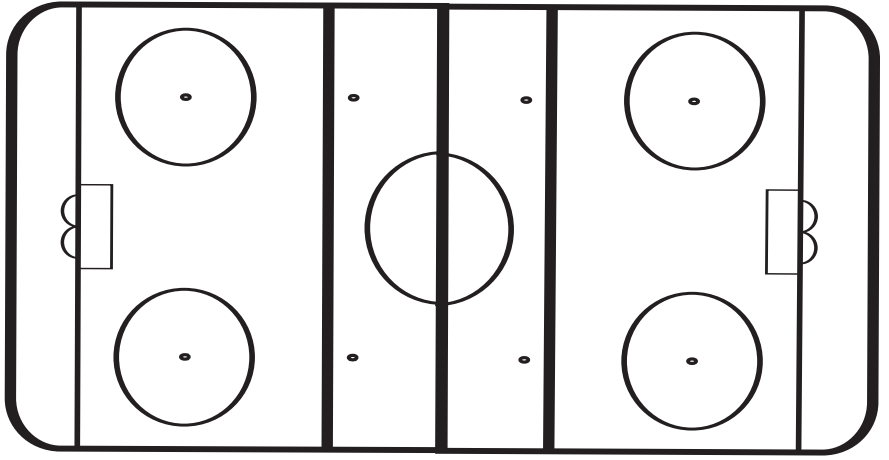
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

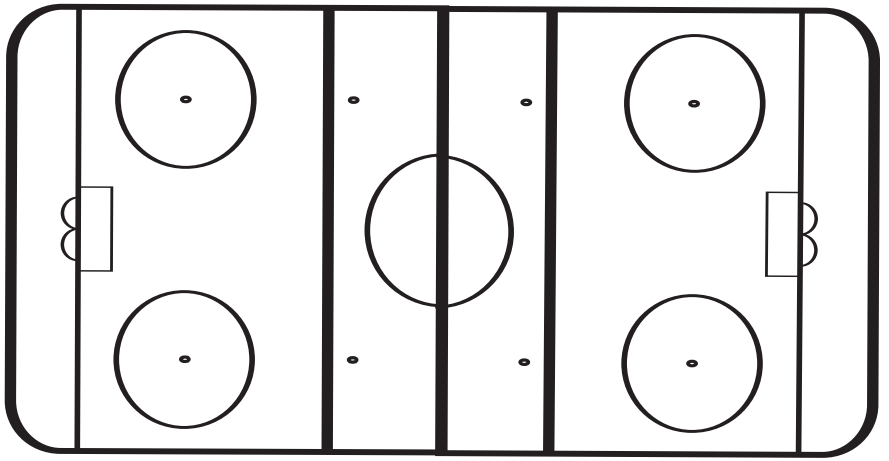
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

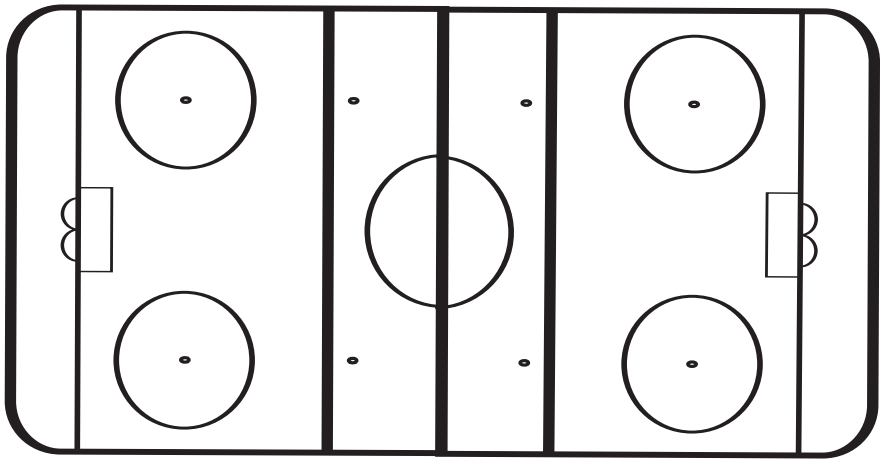
---

---

---

---

---



Notes/Comments \_\_\_\_\_

# Hockey Practice Plan

**Objectives:** Skating - Backward Crossunders, Pivots  
 Puck Control - Escapes and Puck Protection  
 Passing - Trailer Play and Weave  
 Checking - First Forechecker Angling Technique

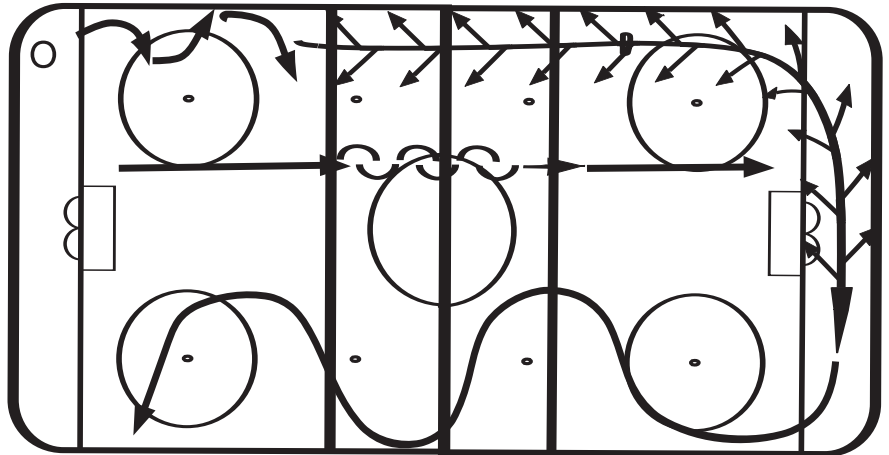
**Date:** \_\_\_\_\_  
**Practice: #5**  
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input checked="" type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input checked="" type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up - Big "C" inside and outside edges - Power strokes - Zig-Zag forward crossovers, forward-backward-forward	
5 mins.	2. Backward crossunders on circle	
5 mins.	3. Backward/Forward Figure 8 on two circles	
5 mins.	4. Forward/Backward quarters on circles	
5 mins.	5. Zig-Zag lines three escapes - Shoot - Follow in for pass and second shot	
5 mins.	6. 1 on 1 puck protection - Use control turns to protect puck - Try to get into good shooting area	
5 mins.	7. 2 on 0 - trailer pay - Swing pass to start entering zone	
5 mins.	8. 3 on 0 weave - enter offensive zone with all three lanes filled	
5 mins.	9. Checking - Forechecking angling - First forechecker attack puck carrier before or after clearing net	
5 mins.	10. 3 on 0 relay race - All three players must touch puck before first shot. The group must score three times before they are finished	

## Drill #1 — Warm-Up: Big C Inside and Outside Edges

- Power Strokes, Forward crossovers, Forward/Backward



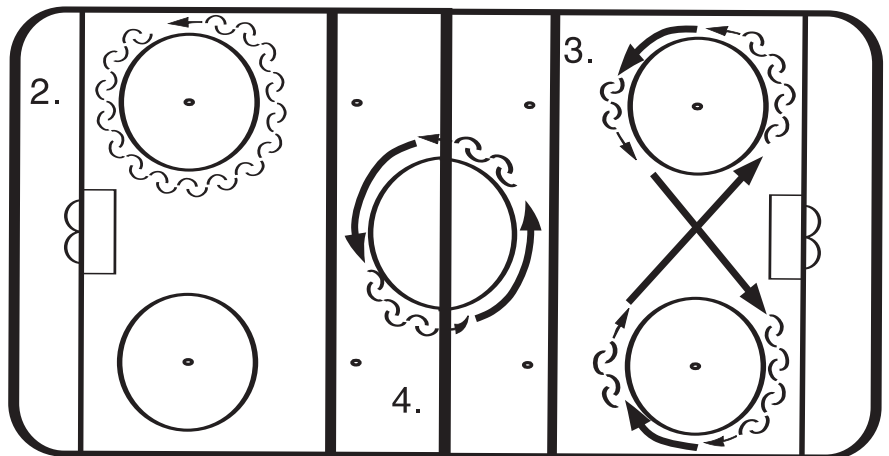
## Drill #2 — Backward Crossunders on Circle

- Reach in with skate and pull behind glide skate.

## Drill #3 — Backward Crossunders on Circle and Forward Between Circles

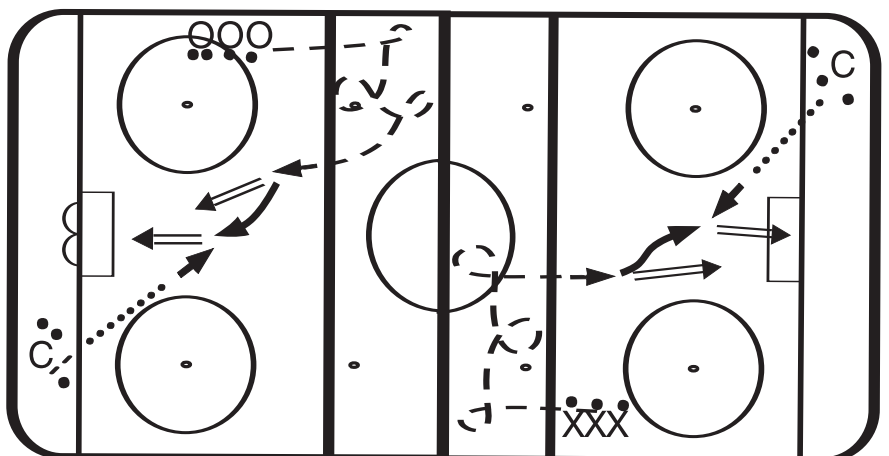
## Drill #4 — Forward and Backward Every Quarter Circle

- Always turn with chest towards middle of circle.



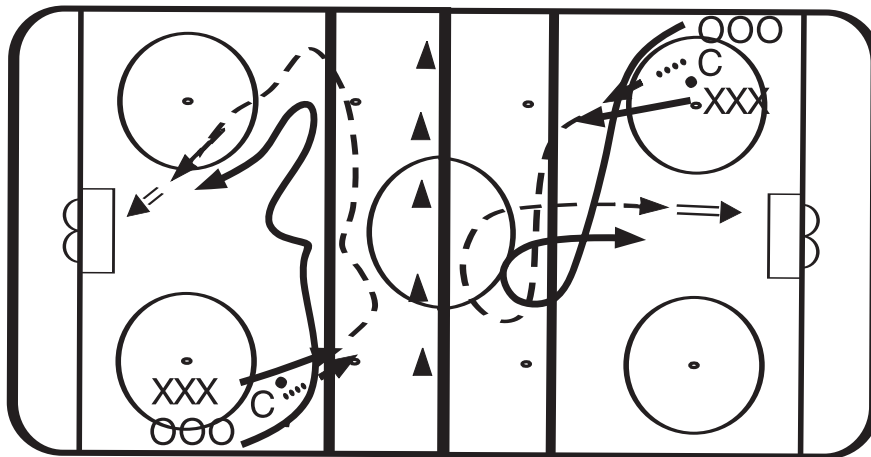
## Drill #5 — Escape Zig-Zag - Shoot - Follow in for Pass and Second Shot

- Wide base when turning.
- Have puck to outside of turn and pull puck around with blade of stick.
- Receive pass from coach and shoot.



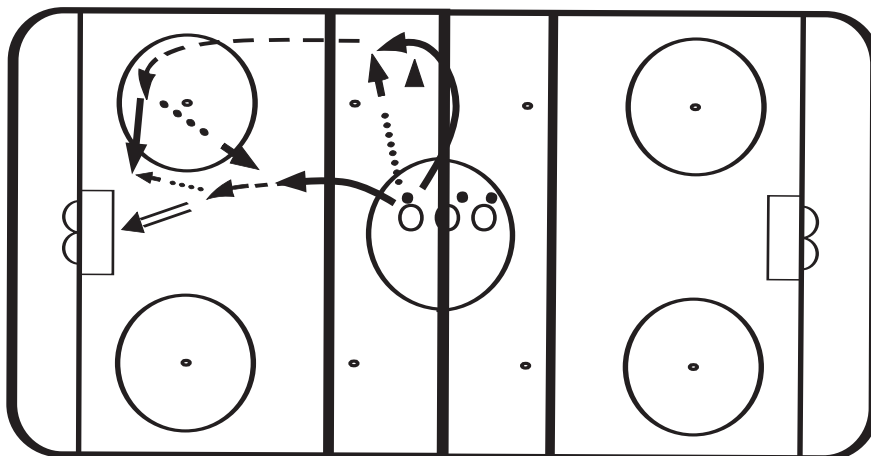
### Drill #6 — 1 on 1 Puck Protection

- Keep body between checker and puck.
- Use control turns and head-shoulder fakes to get checker to commit.
- Once checker is committed, accelerate quickly to net for shot.



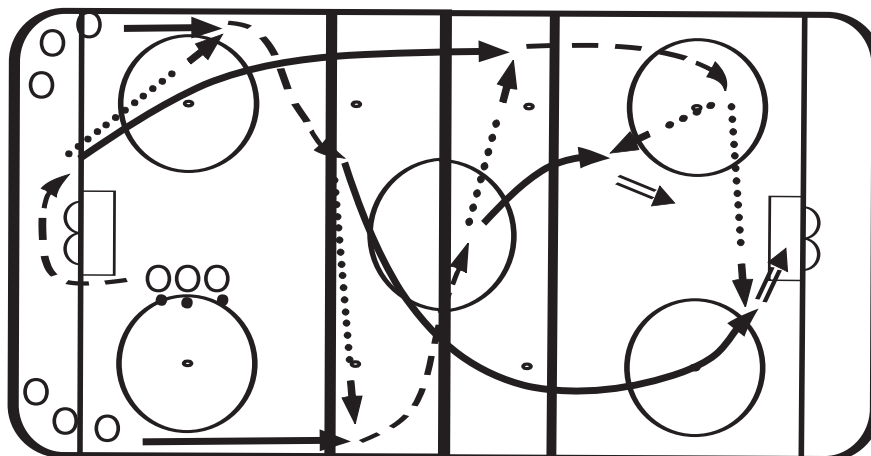
### Drill #7 — Swing Pass to 2 on 0 Trailer Pass

- First player skates around cone and receives pass from second player in line.
- First player skates below top of circle.
- First player passes to second player skating toward the net.
- Second player shoots or passes back to first player for a shot on goal.



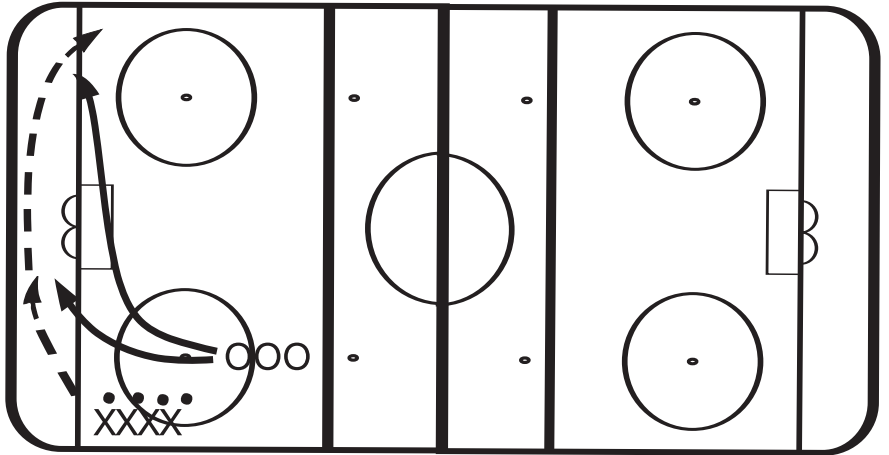
### Drill #8 - 3 on 0 Weave

- Players stay in their lanes until they receive a pass.
- After receiving a pass, the player carries the puck to the middle lane before passing.
- Fill all three lanes moving down the ice.



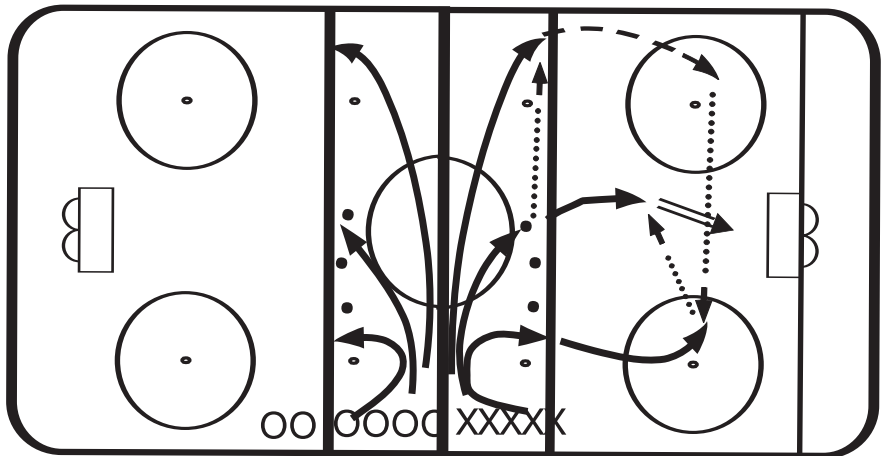
**Drill #9 — Angling - Forechecker #1 - Before or After the Net**

- Puck carrier must carry puck around behind the net.
- Forechecker tries to get to the puck carrier before the net or after clearing net.
- Do not chase behind the net.

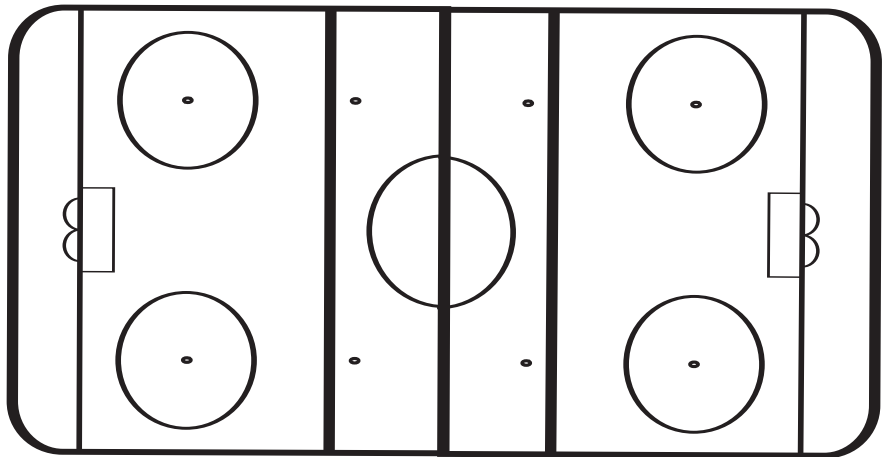


**Drill #10 — 3 on 0 Relay Race - Two Groups at Once**

- Three pucks on each blue line.
- Three players go from each group.
- Must make three passes (every player must touch puck) continue shooting until score.
- All three up over blue line get next puck.



Description \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Notes/Comments \_\_\_\_\_  
 \_\_\_\_\_

# Hockey Practice Plan

- Objectives:**
1. Puck Control - Aggressive Movement, 1 on 1
  2. Shooting - Receive and Shoot
  3. Team Play - Breakout Pass to 1 on 1
  4. Checking - Blocking Out
  5. Offensive Concepts - Breakout to Attack Entry to Screen and Deflect

**Date:** \_\_\_\_\_

**Practice:** #6

**Level:** 10 & Under (Squirt)

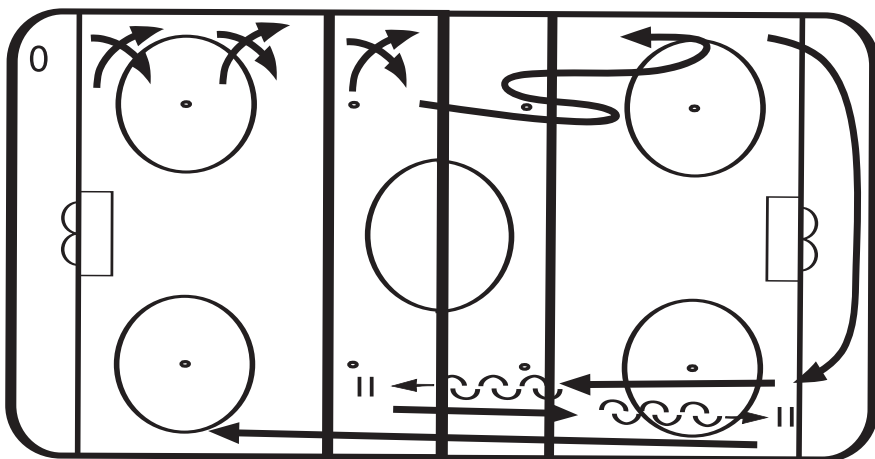
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: Exaggerated crossovers, Control turn towards boards on whistle, Forward to backward to back stop to forward on whistle	Nice and easy
5 mins.	2. Circle and dots aggressive skating with puck; Forward crossovers on circles and control turn first dot and escape second dot	Must go fast
5 mins.	3. Beat the checker (no stick or stick upside down) and shoot	Must go fast
5 mins.	4. Over - Pass - Backward Going back - Receive	Pass to forehand side
5 mins.	5. Three player stationary; shoot off pass at boards	Alternate Passing side to side
5 mins.	6. Flyer-pass - Receive - Shoot - Screen/Deflect	Receive puck without bouncing off
5 mins.	7. 1 on 1 black out - Don't allow opponent to get to puck in slot - Skate backwards weaving back and forth	D Player use pumps and back
5 mins.	8. 5 on 0 breakout to offensive entry to defenseman shot with screen/deflection	Good puck movement
5 mins.	9. 1 on 1 full ice war - two or three groups out at a time - no goalies - 1 on 1 against each other	Keep head up; stay out until one scores



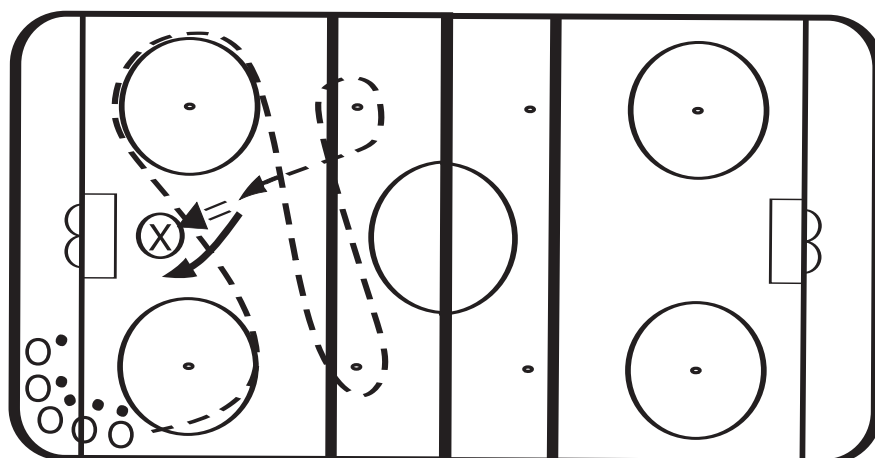
### Drill #1 — Warm-Up: Exaggerated Forward Crossovers

- Balance long time on outside edge; control turns towards boards on whistle.
- On whistle, turn towards boards and do six hard strides Forward - Backward - Stop - Forward.
- When skating backwards, do one skate power stop, then go forward the other direction.



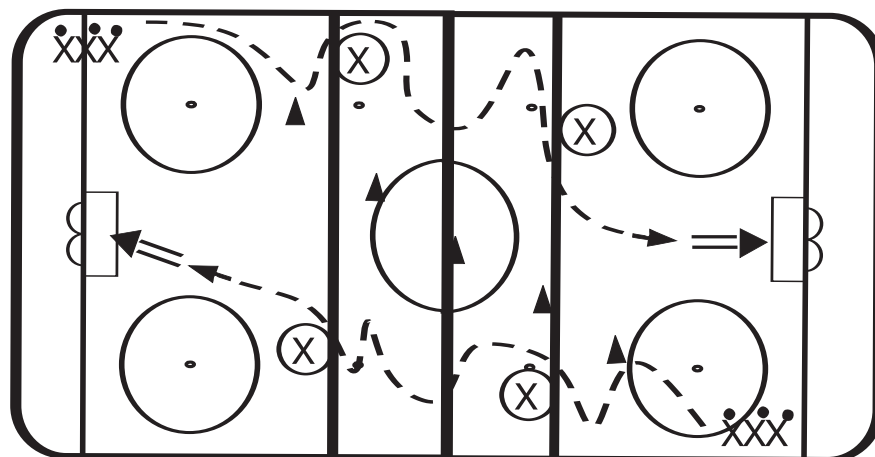
### Drill #2 — Circle and Dots Aggressive Skating With Puck

- Forward crossovers on circle.
- Control turn first dot.
- Escape second dot.
- Shoot and continue into screen and deflect.



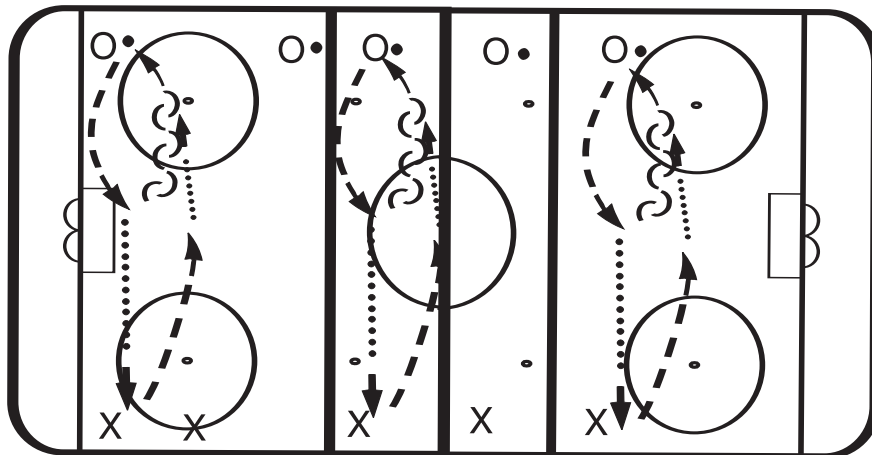
### Drill #3 — Beat the Checker - (no stick or upside down)

- Have checkers stay in a confined area.
- Puck carrier must use head, shoulder, stick fakes.
- Fake - Pull - Accelerate



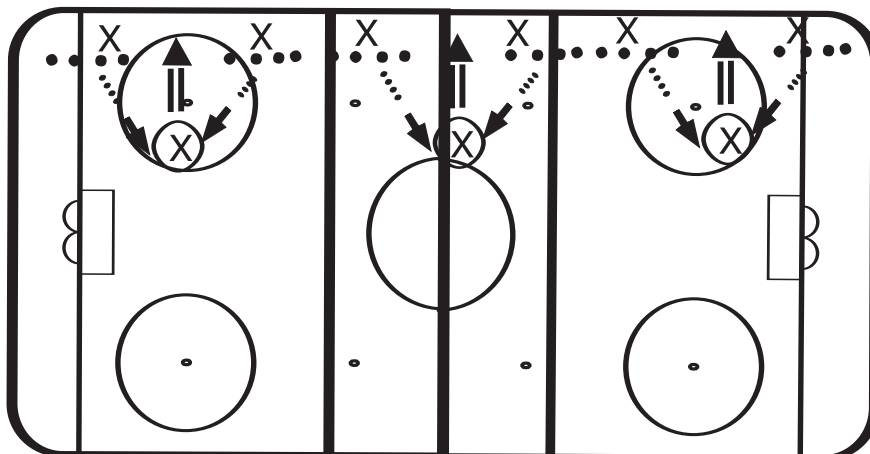
**Drill #4 — Over - Pass - Backward Going Back - Receive**

- Puck carrier carries puck to middle and passes then skates backward.
- Partner receives pass, skates to middle and passes to player skating backwards.
- Pass puck to forehand side.



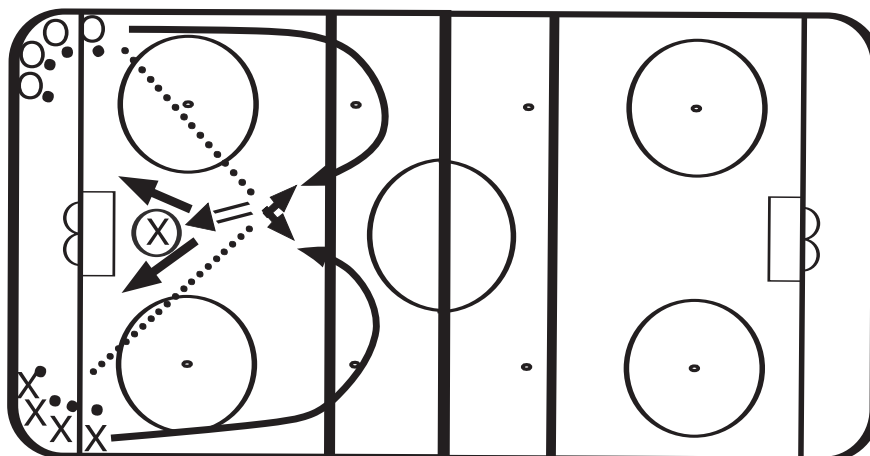
**Drill #5 — 3 Player Stationary Shoot Off Pass at Boards**

- Two players on boards with pucks.
- Shooter 20 feet away from boards.
- Alternate passing to shooter.
- Receive on backhand side - give and shoot.
- Receive on forehand side - shoot off pass.



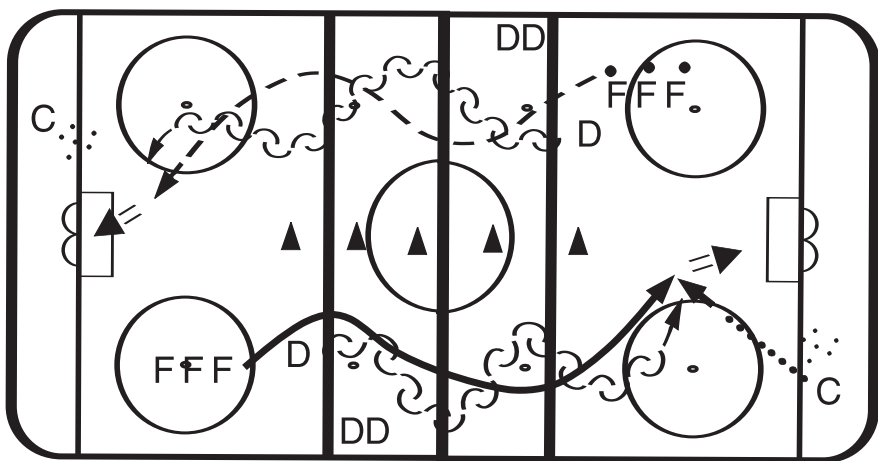
**Drill #6 — Flyer - Pass - Receive - Shoot - Screen/Deflect**

- Player skates up around dot and receives pass from opposite line and shoots.
- When receiving give so puck doesn't bounce off blade of stick.
- After shooting continue to net and screen/deflect.



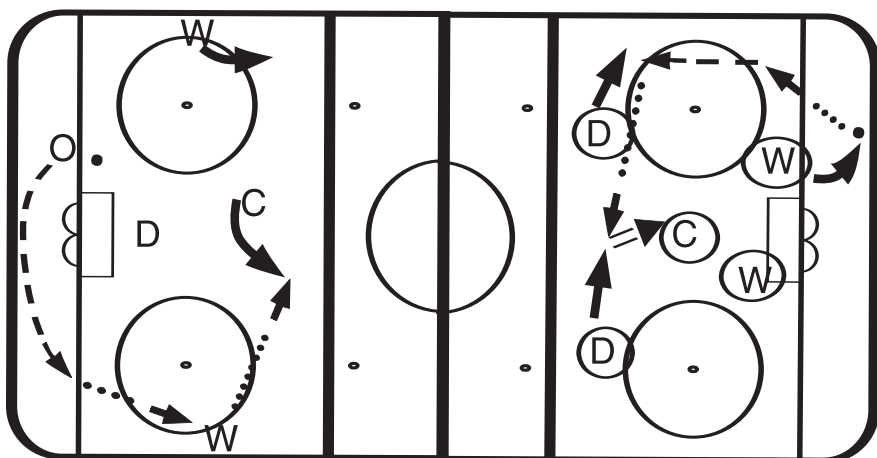
### Drill #7 — 1 on 1 Block Out - D (no sticks)

- Player on D skates backward entire time.
- Option: Have F carry puck or don't carry puck and get open for pass from coach.
- D uses back pumps and back crossovers to stay in front of F.



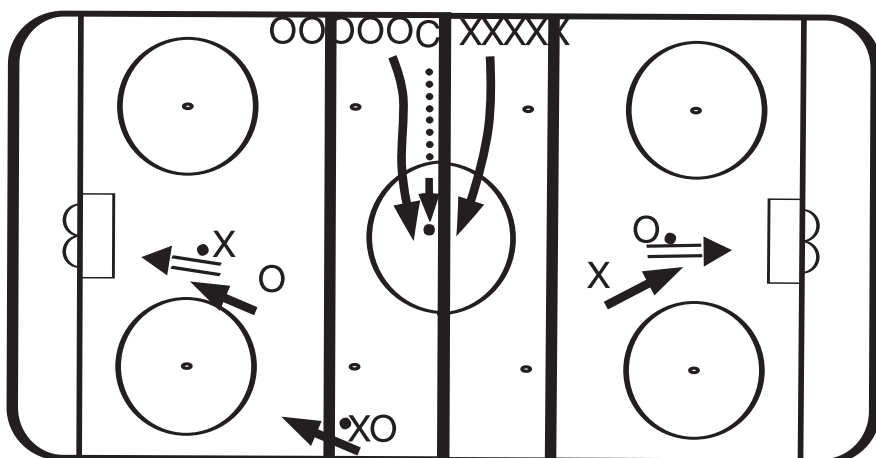
### Drill #8 — 5 on 0 Breakout to Offensive Entry - Shoot - Retrieve Puck - Pass to Defenseman - Go O to D and Shoot With Screen and Deflection

- Move up the ice as a unit.
- Do trailer entry for first shot.



### Drill #9 — 1 on 1 Full Ice War - No Goalies

- Have two or three groups out at a time - no goalies in nets.
- Goalies 1 on 1 against each other.
- Stress SAFETY - heads up.
- Keep drill under control.



# Hockey Practice Plan

**Objectives:** Passing - Short, Quick Passing, Board Pass  
 Checking - Backcheck, Close Body Play  
 Team Play - Go 1 on 1, 2 on 1 Swing Pass  
 Competition - 1 on 1 Battle Length of Ice  
 Scrimmage - 3 on 3

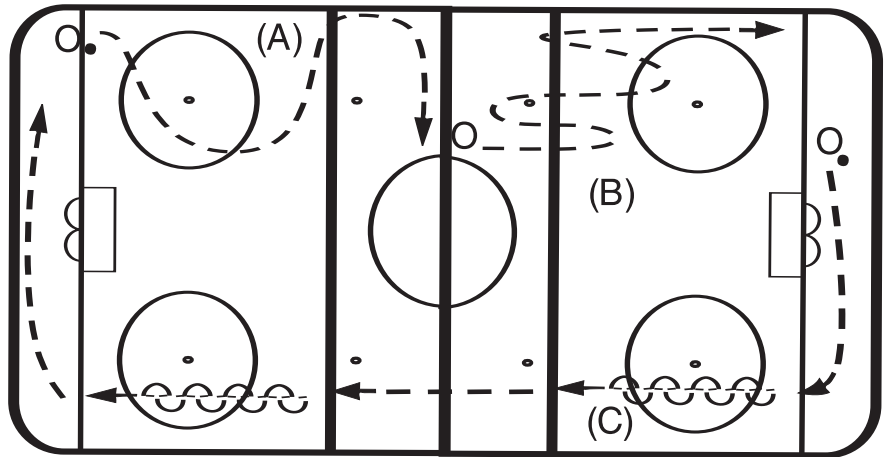
**Date:** \_\_\_\_\_  
**Practice: #7**  
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input checked="" type="checkbox"/> Misc. Competition
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: With pucks - Zig-Zag forward crossovers; Control turns towards side boards on whistle; forward and backward	Good form
5 mins.	2. Three player triangle passing	Give and Sweep; No slapping
5 mins.	3. 1 on 0 Board Pass to give and go with coach and shoot; alternate sides	Put puck off boards at sharp angle
7 mins.	4. 1 on 1 backcheck - lane responsibility	Backcheck inside and keep opponent outside
5 mins.	5. 1 on 1 war in the zone; dump puck into corner; two players go into corner and battle - either score or prevent partner from scoring	Learn to control opponent with tight pressure
7 mins.	6. 1 on 1 half ice - D Breakout Pass - F and D up around cones to 1 on 1	D pass accurate F Stationary receive
7 mins.	7. 2 on 1 two-thirds ice - 1st F swings to far boards; 2nd F retrieves puck; D skates forward around circle to backwards	First F don't get way ahead of play
5 mins.	8. Circle Criss-Cross to 1 on 1 competition for puck	Full speed crossovers on gliding
10 mins.	9. 3 on 3 full ice - 30 second shifts	Pass puck to open teammate quickly

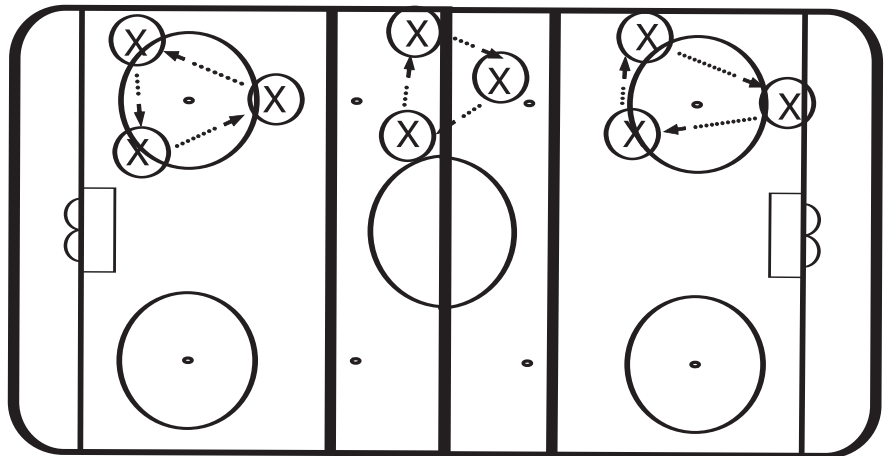
## Drill #1 — Warm-Up: With Puck

- (A) • Middle to boards forward crossovers.
- (B) • Whistle control turns to side boards.
- (C) • Backward stickhandling and forward stickhandling.



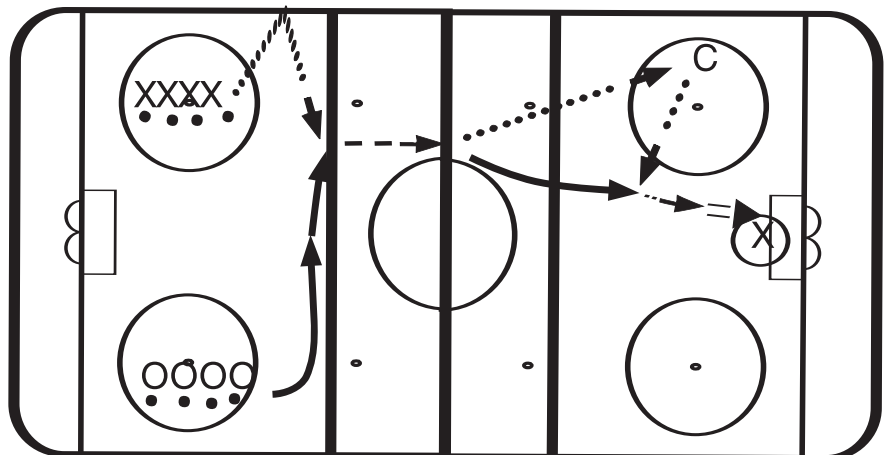
## Drill #2 — Three Player Triangle Passing

- 15 to 20 feet apart.
- Pass to blade of stick (forehand side).
- Give when receiving.
- Sweep puck to target blade.
- NO SLAPPING.



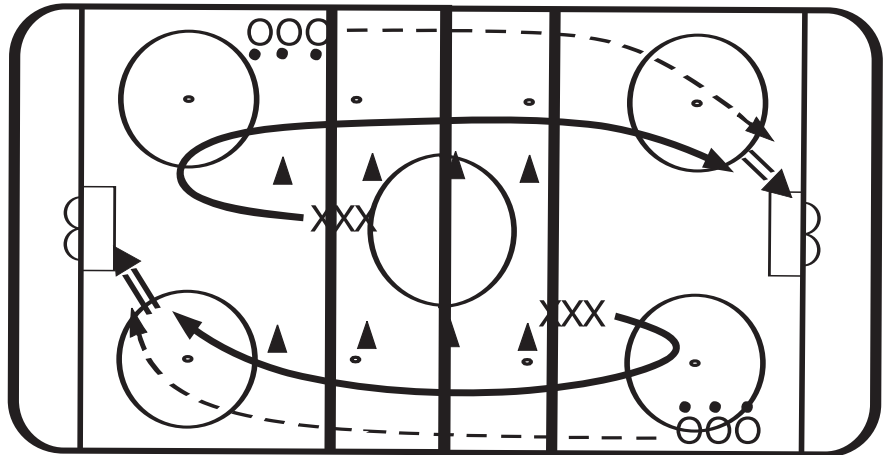
## Drill #3 — 1 on 0 Board Pass to Give and Go With Coach and Shoot - Alternate Sides

- Sharp angle board pass.
- Skate to red line; pass to coach.
- Continue forward, receive pass from coach and shoot.
- Then screen/deflect for next shooter.



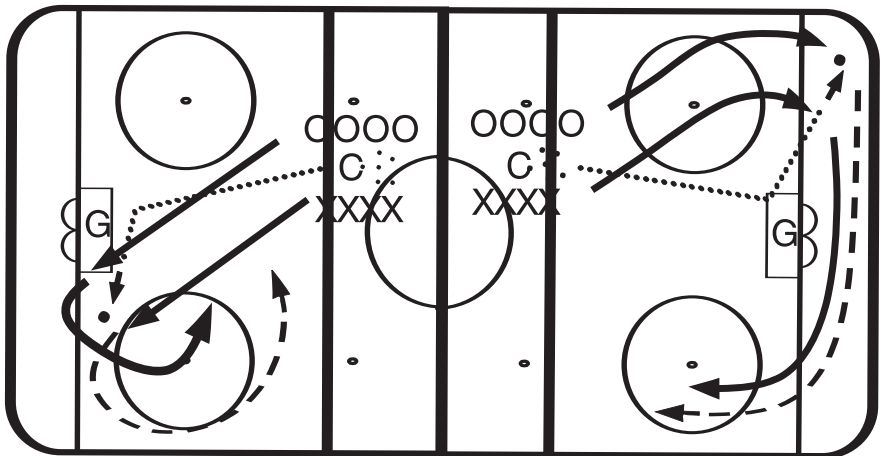
**Drill #4 — 1 on 1 Backcheck  
- Lone Responsibility**

- Backchecker starts stick length behind cone and does a "J" start (three quick crossovers).
- Puck carrier tries to get inside of backchecker.
- Backchecker must contain puck carrier outside.



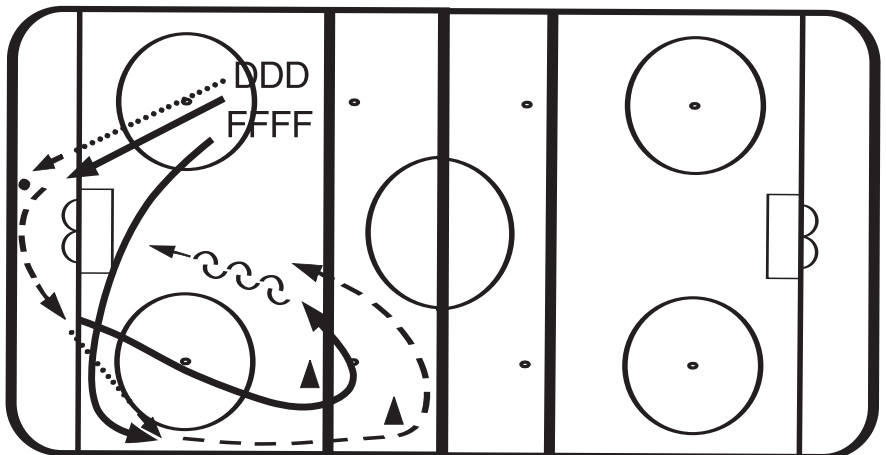
**Drill #5 — 1 on 1 War in the Zone**

- Coach shoots on net or dumps into corner.
- First player in each line goes in; battles opponent.
- Either can score or prevent partner from scoring.
- Stress close body play.



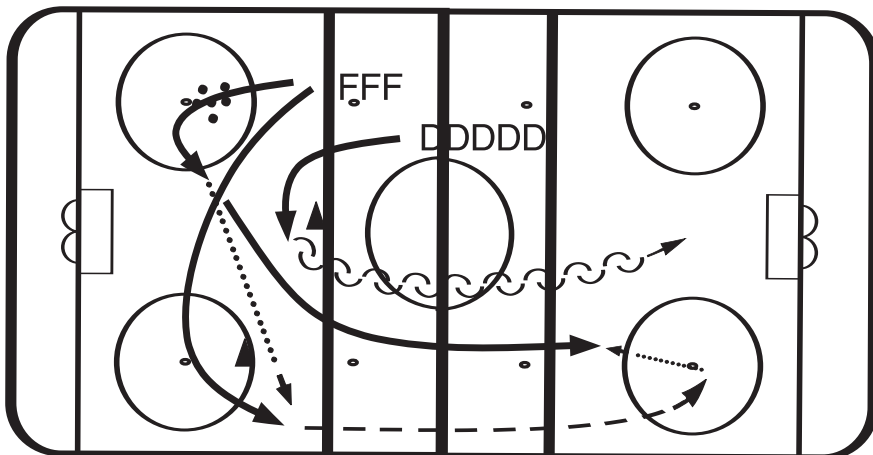
**Drill #6 — 1 on 1; Half Ice -  
D Breakout Pass to F**

- Start D and F top of circle.
- D Retrieves Puck - skates behind net to make pass.
- F skates to bottom of circle on opposite side.
- F receives pass and skates up and around second cone.
- D skates forward to first cone then pivots backward to play 1 on 1.



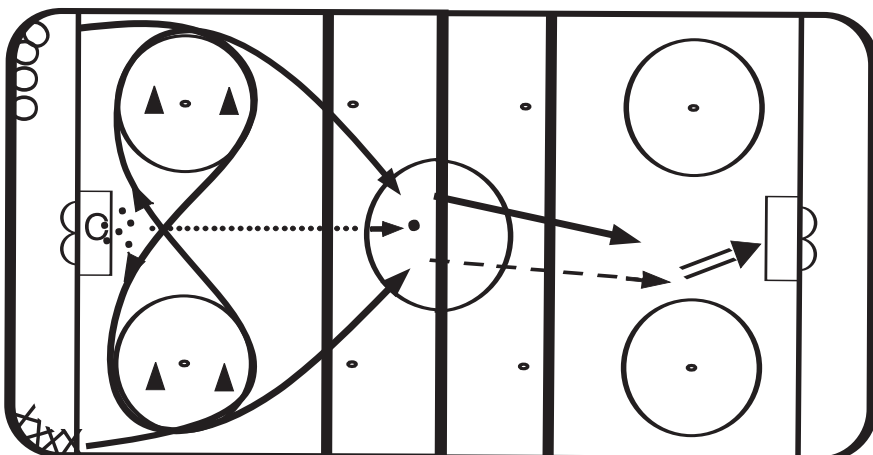
### Drill #7 — 2 on 1; Two-Thirds Ice

- First F swings to far cone and up ice.
- Second F picks up puck and passes to first F.
- D skates forward to cone then pivots backwards.
- F's Option - cross and drop pass, or trailer pass play.



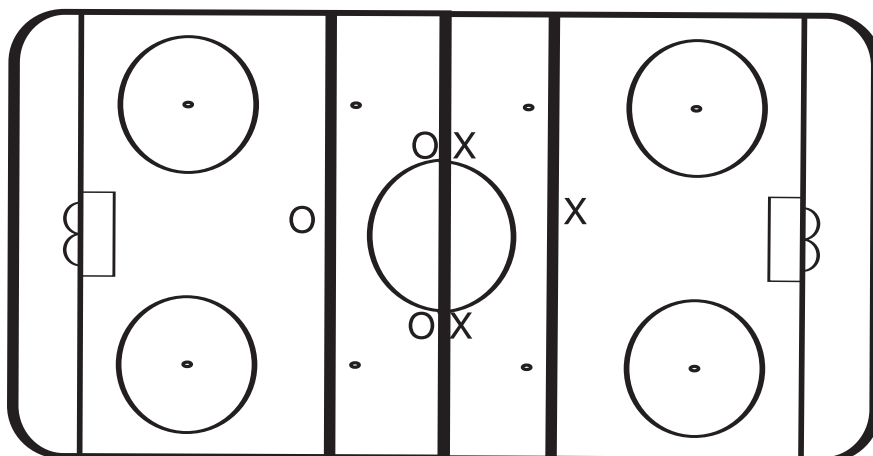
### Drill #8 — Circle Criss Cross 1 on 1 Competition for Puck

- First player in each line goes - must do full speed crossovers - NO GLIDING.
- Coach glides puck up middle.
- 1 on 1 battle down ice.



### Drill #9 — 3 on 3 Full Ice - 30 second shifts

- Pass immediately to open teammate.



# Hockey Practice Plan

- Objectives:**
1. Passing - Refinement of Passing
  2. Puck Control - Control Turns and Escapes
  3. Shooting - Quick Release Shots; Crashing Net and Shooting
  4. Checking - Blocking Out Opponent
  5. FUN COMPETITION

**Date:** \_\_\_\_\_

**Practice:** #8

**Level:** 10 & Under (Squirt)

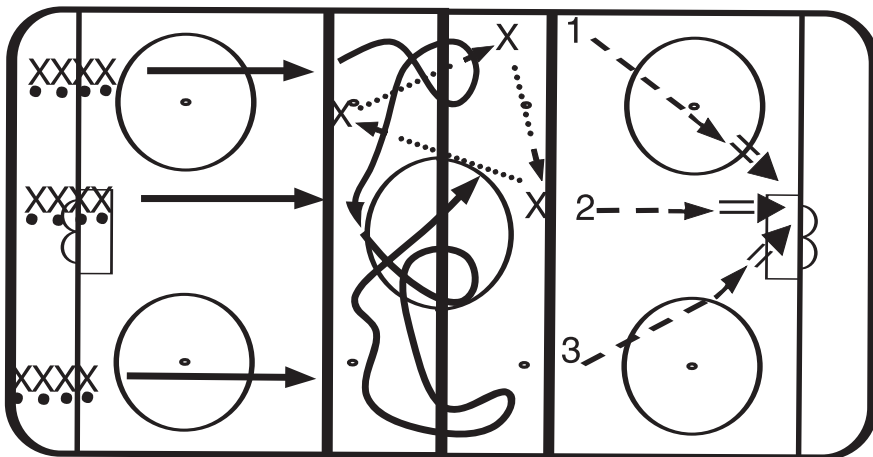
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	<input checked="" type="checkbox"/> Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending	_____ 3 on 0	_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: Three to five lines; Hot Dog skating; Agility in neutral; "Show Off" puckhandling skills in neutral; One puck rapid passing in neutral	
5 mins.	2. Over and backwards; Retrieve puck; Control turn and escape; Pass to coach	Full speed; aggressive edge turns
5 mins.	3. Five Station pass; Follow pass; Note: Start of power play and Offensive Triangle	Hard, accurate passing
5 mins.	4. 2 on 0 funnel pass and shoot; Try and make three passes before shooting	Move puck quickly
5 mins.	5. 1 on 1 give and go pressure shoot	Accurate forehand pass; quick shot
5 mins.	6. Top of circle shoot; Continue to net for pass and 2nd shot	Shoot and go for net (rebound)
5 mins.	7. 1 on 1 block out opponent from puck; Body on body and stick on stick	Tight gaps
5 mins.	8. 2 on 2 Backchecking; Backcheckers do J crossover start; Keep opponent to outside	Tight gaps
5 mins.	9. Pom - pom - pull away	
	10. Team shoot-off contest	



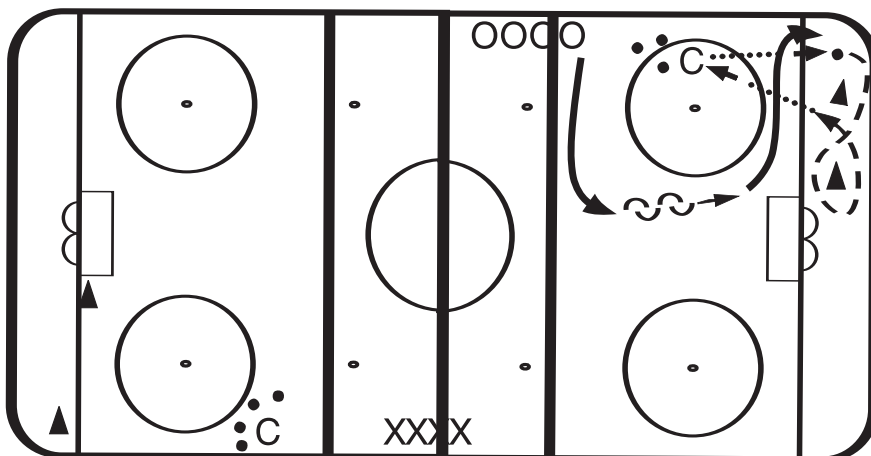
### Drill #1 — Warm-Up - 3 Lines

- Hot dog skating (no pucks) in neutral zone; do aggressive agility skating moves.
- Show off puckhandling in neutral zone; number lines 1-2-3 (this is the order they go in and shoot).
- One puck rapid pass in neutral zone; move around passing; three passes entering attack zone before shooting.



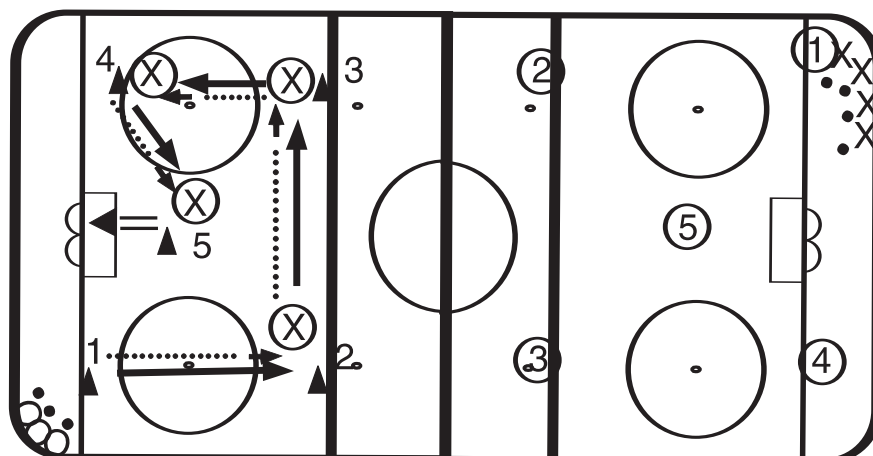
### Drill #2 — Over and Backwards - Retrieve Puck - Control Turn and Escape - Pass to Coach

- FULL SPEED forward to middle, then backwards.
- Pivot, retrieve puck in corner and do control turn around on 1st cone and escape on second cone, then immediately pass to coach.



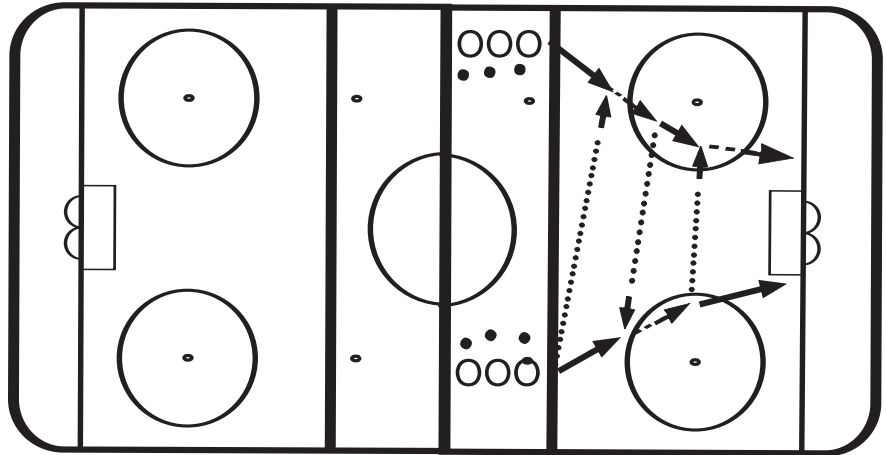
### Drill #3 — Five Station Pass - Pass and Follow Pass

- Pass hard and accurately.
- After passing, skate full speed to next station.
- Use cones to mark station spot at first.
- #5 shoots at net.



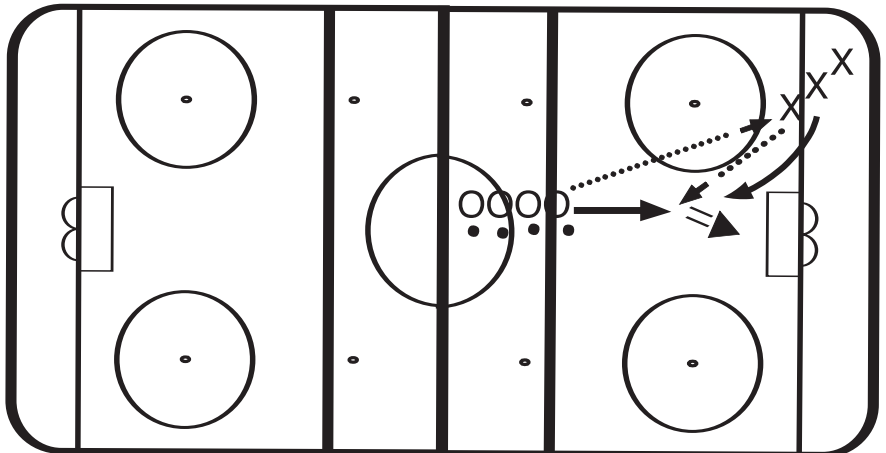
### Drill #4 — 2 on 0 Funnel Pass

- Make HARD Passes.
- Try and make three passes before shooting.



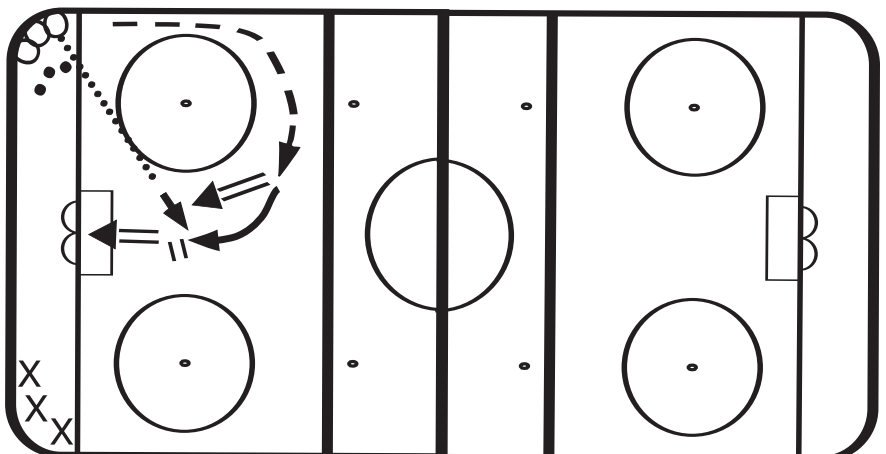
### Drill #5 — 1 on 1 Give and Go Pressure Shot

- Shooter starts at blue line and passes to the line below goal line.
- Shooter skates in, gets return pass and shoots before defender gets to him to block shot.



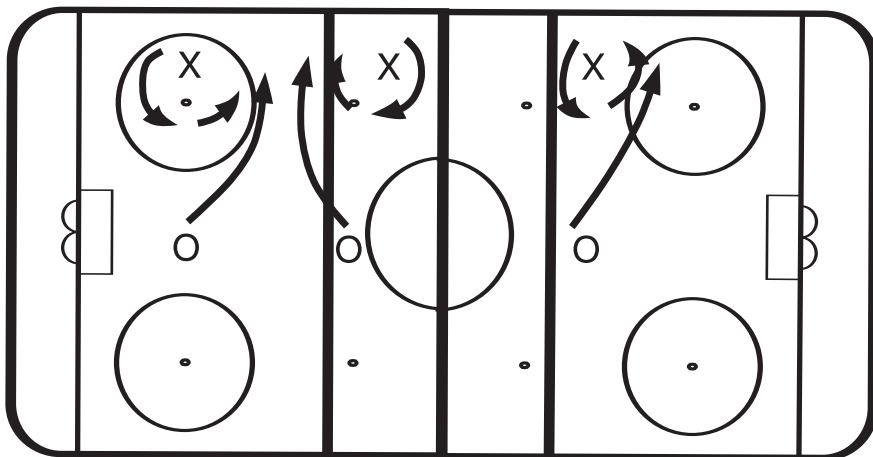
### Drill #6 — Circle Crossovers and Shoot - Continue in for Pass and Second Shot - Alternate Sides

- Puck carrier skates to top of circle.
- Continue to net get pass from line and shoot.
- Stop in front of the net.



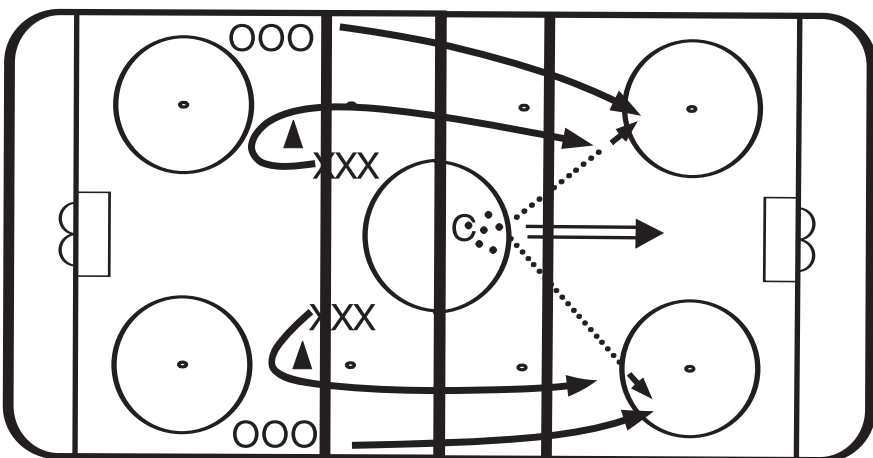
### Drill #7 — 1 on 1 Block Out Opponent From Getting to Puck

- Defender faces puck, on whistle defender turns around and takes the opponents body and controls his/her stick; don't allow opponent to touch puck.



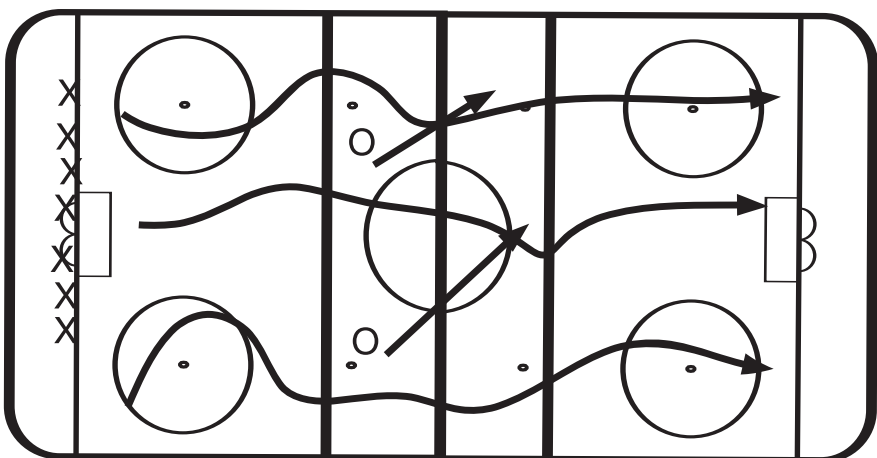
### Drill #8 — 2 on 2 Backchecking - BC does J Start (Three Crossover Three)

- Backchecker contains opponent to the outside.
- Coach can pass to either side or shoot on net.
- Let play continue awhile after pass.



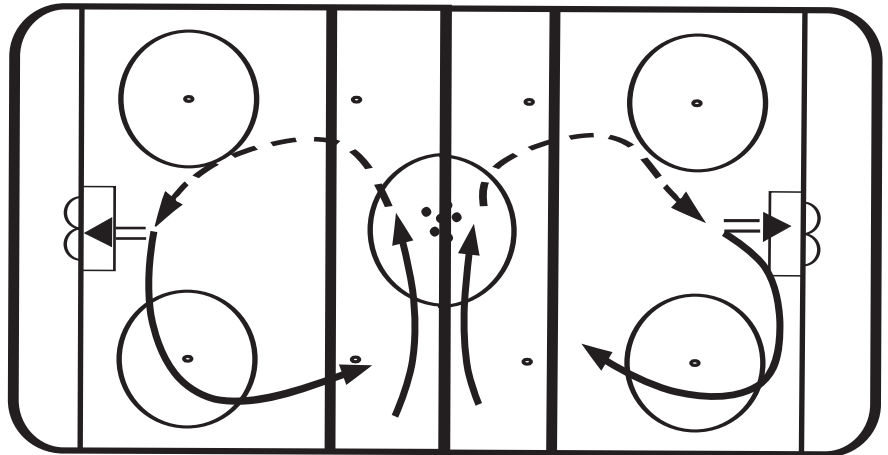
### Drill #9 — Pom-Pom-Pull-Away

- Players do not use sticks.
- A designated player(s) begin the game as the taggers in neutral ice.
- Players line up on the goal line.
- On whistle, skate to the other end
- When tagged, stay in middle and be a tagger.



## Drill #10 — Team Show Down Contest

- Two groups, pucks in middle circle.
- First player in each group gets puck and skates toward the net and shoots, then immediately turns and skates hard to blue line; then next player can go; coach keeps track of goals scored.



Description \_\_\_\_\_

---



---



---



---



---



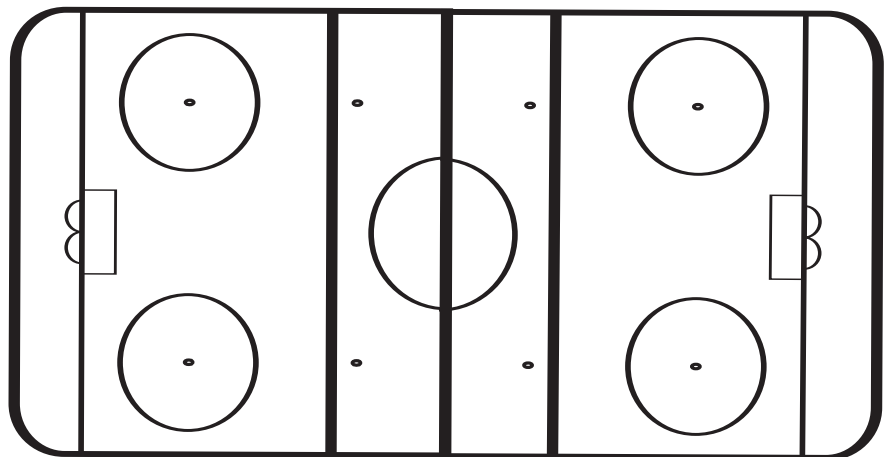
---



---



---



Notes/Comments \_\_\_\_\_

---



---

Description \_\_\_\_\_

---



---



---



---



---



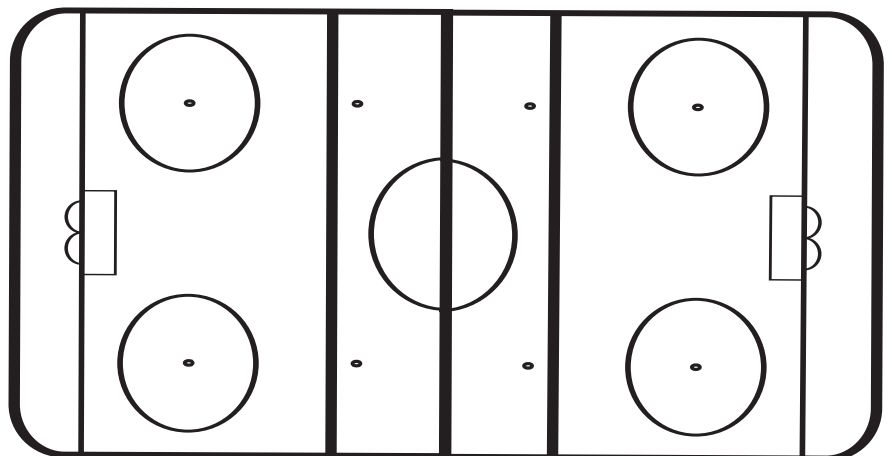
---



---



---



Notes/Comments \_\_\_\_\_

---



---

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

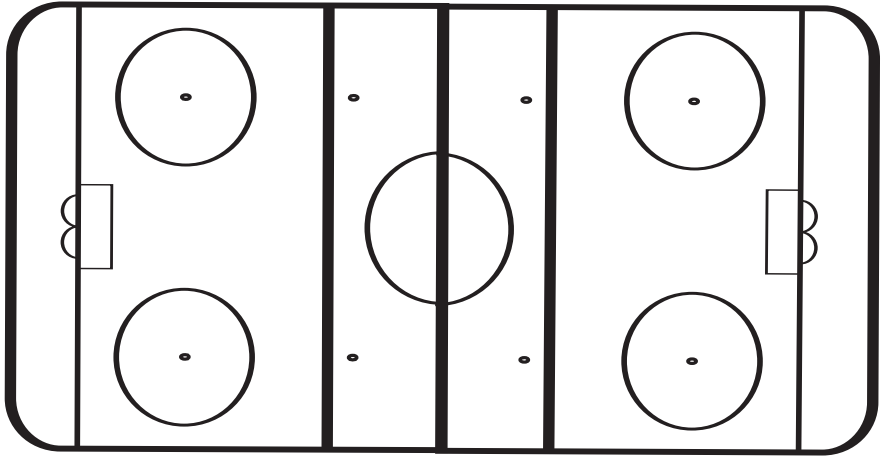
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

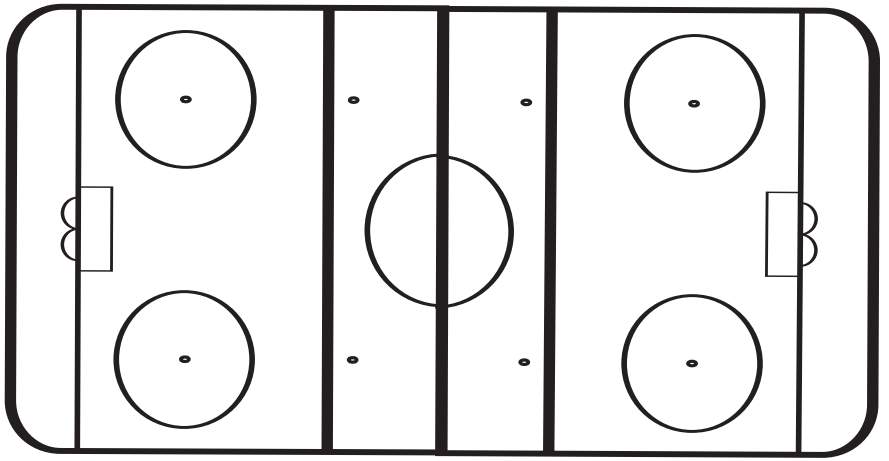
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

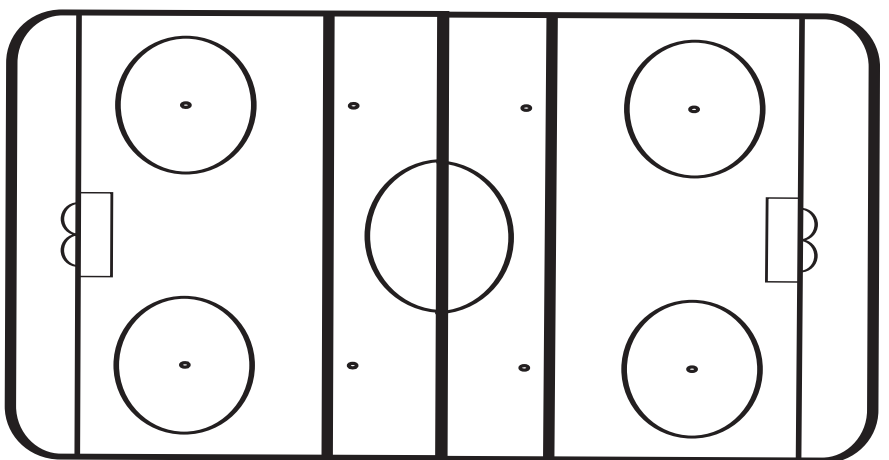
---

---

---

---

---



Notes/Comments \_\_\_\_\_

# Hockey Practice Plan

- Objectives:**
1. Skating - Aggressive/Agility
  2. Puck Control - Use of Feet in Controlling/Protecting Puck
  3. Shooting - 1 on 0 With Goalie - Options for Scoring
  4. Systems - Breakouts, Offensive Entry, Power Play
  5. Passing - Drop Pass and Weave

**Date:** \_\_\_\_\_

**Practice:** #9

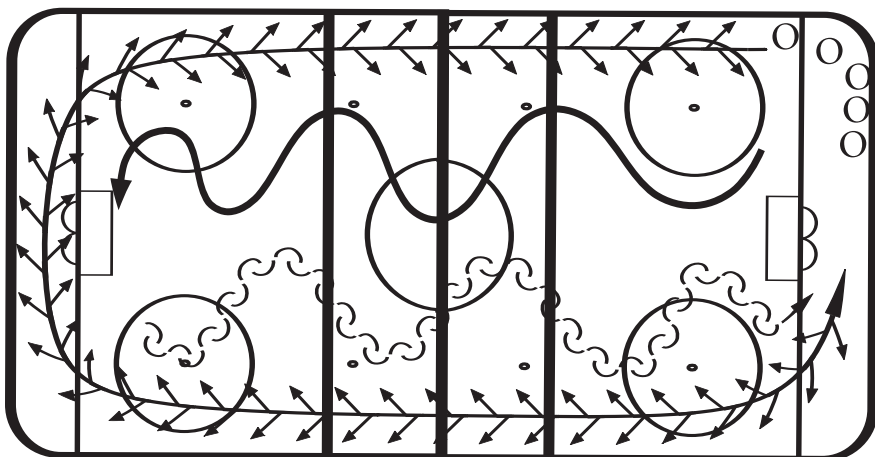
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input checked="" type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input checked="" type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: Power strokes, control turns zig-zag, Backward crossover zig-zag	
5 mins.	2. Multi-skill ability course, forward crossovers, control turn, escapes, forward/backward zig-zag step outs, mohawk step out	FULL SPEED
5 mins.	3. 1 on 1 (no sticks) partner keep away; use skates to control and protect puck	Use body to keep partner away from puck
6 mins.	4. 2 on 0 double drop pass at each blue line	Puck carrier starts across to drop pass
6 mins.	5. 3 on 0 weave - enter offensive zone with trailer play	HARD PASSES
6 mins.	6. 1 on 1 two-thirds ice; D breakout pass to coach; F does give and go with coach on far blue line then 1 on 1	Start of regroup concept
6 mins.	7. 2 on 1 half ice; D breakout pass to F; Pass to other F, Forwards criss cross in neutral zone and drop pass then 2 on 1	
7 mins.	8. 3 on 2; Coach breakout pass; 3 on 2 trailer play	Attack to top of circle very quickly
14 mins.	9. Power play - two groups	Use cones for defenders
5 mins.	10. Team Show Down option #2; Player has to stay out until they score, team wins when all players have scored	

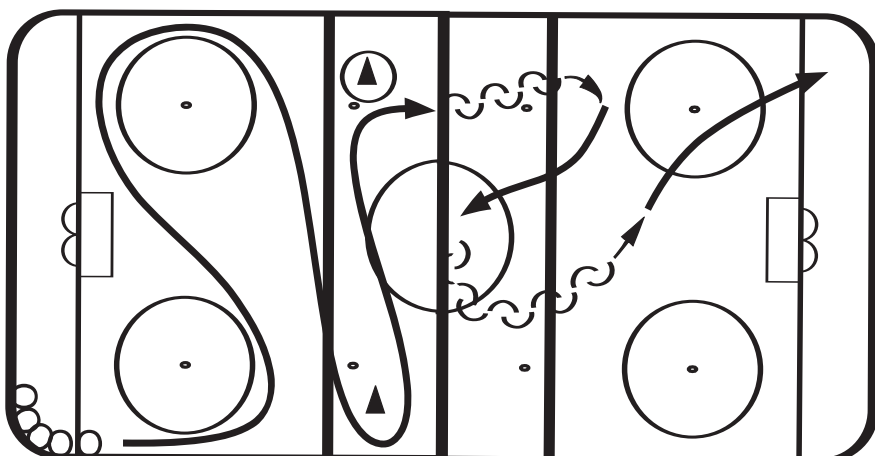
### Drill #1 — Warm-Up: One Line in Corner

- Two laps power strokes.
- Half lap zig-zag control turn.
- Half lap zig-zag, backward crossovers.



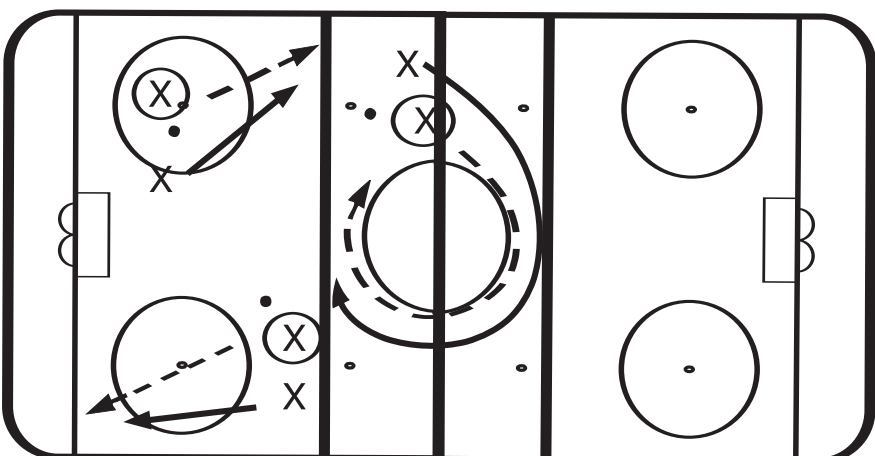
### Drill #2 — Multi-Skill Ability Course

- Forward crossovers on circles.
- Control turn first dot and escape at second dot.
- Backward, forward, backward zig-zag.
- Mohawk step out forward to goal line.



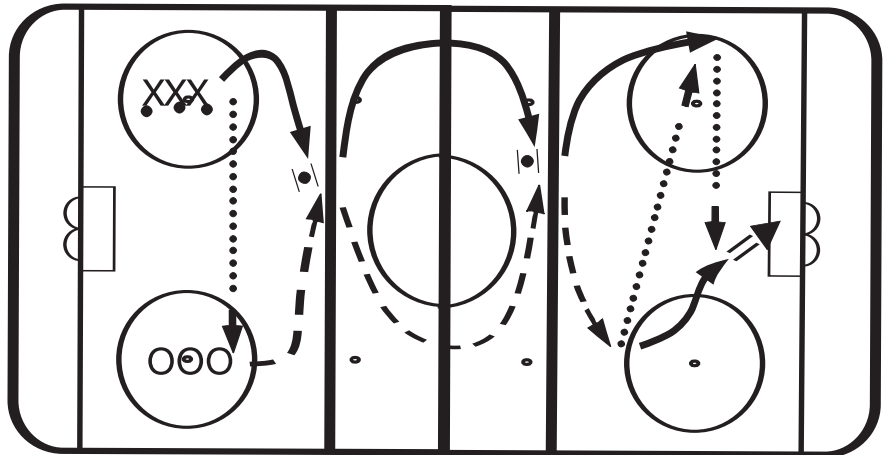
### Drill #3 — 1 on 1 - No Sticks - Partner Keep Away

- Use skates to control puck.
- Use body to defend off partner from puck.



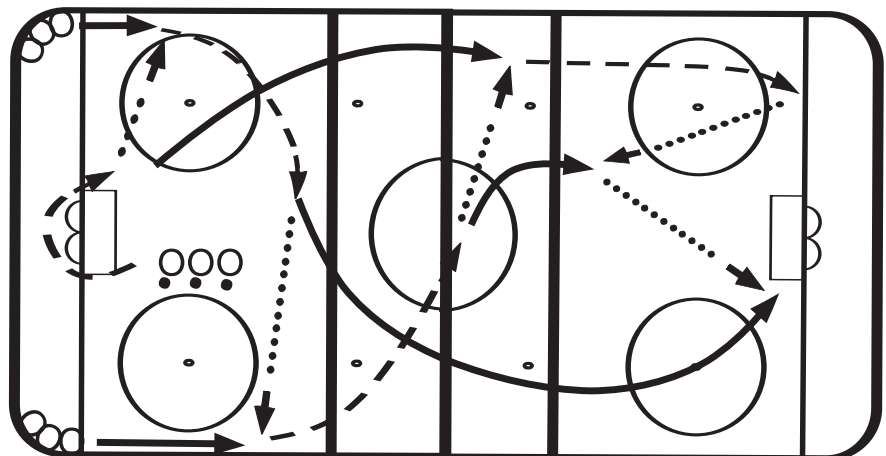
### Drill #4 — Pass - Double Drop Pass - Two Passes and Shoot

- Line on each dot.
- Pass to other line.
- Make a drop pass at each blue line.
- Enter attack zone making two more passes and shoot.



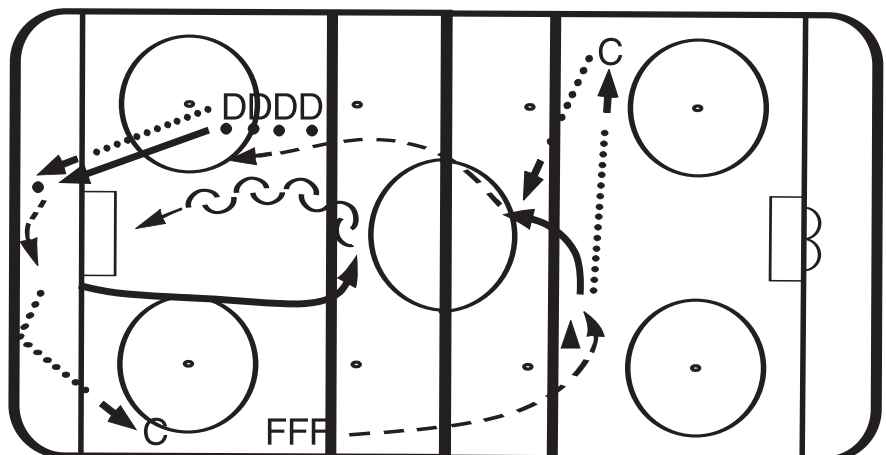
### Drill #5 — 3 on 0 Weave - Enter Offensive Zone With Trailer Play

- Player only moves to middle after receiving pass.
- Do trailer play into offensive zone.



### Drill #6 — 1 on 1; 2/3 Ice

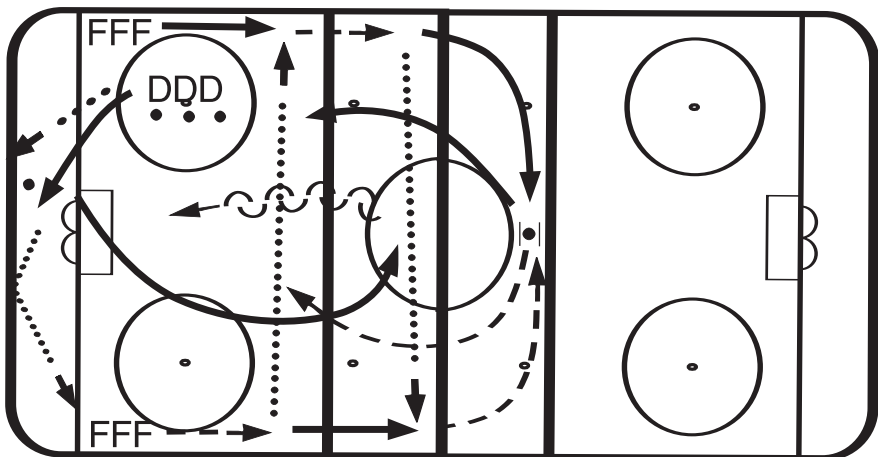
- D retrieves puck; make breakout pass to coach then up to blue line for 1 on 1.
- F carries puck to cone, passes to coach, continues across, receives pass, then 1 on 1 with D.





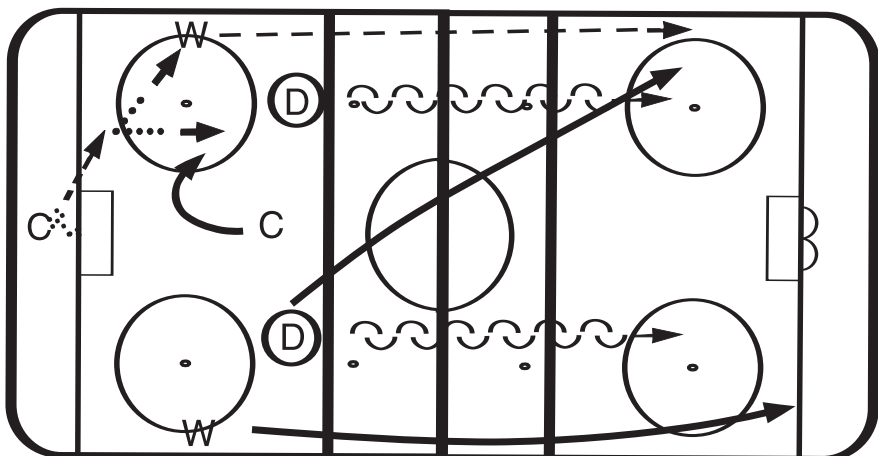
### Drill #7 — 2 on 1 Two-Thirds Ice

- D makes breakout pass to F.
- Forwards make two long passes then cross ice and drop pass.
- D moves up with play and plays 2 on 1 coming back into zone.



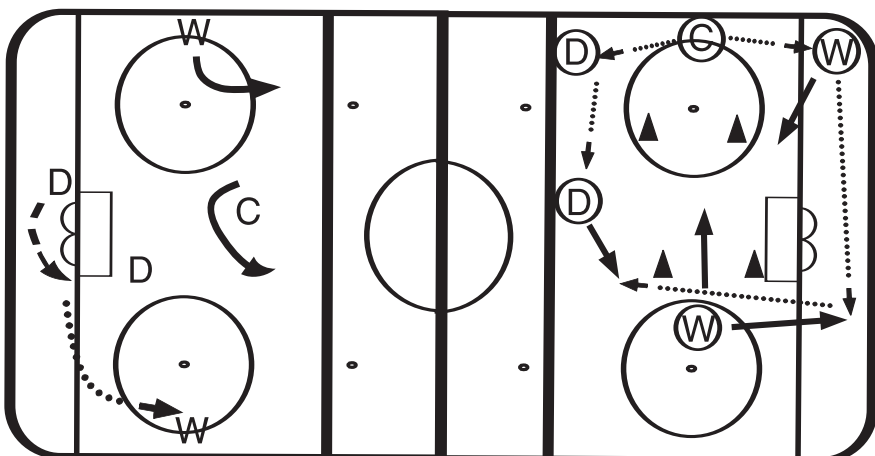
### Drill #8 — 3 on 2 - Breakout Pass From Coach

- Forwards move into breakout positions.
- Coach makes a pass to one of the forwards.
- Center supports breakout pass.
- 3 on 2 into offensive zone.
- Allow play to continue for awhile.



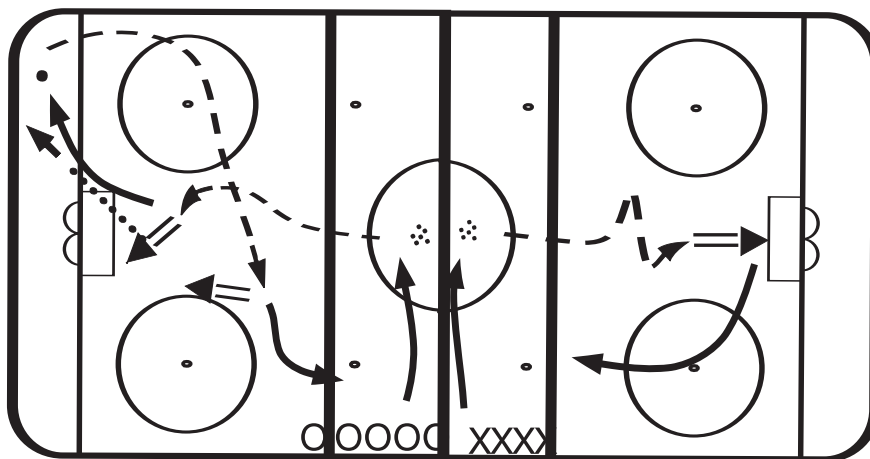
### Drill #9 — Power Play - Two Groups

- Basic breakout options for power play breakout.
- Offensive zone set up in overload; use four cones for defenders.
- Pass puck around creating different options.



## Drill #10 — Team Show Down - Option #2

- 1 on 0 with goalies both ends.
- Shooter must continue in zone until they score.
- After scoring, sprint over blue line before next player can go.
- First team to have all players score wins.



Description \_\_\_\_\_

---



---



---



---



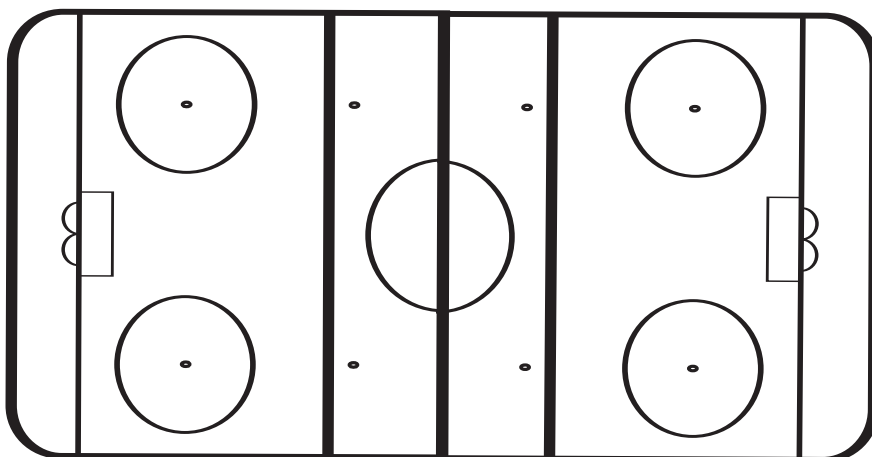
---



---



---



Notes/Comments \_\_\_\_\_

---

Description \_\_\_\_\_

---



---



---



---



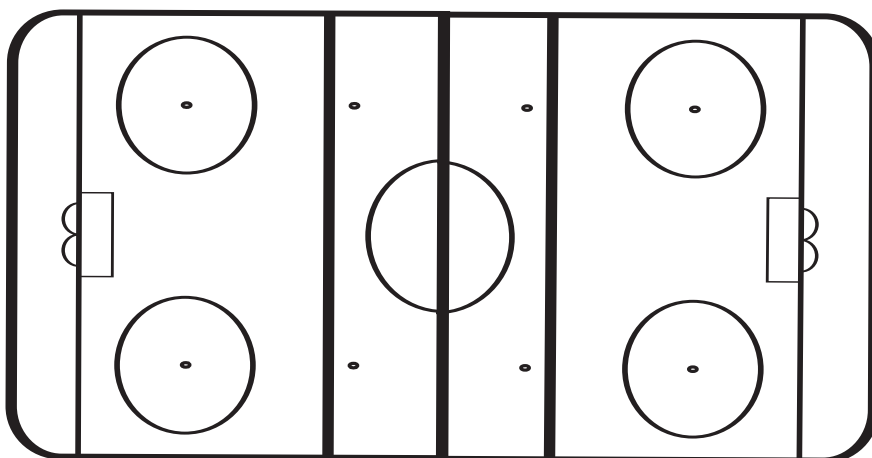
---



---



---



Notes/Comments \_\_\_\_\_

---

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

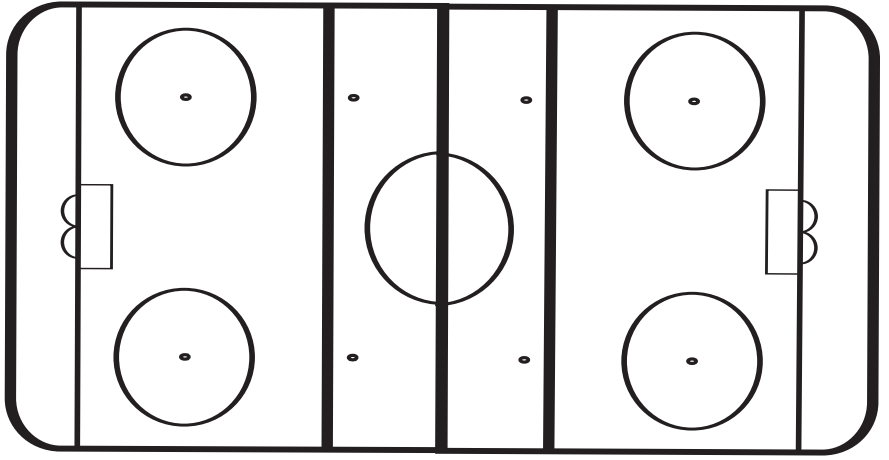
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

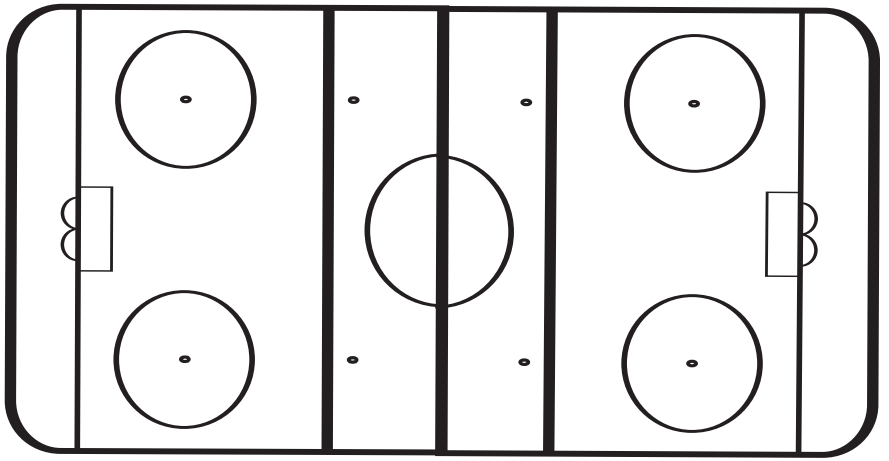
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

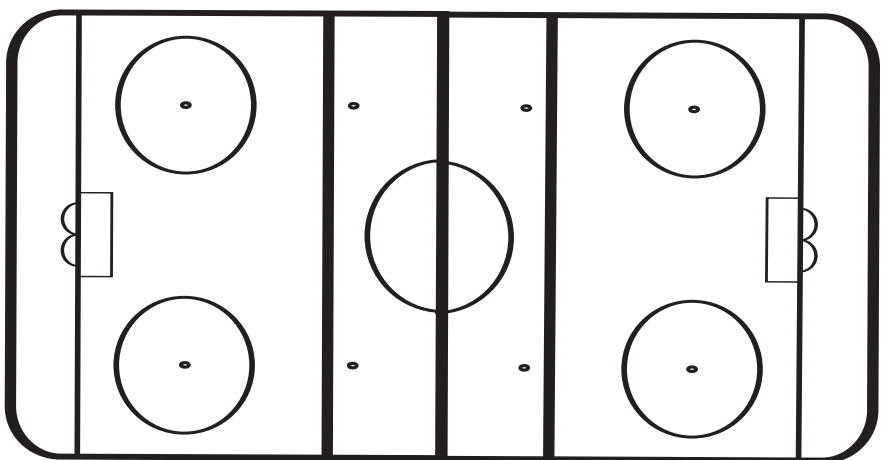
---

---

---

---

---



Notes/Comments \_\_\_\_\_

# Hockey Practice Plan

**Objectives:** 1. Competition Day  
2. Aggressive Skating - Puck Control - Passing - Scoring

**Date:** \_\_\_\_\_

**Practice:** #10

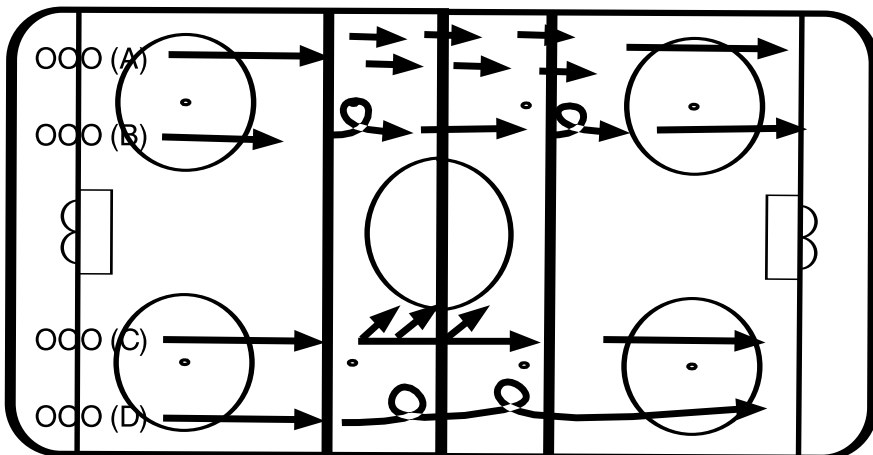
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
<input checked="" type="checkbox"/> Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending	_____ 3 on 0	_____ Faceoffs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: (A) Alternate knee touches; (B) 360 degree spin on knees; (C) Squat glide - stick one leg out; (D) Slide on stomach and 2 log rolls	
6 mins.	2. Competition aggressive edge course - first three cones, inside edge; second three cones, forward crossovers; third three cones, control turns and score	
6 mins.	3. Competition with puck; circle crossovers; three control turns and shoot until you score; time limit 15 seconds to score	Use scoreboard timer
6 mins.	4. Competition Relay; zig-zag pass and go; three stations; first team to get all players through the course wins; bonus points for scoring	
6 mins.	5. Competition 1 on 1; forward/backward zig-zag on three cones, then race for puck and score; team that scores gets point; first team to puck gets point	
6 mins.	6. Competition relay; five station pass; follow your pass to next station and shoot; team that scores most goals in two minutes wins	
6 mins.	7. Competition 1 on 1 - Step out forward/backward at each of the four cones, then race for puck and shoot; one point for first to puck and one point for team that scores	
6 mins.	8. Competition J start crossovers (three quick crossovers); compete for puck	
6 mins.	9. Ice nerf soccer; width of ice; no sticks; kick a nerf soccer ball	

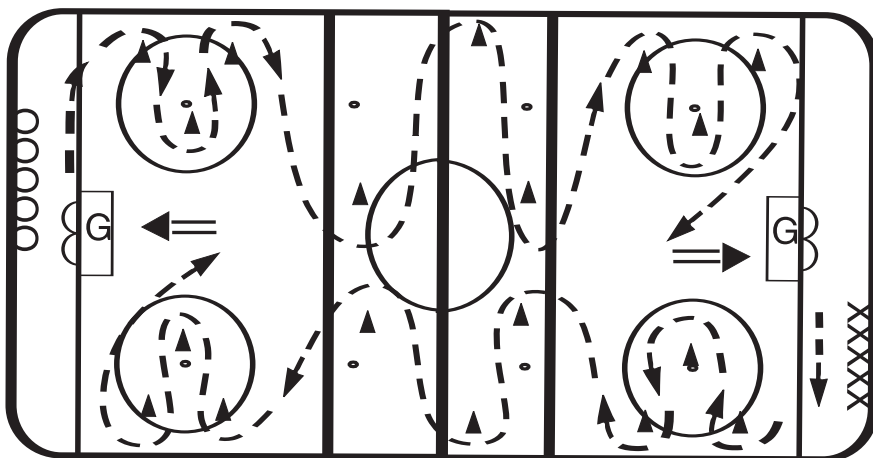
## Drill #1 — Warm-Up

- (A) Alternate knee touches between blue lines.
- (B) Double knee drop spin at blue lines.
- (C) Squat glide - one leg, other leg sticking out in front of body off of the ice.
- (D) Sprint to line; stomach slide; do two leg rolls; get up and sprint to end.



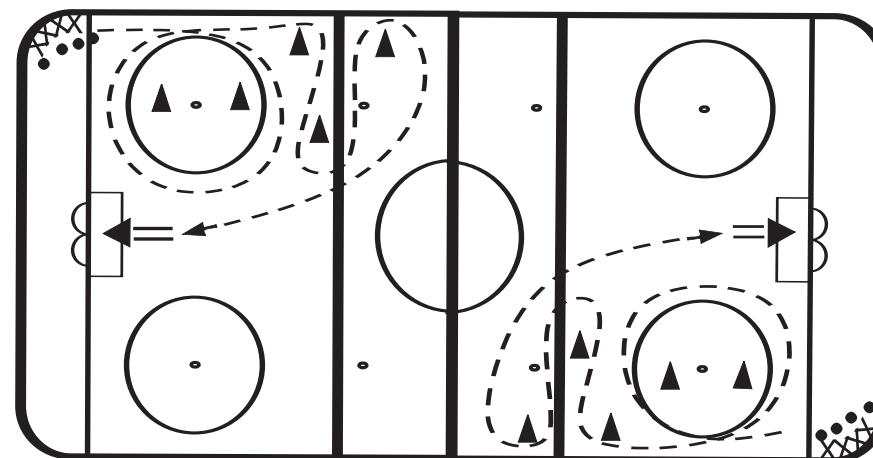
## Drill #2 — Aggressive Edge Course With Puck

- First three cones inside edge.
- Second three cones forward crossovers.
- Third three cones control turns.
- First team to score gets one point on scoreboard.



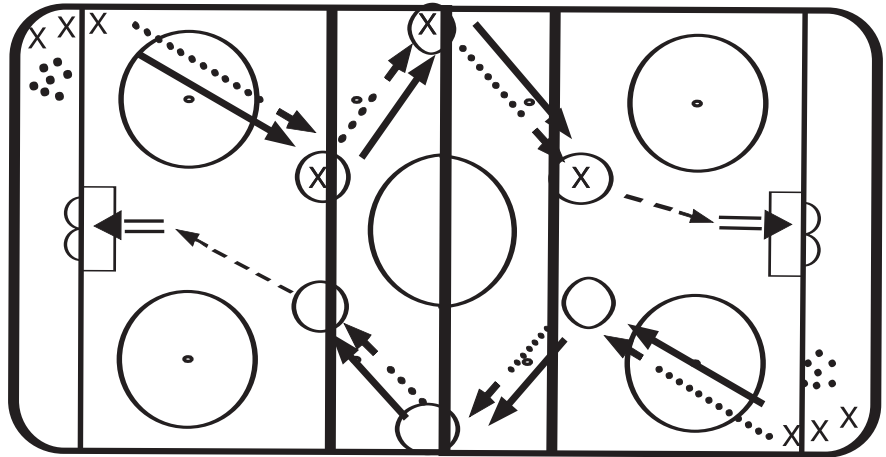
## Drill #3 — Circle Crossovers - Three Control Turns and Shoot

- Player carries puck skating forward crossovers around circle.
- Then do three control turns around cones.
- Then keep shooting until a goal is scored or time runs out – 15 seconds to score.



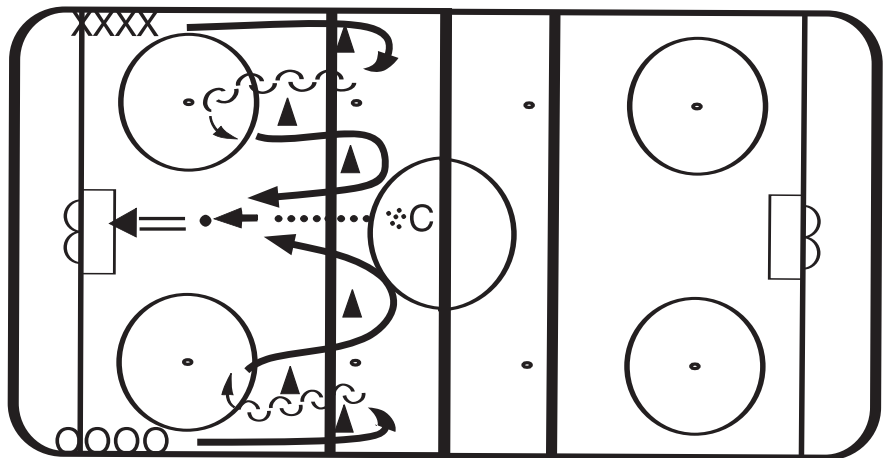
### Drill #4 — Zig-Zag Pass and Shoot Relay

- Two teams, start with three players per team on blue line and red line staggered.
- Pass and skate to next station.
- Player on far blue line goes in and shoots.
- First team finished gets one point; score goal on shot receive one point.



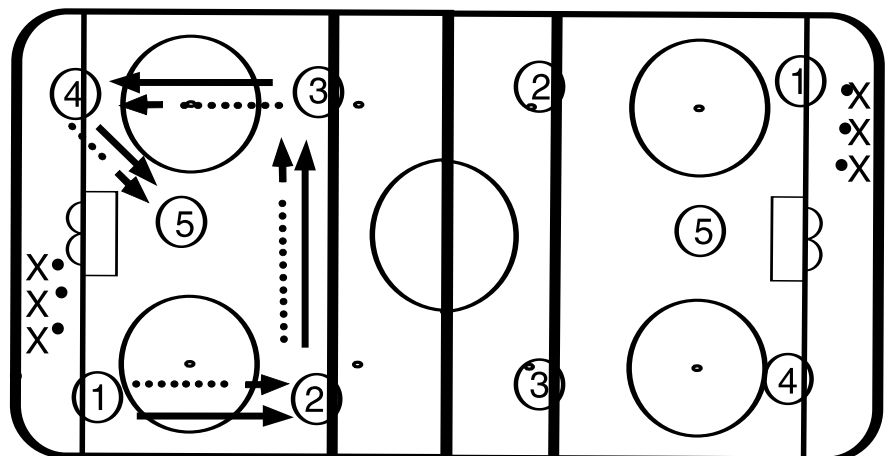
### Drill #5 — Competition - Zig-Zag Forward - Backward - Forward

- Up to first cone forward, backward to second cone; forward and control turn around third cone.
- Race to puck.
- First to puck - one point; score - one point.



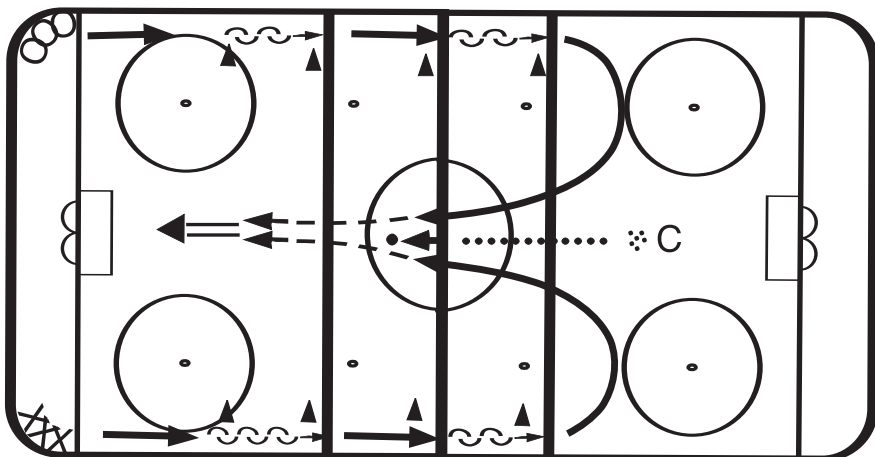
### Drill #6 — 5 Station Pass and Shoot

- Start with a player at each station.
- Pass and skate to next station.
- #5 shoots then goes to end of line.
- One point for each goal scored.
- Play for two minutes.



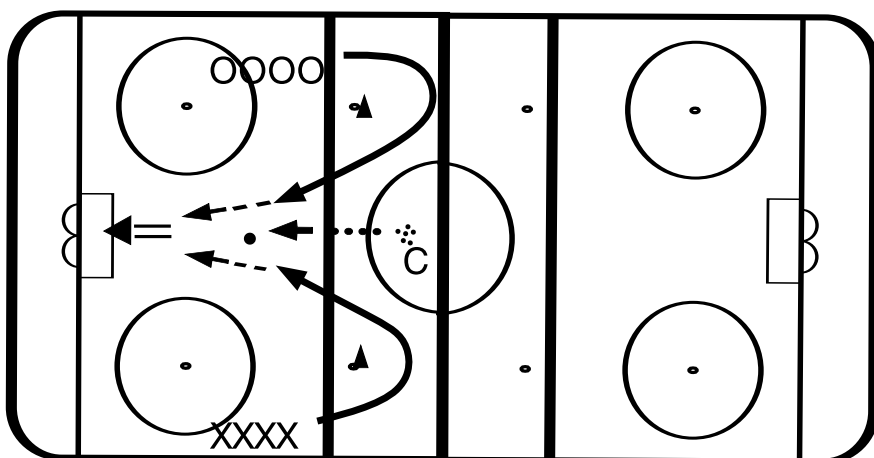
### Drill #7 — Forward or Backward at Each Cone

- Start forward, then backward, forward, backward.
- At last cone pivot and skate forward, race to puck and shoot; one point for first to puck; one point for team that scores.



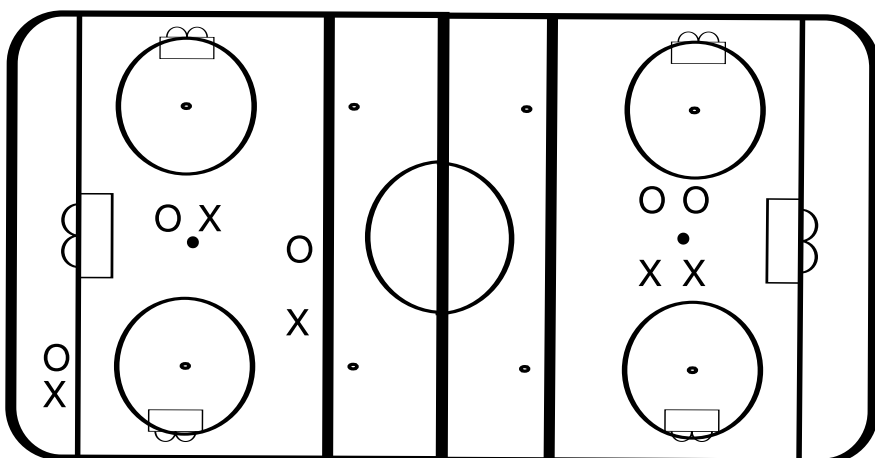
### Drill #8 — J Start (Three Crossovers) to Puck

- First to puck - one point.
- Team to score - one point.



### Drill #9 — Modified Small Game

- Cross Ice Nerf Soccer Games
- Use 1-2-3 balls at a time.



# Hockey Practice Plan

**Objectives:** Passing - Swing Pass  
 Shooting - Forehand and Backhand, Under Pressure  
 Offense Concept - Triangulization of Three Forwards  
 Team Play - 1 on 1 and 2 on 2  
 Speciality - Power Play and Penalty Kill

**Date:** \_\_\_\_\_  
**Practice:** #11  
**Level:** 10 & Under (Squirt)

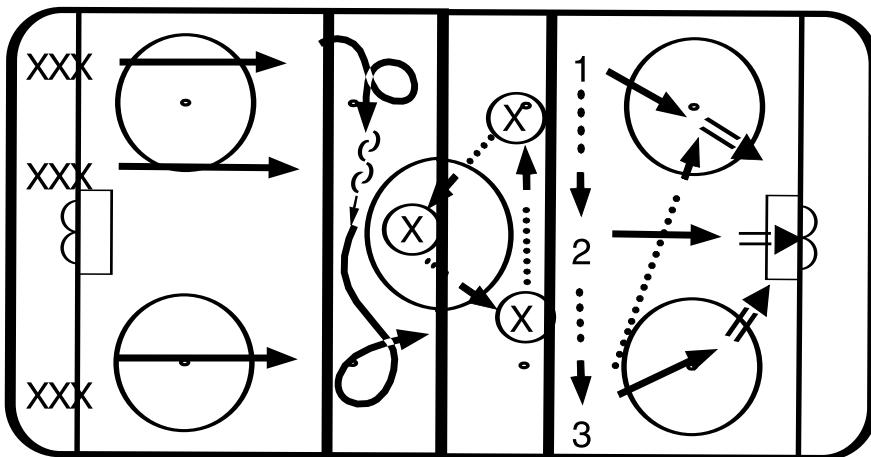
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input checked="" type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input checked="" type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input checked="" type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input checked="" type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Warm-Up: (A) Hot dog skating in neutral; (B) show off puckhandling in neutral; (C) one puck rapid passing in neutral	
5 mins.	2. Forehand shot at top of circle; backhand shot across hash marks	Backhand shot; start puck on back foot
5 mins.	3. Swing Pass - accelerate into middle and shoot; after making pass players become checker	Stick on ice, look over inside shoulder
5 mins.	4. Stickhandle backwards to cone; pass back to next player in line; step out forward to net; receive pass and shoot	
5 mins.	5. Three line speed and agility skating; (A) forward accelerations and forward crossovers; (B) forward acceleration to backward crossovers to forward acceleration; (C) forward/backward zig-zag in neutral zone	
5 mins.	6. 1 on 1 - D makes breakout pass to wing; forward must hustle down to bottom of circle and then go to boards	
5 mins.	7. 2 on 2 - F over and under circles carry puck and pass; D backward to red, forward to blue, backward taking 2 on 2	
5 mins.	8. 3 on 1 - Below top of circle; D starts in front of net; F dumps puck into corner; set up offensive triangle; try and score on D	
5 mins.	9. Power play vs. penalty kill coverage (sticks upside down); penalty kill 2 on 2 forecheck; defensive coverage box	



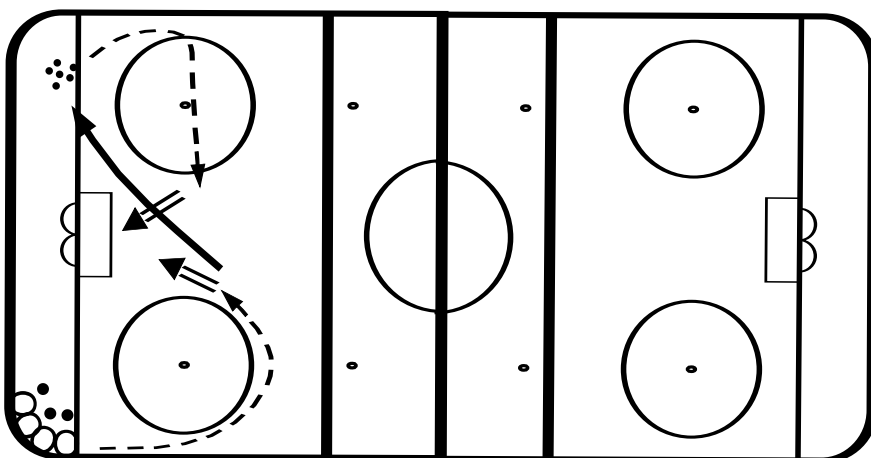
## Drill #1 — Warm-Up

- (A) Hot dog skating: do agility skating in neutral zone.
- (B) Show off - to a variety of stickhandling moves in neutral zone, then 1-2-3 shooters.
- (C) Rapid pass - one puck, three players in neutral zone; three passes in offensive zone before shooting.



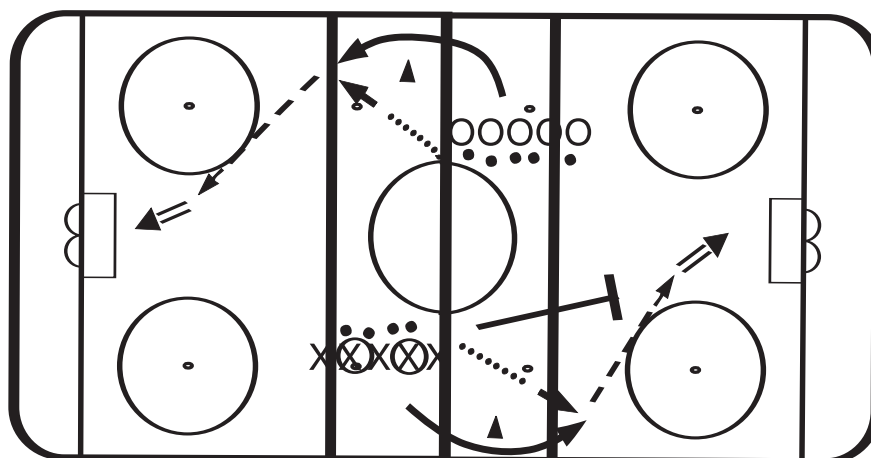
## Drill #2 — Two Shots - Forehand and Backhand

- First shot - carry puck around top of circle and shoot (forehand/backhand).
- Continue to opposite corner to get puck; skate across dots and shoot (backhand/forehand).



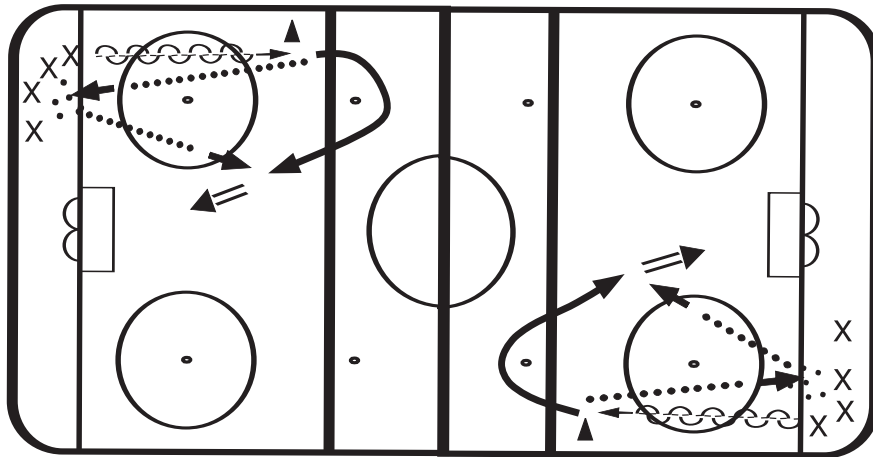
## Drill #3 — Swing Pass Around Cone - Accelerate Inside Dots Before Shooting

- Option: after second player passes to first player, go and prevent puck carrier from shooting.
- Puck carrier can only shoot inside dots.



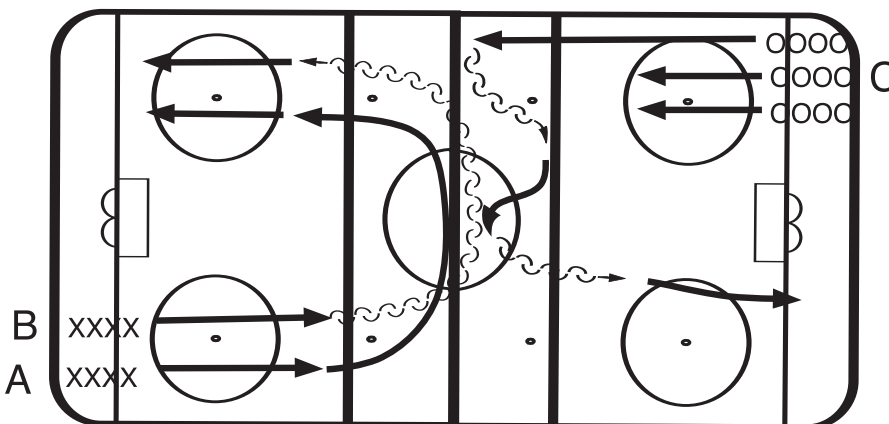
### Drill #4 — Stickhandling - Pass - Shoot

- Stickhandle Backwards to Cone.
- Pass to line.
- Step out forward.
- Get a return pass from line and shoot.



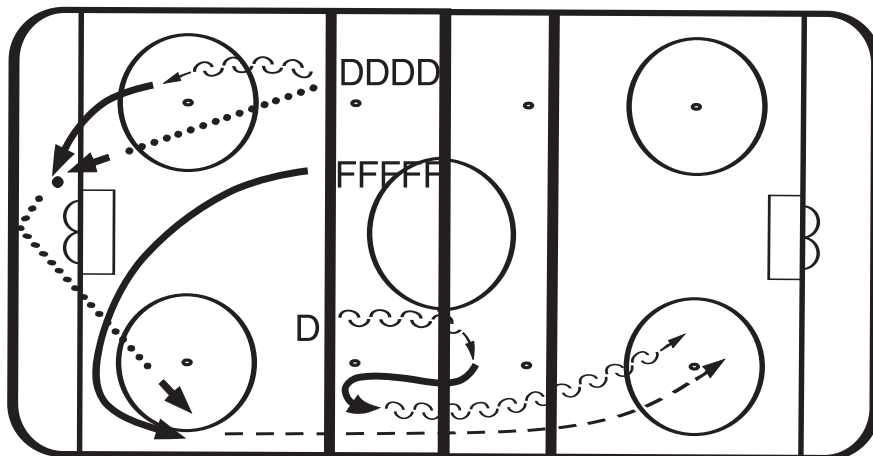
### Drill #5 — Three Line Speed and Agility Shooting

- (A) Skate forward to blue line then forward crossovers to red line, then forward to goal line.
- (B) Skate forward, then backward crossovers, then forward.
- (C) Skate forward/backward zig-zag red and blue lines.



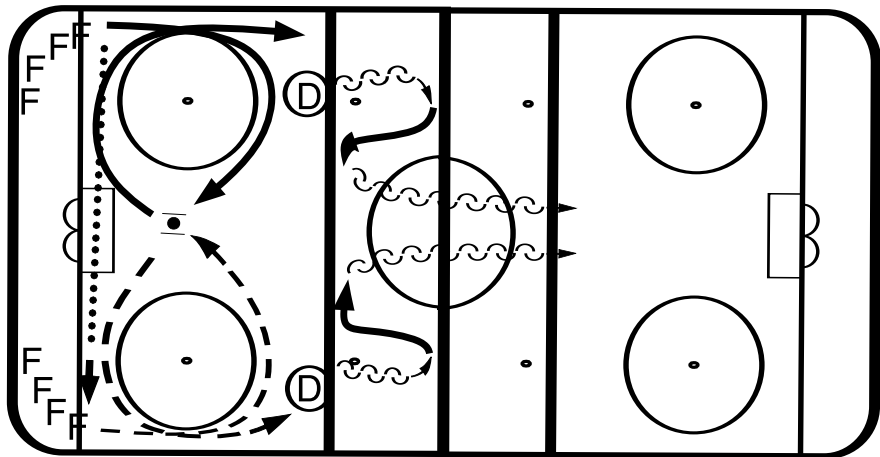
### Drill #6 — 1 on 1 - Defensive Breakout Pass to Forward

- D skates backward, pivots forward and retrieves puck on boards.
- F skates below circle to boards for pass.
- D on blue line goes backward, forward, then backward and takes 1 on 1.



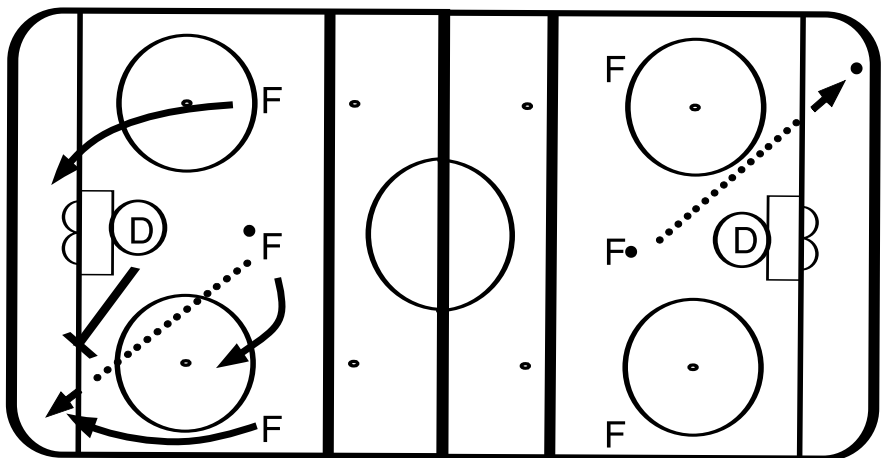
### Drill #7 — 2 on 2 Criss Cross and Drop

- Forwards pass across then carry puck around top of circle and do drop pass.
- Two D skate backward-forward-backward between blue line and red line.
- Forwards try and make it 2 on 1 on one defenseman.



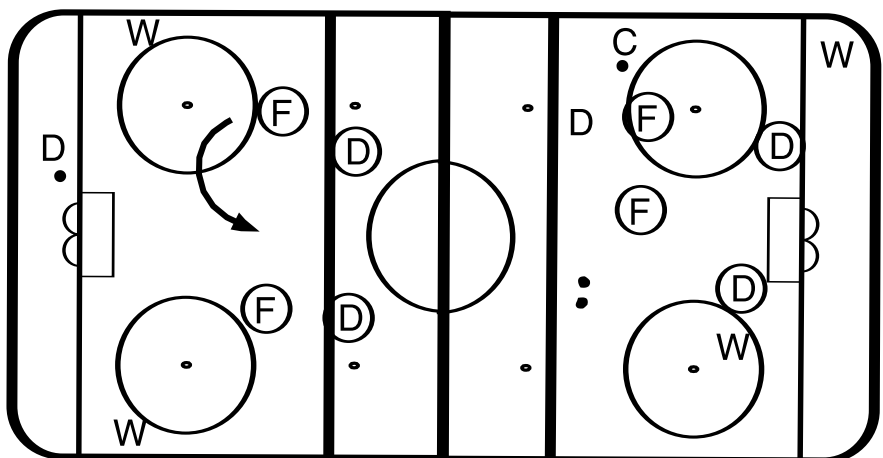
### Drill #8 — 3 on 1 - Below Top of Circle

- D on knees in front of net.
- Three forwards at top of circle.
- Dump puck into corner and set up offensive triangle.
- D tries to prevent forwards from scoring.



### Drill #9 — Power Play and Penalty Kill

- Penalty kill forecheck, 2 on 2.
- Penalty Kill Coverage, box.
- Give power play 45 seconds to score. Start with breakout.



# Hockey Practice Plan

**Objectives:** Systems - Forecheck, Backcheck, Defensive Coverage, Breakouts,  
Offensive Entry  
Checking - Steering Towards Boards

**Date:** \_\_\_\_\_

**Practice:** #12

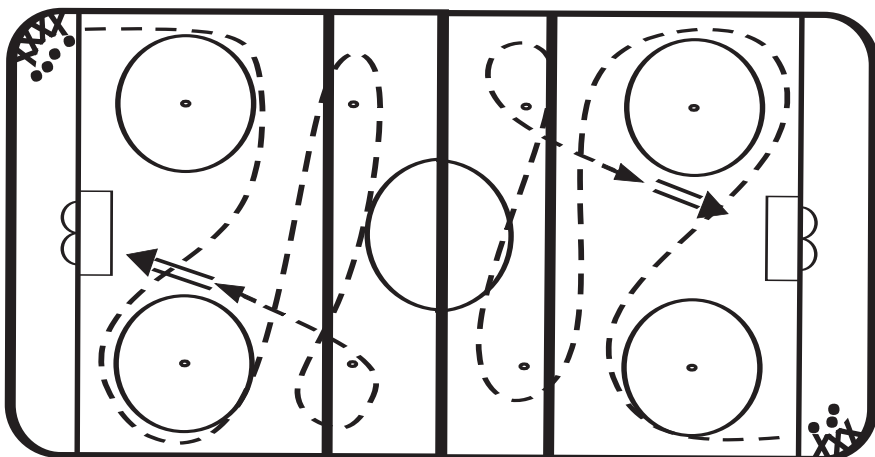
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input type="checkbox"/> Skating	<input type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input checked="" type="checkbox"/> Backcheck	<input type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input checked="" type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input checked="" type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input checked="" type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Forward crossovers on circles; control on first dot; escape on second dot and shoot	Quickness
5 mins.	2. Four lines; accelerate; receive pass; shoot at blue line; go in and screen and deflect	Hard passes
5 mins.	3. 1 on 1 war in small area; puck protection	Use body to protect puck
5 mins.	4. 2 on 1 below top of circle; two forwards vs. one defenseman pass to defensemen (D to D) and screen/deflect	Good passing
7 mins.	5. Defensive systems; scramble to 2-1-2 forecheck to backcheck to defensive coverage	Quickness; hustle
5 mins.	6. 1 on 1; open ice steering towards boards	Watch gaps
8 mins.	7. Breakout with one or two forecheckers to 5 on 2; two shots first by F and second shot pass to defensemen (D to D) and shoot	
5 mins.	8. 3 on 3; full ice; 30 second shifts	All out

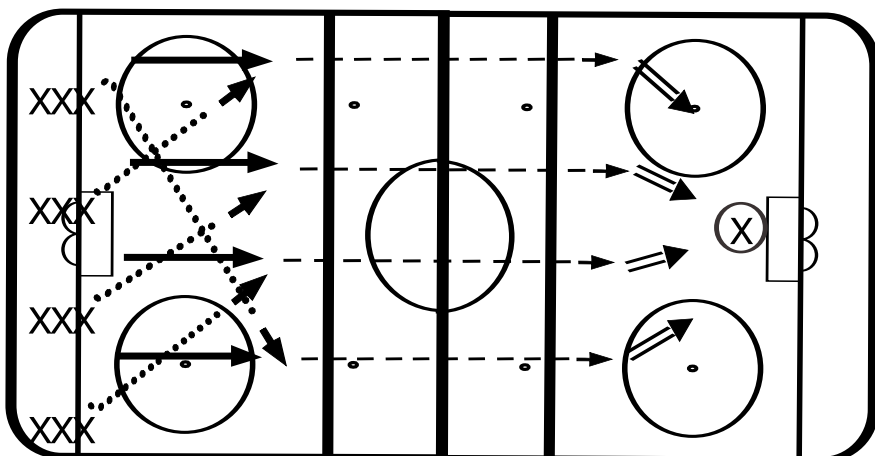
### Drill #1 — Forward Crossovers on Circle

- Control Turn on first dot.
- Escape on second dot.
- Shoot.



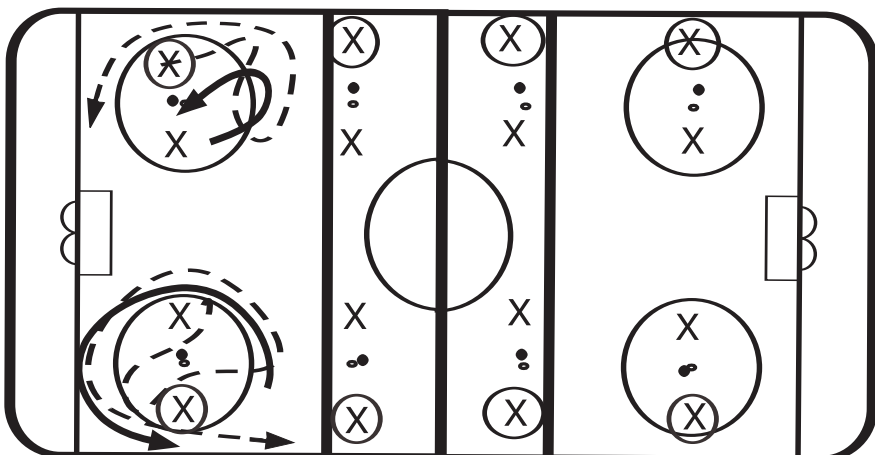
### Drill #2 — Four Lines

- Accelerate.
- Receive Pass.
- Shoot at blue line, then go to front of net and screen/deflect.



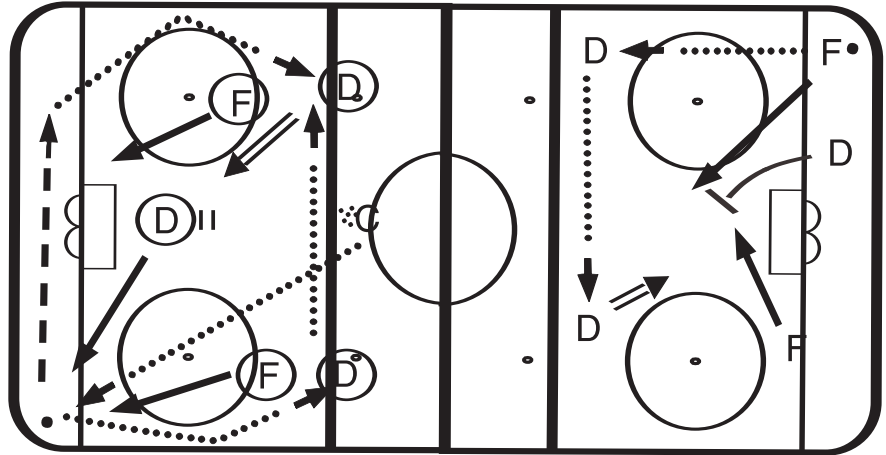
### Drill #3 — 1 on 1 Partner War in Small Area

- Keep puck away from partner.
- Protect puck with body.



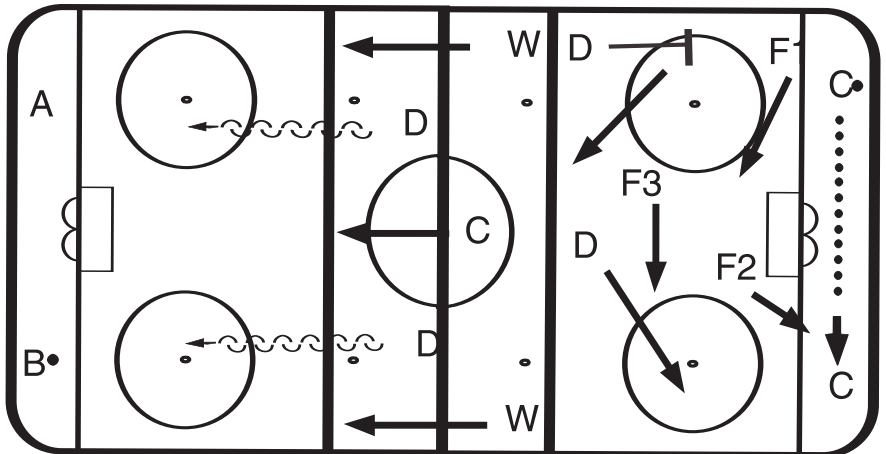
### Drill #4 — 2 on 1 Below Circles

- Forwards start at top of circles and defenseman on knees in front of net.
- Two defensemen at blue line.
- Puck goes to corner; forwards get puck and pass to defenseman; go D to D shoot with screens and deflect.



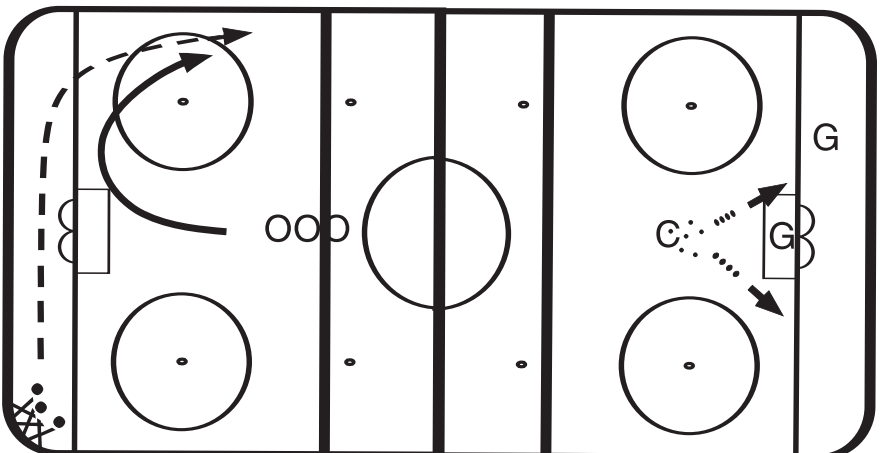
### Drill #5 — Scramble in Neutral to Defensive Systems

- 2 defensemen and 3 forwards skate around in neutral zone.
- On whistle all five go into forecheck mode; go to coach with puck.
- On whistle go to backcheck mode; defensemen skate backwards to top of circle.
- Go into defensive coverage in corner that the goalie has puck.



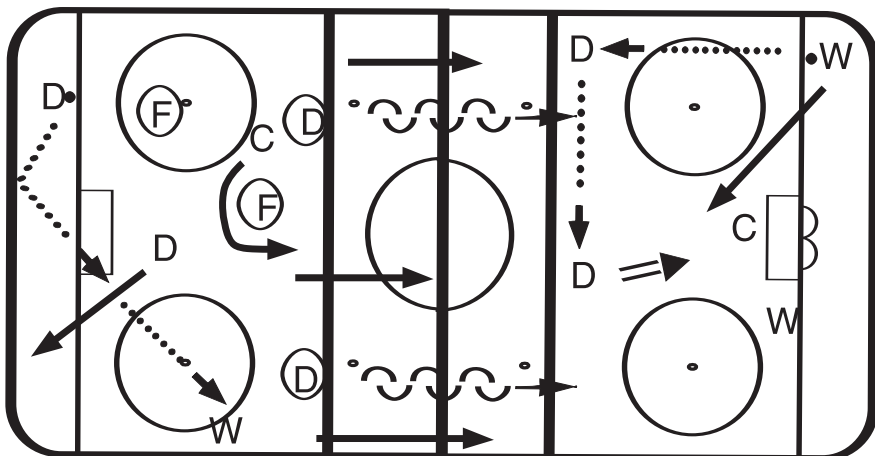
### Drill #6 — 1 on 1 - Open Ice Steering

- Puck carrier starts behind net.
- Forechecker starts at blue line.
- Forechecker steers puck carrier toward boards.
- Goalie work at other end.

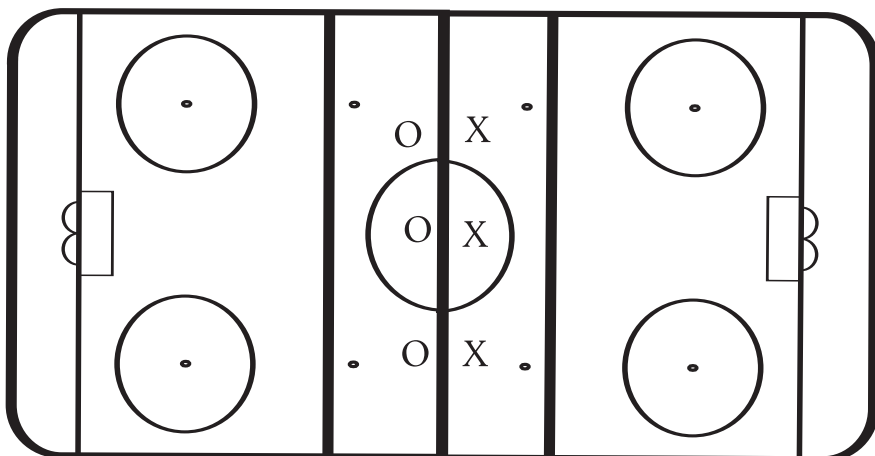


**Drill #7 — Breakout With One or Two Forecheckers to 5 on 2**

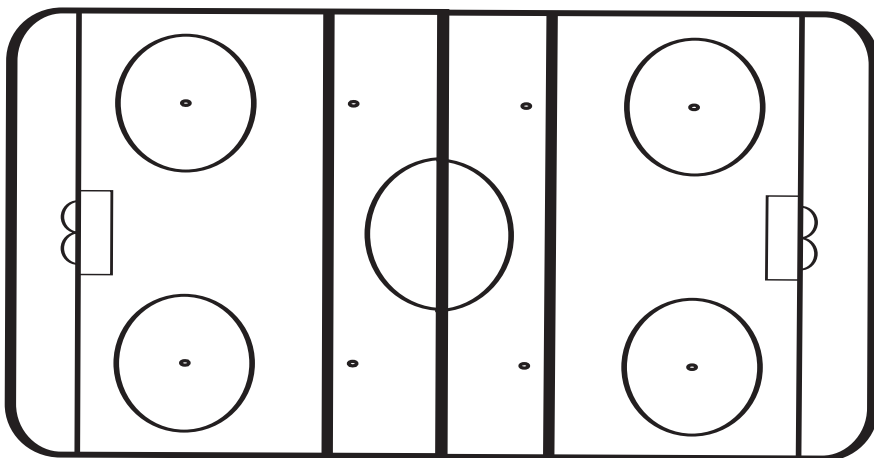
- First shot forward, then pass to D for second shot.
- Fs screen and deflect.



**Drill #8 — 3 on 3 Full Ice - 30 second shifts**



Description \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



Notes/Comments \_\_\_\_\_  
 \_\_\_\_\_

# Hockey Practice Plan

- Objectives:** 1. Basic Skills Work - Skating, Puck Control, Passing, Shooting  
 2. Offensive Entry Into Attack Zone - Trailer Play  
 3. Competitive Play - 1 vs. 1 Race and 2 on 1 Low and Behind Net

**Date:** \_\_\_\_\_

**Practice:** #13

**Level:** 10 & Under (Squirt)

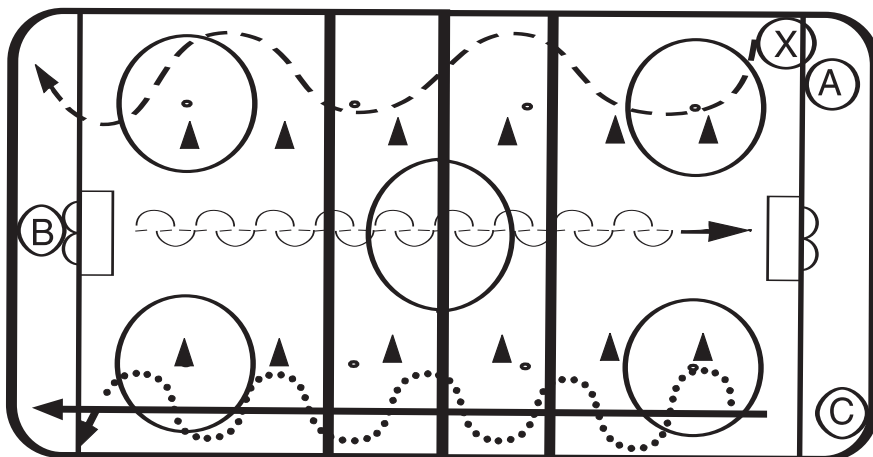
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input checked="" type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
2 mins.	1. Warm-up with puck: (A) zig-zag three crossovers each way; (B) backwards swizzels while stickhandling; (C) pull wide in stride	Nice and loose
3 mins.	2. Five station stationary forehand and backhand passes	Count three passes in one
5 mins.	3. Shooting - forehand high and backhand low	Forehand and backhand shots
5 mins.	4. Half Ice - Beat the Checker - three lanes and shoot	Fake, pull, accelerate
2 mins.	5. Quickness; stops and starts; circle pattern	Use scoreboard clock - 10 secs.
3 mins.	6. 2 on 1 low - below top of circle; two forwards vs. one defenseman	Quickness to puck in corner
5 mins.	7. 1 vs. 1 - forward and backward race to puck on dot	D skate backwards to far blue line
5 mins.	8. 3 on 0 competition - half ice; two groups compete to see who can score first	Must make three passes before shooting
10 mins.	9. 2 vs. 2 and 1 vs. 1 small ice games; 2 vs. 2 with nets and goalies; 1 vs. 1 score on cone	



## Drill #1 — Warm-up With Puck

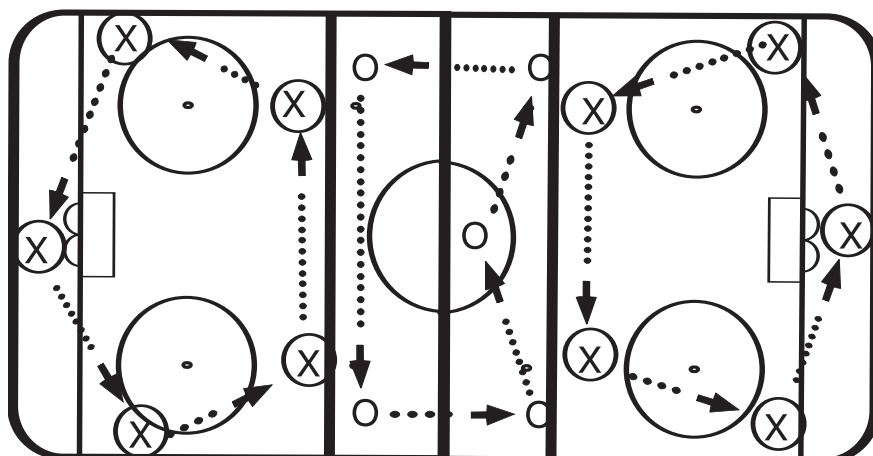
- (A) Establish 3 lanes with cones; three forward crossovers each side with puck; go full speed.
- (B) Backward swizzels, stickhandling puck.  
Option - three back crossovers or pumps on each side.
- (C) Skate forward - pull wide to side with each stride.



## Drill #2 — Stationary Passing

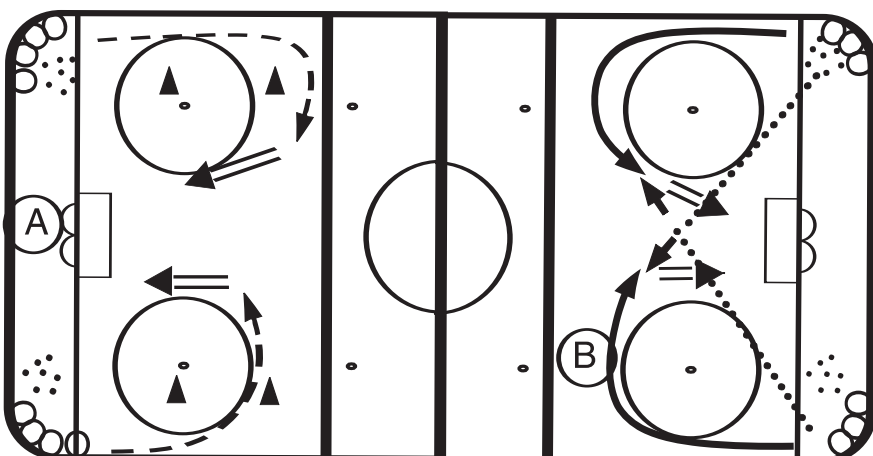
Use all Three Zones - 5 Players Per Zone

- Set up five stationary spots.
- Pass puck as fast as possible for one minute; count how many passes were made.
- Pass hard and accurately to forehand side of receiver.



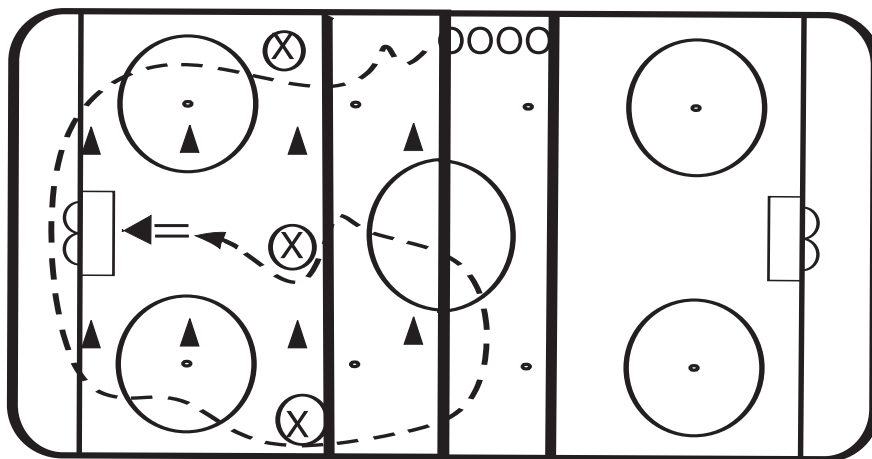
## Drill #3 — Shooting

- (A) If on forehand side, carry puck around high cone and shoot. If on backhand side, turn on close cone.
- (B) Forehand skate to top of circle, receive, pass and shoot. Backhand skate across dot, receive pass and shoot.



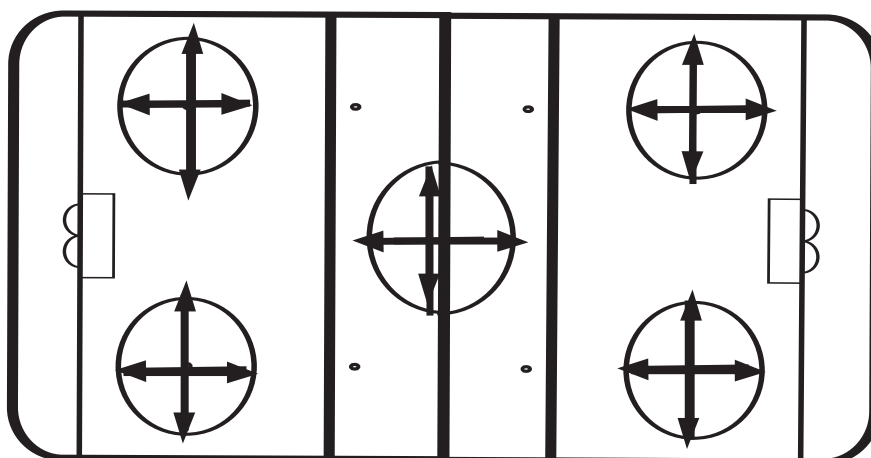
### Drill #4 — Half Ice, Three Lanes

- Put a checker in each lane; no stick, or stick upside down.
- Puck carrier uses a variety of moves to get by each checker.
- Shoot after beating third checker.



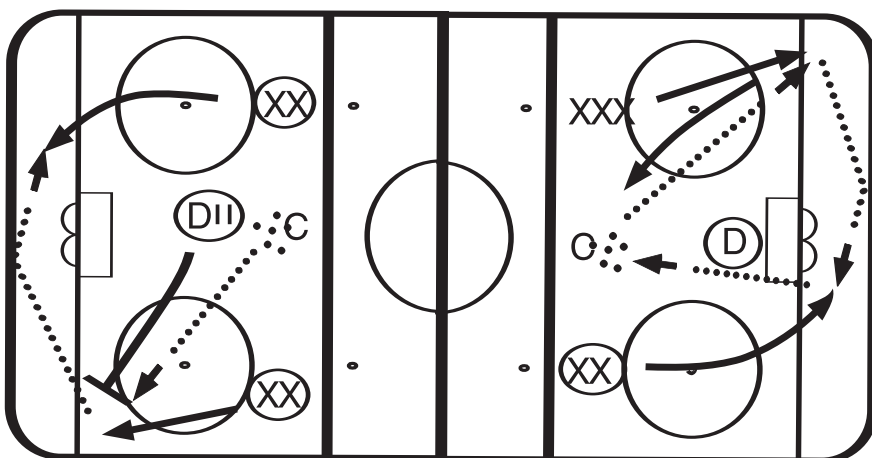
### Drill #5 — Quickness

- 10 Seconds - stop and starts - circle pattern.
- Player starts in center of each circle; put 10 seconds on clock.
- On whistle, player skates to edge of circle and back to middle. Do this four times; try and beat the clock.



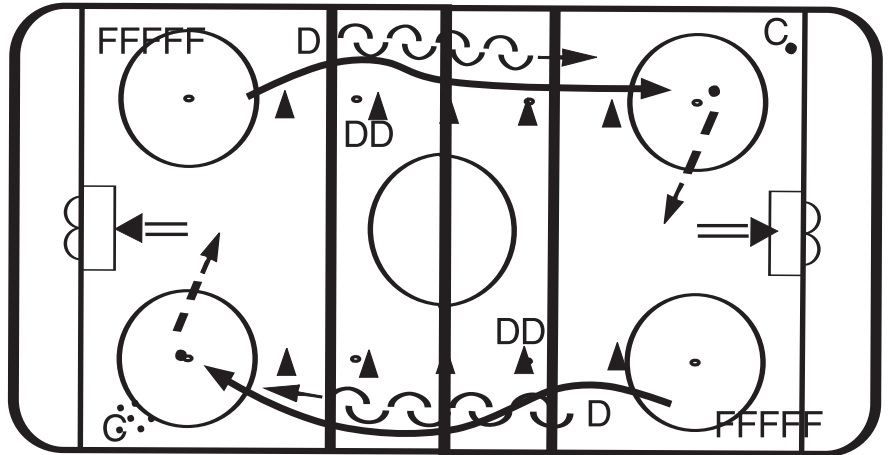
### Drill #6 — 2 vs. 1 Low - Below Top of Circle

- Forwards start on top of circle each side and defenseman on his knees in front of net.
- Coach slides puck into either corner.
- Forward passes to other forward behind net. The two forwards play 2 on 1 on defenseman trying to score a goal



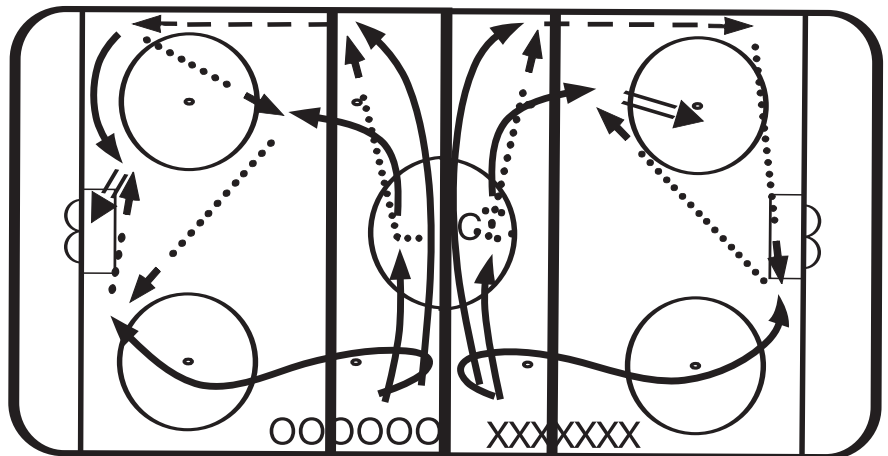
**Drill #7 — 1 vs. 1  
Forward/Defenseman Race**

- Put four or five cones in line on dots.
- Defensemen start on blue line; Forward starts 10 to 15 feet in front of defensemen.
- On whistle the forward skates forward and defenseman skates backward to puck on dot, the forward tries to score a goal.



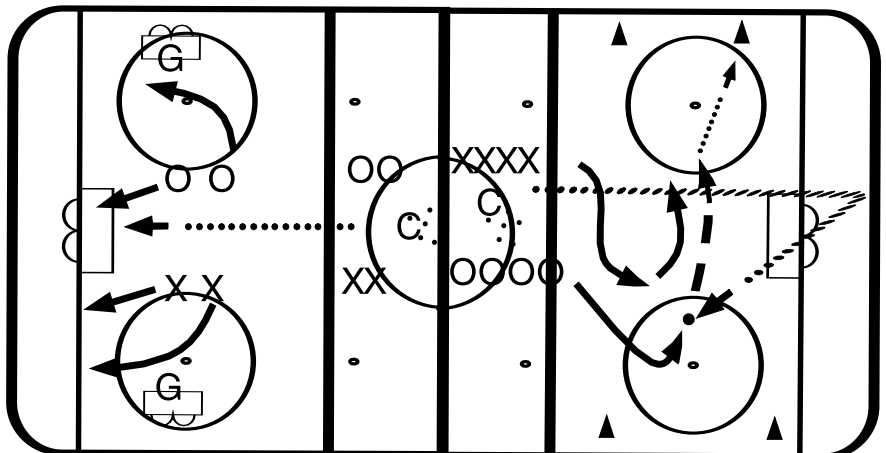
**Drill #8 — 3 on 0  
Competition - Set up  
Triangle**

- Coach in center circle with pucks; put one puck out on each side.
- Three players pick up puck; make three passes (or more) and shoot; first to score wins.
- Set up trailer play entering zone.



**Drill #9 — Width of Ice  
Competition**

- (A) 2 on 2 with nets and goalies; play for 20 seconds.
- (B) 1 vs. 1 hit the cones.



# Hockey Practice Plan

- Objectives:** 1. Basic Skills Work - Skating Forward and Backward Agility, Escapes  
 2. Puck Control - Puck Protection, Team Play, 1 on 1, 2 on 1  
 3. Competitive Play - 1 on 1 Competition Races

**Date:** \_\_\_\_\_

**Practice:** #14

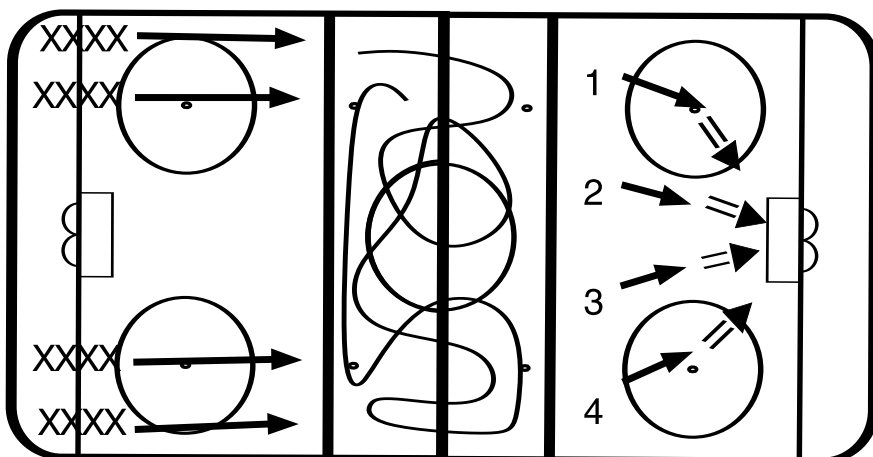
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input checked="" type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Faceoffs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
3 mins.	1. Four Lines - (A) hot dog skate in neutral zone; (B) show off puckhandling skills to #1-2-3-4 shoot	Be very aggressive with edge
3 mins.	2. Out and into zone; forward crossovers with puck around cones; turn and shoot	Full speed; coach poke checks
5 mins.	3. Three stations aggressive agility skating; (A) forward and backward figure 8 on circles; (B) escapes on four dots; (C) forward and backward zig-zag	Full speed
7 mins.	4. 1 on 1 puck protection and tight body play - half ice	Watch gaps
7 mins.	5. 1 on 1 - forward carries puck, crossovers and shoot; then turn corner, retrieves puck - Defenseman skates forward and backward zig-zag, blue line and red line	Make moves in full stride
5 mins.	6. 2 on 1 - F crossovers and cross with C making Breakout pass and D skate in, shoot, then backward	Hold the middle
5 mins.	7. Lighting stops and starts; competition race	Quick starts
15 mins.	8. Half ice games; (A) 2 on 2 - nets back to back; (B) 1 on 1 competition agility skate	Fun!

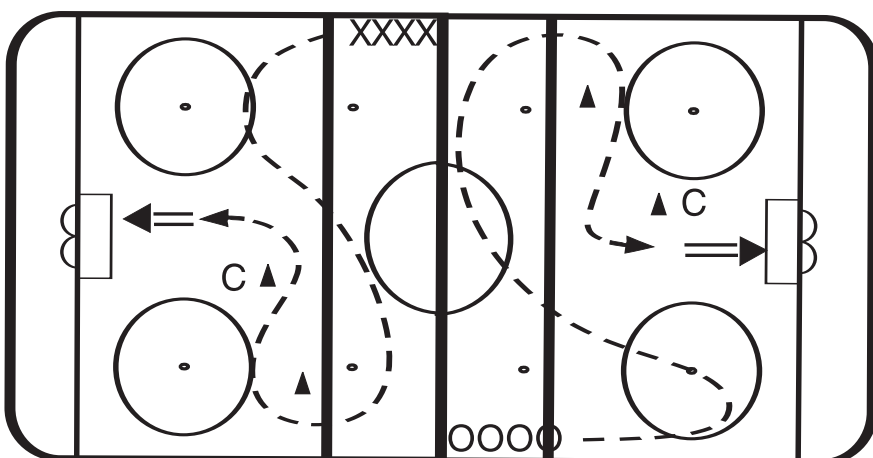
### Drill #1 — Four Lines Hot Dog Skate and Show Off Puckhandling and Shoot

- (A) No puck - First player each line skates to neutral zone and does fancy caper skating.
- (B) Show off - each line is #1-2-3-4 - skate to neutral zone, fancy puck handling, on whistle #1 shoots then #2 then #3 then #4.



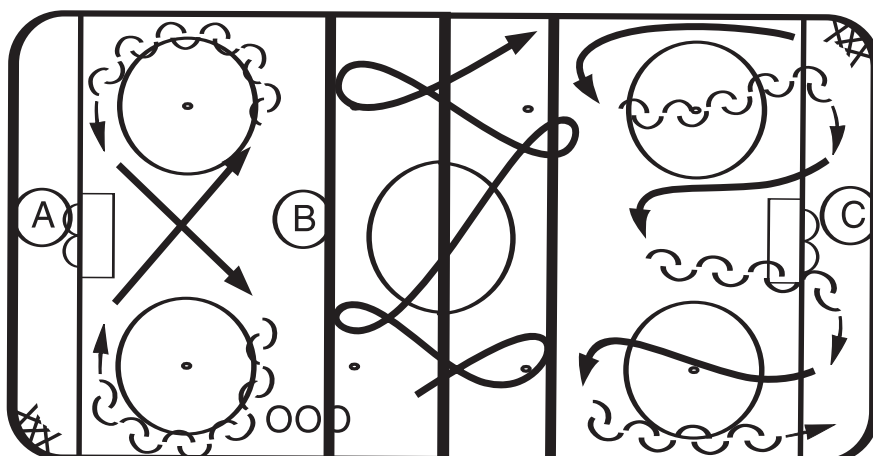
### Drill #2 — Out and Into Zone X-Overs to Big 90 Turn - Coach Tries and Poke Checks and Shoot

- Puck carrier skates to top of circle, does crossovers then skates to red line and crossovers.
- Do big 90 turn on cones.
- Coach tries and poke checks on second cone.



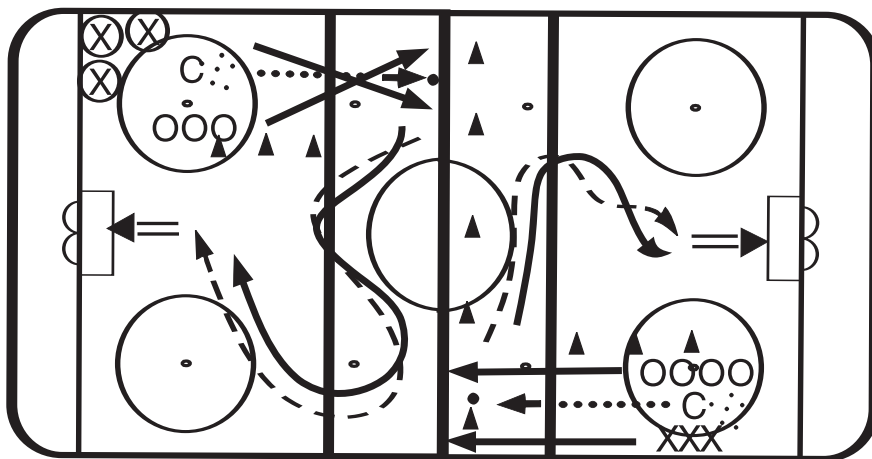
### Drill #3 — Aggressive Agility Skating - Three Stations

- (A) Forward and backward Figure 8 on circles.
- (B) Escapes on four dots in neutral zone.
- (C) Forward and backward zig-zag on cones.



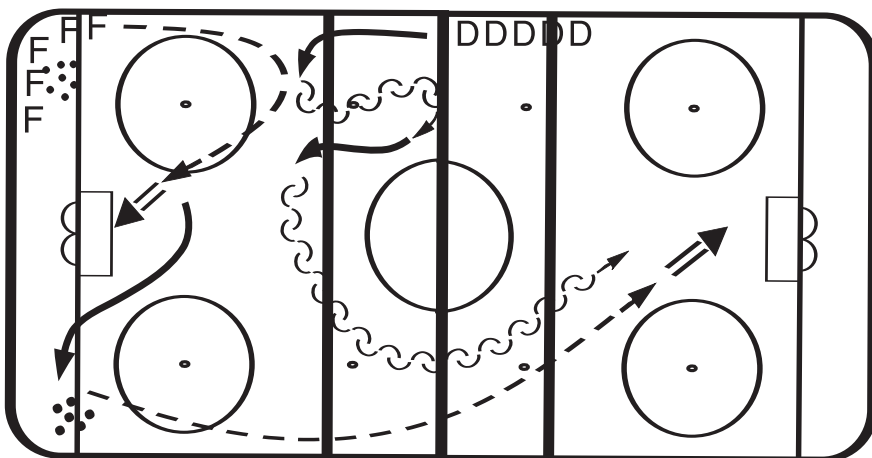
### Drill #4 — 1 vs. 1 Puck Protection and Checking - Half Ice

- Put cones across red line and three more cones top of circle to blue line.
- Two lines, coach slides puck out.
- First player each line races to puck and battles.
- Checker - tight checking - puck carrier protect puck with body.



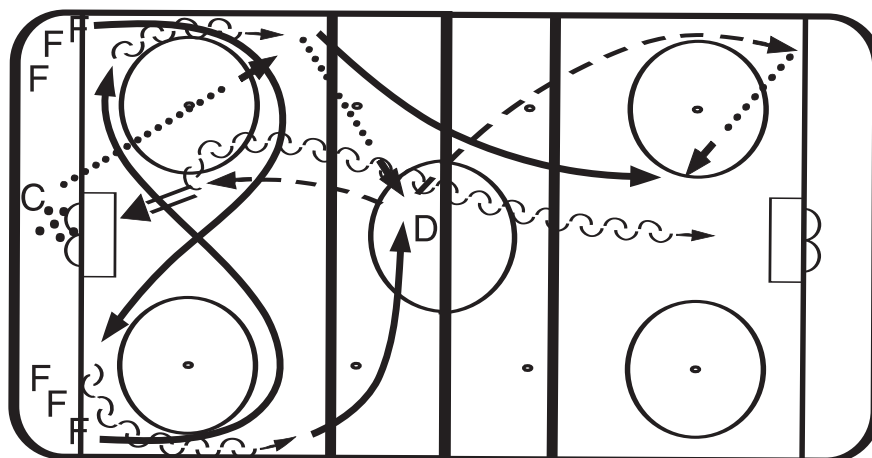
### Drill #5 — 1 on 1

- Forward skates with puck crossing over at top of the circle. Shoots puck between blue line and red line.
- Defenseman plays 1 on 1 with forward who retrieves new puck in corner.
- Defenseman skates forward and backward zig-zag.



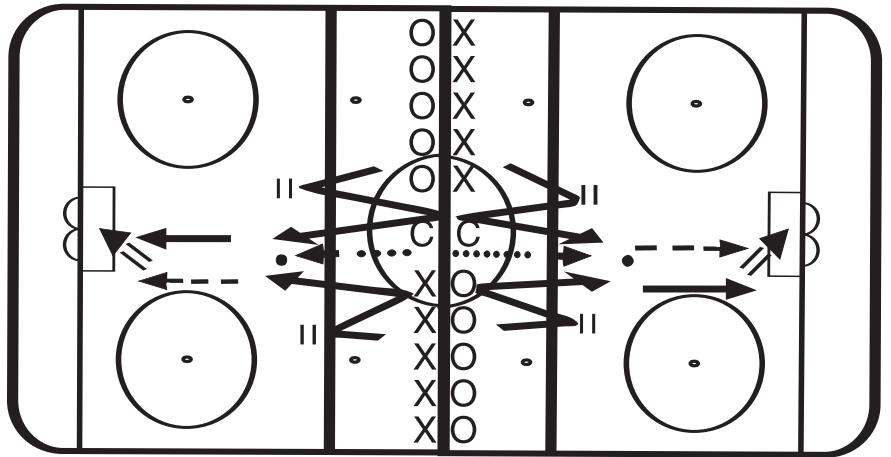
### Drill #6 — 2 vs. 1

- Coach behind net with pucks.
- Forwards do crossovers over top of circle and under circle and receive breakout pass from coach.
- Defenseman starts at center ice and skates over blue line and shoots, then backward playing 2 on 1.



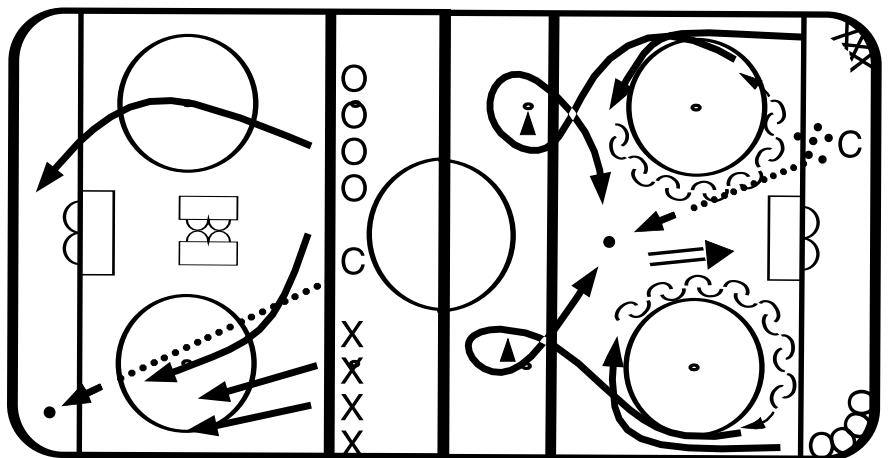
### Drill #7 — Lightning Stops and Starts - Competition Race

- Four lines, two on each side of red line outside center circle.
- Coach has pucks in middle of circle.
- Players skate to blue line - stop - forward to red line - stop - then race to puck.



### Drill #8 — Nets Back to Back

- Two players per side play, must score on designated opponent's goalie - 20 seconds
- 1 vs. 1 competitive agility skating.
- Forward then backward on circle, escape around cone - coach slides puck out.



Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

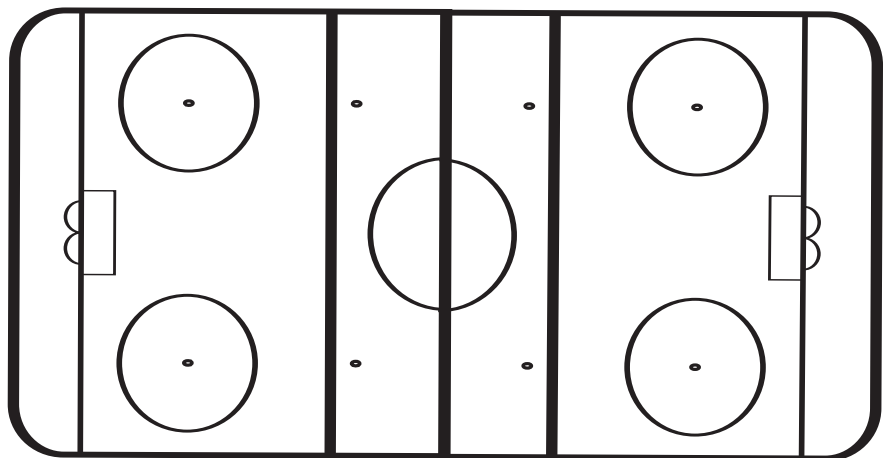
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes/Comments \_\_\_\_\_



# Hockey Practice Plan

**Objectives:** 1. Skills Testing - skating, puck control, passing and receiving, shooting  
2. Face-off Scrimmages

**Date:** \_\_\_\_\_

**Practice:** #15

**Level:** 10 & Under (Squirt)

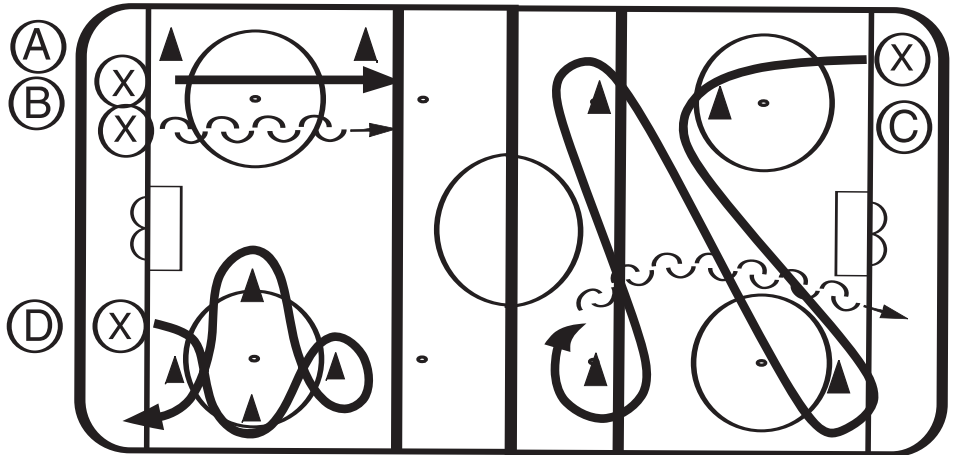
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	_____ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	_____ Forecheck	_____ Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
_____ Checking	_____ 3 on 1	_____ Entering Attack Zone	<input checked="" type="checkbox"/> Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending		<input checked="" type="checkbox"/> Face-Offs scrimmage	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
50 mins.	1. Warm-up skating	
	2. Passing and receiving test	
	3. 60 ft. - forward acceleration test	
	4. 60 ft. - backward acceleration test	
	5. Forward crossovers on circles - control turns on dots - backward skate test	
	6. Four cone circle puckhandling pattern test	
	7. Five passing targets - receive pass from coach and pass hard to targets - 10 attempts test	
	8. Receive pass from coach and shoot at target - 10 attempts	
	9. Face-off scrimmage - have two lines start a 30 second scrimmage from a face-off situation	



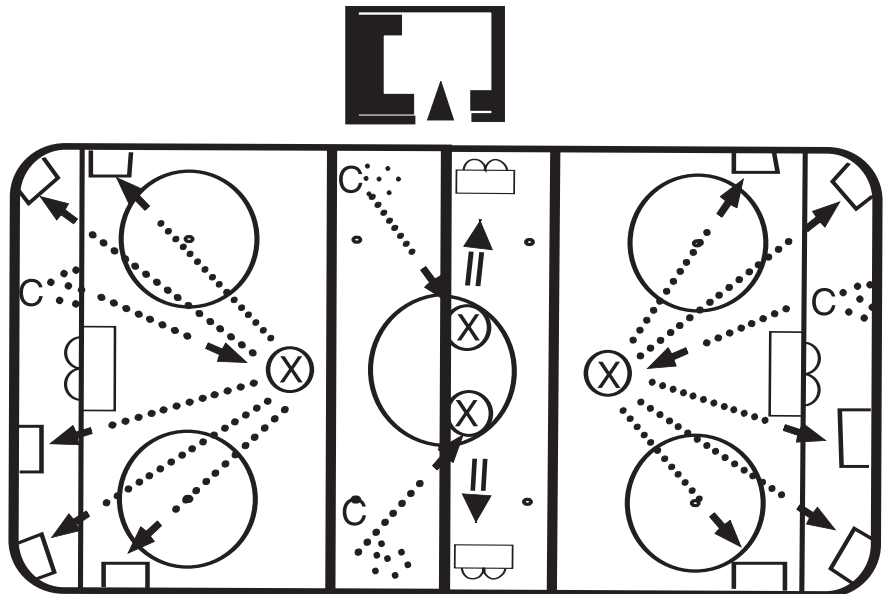
### Drill #1 — Warm-Up

- (A) 60 ft. - forward acceleration.
- (B) 60 ft. - backward acceleration.
- (C) Forward crossovers - control turns - backwards.
- (D) Four cone circle puckhandling pattern.



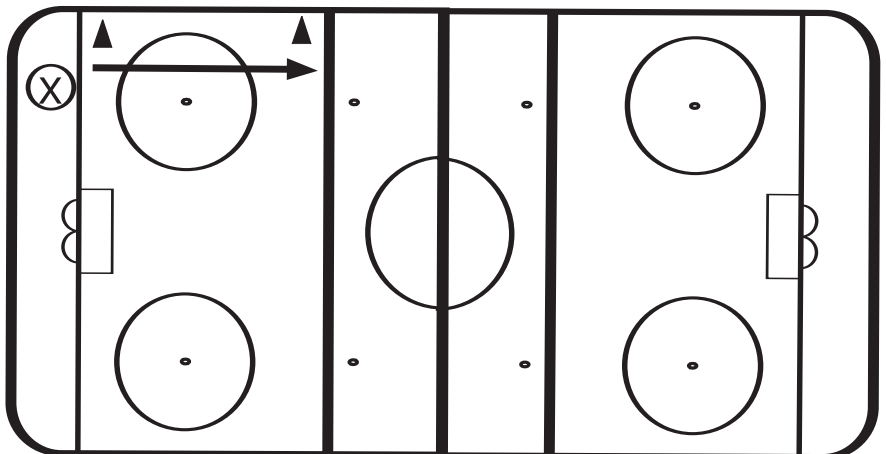
### Drill #2 — Passing and Receiving

- (A) Five passing targets - receive pass from coach and pass puck at target.
- (B) Receive pass from coach and shoot at target in net (use a cone).



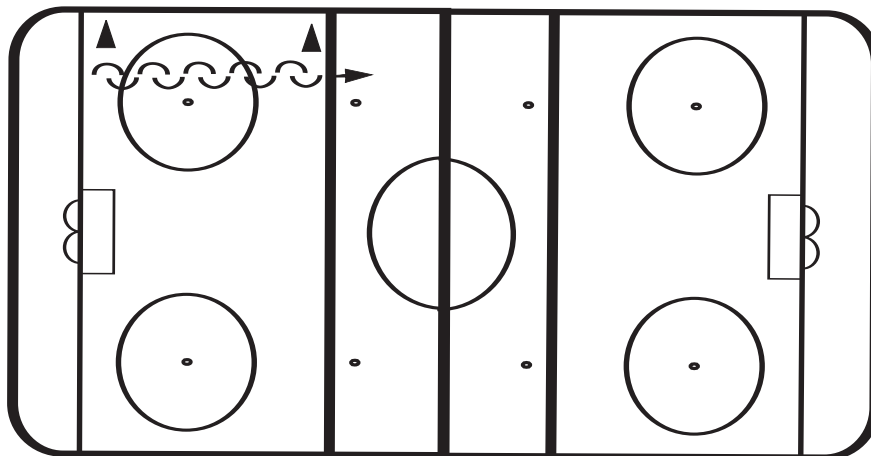
### Drill #3 — 60 Feet Forward Acceleration

- Time player for 60 ft. from a stationary start.



### Drill #4 — 60 Feet Backward Acceleration

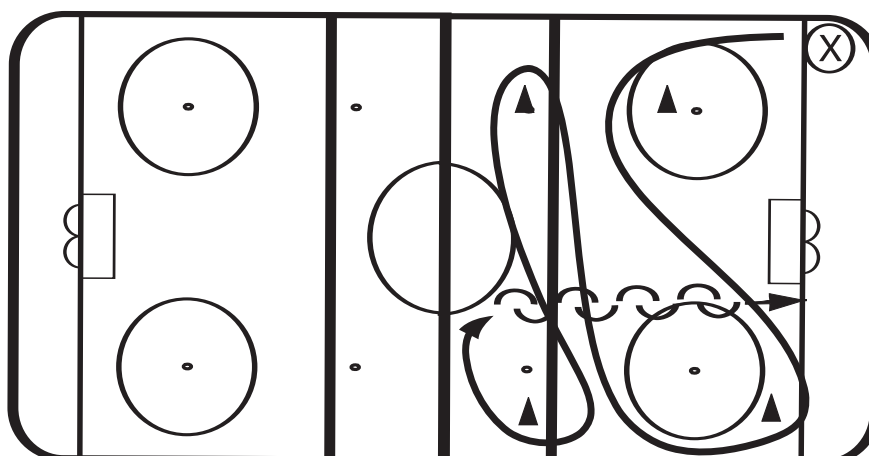
- Time player for 60 ft. from a stationary start - player may use backward crossovers.



### Drill #5 — Forward Crossovers - Control Turn - Backwards

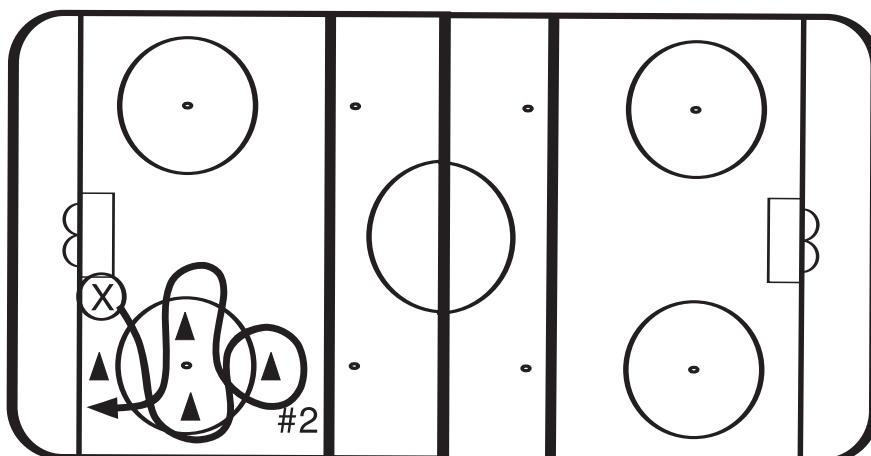
Use four cones #1 top of circle, #2 bottom of circle, #3 off-side dot, #4 off-side dot .

- Forward crossovers around first two cones.
- Control turns around #3 cone.
- Step out backward turn around #4 cone.



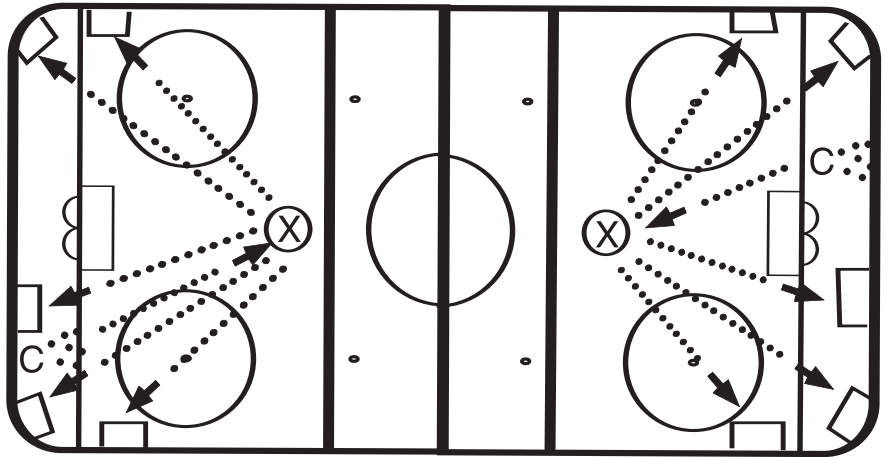
### Drill #6 — Four Cone Circle Puckhandling Pattern

- Put four cones on circle.
- Control turn around #1, #3, #4 cones.
- Escape turn around #2.



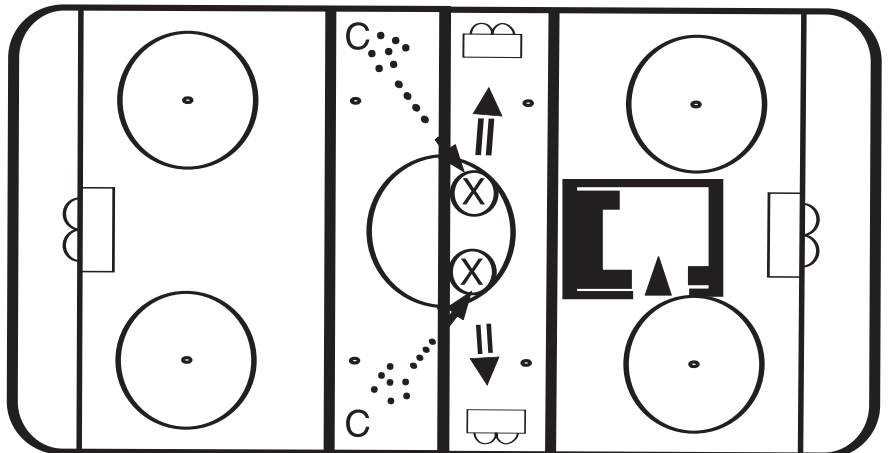
### Drill #7 — Five Passing Targets - Receive and Pass

- Five targets (3 ft. in width) from goal line to goal line on each side.
- Coach passes out to player, player passes at targets in order.
- 10 passes are made.



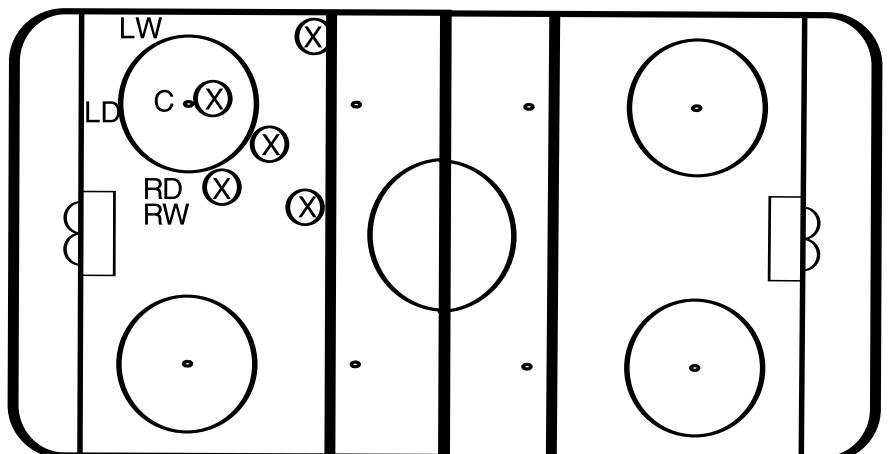
### Drill #8 — Receive Pass and Shoot at Target

- Coach passes on players forehand side.
- Shooter shoots at target - one point for hitting target - two points for hitting shaded area.



### Drill #9 — Face-Off Scrimmage - 30 Seconds

- Two lines set up for a face-off and then scrimmage for 30 seconds.



# Hockey Practice Plan

**Objectives:** Half Ice Practice

1. Skating - Forward Crossovers
2. Puck Control - Eyes Up, Fake-Pull-Accelerate
3. Passing - Stationary, Forehand Side Receive
4. Playing Situations - 1 on 1 and 2 on 2

**Date:** \_\_\_\_\_

**Practice:** #16

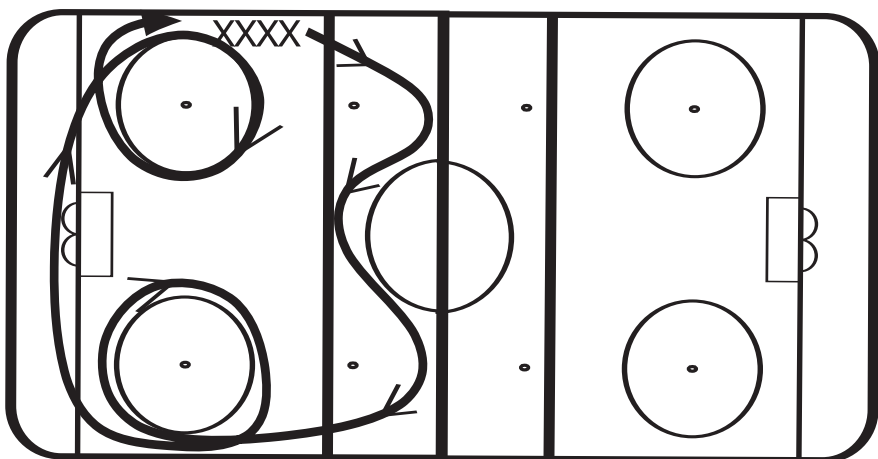
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending		<input type="checkbox"/> Face-Offs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Skating warm-up - zig-zag forward crossovers and forward crossovers on circles	Outside edge balance, push under
5 mins.	2. Puck control warm-up - forward crossovers over and under on circles, control turn on first dot, escape on second dot	Execution
5 mins.	3. Three players jam the circles and #1-#2-#3 sequence shoot	Eyes up when handling the puck
5 mins.	4. Five station player pass on circle - use seven or eight players, pass to second player on right and follow your pass	Pass always to forehand side
5 mins.	5. 2 on 0 passing down middle - backwards on cone - receive pass from coach and backward stickhandling	Quick - accelerate passes
5 mins.	6. Three lanes - beat the checker (no stick or stick upside down)	Fake - pull - accelerate
5 mins.	7. 1 on 1 - half ice - forward and defenseman skate to net - forward picks up puck - defenseman skates backward following forward that goes around cone	Execution
5 mins.	8. 2 on 1 - half ice - defenseman makes breakout pass to either forward - forwards then re-enter zone 2 on 1	
10 mins.	9. Multiple 1 on 1 width of ice - have two or three groups out at once - have goalies go against each other	Stay out until one scores

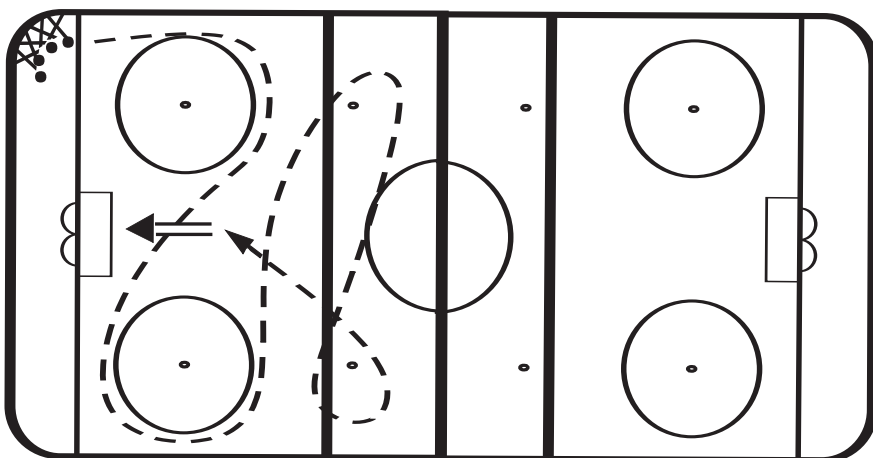
### Drill #1 — Zig-Zag Forward Crossovers between Lines and Forward Crossovers on Circles

- No gliding.
- Stress outside edge balance and crossunder.



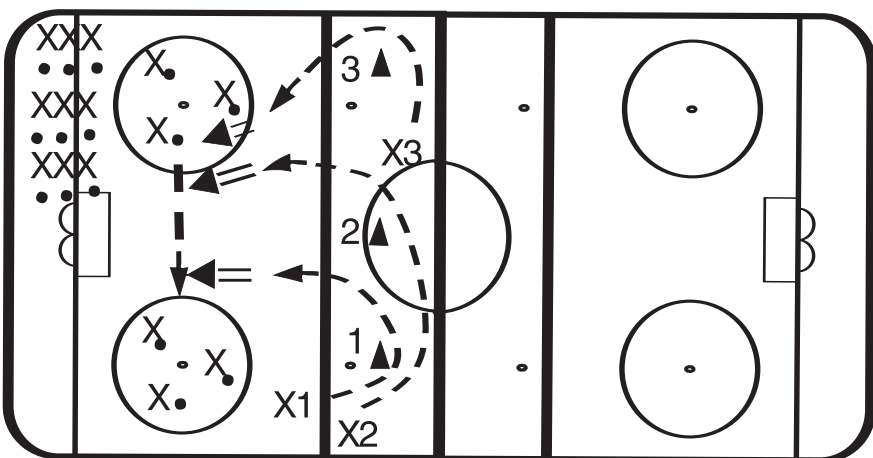
### Drill #2 — Forward Crossovers on Circles and Control Turn and Escape on Dots

- Go full speed.
- Tight controlled turns on dots.
- Accelerate coming out of turn.



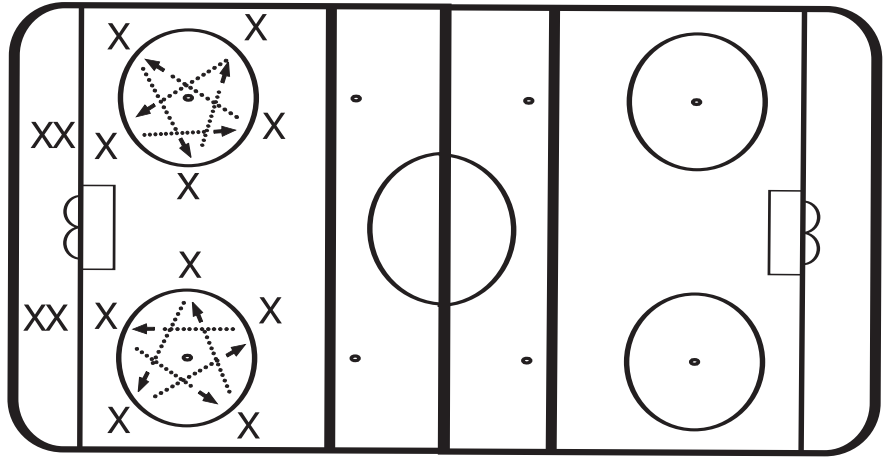
### Drill #3 — Three Player Jam Circles and 1-2-3 Shoot

- Three players at a time stickhandling in circle.
- On whistle, move to next circle.
- Players are numbered #1,2,3.
- #1 turns on first cone, #2 turns on second cone, #3 turns on third cone.
- #1, 2, 3 shoot on goal in staggered fashion.



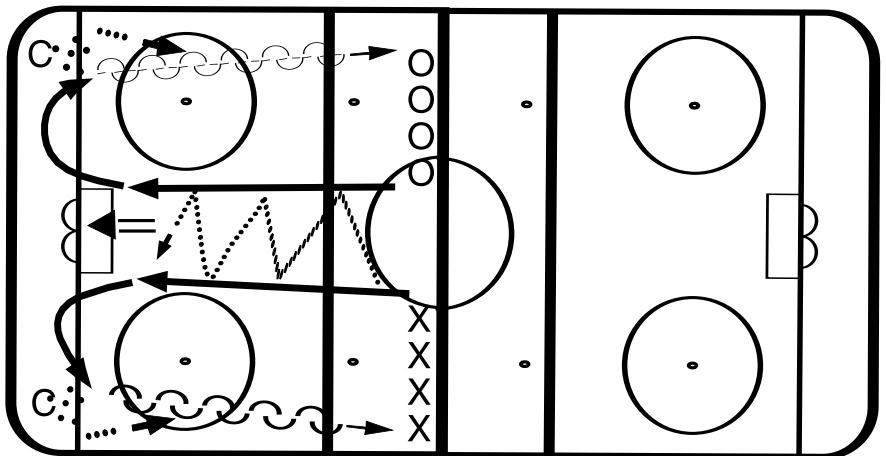
### Drill #4 — Five Station Pass on Circle

- Have seven or eight players on circle.
- One puck, pass to second player on your right.
- After passing, follow your pass quickly.



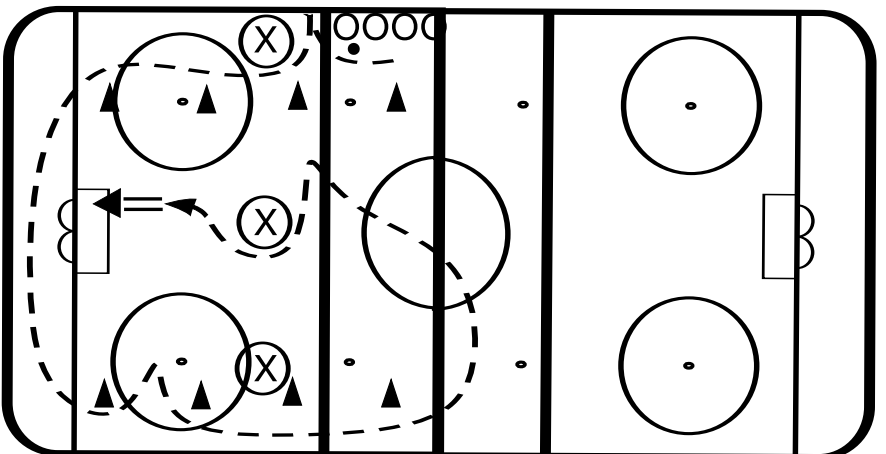
### Drill #5 — 2 on 0 Quick Passes Down Middle and Backward Stickhandling Back to Red Line

- Slide and glide - cup and give when passing.
- Shoot on net.
- Players skate backward around cones, coach passes to player and stickhandles to red line.



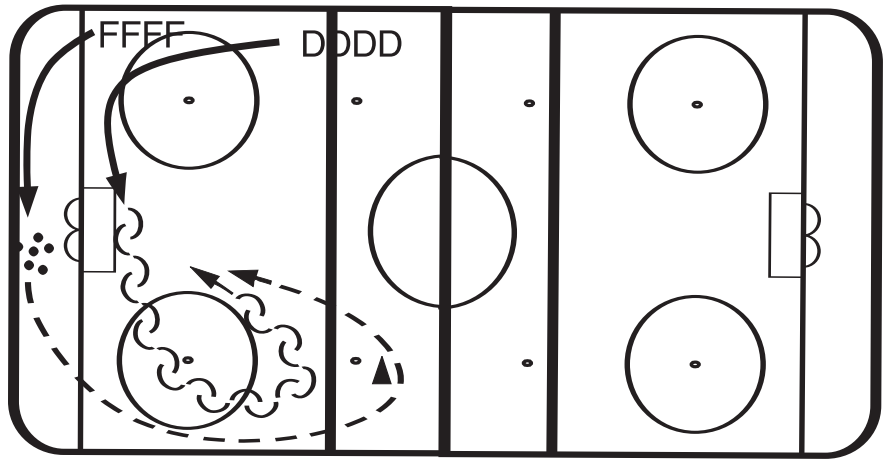
### Drill #6 — Three Lanes - Beat the Checker

- Checker has no stick or stick upside down.
- Puck carrier fake-pull quickly and accelerate on each checker.
- Shoot after beating third checker.



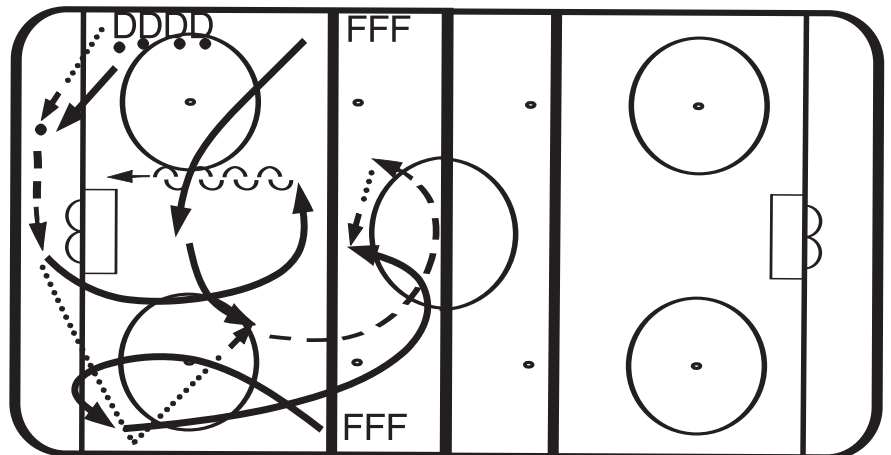
**Drill #7 — 1 on 1 Half Ice -  
Defenseman Follow Puck  
Carrier Backwards**

- Both Defenseman and Forward go to net, Forward picks up puck and skates around cone.
- Defenseman at net pivots and skates backwards up to blue line and plays 1 on 1.



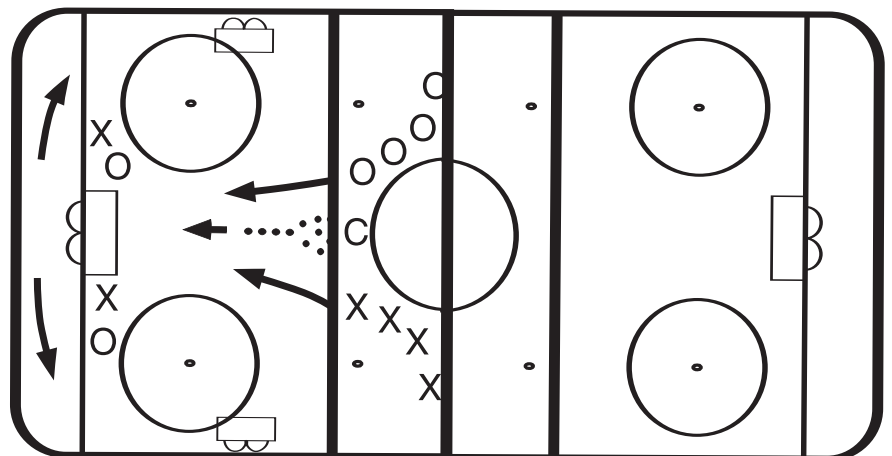
**Drill #8 — 2 on 2 - Half Ice  
With Defenseman Making  
Breakout Pass**

- Defenseman retrieves puck and passes to either forward.
- Forwards skate up to red line and then re-enter zone 2 on 1 against defenseman that made breakout pass.



**Drill #9 — Multiple 1 on 1  
Width of Ice**

- No goalies in net, put bench across nets.
- Have 2 or 3 groups out at a time.
- Group stays out until someone scores.
- G vs. G stickhandling puck.



# Hockey Practice Plan

**Objectives:** Half Ice Practice

1. Skating - Forward/Backward and Crossovers, Stops and Starts
2. Puck Control - Stop and Control Turns, Forward Crossovers
3. Checking - First Forechecker Angling
4. Systems - 2-1-2 Forecheck

**Date:** \_\_\_\_\_

**Practice:** #17

**Level:** 10 & Under (Squirt)

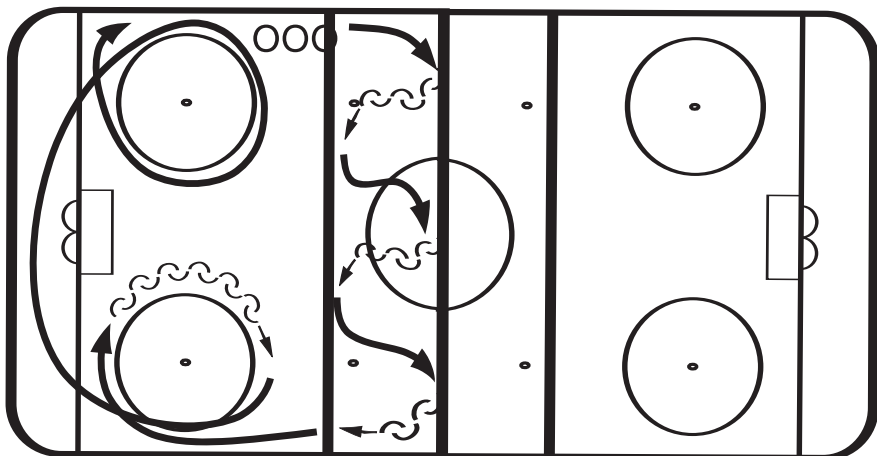
Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	_____ 1 on 1	_____ Defensive Cov.	<input checked="" type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	_____ 2 on 0	_____ Backcheck	_____ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	_____ 2 on 1	<input checked="" type="checkbox"/> Forecheck	<input checked="" type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	_____ 2 on 2	_____ Breakouts	_____ FUN - Relay Contests
<input checked="" type="checkbox"/> Checking	_____ 3 on 1	_____ Entering Attack Zone	_____ Skills Testing
_____ Agility Work	_____ 3 on 2	_____ Triangulization/Cycling	_____ Misc.
_____ Goaltending		_____ Face-Offs	
_____ Def./Forwards		_____ Power Play/Penalty Kill	

Time	Drill	Emphasis
2 mins.	1. Skating - forward and backward zig-zag, forward and backward compass on circle and forward circle crossovers	Go uncomfortably fast
3 mins.	2. Forward crossovers on circles and shoot	
2 mins.	3. Three player triangle passing	Quick passes, no slapping puck
3 mins.	4. Carry puck, forward-stop-two control turns and shoot with screen and deflect to full speed crossovers on circle	Tight control turns, shoot low
5 mins.	5. 1 vs. 1 forecheck and angling - before or after net dekes on goalies - net at red line	
10 mins.	6. Scramble in neutral to 2-1-2 forecheck pattern in zone	Quickness from corner to corner
5 mins.	7. Zig-zag stops and starts to race for puck and shoot	Complete stops - one foot power stop
5 mins.	8. Defenseman to forward breakout pass then defenseman to defenseman point pass to screen and deflect by forward and defenseman coverage in front of net	
10 mins.	9. 3 on 3 diagonal game - 30 second shifts	Must learn to react quickly to puck movement



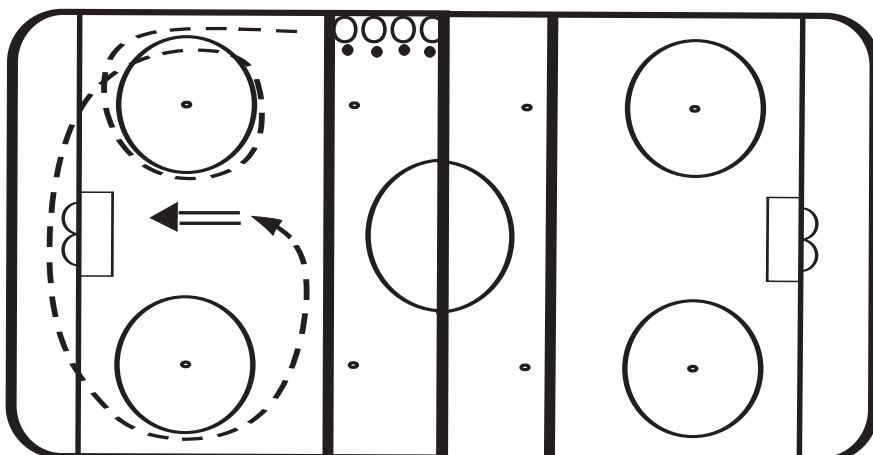
### Drill #1 — Skating

- Forward and backward zig-zag - between red and blue lines.
- Forward and backward compass on first circle.
- Skate behind net forward, forward crossovers on second circle.



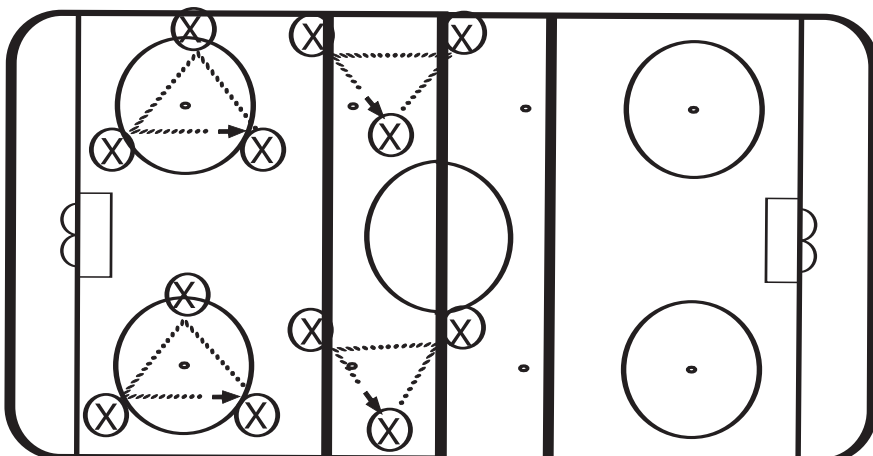
### Drill #2 — Carry Puck

- Forward crossovers on first circle.
- Skate behind net - forward crossovers around top of second circle and shoot.



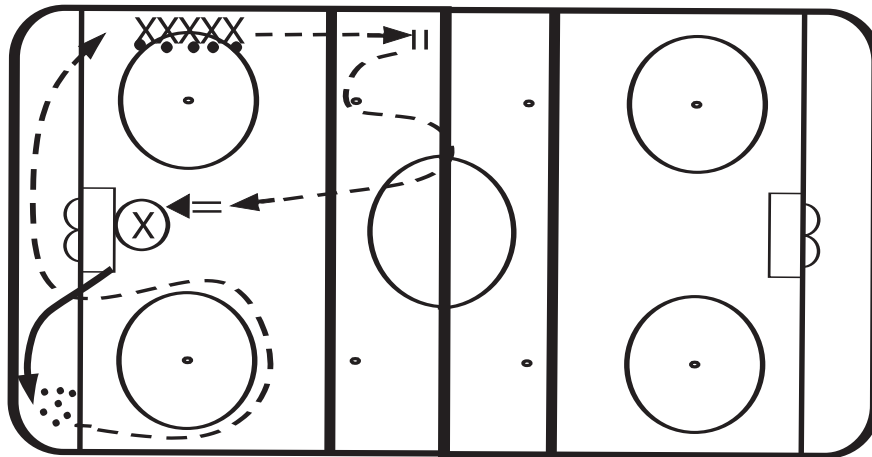
### Drill #3 — Three Player Triangle Passing

- Players must pass quickly without slapping puck.
- Slide and glide then cup and give.
- Pass accurately to forehand side of player.



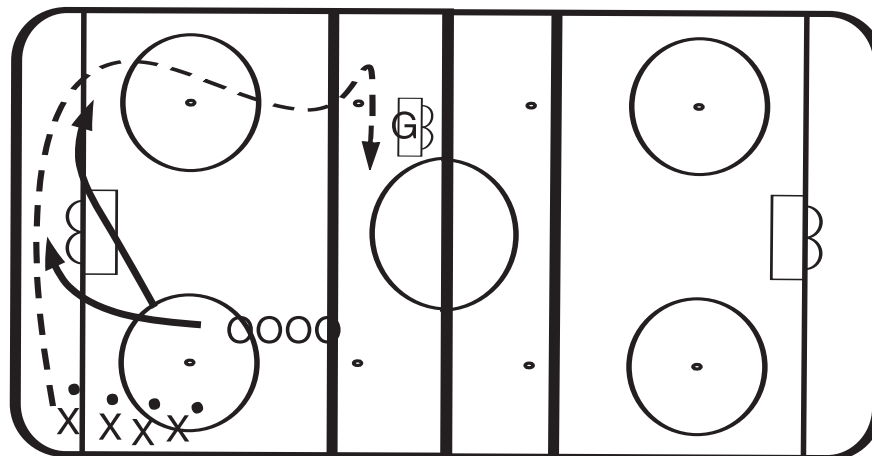
### Drill #4 — Carry Puck - Forward Stop, Two Control Turns and Shoot

- After shooting - screen and deflect.
- Then pick up puck in corner and do forward crossovers around circle to end of line.



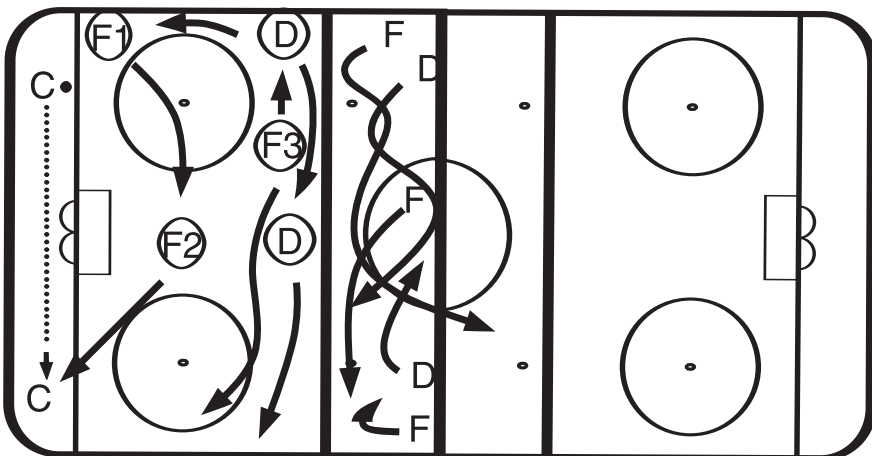
### Drill #5 — 1 vs. 1 Angling Before or After Net and Dokes on Goalie at Red Line

- Puck carrier must go behind net and out other side.
- Forechecker has two options: #1 forecheck puck carrier before net and #2 angle to far corner. Do not chase behind net.



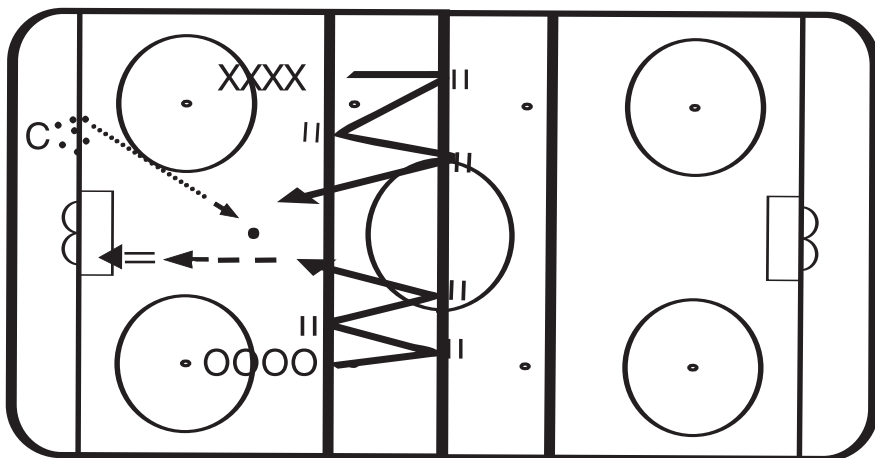
### Drill #6 — Scramble in Neutral to 2-1-2 Forecheck

- Two defensemen and 3 forwards skate around in neutral zone.
- On whistle, players skate into zone and execute 2-1-2 forecheck pattern.
- A coach in each corner pass puck back and forth.



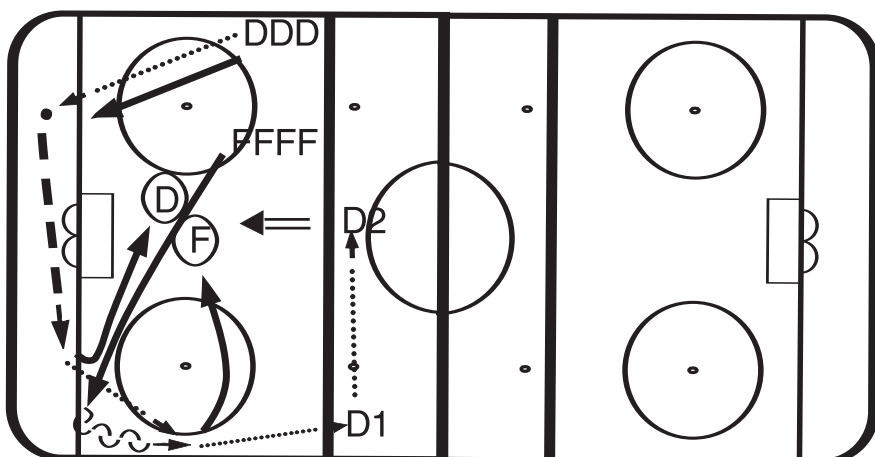
### Drill #7 — Zig-Zag Stops and Starts to Race for Puck

- 2 lines
- First player from each line skates forward, stops and starts on red and blue lines.
- Coach slides puck out and two players compete for puck.



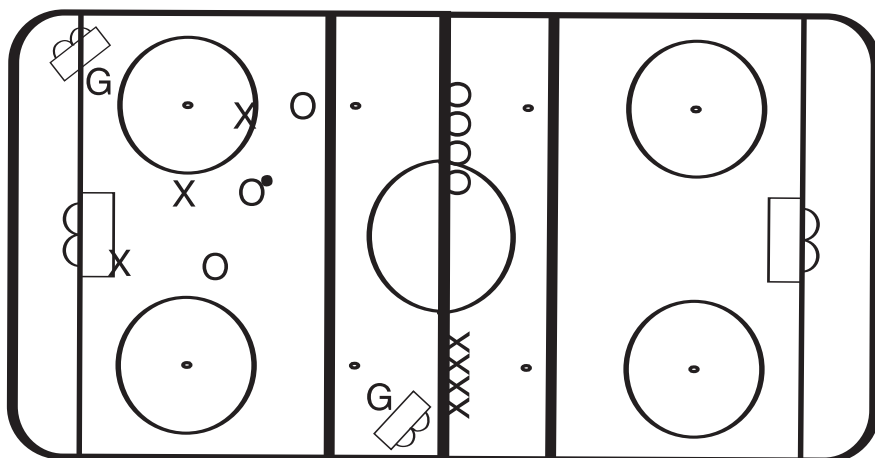
### Drill #8 — Defenseman to Forward Breakout Pass

- Forward passes to D1 who passes to D2.
- Forward after pass to D1 goes to front of net to screen and deflect.
- Defenseman who made breakout pass goes and covers forward in front of net.
- D2 shoots on net.



### Drill #9 — 3 vs. 3 Diagonal Game

- Put nets in corner and red line on a diagonal.
- Play 3 on 3 for 30 seconds then change on fly and keep playing.



# Hockey Practice Plan

**Objectives:** Half Ice Practice

**Date:** \_\_\_\_\_

**Practice:** #18

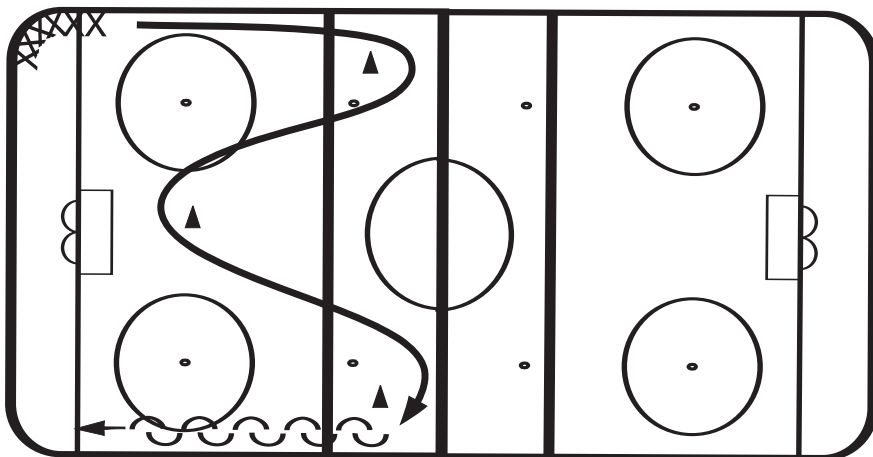
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input checked="" type="checkbox"/> 2 on 1	<input checked="" type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input type="checkbox"/> Shooting	<input type="checkbox"/> 2 on 2	<input checked="" type="checkbox"/> Breakouts	<input type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input checked="" type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input checked="" type="checkbox"/> 3 on 2	<input checked="" type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending		<input type="checkbox"/> Face-Offs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
2 mins.	1. Skating - Two cone forward crossover to backward swizzels	
3 mins.	2. Puck Control - carry puck - circle forward crossovers to big 90 turn and shoot	Pull puck back to avoid coach poke check
2 mins.	3. Five station pass - follow your pass and #5 shoots	Accurate forehand side passes
3 mins.	4. 1 on 1 - Defenseman agility skate and forward control turns on cones	Adjust distance of cones to be fair
5 mins.	5. 3 on 2 dump to 2-1-2 forecheck pattern to triangulization and shoot	FCs quick to PC
10 mins.	6. 2 on 1 - Forwards pass in neutral zone then enter - Defenseman carry puck and shoot then play 2 on 1	Hold middle
10 mins.	7. 5 on 0 - dump in to breakout	Good passes
5 mins.	8. 3 on 2 swing pass to center trail	Good passes
10 mins.	9. 3 on 3 - nets turn around backwards - 30 second shifts	Hard working

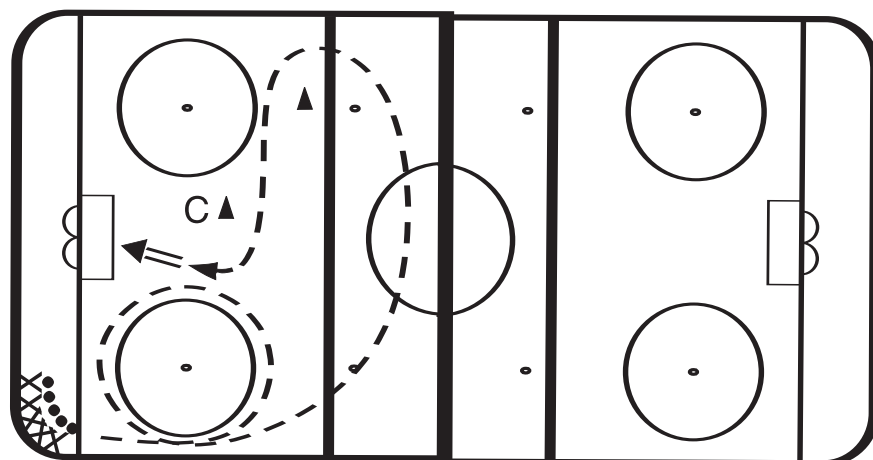
### Drill #1 — Two Cone Forward Crossovers to Backward Swizzels

- First two cones do forward crossovers.
- Third cone step out backwards and do backward swizzels to goal line.



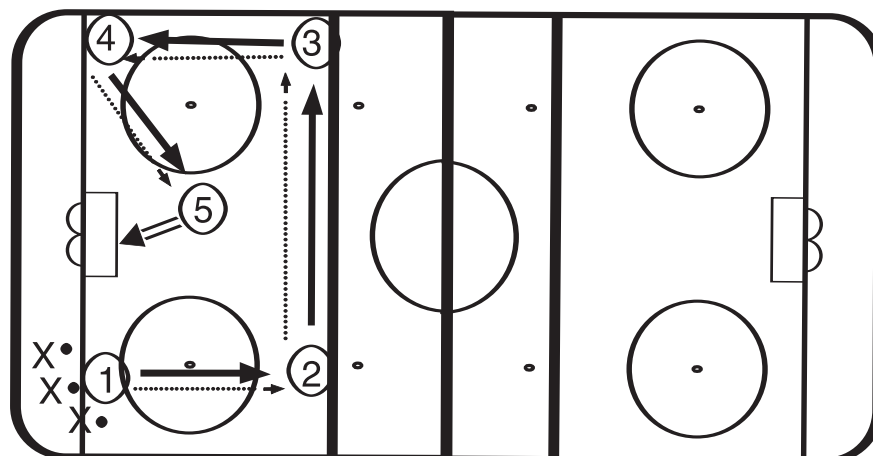
### Drill #2 — Carry Puck - Circle Crossovers to Big 90 Turn and Shoot

- When doing big 90 to control turn avoid getting puck poke check by coach.



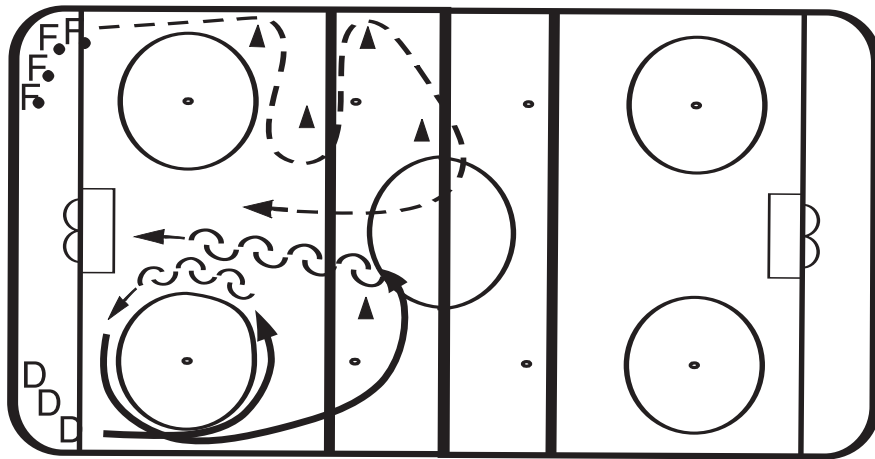
### Drill #3 — Five Station Pass - Follow Your Pass - #5 Shoots

- Make hard accurate passes to forehand side.
- After pass, skate quickly to next station.



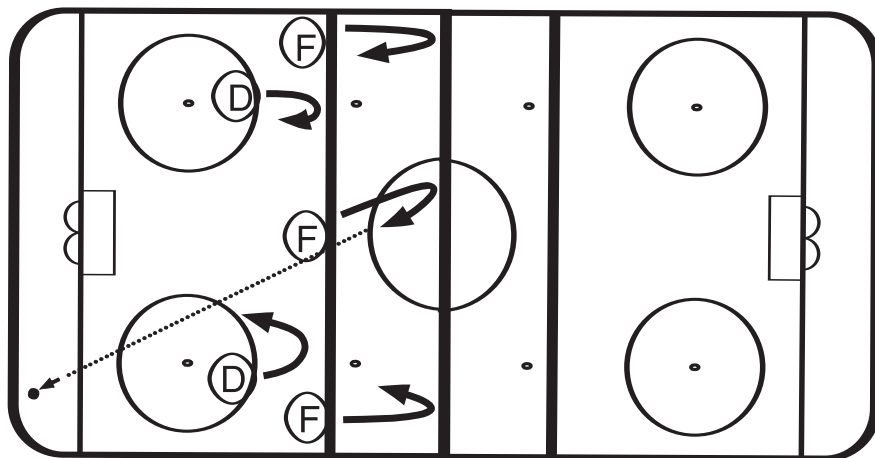
**Drill #4 — 1 on 1 -  
Defenseman Agility Skate  
and Forward Control Turns  
on Cones**

- Defenseman skate forward and backward compass on circle.
- Forward carries puck and control turns around cones to 1 on 1 with defenseman.



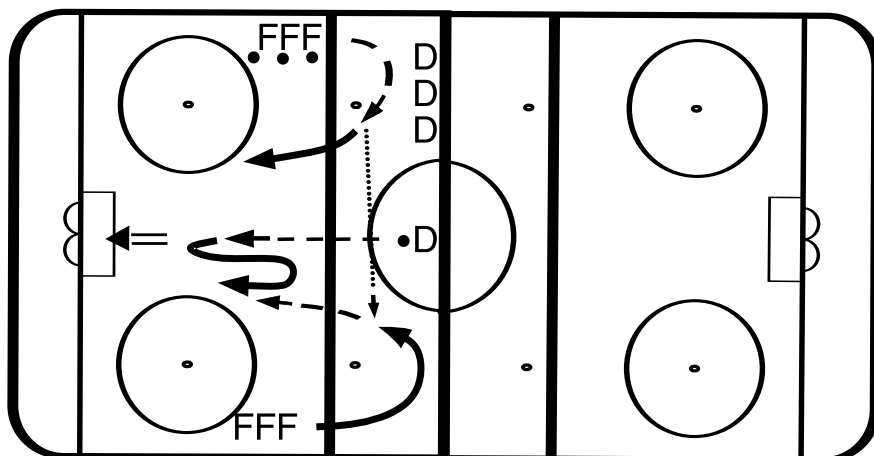
**Drill #5 — 3 on 2 Dump to  
2-1-2 Forecheck to  
Triangulization and Shoot**

- Defensemen start on top of circles.
- Forwards start on blue line, skate to red line, dump puck into corner.
- Defensemen try and carry puck over blue line, forwards take away and create scoring opportunity.



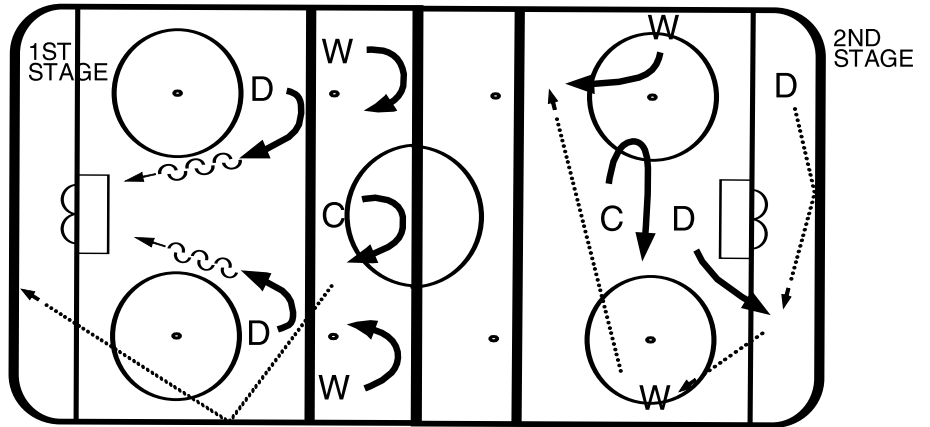
**Drill #6 — 2 on 1-  
Forward Pass in Neutral  
Zone - Defenseman  
Carries Puck and Shoots  
Then Plays 2 on 1**

- Defenseman shoots at top of circle.
- Forward passes to other forward in neutral zone then attack zone against one defenseman.



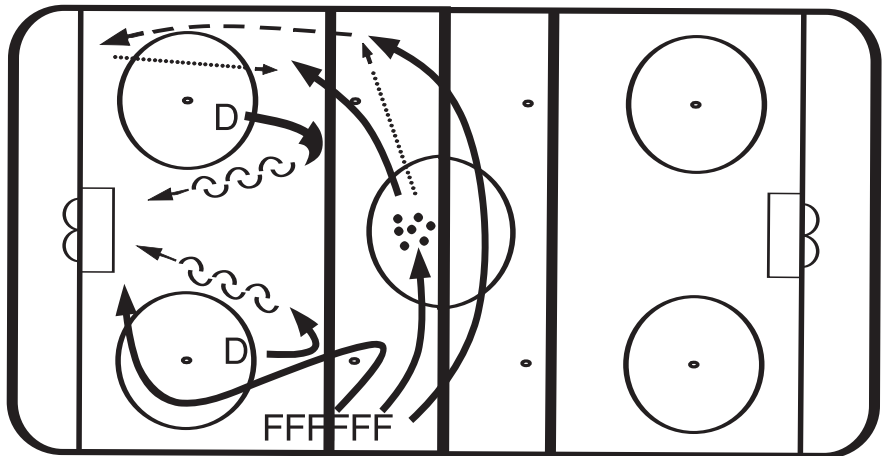
### Drill #7 — 5 on 0 - Breakout - Dump In

- 1st stage - Defensemen start at top of circle and forwards at blue line - skate up to red line and dump in.
- Second stage - breakout pass to red line.



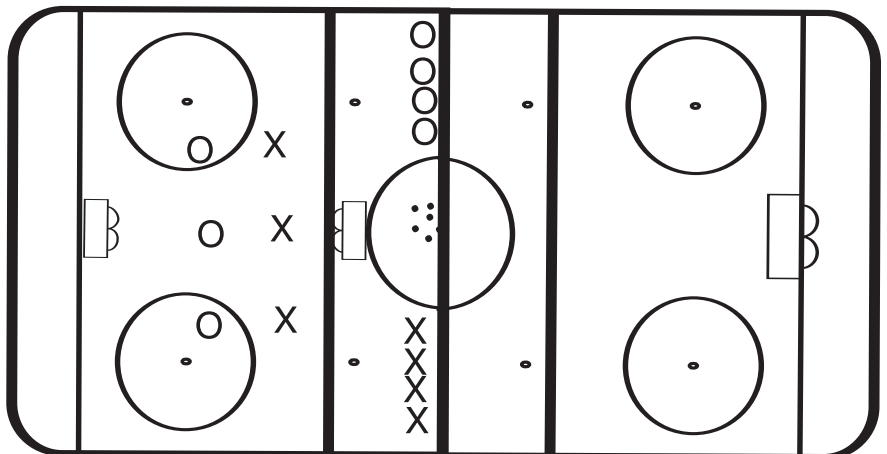
### Drill #8 — 3 on 2 Swing Pass to Center Trail

- Defensemen start at top of circle and move up to blue line then backwards.
- Forwards start on one side, first forward skates over to far boards, second forward gets puck and passes to first forward, third forward stays wide around dot.



### Drill #9 — 3 on 3 - Nets Turn Around Backwards

- 30 second shifts



# Hockey Practice Plan

**Objectives:** Half Ice Practice

1. Basic Skills Development - skating, puck control, passing
  2. Defense Skills - backcheck and coverage
- Team FUN Competition - 1 on 1, 2 on 2, 3 on 3

**Date:** \_\_\_\_\_

**Practice:** #19

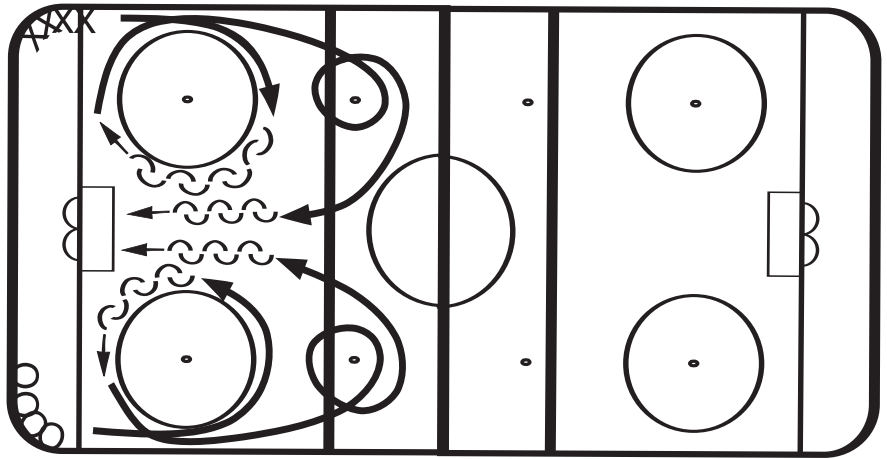
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	___ 1 on 1	<input checked="" type="checkbox"/> Defensive Cov.	___ Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	___ 2 on 0	<input checked="" type="checkbox"/> Backcheck	___ Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	___ 2 on 1	___ Forecheck	___ Full Ice Modified Games
___ Shooting	<input checked="" type="checkbox"/> 2 on 2	___ Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
___ Checking	___ 3 on 1	___ Entering Attack Zone	___ Skills Testing
<input checked="" type="checkbox"/> Agility Work	___ 3 on 2	___ Triangulization/Cycling	___ Misc.
___ Goaltending		___ Face-Offs	
___ Def./Forwards		___ Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Skating - compass on circles and dots to backward swizzels	Full speed
5 mins.	2. Puck Control - control turns zig-zag - two shots - second shot after coach passes to player	Tight turns
5 mins.	3. Two lines - make two passes to big 90 turn with coach poke checking and shoot	
5 mins.	4. 2 on 2 - forwards make lateral pass and drop pass in neutral zone - defenseman skate up and over blue line then backwards	Make still drop pass
5 mins.	5. 2 on 2 - J start backcheck - both sides same time, coach makes pass into zone	Backchecker keeps inside position
5 mins.	6. 5 on 5 - defensive coverage - defensive team no stick, allow puck to be moved around zone	Watch coverage
15 mins.	7. Team Competition - Show down	FUN
15 mins.	8. Team Competition - two partner passing and shoot	FUN
15 mins.	9. Team Competition - three partner passing - stay out until there is a score	FUN

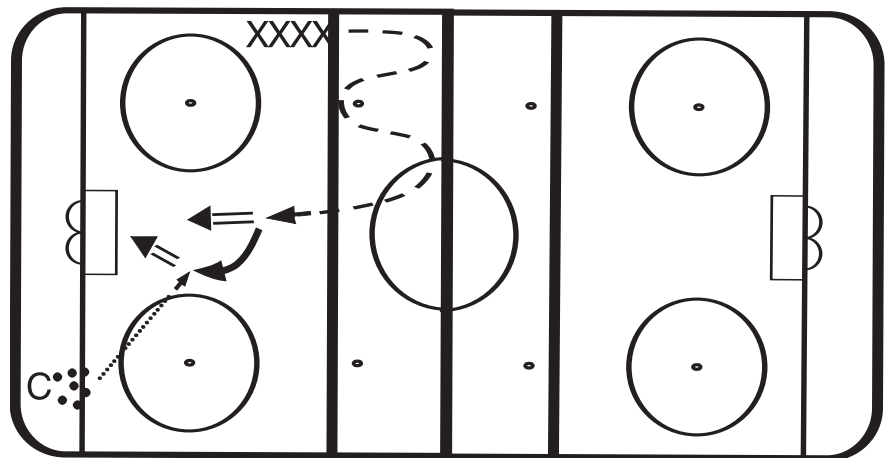


**Drill #1 — Compass on Circles and Controlled Turns Around Dots to Backward Swizzels**



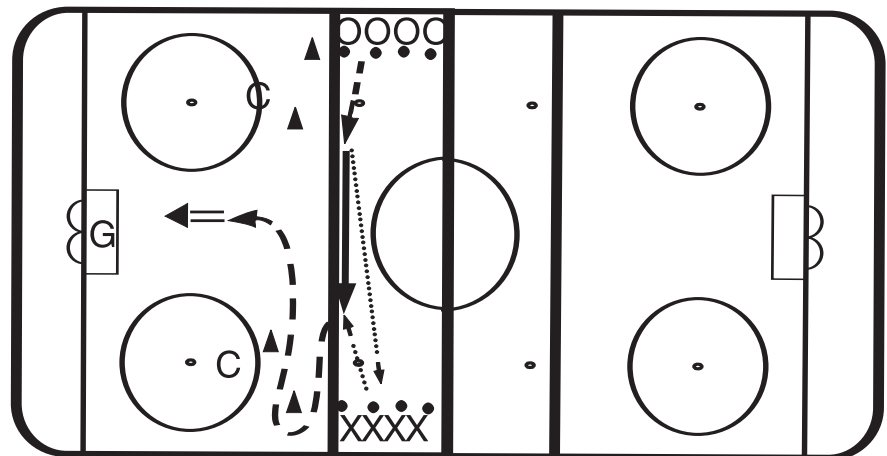
**Drill #2 — Puck Control - Control Turns Zig-Zag Red and Blue Lines - Two Shots**

- Tight turns between red and blue lines.
- Shoot at blue line.
- Continue in for pass from coach and shoot second shot.



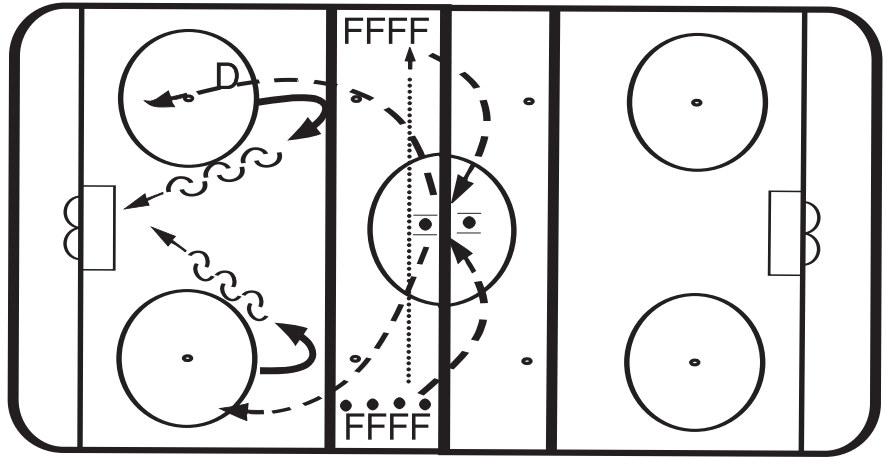
**Drill #3 — Make Two Passes to Big 90 Turn and Shoot**

- Start on one side, pass over to other side and skate towards that side.
- Get return pass, do big 90 turn, avoid coach poke check and shoot.



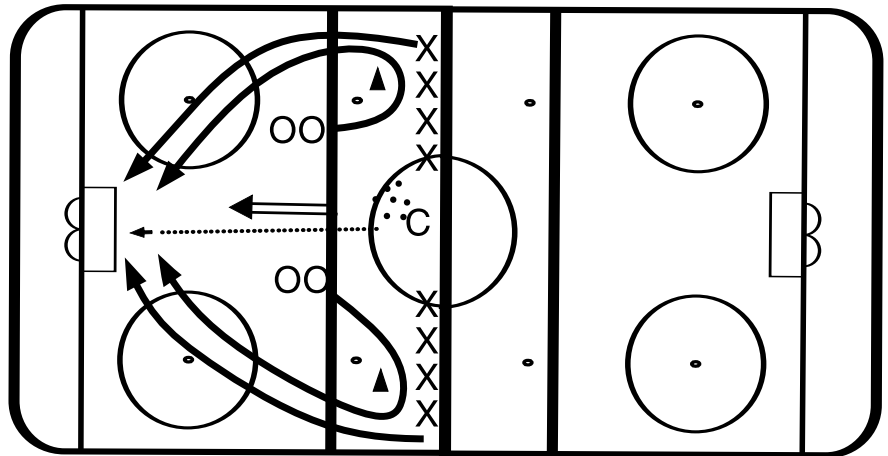
### Drill #4 — 2 on 2 - Lateral and Drop Pass

- Forward passes across to other forward then, skate towards each other and do drop pass, then enter zone.
- Defenseman start at top of circle, skate up and over blue line and skate backwards.



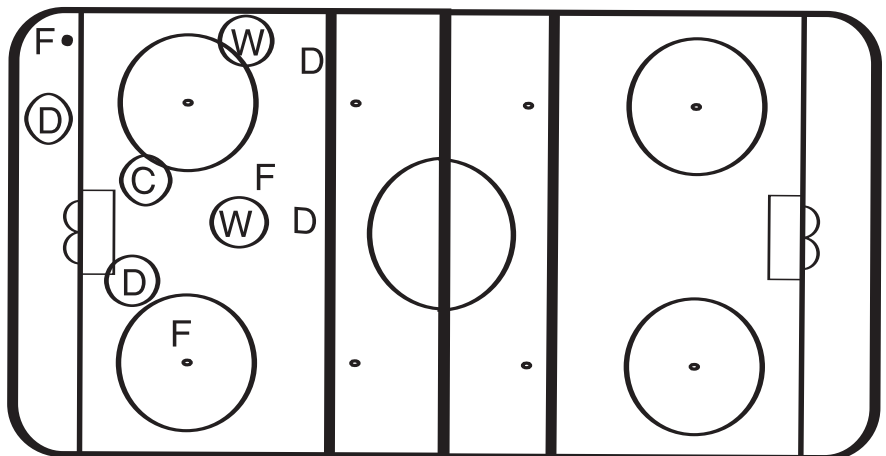
### Drill #5 — 2 on 2 - J Start Backcheck

- Backcheckers start at blue line do J start around cone.
- Offensive players start at red line.
- Coach tries to pass or shoot at net.



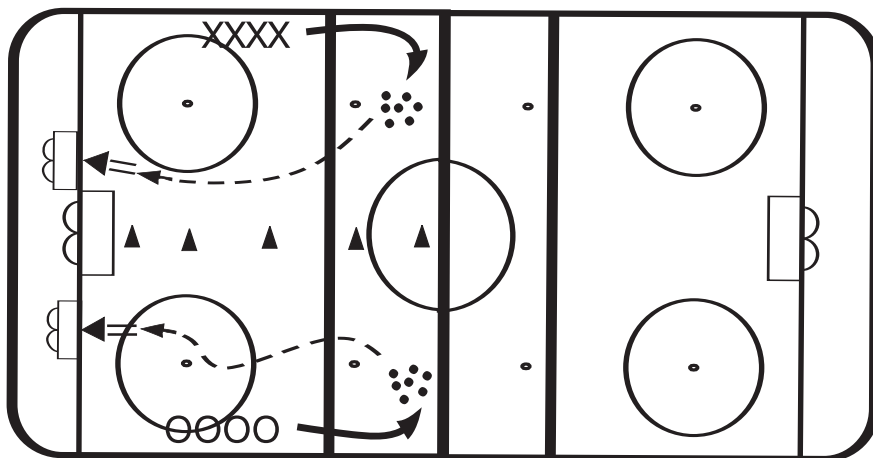
### Drill #6 — 5 on 5 - Defensive Coverage - Defensive Team No Sticks or Upside Down

- At first allow offensive team to pass puck around and defensive team move to show coverage.



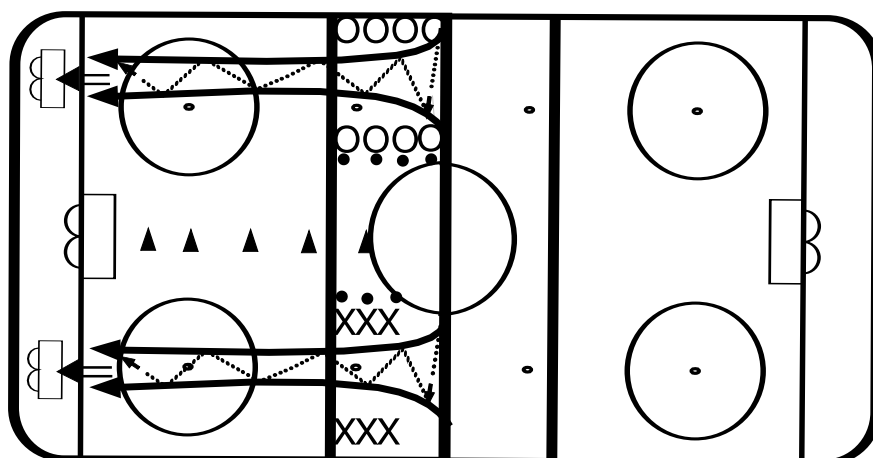
### Drill #7 — Team Competition Show Down

- Pucks are at red line and players at blue line.
- Player gets one shot.
- If goal is scored, next player goes; if no goal, player skates to blue line before next player can go.



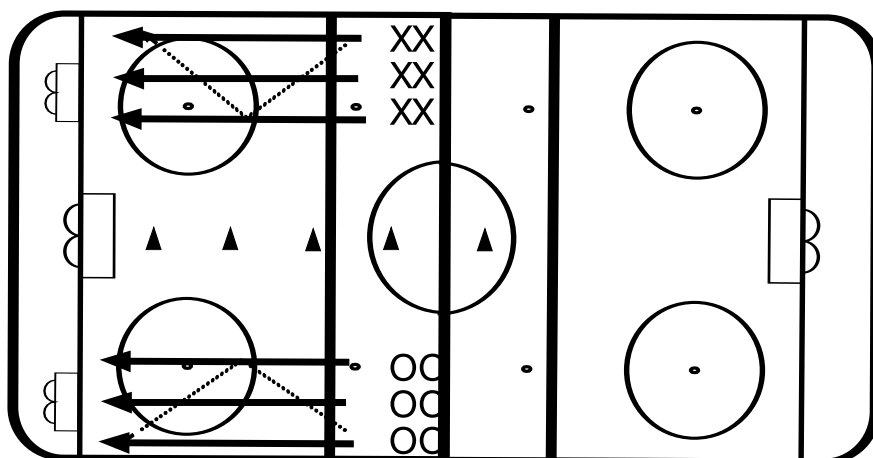
### Drill #8 — Team Competition Two Partner Passing

- Must make eight passes before shooting.
- If goal is scored, next group goes; if no goal, must pass puck to line before next group can go.



### Drill #9 — Team Competition Three Partner Passing

- Must make eight passes before shooting.
- Stay out until group scores, then next group can go.



# Hockey Practice Plan

- Objectives:** 1. Basic Skill Work in Groups - skating, puck control, passing and shooting  
2. Competition Races - 1 on 1, 2 on 2 War

**Date:** \_\_\_\_\_

**Practice:** #20

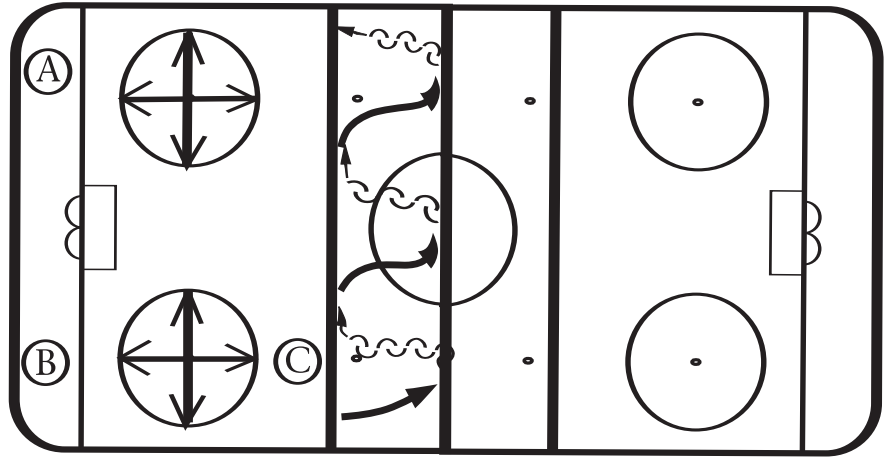
**Level:** 10 & Under (Squirt)

Skill Work	Team Play	Systems/Concepts	Speed/Games Testing
<input checked="" type="checkbox"/> Skating	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Defensive Cov.	<input type="checkbox"/> Short Work - Quickness
<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 2 on 0	<input type="checkbox"/> Backcheck	<input checked="" type="checkbox"/> Small Ice Modified Games
<input checked="" type="checkbox"/> Passing/Receiving	<input type="checkbox"/> 2 on 1	<input type="checkbox"/> Forecheck	<input type="checkbox"/> Full Ice Modified Games
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Breakouts	<input checked="" type="checkbox"/> FUN - Relay Contests
<input type="checkbox"/> Checking	<input type="checkbox"/> 3 on 1	<input type="checkbox"/> Entering Attack Zone	<input type="checkbox"/> Skills Testing
<input type="checkbox"/> Agility Work	<input type="checkbox"/> 3 on 2	<input type="checkbox"/> Triangulization/Cycling	<input type="checkbox"/> Misc.
<input type="checkbox"/> Goaltending	<input type="checkbox"/> 3 on 0	<input type="checkbox"/> Face-Offs	
<input type="checkbox"/> Def./Forwards		<input type="checkbox"/> Power Play/Penalty Kill	

Time	Drill	Emphasis
5 mins.	1. Skating- (A) stop and starts - circle pattern; (B) forward and backward on circle (every quarter); (C) forward and backward zig-zag	Speed
5 mins.	2. Puck Control - (A) two cone control turn, figure 8 and shoot; (B) passing - 2 on 0 short and quick passes and shoot	Crisp passes
5 mins.	3. Puck Control - (A) four cones on circle - control turns and escape; (B) 1 on 1 forward and defenseman	Speed and good control
5 mins.	4. Puck Control - (A) wide pulls in stride; (B) dribble puck in between skates; (C) 2 direction - fake and pull on cones	Speed
5 mins.	5. Shooting - (A) give and go - receive - pressure shoot; (B) triangle pattern pass and shoot	Accurate shooting
10 mins.	6. Competition - 1 vs. 1 forward crossovers on circle and control turn around cone to puck race and shoot	Competition
10 mins.	7. Competition - 2 on 2 war in the zone	Competition

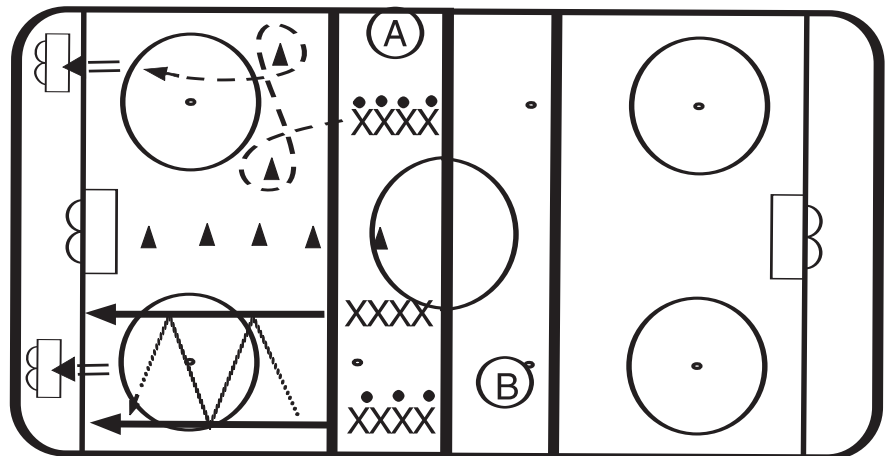
## Drill #1 — Skating

- (A) stops and starts in circle - time the player.
- (B) forward/backward every quarter on circle.
- (C) forward and backward zig-zag between red and blue lines.



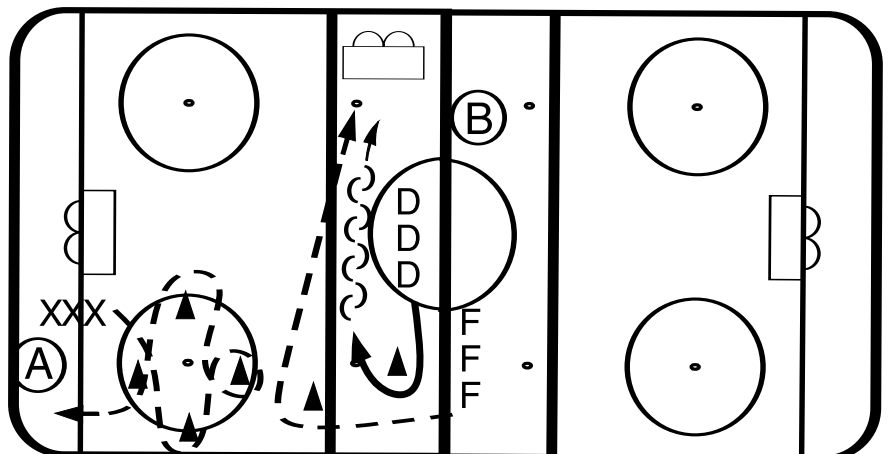
## Drill #2 — Puck Control

- Two cone control turn figure 8 and shoot.
- Passing - 2 on 0 - short, quick passes and shoot.



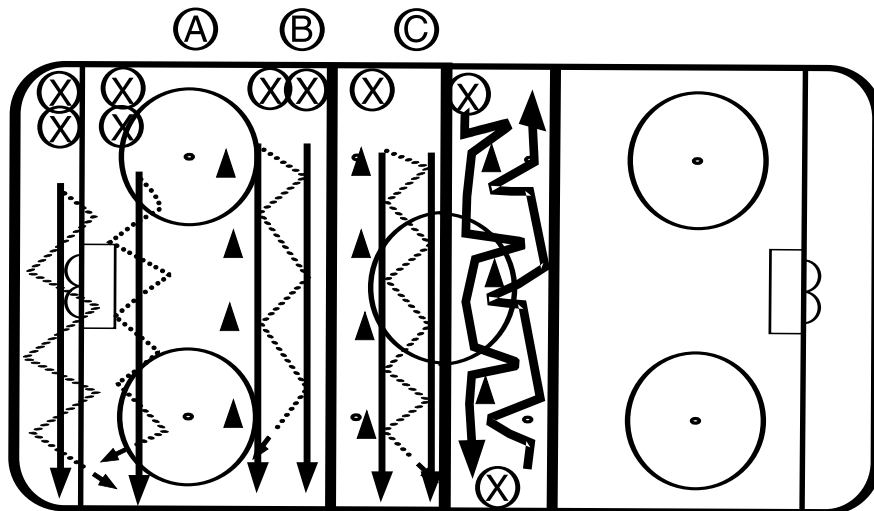
## Drill #3 — Puck Control

- (A) Four cones on circle - control turn around first - second - fourth cones escape around third cone (top of circle).
- (B) 1 vs. 1 - forward carries puck around far cone - defenseman skates forward to near cone then backwards.



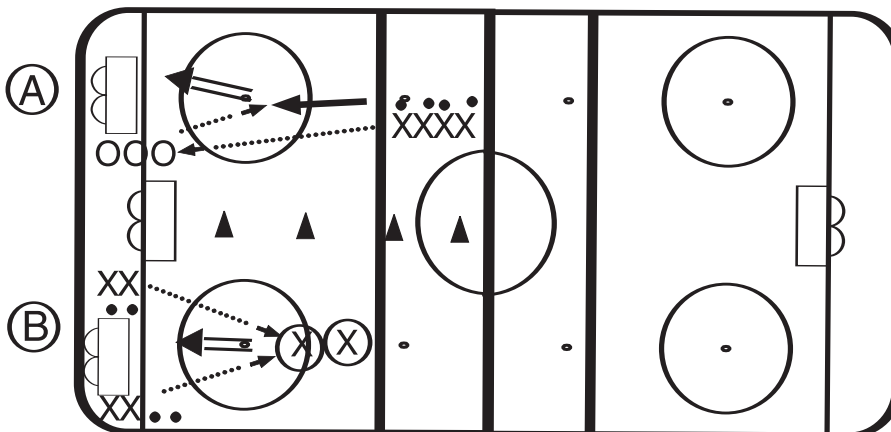
### Drill #4 — Puck Control

- (A) Wide pulls with each stride.
- (B) Puck control - dribble.
- (C) Two direction - fake and pull on each cone.



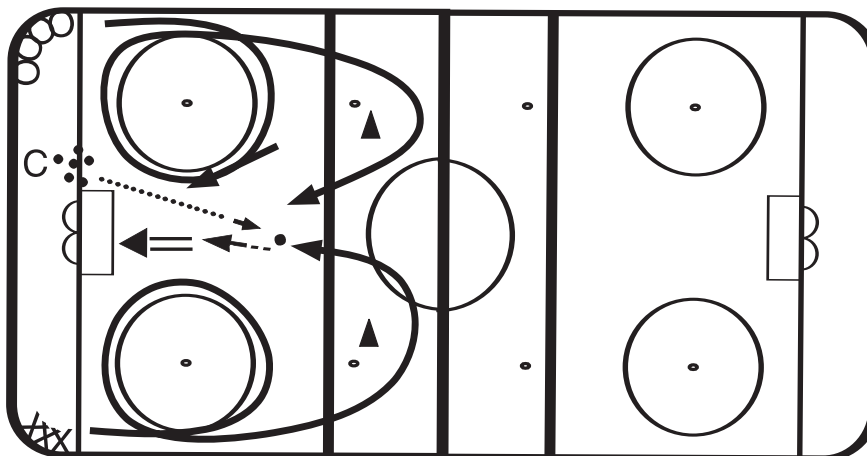
### Drill #5 — Shooting

- (A) Give and go - receive and shoot before passer on goal line gets to shooter.
- (B) Three lines - two on goal line are passing lines - shooter receives three passes each side alternating and shooting quickly.



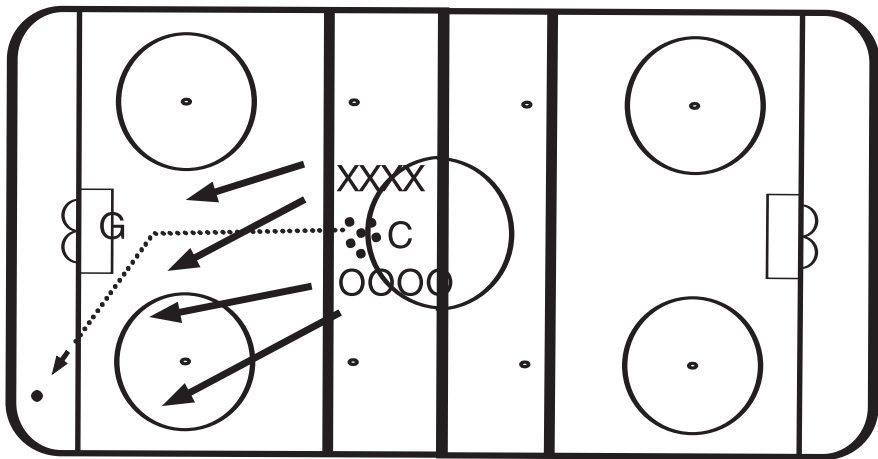
### Drill #6 — 1 vs. 1 Competition

- Forward crossovers on circle - control turn around cone - race for puck and shoot.



## Drill #7 — 2 vs. 2 Competition - War

- Coach shoots puck in on goalie.
- Two players in each line go.
- Both are trying to score and prevent a goal.
- Sprint out on whistle or after a goal is scored.



Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

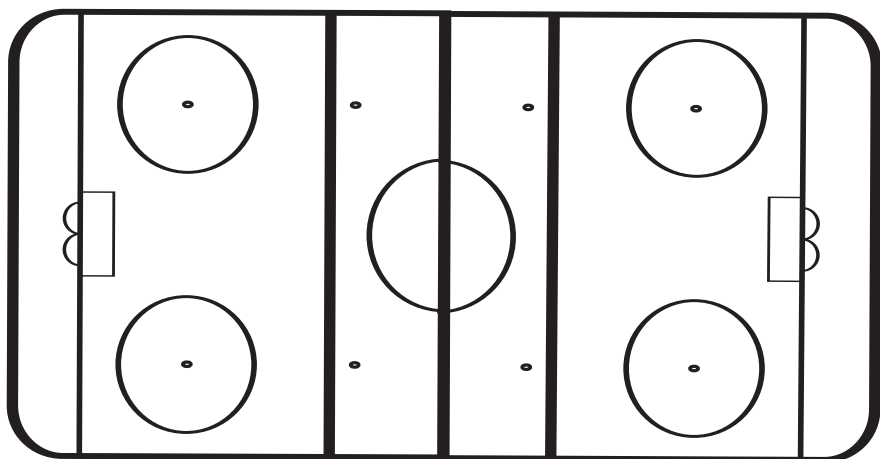
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

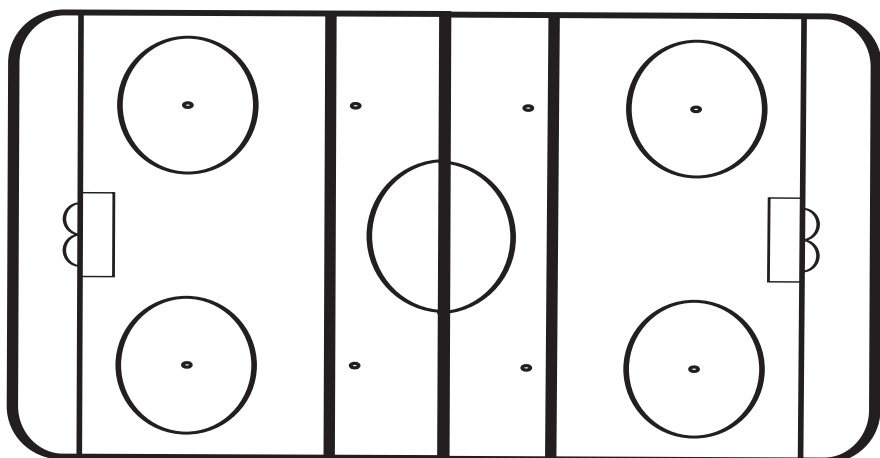
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Notes/Comments \_\_\_\_\_

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

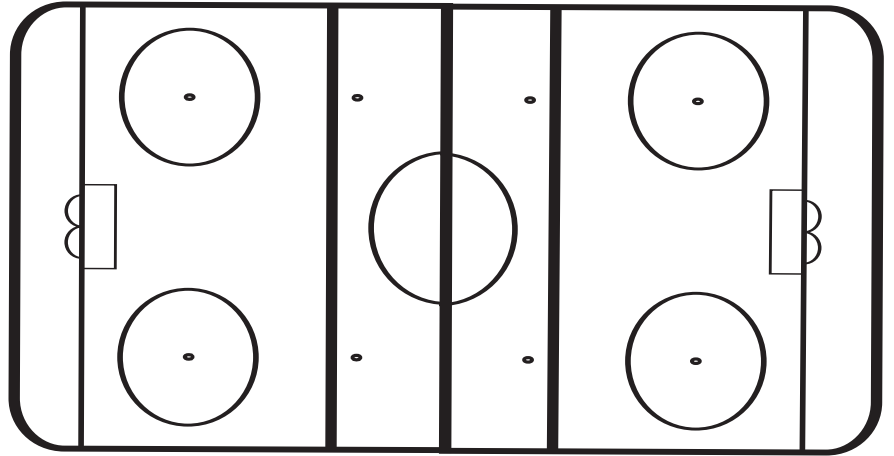
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

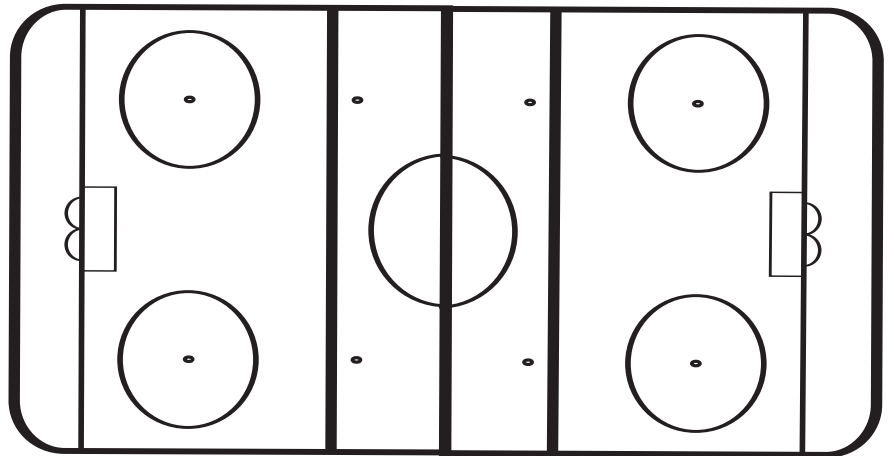
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

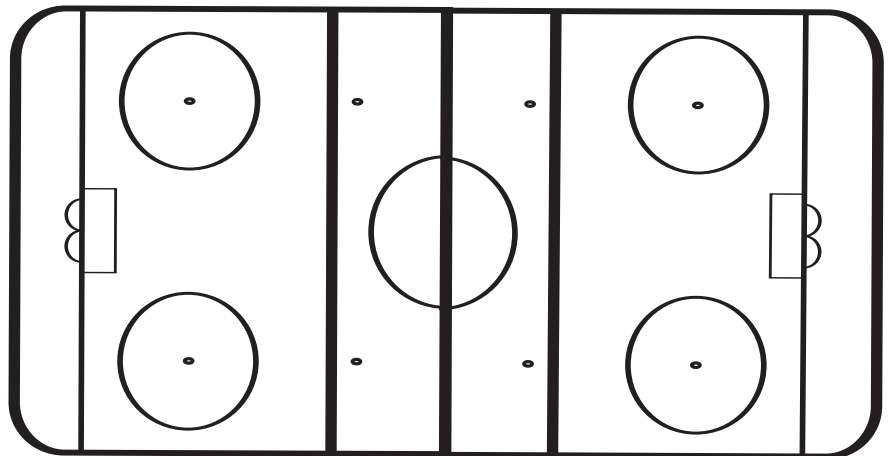
---

---

---

---

---



Notes/Comments \_\_\_\_\_

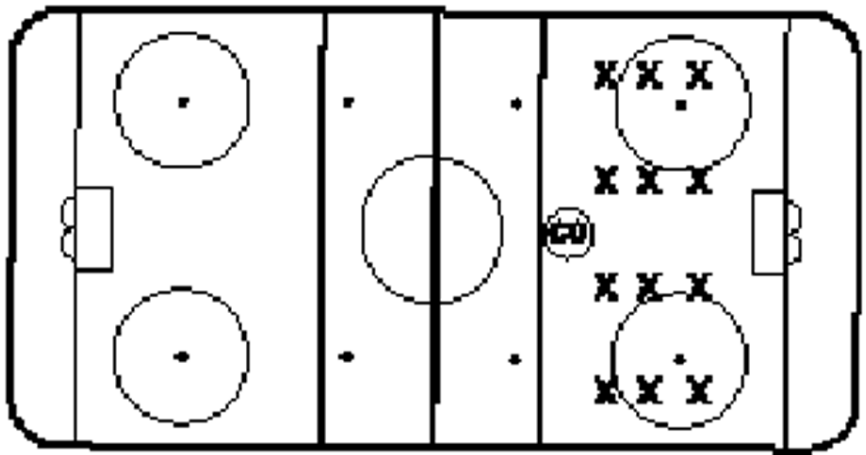


**Additional Drills**  
**For**  
**10 & UNDER**  
**(Squirt)**

**Description: Power Stance**

1. Feet shoulder width apart.
2. Slightly on inside edges.
3. Knees bent - butt low like sitting in a chair.
4. Chest up - back straight.
5. Head up.
6. Two hands on stick - hands 10" to 12" apart.
7. Stick on ice, in front of body - not off to one side.

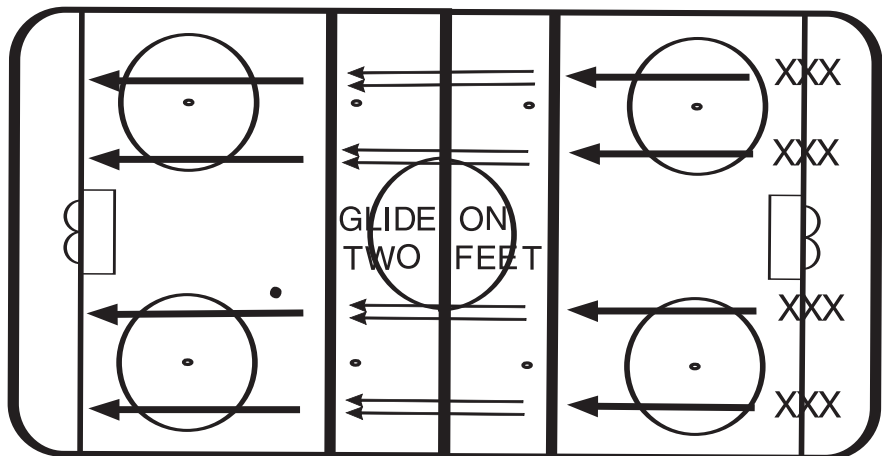
**Theme: Ready Position**



**Description: Glide In Ready Position**

1. Skate to blue line and glide to far blue line in ready position.
2. Two hands on stick - stick in front of body.

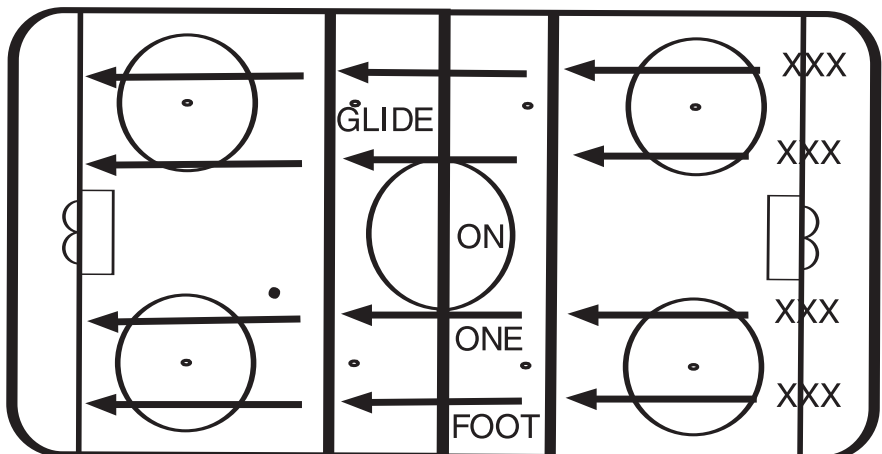
**Theme: Ready Position**



**Description: One Foot Glide**

1. Skate to blue line and glide on one foot to far blue line.
2. Emphasize - the knee bent - the more bent the knee, the easier the balance.
3. Come back doing the other foot.

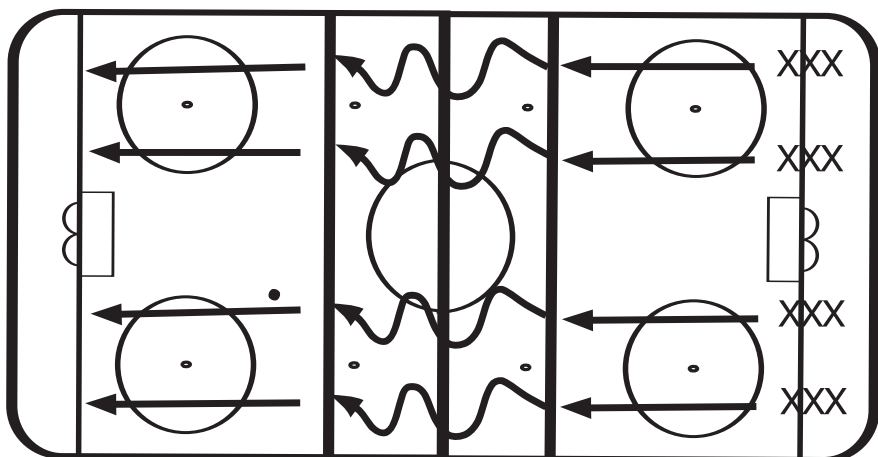
**Theme: Balance**



**Description: One Foot  
Glide - Weave**

1. Skate to blue line and glide on one skate. Weave (back and forth) on skate.
2. Players will start to feel the edges.
3. Knees well bent.
4. Come back with other foot.

**Theme: Balance**

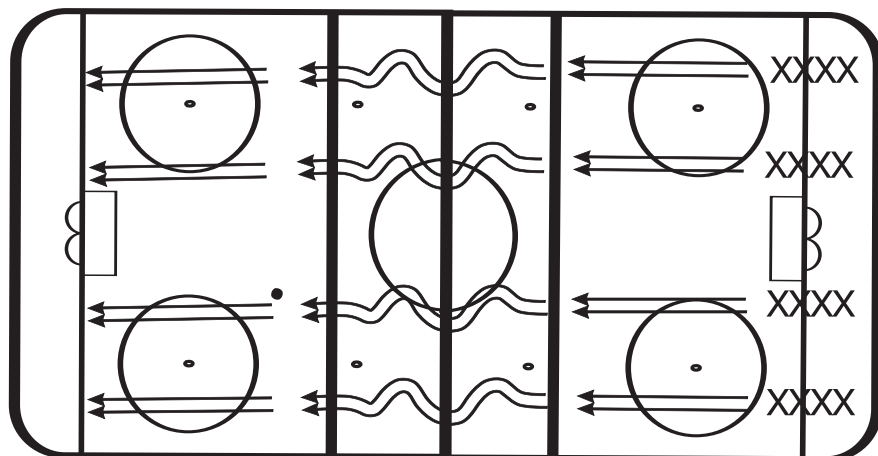


**Description: Flip-Flop**

Do this drill stationary.

Have players put skates close together. Have them "flop" ankles to right (one skate on outside edge right, left skate on inside edge). Then flop to other side - left skate outside edge, right skate inside edge. Now do the drill while moving - skate to blue line put feet together, flip-flop to far blue line, then skate to end of rink.

**Theme: Inside and Outside Edges**

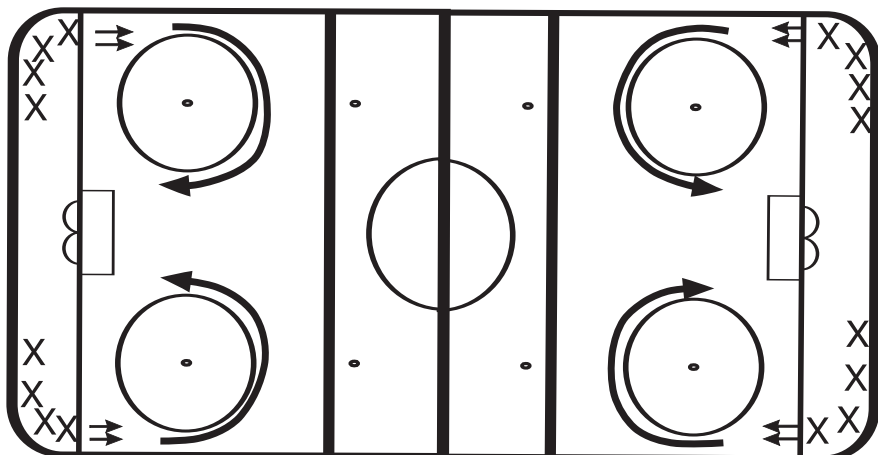


**Description: Edges on Circle**

Line players up in corner. Have them take two strides and glide on foot on inside edge. Then have them go the opposite way and do inside edge of other skate. Repeat doing with outside edge gliding around circle.

Stress: Power Position.

**Theme: Inside and Outside Edges**



**Notes/Comments:** Keep the knee well bent over gliding foot.

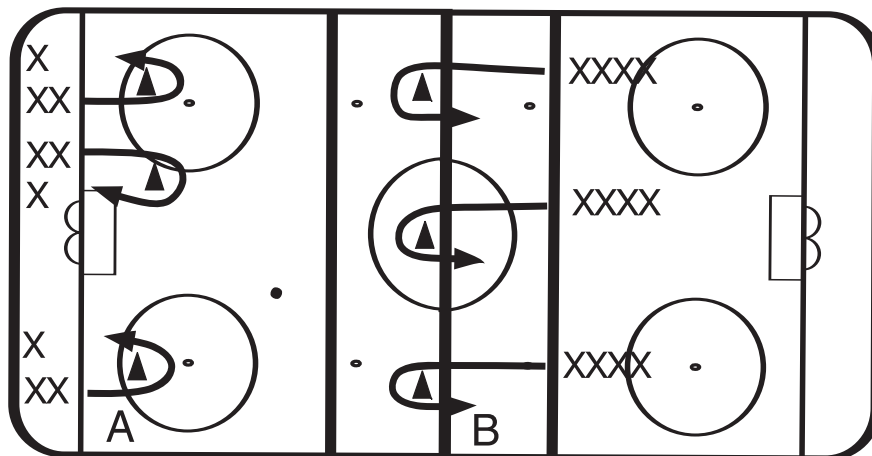
**Theme: Inside and Outside Edges**

**Description: One Cone**

Inside Edge - Skate up to cone - pick up left skate and turn around cone on right inside edge.

Keep the right knee well bent, two hands on stick.

Outside Edge - Skate up to cone, pick up right skate and turn around cone on left outside edge.



**Notes/Comments:** Can start with (A) cone 4-5 ft. from line. Then go to (B) cone 30 ft. from player line.

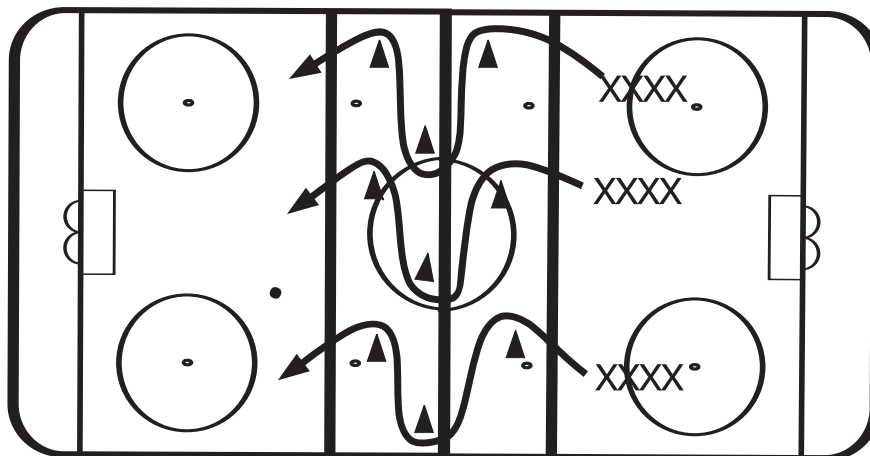
**Theme: Inside and Outside Edges**

**Description: Three Cone**

Take three cones and make a equal lateral triangle, each about 15 ft. apart. Skate up to cone alternate right and left skates using inside edges.

Outside Edge - Start with left skate first, on outside edge.

Stress - the importance of staying down in power stance. Keep two hands on stick and on the ice in front of player.

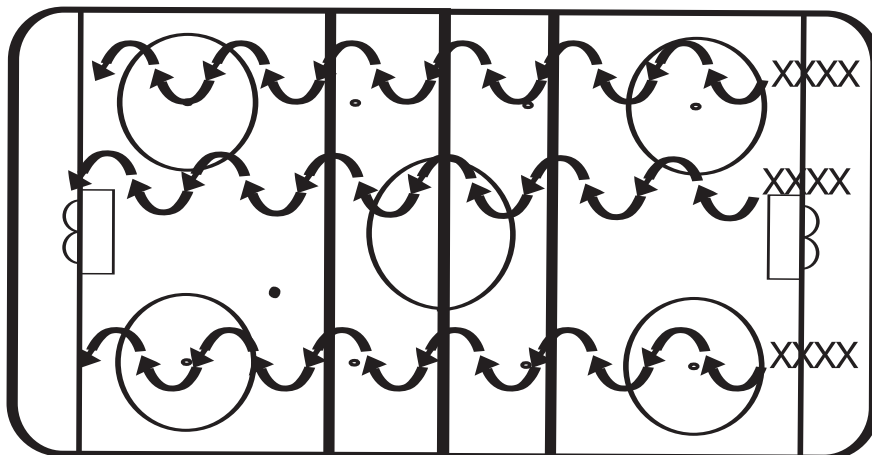


**Notes/Comments:** As the players get confident with their edges, make the distance between the cones shorter.

**Theme: Inside Edges**

**Description: Big C**

Alternate left, right inside edges. The pattern is at least a half circle pattern with each skate. Emphasize the power stance and pushing down hard on the inside edge of each skate.

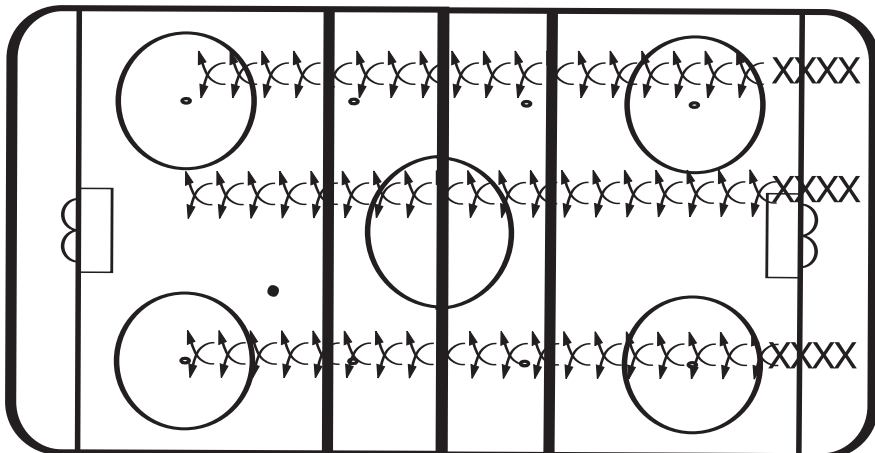


**Description: Exaggerated Crossovers Forward**

Do forward crossovers straight down the ice. Over exaggerate the crossover. Emphasize knee over knee

Stay down in the power stance position.

**Theme: Outside Edges**



**Notes/Comments:** Have the players hold the outside edge a second longer than a usual crossover.

**Description: Stationary Slide to Each Side Stride**

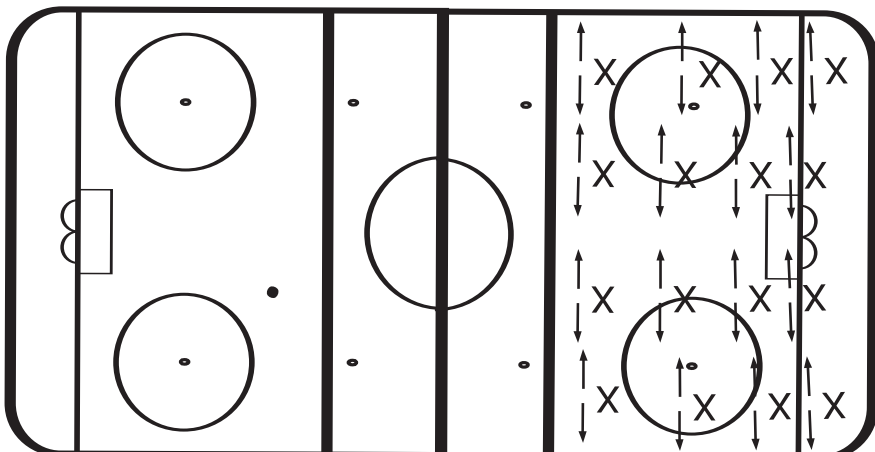
Have players in power stance, two hands on stick in front and on the ice.

Have players slide sideways moving a stick to bent knee.

Example: to slide to right, push off with left skate, slide to right on right skate with bent knee. Stick moves to in front of right knee.

KEEP SKATES POINTING STRAIGHT AHEAD.

**Theme: Stick Movement with Forward**



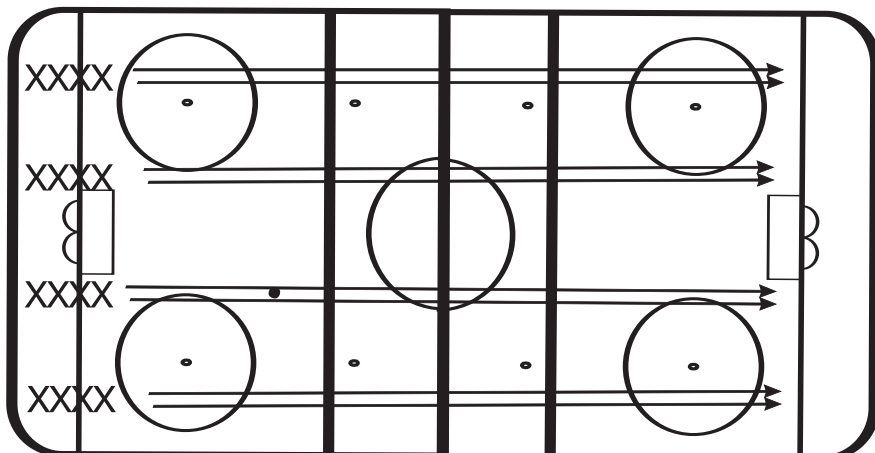
**Notes/Comments:** Grip - hands are 10 inches apart and hold stick with fingers of each hand.

**Description: Railroad Tracks**

First do stationary then have them move down the ice. Get in power stance position. Shift the weight from one side to the other - have stick move in line with bent knee. One leg bends while the other extends.

After doing stationary, move down the ice (keep both skates on the ice all the time) shifting weight by bending and extending legs.

**Theme: Shifting Weight**



**Description: Push-Touch-Coast**

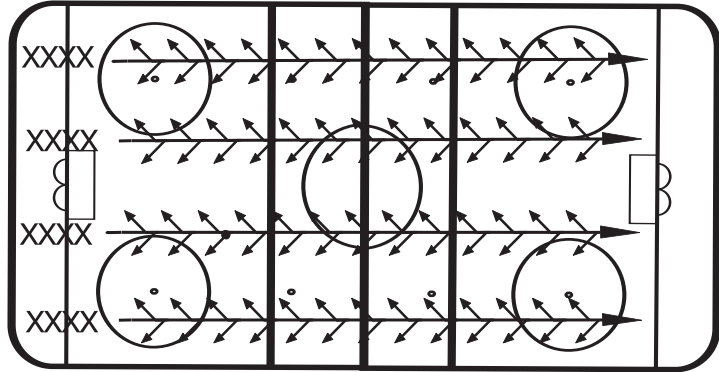
Push right skate to full extension. Then recover with right skate and touch left skate.

Then coast in ready position. Then push left skate to full extension. Recover with left skate and touch right skate. Then coast in ready position.

*Cadence - push-touch-coast*

Stress - power position, two hands on stick. Stick moves to bent knee.

**Theme: Forward Skating Stride**



**Description: Push-Almost Touch**

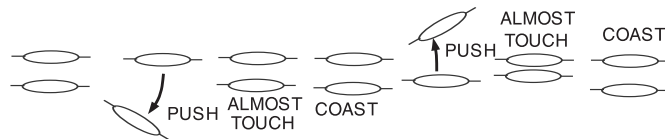
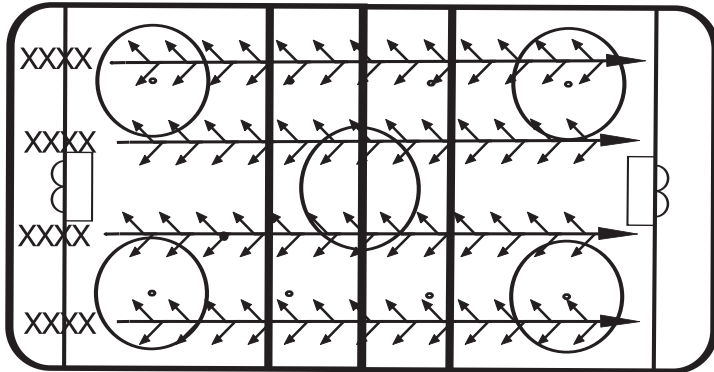
Push right skate to full extension. Then recover with right skate and almost touch left skate. Right skate should recover under right hip.

Then immediately push left skate to full extension. Recover with left skate and almost touch right skate.

*Cadence - push-almost touch - push*

Stress - power position, shifting weight to bent knee, stick moves to bent knee.

**Theme: Forward Skating Stride**



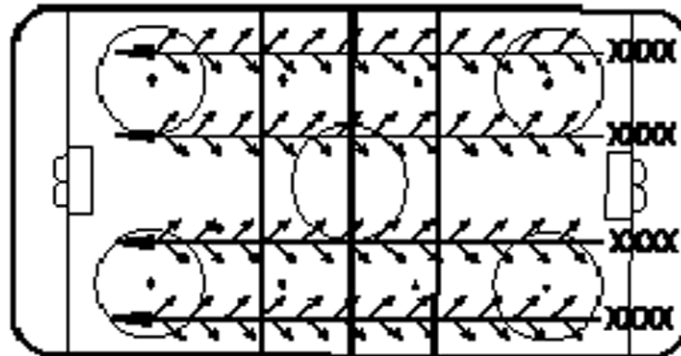
**Description: Push-Touch-No Coast**

Push right skate to full extension. Then recover with right skate and touch left skate. Then push left skate to full extension. Then recover with left skate and touch right skate.

*Cadence - push - touch*

Stress - power position, two hands on stick on ice. Stick move to bent knee.

**Theme: Forward Skating Stride**



**Theme: Inside Edges - Skating Rhythm**

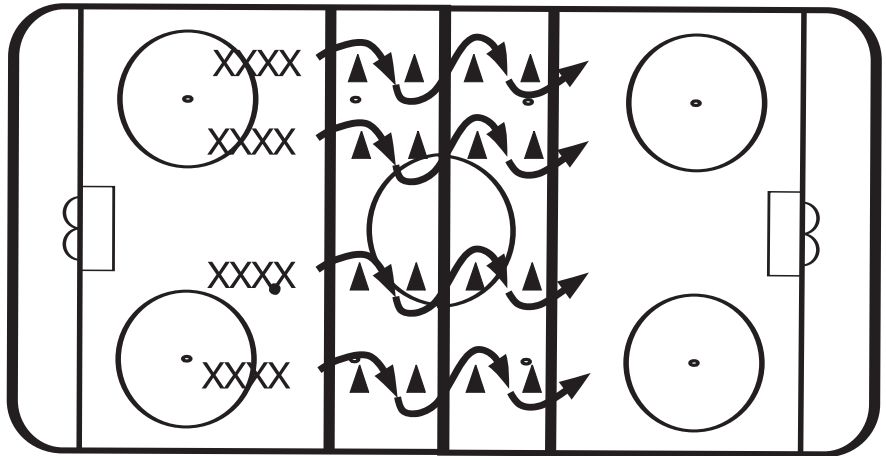
**Description: Four Cones**

Put the cones about 10 feet apart.

Do a natural skating stroke but hold the edge a little longer than usual.

Stay down in power position and keep the stick in front (two hands on stick) and move stick to bent knee.

Alternate right and left skate, inside edges.



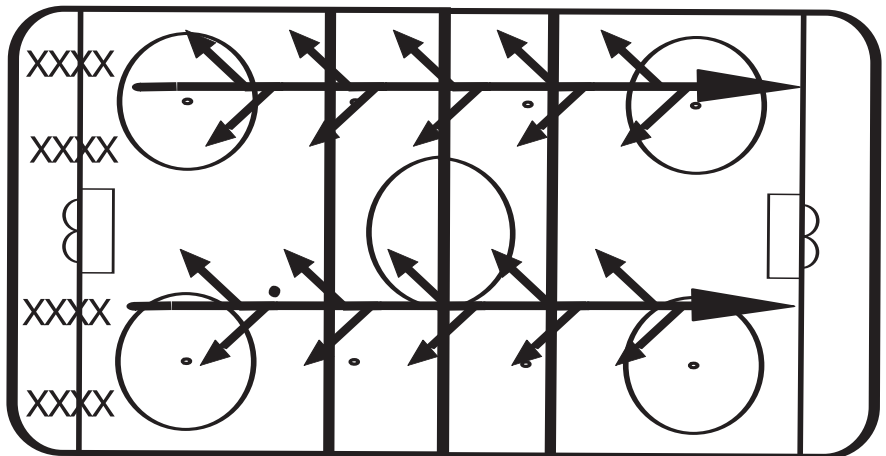
**Notes/Comments:** Shorten the distance between cones as players gain confidence. Later on you may use pucks with this drill (pull puck to bent leg). Also add one or two more cones.

**Theme: Power Strokes**

**Description: 10 Strokes**

Have players skate to other end of rink in only 10 strokes. To do this players must do full extension with the push leg, stay in a good power stance position with their body and good shifting of weight.

Stress - full extension, lower power stance position, good weight shift, two hands on stick.

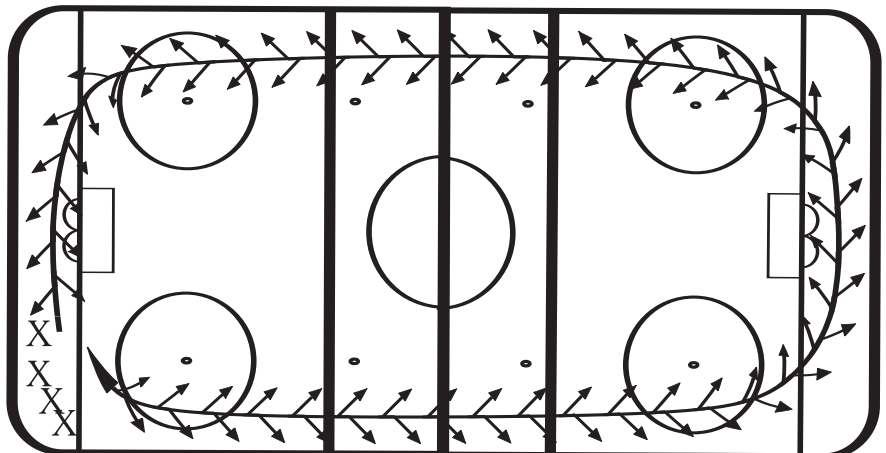


**Theme: Power Strokes**

**Description: Two to Five Laps Power Strokes**

Have players do two to five laps around boards taking full extension power strokes. Every lap should produce more speed without changing the foot speed of extension/recovery.

Power produces speed/force



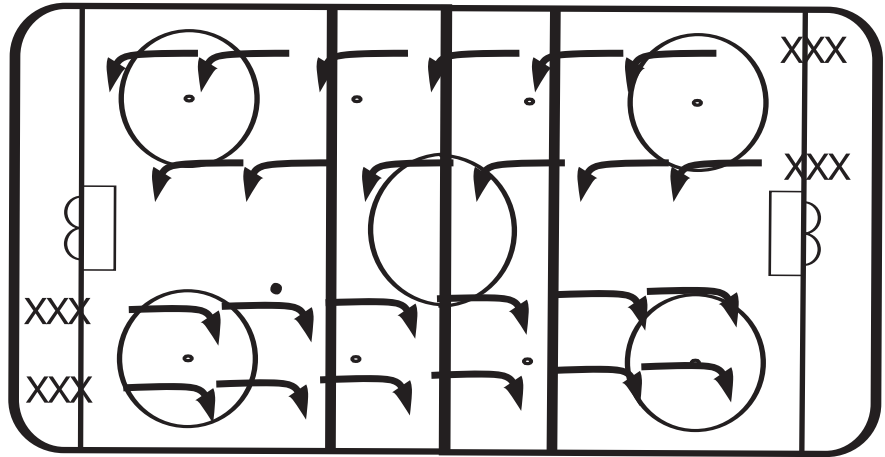
**Theme: Forward Stop to Ready Position**

**Description: Snap Hip Sideways Position**

Skate forward-glide-then snap hip to one side and push down on inside edges.

When stopping, push forward and downward with knee.

Stop in ready position, knees bent, stick on ice in front, skates shoulder width apart.

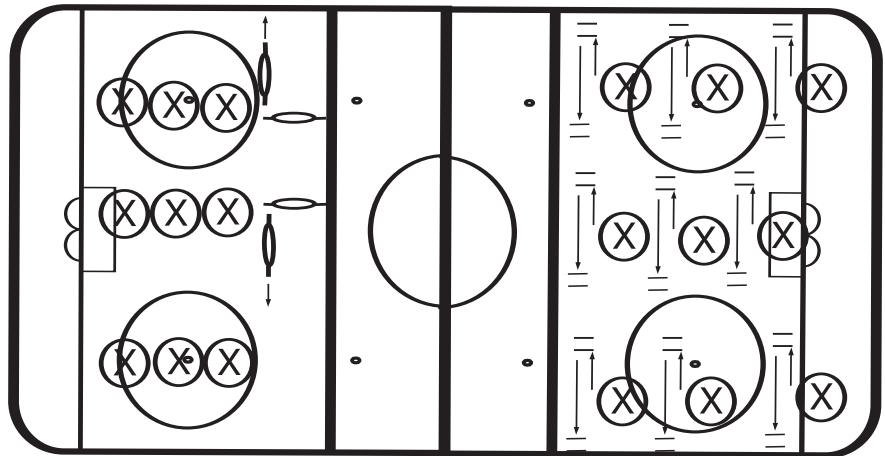


**Theme: Forward L Start and One Foot Stop**

**Description: Sideway Slide Stop- L Start**

Do one push glide to side with an L start. Stop on one foot and do L start back the other way.

Example: Glide to left by making an L with skates, stop on left foot and make an L with skates back the other way, and glide to right.



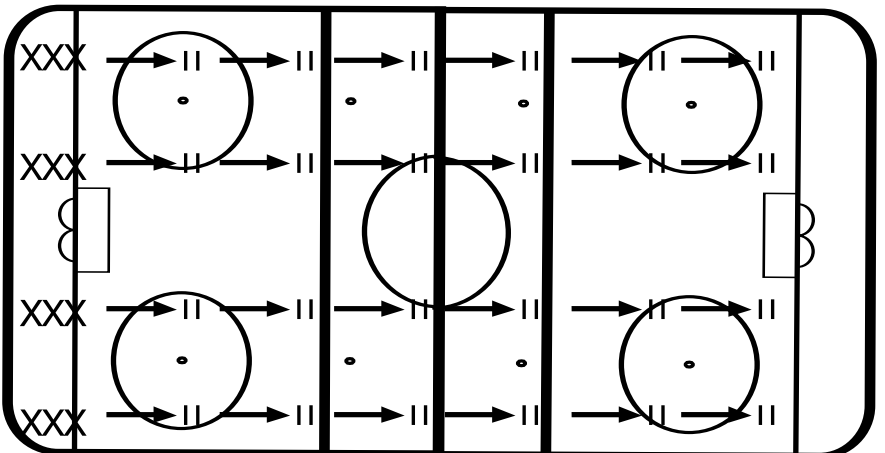
**Theme: One Foot Stops and L Starts**

**Description: Whistle Stops and Starts**

Stop and start on whistle.

Always stop facing the same direction.

Always stop with one foot and drag the other underneath hip when stopped.





**Description: Power Strokes to Acceleration Strokes**

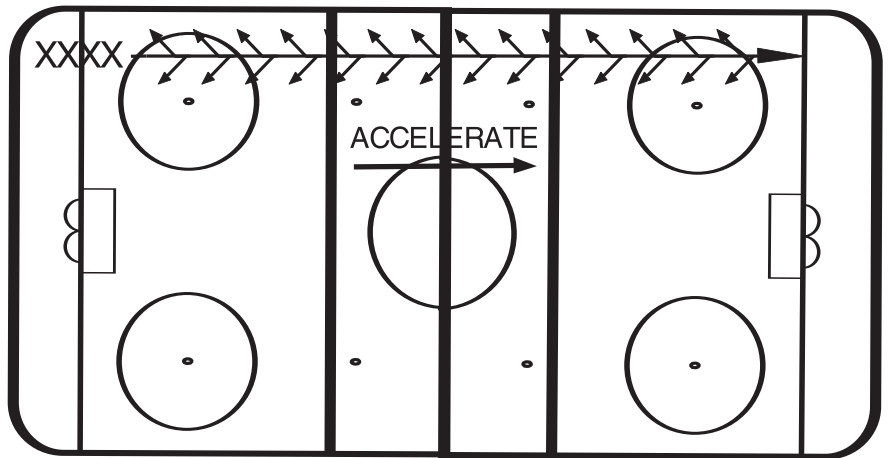
Have players take full extension power strokes to blue line.

Then players accelerate as fast as they can to far blue line.

Teach them that acceleration is accomplished by quick recovery after pushing out.

Stress - on recovery the skate must be placed under hip.

**Theme: Acceleration Strokes**



**Notes/Comments:** Most players when accelerating, keep their feet too wide apart. Stress full recovery, not short recovery which we call the bantam spread.

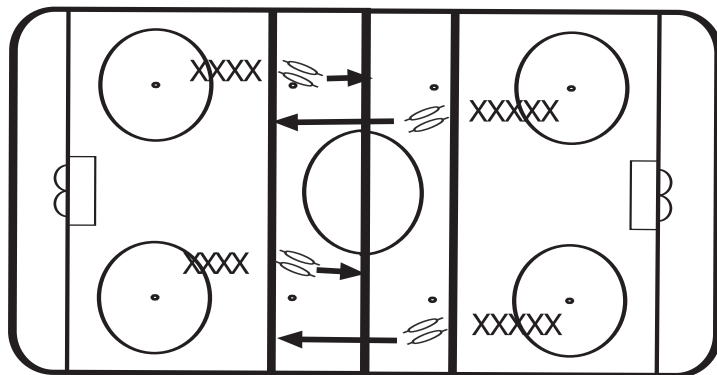
**Description: Blue Line to Red Line - Blue to Blue**

Start - turn body and skates either to a Two o'clock or 10 o'clock angle. The more the knees are bent, the more explosive the start.

The first three strides are three-quarters length then full extension.

Quickness comes from how fast feet can recover after push. Feet must recover under hips.

**Theme: Strokes/Quick Acceleration**



**Notes/Comments:** Blue line to red line - five to six strides. Blue line to blue line - 11 to 12 strides.

**Description: Red to Blue Accelerations and Stop Starts**

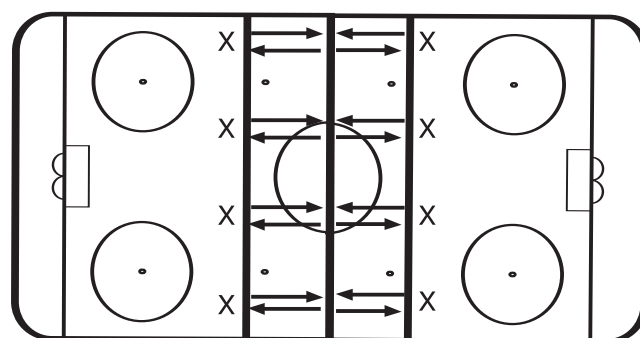
Start with two or 10 o'clock start.. Accelerate to red line. Stop by doing one foot power stop.

Start with the "L" position.

Example: stop on left skate, start by pointing right skate the way you want to go and reaching out with the right skate as you push off with left skate.

Stress - good power position, well bent knee when stopping and starting.

**Theme: Stop and Start Acceleration**



**Notes/Comments:** Stop on left skate and right skate points back the way you want to go.

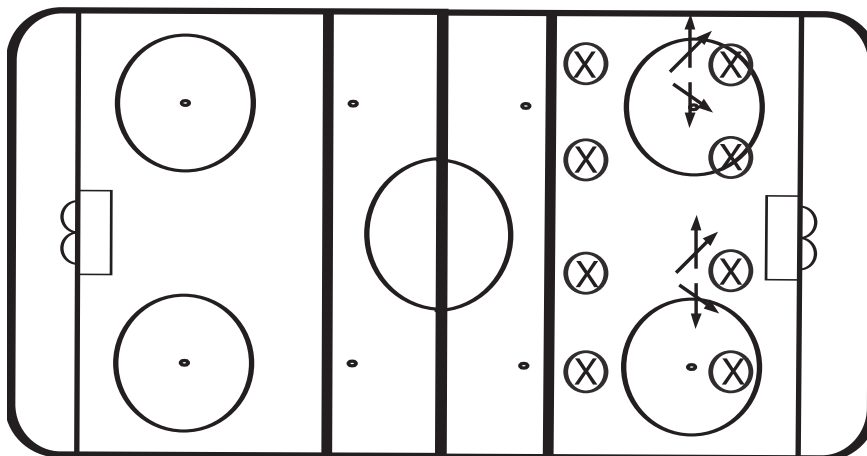
**Description: Stationary Crossovers**

**Theme: Forward Crossovers**

*Command: Knee up - Foot over*

Keep skates pointing straight ahead. Take the right leg, pick it up, knee up then have right skate cross over in front of left foot over then step sideways with left.

Have players balance as long as possible on one skate (outside edge) while holding the other foot up in crossing pattern.



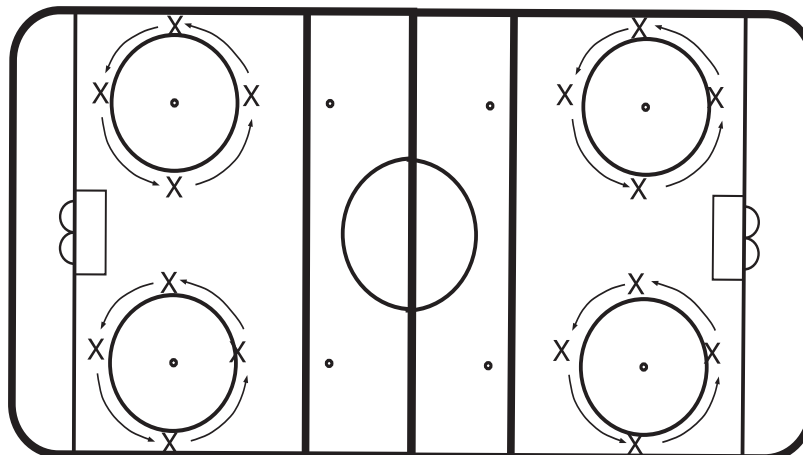
**Description: Crossovers on Circle**

**Theme: Forward Crossovers**

*Command: Knee up, Foot over*

Players will need to practice balancing on outside edge of inside skate, while the player is lifting the outside skate over the inside.

Then finish off by pushing the inside skate under the outside. You push with the inside edge of outside skate and outside edge of inside skate.



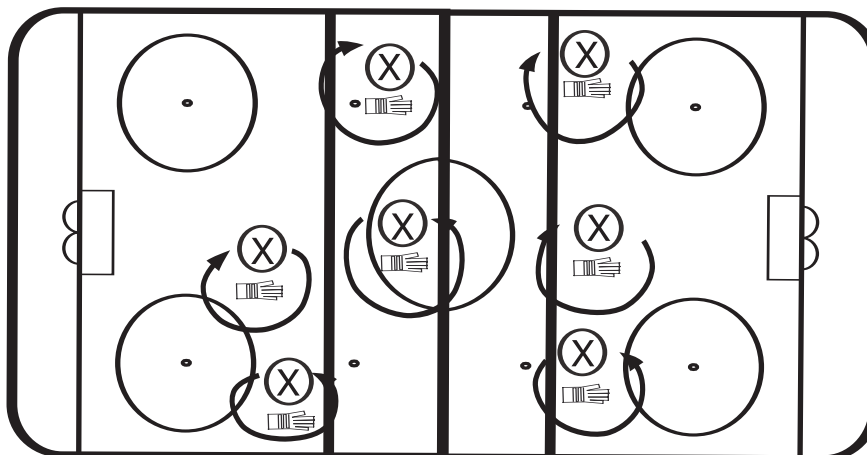
**Notes/Comments:** Keep two hands on stick on the on the ice. Shoulders must stay level.

**Description: Crossovers on Glove**

**Theme: Forward Crossovers**

Put one glove on ice and do crossovers around it.

Emphasize: stay close to glove, quick feet, keep shoulders level.

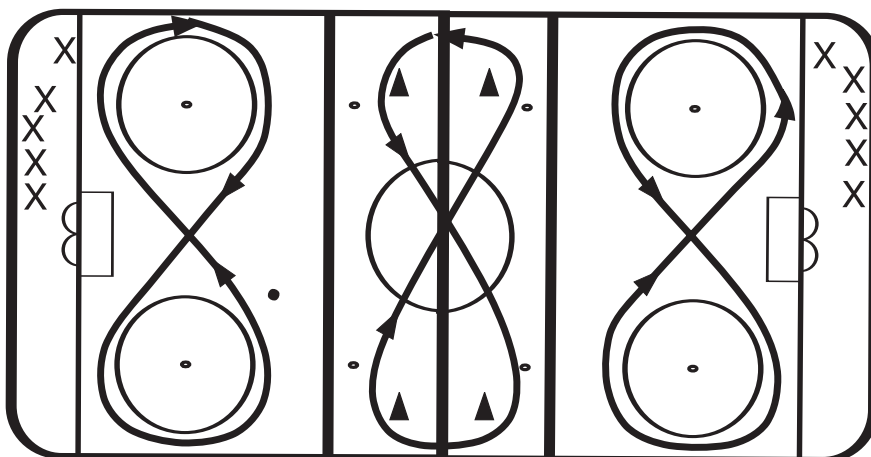


**Description: Three Zones - Figure 8**

Split players into three groups, have two or three players go from a group at once. Do for 30 seconds then have two or three more go.

Stay in lower power stance - Go full speed!

**Theme: Forward Crossovers**



**Description: Out of Zone**

One player from each line goes out same time.

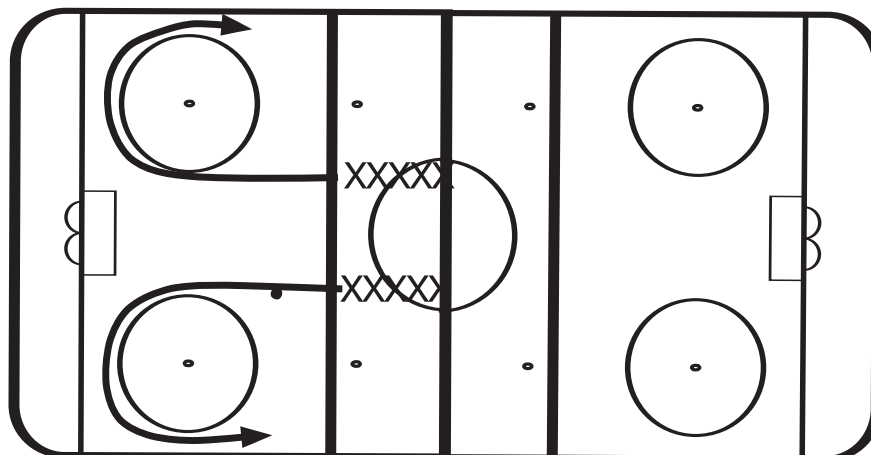
Skate to bottom of circle. Do crossovers around bottom of circle.

Keep two hands on stick and stick on ice.

Look over shoulder and look at coach standing by goal.

Switch lines.

**Theme: Forward Crossovers**



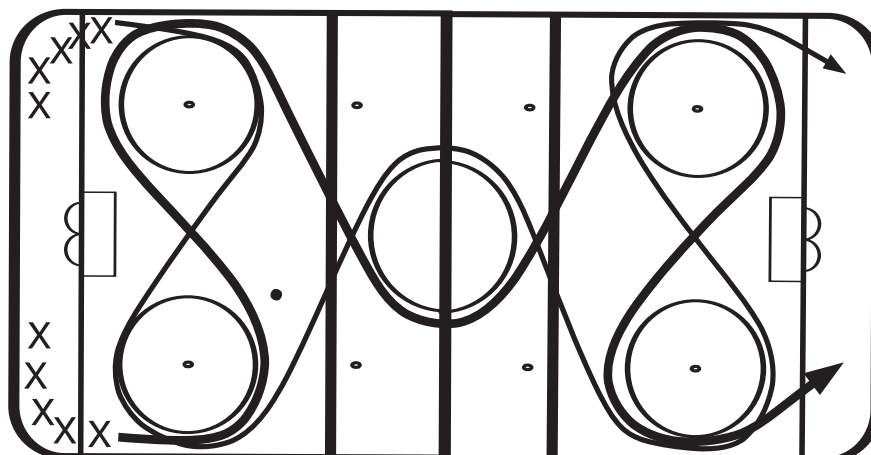
**Description: Russian Circles - Two Corners**

One player from each line, goes at same time.

Full Speed - No Gliding

Stick on ice.

**Theme: Forward Crossovers**

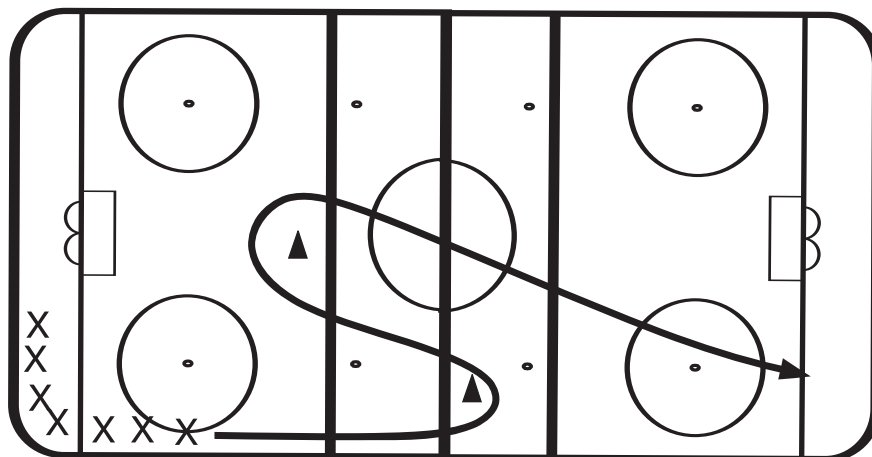


**Description: Two Cone Crossovers**

Must go full speed. No gliding - crossovers on each cone.

Keep the skates moving. Keep shoulders level.

**Theme: Forward Crossovers - Aggressive**



**Description: New Big-Ice**

Need 18 cones (three cones in small triangle on circle, three cones on blue line, red line six feet from boards, blue line three cones in small triangle on far circle). Set up second course on opposite side.

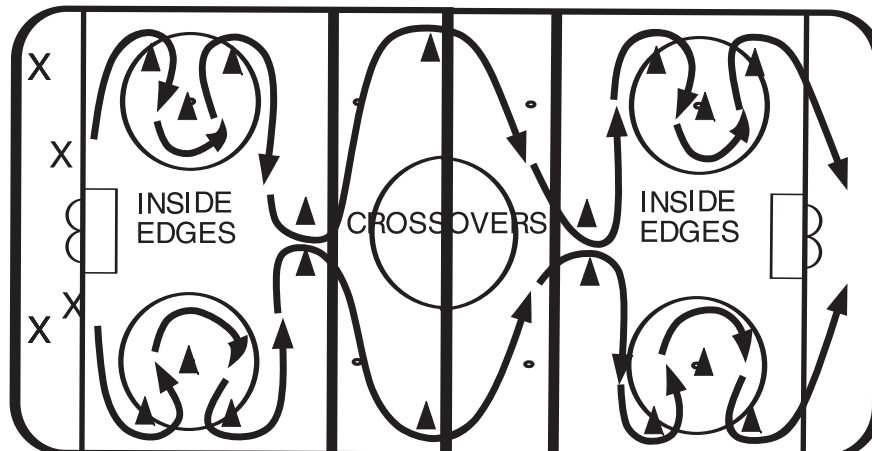
First three cones - skating motion, inside edges.

Middle three cones - forward crossovers

Last three cones - inside edges

Stress - two hands on stick - power position.

**Theme: Inside and Outside Edges**



**Notes/Comments:** Alternative - do power turns (hockey turns) on first three cones and last three cones, instead of inside edges.

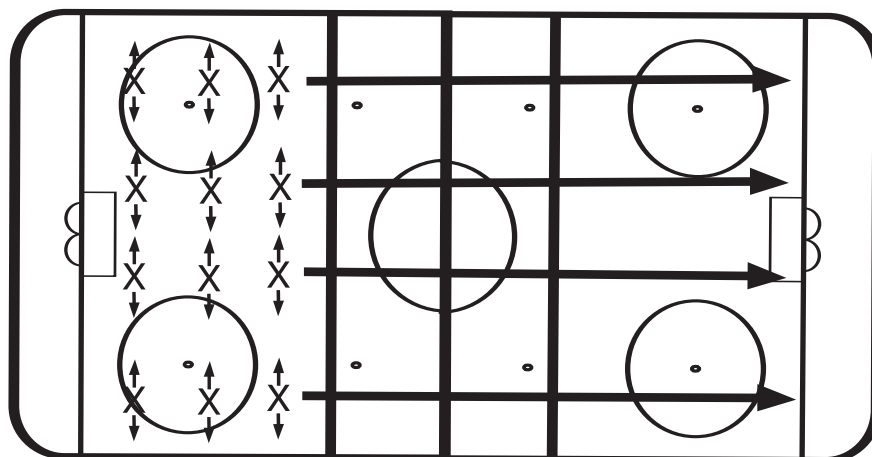
**Description: Stationary Shift**

Some rules as power stance except one hand on stick, free hand raised up in front of chest. Keep back straight, chest up! Pretend you are sitting in a chair.

Stationary shifting of weight -

1. Bend one leg and put weight over it and extend the other.
2. Go back and forth, shifting weight. After a few moments, tell them to move backwards, shifting weight.

**Theme: Backward Basics-Wt. Shift**



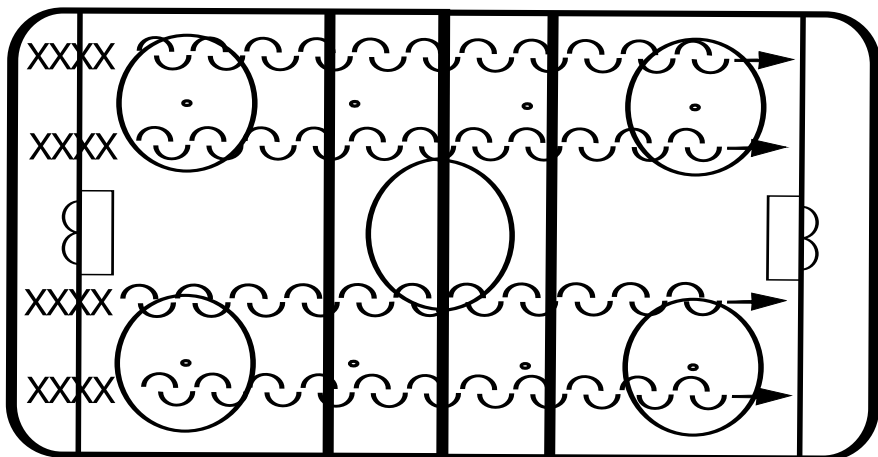
**Notes/Comments:** Start with no stick and hands on hips.

**Description: Backwards Straight**

- Start in ready backward position.
- have player skate backwards
  - emphasize full leg extension
  - recovery by pulling leg back underneath hip
  - head and chest up

Stress - upper body stays still, don't swing arms and shoulders.

**Theme: Backwards Strokes**



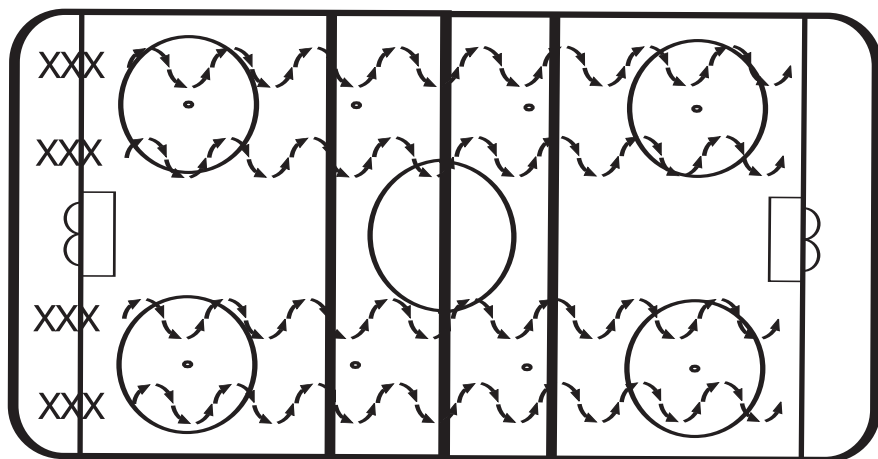
**Description: Backward - Three Pump**

The pump is used to adjust to puck carrier coming down of player.

1. Start with three pumps with left skate then three pumps with right skate.
2. Don't do backward crossovers.

Stress - good backward power position - Keep upper body straight and erect.

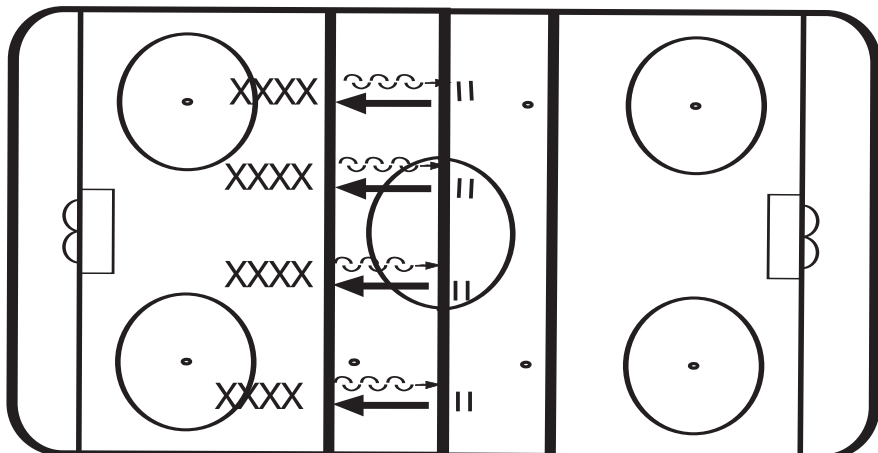
**Theme: Backward Pumps**



**Description: One Foot Power Stop**

1. Start on blue line and skate backwards to red line.
2. Turn right skate to side and stop on inside edge, bending the right knee.
3. At same time as right skate is stopping - reach out with the left skate back towards the blue line.
4. Push off with the right skate as left skate is reaching out.

**Theme: Backward Stop**



## Description: Backward Crossovers Stationary

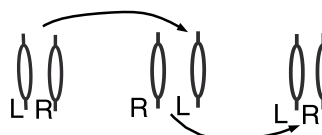
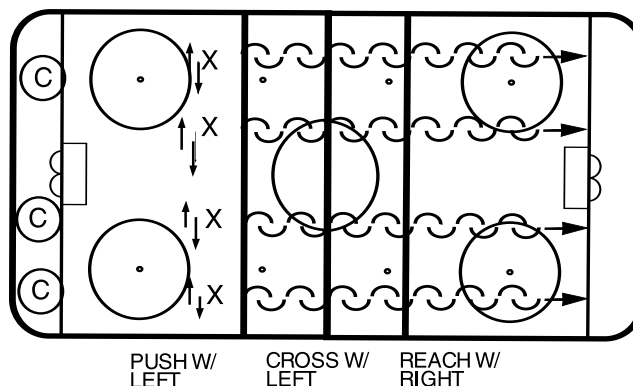
Get in a good backward power stance position.

Start with right foot. Push with right foot, then pick up right foot and crossover in front of left foot.

Step out with left foot to left. Then reverse the procedure starting with the left foot.

*Cadence - Push-Cross-Reach.* After doing six to eight times stationary, have players move backwards doing crossovers.

## Theme: Backward Crossovers



## Description: Backward Stationary Crossovers

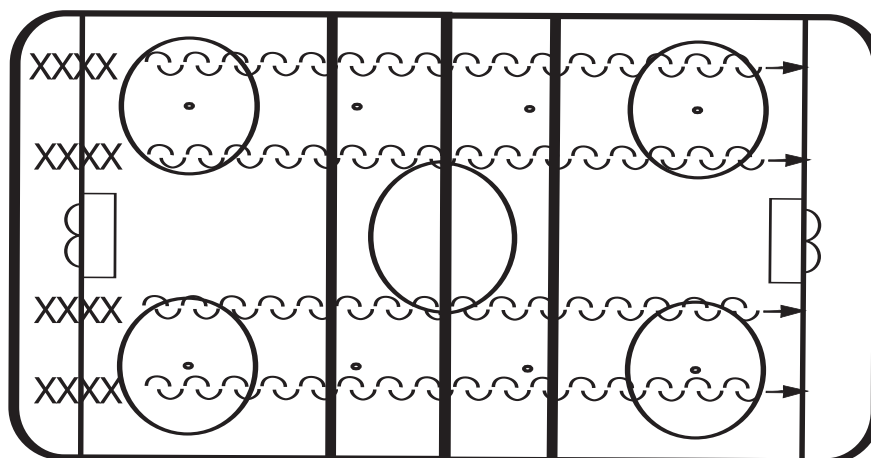
Get into good backward power stance position.

Do backward crossovers, alternating sides down the ice. Keep the chest and back straight.

*Cadence - Push-Cross-Reach*

Emphasize - Reaching Way Out

## Theme: Backward Crossovers

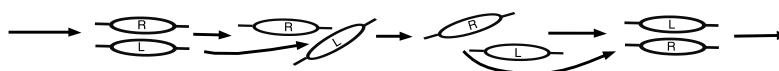
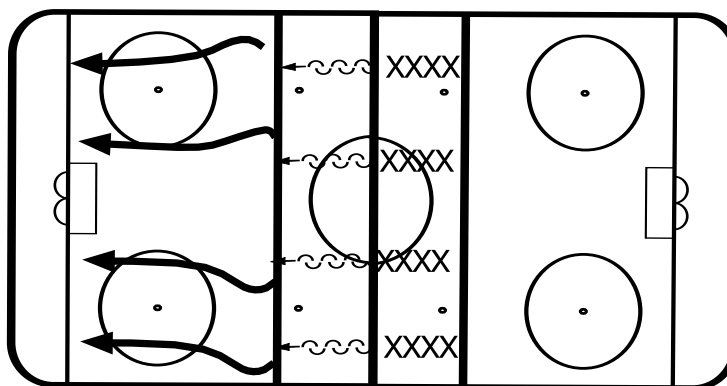


## Description: Step Out to Forward

1. Skate backwards to blue line
2. Cross left skate behind right skate.
3. Step out with left and off with right skate.

Note: players need to learn good balance on edges.

## Theme: Backward to Forward

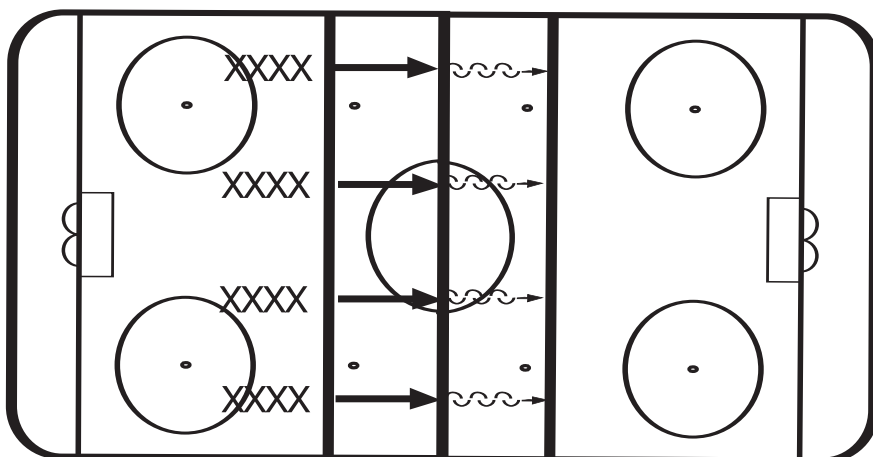


## Description: Forward to Backward

1. Skate forward to red line.
2. Pick up right skate and place down on other side of left skate, facing the opposite way.
3. Pick up left skate and place it down facing the same as the right skate.
4. Skate backwards.

Stress - picking up the skates, not scrapping on the ice as you turn.

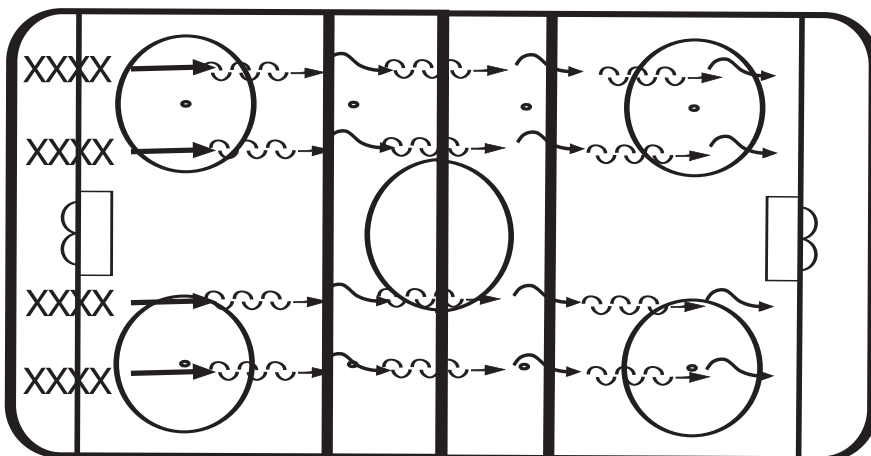
### Theme: Forward to Backward



## Description: Whistle Pivots

1. Start out skating forward.
2. On whistle - turn backwards.
3. Every whistle - pivot forward or backwards.

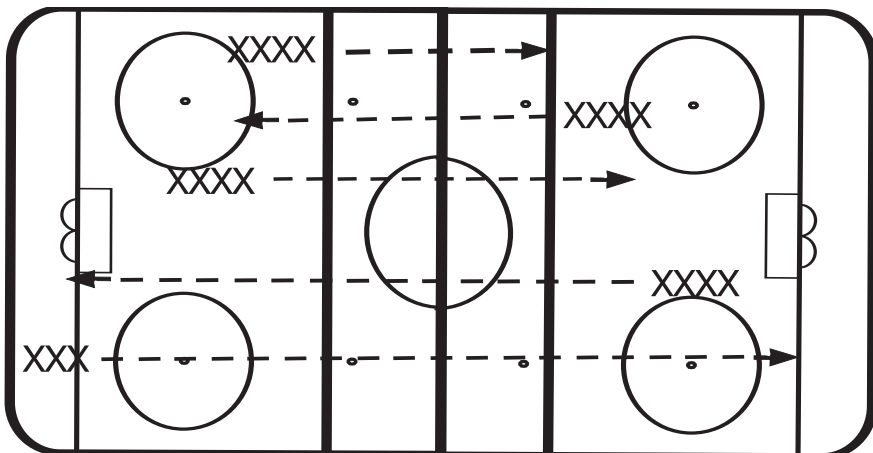
### Theme: Forward/Backward Pivots



## Description: Accelerating with Puck

1. One hand on stick (top hand). Put puck out in front, not to side.
2. Get in low power stance.
3. Push puck with blade of stick at 45 -60 degree angle to puck.
4. When puck starts to slip off blade of stick - roll the wrist over and turn the blade of the stick over the other way.
5. Keep arm extended straight out in front of body.

### Theme: Puckhandling - Push Puck



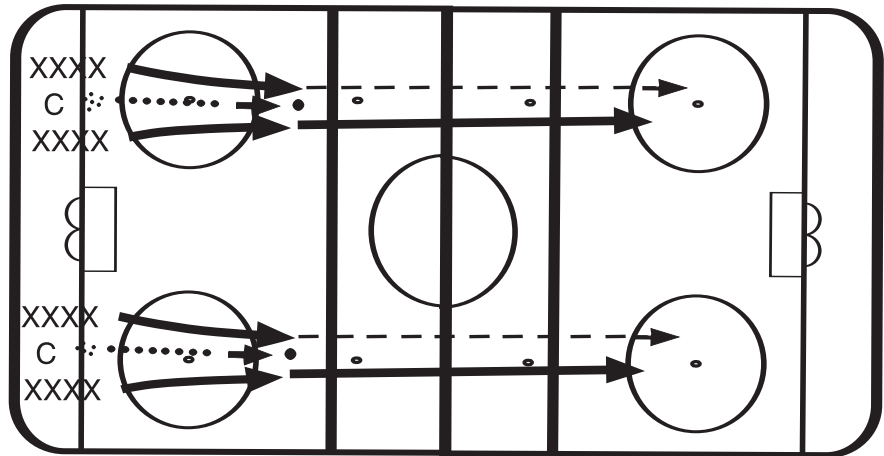
**Roll wrist and turn blade over the other way when puck starts to slip off.**



**Description: 1 on 1 Puck Acceleration Race**

**Theme: Puckhandling - Race to Puck Accelerating with Puck**

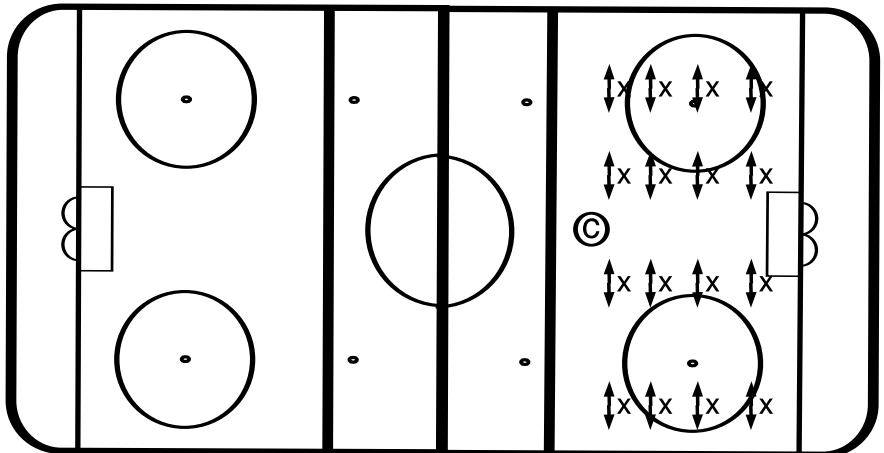
1. Set up two groups with two lines in a group.
2. Coach stands between the lines with pucks.
3. Coach slides puck out and first player in each line races for puck.
4. First player to puck - pushes puck down ice, accelerating. Other player tries and gets puck away.



**Description: Grip and Wrist Roll**

**Theme: Puckhandling - Hand Positioning**

1. Take gloves off.
2. Grip stick with hands: 10-12 inches apart.
3. Hold stick in fingers.
4. A "V" should be formed on top part of stick with thumb and first finger.
5. Move stick side to side as you roll wrists.



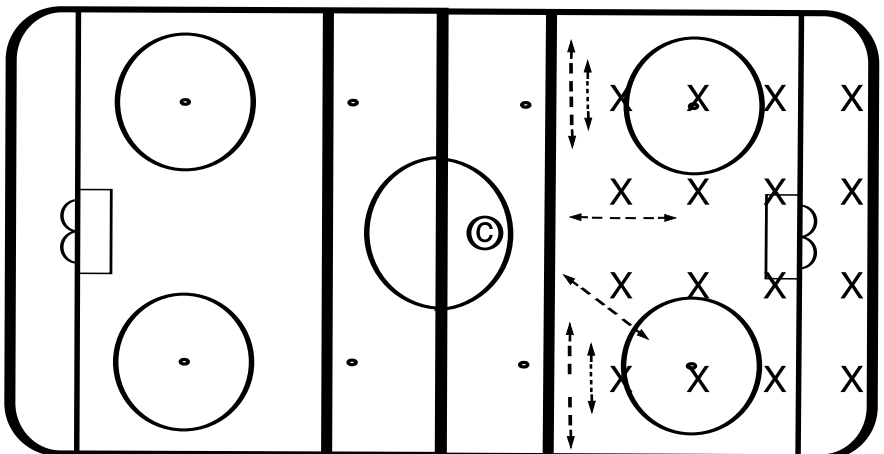
Teach right away - Eyes Up!

**Notes/Comments:** Alternative - have players shift. No pucks at first, later add pucks. Weight and move stick to bent knee.

**Description: Stationary Stickhandling**

**Theme: Puckhandling - Basic Movements**

1. Short and Wide.
2. Front and Back.
3. Diagonal.
4. Pull stickhand short - then pull as far as possible to one side.



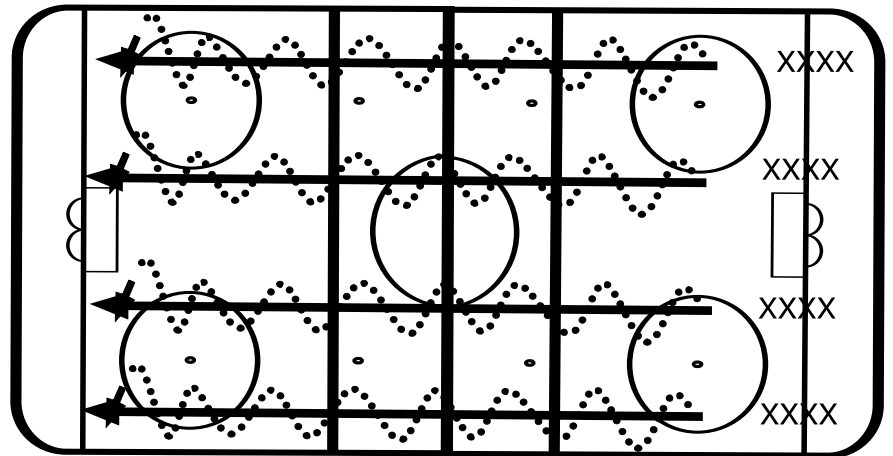
**Notes/Comments:** Teach players to keep head and eyes up. Teach split vision; see puck out of bottom of eyes.



**Description: Pull Puck Wide in Stride**

1. Have player pull puck as wide as possible on each stride.
2. Teach them to pull puck quickly across body when going from one side to the other side.
3. Don't go fast - emphasize wide pulls with quick hands.

**Theme: Puckhandling**

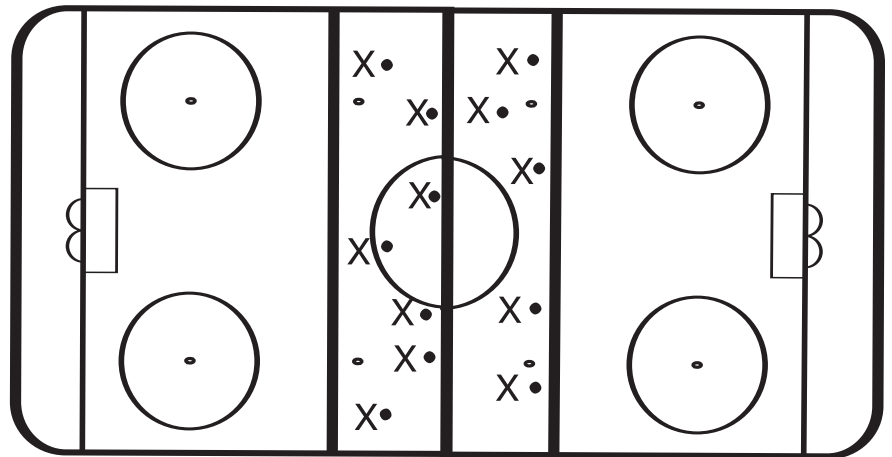


**Description: Jam Zone**

Teach split vision and avoid contact with other players.

1. Stay in zone.
2. Go as fast as possible.
3. Change direction often.

**Theme: Puckhandling - Split Vision**

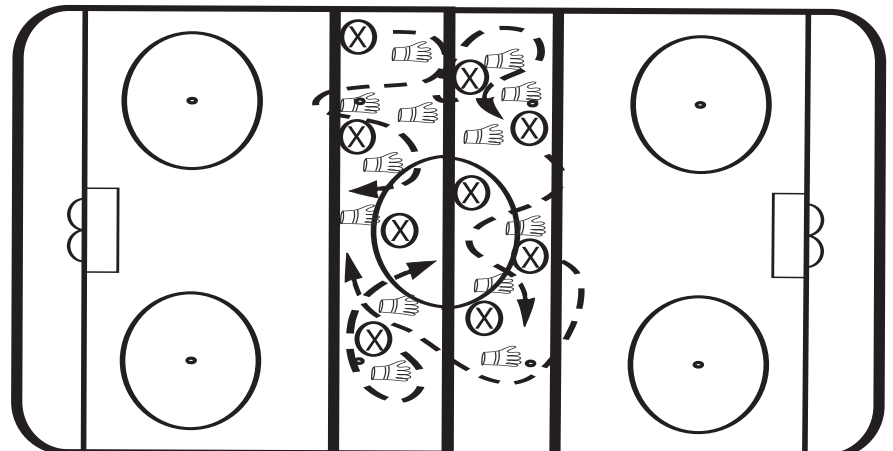


**Description: Jam Gloves on Ice**

1. Have players put gloves on ice in a zone.
2. Have players stickhandle around gloves, avoiding other players.

Stress - Split vision, see the puck out of the bottom of the eyes.

**Theme: Puckhandling**

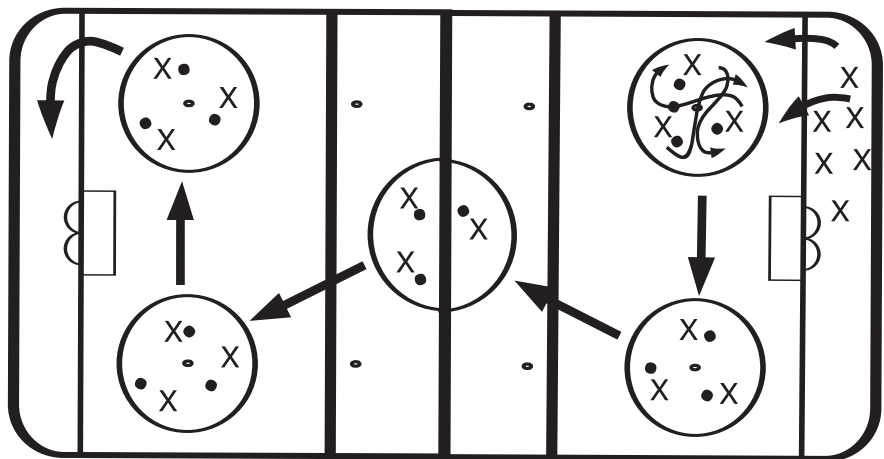


## Description: Jam the Circle

1. Put players into three lines.
2. First player in each line gets into circle and stickhandles around avoiding the other two.
3. On the whistle, the first group moves to the next circle and three more players move into the circle.
4. This continues until every group gets down to the other end.

Stress - Do all kinds of moves and skating movements - EYES UP!

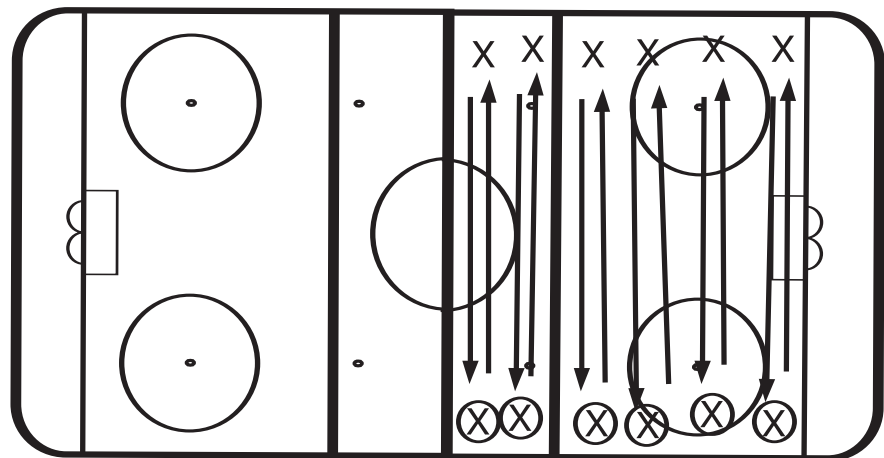
### Theme: Puckhandling



## Description: Two Directions - Over and Back

1. Split players into two groups.
2. Put each group on the side boards.
3. On command have them skate to other side and then back.
4. Build the drill up so they go over three to five times without stopping.

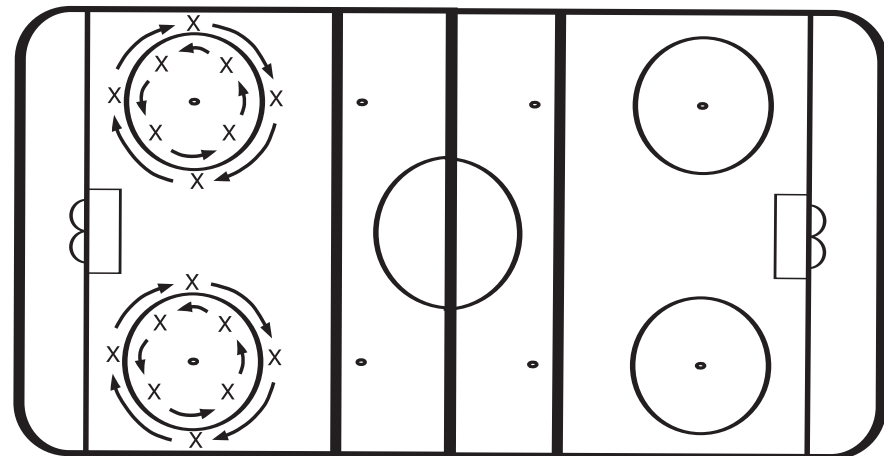
### Theme: Puckhandling



## Description: Two Directions on Circle

1. Split players into two groups.
2. One group go clockwise on circle, other group go counter clockwise on circle.
3. Start with one group skating inside part of circle, and the other group skating outside part of circle.

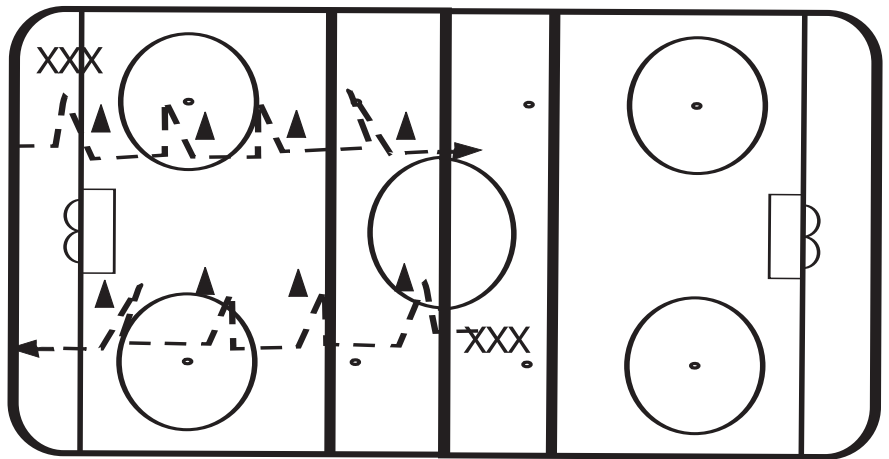
### Theme: Puckhandling - Split Vision



### Description: Pulls on Cones

1. Set up four cones.
2. Have players pull to the right and all four cones.
3. Teach them to pull puck as far away from cone as possible.

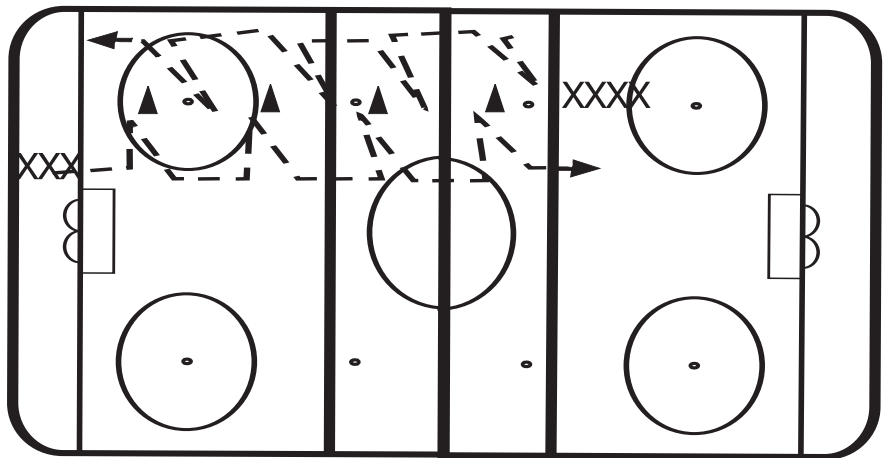
### Theme: Puckhandling - Pulls



### Description: Pulls Two Directions on Cones

1. Set up four cones.
2. Have two lines going at once on the cones. Each line pulls on cones in one direction.
3. Give enough space before starting next players.
4. Players must keep eyes up.

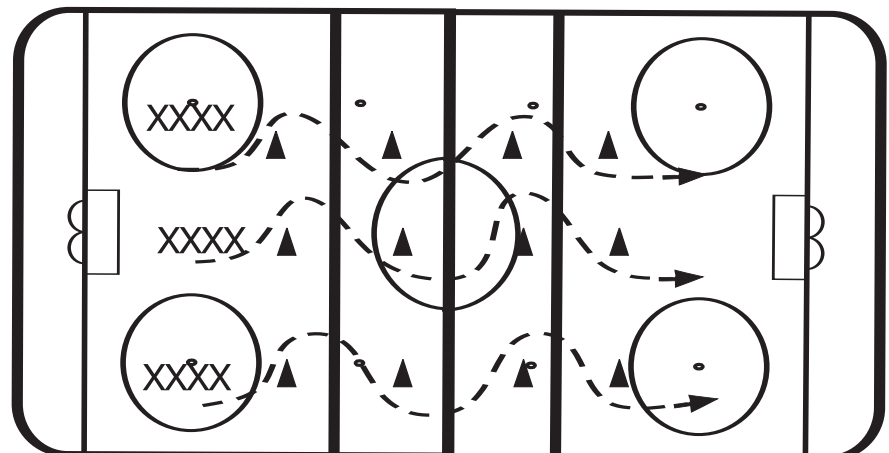
### Theme: Puckhandling - Pulls



### Description: Four Cone - Rhythm Skating and Pulls

1. Have players zig-zag cones in good skating position with good strokes.
2. Pull puck on each cone.
3. Emphasize - stay low in good skating position.
4. Players will have to pull puck quickly on each cone.

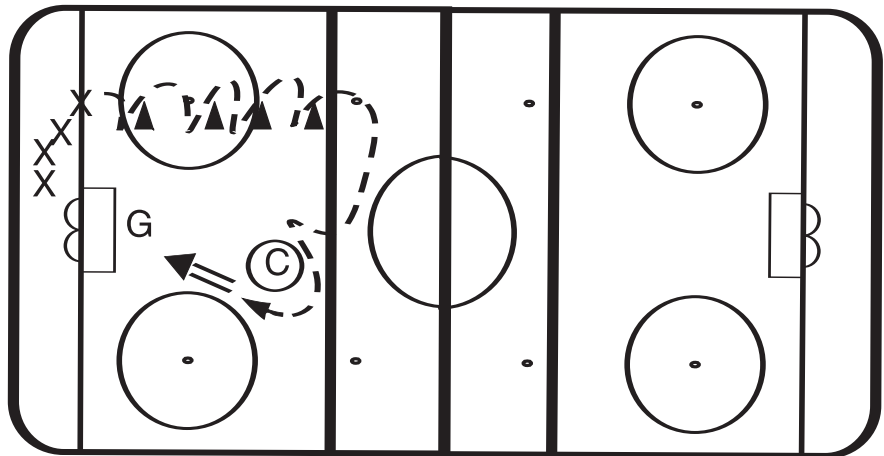
### Theme: Puckhandling - Pulls



**Description: Pulls Cone and Coach**

**Theme: Puckhandling**

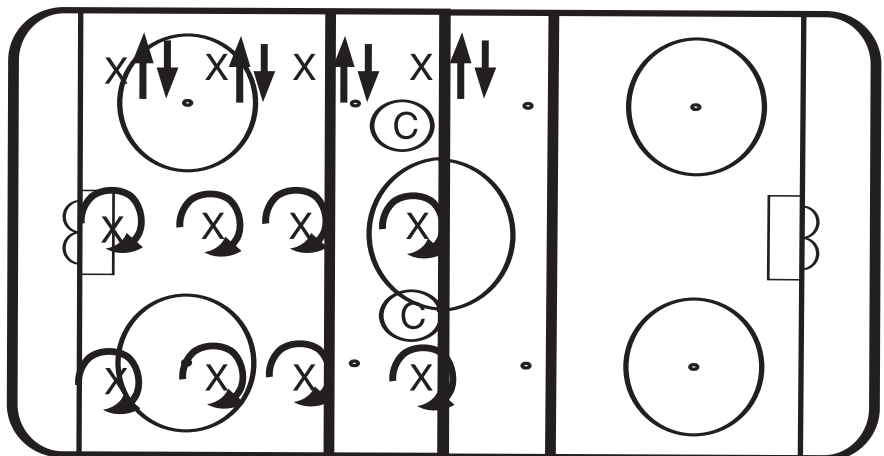
1. Pull to same side on every cone.
2. Do crossovers in neutral zone.
3. Come back into zone and pull and shoot on the coach.



**Description: Hockey Turn Stationary and Forward Pivot**

**Theme: Hockey Turn**

1. Teach players that to make a turn to the right - the right leg is bent and the left leg is extended. Have players lean to the right from the left.
2. Forward pivot - pivot around right foot that is stationary - keep right leg bent. Extend left leg as far out to side as possible, while going around in a circle forward. Teaches extension and bent leg for hockey turn.

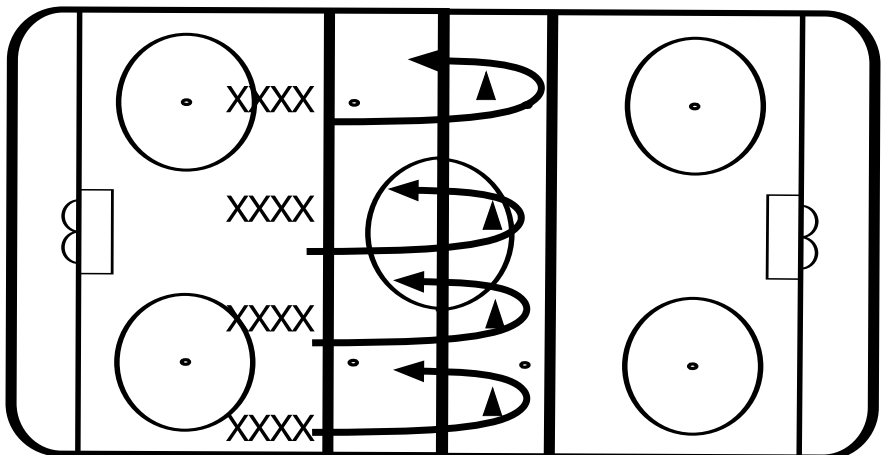


**Notes/Comments:** Command - Bend and Extend

**Description: Hockey Turn - One Cone**

**Theme: Hockey Turn**

1. Have players turn left, first.
2. Place left skate near cone and bend leg.
3. Throw the right skate out to the side, full extension.
4. Keep upper body straight.  
Note: teach players to stay down coming out of turn and accelerate. After awhile use pucks.



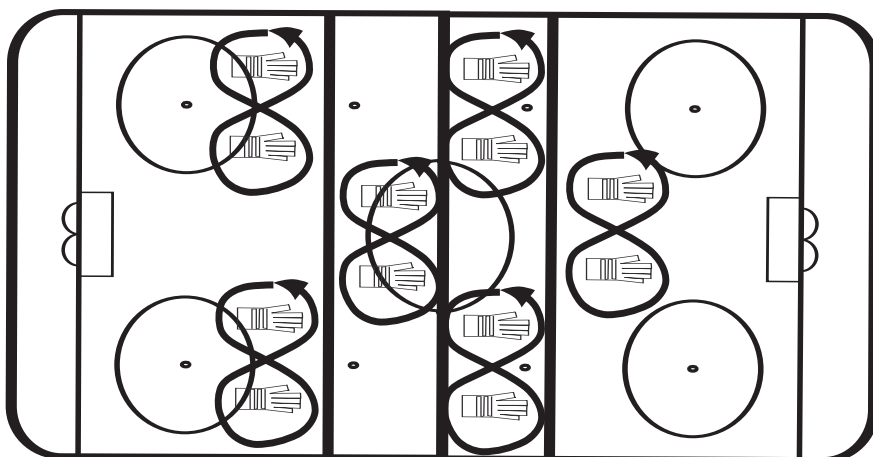
Command - Bend and Extend.

## Description: Hockey Turn - Figure 8 on Gloves

Theme: Hockey Turn

1. Put hockey gloves on ice about two stick lengths apart.
2. Do hockey turns in figure 8 pattern around gloves.  
Reminder - player must stay low throughout the figure 8.  
Use pucks after awhile.

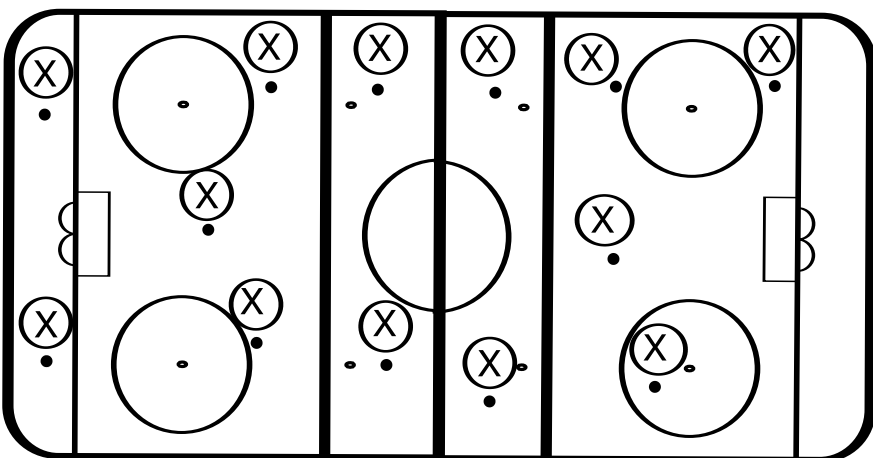
Command - Bend and extend.  
Note - the extended leg should move toward and cross in front of bent leg when coming out of turn to accelerate.



## Description: 1 on 1 War

Theme: Puckhandling

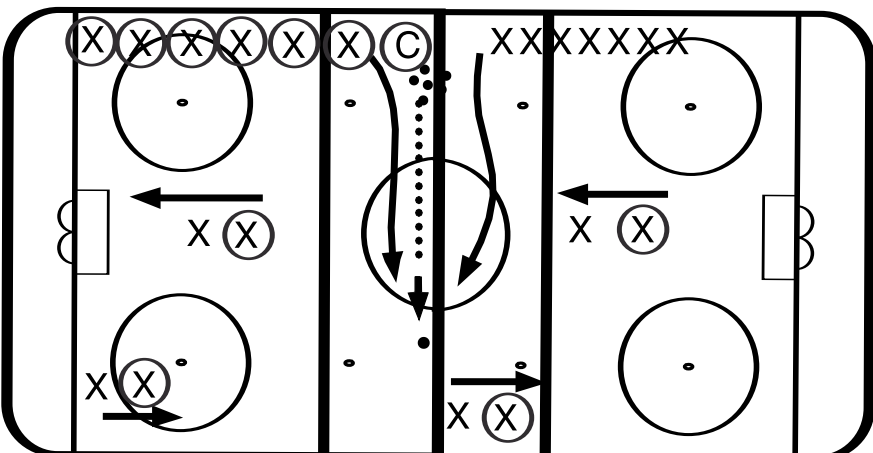
1. Pair players with one puck per pair.
2. Spread out around the rink. Get in face-off position.
3. Tell players they can move only in a small area (not all over the ice).
4. On the whistle, the players try and keep the puck away from their partner. Do for 20-30 seconds.
5. Blow the whistle at end of time, players that have the pucks are the winners.



## Description: 1 on 1 All Over the Ice

Theme: Puckhandling

1. Divide players into two teams. Line each team up against boards at center line.
2. Coach slides puck out and first player from each line goes after puck.
3. The two players stay out until one scores and then goes to back of each line.
4. Have four to five groups going at a time.



**Description:**  
**Forehand/Receiving**  
**Stationary**

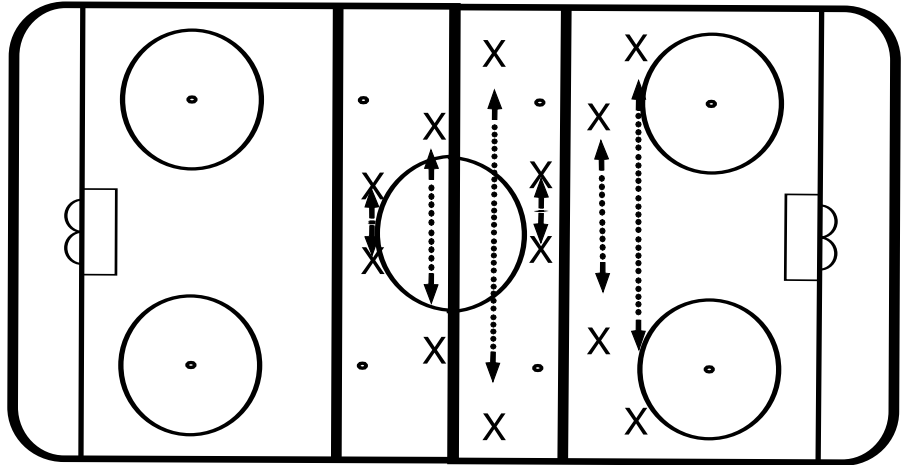
**Theme: Passing - Forehand and Receiving**

**Forehand Skills**

1. Start the pass on back foot.
2. Cup the blade over puck.
3. Look-Slide-Guide-Point. Look at target. Slide puck to front foot. Guide puck rolls from heel to toe of stick. Point release puck and point end of stick at target.

**Receiving Skills**

1. Start stick on front foot.
2. Cup blade over puck.
3. Give as puck contracts blade towards back foot.



- Notes/Comments:**
1. Start 3-4 feet apart Look-Slide-Guide-Point and Cup and Give - 10 passes.
  2. Move 10 feet apart - 10 passes.
  3. Move 15-20 feet apart - 10 passes.

**Description:**  
**Backhand/Receiving**  
**Stationary**

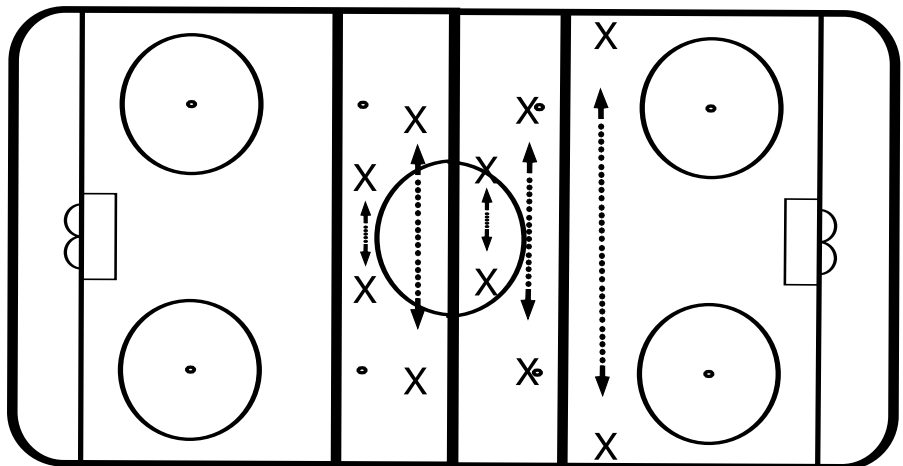
**Theme: Passing - Backhand and Receiving**

**Backhand Skills**

1. Start the pass on back foot.
2. Cup the blade over puck. Start puck on heel of stick. Release puck at middle of blade.
3. Look-Slide-Guide-Point

**Receiving Skills**

1. Start stick on front foot.
2. Cup blade over puck.
3. Give as puck contacts blade, move stick towards back foot.

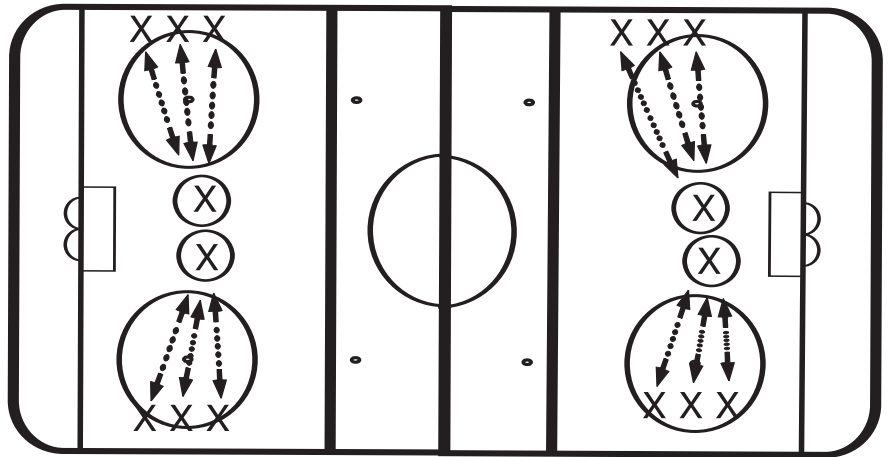


- Notes/Comments:**
1. Start 3-4 feet apart Look-Slide-Guide-Point and Cup and Give - 10 passes.
  2. Move 10 feet apart - 10 passes.
  3. Move 15-20 feet apart - 10 passes.

**Description: Pepper Passing Groups**

1. Get players into groups of four.
2. Have one player pass to every other player down and back.
3. Then have another player come out and do it.

**Theme: Passing - Forehand**

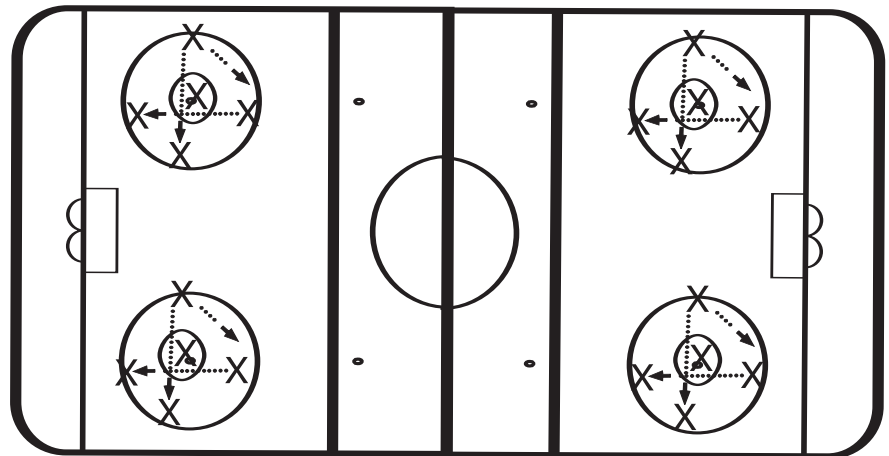


**Description: Circle Keep-A-Way**

1. Put four players on circle and one in the middle.
2. Pass the puck around, keeping it away from player in middle.
3. When player in middle intercepts a pass - the player who made the pass gets into the middle.

Note: Teach players to be ready all the time!

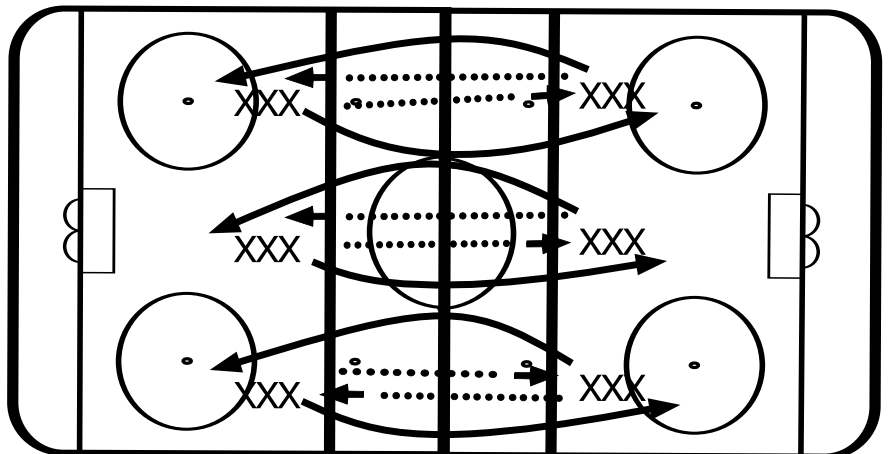
**Theme: Passing-Games, Forehand/Backhand**



**Description: Give and Go Relay**

1. Set players up into two or three teams. Split teams into two lines - one line at each blue line.
2. Pass puck, stationary - then skate to other line.
3. When players have passed four times each, have them sit down in the line.

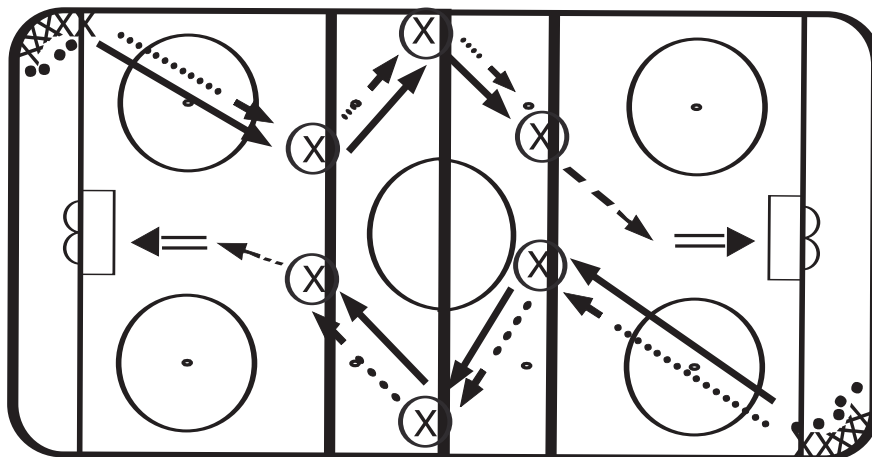
**Theme: Passing - Game**



**Description: Zig-Zag Passing and Movement**

1. Split players into two groups, one at each end of the rink.
2. Have three players on each side stand stationary at the blue-red-blue lines.
3. First player in each line passes to stationary player at near blue line then skates to blue line.
4. Each player in turn passes to next stationary player and then skates to that line.
5. Last stationary player receives and goes in and shoots on goal.

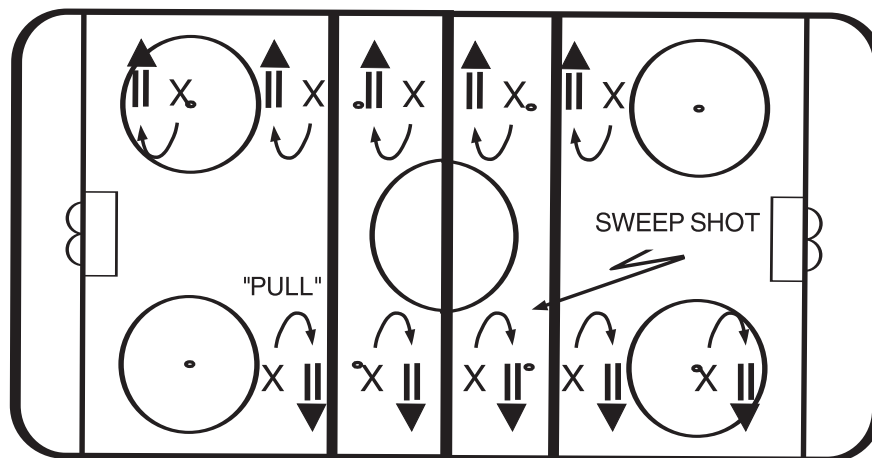
**Theme: Passing-Forehand/Backhand**



**Description: Pull and Sweep Shot**

1. Have players stand 10 feet away from boards.
2. Have players face boards then pull puck back - turn sideways and sweep shot/pass towards boards.
3. Hands should be 15" apart. Puck pulls back to back foot.
4. Stay low - move puck forward quickly and shift weight from back to front leg.
5. Puck starts on middle half of blade.

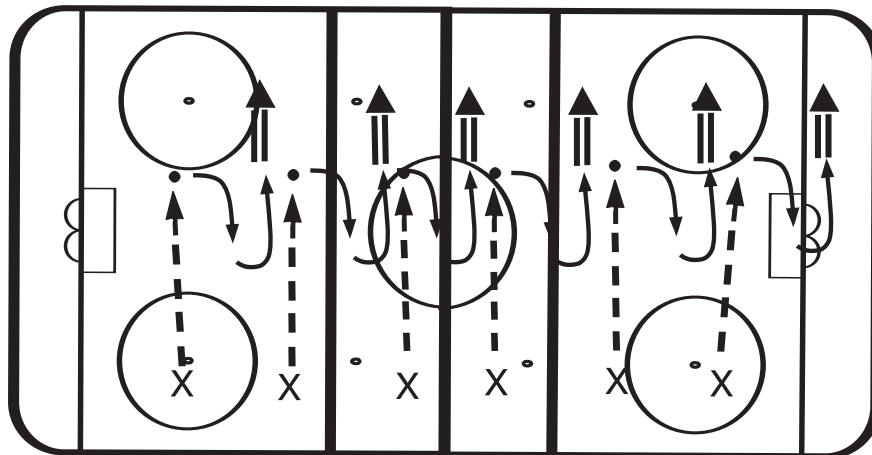
**Theme: Shooting - Wrist/Sweep Shot**



**Description: Pull and Wrist Shot**

- Spread players out on one side boards.
- Players skate to middle of ice - Pull puck back to forehand side - sweep through to wrist shot.
- Stress - players need to transfer weight from back foot to front foot.

**Theme: Shooting - Wrist (Sweep) Shot**

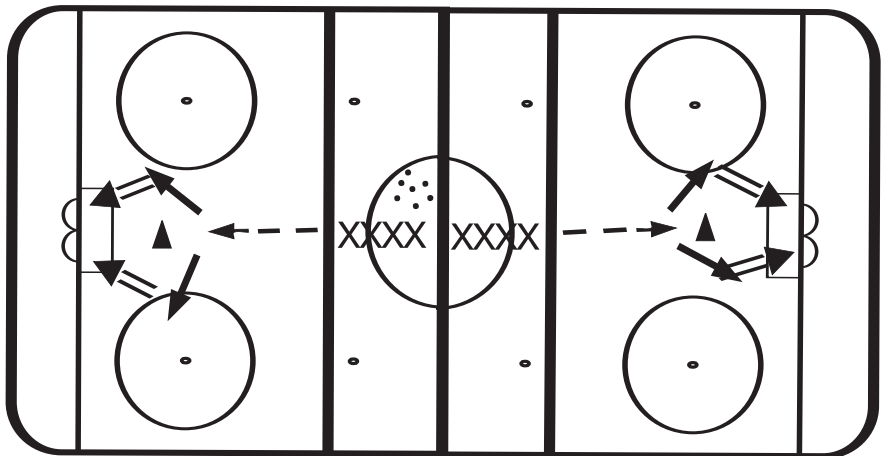




**Description: Pull and Sweep Shot on Cone**

1. Put one cone 20 feet out from goal.
2. Have players start at blue line.
3. Skate to cone - pull puck to forehand and shoot.
4. Put two or three cones in goal and see if players can shoot and hit them.

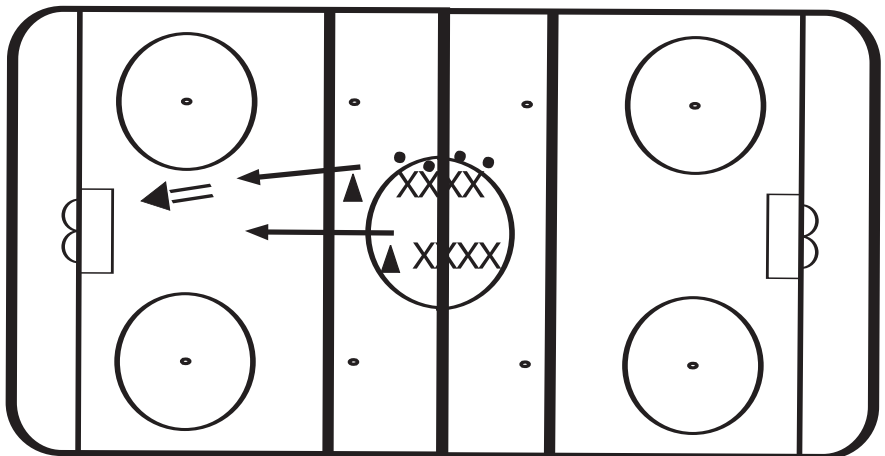
**Theme: Shooting - Wrist/Sweep Shot**



**Description: 1 on 1 - Stick Lift and Backcheck**

1. Two lines - puck carrying line five to eight feet in front of backcheck line.
2. Skate towards goal and shoot - backchecker lifts shooter sticks.

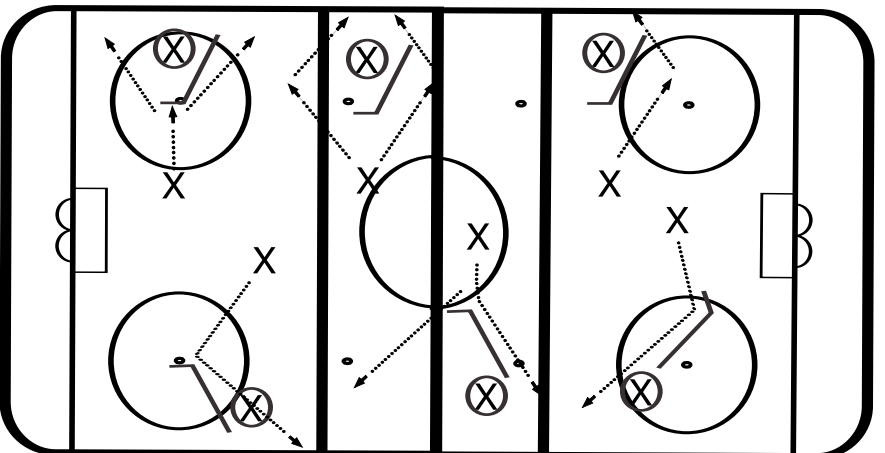
**Theme: Shooting and Stick Check and Backcheck**



**Description: Shoot/Deflection on Boards**

1. Partners - shooter in center ice area. Deflector, close to boards.
2. Deflector - stand with feet apart and stick on ice in between skates in front of body.
3. When puck is shot - get blade of stick in front of puck and turn blade one way or the other. **DO NOT TILT STICK TO DEFLECT PUCK UPWARD!**
4. Try and change direction of puck.
5. Keep hands close together on stick to give good reach.

**Theme: Shooting - Deflection/Screen**

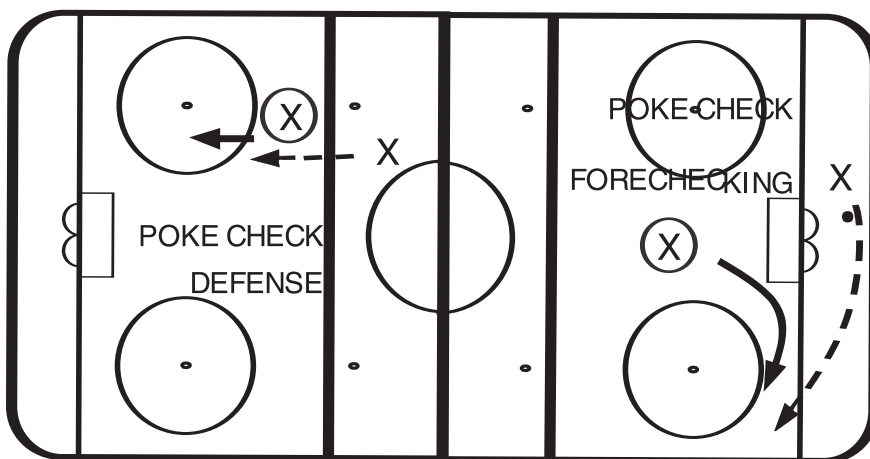


**Description: Poke Check - Forechecking/Defense**

DEFENSE - the use of blade of stick to knock away the puck.

1. Poke check only with arm, don't lunge with body. Stick hand, keep elbow bent, extend only the arm when poke checking.
2. When poke checking - always play opponent's body with yours. Keep eye on opponent's mid-section, not on the puck.

**Theme: Checking - Poke Check**

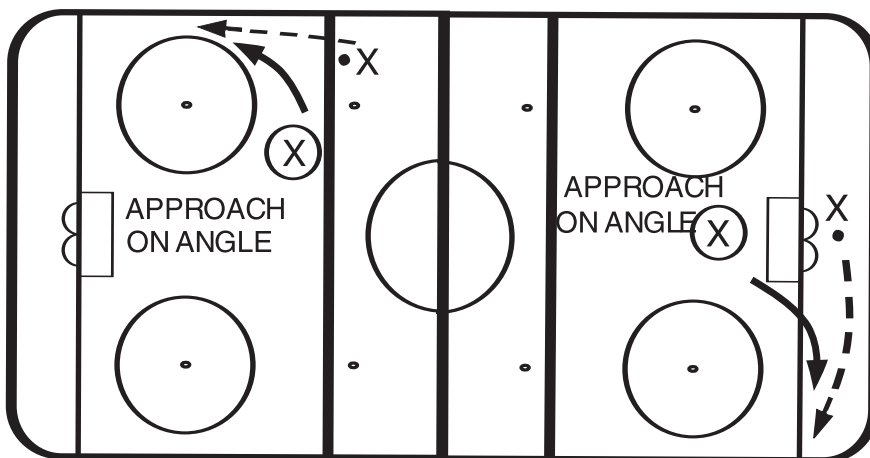


**Description: Lift Stick Check - Forechecking/Defense**

DEFENSE - approach puck carrier from angle, get your stick under opponent's and lift stick.

1. Approach puck carrier on angle, make sure you have control of body first, then go after his/her stick.
2. Keep skating while lifting stick, so you are able to get puck and get out of there.

**Theme: Checking - Lift Stick Check**

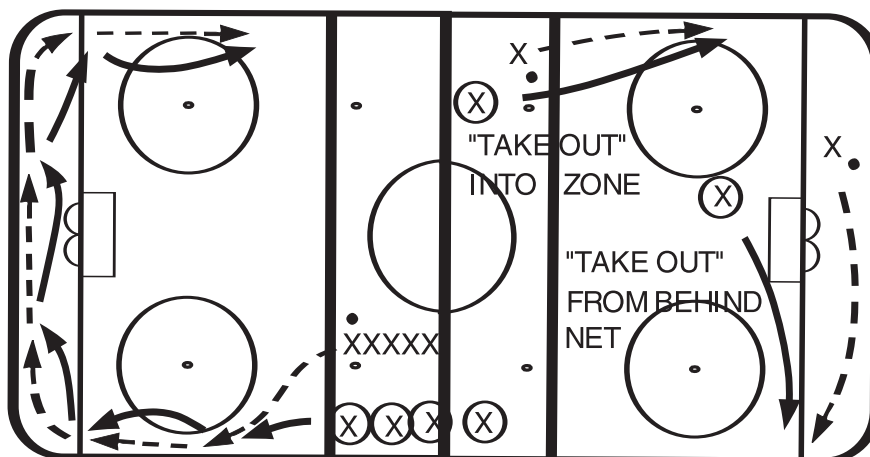


**Description: Take-Out-Check Weave**

DEFENSE - force puck carrier to boards, then ride him/her on boards.

1. Come at puck carrier on angle.
2. Aim for the puck carrier's gloves with your hip.
3. Accelerate to get slightly in front of puck carrier and snap hip into puck carrier's gloves.
4. Put your stick under puck carriers, ride him/her out and puck up puck.

**Theme: Checking - Take Out Check**

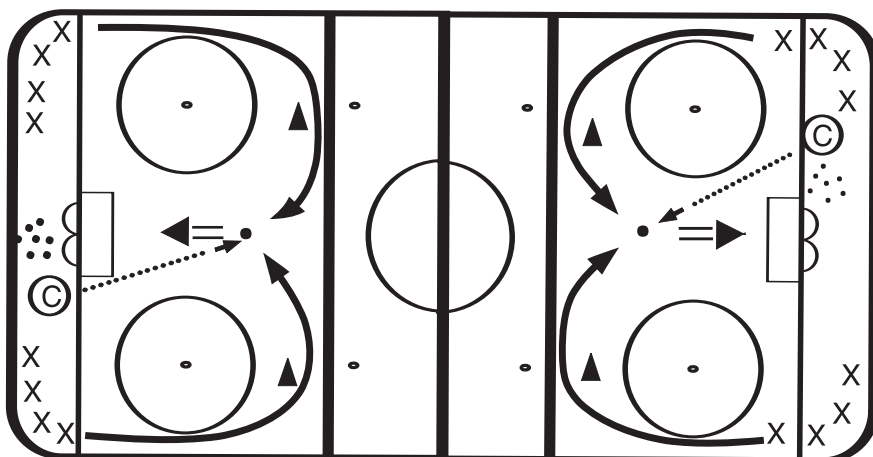


**Notes/Comments:** Remember in squirts, you can not hit the body - so take out the stick.

**Description: 1 on 1 Around Cone - Puck Chase**

1. Put a group in each corner, behind goal line.
2. Put two cones, one on each side - near blue line.
3. Coach slides puck into slot.
4. First player from each line races up around cone to puck.
5. First player to puck - shoots. Second player tries and prevents shot.

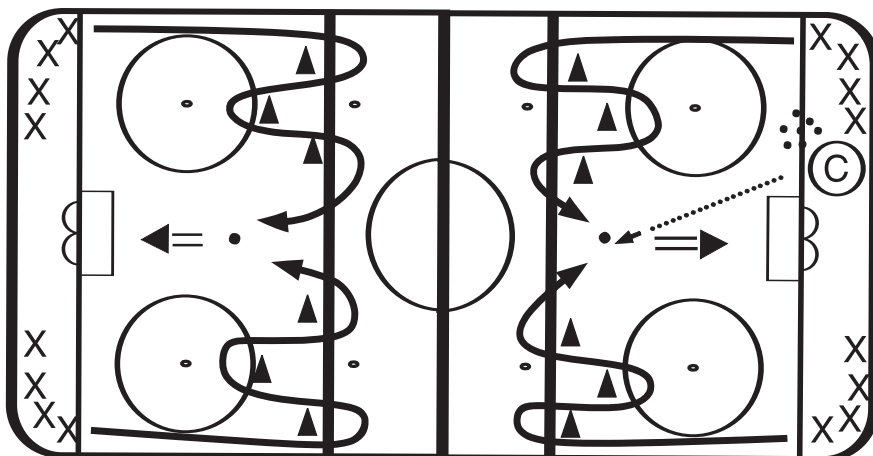
**Theme: Competition 1 on 1**



**Description: Three Cone Triangle Hockey Turns-Race for the Puck**

1. One line in each corner. First player in each line, skates up to cones and does hockey turns.
2. They then race to get puck and get shot off.

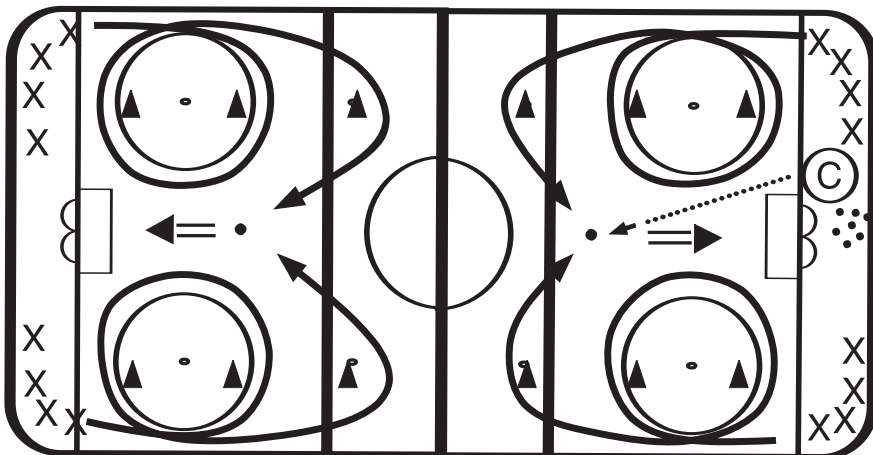
**Theme: Competitive Skating Drills**



**Description: Circle Crossovers - One Cone Hockey Turn - Race for Puck**

1. One line in each corner.
2. First player in each line does forward crossovers around circle.
3. Then skate up to cone and do tight hockey turn.
4. Then race to get puck and shot off.

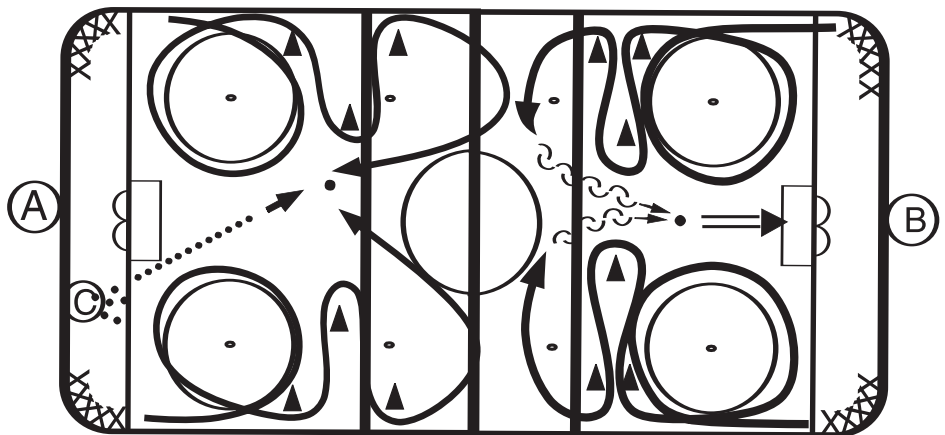
**Theme: Competitive Skating Drills**



**Description: Crossovers on Circle - Three Cone Hockey Turns - Backwards to Forward - Race to Puck**

**Theme: Competitive Skating Drills**

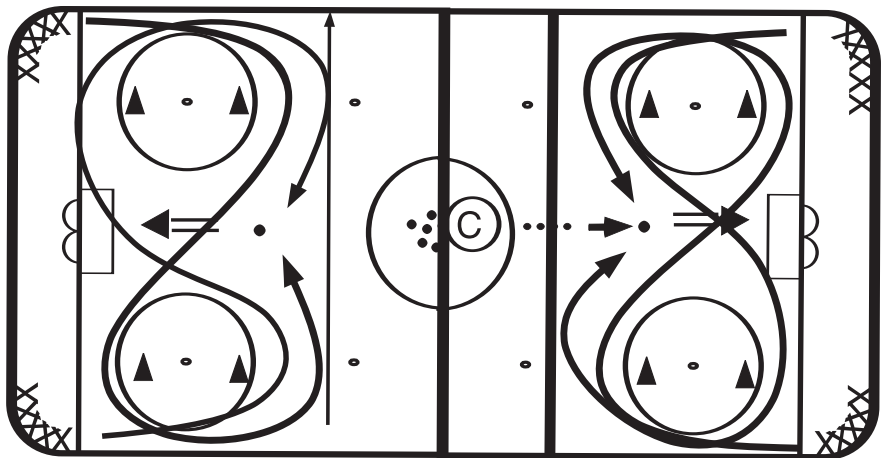
- (A) Same as (B) but no backward skating.
- (B) 1. Two lines in each corner.
- 2. Crossovers on circle, three hockey turns around cones, forward up to cone, step out backward to blue line, step out forward, race to puck and shoot.



**Description: Figure 8 Crossovers - Race for Puck**

**Theme: Competitive Skating Drills**

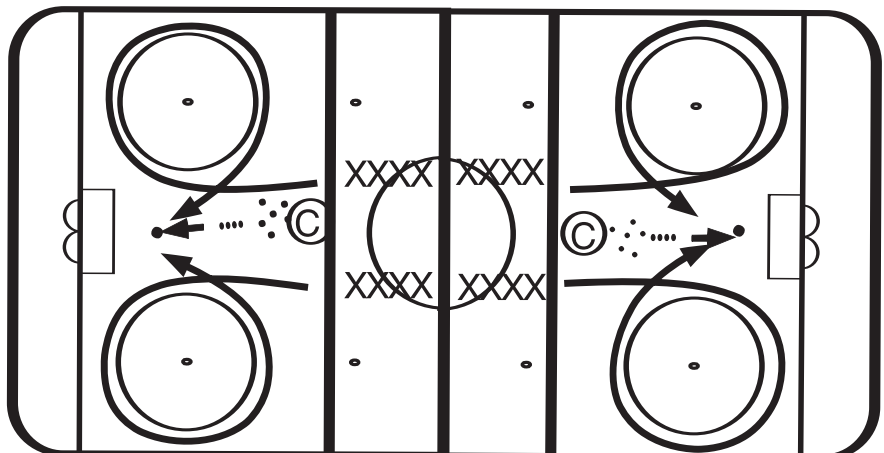
- 1. Two lines in each corner.
- 2. First player in each line does crossovers on top of first circle and bottom of second circle.
- 3. Then race to puck and get shot off.



**Description: Into Zone Crossovers - Around Circle - Race for Puck**

**Theme: Competitive Skating Drills**

- 1. Two lines close together on blue line.
- 2. First player in each line skates into zone and does forward crossovers around circle.
- 3. Then race to puck and get off shot.

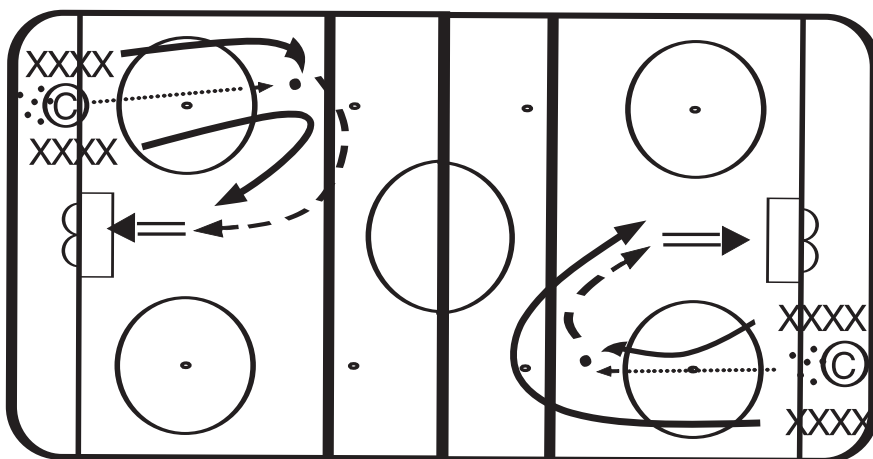


**Description: 1 on 1 Puck Chase Out of and Back into the Zone**

1. Two lines, close together on goal line.
2. First player in each line races to get puck.
3. Once one player gets puck, player tries and enters zone and gets a shot.

Note: players must learn to protect the puck from opponent by using their body as a shield.

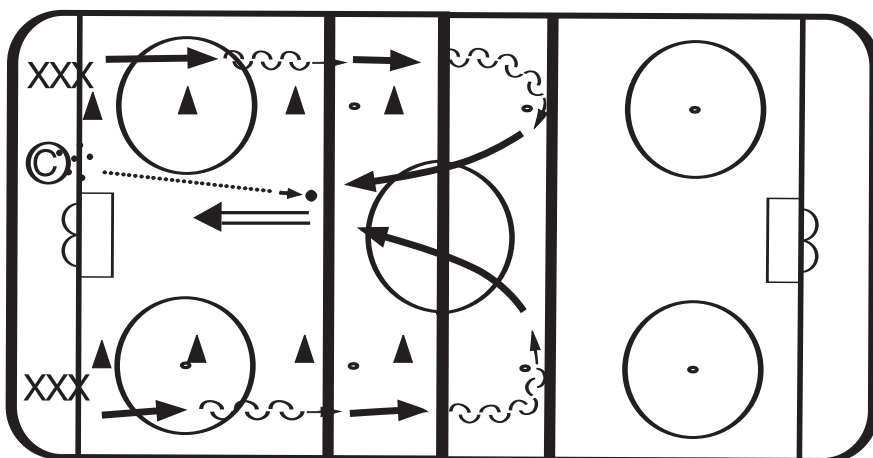
**Theme: Competitive Skating Drills**



**Description: Forward/Backward at Each Cone - To Race for Puck**

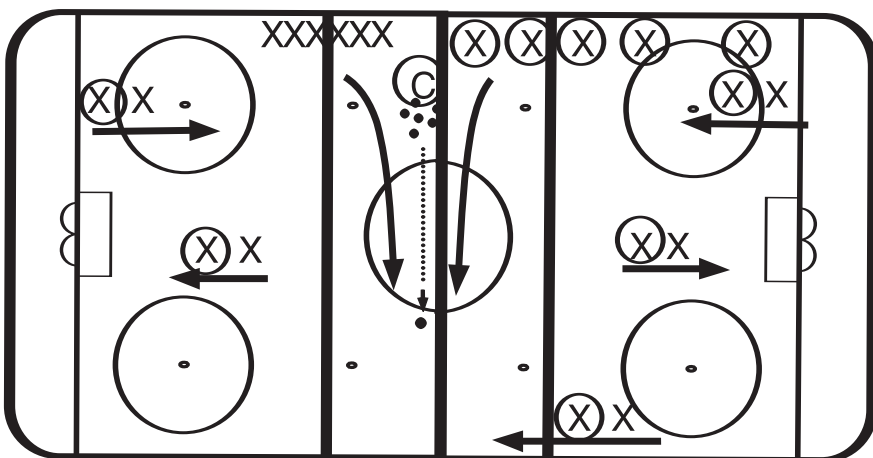
1. Two lines, one in each corner.
2. Start forward turn backwards at first cone, continue alternating forward/backward at each cone.
3. Step out forward and race to puck and shoot.

**Theme: Competitive Skating Drills**



**Description: 1 on 1 - All Over the Ice**

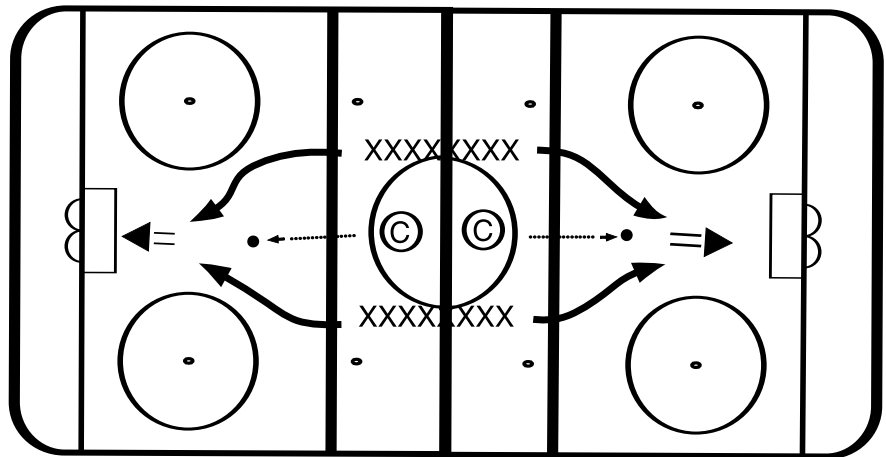
**Theme: Competition 1 on 1**



**Description: 1 on 1 Straight - Puck Chase**

1. Two lines at blue line.
2. Coach slides puck into zone.
3. First player in each line races for puck.
4. First player to puck - shoots. Second player tries and takes puck away.

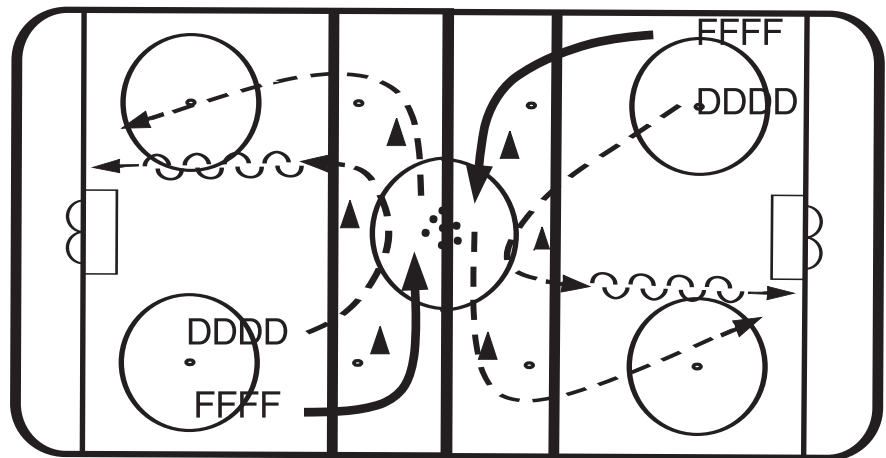
**Theme: Competitive 1 on 1 and Backcheck**



**Description: 1 on 1 - Half Ice - Forward/Defense Arch in Neutral Zone**

1. Line defenseman and forwards up at top of circle.
2. Put two cones up by red line with pucks behind cones. Put one cone in middle, just in front of blue line.
3. Forward arches and gets puck, defenseman skates forward to cone then goes backward.

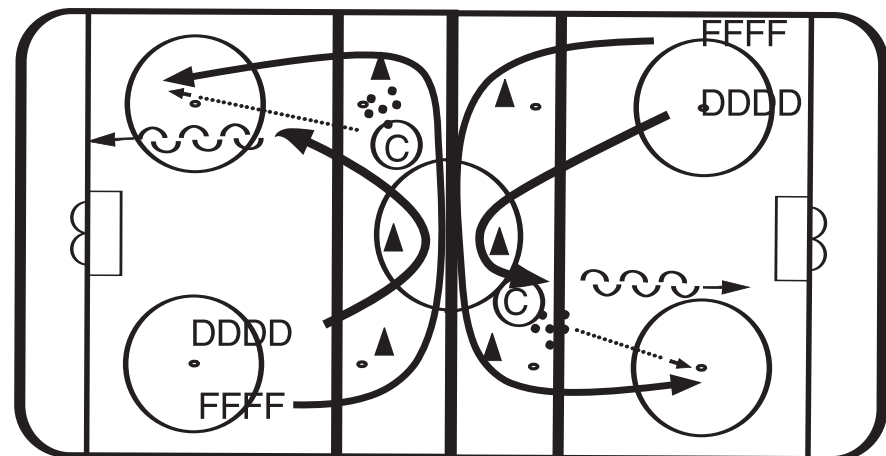
**Theme: 1 on 1 - Mites/Squirts**



**Description: 1 on 1 - Half Ice - Forward/Defense Arch - Coach Passes to Forward**

1. Line defenseman and forwards up at top of circle.
2. Put two cones up by red line and one cone just over blue line.
3. Coach starts in middle with pucks and gives pass to forward arching to far side boards. Defense skates forward to cone then backwards.

**Theme: 1 on 1 Mites/Squirts**



System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

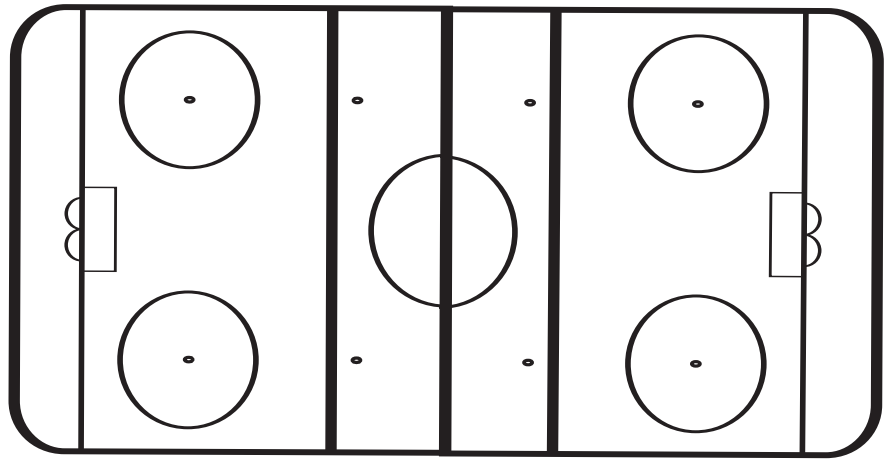
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

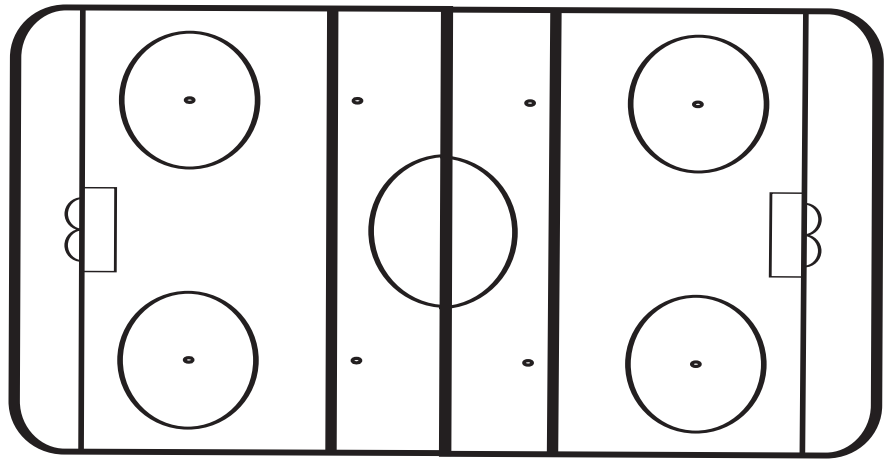
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

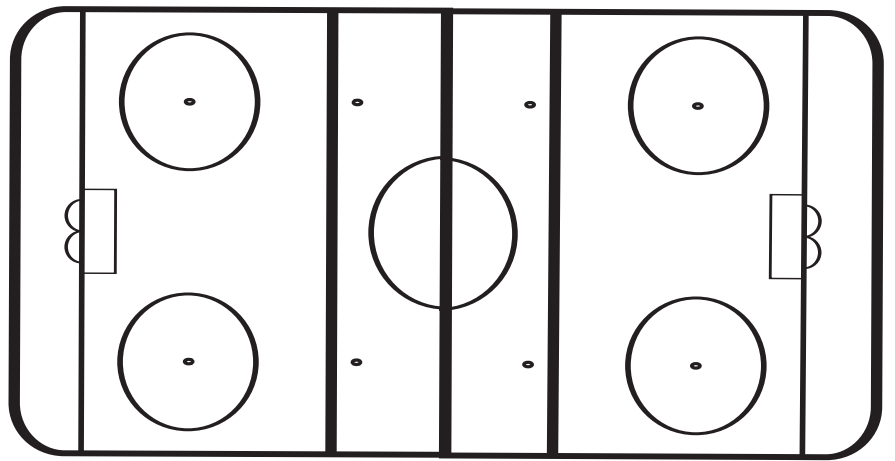
---

---

---

---

---



Notes/Comments \_\_\_\_\_

System/Drill \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

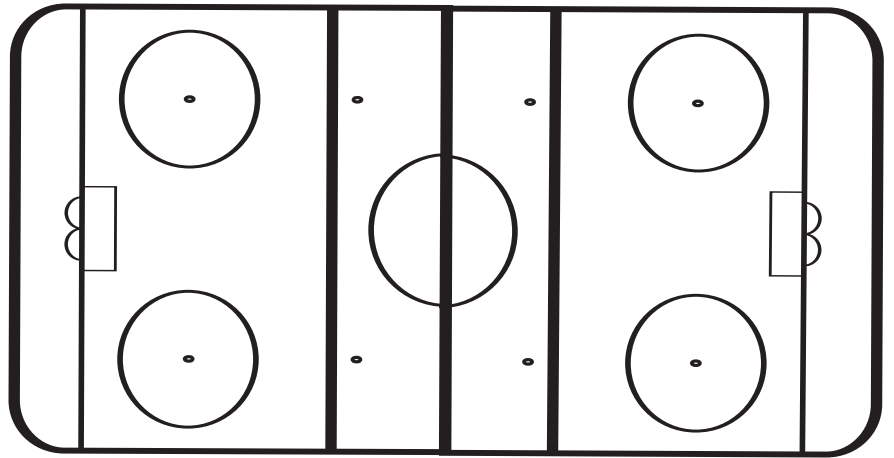
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

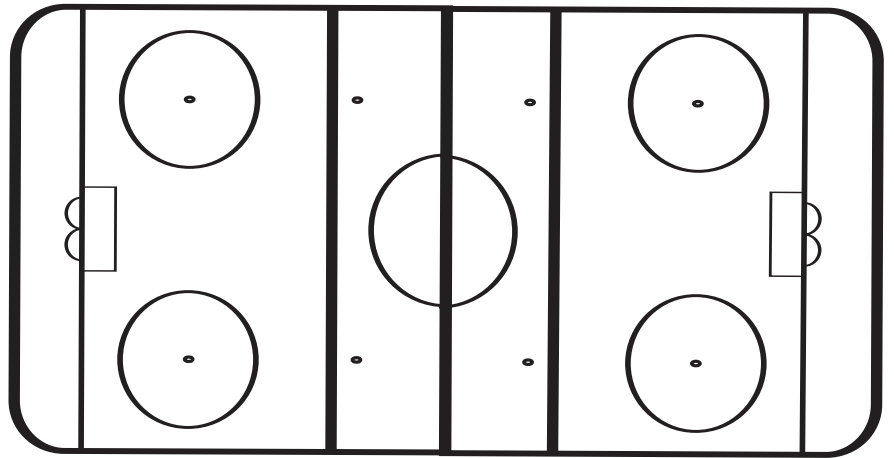
---

---

---

---

---



Notes/Comments \_\_\_\_\_

Description \_\_\_\_\_

---

---

---

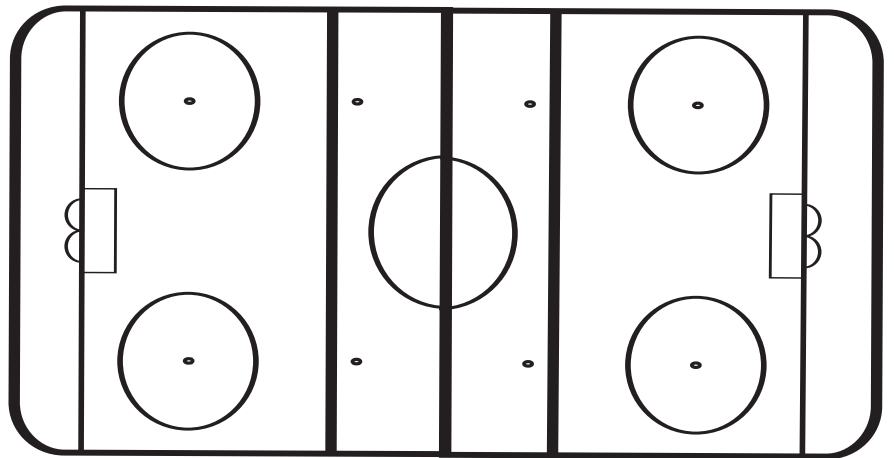
---

---

---

---

---



Notes/Comments \_\_\_\_\_







---

**1775 Bob Johnson Drive  
Colorado Springs, CO 80906  
[www.usahockey.com](http://www.usahockey.com)**