

12 PRACTICE PLANS FOR 2020



MITE / NOVICE (U8)

U8 - 4 STATION PRACTICE PLAN #2 - [View on Web](#)

U8 - 4 STATION PRACTICE PLAN #3 - [View on Web](#)

U8 - 3 STATION PRACTICE PLAN #1 - [View on Web](#)

U8 - 3 STATION PRACTICE PLAN #2 - [View on Web](#)

SQUIRT / ATOM (U10)

U10 - 4 STATION PRACTICE PLAN #1 - [View on Web](#)

U10 - 4 STATION PRACTICE PLAN #2 - [View on Web](#)

U10 - 3 STATION PRACTICE PLAN #3 - [View on Web](#)

U10 - 3 STATION PRACTICE PLAN #4 - [View on Web](#)

PEEWEE (U12)

U12 - PEEWEE 3 STATION PRACTICE PLAN #1 - [View on Web](#)

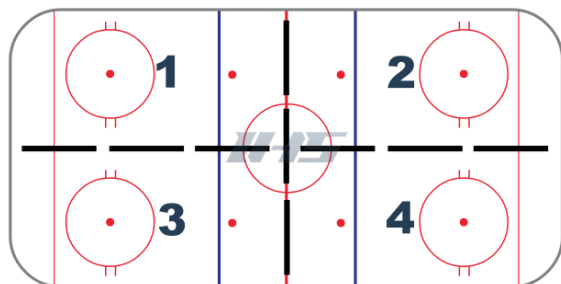
U12 - PEEWEE 3 STATION PRACTICE PLAN #2 - [View on Web](#)

U12 - PEEWEE 3 STATION PRACTICE PLAN #3 - [View on Web](#)

U12 - PEEWEE 3 STATION PRACTICE PLAN #4 - [View on Web](#)

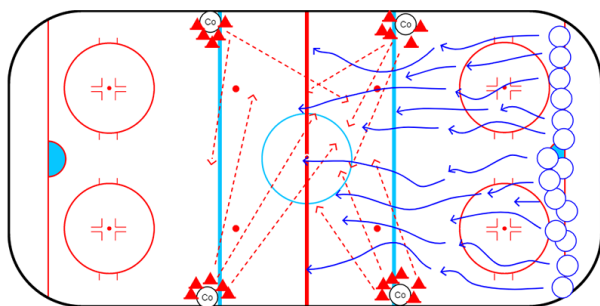
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OVERVIEW



Warm Up Activity - Torpedo (Full Ice) - 10 minutes
 Line Skating - Knee bend - lemons - half lemons - 10 minutes
 Station #1 - Tire turn relays - full 360 control turns - 10 minutes
 Station #2 - 1 vs 1 with mini nets and multiple games - 10 minutes
 Station #3 - Clean your room - 10 minutes
 Station #4 - M & W Control turns and shots - 10 minutes

WARM UP - TORPEDO (FULL ICE)



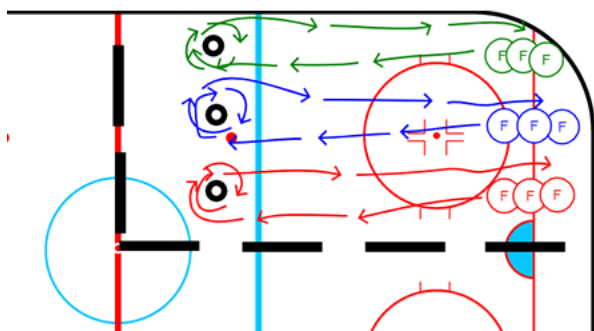
My Notes

Torpedo is a great warm up activity for young hockey players. It is most appropriate for U8 & U10 but even U12 players find it fun and engaging. The game gets players warmed up, excited, and raises the excitement level for practice.

HOW TO PLAY

All the player will throw their sticks down behind the goal line so they are out of the way and line up all the way across the goal line. The coaches will collect as many cones as the can and station themselves along the wall. On the whistle the players will try to skate from one end to the other without getting hit by a "torpedo" (cone). If they get hit they have to take a knee until the game is over. The last player to get hit wins that round.

STATION #1 - TIRE TURN RELAYS - FULL 360 CONTROL TURNS - QUARTER ICE



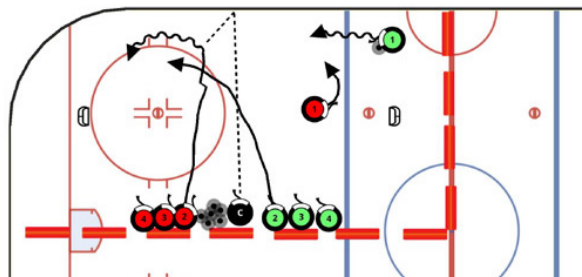
My Notes

Here is a simple relay race for a quarter ice station where players work on forward strides and full circle control turns. Have the coaches do a demonstration and allow players a few repetitions before jumping into the relays so that they can work on the fundamentals. The players skate straight out to the tire, do a control turn all the way around (full 360 degrees), and skate forwards back to the goal line.

COACHING POINTS

- rotate the chest and eyes to where you want to go as you go around the tire.
- trust the outside edge of the inside skate as you go around the tire.
- inside skate should lead slightly out in front of the outside skate.

STATION #2 - 1 VS 1 WITH MINI NETS - MULTIPLE GAMES



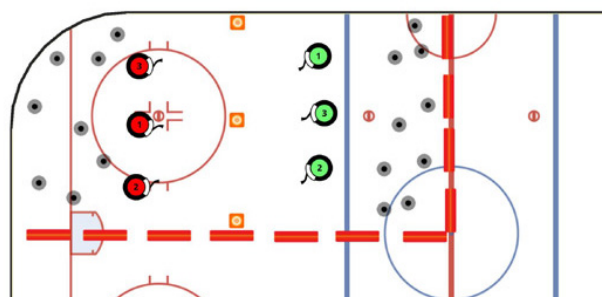
My Notes

This is a simple 1 vs 1 game using mini nets and therefore no goalies are required. The only variation with this game is that the coach may have multiple games going on at once. Therefore, players need to be aware of their surroundings and play with their head up. As opposed to a normal 1 on 1 game where you know there is only 1 other player on the ice and therefore you don't need to pay as much attention to your surroundings. It is up to the coach to decide how many games to allow at one time.

Coaching Points

Just let players play and encourage them to compete hard.

STATION #3 - CLEAN YOUR ROOM



My Notes

SETUP

To set up this activity place two or three cones through the center line of the playing area to mark the center line. Split up the players into two teams and place players from each team on their own side of the playing area. Spread out at least 10 pucks near the back end of each team's side as shown in the diagram.

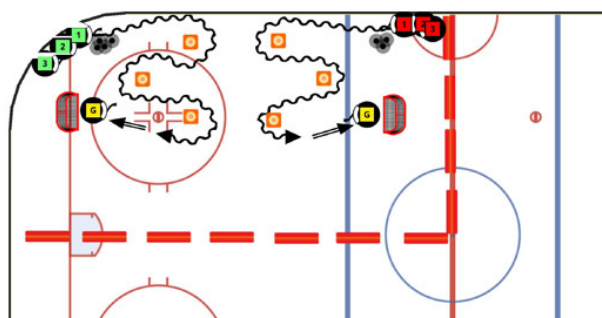
OBJECTIVE

Each team tries to get all the pucks into the other team's half and remove all pucks from their own half. Once they do that their "room is clean" and they win that round.

RULES

- Players have to stay on their own half.
- They have to use passing technique, no shooting pucks in the air.

M & W CONTROL TURNS & SHOTS



My Notes

This is a station drill that allows you the goalies to take some shots. The players are able to work on control turns while controlling the puck and shooting. It is great for a 1/4 ice station setup.

SETUP

Place two full size nets at each end of the station with a goalie in each net (if available). Three cones should be placed in a staggered manner as shown in the diagram.

COACHING POINTS

- Encourage players to use control turns as they go around the cones and get their body between the cone and the puck to work on puck protection fundamentals.



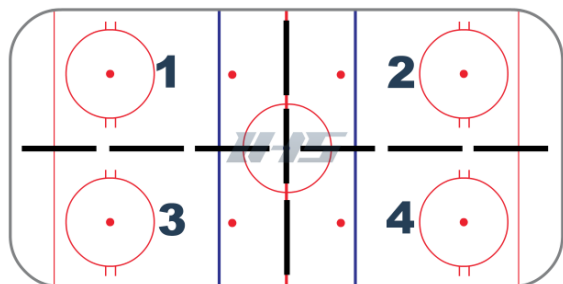
Mite / Novice (U8) 4 Station Practice Plan #3

PRACTICE PLAN

Age Level: Mite / Novice (U8)

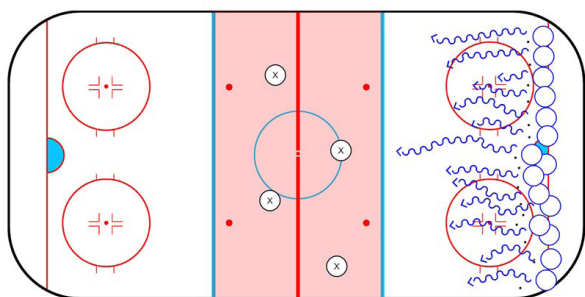
Format: 4 Stations

OVERVIEW



Warm Up Activity - Brittish Bulldog (Full Ice) - 10 minutes
Line Skating - Knee bend - Forward Stride - 10 minutes
Station #1 - Steps and jumps over sticks - 10 minutes
Station #2 - 1 vs 1 vs 1 with mini-nets - 10 minutes
Station #3 - Puck tag with ringettes - 10 minutes
Station #4 - Choose a gate - 10 minutes

WARM UP - BRITISH BULLDOG - FULL ICE



HOW TO PLAY

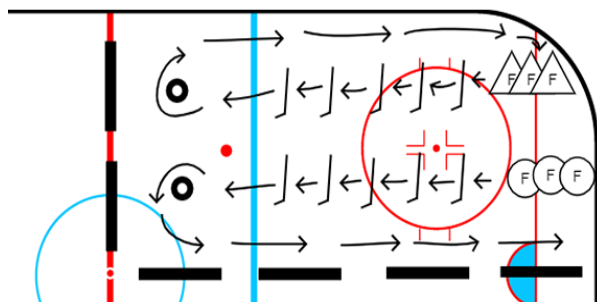
The players line up on the goal line with a puck (or ringette) on their stick. Place 3 - 4 coaches or players in the middle (the bulldogs). On the whistle the players will try to skate from one end to the other without getting their puck (or ringette) stolen by the "bulldogs". The "bulldogs" must stay between the blue lines.

Coach's Notes

Use ringettes if possible or allow advanced players to use pucks.

My Notes

STATION #1 - STEPS AND JUMPS OVER STICKS RELAY RACES



VARIATION #1 - STEP OVERS

In the first variation the players step over the sticks with one foot, land on that foot, glide to the next stick on the one foot, and then repeat for each stick. At the end they do a control turn around the tire and work on forward strides back to the goal line. Once they get to the goal line the next player can go.

VARIATION #2 - TWO FOOT JUMPS

The second variation has the players glide on two feet and do a two footed jump over every stick.

My Notes

STATION #2 - 1 VS 1 VS 1 WITH MINI NETS



My Notes

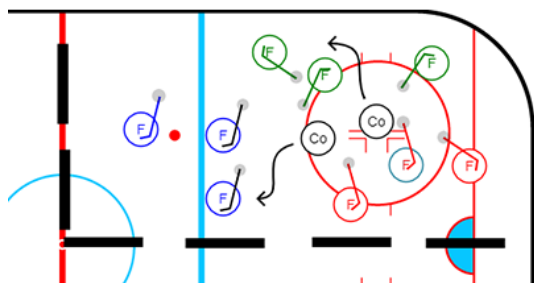
SETUP

The setup requires three mini nets and at least 6 players. The nets should be set up in a triangle formation (see diagram). Each player will claim a net and stand in front of it to start. The coach will blow the whistle and throw a puck into the middle of the playing area.

OBJECTIVE

Players try score a goal in either of the other players nets while protecting goals from being scored on their own net. The coach should try to keep track of how many goals each player scores in each round. They get 1 point for a goal scored on another players net and -1 point for goals allowed on their own net.

STATION #3 - PUCK TAG WITH RINGETTES



My Notes

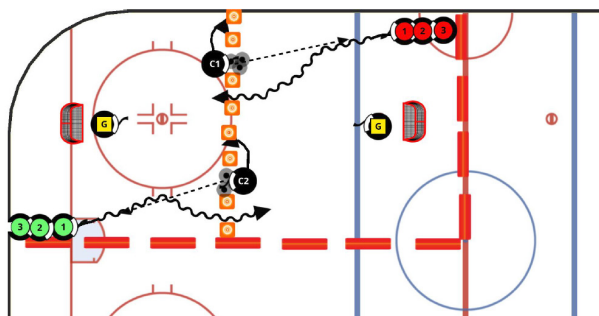
This is exactly the same game as puck tag but it is geared towards the Mites & Novice age level because it allows the players to use ringettes instead of pucks. The game of puck tag goes like this:

- Every player has a ringette and is skating around the playing area.
- Designate 2 players or coaches to be "IT".
- If a player is tagged they must stand still with one arm holding their stick and one arm up in the air.
- In order to return to the game another player must stickhandle a ringette through their legs.
- Once all of the players are tagged at one time then the round is over.

WHY THIS IS A GREAT SMALL AREA GAME

The game forces players to control the ringette with their head up and taking inventory of their surroundings. They have to look for opportunities to free their teammates by being aware of where the "IT" are located.

STATION #4 - CHOOSE A GATE



My Notes

Choose a gate is a station drill that requires players to receive a pass and make a decision. It forces players to handle the puck with their head up and make decisions based on the action of the coach.

SET UP

Place a net at both ends of the station with goalies (if available) and split the players into two lines, one in each corner. Through the center line of the station there are two sets of gates marked by two cones (gates). The coach has the pucks in between the gates.

The drill starts on the coaches signal. The coach passes the puck to the player as they take a few strides towards the coach. After the coach makes the pass they must skate to one of the gates. The players need to control the puck and control the puck through the other gate. Then they take a shot on net before going to the end of the line.



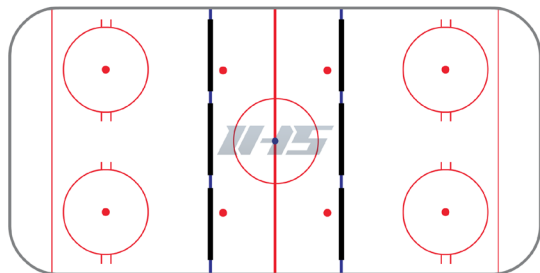
Mite / Novice (U8) 3 Station Practice Plan #1

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 3 Stations

OVERVIEW



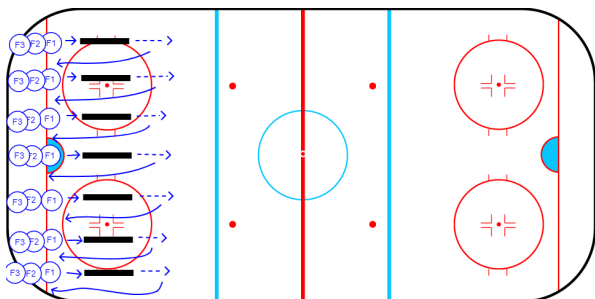
Warm Up Activity - Superman Relays (full ice)- 10 minutes

Station #1 - 2 vs 2 vs 2 with mini nets - 15 minutes

Station #2 - Finders Keepers - 15 minutes

Station #3 - 3 vs 3 Cross Ice - 15 minutes

WARM UP - SUPERMAN RELAYS (FULL ICE)

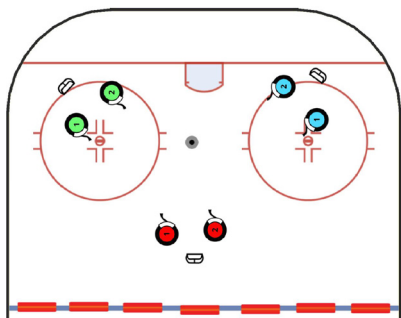


HOW THE RACE IS RUN

Divide the players up into teams along the goal line so you have 3 - 4 players per team. Each team will have a border out in front of them. The first player will skate and do a superman dive onto the barrier and slide as far as they can. When they come to a stop they get back on their feet and skate back to line. Once they cross the goal line the next player in line can go. This repeats until they get the barrier across the goal line at the other end. The first team to do so wins.

My Notes

STATION #1 - 2 VS 2 VS 2 WITH MINI NETS



My Notes

This game gives players an great opportunity to be creative and play a small area game with a twist. The game requires awareness as they are trying to score on two nets and trying to protect one net.

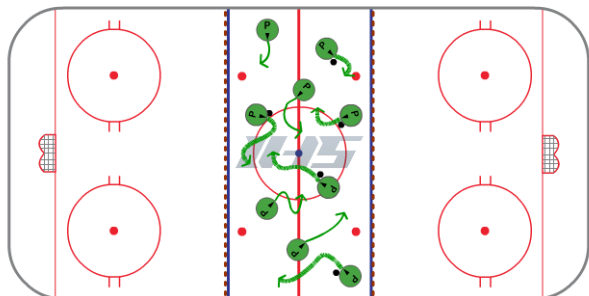
SETUP

Place three mini nets in a triangle formation in one offensive / defensive zone as shown in the diagram. Divide players into three teams. Two players from each team will be involved at one time. Players will play for 60 - 90 seconds.

How the game is played

Each team has a net that they protect. They are trying to score on the other two nets. If they score a goal on one of the other nets they earn 1 point. If they allow a goal on the net they are trying to protect then they lose 1 point.

STATION #2 - FINDERS KEEPERS - PUCK PROTECTION DRILL



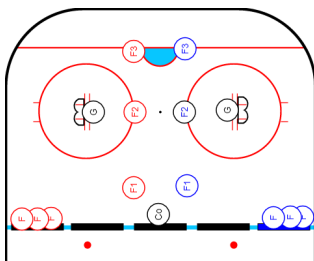
How to Play

Depending on the size of your team you can use the neutral zone of one end from the blue line to the end boards. You will need half as many pucks as you have players. For example if we have 12 players then we will use 6 pucks. On the whistle the coach will shoot the pucks into the zone. The objective for the players is to find a puck and maintain puck possession. The coach will allow the players to go for 45 seconds to 1 minute. On the whistle the players must stop where they are. The coach can decide a consequence for the players that do not have a puck such as push-ups or skating.

Players that have the most success will be playing with their head up and protecting the puck towards open ice. They will also use awareness to look for opportunities to steal pucks from other players.

My Notes

STATION #3 - 3 VS 3 CROSS-ICE



This is a basic cross ice 3 vs 3. Depending on your numbers and the age level you can do 4 vs 4 as well. Keep in mind one of the goals is to get every player engaged and a lot of puck touches.

SET UP

Place two nets cross ice facing each other with three players from each team in the playing area. In this set up the goals are moved up to the face-off dots. This allows more space behind the nets and allows for more plays and shots on net. Allow the players to play for 60 - 90 seconds then blow the whistle for a shift change.

My Notes



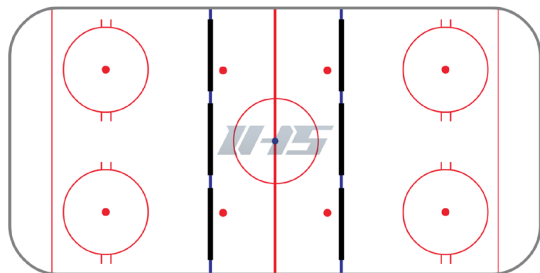
Mite / Novice (U8) 3 Station Practice Plan #2

PRACTICE PLAN

Age Level: Mite / Novice (U8)

Format: 3 Stations

OVERVIEW



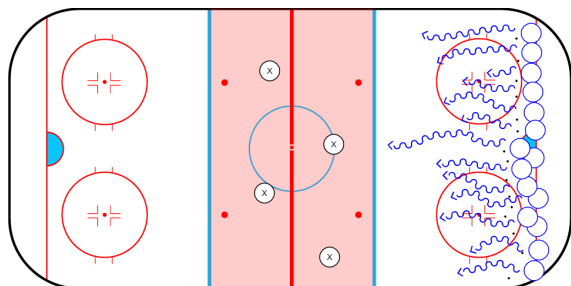
Warm Up Activity - Brittish Bulldog (full ice) - 10 minutes

Station #1 - Corner Tires 3 vs 3 - 15 minutes

Station #2 - Puck Tag - 15 minutes

Station #3 - 3 vs 3 Cross Ice - 15 minutes

WARM UP - BRITTISH BULLDOG (FULL ICE)



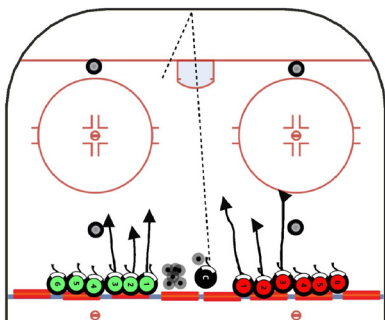
My Notes

This game is inspired by the soccer activity with the same name. Another great warm up activity that will get players excited and ramp up the energy for practice. Players can use pucks or ringettes. In some cases it might be best to only let the advanced players use pucks. This game promotes creativity, awareness, and decision making. It also provide a game that works on their puck control and ability to handle the puck (or ringette) with their head up.

HOW TO PLAY

The players line up on the goal line with a puck (or ringette) on their stick. Place 3 - 4 coaches or players in the middle (the bulldogs). On the whistle the players will try to skate from one end to the other without getting their puck (or ringette) stolen by the "bulldogs". The "bulldogs" must stay between the blue lines.

STATION #1 - CORNER TIRES 3 VS 3 - 1/3 ICE STATION



My Notes

This game is the same as Corner Tires 2 vs 2 that is played in 1/4 ice station. The only difference is that this is 3 vs 3 played owithin a slightly larger area using an entire zone.

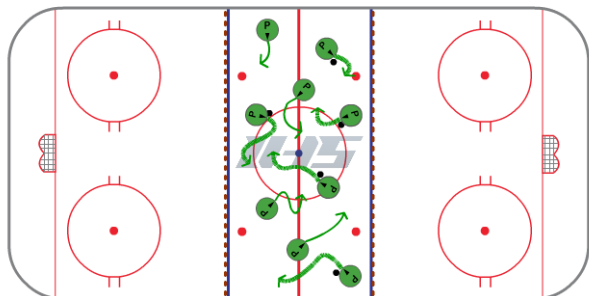
SETUP

Place four tires in a rectangle so that they line up with the dots (as shown in the diagram). The coach has the pucks in the middle along the edge of the zone with the players split into two teams on each side.

OBJECTIVE

Players score by hitting one of the tires in their opponents end with the puck. Shifts should last for 60 - 90 seconds.

STATION #2 - PUCK TAG



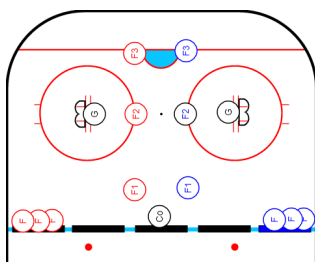
This is a great warm up activity for the younger players (U12 and younger). Depending on the amount of players you can set the boundaries for this game to be played in half ice, inside the blue line at one end, or in the neutral zone. This game will help players develop awareness while maintaining control of the puck. It will require them to have their head up and find players that are "frozen".

In this game every player will have a puck. The coach will define a boundary based on the amount of players in the game. At the start of the game you must identify 3 players or coaches to be "IT".

My Notes

- On the whistle the players will skate within the boundary while controlling the puck.
- The players (or coaches) that are "IT" try to tag as many players as they can by touching them.
- When a player is touched they must stand with one hand on their stick, feet apart, and the other hand up in the air like they are raising their hand.
- In order to get back in the game another player must attack their triangle by stickhandling through their legs or the space between their feet and stick.
- Play for about 3 minutes or until all of the players have been tagged and are standing still.

STATION #3 - 3 VS 3 CROSS-ICE



This is a basic cross ice 3 vs 3. Depending on your numbers and the age level you can do 4 vs 4 as well. Keep in mind one of the goals is to get every player engaged and a lot of puck touches.

SET UP

Place two nets cross ice facing each other with three players from each team in the playing area. In this set up the goals are moved up to the face-off dots. This allows more space behind the nets and allows for more plays and shots on net. Allow the players to play for 60 - 90 seconds then blow the whistle for a shift change.

My Notes



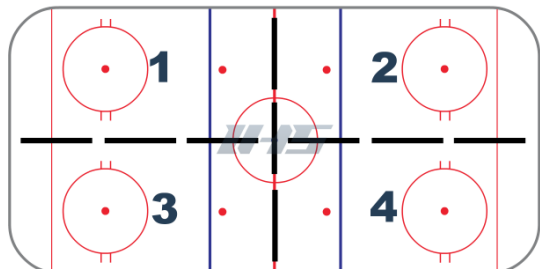
Squirt / Atom (U10) 4 Station Practice Plan #1

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 4 Stations

OVERVIEW



Practice Length: 60 minutes

Warm Up Activity - Brittish Bulldog (Full Ice) - 10 minutes

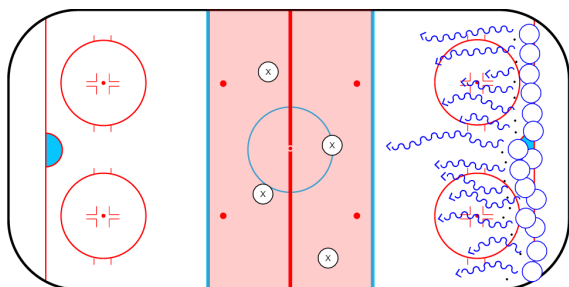
Station #1 - Single Shift Decision - 10 minutes

Station #2 - Forehand Shooting Fundamentals #1 - 10 minutes

Station #3 - Corner Tires 2 vs 2 - 10 minutes

Station #4 - 2 vs 2 with Regular Nets - 10 minutes

WARM UP- BITTISH BULLDOG (FULL ICE)



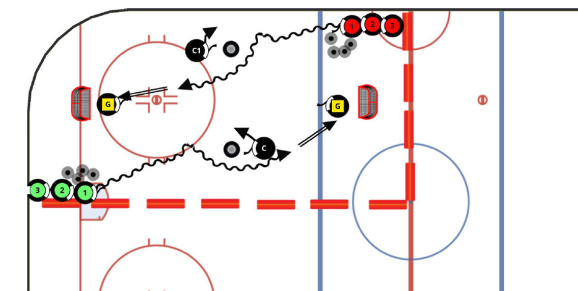
My Notes

This game is inspired by the soccer activity with the same name. Another great warm up activity that will get players excited and ramp up the energy for practice. Players can use pucks or ringettes. In some cases it might be best to only let the advanced players use pucks. This game promotes creativity, awareness, and decision making. It also provide a game that works on their puck control and ability to handle the puck (or ringette) with their head up.

HOW TO PLAY

The players line up on the goal line with a puck (or ringette) on their stick. Place 3 - 4 coaches or players in the middle (the bulldogs). On the whistle the players will try to skate from one end to the other without getting their puck (or ringette) stolen by the "bulldogs". The "bulldogs" must stay between the blue lines.

STATION #1 - SINGLE SHIFT DECISIONS



My Notes

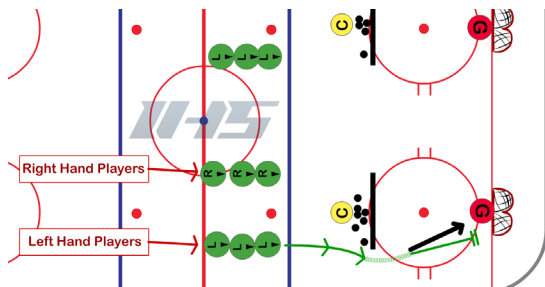
This drill allows players to work on a basic single shift with the puck but they have to make a decision based on the action of the coach.

SETUP

Place two nets with goalies (if available) at each end of the station. Split up the players into two lines in opposite corners of the station with pucks. Place an object such as a tire at the half way point between the line and the net and a coach at each tire.

The drill starts on the coach's signal. Players carry a puck towards the tire with their head up. The coach chooses a side of the tire to skate to. The player reads this and does a single shift stickhandling move to the side of the tire that the coach is NOT on. The player then proceeds to take a shot on net.

STATION #2 - FOREHAND SHOOTING FUNDAMENTALS #1



My Notes

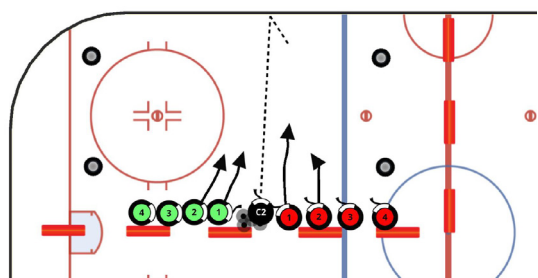
This station drill is really for younger players from ages 8 to 12. It is a very simple drill that emphasizes forehand shooting fundamentals. The setup of this drill forces players to keep the puck back in their stance, keep their head above the puck, and use a good weight transfer throughout the shot. Many players at this age will push, or shovel, the puck from the front of their body which causes them to lose a lot of power. A lot of the good shooters, especially Russian players, start the shot with the puck behind them. The video here of Connor McDavid is a great example of starting the shot from behind the feet.

To set up the drill place a pad about 20 - 25 feet in front of the net as shown in the diagram. The coach will have all of the pucks right in front of the pad. It is important to have the left handed players in the line on the right and the right handed players in the line on the left. The coach will set up a puck just on the edge of the pad so that as the player skates by they have to pull the puck slightly towards them, around the pad, and then continue the motion into the shot. This will help keep the puck behind them as they start the shooting motion.

COACHING POINTS

- pull the puck slightly into the body.
- transfer weight as you shoot.
- keep the head over the puck.
- do not lean back, all the motion should be going to the net.
- encourage players to shoot low and hard so they are not leaning back.

STATION #3 - CORNER TIRES - SMALL AREA GAME



My Notes

Corner Tires is a small area game where the players score by hitting the tire with a puck.

SET UP

Place four tires on a rectangle as shown in the diagram. Make sure there is enough room from the tires to the edge so that there is room to play on all sides of the tires. The coach has the pucks along the edge with the players split into two teams on each side.

HOW THE GAME IS PLAYED

The coach will dump a puck into play and two players will compete for the puck. The players will defend the tires on their side of the ice and try to score by hitting either tire on the opponents side of the ice. After about 90 seconds the coach blows the whistle and dumps a new puck into play and two new players from each team play the new puck.



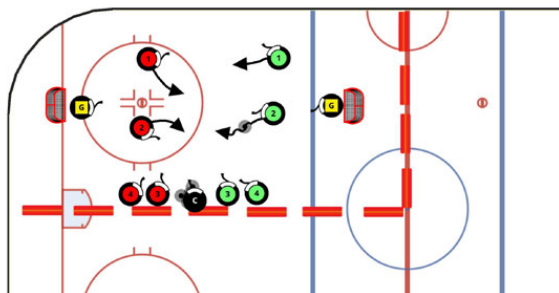
Squirt / Atom (U10) 4 Station Practice Plan #1

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 4 Stations

STATION #4 - 2 VS 2 WITH REGULAR NETS



This version of 2 vs 2 is played on a quarter ice station using regular nets. This station allows you to use goalies if they are available. This type of 2 vs 2 is great for this size of station. It allows each player to be fully engaged at all times. With only two players it is still mostly 1 on 1 play but some of the advanced players have opportunities to make plays. Each shift should be 60 - 90 seconds then blow the whistle and throw out a new puck for the next group of players.

COACHING POINTS

For the most part just let them play and try not to get too involved except for managing the shift changes. Compliment them on good plays but stay away from correcting them.

My Notes



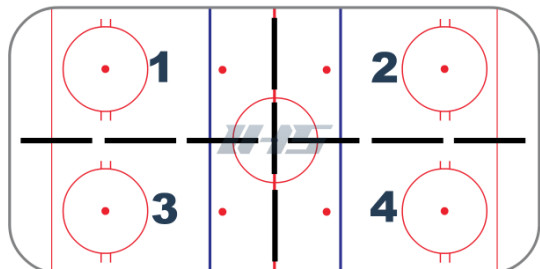
Squirt / Atom (U10) 4 Station Practice Plan #2

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 4 Stations

OVERVIEW



Practice Length: 60 minutes

Warm Up Activity - Torpedo (Full Ice) - 10 minutes

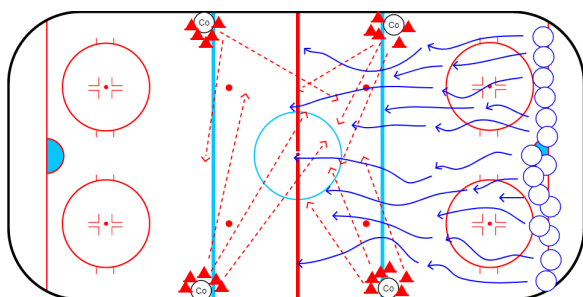
Station #1 - Gates, Tires, Triangles - 10 minutes

Station #2 - Hand Soccer - 10 minutes

Station #3 - Push & Pull Relays - 10 minutes

Station #4 - 2 vs 2 with Regular Nets - 10 minutes

WARM UP- TORPEDO



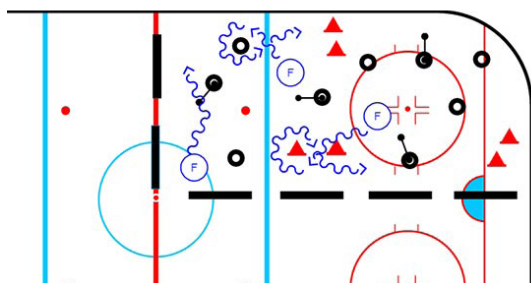
My Notes

Torpedo is a great warm up activity for young hockey players. It is most appropriate for U8 & U10 but even U12 players find it fun and engaging. The game gets players warmed up, excited, and raises the excitement level for practice.

HOW TO PLAY

All the player will throw their sticks down behind the goal line so they are out of the way and line up all the way across the goal line. The coaches will collect as many cones as the can and station themselves along the wall. On the whistle the players will try to skate from one end to the other without getting hit by a "torpedo" (cone). If they get hi they have to take a knee until the game is over. The last player to get hit wins that round.

STATION #1 - GATES, TIRES, TRIANGLES



My Notes

This small area activity allows players a chance to work on skating and stickhandling fundamentals in a creative way. It is a good station drill to compliment work on basic stick handling and control turns.

SETUP

Use a combination of tires, cones, and sticks to create three types of obstacles. Cones will represent the gates and are to be placed in pairs. Tires can be placed on their own and the triangles are represented by a tire with a stick leaning on it. All of these objects are placed randomly throughout the station.

HOW IT WORKS

All players will carry a puck and skate around the station. When they come to a tire they do a full 360 turn around the tire while controlling the puck. When they come to a gate (pair of cones) they do a figure eight around both cones. When they come to a triangle they slide the puck under the stick as if they are attacking the triangle of a defender.



Squirt / Atom (U10) 4 Station Practice Plan #2

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 4 Stations

STATION #2 - HAND SOCCER



Hand soccer is a game that requires players to stay low because they have to use their hands to move the ball. While it does make the players bend over at the waist it also forces them to use more knee bend than they normally do. Players will be using their balance and edges to compete so just let them play!

SETUP

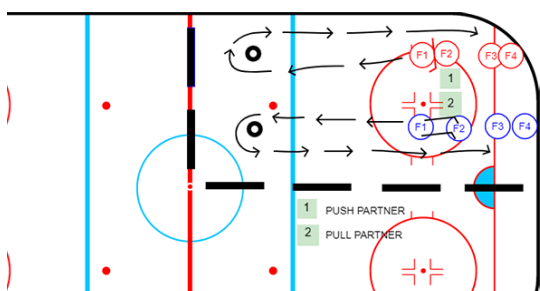
Place two cones as goals at each end of the station that are 12 - 15 feet apart.

OBJECTIVE

The objective is to score goals by getting the ball through the cones that represent the other team's goals. Players must use their hands to advance the ball.

My Notes

STATION #3 - PUSH & PULL RELAYS



My Notes

In these relay races players will be working on their forward strides. There are two variations and for each variation the players simply skate out around the tire and back to the goal line. Once they cross the goal line the next pair can go. In every race each pair will go two times so that players can switch roles.

PUSH PARTNER

In this version one player is backwards and one player is forwards. The players hold each others sticks at about shoulder height together. The player going forward pushes the other player, the player going backward just glides and tries to steer them in the right direction.

PULL PARTNER

This is also commonly known as the chariot race. The player in front will hold a stick in each hand while the player in back will squat down and hold the sticks under their arm by the stick blade. The player in front skates while the player in back is squatting down low and enjoying the ride.



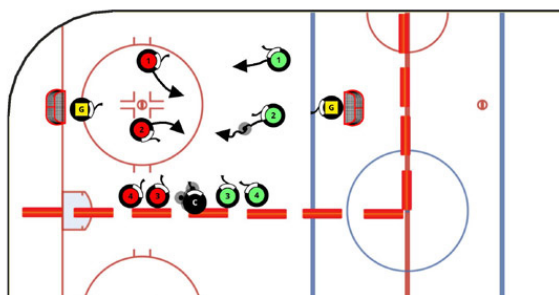
Squirt / Atom (U10) 4 Station Practice Plan #2

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 4 Stations

STATION #4 - 2 VS 2 WITH REGULAR NETS



This version of 2 vs 2 is played on a quarter ice station using regular nets. This station allows you to use goalies if they are available. This type of 2 vs 2 is great for this size of station. It allows each player to be fully engaged at all times. With only two players it is still mostly 1 on 1 play but some of the advanced players have opportunities to make plays. Each shift should be 60 - 90 seconds then blow the whistle and throw out a new puck for the next group of players.

COACHING POINTS

For the most part just let them play and try not to get too involved except for managing the shift changes. Compliment them on good plays but stay away from correcting them.

My Notes



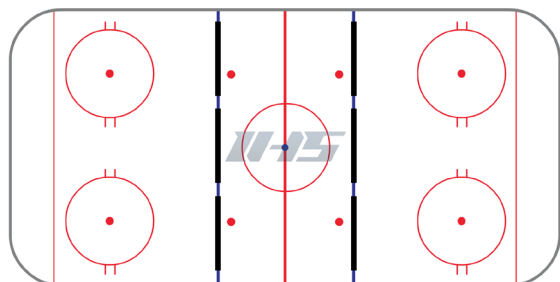
Squirt / Atom (U10) 3 Station Practice Plan #3

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

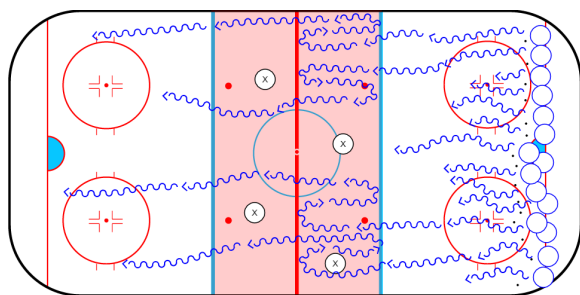
Warm Up Activity - Brittish Bulldog with Control Turns - 10 minutes

Station #1 - Back to Back 3 vs 3 - 15 minutes

Station #2 - Neutral Zone Puck Races #3 & #4- 15 minutes

Station #3 - Greatest Drill in the World (3 vs 3) - 15 minutes

WARM UP- BRITTIISH BULLDOG WITH CONTROL TURNS



My Notes

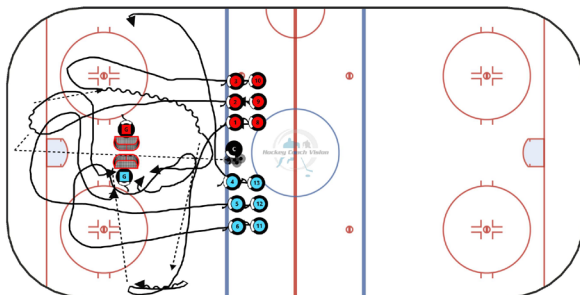
SETUP

Place all the players on the goal line with a puck. Choose 3 or 4 players or coaches to be the "bulldogs".

HOW TO PLAY

On the whistle, the players on the goal line will try to skate through the neutral zone without getting their puck knocked away. In this variation players must do a control turn at the red line and again at the near blue line before escaping the neutral zone. Players can control turn to either side depending on what they read gives them the best advantage.

STATION #1 - BACK TO BACK



My Notes

SET UP

This game can be played in the offensive/defensive zone with two nets placed back to back in the middle. The coach has the pucks in the center of the ice at the blue line with each team lined up on each side of the coach.

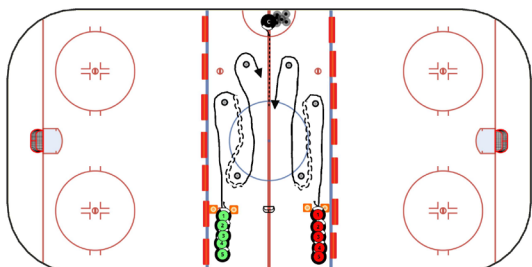
HOW THE GAME IS PLAYED

The coach will dump a puck into the zone. Three players from each team will jump into the play. One player from each team will be designated as the point player and they are positioned out in front of the opposing goalie. While they can go up and down the wall they cannot go closer than the hash marks on the outer edge of the circle. The other two players from each team can go anywhere. If the forward score without using the point player it is counted as 1 point, if a goal is scored as a result of a shot from the point player, screen, or tip then it counts as 2 points.

COACHING POINTS

- Defensively in front of the net make sure to block out and take care of sticks.
- Offensively try to take space, get in front of the goalies eyes, and keep your stick available.
- Point players need to keep shots low, look for stick blades, make sure you hit the net.

STATION #2 - NEUTRAL ZONE PUCK RACES #3



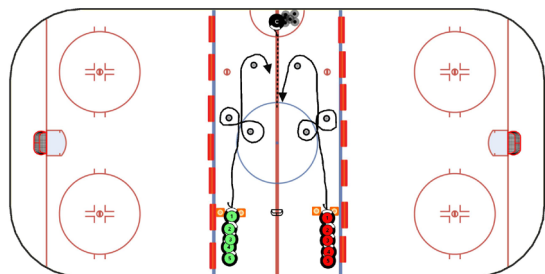
My Notes

In this puck race the players we add a forwards to backwards transition and a backwards to forwards transition. The players also work on tight control turns.

SETUP

Place a mini net in the middle of the ice inline with the dots. The coach is with the pucks at the far side. Please reference the diagram and animation for the positions of the tires / cones. Be sure to have players of equal ability compete against each other as much as possible.

STATION #2 - NEUTRAL ZONE PUCK RACES #4



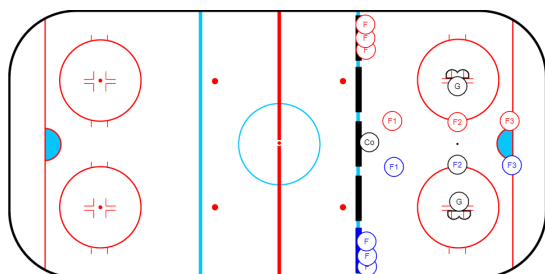
My Notes

This puck race requires quick, tight control turns in both directions. It is a nice progression from the Neutral Zone Puck Races #1 & #2.

SETUP

Place a mini net in the middle of the station and inline with the dots. Please reference the diagram and animation for the placement of the tires / cones. It is also important to try and pair players of similar ability level to compete against each other.

STATION #3 - GREATEST DRILL IN THE WORLD (3 VS 3)



My Notes

Setup

The setup is the same as 3 vs 3 cross ice except you place 2 coaches on both sides of the playing area.

How to Play

In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.



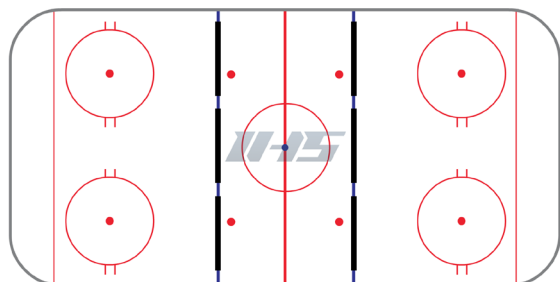
Squirt / Atom (U10) 3 Station Practice Plan #4

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

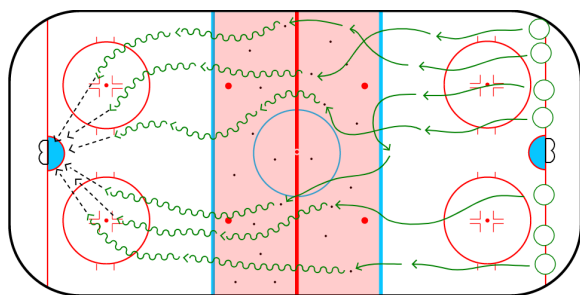
Warm Up Activity - Bank Robbers - 10 minutes

Station #1 - 2 vs 2 vs 2 - 15 minutes

Station #2 - Neutral Zone Puck Races #4 & #5 - 15 minutes

Station #3 - Greatest Game in the World - 15 minutes

WARM UP- BANK ROBBERS



My Notes

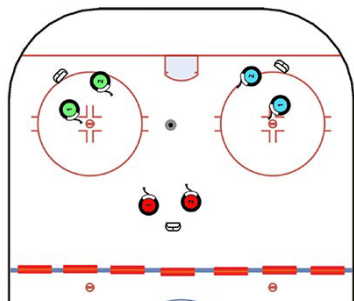
SET UP

Select 3 players or coaches to be the "police" in the middle. The "bank robbers" start on the goal line without pucks. Scatter as many pucks as you can throughout the neutral zone.

HOW TO PLAY

On the whistle the players will skate into the neutral zone. Their objective is to retrieve a puck and carry it out of the neutral zone and place it into the net at the other end. The "police" must stay within the neutral zone. If a "bank robber" is touched in the neutral zone by the "police" they join the "police" in the next round. Play until all the players have been tagged or until all of the pucks have been stolen and placed into the nets.

STATION #1 - 2 VS 2 VS 2 WITH MINI NETS



My Notes

This game gives players an great opportunity to be creative and play a small area game with a twist. The game requires awareness as they are trying to score on two nets and trying to protect one net.

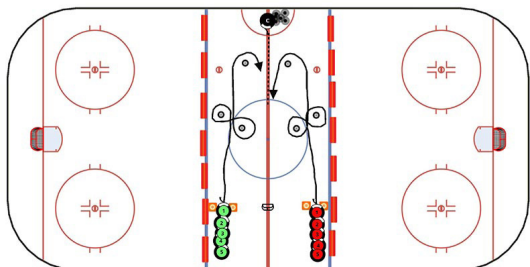
SETUP

Place three mini nets in a triangle formation in one offensive / defensive zone as shown in the diagram. Divide players into three teams. Two players from each team will be involved at one time. Players will play for 60 - 90 seconds.

How the game is played

Each team has a net that they protect. They are trying to score on the other two nets. If they score a goal on one of the other nets they earn 1 point. If they allow a goal on the net they are trying to protect then they lose 1 point.

STATION #2 - NEUTRAL ZONE PUCK RACES #4



My Notes

This puck race requires quick, tight control turns in both directions. It is a nice progression from the Neutral Zone Puck Races #1 & #2.

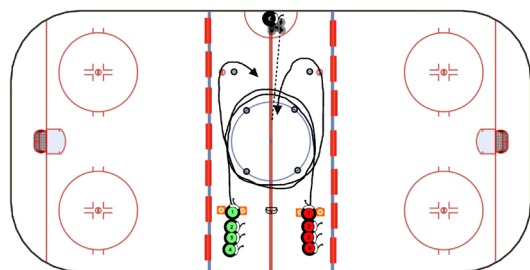
SETUP

Place a mini net in the middle of the station and inline with the dots. Please reference the diagram and animation for the placement of the tires / cones. It is also important to try and pair players of similar ability level to compete against each other.

How to play

The coach blows the whistle and the first two players in each line do tight control turns through the tires. Then they skate forward to the far tire, do a tight control turn, and race for the puck thrown into play by the coach.

STATION #2 - NEUTRAL ZONE PUCK RACES #5



My Notes

This neutral zone puck race focuses on cross-overs and control turns.

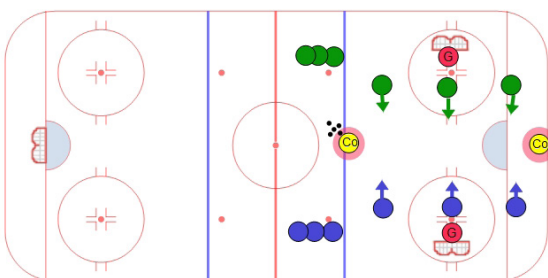
SET UP

Place two equal lines at the starting line marked by a couple of cones next to the face-off dots (see diagram). Place cones or tires in a square as shown and make sure to keep them out of the middle so they are not in the way as players are racing for the puck. Place another tire or cone on the opposite face-off dots. A coach will have the pucks along the wall on the opposite side. A net can be placed between the lines. If you have a goalie then use a regular sized net. If not, a mini net will work fine.

HOW TO PLAY

Players will do forward cross-overs around the four tires. They do one full lap making sure they do not run into each other. Then they skate out to the far cone/tire do a tight control turn and race for the puck that the coach has placed into play.

STATION #3 - THE GREATEST DRILL IN THE WORLD



My Notes

Players love this drill so much it was referred to as "The Greatest Drill in the World" within our team, hence the name. This drill is a variation of the typical 3 on 3 cross ice game. In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.



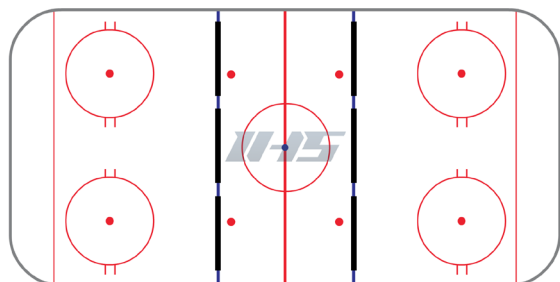
PeeWee (U12) 3 Station Practice Plan #1

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

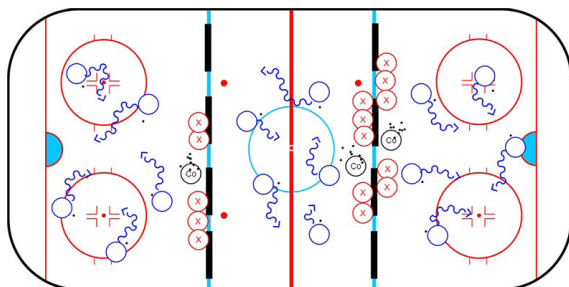
Warm Up Activity - Finnish 5 Puck - 10 minutes

Station #1 - 3 on 2 Corner Passer - 15 minutes

Station #2 - Chase the Rabbit with Pucks - 15 minutes

Station #3 - Swedish 2 on 1 - 15 minutes

WARM UP- FINNISH 5 PUCK IN STATIONS



My Notes

SETUP & ACTIVITY VARIABLES

- Players: great for 3, 4 or 5 players at a time.
- Time: You can rotate through groups of players in 45 - 60 second shifts. 5 players can be participating in the activity, while another 5 rest. Blow the whistle and the next 5 jump in.
- Space: can be set up to be within a zone, or half of a zone (station) or a smaller area. The smaller the space, the more challenging it will be for the players as they are forced to make quicker decisions.
- Added Challenge: add obstacles within the space to challenge the players further. Tires, cones, sticks, etc placed in the space make it harder to pass and skate around. As time goes on the added obstacles will help improve their reaction & decision making.

ACTIVITY # 1: FORWARD SKATING

The goal of this activity is to get players warmed up and comfortable with skating forward to open space with the puck. They should be keeping their head up so they do not run into anyone or any obstacles that are out in the playing area. Players can work on their edges, control turns, mohawk turns, dekes, changing pace and whatever their creative minds (and coaches) can think of!

ACTIVITY # 2: BACKWARD SKATING

Same as activity #1 but skating backwards the entire time.

ACTIVITY # 3: FOREHAND ONLY PUCK CONTROL

In this activity, players can only stickhandle with their forehand. This encourages players to move their body around the puck. This will help with puck protection along with changing passing and shooting angles.

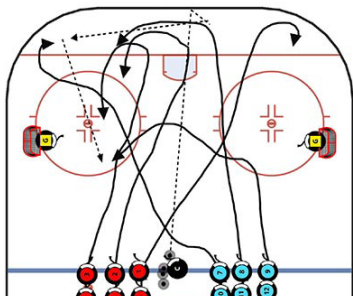
ACTIVITY # 4: PASS 1 PUCK

Now that everyone is warmed up, this is where the fun begins. Encourage players to use verbal and non-verbal communication to pass 1 puck around between the group of players in the activity. Call out for constant movement and to skate to open space.

ACTIVITY # 5: PASS 2 PUCKS

Here we go! With two pucks it is even more critical to keep your head up and communicate. It is important for all players to have an idea of where both pucks are so they can be ready to receive a pass and be ready to make a pass without passing to someone who already has a puck.

STATION #1 - 3 ON 2 CORNER PASSER CROSS ICE GAME



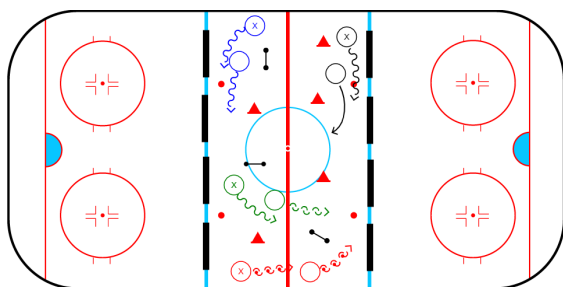
My Notes

The coach will dump a puck into the zone and three players from each team will compete for the loose puck. One player from each team must go to the corner below the goal line on their team's offensive side of the ice so the game turns into a 2 on 2. Teams must use their corner passer when they gain possession of the puck and get it back before they can score. The players can use their corner passer at any time.

COACHING POINTS

- Stay on defensive side of puck when on defense.
- Look to transition quickly off a turnover.
- Move quickly without the puck.
- Encourage corner passers to move the puck quickly and think about where they can pass the puck before they get it.

STATION #2 - CHASE THE RABBIT SERIES - WITH PUCKS



My Notes

SETUP

This is a great station activity for 1/3 stations, 1/4 ice stations, and 1/6 ice stations. Depending on how difficult you wish to make it you can place objects like borders, cones, and tires scattered throughout the station. Pair up the players with partners of similar ability.

HOW TO PLAY

In each round one player is designated as the "Rabbit" and is chased / followed by their partner. Each round should last 30 - 45 seconds followed by a short rest. The next round players will swap positions.

Variation #1

The "rabbit" has the puck and tries to stay away from the chaser with deceptive moves, quick stop and starts, changes of directions, tight control turns, and any other creative moves they can execute. The chaser does not try to steal the puck, just maintain a close distance.

Variation #2

Both players will have a puck. The same rules apply. The player chasing the rabbit tries to maintain a close distance and execute all of the moves made by the "Rabbit".

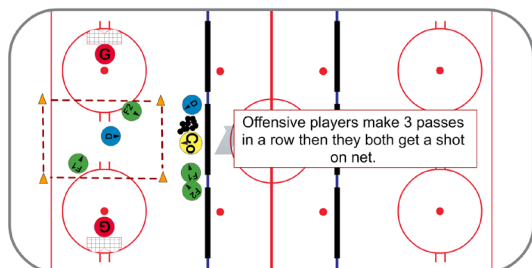
Variation #3

The "Rabbit" skates backwards without a puck. The chaser has a puck and tries to maintain a close distance to the "Rabbit" while they skate backwards.

Variation #4

Both the "Rabbit" and the chaser skate backwards with pucks. Requires both players to have awareness while maintaining puck control going backwards.

STATION #3 - SWEDISH 2 VS 1 (CROSS ICE)



My Notes

This is a phenomenal drill in several ways. First, the concept of this drill can be used in many different areas of the ice. Secondly, it forces players to think 2 on 1's in tight spaces. Third, it includes a competitive aspect by rewarding the players who are successful.

To set up the drill create a square area with the players in two lines well outside the boxed area. The coach will also be outside the box without the pucks. Two offensive players and one defensive player go into to the playing area. Players should take turns playing offense and defense. The coach starts the drill by passing a puck to one of the offensive players. The players will play 2 vs 1 inside the playing area. The goal of the offensive players is to make 3 (or another number specified by the coach) consecutive passes. If they succeed then the player with the puck chooses a net to shoot at while the other offensive player looks for a pass from the coach and takes a shot on the other net. If the defensive player knocks the puck out of the playing area two times then they get a pass from the coach and take a shot on one of the goalies.

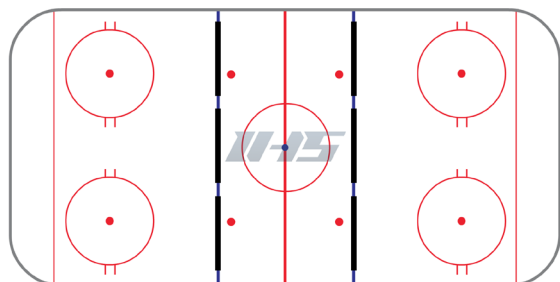
COACHING POINTS

- Offensive players have to move without the puck.
- Offensive players need to protect the puck until they can make a play and then expose the puck to make a pass.
- Defensive players are most successful with active sticks and stop and starts. There really are no short cuts!
- Have offensive players thinking "Pass & Move".
- Give & gos are very successful in this game.

PROGRESSIONS

- Create a smaller "playing area" to make it tougher on the offense.
- Vary the number of passes required for the offensive players.
- Eventually, make the game 2 vs 2 or 3 vs 2.

OVERVIEW



Practice Length: 60 minutes

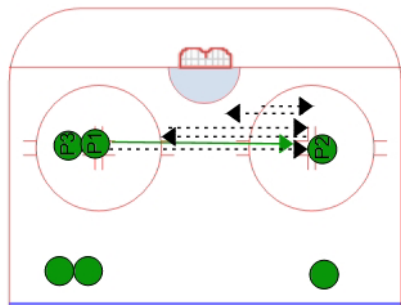
Warm Up Activity - 3 Player Passing Series Station - 10 minutes

Station #1 - Offensive Advantage 3 vs 3 - 15 minutes

Station #2 - Finnish Skills Warm Up Series - 15 minutes

Station #3 - 1 vs 1 in a box - 15 minutes

WARM UP- 3 PLAYER PASSING SERIES STATION

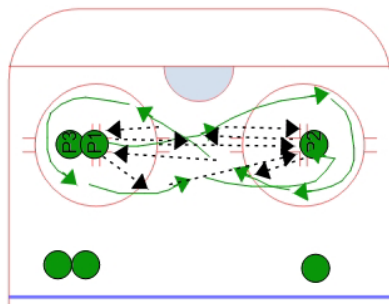


SET UP

Place players into groups of three. They can be lined up all the way down the length of the ice using the dots as a guide. Two of the players from each group can be on one side and one player straight across lined up with the dots on the other side. The first player on the side with two players will start with the puck. There are three variations to this passing station as follows:

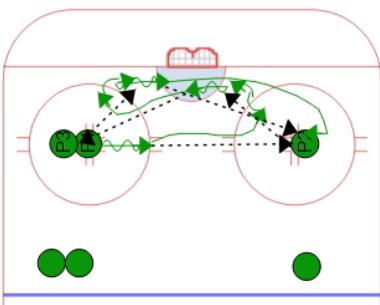
VARIATION #1

Players skate at the player in front of them making one-time passes to each other for a total of 3 passes. After the 3rd pass the next player does the same thing towards the player on the other side. Encourage players to not slap at the puck but have soft hand and receive and pass.



VARIATION #2

This variation begins the same way with the moving player making three one touch passes with the player in the line straight across from them. This time they do a control turn around the player, receive the puck back and then do the same series of passes back towards the line they started in. They do one more control turn in the opposite direction, receive the puck back, and do another 3 one touch passes back towards the other line. Now the player from the other line begins the same routine.

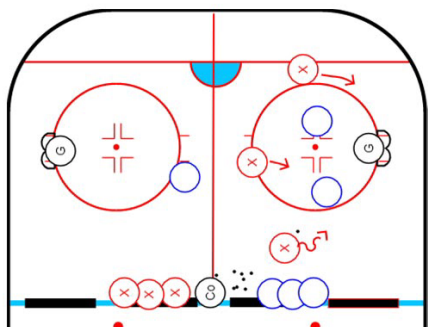


VARIATION #3

The third variation has the players make a pass, skate towards the player that receives the pass, and then transition backwards then pivot to forwards back towards the line they started. This will receive the pass back after they are headed back towards their line. Therefore they will always be facing the puck and never have their back turned to it. They do this 3 times so they end up in the opposite side. After 3 repetitions the player from the opposite side does the same thing.

My Notes

STATION #1 - OFFENSIVE ADVANTAGE 3 VS 3



My Notes

This game is a typical 3 vs 3 small area game but with a slight twist.

SETUP

Place two nets facing each other as though you were playing a normal 3 vs 3 game. Create a center line with a marker, spray paint, discs, or cones. The coach will have pucks on one side of the playing area with players split into two equal teams on both sides.

HOW TO PLAY

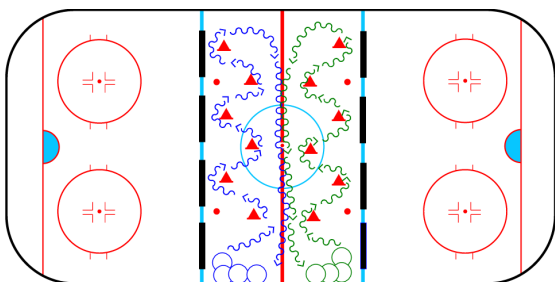
The coach will dump a puck into play and 3 players from each team will compete for the puck. All three players from one team are allowed to be in the offensive half, however, only two players are allowed in the defensive half. This creates a 3 vs 2 situation for the offensive team in the offensive half.

KEY POINTS

Players have to recognize and be aware of how many of their teammates are in the defensive half and adjust.

The offensive team needs to be aware of when they may lose possession of the puck and think defensively so they do not allow an easy break for the opponent that not allowed in to the defensive half.

STATION #2 - FINNISH SKILLS WARM UP SERIES



My Notes

This is a great setup for a warm-up skills series that uses progressions appropriate for novice to elite skill levels. Ben Eaves demonstrates all 26 skills and progressions of this skills series he learned while playing professional hockey in Finland for 8 years. This progression involves 5 tires or cones that do not have to be moved at any time.

Here are a series of skills to work on for intermediate level players:

- Inside edges with puck
- Outside edges with puck
- Tight control turns with puck protection
- Pivots facing one direction
- Pivots facing the opposite direction
- Inside / outside pivoting
- Mohawk turns
- Forehand only puck control
- Expansion of reach (long reach)
- Single shift - fake left pull right
- Single shift - fake right pull left



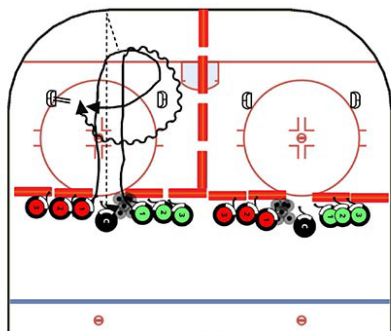
PeeWee (U12) 3 Station Practice Plan #2

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations

STATION #3 - 1 VS 1 IN A BOX



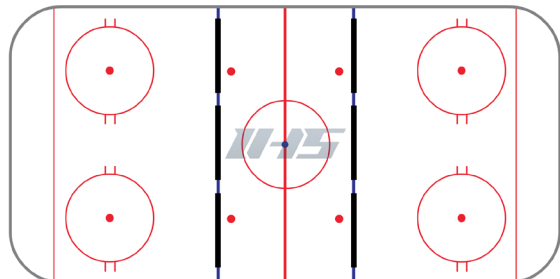
This version of 1 vs 1 allows players to play in a tight space. The small space allows them to start developing puck protection instincts, winning 50/50 races for pucks, and how to take pucks away. There is really nowhere for players to hide so they have to be engaged.

SET UP

View the diagram and animation to show you how the playing areas can be setup. The coach will have the pucks just outside the box with players split up on both side. Try to match players of similar ability together. The coach will throw a puck into the box and the next to two players in line will play 1 vs 1. Once a goal is scored the coach plays a new puck into the box and the next two players go.

My Notes

OVERVIEW



Practice Length: 60 minutes

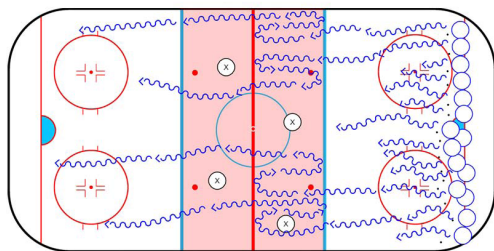
Warm Up Activity - Brittish Bulldog with Control Turns - 10 minutes

Station #1 - The Greatest Drill in the World - 15 minutes

Station #2 - Puck Tag - Stickhandling and Awareness Game - 15 minutes

Station #3 - 2 vs 2 Rebound Battle Drill - 15 minutes

WARM UP- BRITTIISH BULLDOG WITH CONTROL TURNS



This is a great worm up activty, it is a variation of the original Brittish Bulldog. In this version the players must do two control turns within the neutral zone and escape without getting their puck knocked away.

SETUP

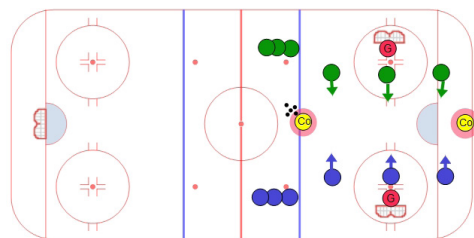
Place all the players on the goal line with a puck. Choose 3 or 4 players or coaches to be the "bulldogs".

HOW TO PLAY

On the whistle, the players on the goal line will try to skate through the neutral zone without getting their puck knocked away. In this variation players must do a control turn at the red line and again at the near blue line before escaping the neutral zone. Players can control turn to either side depending on what they read gives them the best advantage.

My Notes

STATION #1 - THE GREATEST DRILL IN THE WORLD



This drill is a variation of the typical 3 on 3 cross ice game.

Set Up

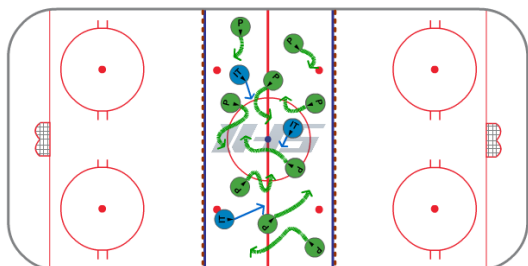
The setup is the same as a typical game of 3 vs 3 cross-ice. In this variation coaches, or designated players, are placed on each side as shown in the diagram.

How to Play

These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.

My Notes

STATION #2 - PUCK TAG - STICKHANDLING AND AWARENESS GAME



My Notes

This game is guaranteed to be loved by your players. It may involve some participation of your coaches but players can also be used as the "taggers". The game forces players to maintain puck control while having to be aware of what is going on around them.

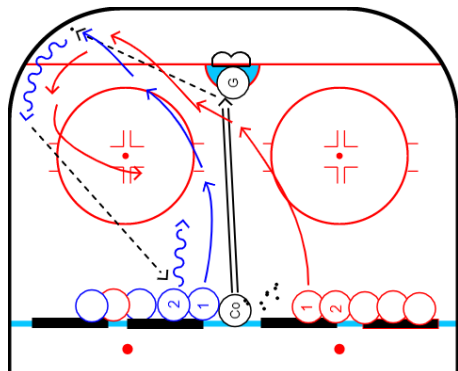
SET UP

The game is best set up in a zone or station. Each player will start with a puck. Designate 2 or 3 players or coaches to be the "taggers".

How to Play

On the whistle players will skate around the zone while maintaining control of their puck and trying to not get touched by a "tagger". If a player gets tagged they must hold their stick in their top hand with the puck touching the blade of their stick and the bottom hand high up in the air and their feet spread to shoulder width apart. They cannot join the game again until another player attacks their triangle by stickhandling through their legs or under their stick (triangle created by stickblade and feet). The goal for the "taggers" is to try and get all the players "frozen" at the same time.

STATION #3 - 2 VS 2 REBOUND BATTLE DRILL



My Notes

SETUP

- This can be setup to be a station, or a half ice drill.
- A coach or player dumps the puck on net and the goalie plays it to either corner.
- 2 players are spread out and charge into the corner to compete for the puck. Whoever comes out with the puck must pass it to their point player to begin a 2 vs 1.
- The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

OFFENSIVE COACHING POINTS

- Players who arrive at the puck first should work on deceptive fakes with their body to escape from the corner. Fakes with your hips and pointing your skates in the opposite direction are extremely effective in this situation.
- Once you have the puck, protect it, get your head up and make a pass to the point.
- The point should be active calling for the puck and moving to space.

DEFENDING COACHING POINTS

- The defender should work on playing the body in the corner with stick on puck.
- When 2 vs. 1 begins, the defender should hold the middle and try to force a bad angle shot.
- Have good stick position. Do not swing your stick as it will open up passing lanes and make you off balance.

VARIATIONS

- You can allow the point player that does not receive the pass to jump into the play so it is a full 2 vs 2.
- You can have only one point player, which is demonstrated in the 2 vs 1 Rebound Battle.



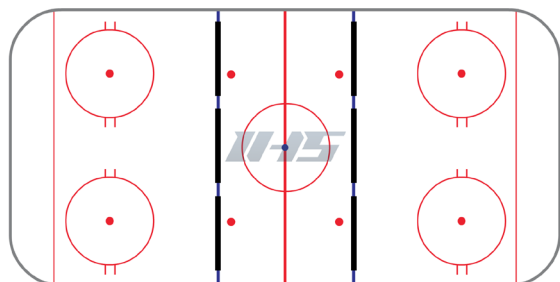
PeeWee (U12) 3 Station Practice Plan #4

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

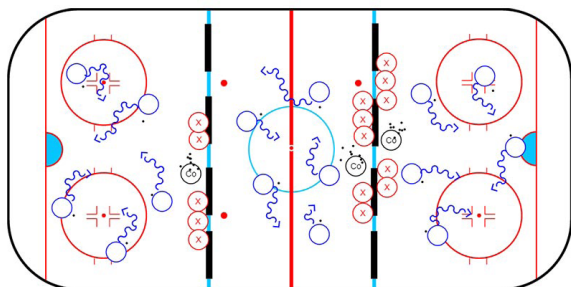
Warm Up Activity - Finnish 5 Puck - 10 minutes

Station #1 - 3 on 2 Corner Passer - 15 minutes

Station #2 - Chase the Rabbit with Pucks - 15 minutes

Station #3 - Swedish 2 on 1 - 15 minutes

WARM UP- FINNISH 5 PUCK IN STATIONS



My Notes

SETUP & ACTIVITY VARIABLES

- Players: great for 3, 4 or 5 players at a time.
- Time: You can rotate through groups of players in 45 - 60 second shifts. 5 players can be participating in the activity, while another 5 rest. Blow the whistle and the next 5 jump in.
- Space: can be set up to be within a zone, or half of a zone (station) or a smaller area. The smaller the space, the more challenging it will be for the players as they are forced to make quicker decisions.
- Added Challenge: add obstacles within the space to challenge the players further. Tires, cones, sticks, etc placed in the space make it harder to pass and skate around. As time goes on the added obstacles will help improve their reaction & decision making.

ACTIVITY # 1: FORWARD SKATING

The goal of this activity is to get players warmed up and comfortable with skating forward to open space with the puck. They should be keeping their head up so they do not run into anyone or any obstacles that are out in the playing area. Players can work on their edges, control turns, mohawk turns, dekes, changing pace and whatever their creative minds (and coaches) can think of!

ACTIVITY # 2: BACKWARD SKATING

Same as activity #1 but skating backwards the entire time.

ACTIVITY # 3: FOREHAND ONLY PUCK CONTROL

In this activity, players can only stickhandle with their forehand. This encourages players to move their body around the puck. This will help with puck protection along with changing passing and shooting angles.

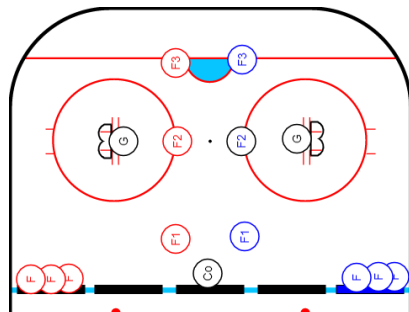
ACTIVITY # 4: PASS 1 PUCK

Now that everyone is warmed up, this is where the fun begins. Encourage players to use verbal and non-verbal communication to pass 1 puck around between the group of players in the activity. Call out for constant movement and to skate to open space.

ACTIVITY # 5: PASS 2 PUCKS

Here we go! With two pucks it is even more critical to keep your head up and communicate. It is important for all players to have an idea of where both pucks are so they can be ready to receive a pass and be ready to make a pass without passing to someone who already has a puck.

STATION #1 - 3 VS 3 CROSS ICE



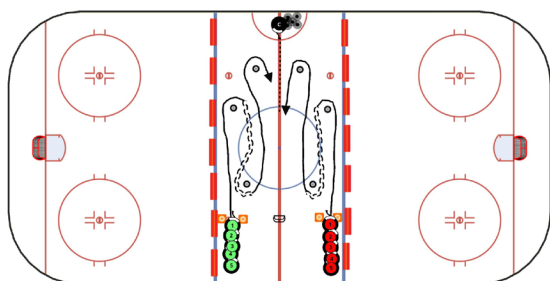
My Notes

This is a basic cross ice 3 vs 3. Depending on your numbers and the age level you can do 4 vs 4 as well. Keep in mind one of the goals is to get every player engaged and a lot of puck touches.

SET UP

Place two nets cross ice facing each other with three players from each team in the playing area. In this set up the goals are moved up to the face-off dots. This allows more space behind the nets and allows for more plays and shots on net. Allow the players to play for 60 - 90 seconds then blow the whistle for a shift change.

STATION #2 - NEUTRAL ZONE PUCK RACES #3



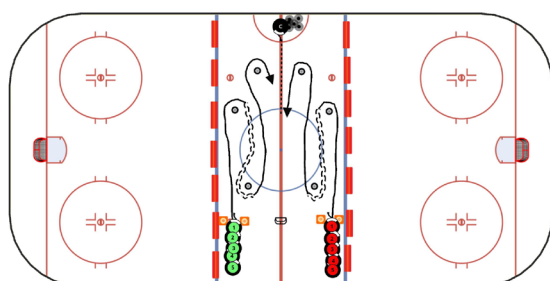
My Notes

In this puck race the players we add a forwards to backwards transition and a backwards to forwards transition. The players also work on tight control turns.

SETUP

Place a mini net in the middle of the ice inline with the dots. The coach is with the pucks at the far side. Please reference the diagram and animation for the positions of the tires / cones. Be sure to have players of equal ability compete against each other as much as possible.

STATION #2 - NEUTRAL ZONE PUCK RACES #4



My Notes

This puck race requires quick, tight control turns in both directions. It is a nice progression from the Neutral Zone Puck Races #1 & #2.

SETUP

Place a mini net in the middle of the station and inline with the dots. Please reference the diagram and animation for the placement of the tires / cones. It is also important to try and pair players of similar ability level to compete against each other.

HOW TO PLAY

The coach blows the whistle and the first two players in each line do tight control turns through the tires. Then they skate forward to the far tire, do a tight control turn, and race for the puck thrown into play by the coach.



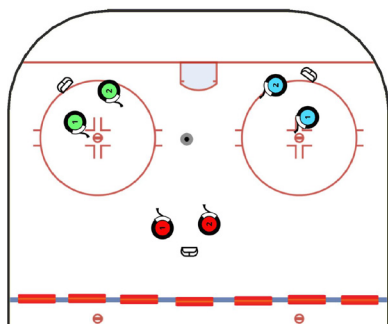
PeeWee (U12) 3 Station Practice Plan #4

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations

STATION #3 - 2 VS 2 VS 2 WITH MINI NETS



My Notes

This game gives players an great opportunity to be creative and play a small area game with a twist. The game requires awareness as they are trying to score on two nets and trying to protect one net.

SETUP

Place three mini nets in a triangle formation in one offensive / defensive zone as shown in the diagram. Divide players into three teams. Two players from each team will be involved at one time. Players will play for 60 - 90 seconds.

How the game is played

Each team has a net that they protect. They are trying to score on the other two nets. If they score a goal on one of the other nets they earn 1 point. If they allow a goal on the net they are trying to protect then they lose 1 point.