



Keys to a Great and Productive Practice

Always start with a warmup and some free play, this lets the kids have fun and interact with teammates. This also allows kids to get used to the ball, how it moves, bounces, and feels.

After 5 mins of free play make the team run; either lines or around half rink or full rink if you have it. This gets them ready to listen and puts their mind on the practice after the free play.

Once the run is done, call the team together to have a quick chat and explain the next drill. Do not take too long with the team chats as floor time is always a premium. Also, you want to keep the players' attention. If players have questions, tell them to go to the back of the line and watch those who know what to do.

Practices work best when players burn their energy early and then you can slow it down and focus on strategy drills towards the end of practice.

Keep the practice up tempo and move quickly through drills. Have assistant coaches move balls and cones between drills, while you explain the next drill. Use your assistant coaches as much as you can to correct and keep drills moving.

Using Practice Plans

Practice plans are sorted into warm up, skill improvement, and strategy. Each week the practice should progress into more complicated systems. Some drills are a progression from the previous week. They do not need to be done in order, if your team is struggling in a certain facet of the game then feel free to use that drill. Drills can also be tweaked based on team needs and skill level

Warm Up Drills

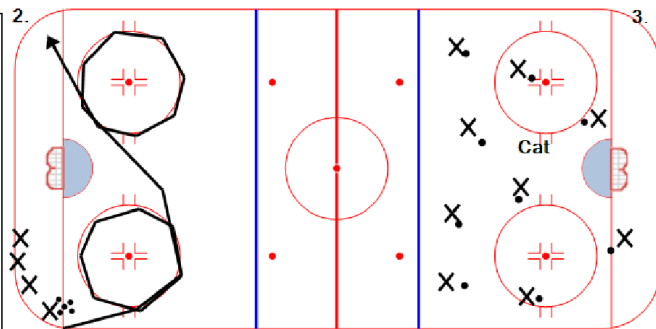
Title : Warm up

Content elements: 15 mins

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



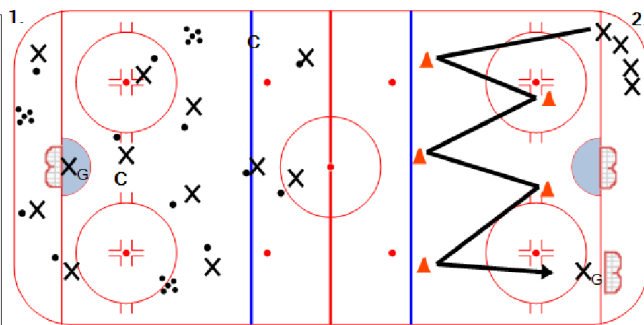
Title : Running and Shooting

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with ball. Pass, shoot, stick handle, etc. Only rule is the must be moving
2. Stops and starts. Players start in corner with ball and run to each cone stop and the explode off the start. go to each cone then have shot on net



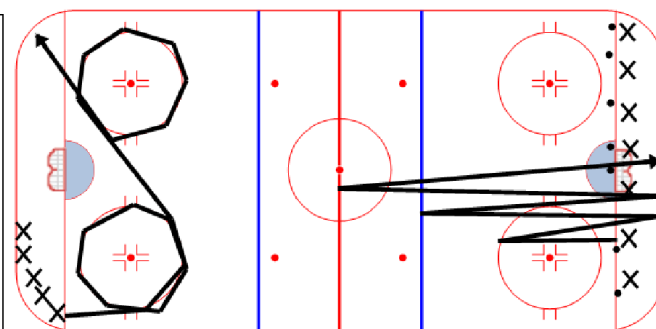
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

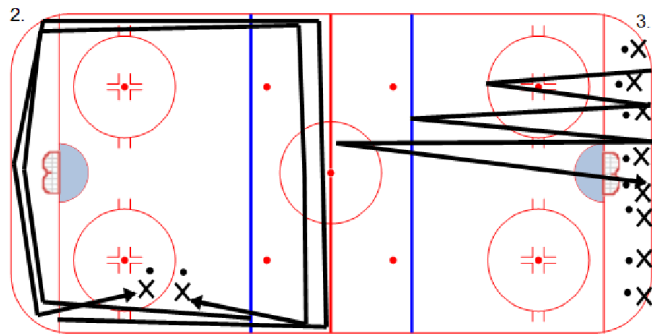
1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
3. Run lines with ball x2



Title : Running with Ball Content elements: _____ Components : _____

Description

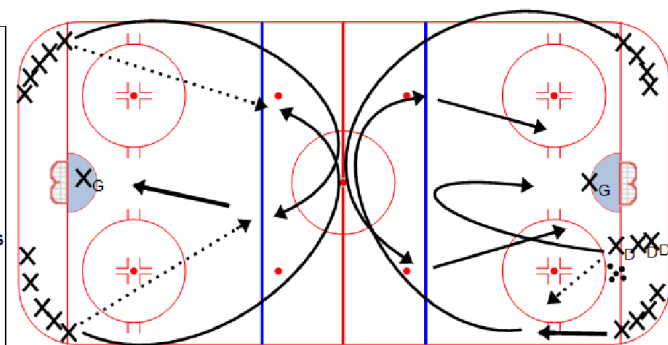
1. Free play. Let players play with balls; shoot, pass, stick handle, etc. Only rule is they must be moving
2. Running half court with ball. Two laps in one direction, two laps in other
3. Running lines x2



Title : Warm Up Content elements: 15 mins Components : _____

Description

1. Free play
2. St. Louis drill. Players start in opposite corners, first player goes and receives pass from opposite line. As soon as player makes the 1st pass then they go
3. 2 on 1. Defence starts with balls beside net, two lines of forwards in corners. D passes to near wall, forward run with ball past blueline, other forward leaves at same time and cross each other. Forwards pass between each other while defence tries to stop. Forwards to be creative

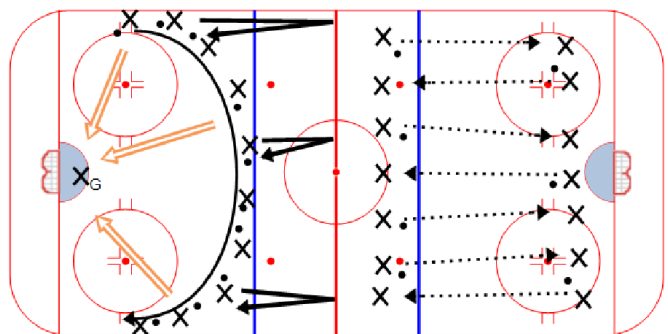


Title : Shooting and Passing Content elements: 10 mins Components : _____

Description

Players form a semi circle from boards to boards and from top of faceoff dot to blueline, each with a ball. Player shoots the ball then sprints to the blueline and back. Once first player shoots, then next one and so on

Players partner up and line up across from each other, one near goal line other player just past blueline, each with a ball. Players passes back and forth. After a few times passing players then run forward and backward while passing the ball. Practice saucer passing the ball



Skills

Title : Skills

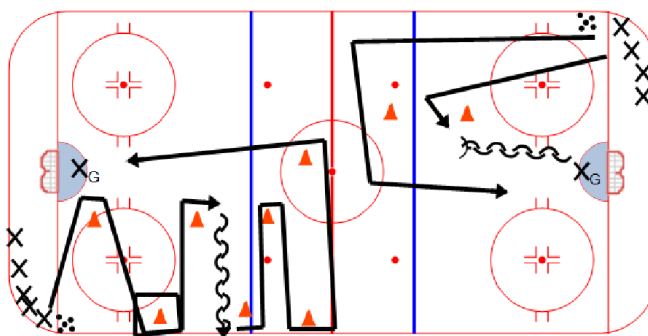
Content elements: 20 Mins, switch after 10 min

Components :

Description

Line up in corner, set up cones and run obstacle course with balls. Be creative, can do 360's around cones, transitions, etc. Go in and shoot on goalie

1 on 1. Line up in corner, two guys go on whistle, first player has ball and runs around furthest cone. Second player without ball runs around nearest cone. First player tries to shoot and score, second is defence



Title : Battle Drill/Shoot out

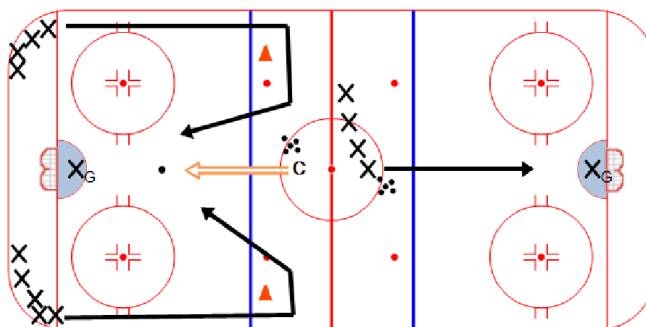
Content elements: 20 minutes

Components :

Description

Two lines line up at each corner. Coach is at centre with balls. On whistle player from each corner runs around cone and coach puts ball in the middle. Battle to shoot and score. Tip: try and pair up like skilled players

Shoot out. Line up at centre, deke or shoot



Title : Ball battles

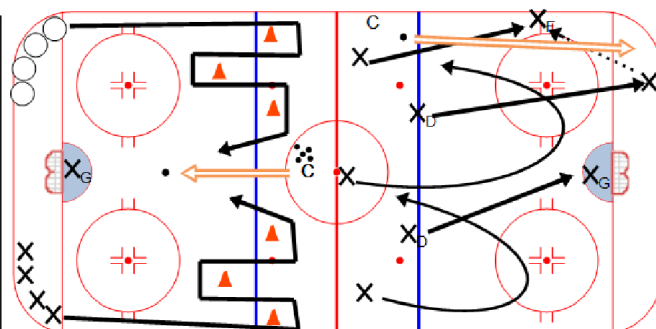
Content elements: 20 mins

Components :

Description

Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players

Mini breakout. Coach shoots ball into corner, one defense to corner to retrieve, other defense to front of net. Winger to hash marks and receives pass from defense, winger then passes to centre. Break out of zone and then back into zone for a 3 on 2



Title : Run and shoot

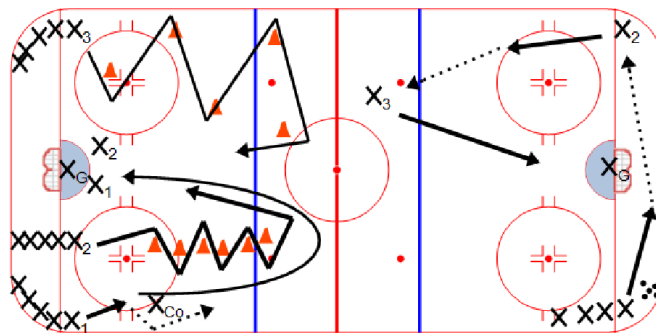
Content elements: 20 mins

Components :

Description

1. Three lines all with balls, all three lines go at same time
2. Line 1 chips ball pass coach run around faceoff dot shoots and stops in front of net. Line 2 dekes through cones then shoots on net while other player screens goalie and goes for rebound. Line 3 dekes through cones then has a shot while player 1 and 2 go for screens and rebounds. Switch lines

1. Players line up in corner facing boards, with balls. Player runs behind net and passes to player 2, player 2 runs towards blueline then passes to player 3. Player 3 goes in on breakaway. Player 1 takes player 2 spot, player 2 takes player 3, player 3 goes to back of line.



Title : Retrieve Ball and Pass

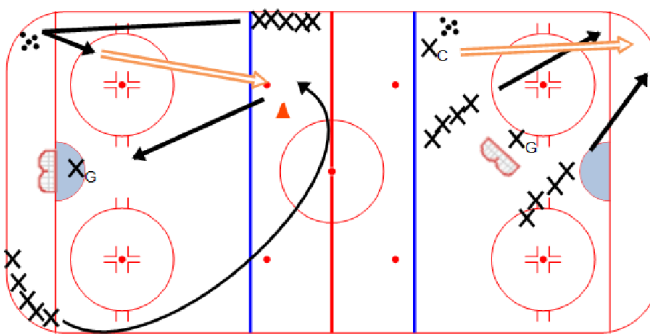
Content elements: 10 mins x2

Components :

Description

1. Split team up in two lines, balls in far corner
2. Player from each line goes on whistle, Player 1 runs around cone, player 2 runs to corner retrieves ball and passes to player 2
3. Player 2 goes in for shot on goalie, switch lines after
4. After 5 mins switch sides

1. Turn net towards corner
2. Form a line on each side of net, coach off to side with balls.
3. Coach shoots ball into corner, 1 player from each line goes and battles for ball and tries to score.
4. Progression, to 2 on 2 or 3 on 3



Title : Mini Breakout

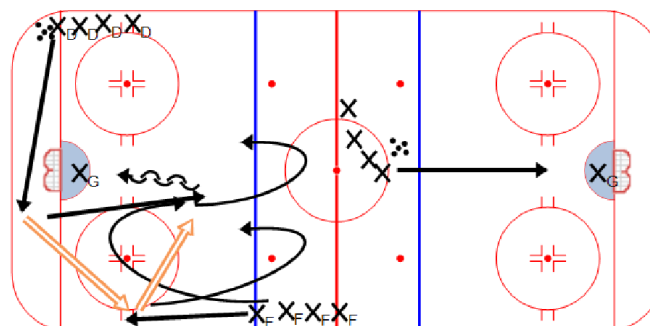
Content elements: 20 mins

Components :

Description

1. Mini breakout. Defense line up in far corner, with balls. Forward line up outside blueline. On whistle, defense runs behind net with ball, two forwards run, first goes to hash marks and stops, second runs low and turns. Defense passes to forward at hash marks who then passes to next forward. Forwards leave blueline then come back in on a 2 on 1.

2. Shoot out



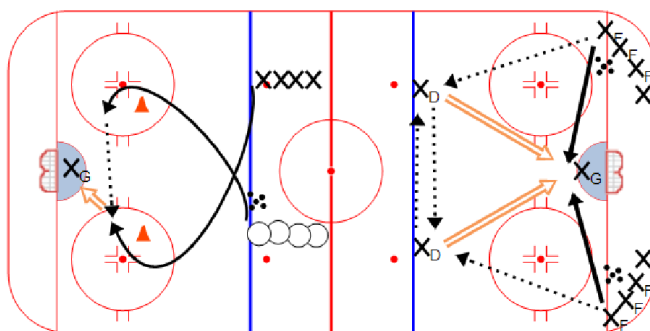
Title : Cross Floor Pass and Shoot **Content elements:** 20 mins

Components :

Description

Player ○ runs around cone with ball
 Player X runs around other cone
 Player ○ passes across net to player X who takes a shot
 Player then switch lines
 Switch lines with ball after a few minutes

F passes to D then drives net
 D to D pass and shoot
 F deflects shot and stays in front
 Other side F passes to D and then drives net
 D to D pass and shoot
 Other F then deflects



Strategy

Title : Up Breakout

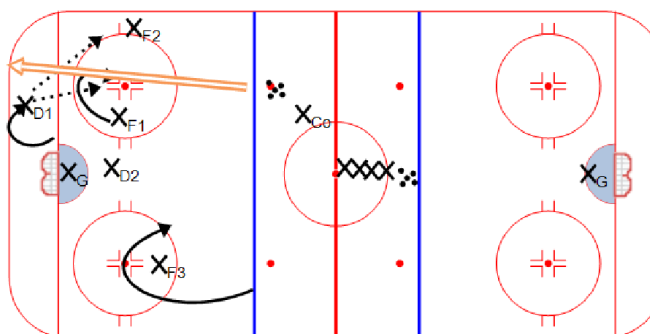
Content elements: 20 mins

Components :

Description

1. Coach has ball up by center, shoots ball into corner.
2. D1 goes into corner to retrieve ball and turns it up on near side
3. D2 stays in front of net, screens and protects
4. F2 stops at hash marks and is option 1
5. F1 cycles and supports low and is an option
6. F3 is an option to support or stretch pass
7. Forwards break out of zone past blue line and then come in on defence 3 on 2

Finish practice with shoot out



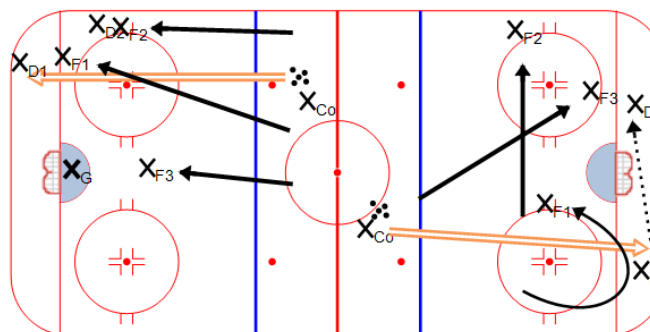
Title : Two option offensive forech **Content elements:** 25 mins

Components :

Description

1. Coach shoots the ball in, D1 one goes to retrieve ball, D2 goes to half wall for option
2. F1 pressures hard, cuts the floor in half and makes contact
3. F2 reads play and stays above D2 ready to support F1 and force team over
4. F3 stays high and in the middle

1. Coach shoots the ball in, D1 one goes to retrieve ball, D2 goes behind net for option
2. F1 one goes hard to ball then cuts back through middle
3. F2 reads pass and aggressively jumps to D2
4. F2 sprints across to take away board side wing



Title : Power Play 1

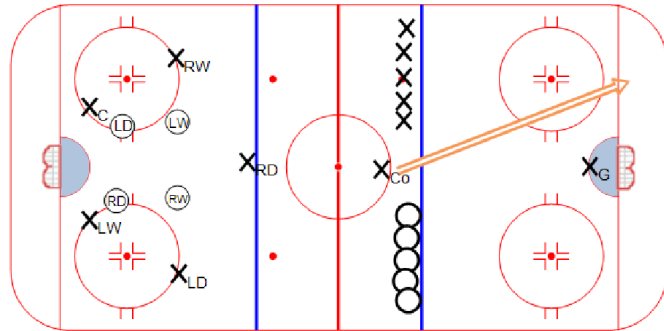
Content elements: 25 mins

Components :

Description

1. Two forwards (LW and C) are deep. Third forward (RW) and a defenceman (LD) are the second pair and are near face-off circles. The RD is only one at blueline, usually your best shooter
2. The defensive team typically counters with a box, which leaves the RD open for a clear shot
3. Pass ball around and create shooting lanes, once ball is shot C and LW collapse to net for defelction/rebound

Finish practice with Russian scrimmage. Players on different teams line up at bluelines. Coach blows whistle for how many players go at a time



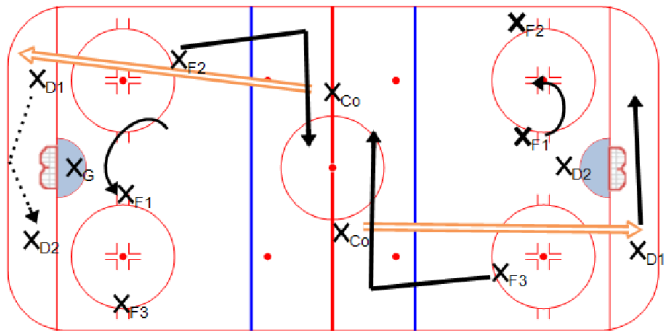
Title : Over Breakout/Wheel Break **Content elements:** 20 mins

Components :

Description

1. Coach shoots ball into corner, D1 retrieves ball and passes behind net to D2, who releases from front of the net
2. F3 opens up and anchors on wall and is an option
3. F1 supports and is an option over the middle
4. F2 is an option to support or stretch across the middle

1. Coach shoots ball into corner, D1 retrieves and wheels behind net. D2 holds at net
2. F2 anchors the wall and is an option
3. F1 supports through middle and is an option
4. F3 is an option to support or stretch across the middle



Title : Penalty Kill 1

Content elements: 15-20 mins

Components :

Description

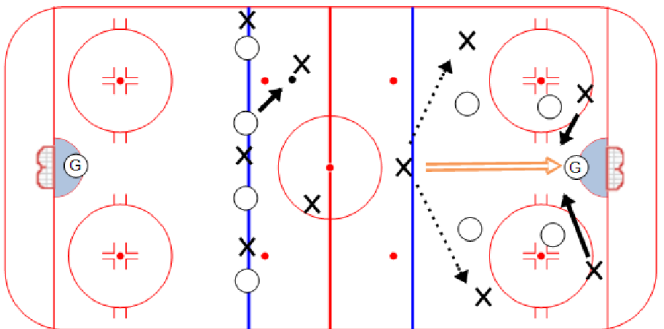
Line 4 ○ players on blueline showing where to line up as defence.

Have 5 **X** line up as offence, 3 players on blueline, 2 back, one of them with the ball.

Player nearest the ball carrier goes attack, X's try and gain the zone.

Once in the zone have X's form umbrella and O's form box.

Simulate powerplay, ○'s try and keep ball on outside and get ball out of the zone



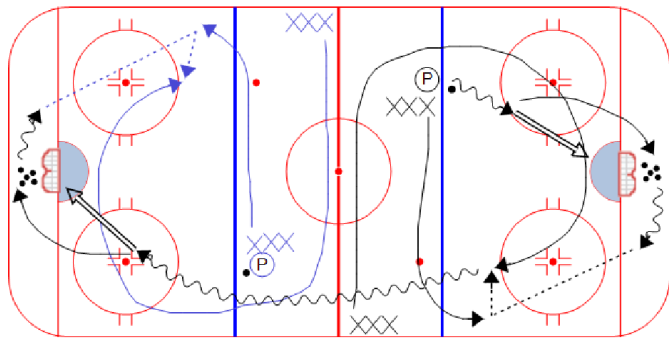
Title : Jan 5, 2016 (seq 2)

Category #1 : 1-2-2 forcheck

Category #2 : filling lanes

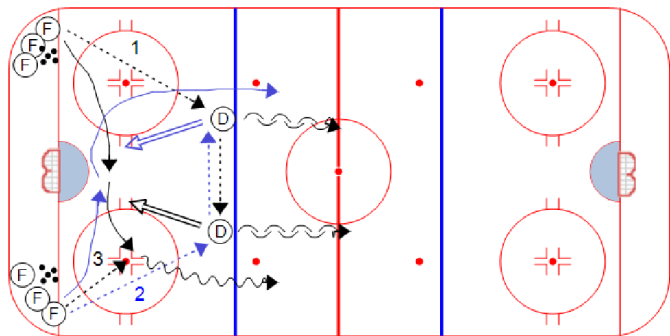
Description

1. "Ghost man" passers start the drill by shooting then picking up a puck behind the net to initiate the breakout
2. Low forward simulates winger, and swings in to pick up board-side breakout pass
3. High forward swings through and acts as the centerman providing middle support
4. winger one-touches to center, who attacks and shoots, then initiates breakout in far zone
5. winger moves to middle line.



Description

1. F passes to D then drives net
2. D to D pass and shot
3. F deflects, then stays in front
4. Other corner passes out to D then drives net
5. D to D pass and shot
6. Other F deflects
7. F's swing for a breakout pass then attack 2 on 2
8. After second shot, D's back up 2 on 2



Title : Full Floor Over Breakout

Content elements: 20 mins

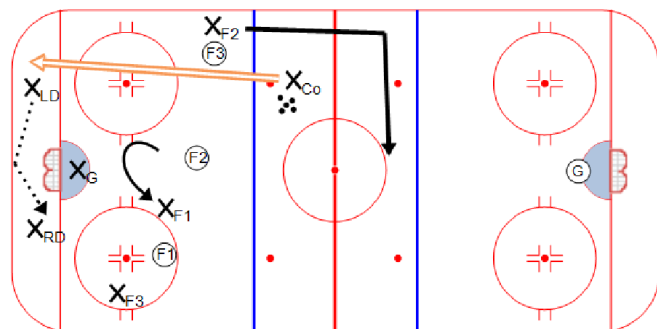
Components :

Description

Coach shoots ball into corner, D goes to retrieve ball and passes behind net to D2
F3 anchors wall and is an option
F1 supports D and is an option in the middle
F2 is an option to support across or for a stretch pass

- (F1) pressures ball and forces pass
- (F2) reads play and supports F1
- (F3) reads play and follows F2

Offence breaks out of zone and goes in for a 5 on 3 and tries to score on goalie



Full Floor Drills