

# Developing a Season Plan and Practice Plans

When deciding what you are going to teach during a season it is important to know what actually happens in an ice hockey game.

*First you have to think of what happens in a game between two even teams.*

*You are on Offense about 35% of the time and will get the puck between 180-200 times.*

**There are two offensive playing roles.**

1- Player with the puck. He needs to practice all the skills for that.

2- Players away from the puck. They need to learn to support the puck by getting open, taking passes, screen, tip etc.

*You are on defense 35% of the game and the other team has the puck 180-200 times.*

There are two defensive playing roles.

3- Closest player who checks the puck carrier. He need to work on all those skills.

4- Players covering away from the puck either man to man or zone. Those skills must be practiced.

*Loose Puck Situations 30% of the time the puck is loose.*

All of those battle skills between the closest offensive and defensive player plus the supporting players need to be worked on.

***Skating skills for all of these 3 game situations and 4 playing roles should always be worked on.***

It is important to break the game down like this before making a season plan and then make practice plans to cover all of these skills.

We code the drills and games to make them easy to find. This is important important because you don't work on everything with all ages.

A-Skating and puck handling.

B-Partner skills like passing, checking.

C- Game situations 1-1, 2-1, etc.

D - Games

DT - Transition games.

E- Shootouts and contests.

F- on ice fitness G- Goaltending.

O- Off-ice conditioning.

T1- Stations to practice individual offensive skill.

T2- Small group practice of team offensive skill

T3- Small group work on individual defensive skills.

T4 - Stations for working on team defense.

T2-4 - Team offense vs. team defense (as in pp vs. pk at one end)

### **Deciding what skills to focus on at various ages.**

A 5-6 year old would work on A-D-E.

7-8 year olds A-B-D-E-G

As you get better you would practice A-B-C-D-DT-E-G then when they are 13+ they would practice everything.

When they get to be U18 and up the A-B drills are for warm-up and overspend instead of learning how to do them.

I really believe that the A-B skills need to be put into D game situations and good habits should be practiced with modified games (I.e. Make an escape move before you can pass or shoot. Or face the puck and if you don't your whole team does 5 push ups and you do 10.)

Another important teaching point is the C game situation drills should be followed by DT transition games with one puck and no whistles.

Games and transition games allow the players to practice skills under pressure and require players to read the play and make decisions.

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