



Practice 1

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How to Build a Plan

Tap + to add videos, drills, whiteboards, or text to your plan. Swipe any item to delete or reorder. Try swiping this paragraph!

Text Blocks

Use text blocks to describe drills, set ice location and provide instructions. Place the drills, small area games and whiteboard animations in order. Plans can be shared as well on the previous screen.

Underspeed Skating Edgework

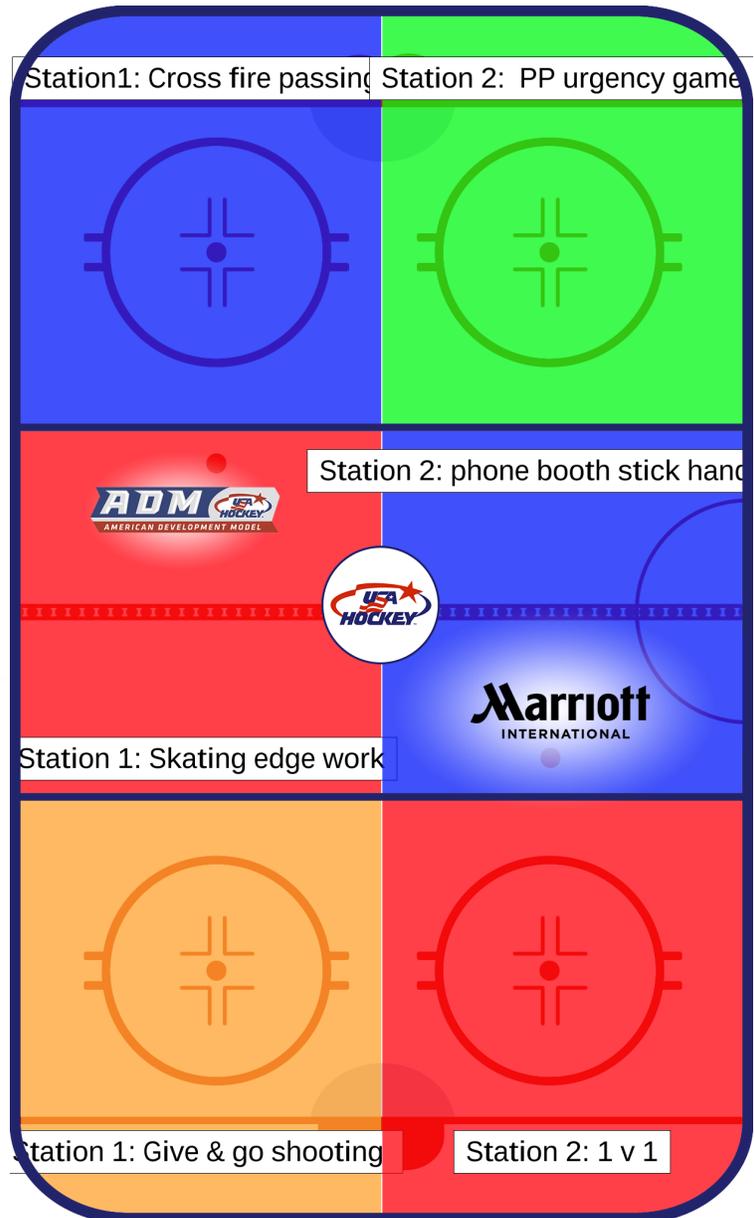
Station 1: Skating edge work

First half of practice. Center ice station. 8 minutes.

Cross fire passing

Station1: Cross fire passing

First half of practice. Far end of ice. 8 minutes.



Give and Go Shooting

Station 1: Give & go shooting

First half of practice. Close end. 8 minutes then rotate.

Power Play Urgency Scoring

Station 2: PP urgency game

Second group of stations. Far end. 8 minutes then rotate.

1v1 with F&D

Station 2: 1 v 1

Second half of practice. Close end. 8 minutes.

Johnny Phone Booth

Station 2: phone booth stick handling

Second half of practice. Middle of ice. 8 minutes.

Underspeed Skating & Edgework

Players will skate pattern around tires and net with the following edge work progressions:

1. Hold single leg inside edge around tires/net and switch feet
2. Hold single leg outside edge around tire and switch feet
3. Drop to one knee inside edge around tire/net
4. Drop to one knee outside edge around tire/net

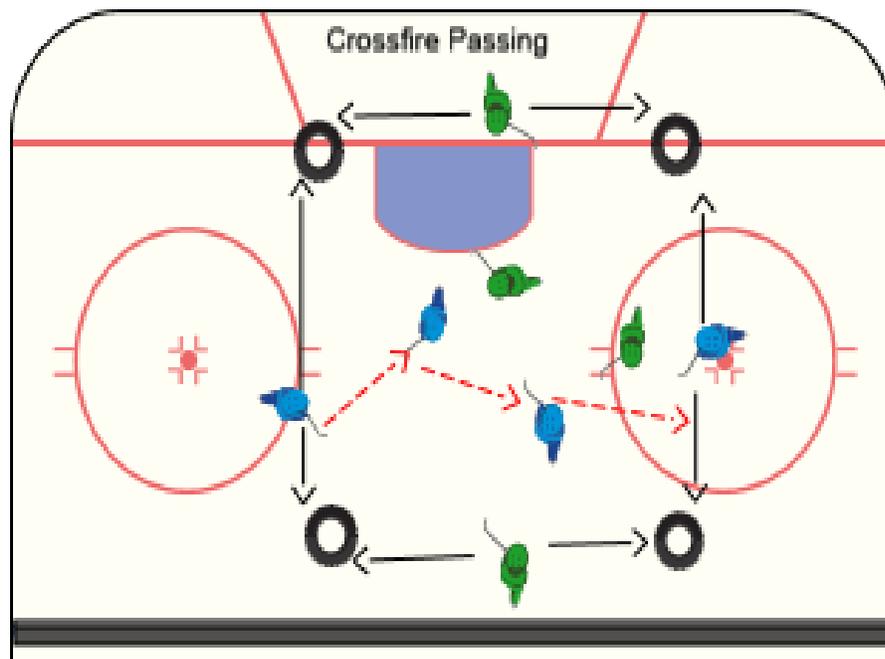
Set up several in Neutral Zone – can use cones/tires/mini nets instead of big net



Cross fire passing

Coach forms a box with tires or cones. Players compete 2v2 within the box and on the outside of the box, the players have teammates on opposite sides of the box. The blue players can only pass to blue and green can only pass to green. Teams get a point when you complete passes from one side of the box to the other. You have to make a pass to a player within the the box first. Two points are attained if both players in the box touch the puck before getting it to the other side.

Works on: passing, offensive zone play, defensive zone play, power play, penalty kill, team play



Give and Go Shooting

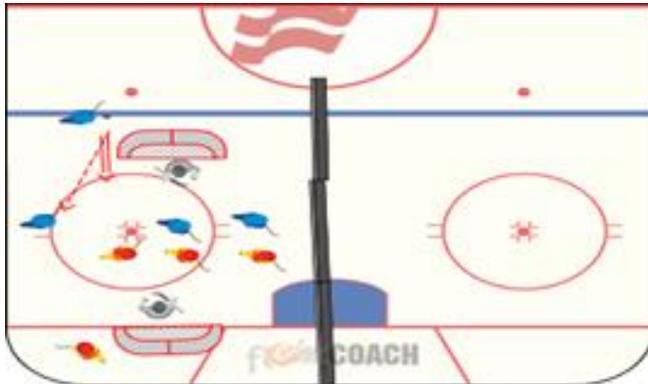
Player 1 passes to player 2 who passes back to 1. Player 1 then passes to player 3 who gives it back to 1 for a 1 timer on net. 1 becomes 3, 3 becomes 2, 2 goes back to line.

Works on: passing, receiving, give and go's



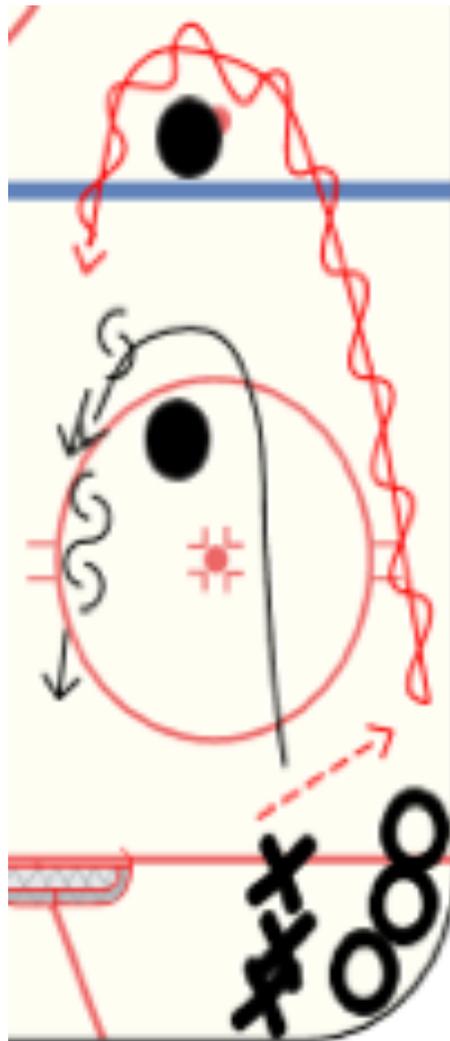
Power Play Urgency Scoring

Divide the zone up as shown. Place nets on pegs and draw a crease for the goalies. 1 player from each team must stay behind their own goal line. That player ends up serving as the Power Play "QB" for the team with possession. All players can shoot or pass. When a goalie covers the puck, his QB gets it. When a team scores, their QB gets the new puck. 1 Minute games.



1v1 with F&D

Inside line passes to outside line and both players loop out around the tires. Outside player attacks back 1v1. Have player switch line so they play both forward and defensive positions. Encourage good stick and body position with contact. Stick on puck, deny space to opponent. Next practice switch corners.



Johnny Phone Booth

Player flips a puck over the barrier then escapes towards the blue line then back towards the goal line turning towards boards to protect puck. After second escape, they stickhandle through obstacles, around cone then attack the net/barrier. Players feet go on one side of barrier and puck on the other for a shot on net.

Works on: puck protection, edges, puck handling, underhandling, shooting, release, scoring

