

Jim Carey

ASSISTANT COACH / COACHMANE CRUNCH  
HOCKEY

Practice Date: \_\_\_\_\_  
Hockey Practice Plan

① DRILL: WARM-UP Length: 10

A) X2 AROUND TIRE, X1 CARRY PASS TO X2  
BACKSKATING

B) X2 TO X1 BACKSKATING AROUND TIRE  
BACK TO X2 AROUND TIRE GO IN FOR  
SHOT

C) TURN INTO 2 VS 0



② DRILL: 2 1 ON 1'S Length: 15/25

A) CIRCLES RELIEVES PASS FROM D2, D1  
OF ON GAP

B) F1 TO D1 PIVOT OR OPEN UP 1 VS 1 ON D2  
X2 AROUND D1 FOR 2ND 1 ON 1, D1 JOINS  
TO SUPPORT F1, F2 KEEP INSIDE POSITION  
ON MAN

C) ALTERNATE SIDES



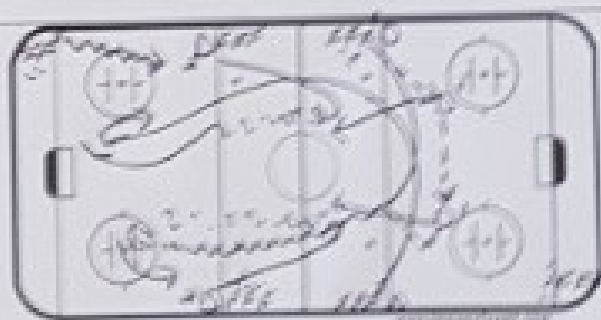
③ DRILL: 2 ON 2 / 3 ON 2 Length: 15/40

A) F1 WEAVE 3 ON 2 ON PASS FROM D  
RETIRE D2 3 ON 2

B) ON WHISTLE F FROM CORNER JOIN  
WITH F1'S 3 ON 2 VS D1'S,

C) PLAY TO NET!

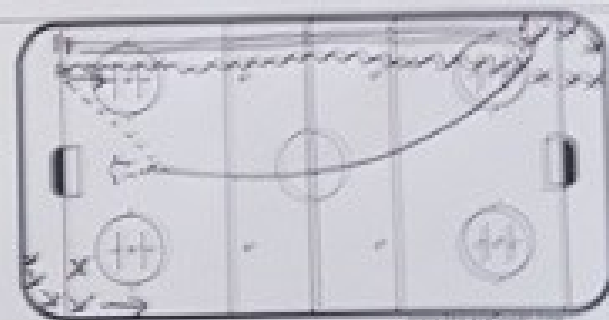
ALTERNATE SIDES



④ DRILL: CONDITIONING Length: \_\_\_\_\_

A) X1 GO AND BACK 10 PUSHUPS THEN  
GO TO NET WITH X2 WHO STOPS AT  
GL WITH PUCK AND PASS TO X1 TRAVEL  
INNOUE FOR SHOT! X2 BACK

B) 2 REPS EACH SIDE



FOODS QUOTE "LOSERS QUIT WHEN THEY'RE TIRED  
WINNERS QUIT WHEN THEY'VE  
WON!"

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