



KILMARNOCK STORM

HOCKEY PRACTICE PLAN



COACH S. WILSON

A/C'S

DATE

DURATION

PRACTICE#

LEVEL LTP U10 U12 U14 U16 U20 SNL

OBJECTIVES

SKILL WORK	TEAM PLAY	SYSTEMS/CONCEPTS	GAME SITUATIONS/TESTING
<input type="checkbox"/> SKATING	<input type="checkbox"/> 1 - ON - 1	<input type="checkbox"/> DEFENSIVE COVERAGE	<input type="checkbox"/> SMALL ICE GAMES
<input type="checkbox"/> PUCK CONTROL	<input type="checkbox"/> 2 - ON - 0	<input type="checkbox"/> BACKCHECK	<input type="checkbox"/> FULL ICE GAMES
<input type="checkbox"/> PASSING/RECEIVING	<input type="checkbox"/> 2 - ON - 1	<input type="checkbox"/> FORECHECK	<input type="checkbox"/> FUN RELAY CONTESTS
<input type="checkbox"/> SHOOTING	<input type="checkbox"/> 2 - ON - 2	<input type="checkbox"/> BREAKOUTS/REGROUPS	<input type="checkbox"/> SKILLS TESTING
<input type="checkbox"/> CHECKING	<input type="checkbox"/> 3 - ON - 1	<input type="checkbox"/> ENTERING ATTACK ZONE	<input type="checkbox"/> SKILL STATIONS
<input type="checkbox"/> AGILITY WORK	<input type="checkbox"/> 3 - ON - 2	<input type="checkbox"/> CYCLING	<input type="checkbox"/> MISC.
<input type="checkbox"/> GOALTENDING	<input type="checkbox"/> 3 - ON - 3	<input type="checkbox"/> FACEOFFS	<input type="checkbox"/>
<input type="checkbox"/> DEF./FORWARDS	<input type="checkbox"/> 3 - ON - 4	<input type="checkbox"/> PP/PK	<input type="checkbox"/>

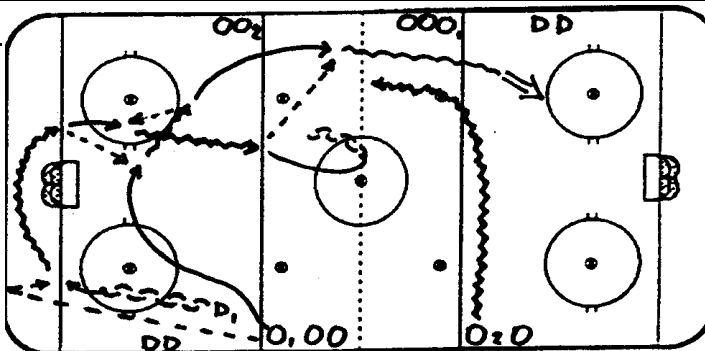
TIME	DRILL	PURPOSE
	WILD WING 1-ON-1	SKILL
	2-ON-1 REGROUP DOUBLE SWING	FAVOURITE
	3-ON-2 HELP	TEAM
	3-ON-2 HALF ZONE	FUN

At a young age winning is not the most important thing... the important thing is to develop creative and skilled players with good confidence. Young players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure. **Arsene Wenger, Arsenal FC**

DRILL**WILD WING 1-ON-1**

DESCRIPTION

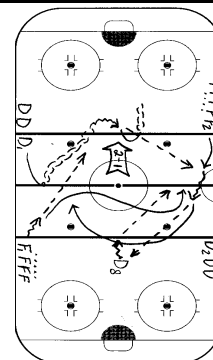
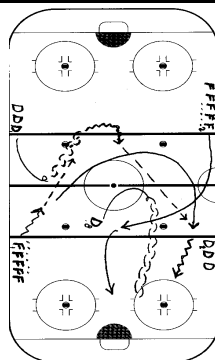
Both sides go at the coach's whistle with O1 dumping the puck in and D1 skates backwards to get the puck. D1 passes to O1 skating in middle with proper timing. O1 skates up ice and drops puck to D1 following up the play. D1 gets to the middle and gives O1 a return pass and O1 skates down to shoot 1 on 0 on net in opposite end. Once O1 crosses the blue line, O2 begins skating across the ice and once he reaches the far NZ face-off dot, heads back down the ice 1 on 1 against D1.

**NOTES**

DRILL**2-ON-1 REGROUP DOUBLE SWING**

DESCRIPTION

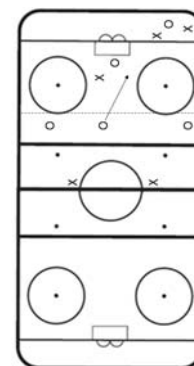
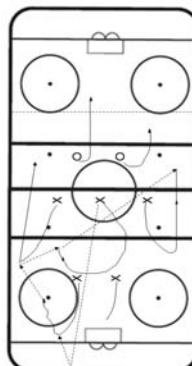
D1 begins by skating forward to the red line and pivoting backwards. F1 passes to D1 as he is skating backwards. D1 skates back with the puck as F2 skates thru the NZ with F1 now coming around following him. F2 cuts to the middle and D1 has 2 regroup options F2(middle) or F1(wide). F1 and F2 go in 2-1 against D8. D2 now skates to red line and the drill repeats 2-1 now against D1. Prog: add regroup off D8, 2-1 on D1

**NOTES**

DRILL**3 ON 2 HELP**

DESCRIPTION

Drill starts with 3 forwards (X) dumping puck and breaking out of two defence (X). The 3 F go 3-on-2 on opposite D (O). Once play goes below the top of the face off circles, three new forwards (O) and two new D (X) wait at the top of the zone. The OD must try to break out the OF. after 30 sec of 3-on-2, the coach can yell help and the OC joins the play to make a 3-on-3. once the breakout leaves the zone, the initial F and D are done.

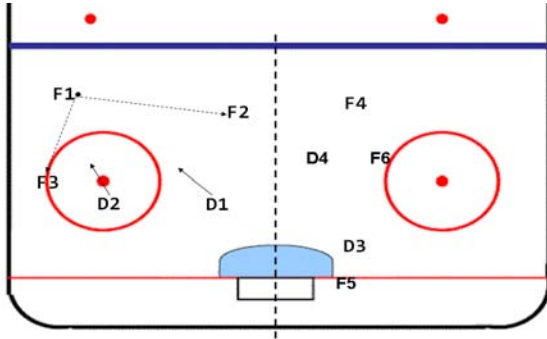
**NOTES**

DRILL

3-ON-2 HALF ZONE

DESCRIPTION

SET UP TWO 3-ON-2'S, ONE IN EACH ZONE. THE COACH DUMPS A PUCK IN TO START. F1, F2, F3, ATTACK D1, D2 AND CAN ONLY PLAY IN THEIR HALF OF THE ZONE. D1, D2 MUST BREAK UP THE PLAY AND GET THE PUCK ACROSS TO THE OTHER FORWARDS, F4, F5, F6. IF THE PUCK GOES OUT OR A GOAL IS SCORED, THE COACH CAN DUMP A PUCK INTO THE OPPOSITE CORNER. THIS IS A GREAT DRILL TO USE TO HAVE ALL FOUR LINES SKATING AT THE SAME TIME, WHILE WORKING DEFENSIVE AND OFFENSIVE PRINCIPALS IN SMALL AREAS



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