



U10/U11

2020/2021 Practice Plans
Developed by Hockey Canada



U10/U11

The age and skill level of the team defines the seasonal plan. The Hockey Canada skill development programs are based on progressive steps and follow the appropriate allocation of time illustrated in the skill development pyramid.

Goals for the U11 age division are:

- Fun
- Refining of basic skills
- Introduction to team tactics

The U11 program recommends the following practice time allotment:

- 50% technical skills
- 20% individual tactics
- 15% team tactics
- 10% team play
- 5% strategy

Drill Hub

Hockey Canada Drill Hub is a resource for players and coaches of all levels. It has a growing library of drill videos, diagrams and descriptions categorized by skills, age group and other criteria. Coaches at the U10/U11 level are encouraged to review video as well as create practice plans and share them with their staff, player or parents.

Check out Hockey Canada's free online resource [DRILL HUB](#)



U10/U11

Practice Plans A



ATOM LEVEL PRACTICE PLAN

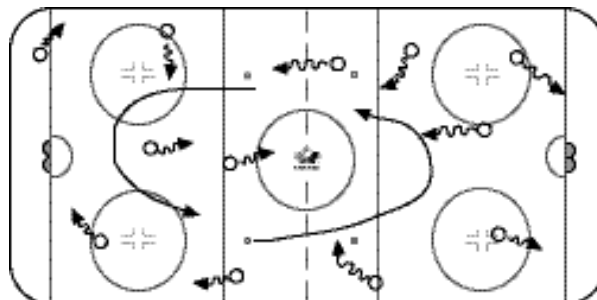
- Session Objective(s)**
1. Review stick handling and net drive
 2. Teach checking skills
 3. Assess team tactics

5 min

WARM-UP STICK HANDLE

Razzle Dazzle

- players skate around the ice 1/4 speed
- on whistle, players stay in confined space, moving puck in any direction quickly
- on next whistle, players return to 1/4 speed



KEY EXECUTION POINTS

- quick feet and quick puck movement
- evasive moves
- body, head, shoulder fakes

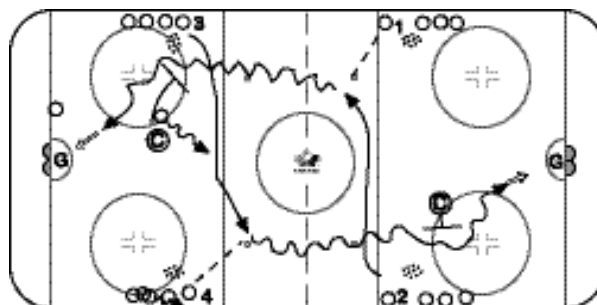
5 min

WARM-UP NET DRIVE

4 Corner Drill

(review net drive skills)

- O2 and O3 receive passes from O1 and O4 in neutral zone. Execute net drives around ©s
- O1 and O4 repeat - receiving passes and executing net drives
- alternate diagonal sides



KEY EXECUTION POINTS

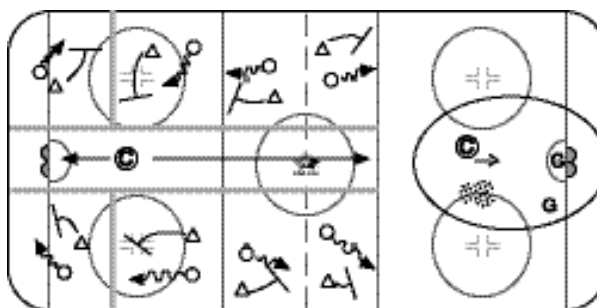
- drive far post
- enter zone with speed
- keep feet moving
- protect the puck

5 min

CHECKING - STICK CHECK

Checking Drill

- demonstrates stick checks (stick lift, press, poke, and sweep check)
- mark 8 zones for 1 on 1's (spray paint)
- players play 1 on 1 keep away with emphasis on checking skills
- Goalie Zone with ©



KEY EXECUTION POINTS

- Δ player:
 - quick use of stick, feet, and hands
 - body position
- 30 second intervals

ATOM LEVEL PRACTICE PLAN

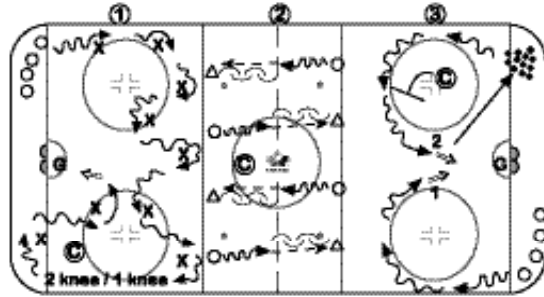
- Session Objective(s)**
1. Teach forward and backward striding by progression
 2. Teach forward and backward crossovers by progression
 3. Front V-Start
 3. Assess puck control skills (stick handling, passing, shooting)

105
min

PUCK CONTROL EVALUATION

3 Stations:

1. Stick handling course
2. Forward and backward skating (telescoping) while passing and receiving
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©



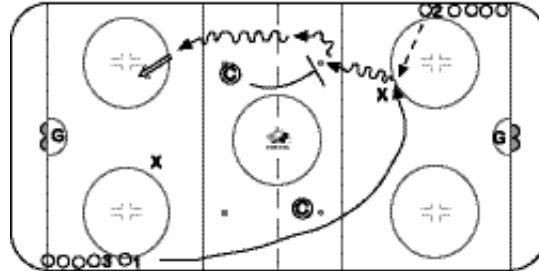
KEY EXECUTION POINTS

- space players
- keep feet moving
- head up
- quick release
- roll wrists

5
min

COMBO SKATE PASS/SHOOT

- O1 skates around pylon and receives pass from O2
- O1 completes evasive move on © in the neutral zone and skates to offensive zone for shot
- O2 repeats in the other direction



KEY EXECUTION POINTS

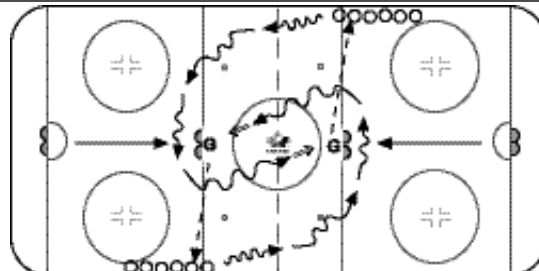
- eye contact
- protect the puck
- quick feet
- quick release
- read defensive positioning

5
min

SHOOT OUT COMPETITION

Team Shoot Out Relay

- move nets to the blue lines
- first team, with all players scoring, is the winner
- after each goal, player scoring passes puck to next player in line
- after making saves, goalie can clear pucks away from shooters



KEY EXECUTION POINTS

- first team with each player scoring wins
- goalie may shoot puck away from net on saves only

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Practice Plans B



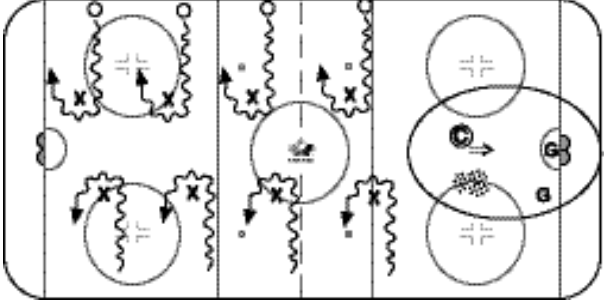
ATOM LEVEL PRACTICE PLAN

- Session Objective(s)**
1. Teach stick handling: stationary control and control with movement
 2. Teach evasive moves: shoulder fakes, head fakes, shooting fakes
 3. Assess checking skills: stick and body positioning
 4. Introduce net drive: 3 part progression

5 min **NET DRIVE PROGRESSION**

Technical Level

- Have players skate around pylon protecting the puck
- Goalie Zone with ©



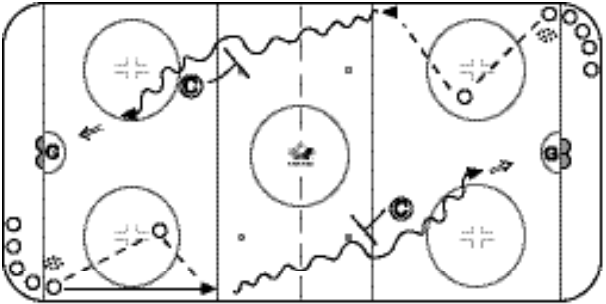
KEY EXECUTION POINTS

- approach with speed
- build the wall
- keep feet moving
- puck to the outside
- drive for far post

5 min **NET DRIVE**

Tactical Level

- Player from corner passes to O for "give and go". Puck carrier drives with speed, executing net drive at the blueline
- © offers passive pressure
- alternate sides



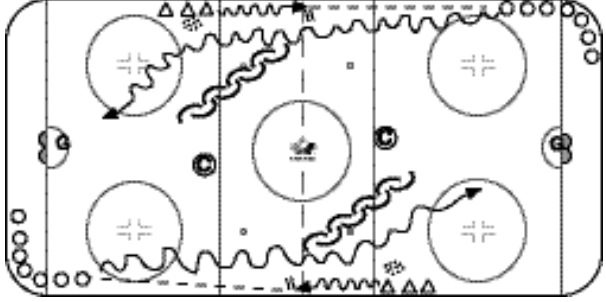
KEY EXECUTION POINTS

- head up
- quick feet
- accelerate after fake
- weight shift

5 min **NET DRIVE**

Efficient Level

- Δ skates to blueline with puck
- passes to O and defends 1 on 1
- O reads gap on Δ. Tight gap - drive outside. Loose gap - drive middle
- alternate sides



KEY EXECUTION POINTS

- head up
- quick feet
- weight shift
- accelerate after fake

ATOM LEVEL PRACTICE PLAN

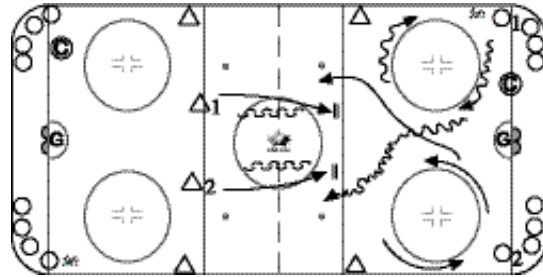
- Session Objective(s)**
1. Teach shooting skills - wrist shot, backhand, slap shot
 2. Teach team tactics - give & go, give & follow, cross, headman
 3. Assess team tactic - "1,2,3 Principle of Attack"

5 min

TEAM TACTIC - 2 ON 2

Tactical Level Drill: Cross

- O1 & O2 skate circle clockwise then cross before blueline in high slot
- option to exchange pass
- Δ1 & Δ2 skate forward to blueline, pivot and retreat to defend against 2 on 2



KEY EXECUTION POINTS

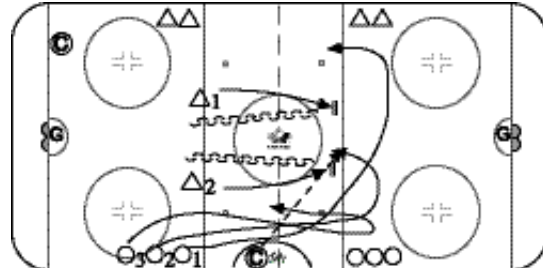
- communicate
- alternate ends
- control skate
- go on whistle
- timing
- stay wide before cross

5 min

1,2,3 PRINCIPLE OF ATTACK

Assess Triangulation

- © passes to O1, O2, or O3
- Δ1 & Δ2 skate to redline, pivot and retreat, defending against 3 on 2



KEY EXECUTION POINTS

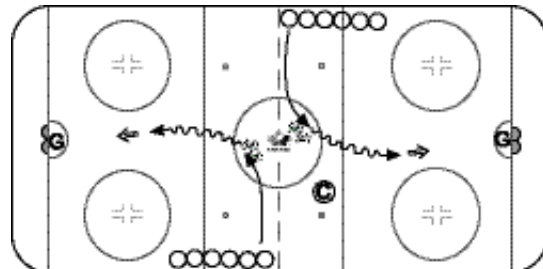
- Offensive:
- support puck carrier
 - timing
 - fill 3 lanes
 - Os must curl below far blueline
 - communicate
 - alternate sides

10 min

SHOOT OUT COMPETITION

Full Ice Drill

- pucks clustered in center circle
- on whistle, first player on each team picks up puck and goes on breakaway
- play until goal is scored, at which time next player goes
- goalie can clear loose pucks



KEY EXECUTION POINTS

- first team finished wins (all players must score)
- play best of 3 if time permits

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Practice Plans C



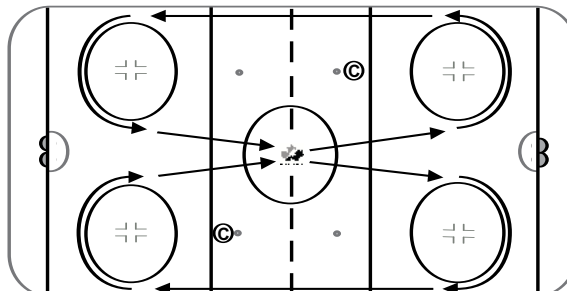
- Session Objective(s)
1. Puck control agility
 2. Passing / receiving
 3. Bank passes
 4. Passing while moving

10 min

PUCK CONTROL CIRCUIT

Players follow pattern performing puckhandling moves:

- Narrow.
- Wide.
- Front toe drags.
- Side toe drags.
- Puck in feet.
- Drop to knees on lines.
- 3 crossovers one way, 3 crossovers the other.



KEY EXECUTION POINTS

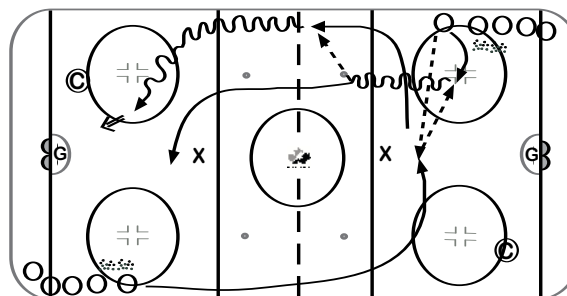
- Do different skill down each lane
- Do circuit 4 times

5 min

SKATE / SHOOT COMBO

Emphasis on "give & go" and "quick pass"

- O receives and gives back pass quickly while approaching the pylon.
- O receives return pass at center line and drives for a shot on goal.



KEY EXECUTION POINTS

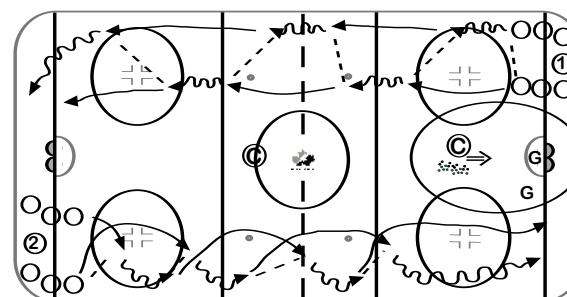
- Alternate sides
- Provide close support
- Control skate
- Eye contact
- Give target

10 min

PASSING - TECHNIQUE

• Review passing and receiving skills
Run players through:

- 1) Partner pass forehand & back-hand (switching sides).
- 2) 2 man weave.



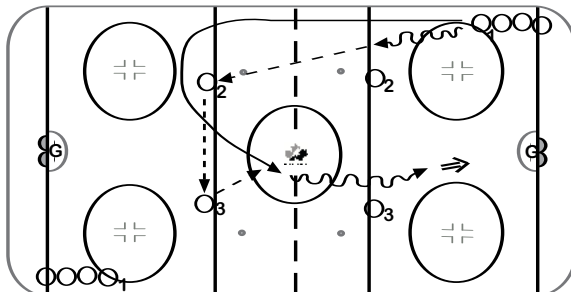
KEY EXECUTION POINTS

- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass

- Session Objective(s)
1. Puck control agility
 2. Passing / receiving
 3. Bank passes
 4. Passing while moving

10
min**PASSING - TIMING**

- Both ends at the same time.
- O1 passes to O2 (stationary at the blue line), O2 passes to O3. O1 time skates through seam for return pass at centre ice.

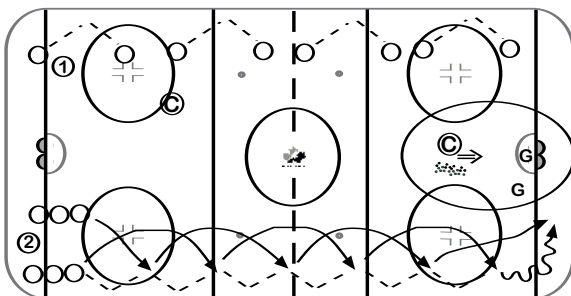
**KEY EXECUTION POINTS**

- Rotate players through positions
- Control skate
- Eye contact
- Hard and accurate passes
- Give target with stick

10
min**BOARD PASS #1**

© Demos and explains angles:

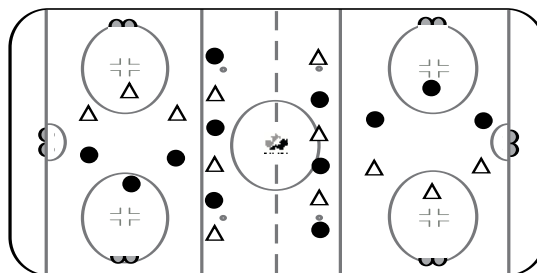
- 1) Stationary board passes - practice and understand different angles of the boards.
 - 2) Moving board passes - skating onto the puck.
- Goalie Zone with ©.

**KEY EXECUTION POINTS**

- Hard low passes
- Angle choice - position of player read

5
min**SCRIMMAGE - 3 ON 3 CROSS ICE**

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice - one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks