



U9/U8

2020/2021 Practice Plans
Developed by Hockey Canada



U8/U9

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 U9 age category are:

- Fun
- Reviewing of basic skills
- Refining of basic skills

The U9 program recommends the following practice time allotment:

- 75% technical skills
- 15% individual tactics
- 10% team tactics
- 0% team play
- 0% 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.

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



U9/U8

Practice Plans A



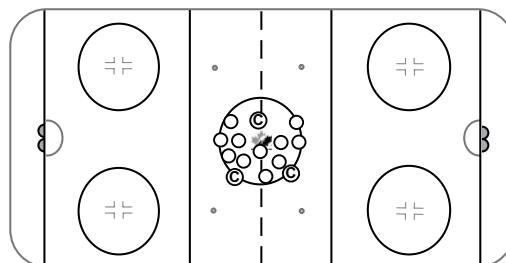
Session Objectives: 1. Practice Rules, Agility, Gliding on one skate, Front V Start, Edge Control

10 MIN

WARM - UP

PRACTICE RULES

Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow. Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice.

**KEY EXECUTION POINTS**

- Demonstrate what signals will be used.

20 MIN

SKILL STATIONS #1

1. BALANCE AND SKATING (1.1.01/1.1.02/1.1.07/1.1.09/1.1.05)

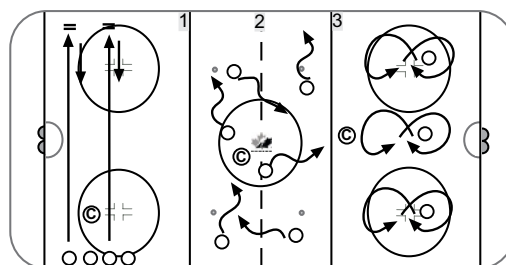
Players start on boards. Demonstrate basic stance. Perform following activities to far boards and back: fall down and get up, glide on one skate, gliding with knee bend, and gliding arm pump.

2. CHAOS

Players skate around neutral zone controlling the puck.

3. FIGURE 8'S INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

**KEY EXECUTION POINTS**

- Knees bent, shoulder width apart, stick on the ice.
- Change directions.
- Vary speeds, Forwards / Backwards.

20 MIN

SKILL STATION #2

1. SHOOTOUT

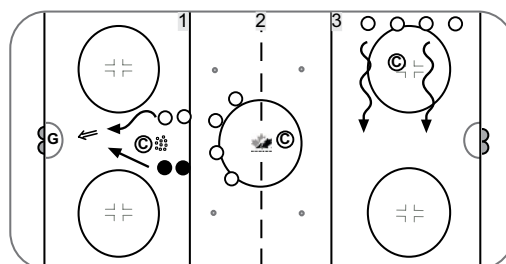
Have players line up in two lines at the blue line. One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)

Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Have players stickhandle Narrow, Wide, and Narrow-Wide Combination.

3. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)

Players start along boards, and skate to other side of the rink carrying the puck.

**KEY EXECUTION POINTS**

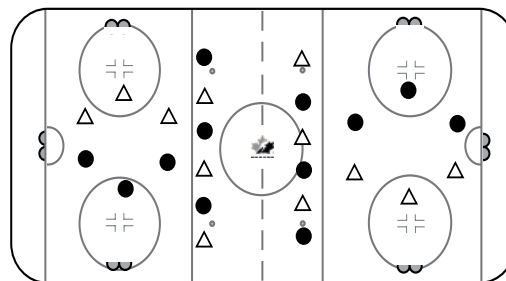
- Shift weight as pucks moves across body.
- One-handed puck carrying on forehand and backhand.

10 MIN

FUN GAME

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**

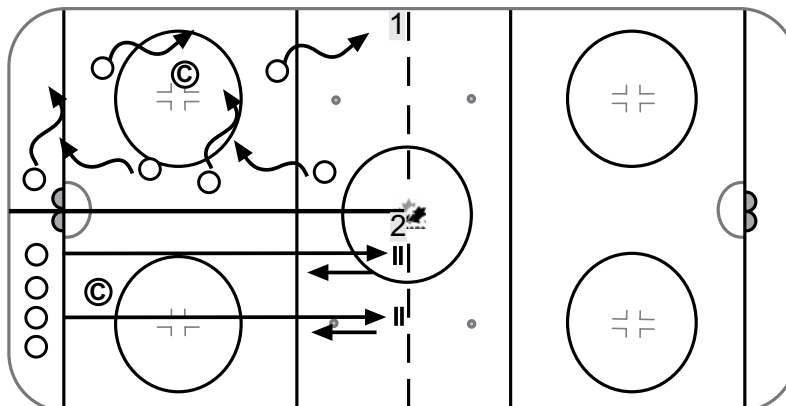
- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, and 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. CHAOS

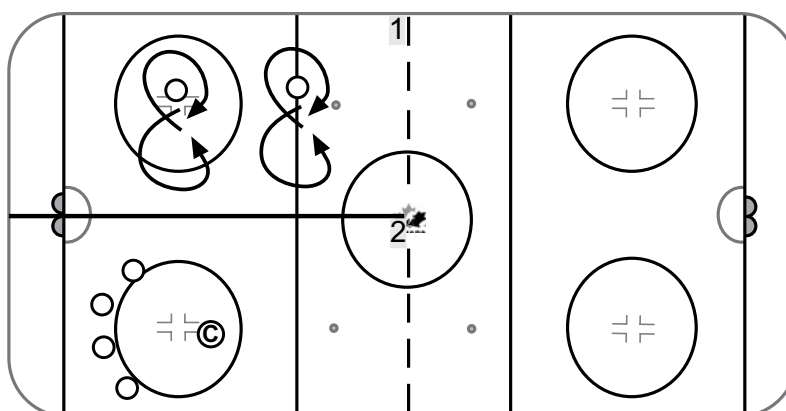
2. BALANCE AND SKATING (1.1.01/1.1.02/1.1.07/1.1.09/1.1.05)



SKILL STATIONS #2

1. FIGURE 8'S INSIDE EDGE (1.2.01)

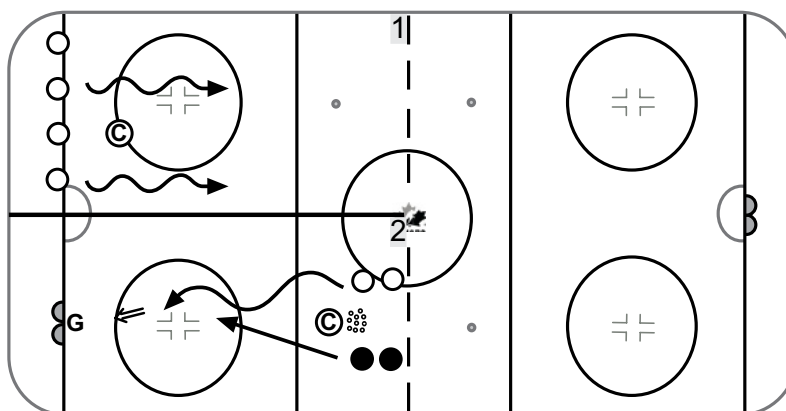
2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)



SKILL STATIONS #3

1. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)

2. SHOOTOUT



U9/U8

Practice Plans B



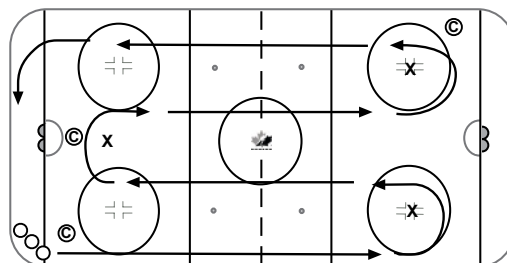
Session Objectives: Balance, Skating, Puckhandling, Front V-Start

10 MIN

WARM - UP

WARM UP (1.1.02/1.1.07/1.1.08/1.1.04/1.1.09/1.1.05/1.4.02/1.5.02)

Divide ice into four lanes as shown. Players perform a variety of skills in each lane: fall down and get up, glide on one skate, jump over lines on one foot and two feet, gliding with knee bend, gliding arm pump, c-cuts.

**KEY EXECUTION POINTS**

· Vary speeds, Forwards/Backwards.

20 MIN

SKILL STATIONS #1

1. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)

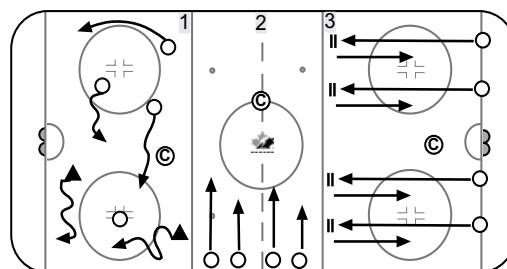
Players skate around zone in any direction handling the puck. Encourage players to try different stickhandling moves (narrow-wide combination, toe drag, side-front-side, on one leg, etc.).

2. GLIDE ON ONE SKATE (1.3.02/1.1.07)

Execute front V-start and glide on one skate to middle of ice, at middle take 3-4 quick strides, glide to far boards. Players must go in a straight line. Repeat on the other skate coming back. Do 4 times on next player in line goes, when first player gets to blue line.

3. FRONT V-START (1.3.02)

On a signal the first player in each group open skates into "V" position by toeing outwards. Open up and take 4-5 running strides. Skate to the blue line and stop, then return to goal line. Perform a two footed stop at blue line and goal line, always face the same side.

**KEY EXECUTION POINTS**

· Change Directions, Vary speeds, Forward/Backward.
· Toes out in preparation for v - start, quick feet, knees bent during glide, Quick feet off the start.

20 MIN

SKILL STATIONS #2

1. C-CUTS AROUND CIRCLE - INSIDE FOOT (1.6.07)

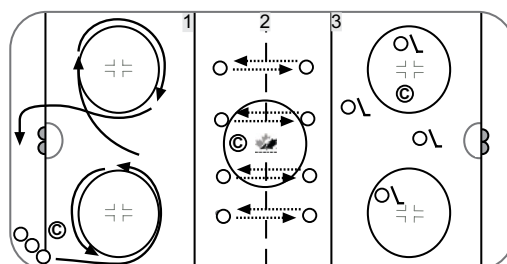
Players start in corner and skate around each circle using C-cuts with inside foot.

2. STATIONARY PAIRS PASSING (2.3.01/2.3.02)

Players in Neutral zone pair up and pass to each other on the forehand and backhand.

3. LATERAL CROSSOVERS - OVER STICK (1.1.13)

Players place stick on ice and perform continuous steps over stick.

**KEY EXECUTION POINTS**

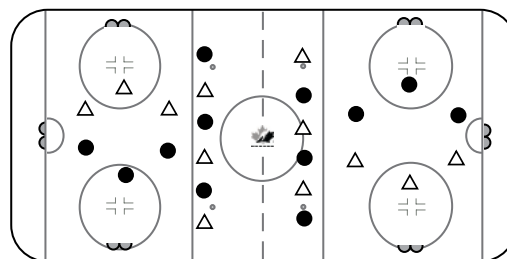
· Head up, roll wrists, follow through to target.

10 MIN

FUN GAME

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.

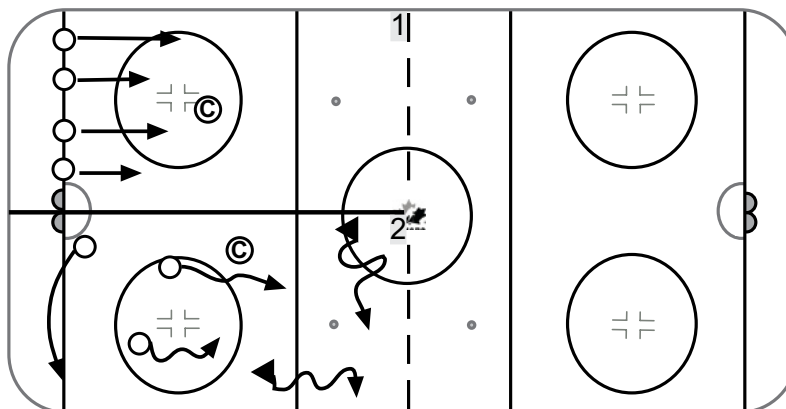
**KEY EXECUTION POINTS**

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

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

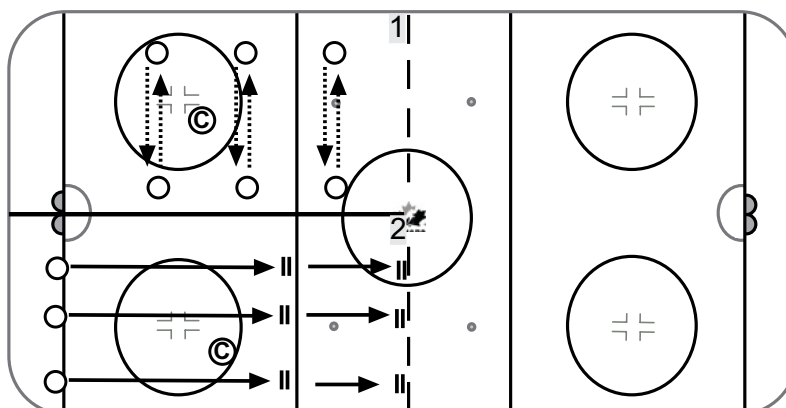
SKILL STATIONS #1

1. GLIDE ON ONE SKATE (1.3.02/1.1.07)
2. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)



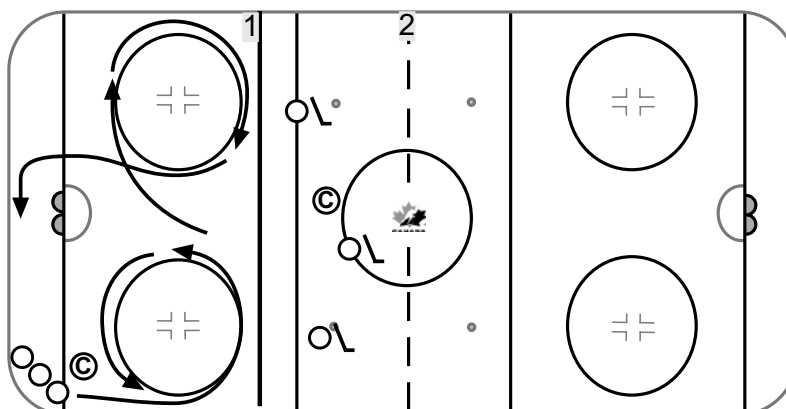
SKILL STATIONS #2

1. STATIONARY PAIRS PASSING (2.3.01/2.3.02)
2. FRONT V-START (1.3.02)



SKILL STATIONS #3

1. C-CUTS AROUND CIRCLE - INSIDE FOOT (1.6.07)
2. LATERAL CROSSOVERS - OVER STICK (1.1.13)



U9/U8

Practice Plans C

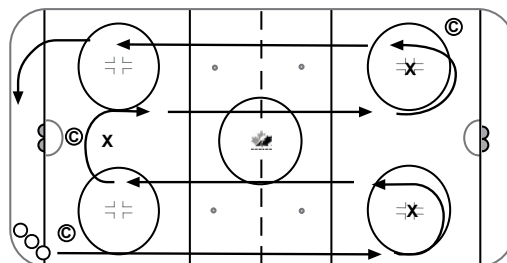


Session Objectives: Agility, Stationary passing and receiving, Pairs passing, Front V-start

10 MIN WARM - UP

WARM UP (1.1.09/1.1.10/1.4.05/1.4.10)

Divide ice into four lanes as shown. Players perform a variety of skills in each lane: gliding with knee bend, gliding one foot – toe on puck, slalom c-cuts narrow, c-cuts – heel only.



KEY EXECUTION POINTS

- Vary speeds, Forwards/Backwards.

20 MIN SKILL STATIONS #1

1. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)

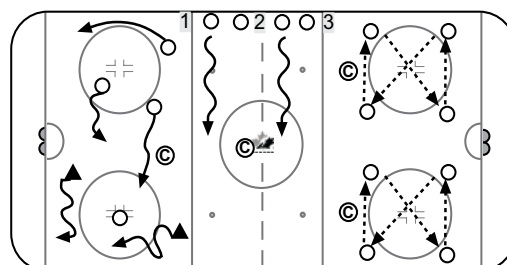
Players skate around zone in any direction handling the puck. Encourage players to try different stickhandling moves (narrow-wide combination, toe drag, side-front-side, on one leg, etc.).

2. OPEN ICE CARRY (2.2.07)

Players start along boards, and skate to other side of the rink carrying the puck.

3. STATIONARY PASSING (2.3.01/2.3.01)

Players form box formation around circle, and pass randomly to other players. Add person in middle to try and intercept the pass.



KEY EXECUTION POINTS

- Change Directions, Vary speeds, Forward/Backward.
- Head up, roll wrists, follow through to target.

20 MIN SKILL STATIONS #2

1. ASTEROIDS

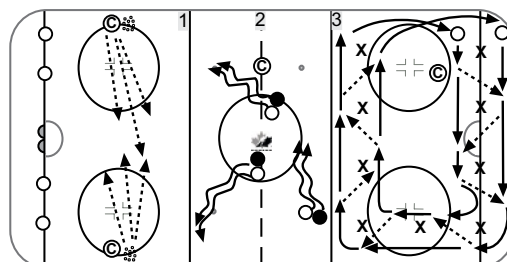
Player line up at goal line. Coaches line up along boards, with pucks, tennis balls, etc. On whistle, player skate through the middle of the ice, the coaches pass / shoot pucks on the ice and try to hit the players in the skates. Players try to avoid the pucks, if they get hit, they then move to side boards and assist coaches. Keep going until last player is hit. Second time through have the players carry pucks.

2. RABBIT/COYOTE

Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

3. PAIRS PASSING (2.1.01/2.4.02)

Form two lines in the corner, one on each side of the pylon. Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.



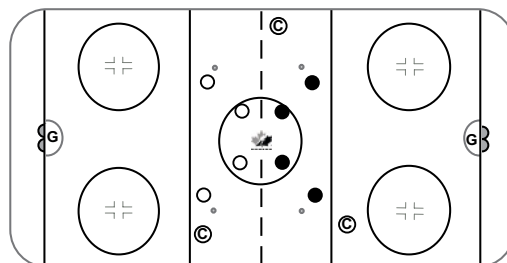
KEY EXECUTION POINTS

- Keep pucks / balls on ice, players must skate continuously.
- Puck protection, agility, only stick checks allowed to get the puck.
- Control speed, eye contact before passing.

10 MIN FUN GAME

SCRIMMAGE

Scrimmage 4 on 4. Use different rules such as: must make 3 passes before shooting on net, must carry puck out of zone, no sticks, feet only, add two pucks.



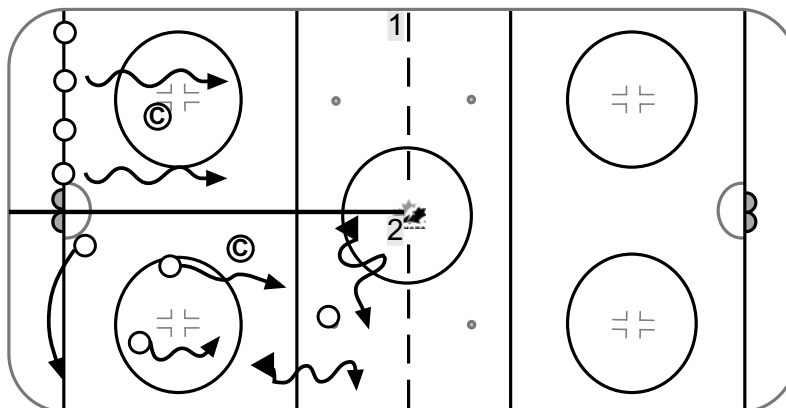
KEY EXECUTION POINTS

- Change players every 45 seconds to keep tempo high.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

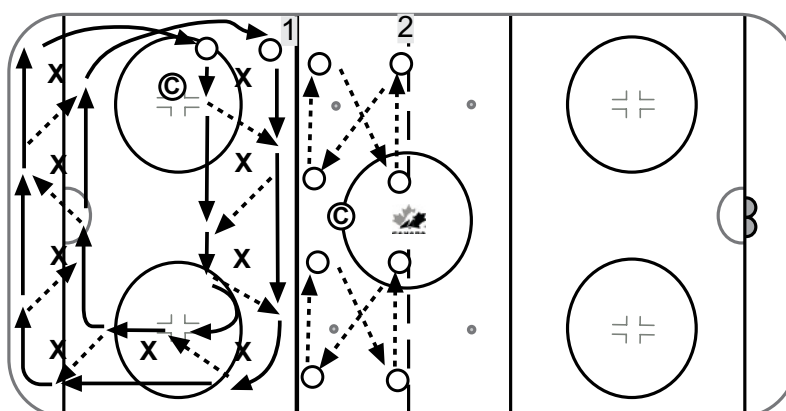
SKILL STATIONS #1

1. OPEN ICE CARRY (2.2.07)
2. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)



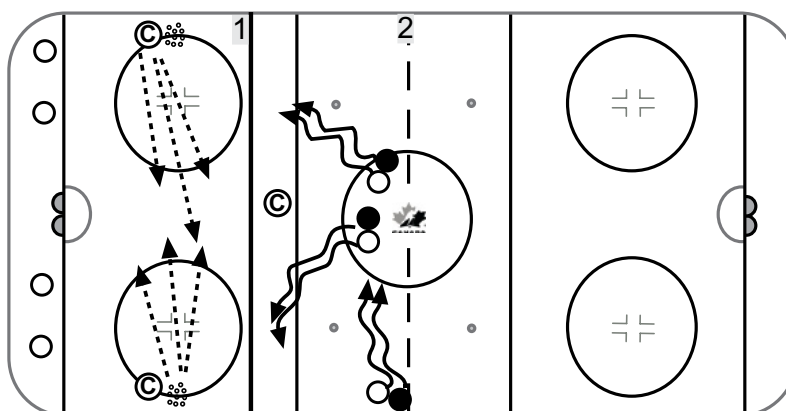
SKILL STATIONS #2

1. PAIRS PASSING (2.1.01/2.4.02)
2. STATIONARY PASSING (2.3.01/2.3.01)



SKILL STATIONS #3

1. ASTEROIDS
2. RABBIT/COYOTE



U9/U8

Practice Plans D



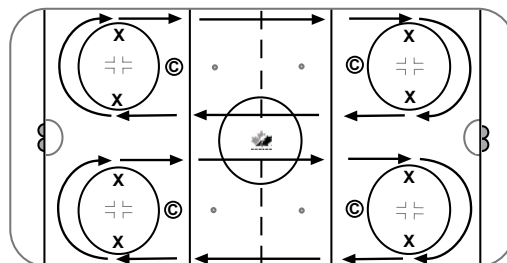
Session Objectives: Forward crossovers, Front V-start, Two-foot stop, Stationary passing

10 MIN

WARM - UP

WARM UP (1.1.09/1.1.10/1.4.05/1.4.10)

Players are divided into two groups, and follow the path as indicated in the diagram. Perform following exercises: gliding with knee bend, gliding one foot - toe on puck, slalom c-cuts narrow, c-cuts - heel only.

**KEY EXECUTION POINTS**

- Knees must be bent

20 MIN

SKILL STATIONS #1

1. WEAVE (1.6.01)

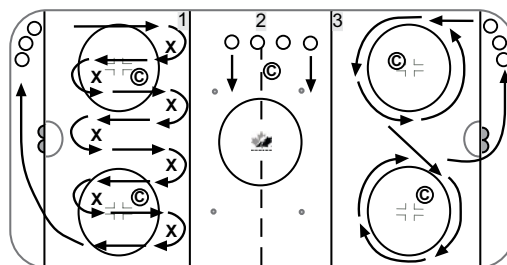
Players weave through pylons, first time through using one foot, inside edge only; second time through using one foot, outside edge only; third time through using both feet, leading with front foot; fourth time through use pucks.

2. PUSH AND GLIDE (1.3.01/1.3.04/1.3.05/1.5.02)

Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes. Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.

3. FORWARD CROSSOVERS (1.6.10/1.6.16)

Players start in the corner and skate around the circles executing forward crossovers. Progress to backwards around the circles.

**KEY EXECUTION POINTS**

- Knees must be bent
- Strong push, bend knee when gliding

20 MIN

SKILL STATIONS #2

1. FRONT V START (1.3.02)

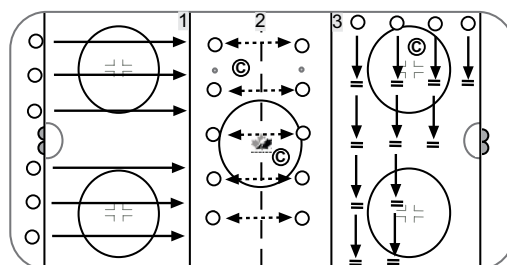
Players line up along goal line, and perform front V-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 - 5 times.

2. STATIONARY PASSING (2.3.01/2.3.02)

Player partner up in neutral zone, and pass back and forth, using both forehand and backhand.

3. TWO FOOT STOP (1.3.08)

Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop. Resume basic stance, and do again 3 - 4 times to cross ice. Repeat 4- 5 times. Stop both ways. Add puck if time permits.

**KEY EXECUTION POINTS**

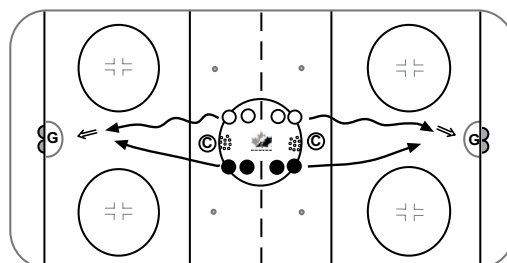
- Quick feet
- Roll wrists, follow through
- Come to complete stop

10 MIN

FUN GAME

SHOOTOUT

Have players line up in two lines at center ice. (Use both ends) One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

**KEY EXECUTION POINTS**

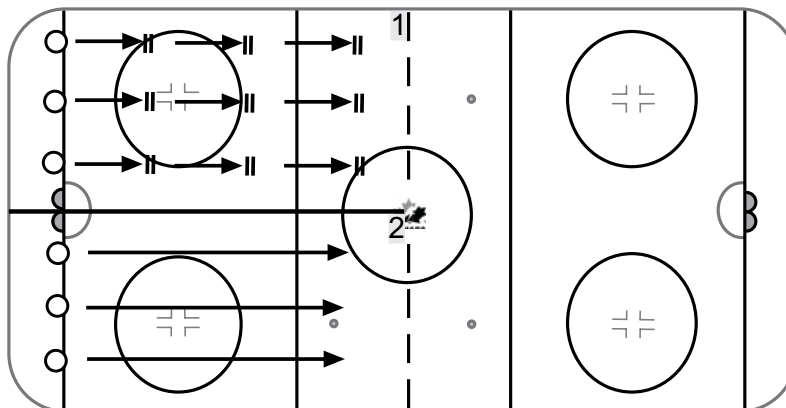
- Must be down on one knee if starting without the puck. Quick feet off the start. Protect puck. Alternate lines after each attempt.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. TWO FOOT STOP (1.3.08)

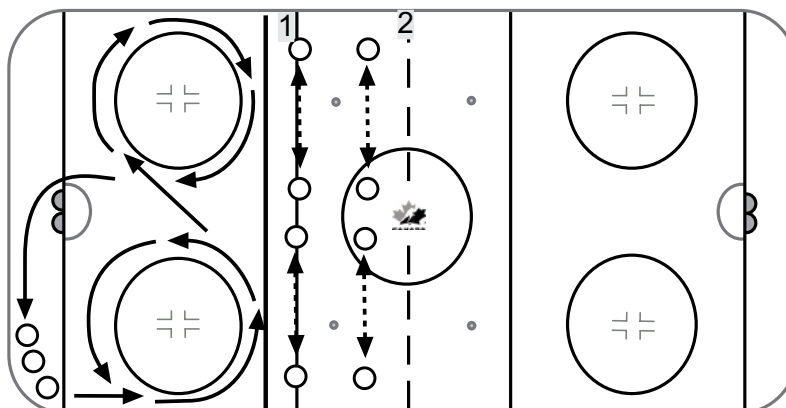
2. FRONT V START (1.3.02)



SKILL STATIONS #2

1. FORWARD CROSSOVERS (1.6.10/1.6.16)

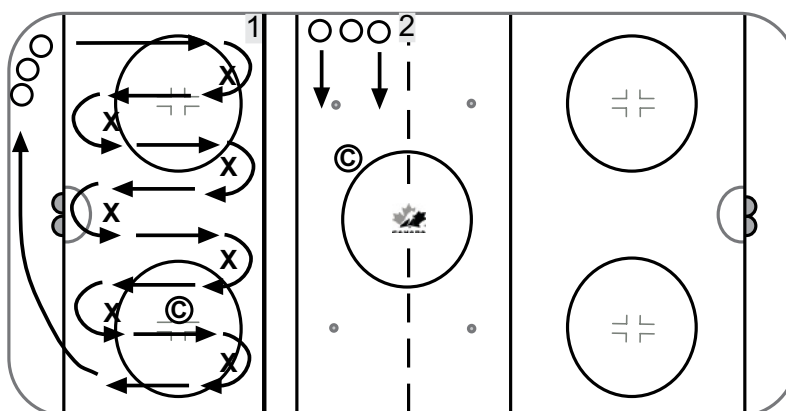
2. STATIONARY PASSING (2.3.01/2.3.02)



SKILL STATIONS #3

1. WEAVE 1.6.01

2. PUSH AND GLIDE (1.3.01/1.3.04/1.3.05/1.5.02)



U9/U8

Practice Plans E

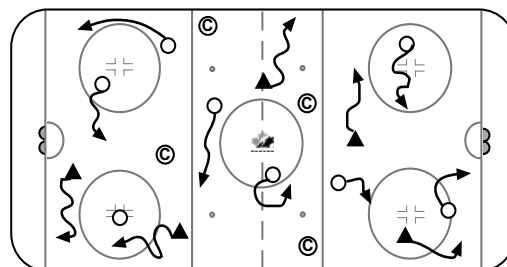
Session Objectives: Open Ice Carry, Tight turns, Edge Control, Stationary Passing, Backwards C-cuts

10 MIN

WARM - UP

WARM UP (2.2.03/2.2.04/2.2.23/2.2.07)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves: narrow-wide combination, side-front-side, toe drag, open ice carry.

**KEY EXECUTION POINTS**

- Correct technique

20 MIN

SKILL STATIONS #1

1. TIGHT TURNS / EDGE CONTROL (1.6.02/1.6.04)

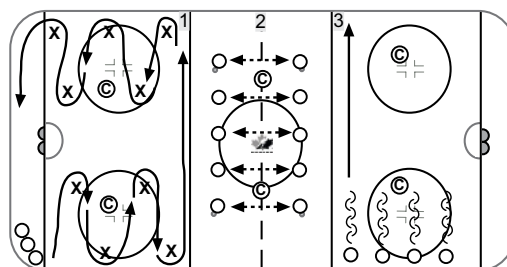
Players begin in corner, and skate through pylons executing tight turns around each pylon. Second time through have them do a 360° around each pylon.

2. STATIONARY PASSING (2.3.01/2.3.02)

Have players get in proper puck handling stance. Players perform stationary passing and receiving. Do on both forehand and backhand.

3. BACKWARDS C- CUTS (1.5.02)

Players start along side boards, in proper backwards stance and begin with backwards c-cuts, or backwards crossover start, and then perform backwards c-cuts all the way to the other side. Repeat 6 – 7 times. Add puck if time permits.

**KEY EXECUTION POINTS**

- Knees bent
- Ensure proper stance
- Roll wrists, follow through, cushion pass

20 MIN

SKILL STATIONS #2

1. OPEN ICE CARRY (2.2.05/2.2.06)

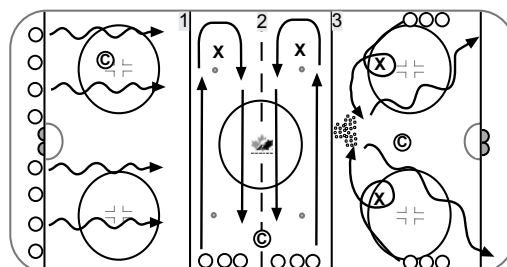
Players start on goal line, and skate to blue line carrying the puck on forehand. Stop and return to goal line carrying puck with backhand.

2. HEEL TO HEEL GLIDE (1.6.23)

Players line up on boards and start with a crossover start. Players execute heel to heel glide to pylon, skate around pylon and repeat on return.

3. FORT KNOX (1.6.04)

Divide players into 2 teams, one team at each hash mark as shown. Place all of the pucks in the centre at blue line, on whistle first player from each team begin, by doing a 360° around the pylon, then gets a puck, and takes the puck back to the corner, nearest the team. Once puck is in the corner, the next player from that team can go. Once all the pucks are gone, each team counts how many are in their corner, team with most wins. Can do more than once, change things up, by making players skate backwards to the corner once they get the puck.

**KEY EXECUTION POINTS**

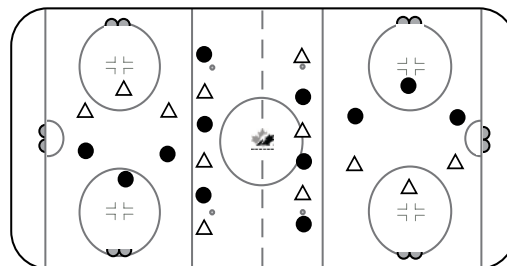
- Use two groups if necessary
- Teams cheer for their players, lots of pucks

10 MIN

FUN GAME

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**

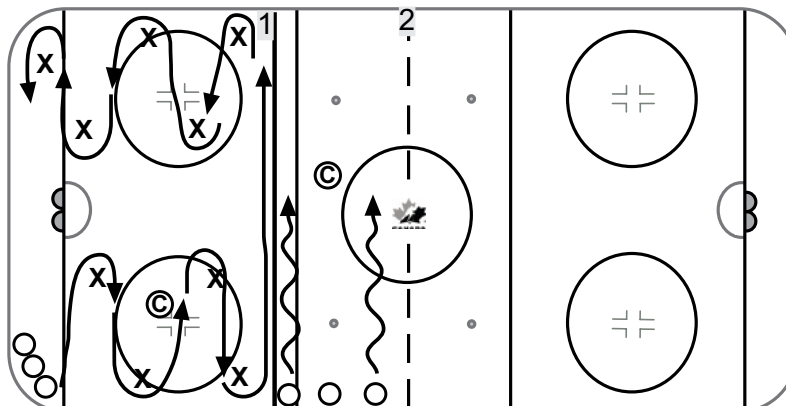
- Use pucks, tennis balls, hockey balls etc. Alternate 1 puck, 2 pucks, 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

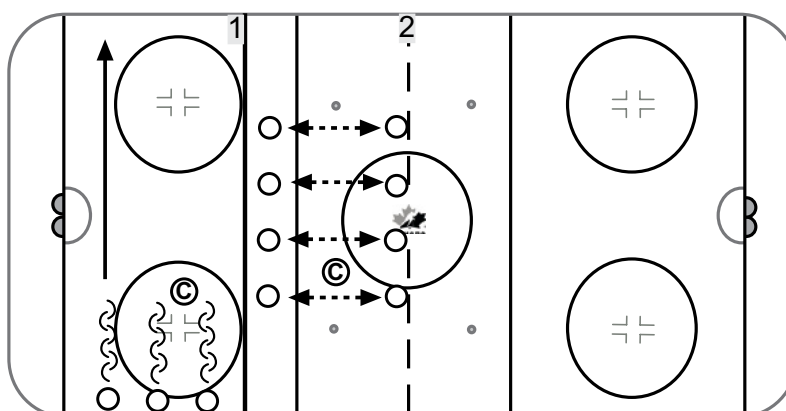
1. TIGHT TURNS / EDGE CONTROL (1.6.02/1.6.04)

2. OPEN ICE CARRY (2.2.05/2.2.06)


SKILL STATIONS #2

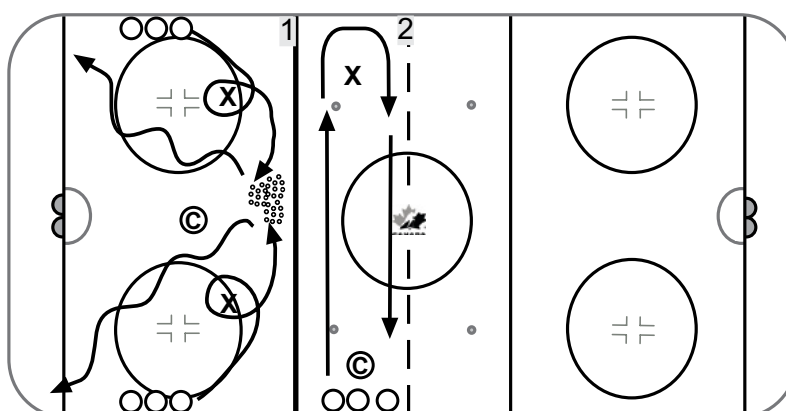
1. BACKWARDS C-CUTS (1.5.02)

2. STATIONARY PASSING (2.3.01/2.3.02)


SKILL STATIONS #3

1. FORT KNOX (1.6.04)

2. HEEL TO HEEL GLIDE (1.6.23)



U9/U8

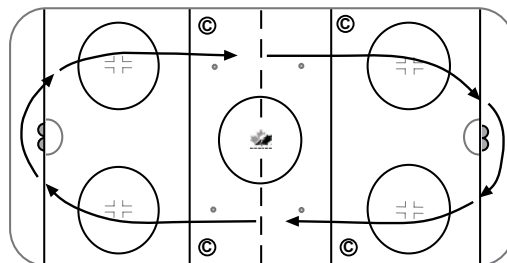
Practice Plans F

Session Objectives: Pairs passing, Puckhandling agility, Crossovers, Backwards c-cuts, Tight turns, Bank pass

10 MIN WARM - UP

WARM UP (1.4.05/1.4.06/1.4.10/1.4.08/1.1.14)

Players skate around the ice in a clockwise manner. Coaches can lead them in various skills: Slalom C-cuts Narrow and wide, c-cuts – heel only, c-cuts crossunders, Shoot the duck.



KEY EXECUTION POINTS

- Change directions, Vary speeds, Forwards / Backwards.

20 MIN SKILL STATIONS #1

1. CROSSOVERS 1.6.10/1.6.16

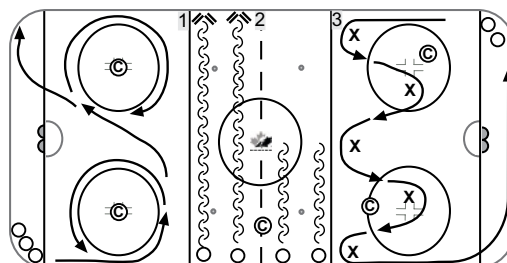
Players start in corner, and perform crossovers around the circles as shown. Do forward and backward.

2. BACKWARDS C-CUTS / BACKWARDS STOPPING (1.5.02/1.3.10/1.3.11)

Players start on side boards, and do backwards c-cuts to far side, and perform backwards 1 foot or 2 foot stops. Repeat 4 – 5 times. Add pucks if time permits.

3. TIGHT TURNS (1.6.02)

Players start in corner, and weave through pylons. Second time through do 360° around each pylon. Add pucks 3rd time through



KEY EXECUTION POINTS

- Full crossover with outside foot, strong push through with inside leg
- Strong toe push to start c-cut
- Next player starts when first player is at the hash marks

20 MIN SKILL STATIONS #2

1. PAIRS PASSING (2.4.01/2.4.02/2.4.13)

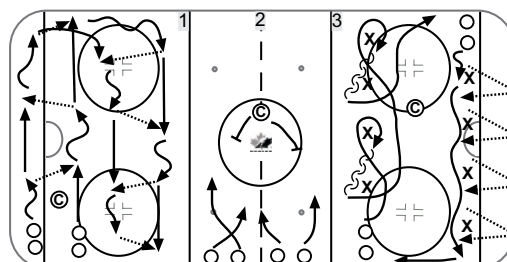
Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

2. BRITISH BULLDOG

Players line up at one end of ice, on coaches' signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players. Can also be done with pucks.

3. SKILL DRILL (1.6.22/2.4.11)

Players are divided up into 4 groups, split evenly at each starting point. Lane 1 players carry puck to second pylon and executes a reverse pivot and skates backwards to first pylon, once around pylon, skates forward again to 4th pylon and repeats. In lane 2 player carries puck and at each pylon performs a bank pass off the boards to themselves.



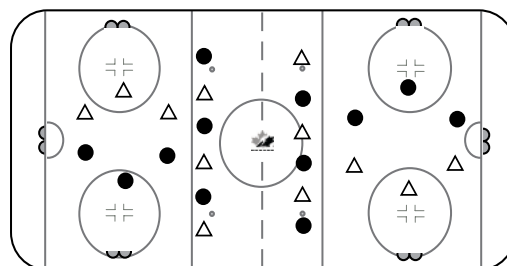
KEY EXECUTION POINTS

- Make sure player spread out.
- No body checking.
- Go through circuit 4-5 times. Keep players moving.

10 MIN FUN GAME

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

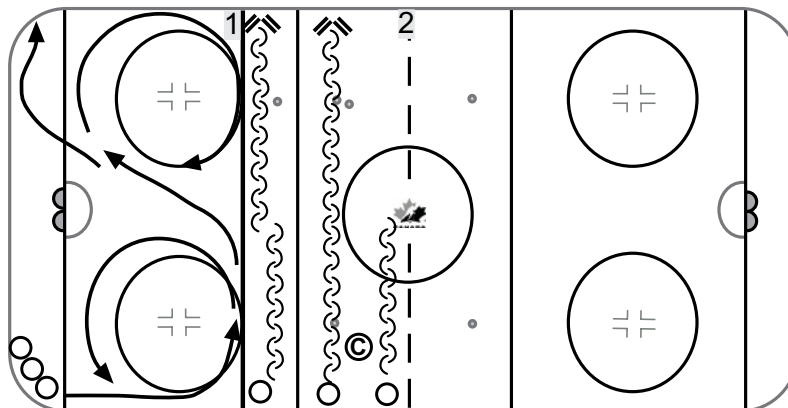
- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. CROSSOVERS (1.6.10/1.6.16)

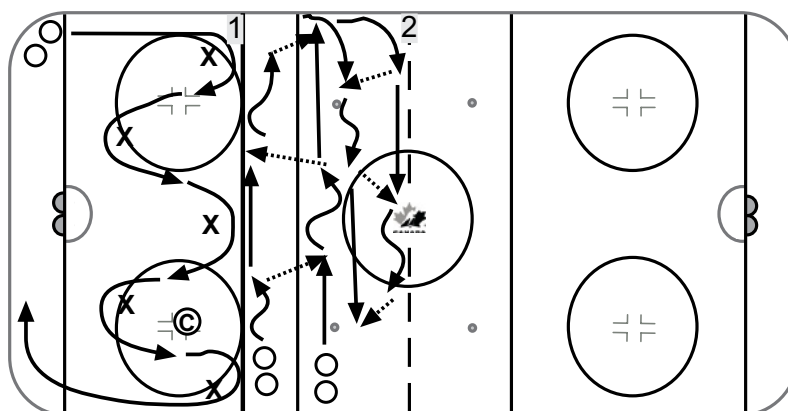
2. BACKWARDS C-CUTS / BACKWARDS STOPPING (1.5.02/1.3.10/1.3.11)



SKILL STATIONS #2

1. TIGHT TURNS (1.6.02)

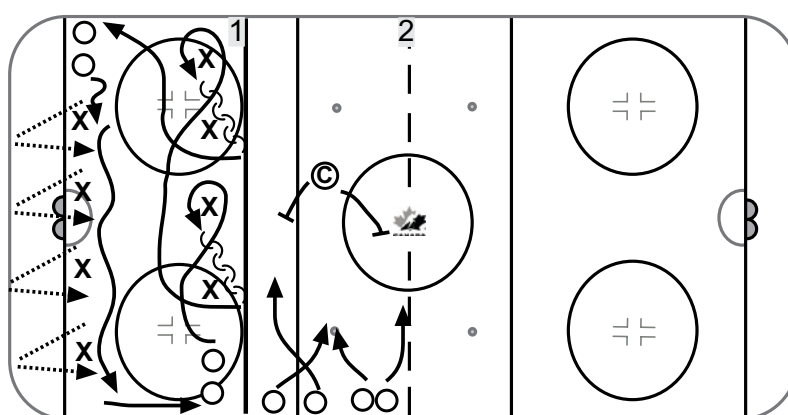
2. PAIRS PASSING (2.4.01/2.4.02/2.4.13)



SKILL STATIONS #3

1. SKILL DRILL (1.6.22/2.4.11)

2. BRITISH BULLDOG



U9/U8

Practice Plans G

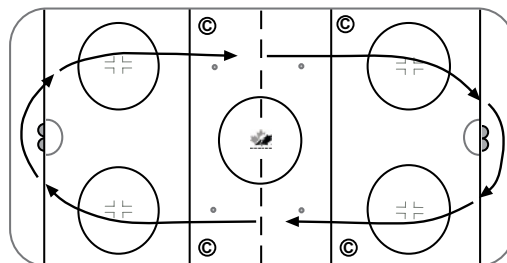
Session Objectives: Front V-Start, Stickhandling, Skating with the Puck, Forwards/Backwards Pivots, Pivots

10 MIN

WARM - UP

WARM UP (1.4.05/1.4.06/1.4.10/1.4.08/1.1.14)

Players skate around the ice in a clockwise manner. Coaches can lead them in various skills: Slalom C-cuts Narrow and wide, C-cuts – Heel only, C-cuts crossunders, shoot the duck.

**KEY EXECUTION POINTS**

- Change directions, vary speeds, forwards / backwards.

20 MIN

SKILL STATIONS #1

1. FRONT V-START (1.3.02)

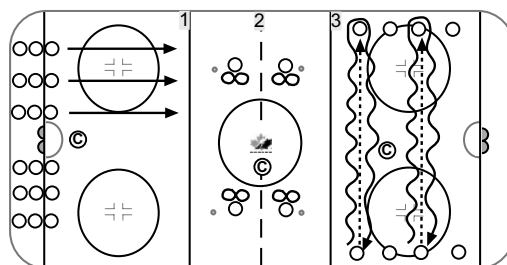
Players line up on goal line. Perform a front v-start and then stride to blue line. Do 3-4 times, then add pucks.

2. STICK HANDLING (2.1.14)

Players begin with stationary stick handling (Figure 8's, out to the side, through legs etc.) Players then move around area, trying the same moves.

3. SKATING WITH PUCK (2.4.01/2.4.02)

Players form 2 groups, one on each side of the rink. All pucks on one side. Player with puck skates to other side, skates around partner, and back to original position, then passes puck across the ice to partner, who repeats same pattern. Progress to where player passes puck to partner, then skates around partner, and receives puck back, skates to other side, and then passes back across the ice.

**KEY EXECUTION POINTS**

- Quick feet, strong first 4-5 strides
- Encourage players to try different moves
- Have players 4-5 feet out from boards

20 MIN

SKILL STATIONS #2

1. FORWARD / BACKWARDS PIVOTS (1.6.21)

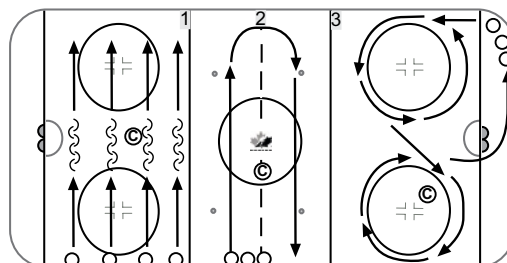
Players line up on boards. On coaches' signal, skate forward to tops of circle, pivot and skate backwards to next circle, pivot, and skate forwards to far boards. Repeat 2-3 times. After 3 repetitions, start backwards instead of forward.

2. SKATING (1.4.17/1.4.18/1.6.23/1.6.12/1.5.11)

Players start on boards and execute various skating skills to far boards, then return to line repeating same skill. Have players execute the following skills: stride and bend, stride and jump, heel to heel glide, crossovers – three quick.

3. C-CUTS – CROSSUNDERS (1.6.09)

Players start in the corner and skate around the circles executing normal c-cut, but instead of recovering next to the glide leg, the drive leg crosses behind the glide foot and executes a c-cut with the outside edge of the skate.

**KEY EXECUTION POINTS**

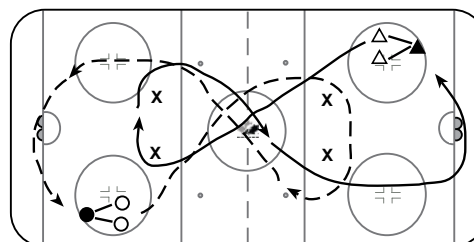
- Forwards and Backwards

10 MIN

FUN GAME

CHUCK WAGON RACES

Split players into 2 groups in opposite corners, at opposite ends of the ice. Move nets out to hash marks. Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.

**KEY EXECUTION POINTS**

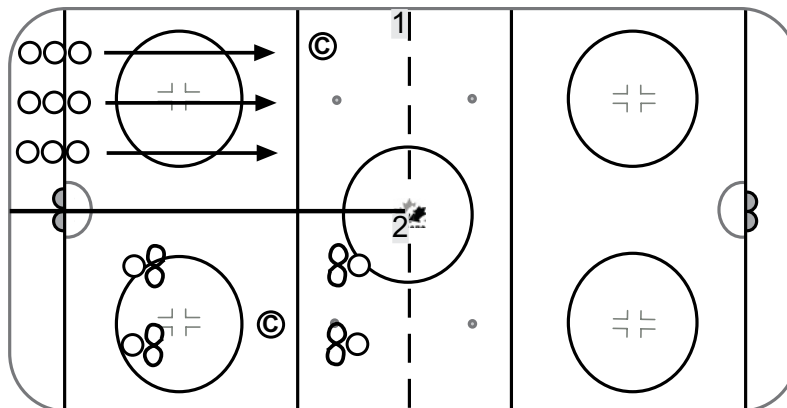
- Players must watch for the criss-cross at center.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. FRONT V-START (1.3.02)

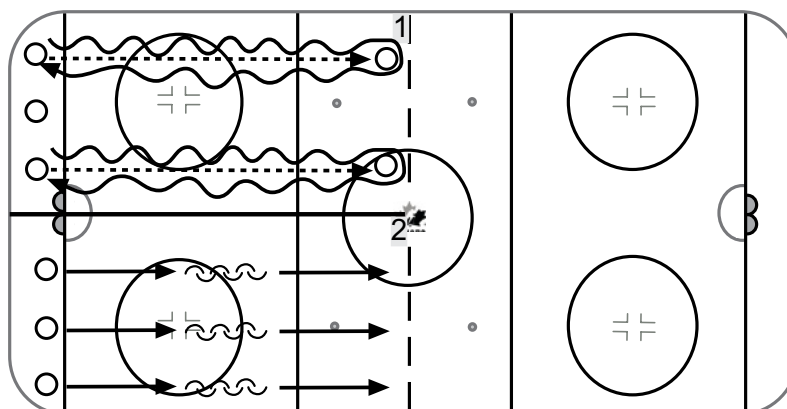
2. STICK HANDLING (2.1.14)



SKILL STATIONS #2

1. SKATING WITH PUCK (2.4.01/2.4.02)

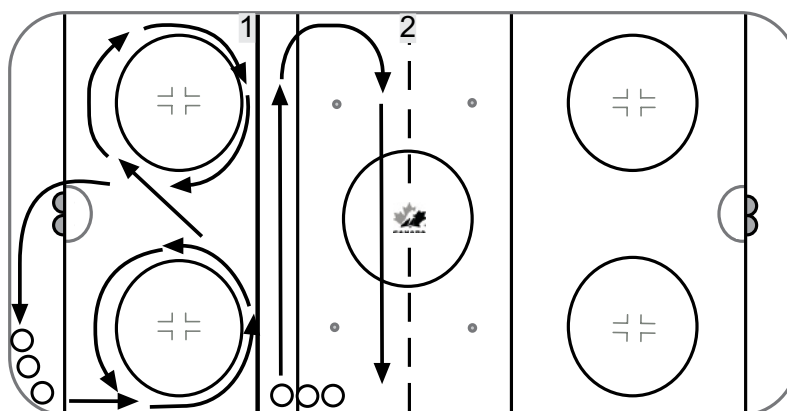
2. FORWARD / BACKWARDS PIVOTS (1.6.21)



SKILL STATIONS #3

1. C-CUTS - CROSSUNDERS (1.6.09)

2. SKATING (1.4.17/1.4.18/1.6.23/1.6.12/1.5.11)



U9/U8

Practice Plans H

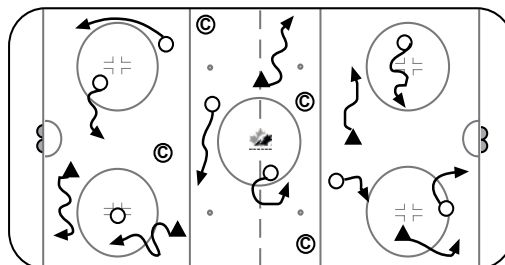
Session Objectives: Tight turns, Lateral Crossovers, Agility, Passing, Forward/Backward pivots, Skating with puck, Backwards C-cuts

10 MIN

WARM - UP

WARM UP (2.2.03/2.2.04/2.2.23/2.2.07/2.2.08)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves: narrow-wide combination, side-front-side, toe drag, open ice carry, weaving with puck.

**KEY EXECUTION POINTS**

- Correct technique

20 MIN

SKILL STATIONS #1

1. TIGHT TURNS ACCELERATION (1.3.02/1.6.02/1.3.08)

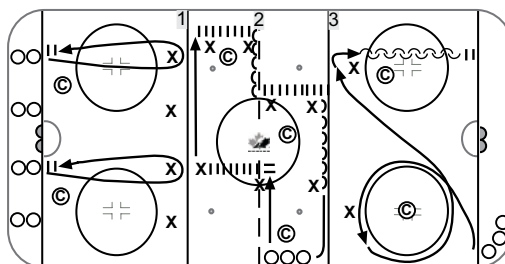
Players line up on goal line. Perform Front V-start, skate out to pylon, do a tight turn around pylon and accelerate out of turn, returning to the goal line and performing a two foot stop. Practice going around pylon both ways. Add Pucks. Next player goes when first player gets to pylon.

2. LATERAL CROSSOVERS (1.3.08/1.1.12)

Players start at side boards. Skate to first pylon, two foot stop, lateral crossovers to 2nd pylon, skate forwards, lateral crossovers to 3rd pylon. C-cuts with right leg to 4th pylon, lateral crossovers to 5th pylon, c-cuts with left leg back to starting point. Second time through skate course in reverse. Add pucks.

3. AGILITY COURSE (1.6.10/1.6.21/1.3.11)

Players start in corner, do crossovers around circle, skate to pylon at top of far circle, pivot and skate backwards to goal line, perform a two foot stop, and return to line. Second time through start backwards. Third time through use pucks. Change sides and repeat.

**KEY EXECUTION POINTS**

- Next player goes when first players gets to 1st pylon.
- Next player goes when first player hits hashmarks

20 MIN

SKILL STATIONS #2

1. 5 PLAYER PASSING (2.3.01/2.3.02)

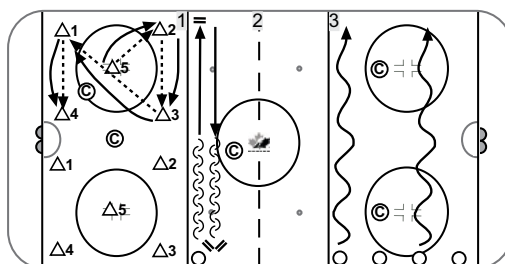
5 passes to 2, 2 passes to 3, 3 passes to 1, 1 passes to 4, 4 passes to 5. Repeat. Pass on both forehand and backhand. Players change positions.

2. PIVOTS (1.6.21)

Players start on side boards. Skate backwards to center, pivot and skate forward to far boards; perform a two foot stop at boards. Player then skates forward to center, pivots and skates backwards to boards performing a two foot backwards stop. Repeat with pucks.

3. SKATING WITH PUCK (2.2.05/2.2.06/2.2.26)

Players start on side boards. Stickhandle with puck to far side. 2nd time through push puck on forehand, 3rd time through push puck on backhand. Progress to having players drop puck into skates and kick back up to stick.

**KEY EXECUTION POINTS**

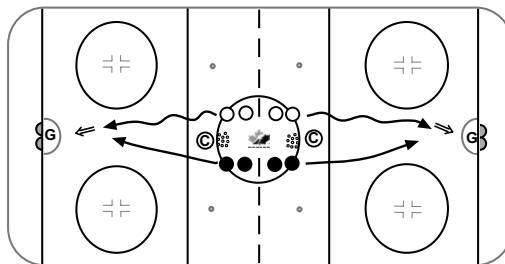
- Pass only on eye contact with receiver
- Always pivot in same direction
- Do with speed, and eyes up

10 MIN

FUN GAME

SHOOTOUT

Have players line up in two lines at center ice (use both ends). One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

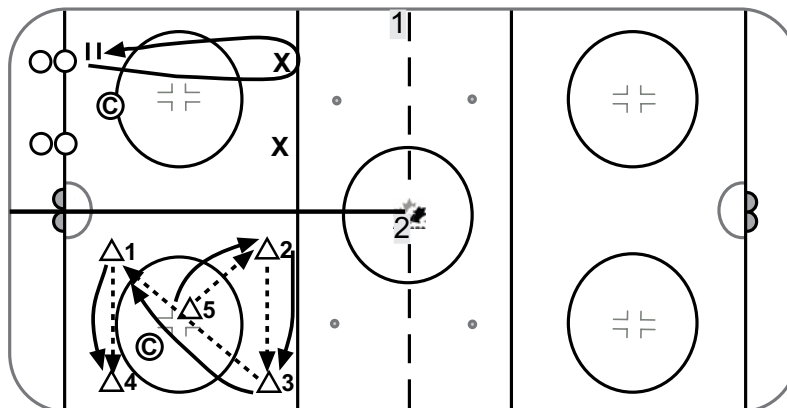
**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck, quick feet off the start, protect puck, alternate lines after each attempt.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

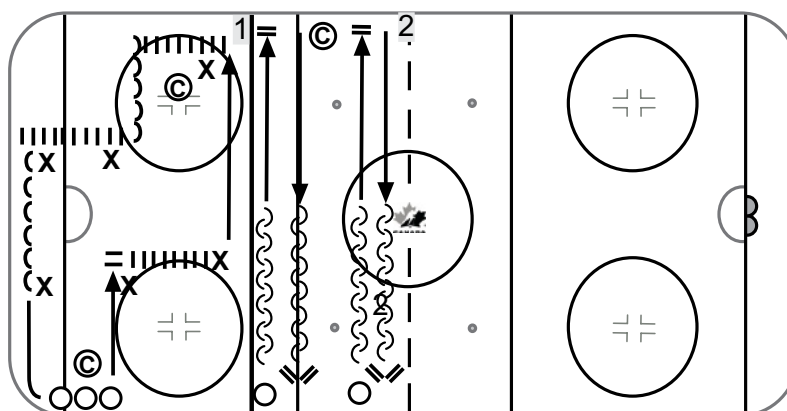
SKILL STATIONS #1

1. TIGHT TURN ACCELERATION (1.3.02/1.6.02/1.3.08)
2. 5 PLAYER PASSING (2.3.01/2.3.02)



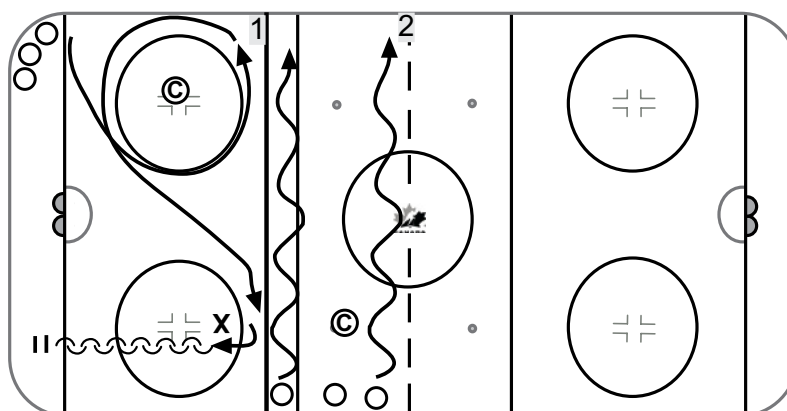
SKILL STATIONS #2

1. LATERAL CROSSOVERS (1.3.08/1.1.12)
2. PIVOTS (1.6.21)



SKILL STATIONS #3

1. AGILITY COURSE (1.6.10/1.6.21/1.3.11)
2. SKATING WITH PUCK (2.2.05/2.2.06/2.2.26)



U9/U8

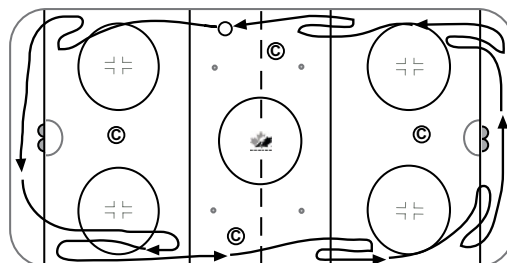
Practice Plans I

Session Objectives: Tight Turns, Stopping with puck, Stickhandling, Open ice carry, backwards striding, moving to space, stationary shooting

10 MIN WARM - UP

WARM UP (1.6.02)

Players skate around the ice in a counter-clockwise manner. On whistle, player performs tight turn towards the boards, and accelerates out of the turn. After a couple minutes add pucks.



KEY EXECUTION POINTS

- Change directions on whistle, can add 2 whistles back to back, have players skate in both directions

20 MIN SKILL STATIONS #1

1. BACKWARDS STRIDING (1.3.11)

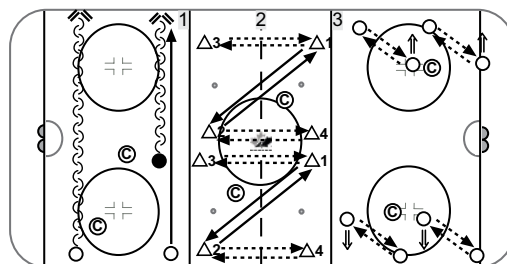
Players skate across the ice backwards, performing a 2 foot backwards stop at boards. Variation: player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards.

2. MOVING TO SPACE (2.4.01/2.4.02)

Divide players into groups of four. Position the four players to form a square. Use spot of spray paint to indicate position. Players 1 and 2 each have a puck and pass to player 3 and 4 respectively. Players 1 and 2 exchange positions. Player 2 (in new position) receives a pass from 3 and 1 (in new position) receives a pass from 4. Players 3 and 4 exchange position and receive a pass. Use both forehand and backhand when passing and receiving.

3. STATIONARY SHOOTING (3.1.01/3.1.02)

Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks. Puck starts with player on boards, who passes to shooter. Repeat 5-6 times, and then switch passer / shooter. Repeat using backhand sweep shot.



KEY EXECUTION POINTS

- Have players go on signal
- Demonstrate proper movement pattern
- Review key points of shooting, and passing

20 MIN SKILL STATION #2

1. STOPPING WITH THE PUCK (1.3.08/2.2.03/2.2.04/2.2.07)

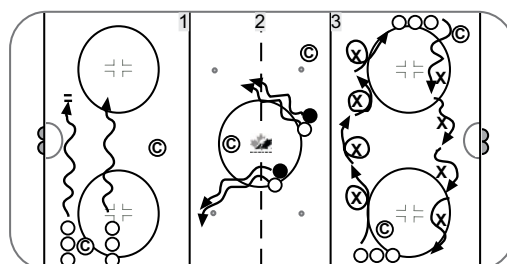
On whistle, accelerate with puck to middle of ice, perform a 2 foot stop. Accelerate again to far boards, and perform a 2 – foot stop. Always stop facing the same side. Have players use various puck control skills: narrow-wide combination, side-front-side, open ice carry.

2. RABBIT / COYOTE (5.1.4.1)

Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

3. BODY AND HEAD FAKES (1.6.04/5.1.1.1)

Players start on boards with puck and execute 360's around each pylon to far boards. On the return, players execute body and head fakes around.



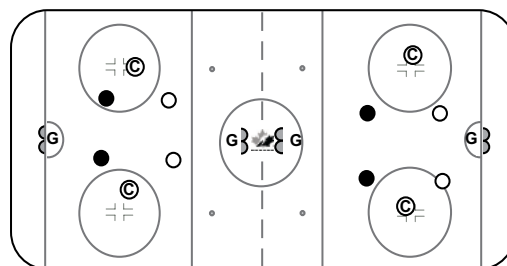
KEY EXECUTION POINTS

- Next group of player goes when first group gets to middle of ice. Work on puck control first, and gradually add speed
- Puck protection, Agility, Only stick checks allowed to get the puck

10 MIN FUN GAME

HALF ICE SCRIMMAGE

Divide players into 4 teams. Play 2 games half ice. Spare players are on benches, number of times the coach blows the whistle indicates how many players for each team come on the ice.



KEY EXECUTION POINTS

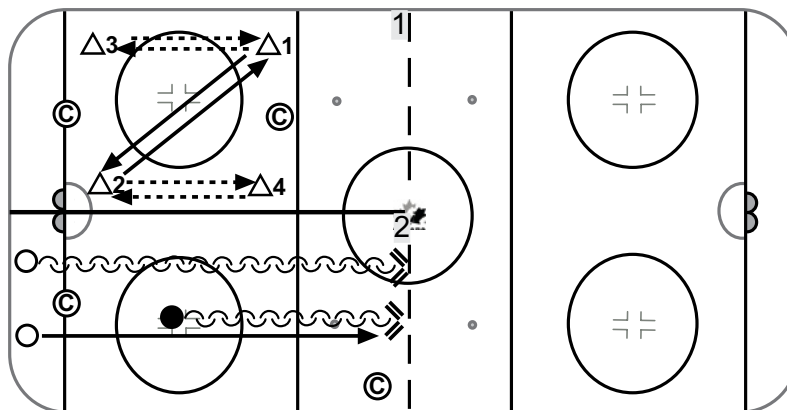
- Use pucks, tennis balls, hockey balls etc... Alternate 1 puck, 2 pucks, 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. MOVING TO SPACE (2.4.01/2.4.02)

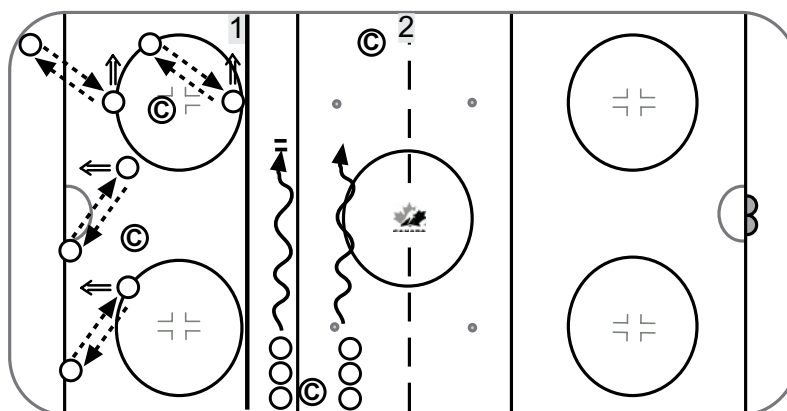
2. BACKWARDS STRIDING (1.3.11)



SKILL STATIONS #2

1. STATIONARY SHOOTING (3.1.01/3.1.02)

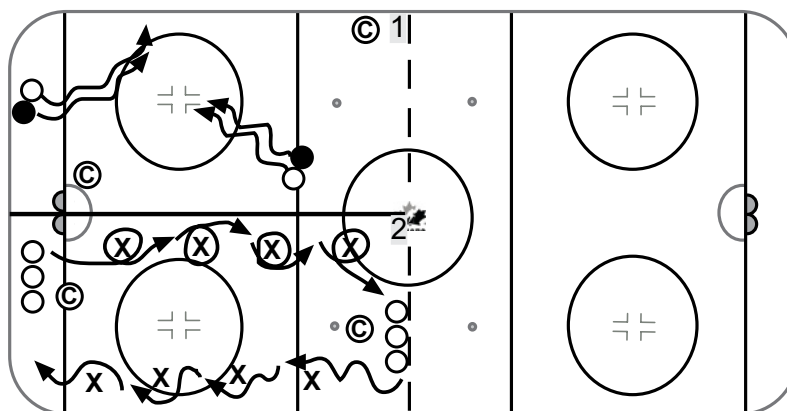
2. STOPPING WITH THE PUCK
(1.3.08/2.2.03/2.2.04/2.2.07)



SKILL STATIONS #3

1. RABBIT / COYOTE (5.1.4.1)

2. BODY AND HEAD FAKES (1.6.04/5.1.1.1)



U9/U8

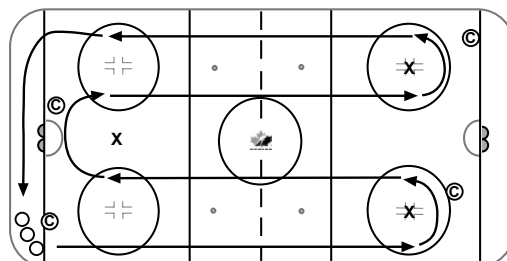
Practice Plans J

Session Objectives: Pairs passing, balance and agility, stationary shooting, backwards striding, lateral crossovers

10 MIN WARM - UP

WARM UP (1.2.07/1.2.09/1.2.11/1.4.08/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, slalom, c-cuts - crossovers, crossovers - three quick, stops and starts, stride and bend, jump stride.



KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done. Players go one after another

20 MIN SKILL STATIONS #1

1. RABBIT / COYOTE (5.1.4.1)

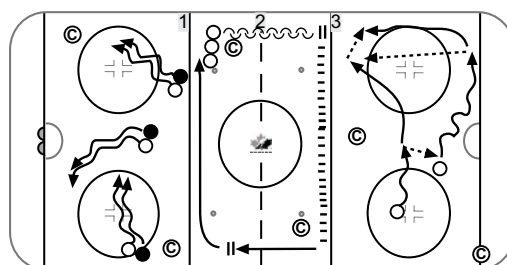
Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

2. AGILITY SKATE (1.3.11/1.1.12/1.3.08)

Players start on boards at blue line and skate backwards to far blue line then executes a two foot stop. The player then executes lateral crossovers across the blue line to the far boards. Player skates forward towards blue line and executes another two foot stop, then skates to the back of the line.

3. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)

Players partner up, with 1 puck between them. Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice. Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass. Alternate so both players are making shot and long passes.



KEY EXECUTION POINTS

- Puck protection, Agility, Only stick checks allowed to get the puck
- Players go one right after another, Short passes should be 5-6 feet, Long passes 15 - 20 feet.

20 MIN SKILL STATIONS #2

1. PAIRS PASSING (2.4.01/2.4.02/2.4.04/2.4.05)

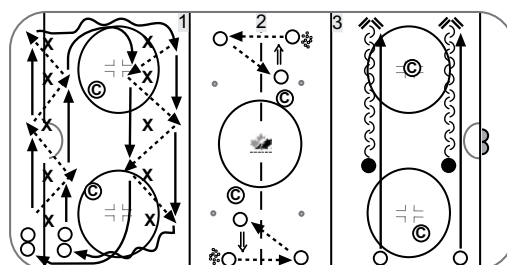
Players partner up, and pass back and forth in between the pylons around the zone. Second time through have players attempt one touch passes. Make sure players use both forehand and backhand.

2. STATIONARY SHOOTING (3.2.01/3.2.02)

Divide players into groups of three and assign them an area on the boards. Each group should have 5-6 pucks. 1 passes to 2, 2 passes to 3, 3 shoots (forehand or backhand), 3 takes 1 position, 1 replaces 2 and 2 becomes shooter.

3. (BACKWARDS STRIDING)

Player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards. After a few reps, have player skating forward carry a puck.



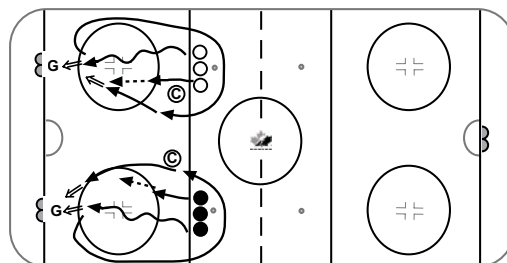
KEY EXECUTION POINTS

- Second group goes when first group gets to second pylon.
- Make sure all players alternate through each position.
- Can turn into a one on one game.

10 MIN FUN GAME

1-2-3 ON 0 - RELAY RACE

Move nets to each end, on goal line, below face off dots. Players line up outside blue line in equal groups, each player with a puck. 1st player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3rd time through, 3 on 0 etc...



KEY EXECUTION POINTS

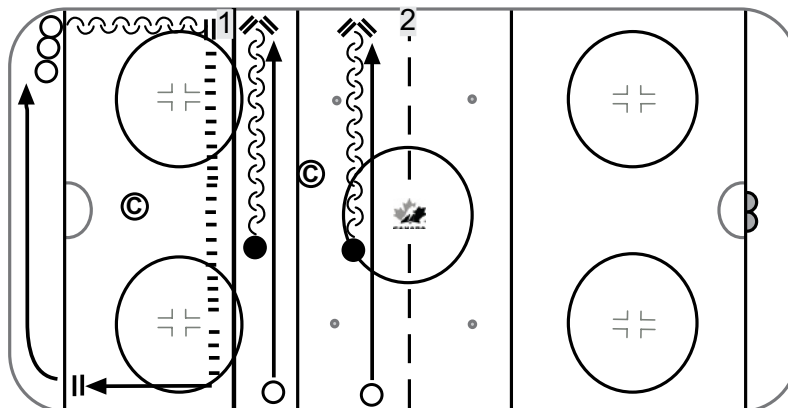
- Use 4 nets if required. Each player must touch puck once before shot.
- Have all players dive across blue line when last player scores

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

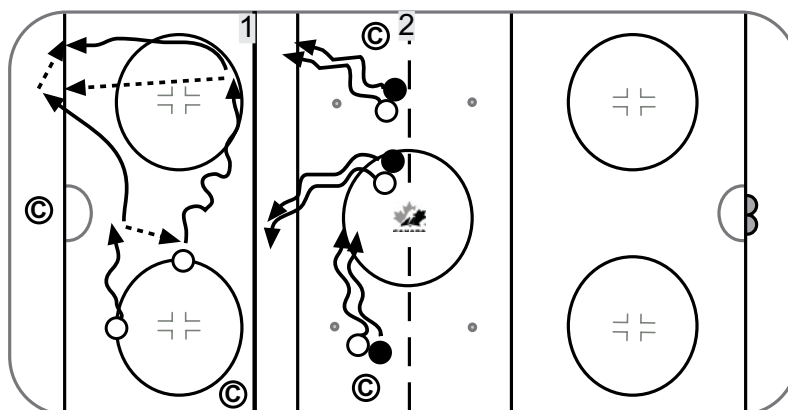
1. AGILITY SKATE (1.3.11/1.1.12/1.3.08)

2. BACKWARDS STRIDING


SKILL STATIONS #2

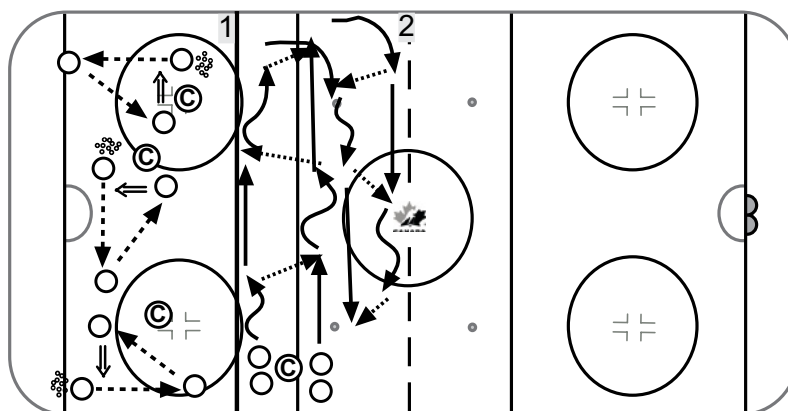
1. SHORT PASS – LONG PASS (2.4.01/2.4.02/2.4.03)

2. RABBIT / COYOTE (5.1.4.1)


SKILL STATIONS #3

1. STATIONARY SHOOTING (3.2.01/3.2.02)

2. PAIRS PASSING (2.4.01/2.4.02/2.4.04/2.4.05)



U9/U8

Practice Plans K

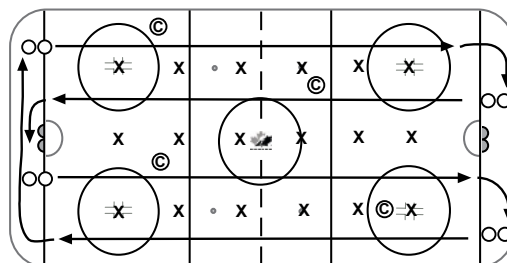


Session Objectives: Bank pass, pairs passing, agility skating, backwards crossover start, pass and follow, shooting

10 MIN WARM - UP

WARM UP (1.2.07/1.2.09/1.2.11/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. Perform the following exercises: forward and backward scissor skate, slalom, c-cuts – crossunders, crossovers - three quick stops and starts, stride and bend, jump stride. Add pucks if desired.



KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done. Players go one after another.

20 MIN SKILL STATIONS #1

1. BACKWARDS CROSS-OVER START - AGILITY MOVEMENT (1.3.05/1.1.12/1.6.21)

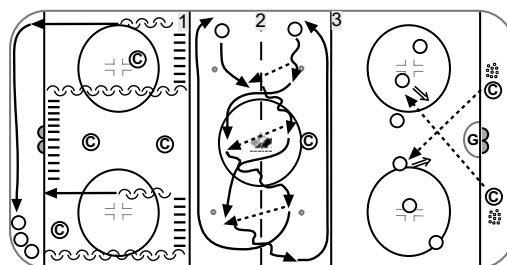
Players execute a backward crossover start and skate to first blue line; do lateral crossovers to the pylon; execute a backward crossover start, skate to hash marks, pivot, skate forward to goal line, lateral crossovers, backwards to blue line, lateral crossovers to boards. Backwards crossover start, at hash marks, pivot, and skate forward.

2. PAIRS PASSING - PASS AND FOLLOW (2.4.13)

Pairs of players pass the puck and exchange positions as they skate across the ice. The player receiving the pass goes in front; the player passing goes behind. Do slowly when first trying drill.

3. SHOOTING (3.2.01/3.2.05/3.7.01/3.7.02)

Players line up in semi-circle in front of net. Coaches pass pucks at random to players who shoot on net. Alternate shooting standing still, then taking a few stride and shooting, then deking. Can switch coaches for players to pass pucks.



KEY EXECUTION POINTS

- Use spray paint to indicate where players perform skill.
- Try to get at least 3 passes in
- Only pass when eye contact is made.

20 MIN SKILL STATIONS #2

1. BANK PASS (2.4.11/2.4.12/2.2.08)

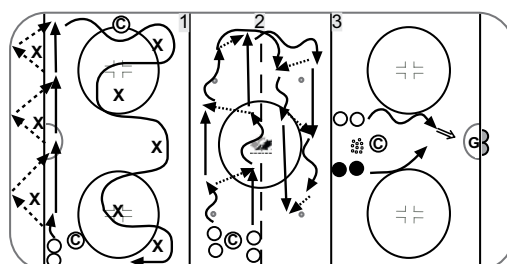
All players in one corner of the ice. Each with a puck. Set up as diagrammed. Skate down one side performing a bank pass at each pylon. Pylons about one metre from boards. Player weaves through the pylons back to the original position. Repeat 4 - 5 times.

2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)

Players partner up, and skate around the zone passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

3. SHOOTOUT

Have players line up in two lines at center ice (use both ends). One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



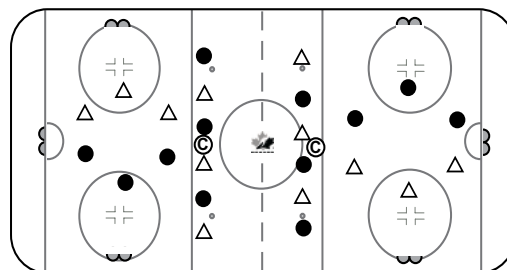
KEY EXECUTION POINTS

- Players go one after another. Make sure players spread out.
- Must be down on one knee if starting without the puck. Quick feet off the start. Protect puck. Alternate lines after each attempt.

10 MIN FUN GAME

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.



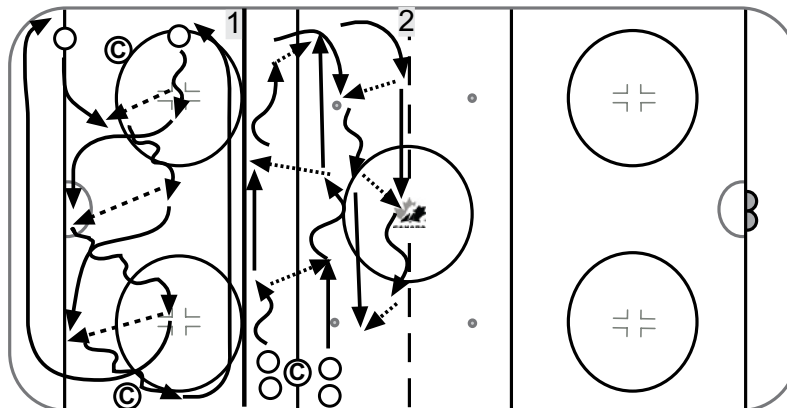
KEY EXECUTION POINTS

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

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

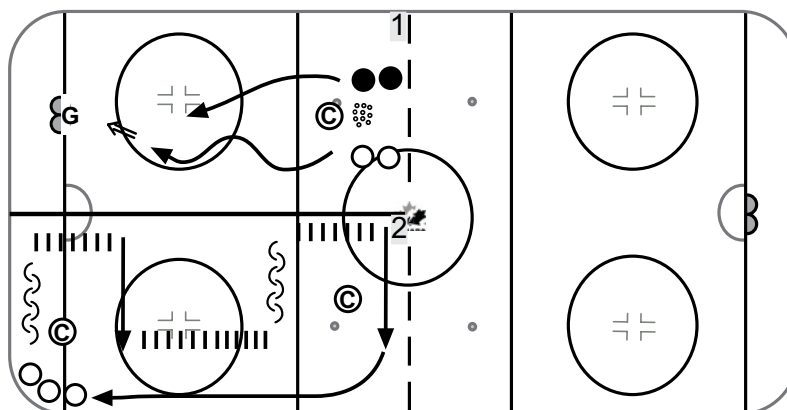
SKILL STATIONS #1

1. PAIRS PASSING - PASS AND FOLLOW (2.4.13)
2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)



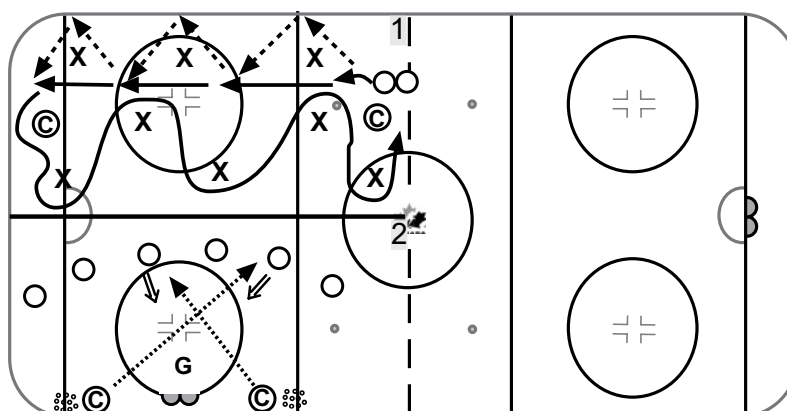
SKILL STATIONS #2

1. SHOOTOUT
2. BACKWARDS CROSS-OVER START - AGILITY MOVEMENT (1.3.05/1.1.12/1.6.21)



SKILL STATIONS #3

1. BANK PASS (2.4.11/2.4.12/2.2.08)
2. SHOOTING (3.2.01/3.2.05/3.7.01/3.7.02)



U9/U8

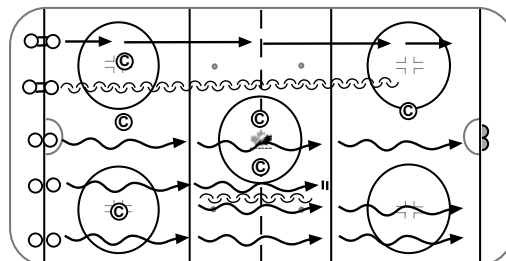
Practice Plans L

Session Objectives: Pairs passing, support passing, balance and agility, pass and move, stationary passing, stationary shooting

10 MIN WARM - UP

WARM UP (1.4.07/1.4.04/1.5.08/1.5.07)

Players are arranged in five groups at one end of the ice surface. Players within each group partner up. Hold opposite ends of two hockey sticks. Player being pulled offers resistance by braking with one skate. Switch positions at end and return. Have players execute slalom, and c-cuts while pulling partner. Repeat while skating backwards.



KEY EXECUTION POINTS

- High Tempo, Use wave formation.

20 MIN SKILL STATIONS #1

1. BACKWARD CROSSOVERS - REACHING (1.6.17)

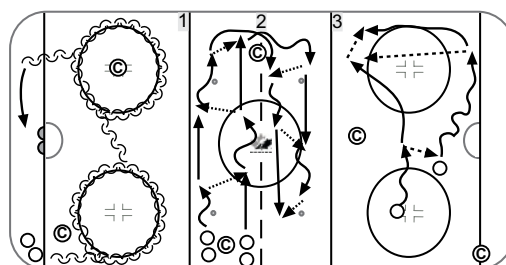
Players start in corner and execute backwards crossovers around each circle. Emphasize that inside foot should reach as far as possible.

2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)

Players partner up, and skate around the zone passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

3. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)

Players partner up, with 1 puck between them. Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice. Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass. Alternate so both players are making short and long passes



KEY EXECUTION POINTS

- Make sure players spread out. Work on touch passing
- Short passes should be 5-6 feet, Long passes 15 - 20 feet. Both players must keep moving at all times.

20 MIN SKILL STATIONS #2

1. PASS AND MOVE (2.4.11/2.4.12)

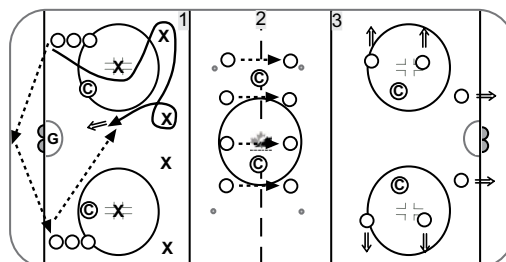
1 gives a bank pass behind the net to 2. 1 weaves through the pylons as diagrammed and heads for the goal. 2 passes the puck to 1. 1 shoots and goes to end of other line, 2 then gives bank pass.

2. STATIONARY PASSING (2.3.03/2.3.04)

Players partner up, and pass back and forth using forehand and backhand. Move progressively farther apart. Alternate receiving pass on forehand, then giving pass on backhand and vice versa.

3. STATIONARY SHOOTING (3.2.01/3.2.02/3.2.03/3.2.04)

Players spread out around zone, and practice wrist shots, and backhand shots. Can also shoot on goalie.



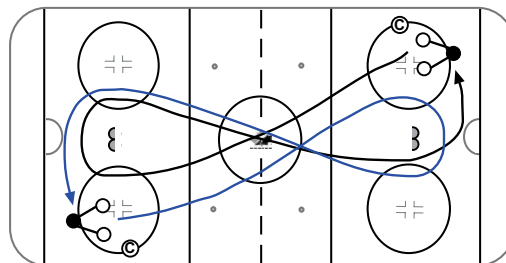
KEY EXECUTION POINTS

- Demonstrate first time through

10 MIN FUN GAME

CHUCKWAGON RACES

Split players into 2 groups in opposite corners, at opposite ends of the ice. Move nets out to hash marks. Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.



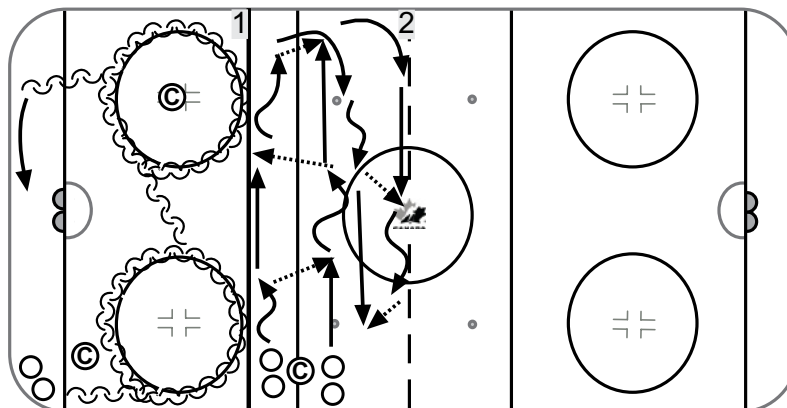
KEY EXECUTION POINTS

- Watch for criss-cross at centre

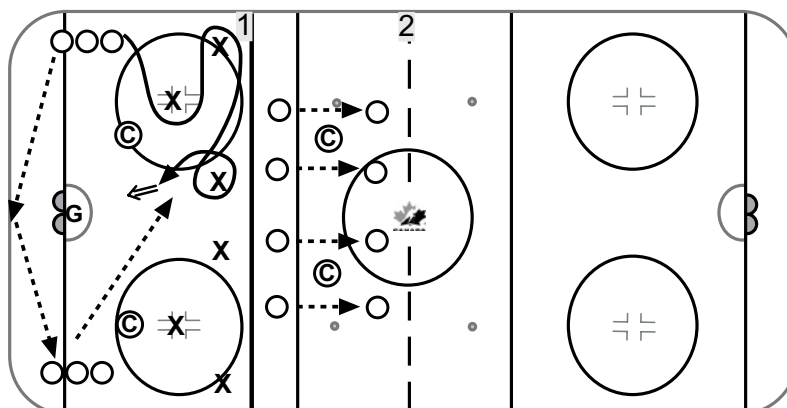
Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

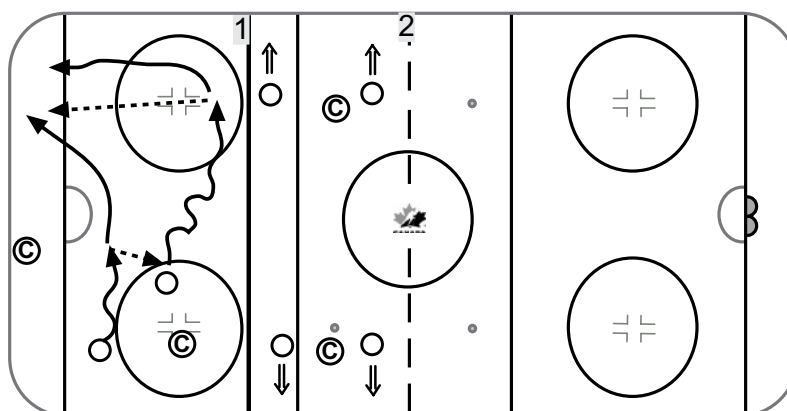
1. BACKWARD CROSSOVERS - REACHING (1.6.17)
2. PAIRS PASSING 2.4.01/2.4.02/2.4.13/5.3.1.1


SKILL STATIONS #2

1. PASS AND MOVE (2.4.11/2.4.12)
2. STATIONARY PASSING (2.3.03/2.3.04)


SKILL STATIONS #3

1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)
2. STATIONARY SHOOTING (3.2.01/3.2.02/3.2.03/3.2.04)



U9/U8

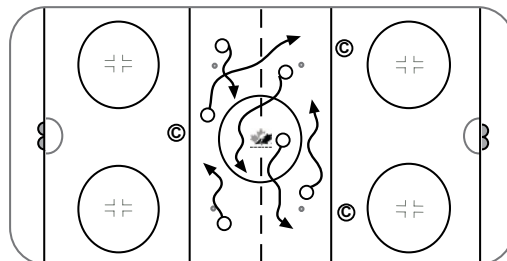
Practice Plans M

Session Objectives: Pairs passing, tight turn puck control, telescope passing, pass and shoot, two foot stop, crossover start, flip pass, fakes

10 MIN WARM - UP

WARM UP

Players skate around the neutral ice zone each with a puck. As players are stick handling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play. Players that lose their pucks have to try and knock pucks off of the sticks of the remaining players. Keep going until last puck is knocked out of the zone.



KEY EXECUTION POINTS

- Heads up, Players must keep skating

20 MIN SKILL STATIONS #1

1. TIGHT TURN PUCK CONTROL (2.2.08)

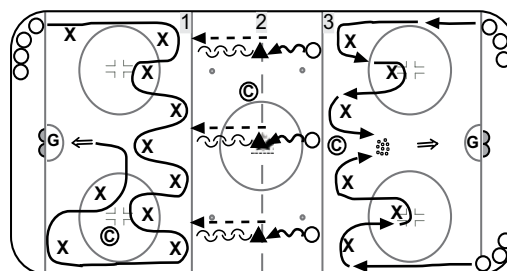
Players start in corner, and weave through pylons with puck and finish with a shot on net. Second time through put puck on one side of pylon, and skate on the other side, and pick puck up again.

2. TELESCOPING PASSING (2.4.08)

Players partner up. Player with puck skates forward, player without puck skates backward, and receives pass, stops, and then skates forward. After pass, player then stops and skates backwards to receive pass.

3. RELAY RACE

Split players into 2 groups, one in each corner. Coach spots puck in middle of ice. On signal players weave through pylons, and race for puck. First player to puck goes in for shot on net, second player tries to prevent shot.



KEY EXECUTION POINTS

- Encourage players to be creative when getting to pylon
- Focus on control first, and then speed
- Encourage the competition

20 MIN SKILL STATIONS #2

1. PASS AND SHOOT (2.3.01/2.3.02/3.2.05)

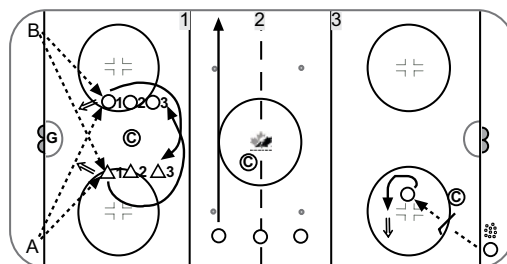
Player A in corner passes to 1. 1 shoots at the goal. Player A passes to 2 who shoots at the goal. Player B passes to 1, and then to 2. 1 goes to end of other line and 2 goes to the end of opposite line.

2. 2 FOOT STOP / CROSSOVER START (1.3.03/1.3.08)

Players line up on side boards. Skate to far side using front cross-over start to begin, and perform a 2 foot stop at far side, come back using crossover start again. Repeat 3- 4 times with each player.

3. FLIP PASS (2.3.05)

Players pair off and find an area on boards. Place stick between players as shown. 2 should have 5-6 pucks. 2 uses flip pass to get the puck over agility board to X1. 1 receives pass on forehand, turns 180° and shoots backhand. Receive second puck on backhand, turn 180° and shoot forward.



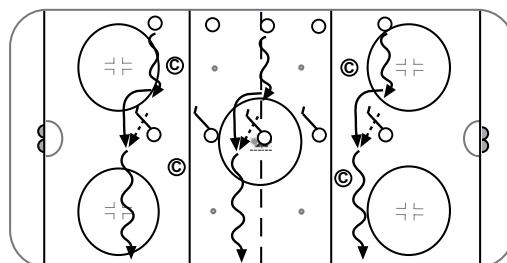
KEY EXECUTION POINTS

- Keep lines moving
- Split into two groups, so players get rest in between reps
- Demonstrate flip pass

10 MIN FUN GAME

1 ON 1 DEKING (5.1.5.1)

Players partner off. One partner on boards with puck, the other partner at mid ice facing his partner. Player at mid ice has stick on ice. Player on boards skates to mid ice. Put puck under players' stick by going from left to right. Skate to other side. Do four times. Repeat but pull puck through from right to left. Partners switch positions.



KEY EXECUTION POINTS

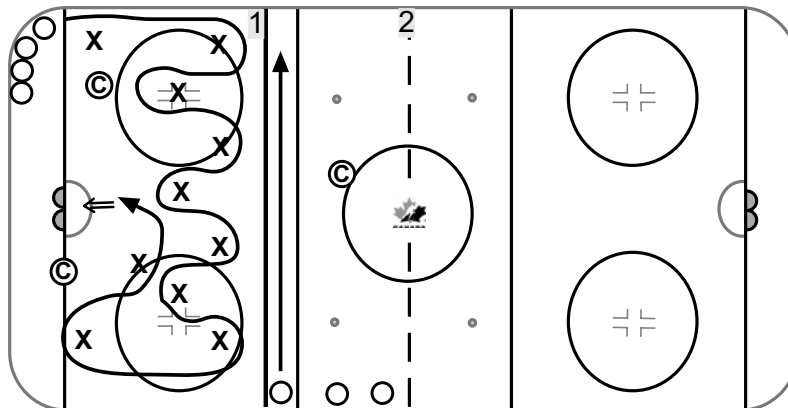
- Defensive player is passive

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. TIGHT TURN PUCK CONTROL (2.2.08)

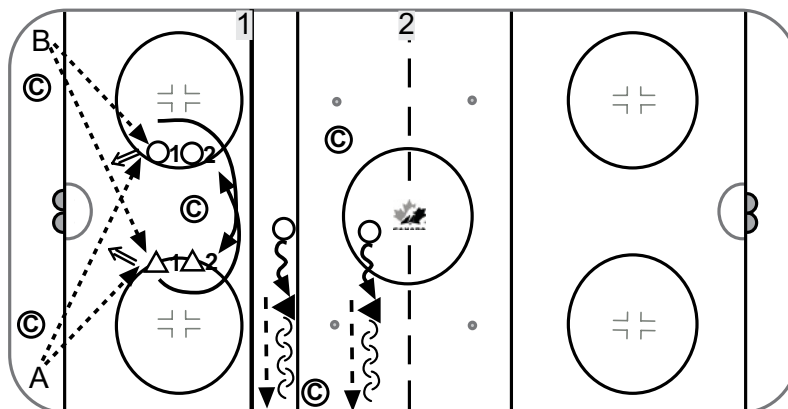
2. 2 FOOT STOP / CROSSOVER START (1.3.03/1.3.08)



SKILL STATIONS #2

1. PASS AND SHOOT (2.3.01/2.3.02/3.2.05)

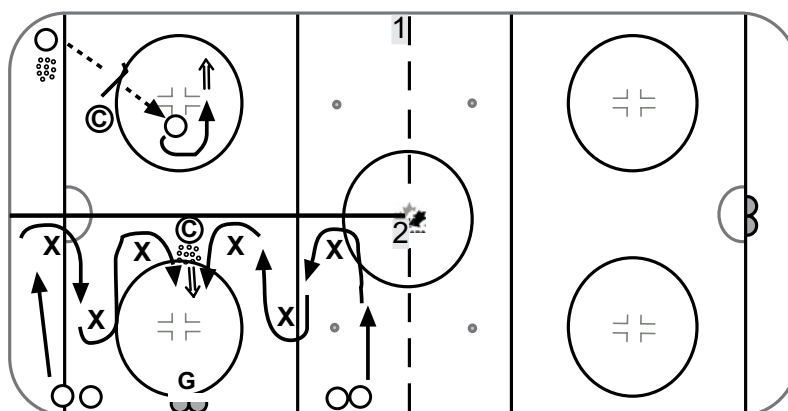
2. TELESCOPING PASSING (2.4.08)



SKILL STATIONS #3

1. FLIP PASS (2.3.05)

2. RELAY RACE.



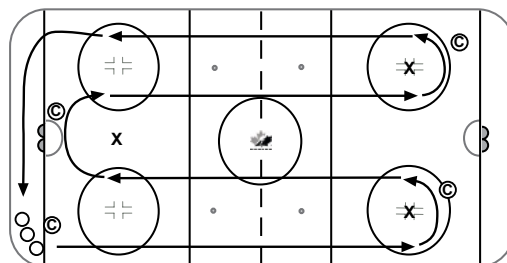
U9/U8

Practice Plans N

Session Objectives: Agility Skating, Pass and Shoot, Fakes, Flip pass and move, Backwards stopping, pivots.

10 MIN WARM - UP

WARM UP (1.2.08/1.2.10/1.4.05/1.5.05/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)
Players start in corner, and follow the path as indicated in the diagram. Perform following exercises: Forward and backward scissor skate, slalom, c-cuts - crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride.



KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done. Players go one after another

20 MIN SKILL STATIONS #1

1. PASS AND SHOOT

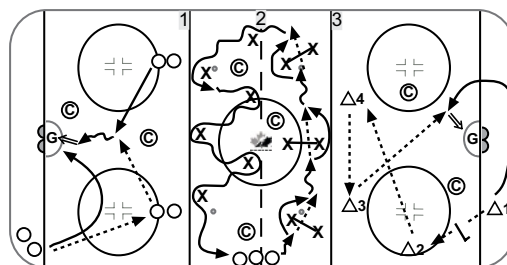
Player from corner passes to player at top of circle, and then heads to the front of the net. Player from other side moves into slot area, and receives pass, takes shot on net, player who started play moves in for rebound. Players rotate line in clockwise manner.

2. FAKING (2.2.08)

On one side of red line arrange pylons as shown with sticks on the top. On the other side of red line arrange cones in a weaving pattern. Players slide puck between pylons and under stick. Must then pick puck up on the other side. Use both forehand and backhand. Weave through pylons on the other side.

3. FLIP PASS AND MOVE (2.3.05)

Place stick on ice between 1 and 2. 1 executes a flip pass to 2. 2 passes to 4, 4 passes to 3. 1 after passing to 2, skates behind net and curls around the pylon, 3 passes to 1, 1 shoots a wrist shot on the net. Rotation 2 to 1 to 4 to 3 to 2.



KEY EXECUTION POINTS

- Explain importance of timing
- Use players if sticks and pylons won't work
- Demonstrate movement pattern

20 MIN SKILL STATIONS #2

1. BACKWARDS STOPPING (1.3.05/1.3.11)

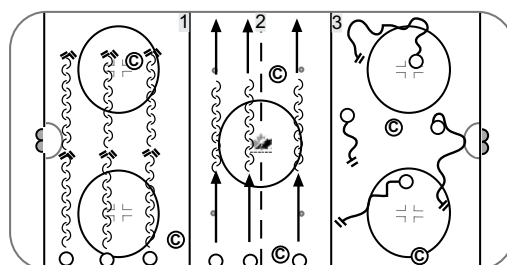
Line players up on boards. Perform backwards cross-over start, skate to middle of ice and perform a 2 foot stop. Repeat to far boards. Add pucks if desired.

2. PIVOTS (1.6.21)

Line players up on boards. Players skate forwards 5-6 strides, then pivot, and skate backwards 5-6 strides. Try to get 3 pivots in before reaching other boards.

3. CHAOS (2.2.03/2.2.04/2.2.09/2.2.16/2.2.17)

Players skate around the zone in random manner on coaches signal players stop with puck keeping control. On next whistle, players start again. Have players stickhandle narrow and wide combination, side front side, on one leg, hands together, and hands wide.



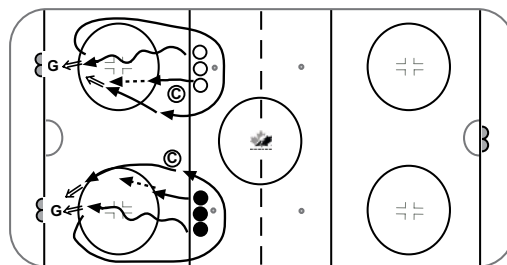
KEY EXECUTION POINTS

- All players goes at once
- Encourage quick feet
- Change directions, Vary speeds, Forwards / Backwards

10 MIN FUN GAME

1-2-3 ON 0 - RELAY RACE

Move nets to each end, on goal line, below face off dots. Players line up outside blue line in equal groups, each player with a puck. 1st player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3rd time through, 3 on 0 etc...



KEY EXECUTION POINTS

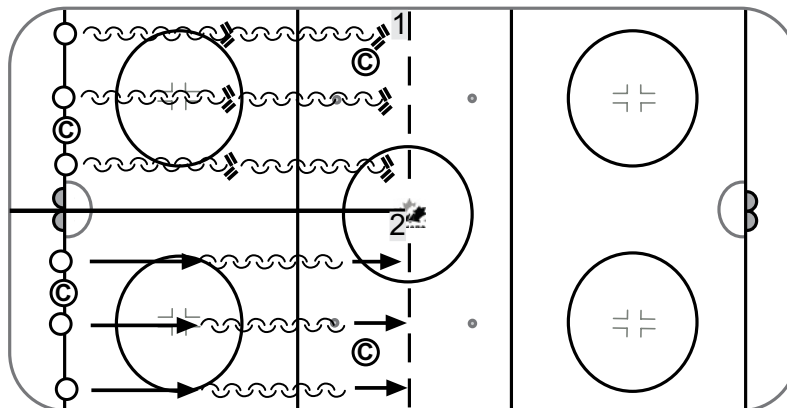
- Divide into teams and keep score. Teams change positions once 3 outs are made

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. BACKWARDS STOPPING (1.3.05/1.3.11)

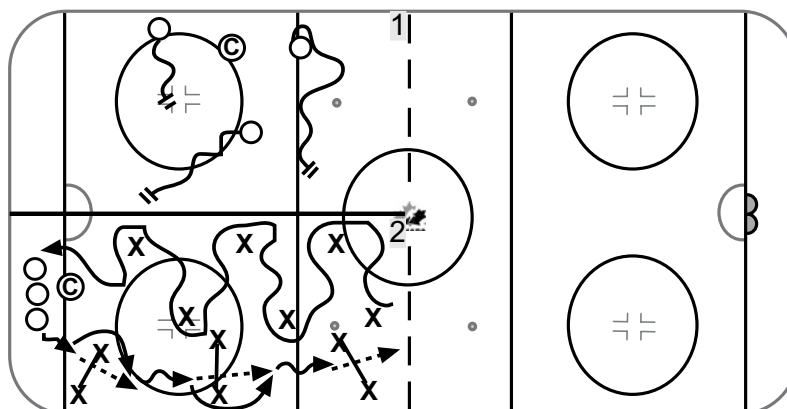
2. PIVOTS (1.6.21)



SKILL STATIONS #2

1. CHAOS (2.2.03/2.2.04/2.2.09/2.2.16/2.2.17)

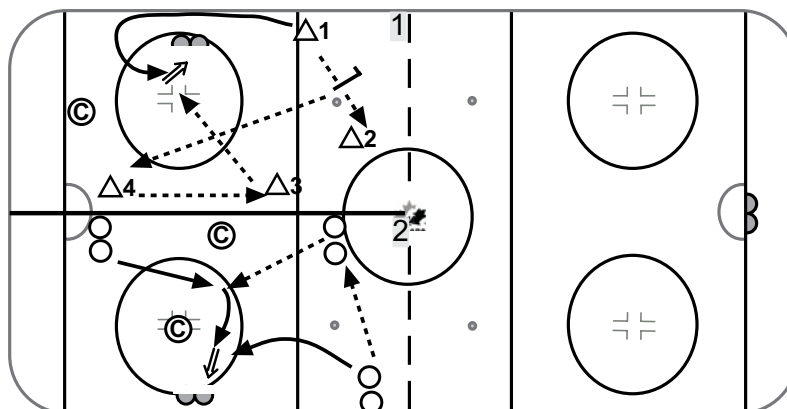
2. FAKING (2.2.08)



SKILL STATIONS #3

1. FLIP PASS AND MOVE (2.3.05)

2. PASS AND SHOOT



U9/U8

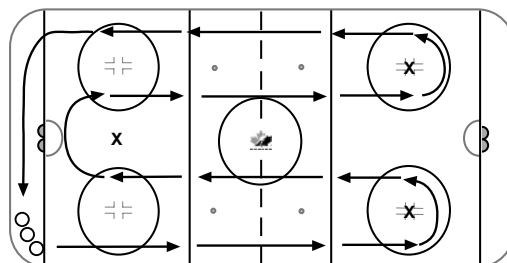
Practice Plans ○

Session Objectives: Backwards lateral crossovers, pass and move, pass and follow, shooting while moving

10 MIN WARM - UP

WARM UP (1.2.08/1.2.10/1.5.06/1.4.09/1.1.14/1.3.08/1.4.17/1.4.18/1.5.11)

Players start in corner, and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, backward slalom, c-cuts – crossunders, shoot the duck, stops and starts, stride and bend forward and backward, jump stride forward and backward.



KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done. Players go one after another.

20 MIN SKILL STATIONS #1

1. PASS AND MOVE

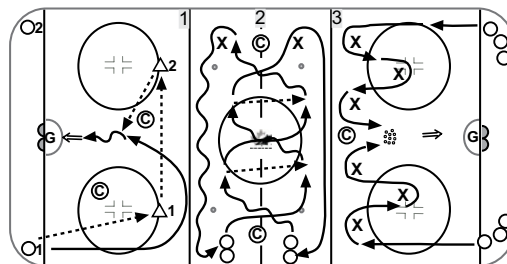
1 passes to D1, D1 passes to D2 while, 1 skates out around defenceman, 1 receives a pass from D2 and shoots on the net. 1 goes to end of line in opposite corner. 2 passes to D2 and repeats drill. D1 and D2 must use forehand and backhand when passing.

2. PASS AND FOLLOW (2.4.13)

1 skates with puck and exchanges position with 2, 1 passes in front of 2. 1 passes to 2. Players again exchange positions 2 in front 1 behind. At far side players execute a tight turn around pylons and return to opposite line.

3. RELAY RACE

Split players into 2 groups, one in each corner. Coach spots puck in middle of ice. On signal players weave through pylons, and race for puck. First player to puck goes in for shot on net, second player tries to prevent shot.



KEY EXECUTION POINTS

- Keep players moving, change defensemen every 4-5 reps.
- Try to get at least 3 passes in.

20 MIN SKILL STATIONS #2

1. CHAOS (2.2.16/2.2.17/2.2.23/2.2.19)

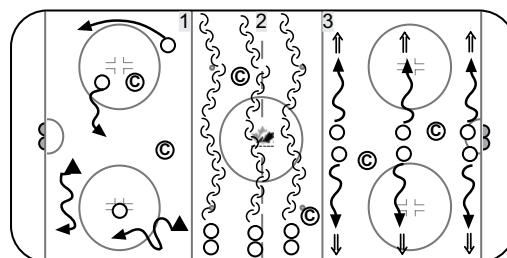
Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves such as on one leg, hands together, hands wide, toe drag, rotation.

2. BACKWARDS LATERAL CROSSOVERS (1.6.17)

Line players up on goal line. Skate backwards down the ice. Do two lateral crossovers to the left followed by two to the right. Repeat the sequence the full length of the ice. Do three lengths. Repeat but three crossovers to each side.

3. SHOOTING WHILE MOVING (3.2.05)

Players spread out around ice, and practice wrist shots, and backhand shots. Can also shoot on goalie. Have players skate towards boards, and shoot while moving.



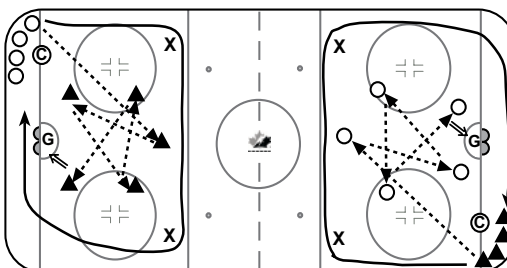
KEY EXECUTION POINTS

- Change directions, Vary speeds, Forwards / Backwards.
- Encourage quick feet, and full crossovers.
- Make sure players are moving when releasing puck.

10 MIN FUN GAME

BASEBALL

Divide players into two groups – one at each end of the ice and form two teams in each end. Place 2 pylons out near blue lines. Pick 5 players who are the fielders, and spread them out in the slot. On whistle player in corner must pass puck to one of the fielders, then try to skate around the pylons at the top of the zone, and back to the end of the line. The fielders must pass to each other until all 5 players have touched puck before a shot is taken. If the fielders score before the skater gets back in line the skater is out



KEY EXECUTION POINTS

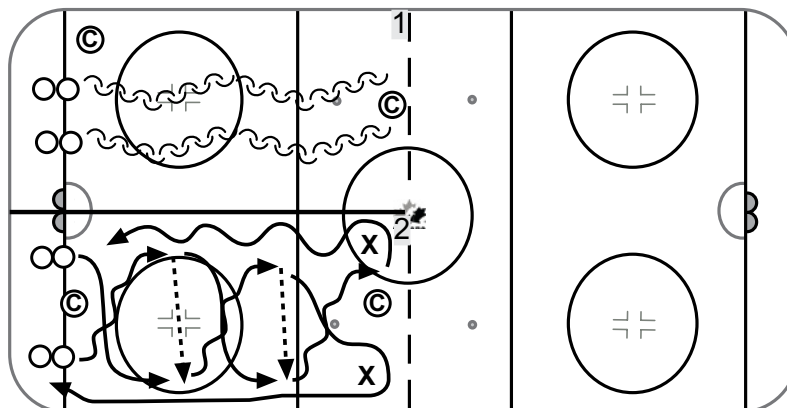
- Divide into teams and keep score. Teams change positions once 3 outs are made.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. BACKWARDS LATERAL CROSSOVERS (1.6.17)

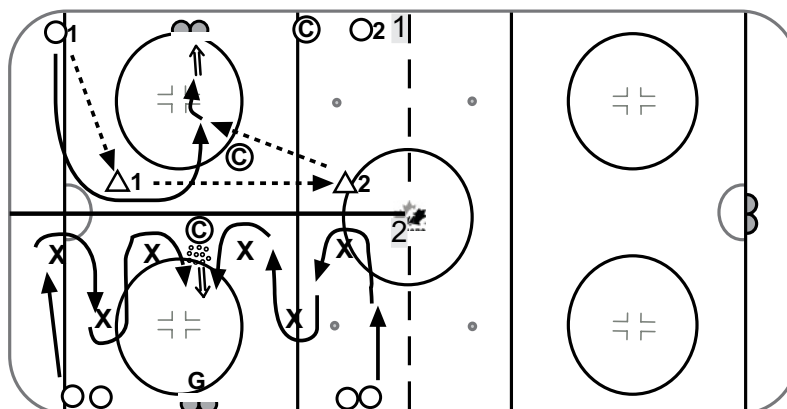
2. PASS AND FOLLOW (2.4.13)



SKILL STATIONS #2

1. PASS AND MOVE

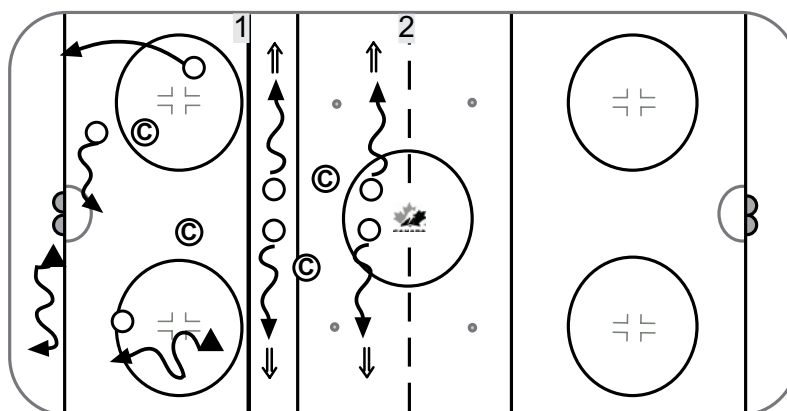
2. RELAY RACE



SKILL STATIONS #3

1. CHAOS (2.2.16/2.2.17/2.2.23/2.2.19)

2. SHOOTING WHILE MOVING (3.2.05)



U9/U8

Practice Plans P

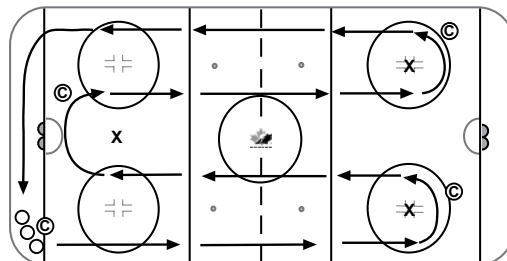


Session Objectives: bank pass, agility skate, crossovers, mirroring, pass and move

10 MIN WARM - UP

WARM UP (1.2.08/1.2.10/1.5.09/1.4.09/1.1.14/1.3.08/1.4.17/1.4.18/1.5.11)

Players start in one corner of the ice surface. and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, backward slalom, c-cuts – crossunders, shoot the duck, stops and starts, stride and bend forward and backward, jump stride forward and backward. Add pucks if desired.



KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done, players go one after another

20 MIN SKILL STATIONS #1

1. CROSSOVERS (1.6.10/1.6.16)

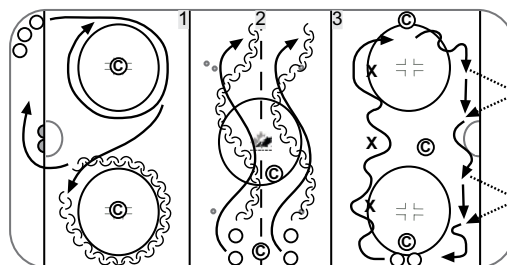
Players start in one corner of the ice surface. Do forward crossovers on circle Number 1 (2.5 times). As player is going from circle Number 1 to circle Number 2 they pivot and skate backwards. Do backward crossovers on circle Number 2 (2.5 times).

2. MIRROR DRILL (1.6.17/1.6.12)

Players pair off and line up on the boards as diagrammed. 1st player skates backwards in a weaving manner going from left to right to left. 2nd player skates forwards, doing lateral crossovers to mirror partner. Partners then switch positions on return. Repeat with pucks.

3. BANK PASS (2.2.08/2.4.11/2.4.12)

All players on the boards. Each with a puck. Set up as diagrammed. Skate. Player weaves through pylons across the ice, then returns performing bank pass at each pylon.



KEY EXECUTION POINTS

- Instruct players when to pivot
- Instruct player to skate with control
- Players go one after another

20 MIN SKILL STATIONS #2

1. PASS AND MOVE (1)

1 passes to 2, 2 passes to 1. Players swing before blue line and come back in towards the net. 1 passes to 2, 2 shoots on the net. Players return to opposite corners.

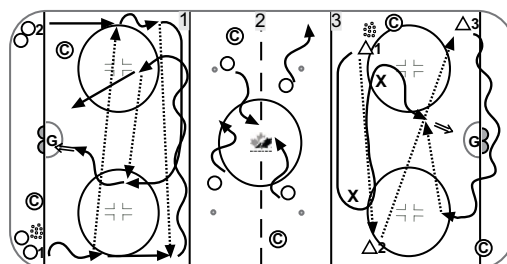
2. CHAOS (2.2.09/2.2.16/2.2.17/2.2.23/2.2.19/2.2.18)

Players skate around the ice in any direction handling the puck.

Encourage players to try different stick handling moves such as on one leg, hands together, hands wide, toe drag, rotation, behind body – side to side.

3. PASS AND MOVE (2)

1 passes to 2, 2 passes to 3. After passing, 1 skates around the pylons as shown. 3 on receiving the pass from 2, skates behind the net and out towards blue line. 3 passes to 1 who skates in and shoots. 1 goes to 3, 3 goes to 2, 2 goes to 1.



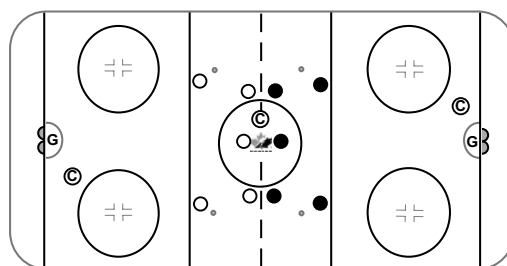
KEY EXECUTION POINTS

- Only pass upon eye contact
- Change directions, vary speeds, forwards/backwards.
- Discuss importance of timing

10 MIN FUN GAME

SCRIMMAGE – FULL ICE

Divide players into 2 teams. Play 4 on 4, players change on whistle.



KEY EXECUTION POINTS

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

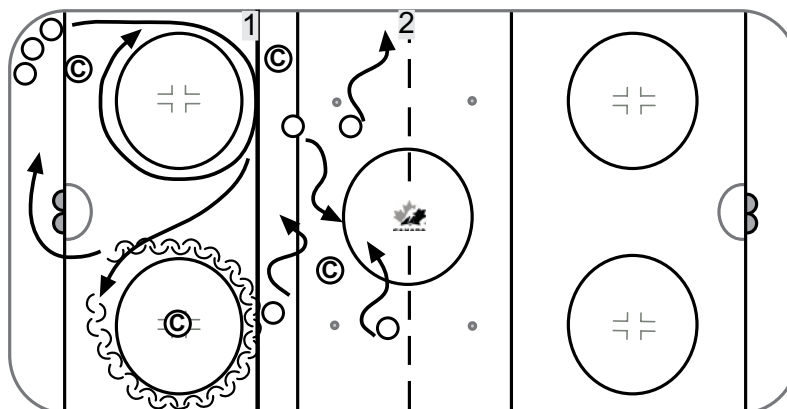
Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. CROSSOVERS (1.6.10/1.6.16)

2. CHAOS

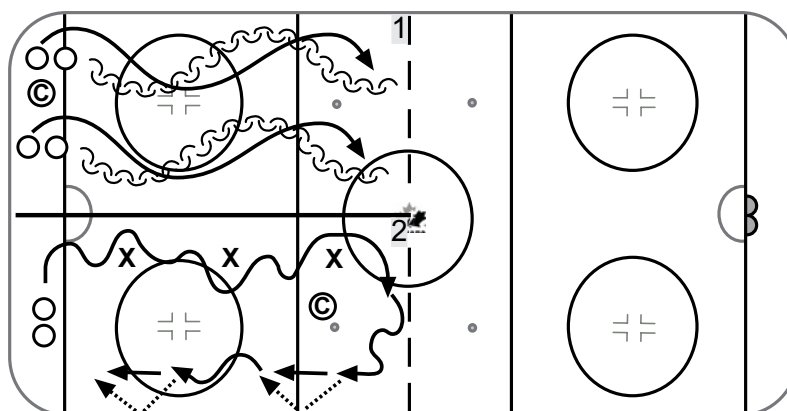
(2.2.09/2.2.16/2.2.17/2.2.23/2.2.19/2.2.18)



SKILL STATIONS #2

1. MIRROR DRILL (1.6.17/1.6.12)

2. BANK PASS (2.2.08/2.4.11/2.4.12)



SKILL STATIONS #3

1. PASS AND MOVE (2)

2. PASS AND MOVE (1)

