

Practice Plan



Team: _____

Practice No.: _____

Date : _____

Time: _____

Duration: _____

Version No.: _____

Prepared by: Finhockey

Objectives / Main tasks :

Practices for U10 & U12

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____Title : 6 times 1v0 Content elements: _____ Components : _____

Description

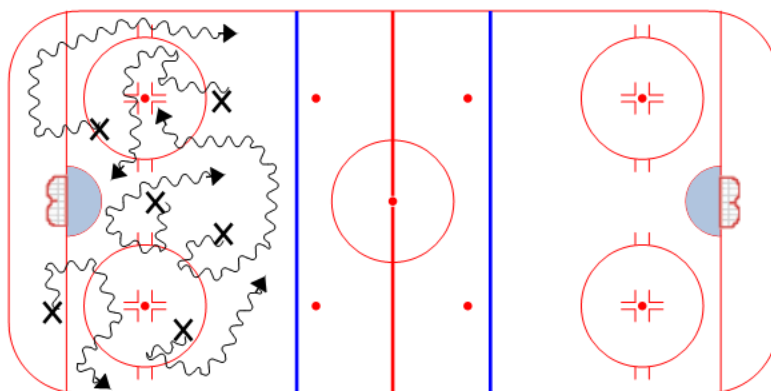
6 players moving with a own puck

Signal:

- deke, turn, acceleration

Key Points:

- puck on forehand
- head up
- acceleration



Key Points :

speed

puckhandling

Drill no. : _____ Duration : 10-15 Minutes From : _____ To : _____Title : U10 1v0 skating with a puck Content elements: _____ Components : _____

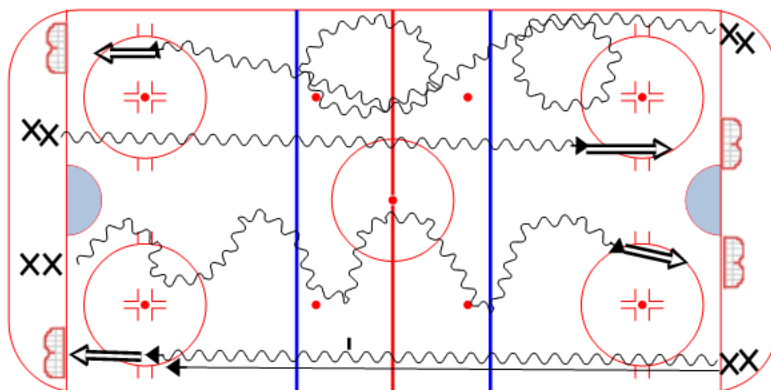
Description

Full speed skating with a puck and scoring

- 1) circles
- 2) full speed
- 3) slalom
- 4) 1v1 back check, distance between players 10ft

Key Points:

- puck on forehand
- skating position
- head up
- shoot from skating



Key Points :

full speed

skating position

scoring

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

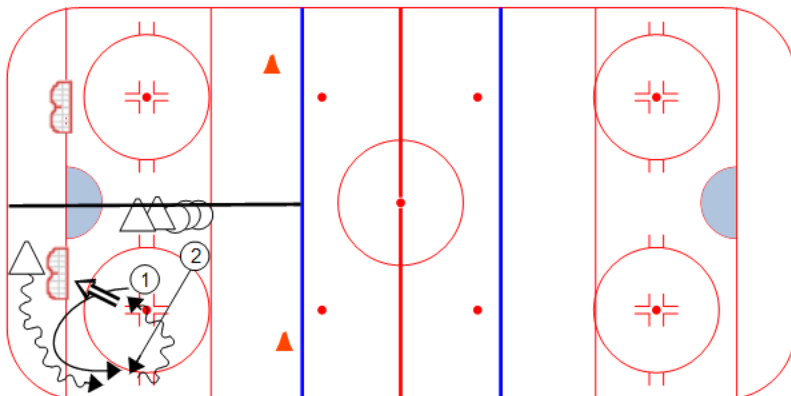
Title : 2v1 forecheck Content elements: _____ Components : _____

Description

2v1 forecheck

Key Points:

- 1) Pressure with skating
- 2) Stick pressure
- 3) Body contact
- 4) Quick reaction to the scoring, transition



Key Points :

forecheck

transition

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

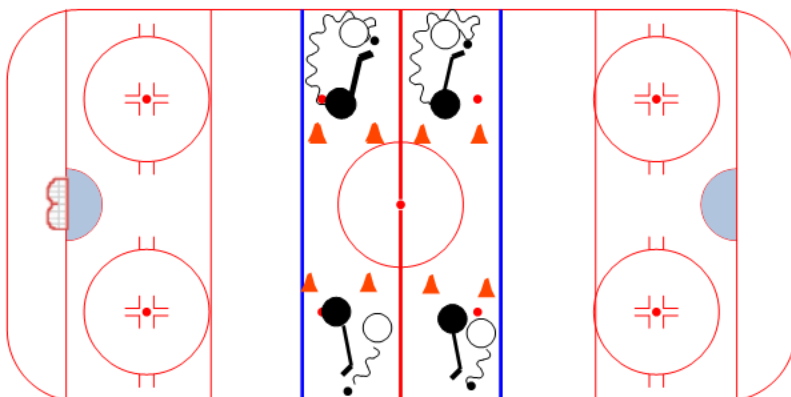
Title : 1v1 battle Content elements: _____ Components : _____

Description

1v1 battle

Key Points:

- 1) Defence between net and player
- 2) Stick pressure
- 3 Distance



Key Points :

stick on puck

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : 2v2 game coaches are blan Content elements: _____ Components : _____

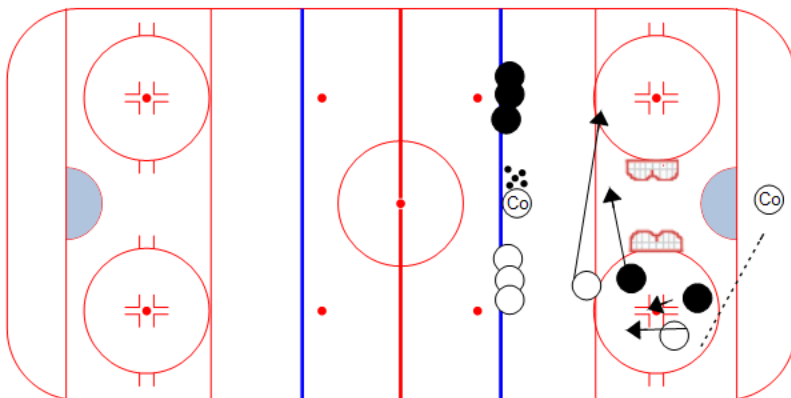
Description

2v2:

- when you get a puck pass to the coach
- > get a puck from the coach, you can score to the both goals

Key Points:

- Defence between net and players



Key Points :

Scoring

attack

defence

stay inside

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

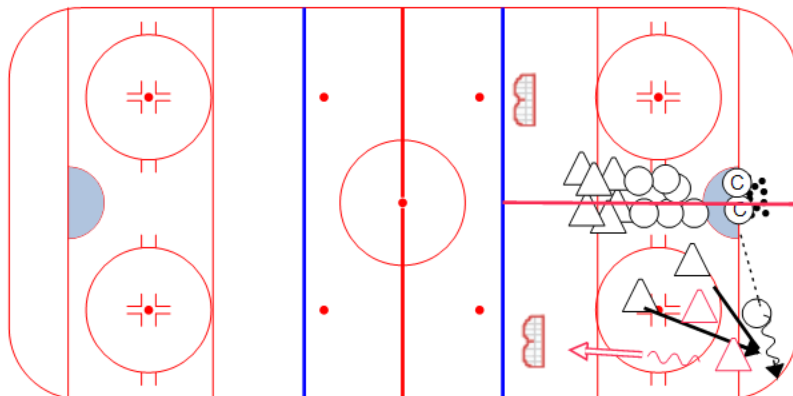
Title : Defensive play in the Defen Content elements: _____ Components : _____

Description

Defensive play in the Defensive zone 2v1

Key Points:

- 1) Pressure with skating
- 2) Stick pressure
- 3) Body contact
- 4) Quick reaction to the scoring, transition



Key Points :

pressure

scoring

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : 2 times 2v1 competition Content elements: _____ Components : _____

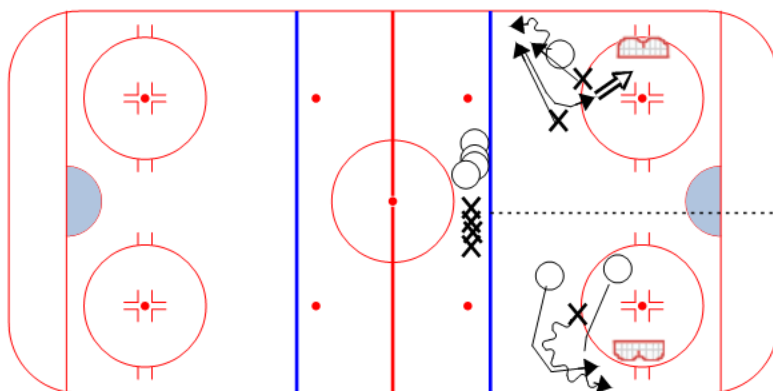
Description

2 times 2v1 competition

- defenseman get a puck, puck protection
- forwards have to forecheck, when they get a puck score goal

Key Points:

- steering, angling, stick pressure, body contact



Key Points :

scoring

puck protection

fun

turn over

Drill no. : _____ Duration : 30 Minutes From : _____ To : _____

Title : 3 times 3v3 game Content elements: _____ Components : _____

Description

A) 3v3, 3v2 powerplay on the offensive zone

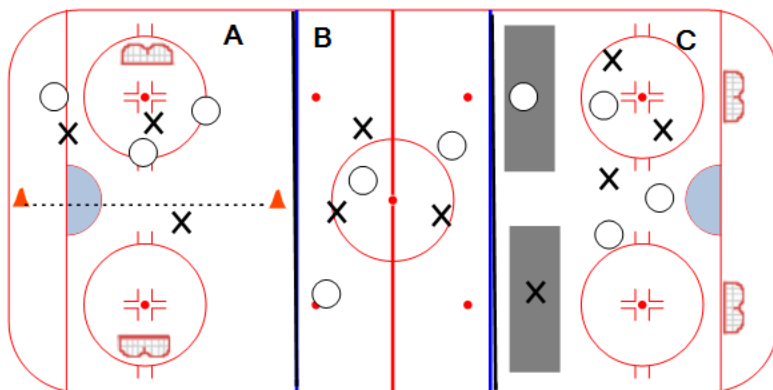
- Net drive, play to the net
- Try to make 2v1 situation with puck

B) Puck control game

- keep puck, puck protection
- 3 succesful passes is goal

C) Flank game

- Both teams has own goals,
- Plank can shoot and pass



Key Points :

scoring

fun

puck control