

Drill Name & Description

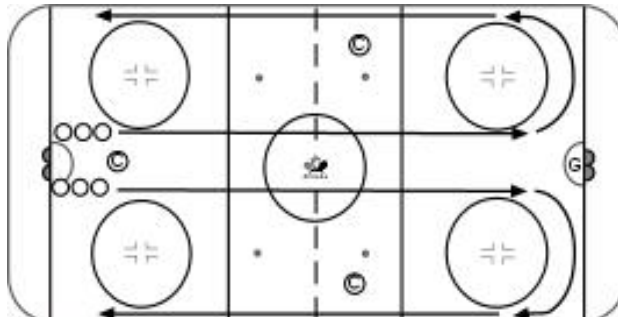
Skating Warm – Up 1

[10]

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



Drill Name & Description

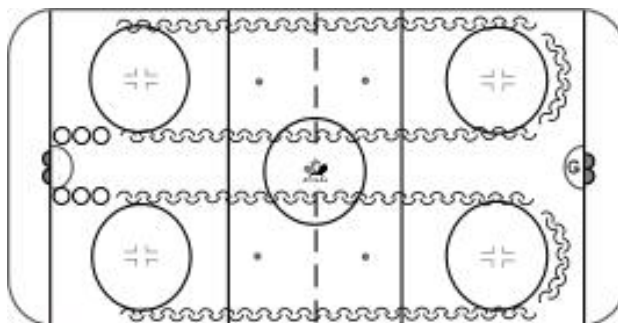
Skating Warm – Up 1 - Backwards

[10]

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



Drill Name & Description

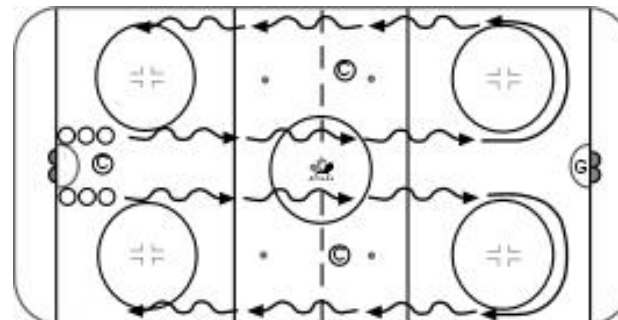
Puck Control – Warm - Up

[10]

Puck Control Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the puck control skills in the video clip

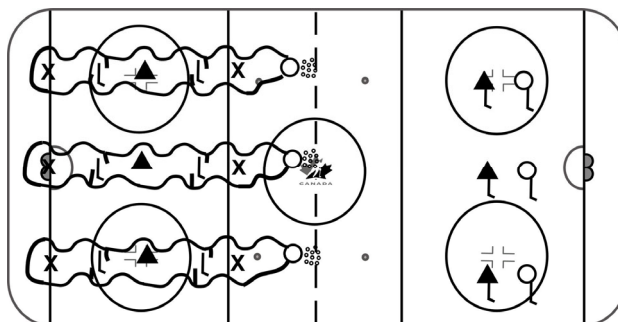


Drill Name & Description

Skills Stations #1

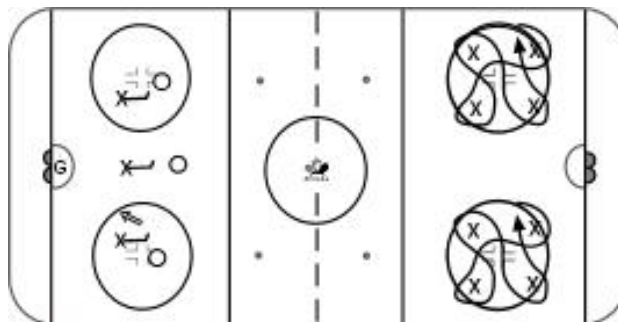
[15]

- 1) Puck Control – Toe Drag Obstacles
- 2) Puck Control Stationary Stickhandle in Traffic



U13 Practice Plan #1

Drill Name & Description	
Stations Skills #2	[15]
1) Stationary Shooting 2) Agility Nets	



Drill Name & Description

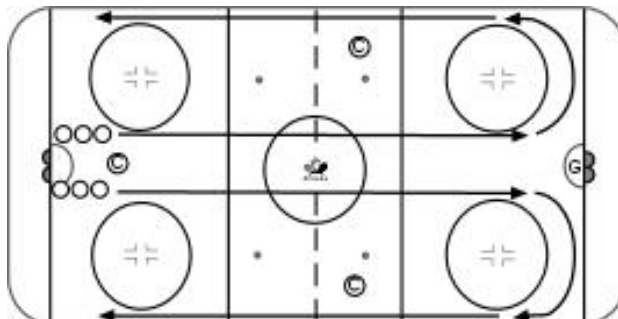
Skating Warm - Up 2

[15]

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



Drill Name & Description

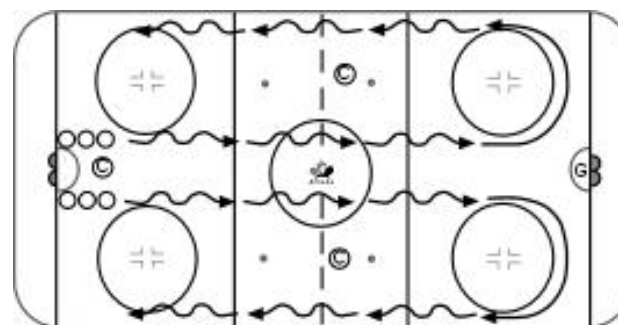
Puck Control - Warm - Up

[15]

Puck Control Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the puck control skills in the video clip

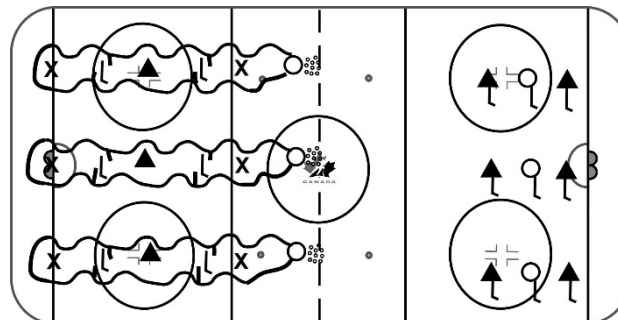


Drill Name & Description

Skills Stations #1

[15]

- 1) Puck Control - Hands - Saucer
- 2) Puck Control Stationary Stickhandle in Traffic with pressure

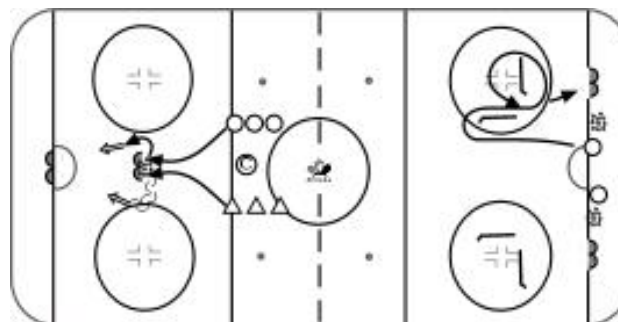


Drill Name & Description

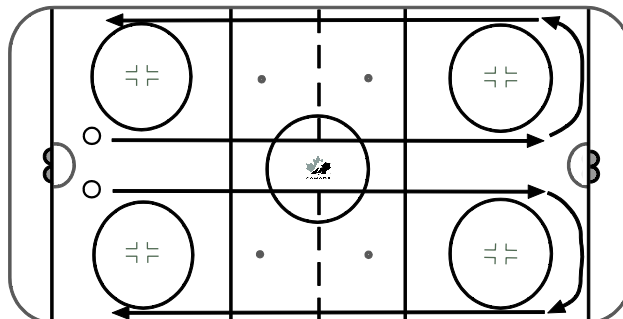
Skills Stations #2

[15]

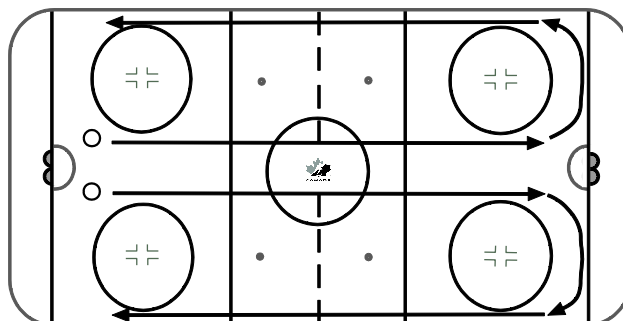
- 1) Toe the Net to Shot
- 2) Puck Control - Hand - Feet - Agility



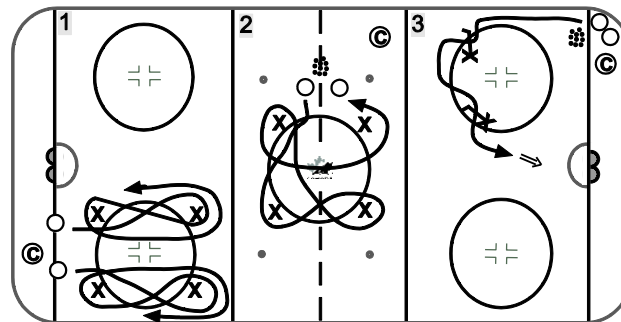
Drill Name & Description	
Skating Warm – Up 1	[10]
<p>Skating Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Stride and bend 2) Jump Stride 3) Alternating criss cross 4) Crossunders – 1 lap left foot / 1 lap right foot 5) Scissors – fwd / bwd 6) Reverse Scissors Bwd 7) 1 Crossover only – each way 8) 2 crossovers each way 9) Heel to heel – with back foot push <p>Utilize all the skating skills in the video clip</p>	



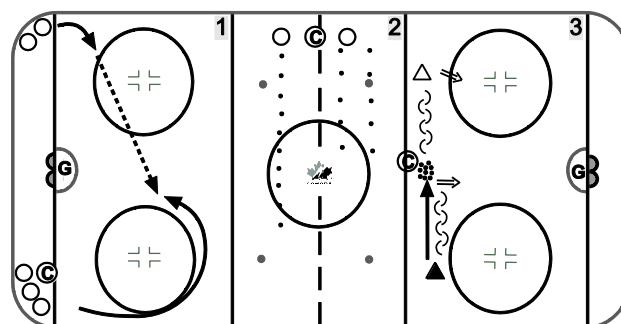
Drill Name & Description	
Puck Control – Warm - Up	[10]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Quick Hands – Toe Up 2) Two Pucks 3) Puck First – then feet 4) Heel to Heel 5) Open up – Backhand Side 6) Pull in – Push Out 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat <p>Utilize all the puck control skills in the video clip</p>	



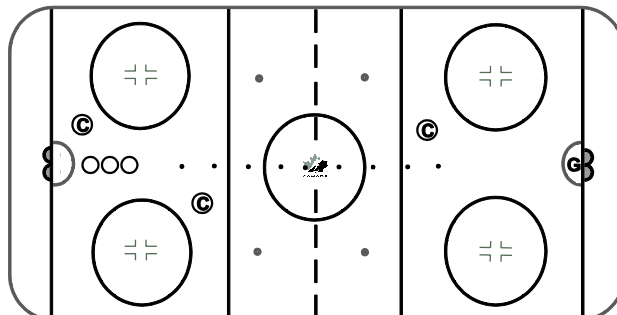
Drill Name & Description	
3 Station Skills #1	[18]
<ol style="list-style-type: none"> 1) Transition Races 2) 4 Pylon Agility 3) Corner Puck Protect 	



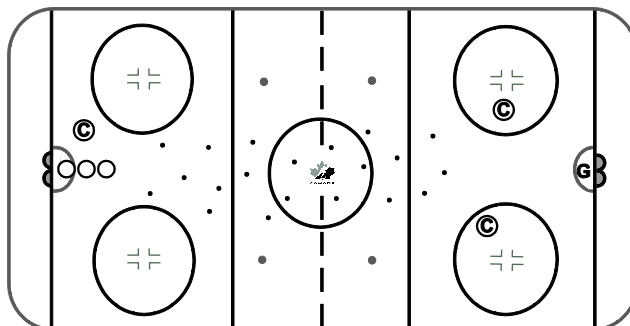
Drill Name & Description	
3 Stations Skills #2	[18]
<ol style="list-style-type: none"> 1) Front foot Shooting 2) Puck Dots 3) Defense Shooting 	



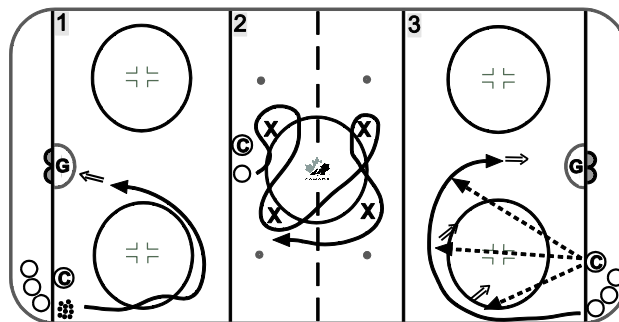
Drill Name & Description	
Puck Control Warm Up – Puck Dots	[8]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Quick Hands – Toe Up 2) Puck First – then feet 3) Heel to Hell 4) Open up – Backhand Side 5) Pull in – Push Out 6) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat <p>Utilize all the puck control skills in the video clip</p>	



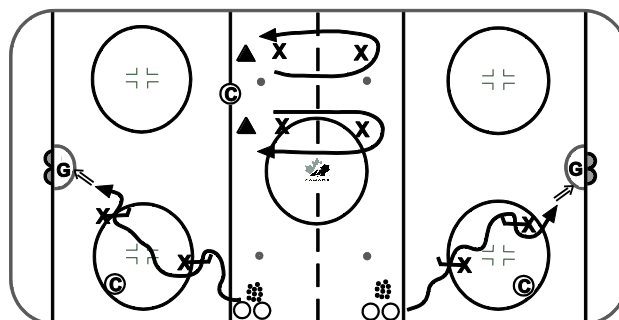
Drill Name & Description	
Puck Control – Warm - Up 2	[8]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Quick Hands – Toe Up 2) Two Pucks 3) Puck First – then feet 4) Heel to Hell 5) Open up – Backhand Side 6) Pull in – Push Out 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat <p>Utilize all the puck control skills in the video clip</p>	



Drill Name & Description	
3 Station Skills #1	[21]
<ol style="list-style-type: none"> 1) Corner Walk – Change Speed 2) 4 Pylon Agility 3) 3 Shot Quick Release 	



Drill Name & Description	
3 Stations Skills #2	[21]
<ol style="list-style-type: none"> 1) Entries – Scoring – Puck Outside / Inside 2) D Transition Races 3) Entries – Forehand / Backhand 	

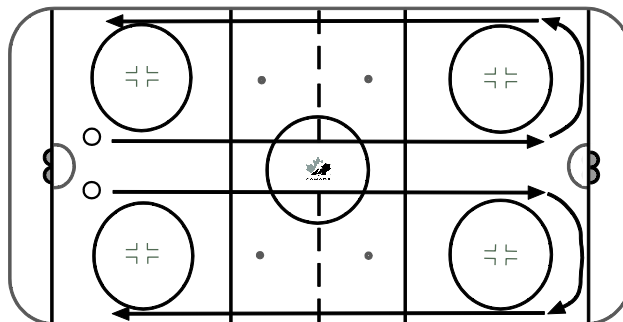




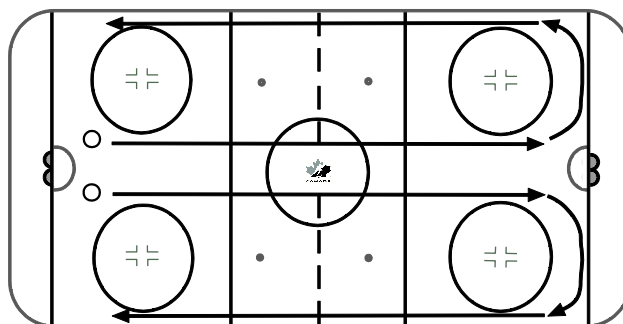
Practice Plan



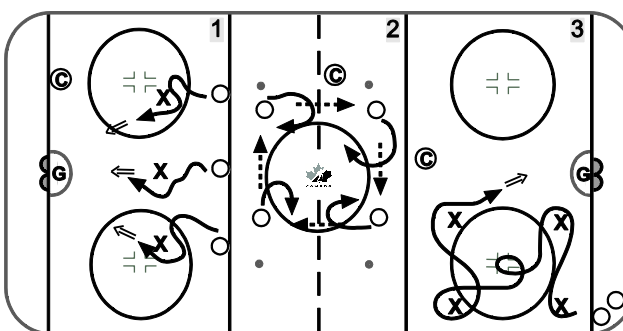
Drill Name & Description	
Skating Warm Up – Speed Progression	[8]
<p>Skating Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>Utilize all the skating skills in the video clip</p>	



Drill Name & Description	
Puck Control – Warm Up – Inside Edge Combinations	[8]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>Utilize all the puck control skills in the video clip</p>	



Drill Name & Description	
3 Station Skills #3	[24]
<ol style="list-style-type: none"> 3 Line Attack Moves 4 Man Box - D Support 4 Pylon Agility 	



Drill Name & Description	
3 Station Skills #2	[24]
<ol style="list-style-type: none"> Behind the Net Plays Defence Retrievals Scoring – Creativity Moves 	

