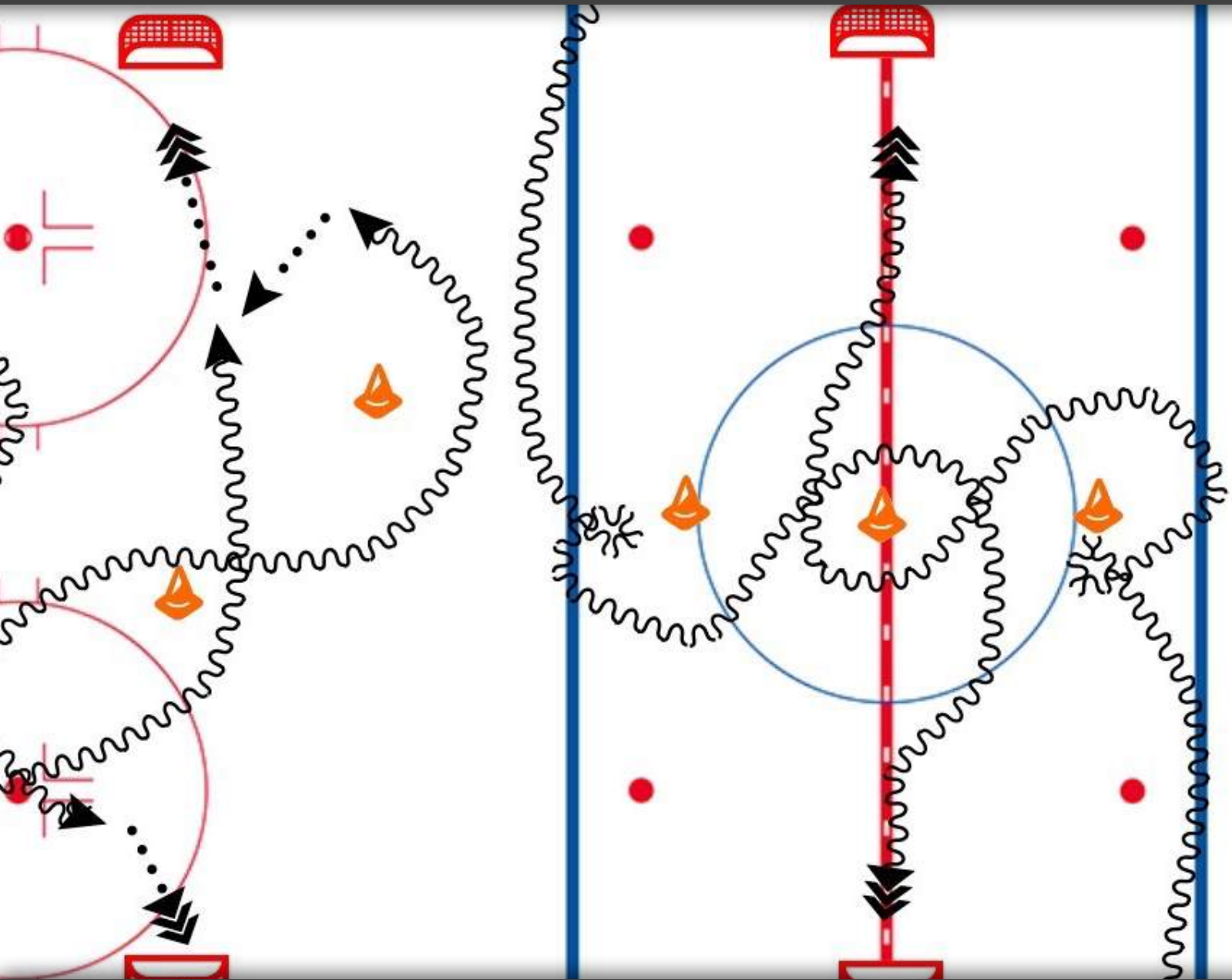


WEISS TECH HOCKEY U12 SEASON PLAN

Volume 1



35 Half-Ice & Station-Based Practices

By Jeremy Weiss

<http://weisstechhockey.com>



WEISS TECH HOCKEY U12 SEASON PLAN

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Over the years Weiss Tech Hockey has helped thousands of coaches bring their teams to new heights with our eBooks and course material.

I have often received emails asking if I'd consider making my own practice plans available, so that coaches could see what our theories would look like in action.

I have gone back and forth on whether I wanted to make my plans available. On one hand, I believe that every team is different, and that coaches need to learn the needs of their teams, and create practice plans around those needs. On the other hand, I recognize that this type of material can be invaluable as a springboard to a new coach.

So, after much deliberation, I present to you our U12 Season Plan.

These 35 half-ice & station-based practices are taken straight from my own practice archives. I built and used these practice plans with my own program over the course of a season, start to finish. In these plans you'll see how we teach basic positioning patterns, with the raw skills to support them; typical of the Weiss Tech methodology.

Our organization has three U12 teams all sharing ice together. We divide the ice in different ways at different points in the season (which you'll see in these practice plans), but usually we run two quarter-ice stations and one half-ice station. Each team spends 20 minutes at each station, and we rotate which team starts where.

I recommend using these practice plans as a reference, or even a starting point. But make sure you adjust your own plans to the needs of your players as you make your way through the season.

Enjoy!



Jeremy Weiss


Founder


Weiss Tech Hockey

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KEY TO DIAGRAMS:

 Player

 Opposing Player

 Pass

 Forward Skating without Puck

 Forward Skating with Puck

 Backward Skating without Puck

 Backward Skating with Puck

 Shot

U12 Practice 1

Evaluations

Duration: 60 min

Full-Ice Forward Skating Progression

20 mins

Evaluation Stations

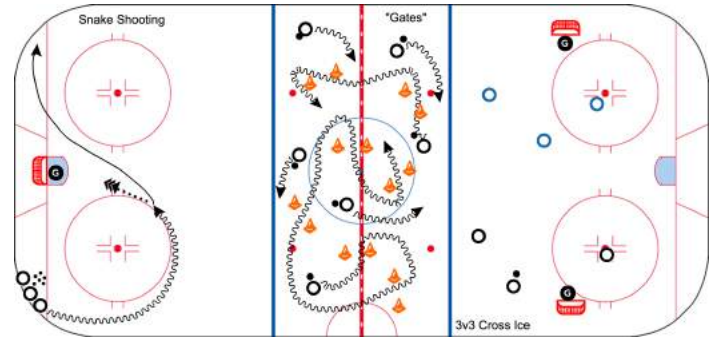
30 mins

Description

Station 1: Snake Shooting

Station 2: "Gates" - players skate through as many gates as possible in 30 seconds. Variations: pivot backwards through the gates; pass through the gates with a partner; toe drag through the gates.

Station 3: 3v3 Cross Ice



Full-Ice Scrimmage

10 mins

U12 Practice 2

Evaluations

Duration: 60 min

Backward Skating Progression

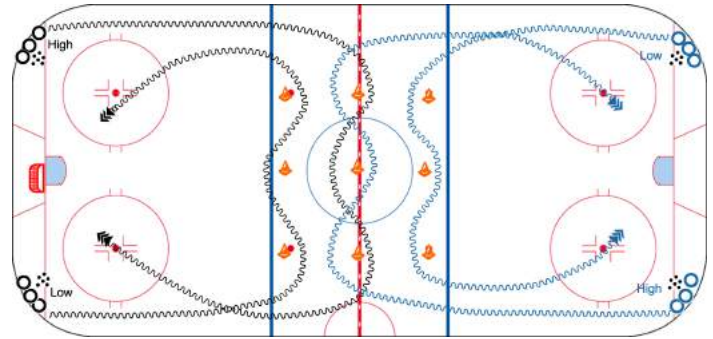
20 mins

Full-Ice High-Low Shooting

10 mins

Description

1. Players line up as shown
2. On whistle, "high" line goes to the far cones, "low" line goes to the near cones
3. Skate through the route full speed, then shoot in stride
4. Switch lines



5 on 5 Scrimmage

30 mins

Inside Edges, 5-Step Crossovers, Pivots, Russian Circles

20 mins

3 Shot Warm-Up

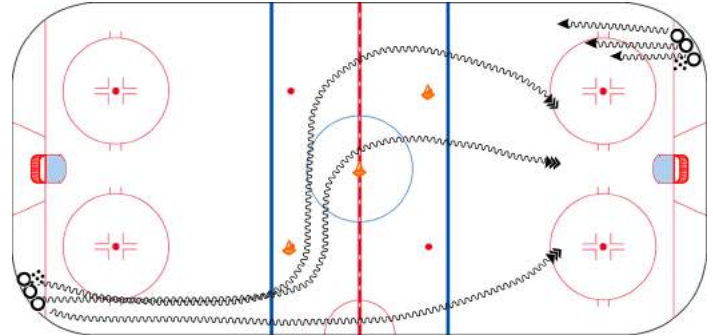
10 mins

Key Points:

- Full speed!
- Head up in the middle

Description

1. Three players leave from each corner (both ends go together)
2. Player 1 drives straight down the boards and shoots
3. Player 2 cuts around the 1st cone, then around the 2nd cone and shoots
4. Player 3 cuts around the 1st cone, then around the 3rd cone and shoots



Half-Ice Chaos Drill

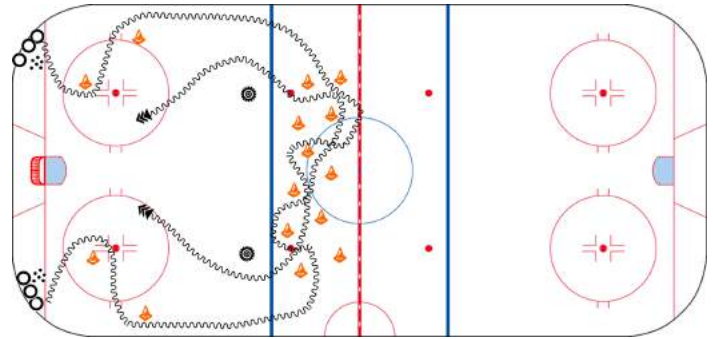
10 mins

Key Points:

- Feet must keep moving through the entire neutral zone; DON'T GLIDE TO STICKHANDLE!

Description

1. If you have two goalies, set up two nets. If you have one goalie, either stagger your starts, or use two nets, and have a shooter tutor or target in the open net
2. On whistle first player leaves from each line
3. Two quick power turns, then explode into the neutral zone
4. Full speed through the neutral zone, stickhandling through the cones, which are placed randomly
5. Players must get wider than the tire before cutting back in to shoot
6. Shoot in stride

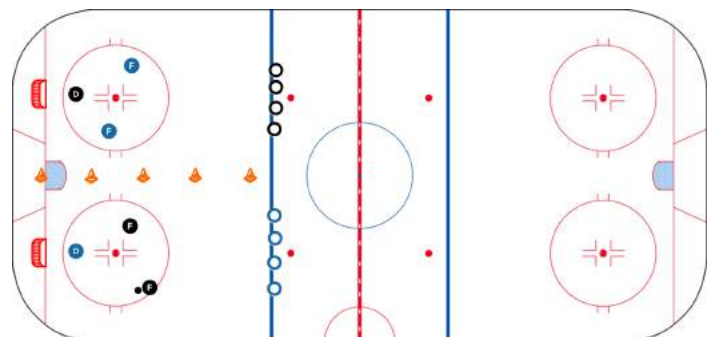


2 on 1 Side-by-Side

20 mins

Description

1. 2 on 1 on each net
2. White forwards are on the same team as the white defenseman, blue forwards are on the same team as the blue defenseman.
3. Players can pass the puck between the cones, but nobody can cross the cones
4. Winning team stays.



Inside Edges, 5-Step Crossovers, Backward Circles, 3-Step Crossunders

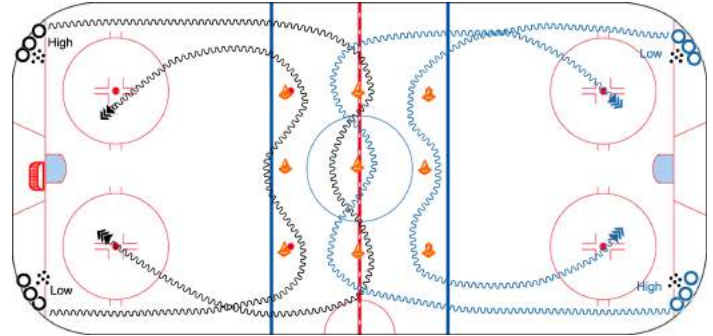
20 mins

Full-Ice High-Low Shooting

10 mins

Description

1. Players line up as shown
2. On whistle, "high" line goes to the far cones, "low" line goes to the near cones
3. Skate through the route full speed, then shoot in stride
4. Switch lines



Cross-Ice 3 on 3

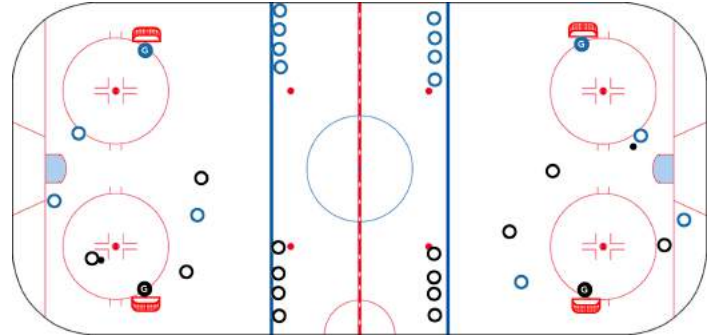
30 mins

Key Points:

- Full speed
- Quick touch passes and one-timers
- Quick rotations

Description

- 3 on 3 cross-ice games
- Set up a double elimination tournament if you want - first goal wins
- Keep the games quick



Inside Edges, 5-Step Crossovers, 3 Step Crossunders

20 mins

3 Station Passing, Timing, Small Game

40 mins

Description

Station A:

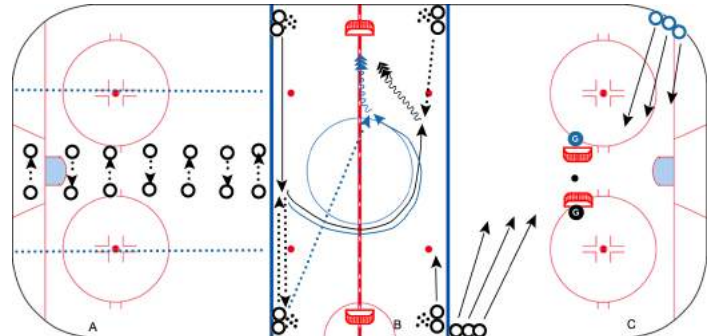
- Stationary Passing - working on fundamentals (cushion and sweep)
- Start close - hashmark-width apart. Then back up to the Dots. Then back up to the boards.

Station B:

- 3-Pass & Shot - cross ice.
- Run as shown
- Switch to blue variation if it's going well

Station C:

- Cross-ice scrimmage, net's back to back in middle
- Starts with a race to the puck, as shown



Inside Edges, 5 Step Crossovers, 3 Step Crossovers w/Pucks	15 mins
Separate into Stations	45 mins
Cross-Ice 3-Pass & Shot	15 mins

Description

1. Player skates out and receives a pass from the first player in the line straight across
2. Touch pass back
3. Loop and receive pass from the other line, as shown
4. Shoot

Variation: If it's going well, add the stretch pass variation as shown in the blue lines

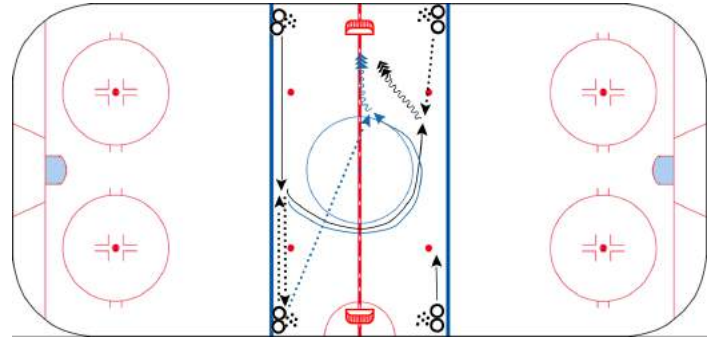
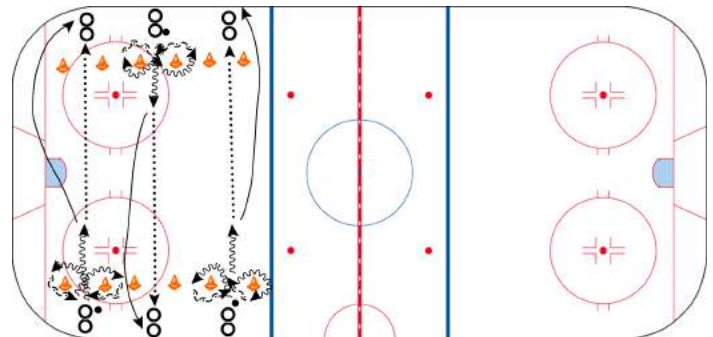


Figure 8 Shuttle 15 mins

Description

- With puck, player skates a figure 8 around cones
- Pivots to stay facing the opposite line
- Pass to opposite line, then skate to the end of that line



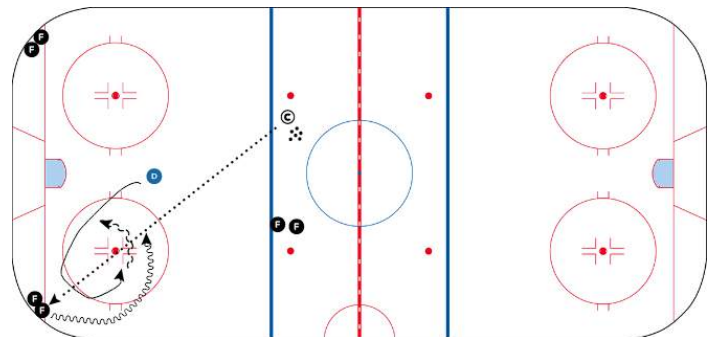
1 on 1, 2 on 1, 3 on 1 15 mins

Key Points:

- Make sure forwards are changing lines
- Teach Force vs Contain
- Defenseman should try to angle and eliminate passing lanes

Description

1. Forwards line up as shown
2. One defenseman in the middle
3. Coach passes to any forward
4. Defenseman closes the gap with that forward and plays a 1 on 1
5. After a few seconds, coach blows the whistle and passes to a different forward
6. Defenseman closes the gap on the new forward, and plays a 2 on 1 with the new forward and the first forward
7. On the next whistle, the coach passes to the third player
8. 3 on 1



Quarter Ice - Stationary Stickhandling

20 mins

Quarter-Ice Stickhandling Progression

20 mins

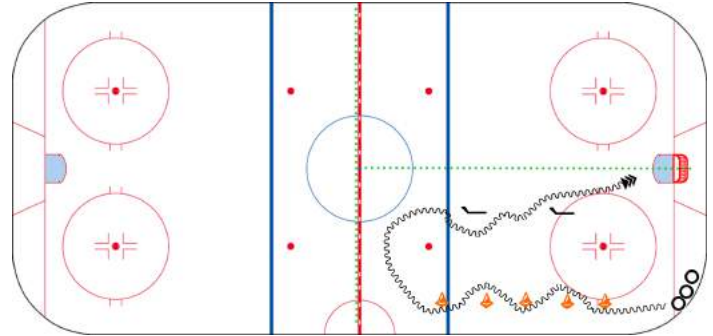
Key Points:

- Keep puck out away from body
- Work on the hands, don't go too fast

Description

Multiple Variations:

1. Inside edges through cones, deke Attack Triangles
2. Deke cones, deke attack triangles
3. Push puck between each set of cones, then pull out, deke Attack Triangles
4. Flip drill, have them deke Attack Triangles driving wide, then cut hard to the net



Half-Ice Breakout Progression 1

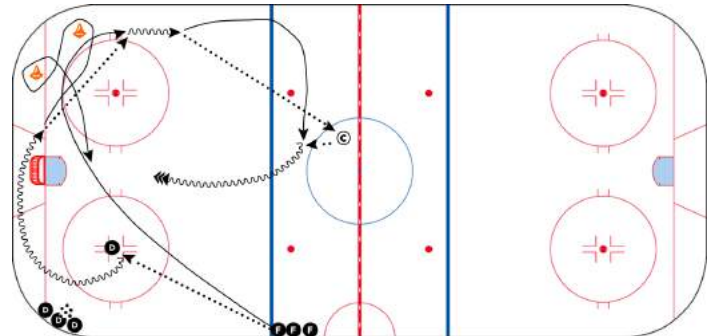
10 mins

Key Points:

- The main point is to walk through the breakout options here. Extra variations can be added as needed, but don't make them so complicated that they take away from the primary purpose—the breakout.
- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then loops full speed to the boards
3. Defenseman swings behind the net, then passes to the Forward
4. Forward takes two steps then makes give & go pass to coach while defenseman does agility skating then drives net for screens and tips
5. Forward shoots



Half-Ice Breakout Progression 2

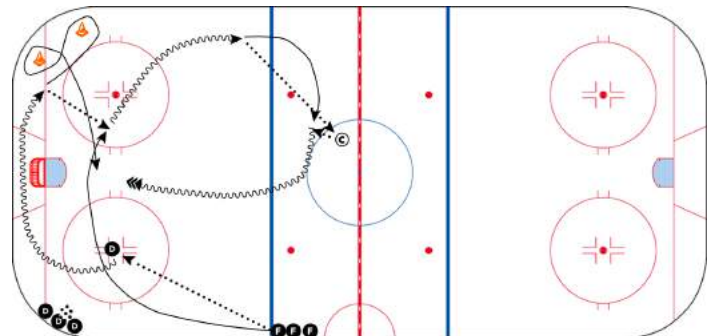
10 mins

Key Points:

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- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then shadows and swings for a middle breakout
3. Defenseman swings behind the net, then passes to the Forward
4. Forward takes a few steps then makes give & go pass to coach while defenseman does agility skating then drives net for screens and tips
5. Forward shoots



Quarter Ice - Stops & Starts (2-foot inside edges - add pucks)

20 mins

Quarter-Ice Power Turn Progression

20 mins

Description

Option A:

1. Power turns around attack triangles
2. Pop the puck through the "triangle" at each turn

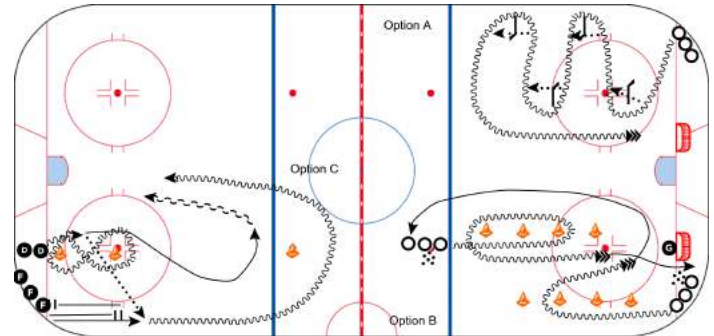
Option B:

1. First player in each line goes at once
2. Power turns as shown
3. Shoot

Option C:

1. Defensemen and Forwards line up as shown, D have pucks
2. On whistle, D-man skates a figure 8 through the cones (with the puck)
3. Forward skates to hash mark, makes a quick stop, then explodes back to the goal line, makes a quick stop, then heads up ice for a pass
4. After skating the figure 8, the defenseman hits the forward for a pass, then gets out and closes the gap
5. Forward picks up the pass, and skates out around the cone and plays the 1 on 1

NOTE: Run the drill out of both corners to reduce "line time"



Half-Ice Breakout Progression 1

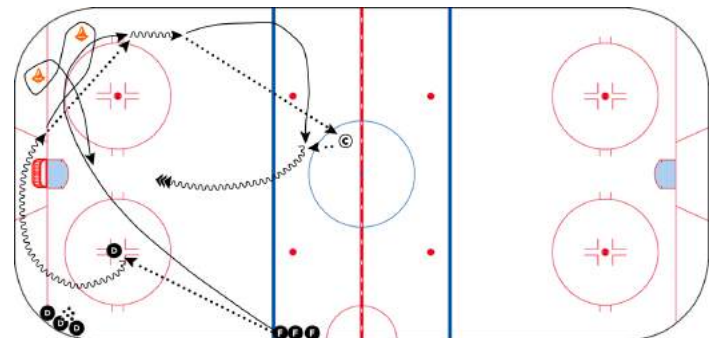
10 mins

Key Points:

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- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then loops full speed to the boards
3. Defenseman swings behind the net, then passes to the Forward
4. Forward takes two steps then makes give & go pass to coach while defenseman does agility skating then drives net for screens and tips
5. Forward shoots

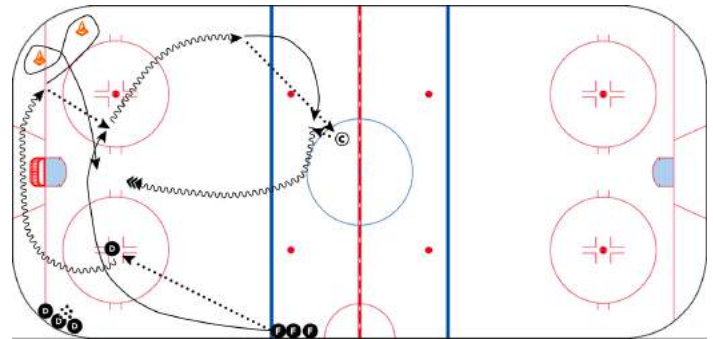


Key Points:

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- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then shadows and swings for a middle breakout
3. Defenseman swings behind the net, then passes to the Forward
4. Forward takes a few steps then makes give & go pass to coach while defenseman does agility skating then drives net for screens and tips
5. Forward shoots



Stops & Starts - Hockey Stop (add pucks)

10 mins

Backward Stops & Starts (add pucks)

10 mins

Pivot Give & Go

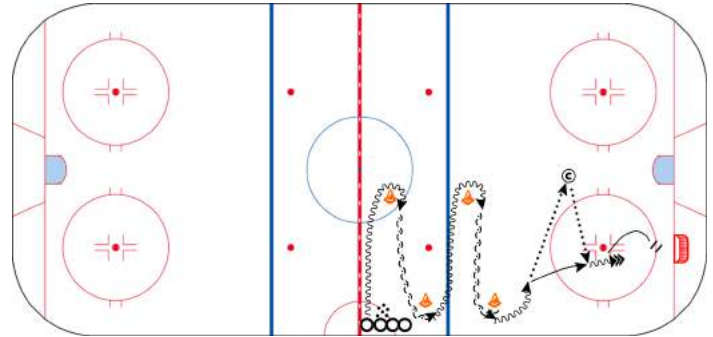
10 mins

Key Points:

- Full speed
- Explosive transitions after pivots

Description

1. Player skates route as shown, with puck
2. Give & go with coach after final turn
3. Shot
4. Stay at front of net for screens and tips



Full-Speed Pivot Race

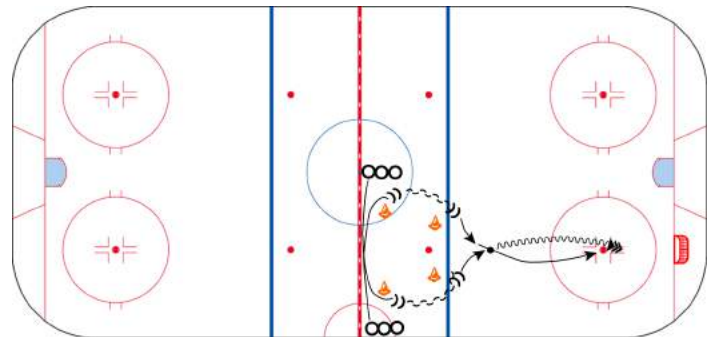
10 mins

Key Points:

- Full speed

Description

1. Players line up and race as shown, executing pivots
2. First player to puck attacks, second player backchecks
3. Switch lines



Half-Ice Breakout Progression 2

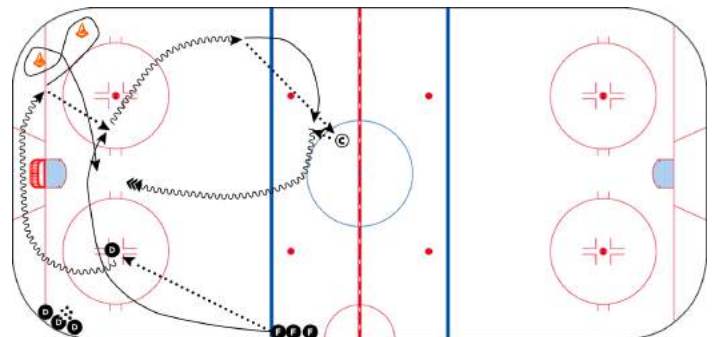
10 mins

Key Points:

- The main point is to walk through the breakout options here. Extra variations can be added as needed, but don't make them so complicated that they take away from the primary purpose—the breakout.
- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then shadows and swings for a middle breakout
3. Defenseman swings behind the net, then passes to the Forward
4. Forward takes a few steps then makes give & go pass to coach while defenseman does agility skating then drives net for screens and tips
5. Forward shoots

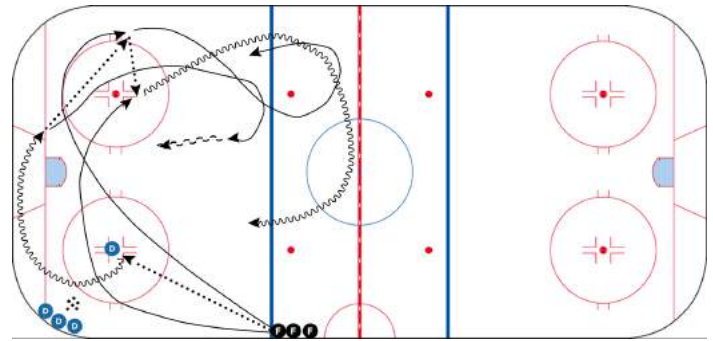


Key Points:

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- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then loops full speed to the boards
3. Defenseman swings behind the net, then makes a board-side breakout
4. Forward touch passes to centerman, swinging through
5. Forwards loop out and attack 2 on 1



Inside Edges (add quick hands), 5-step crossovers (add quick hands), Backward C-cuts w/pucks, Backward 3-step crossunders w/pucks

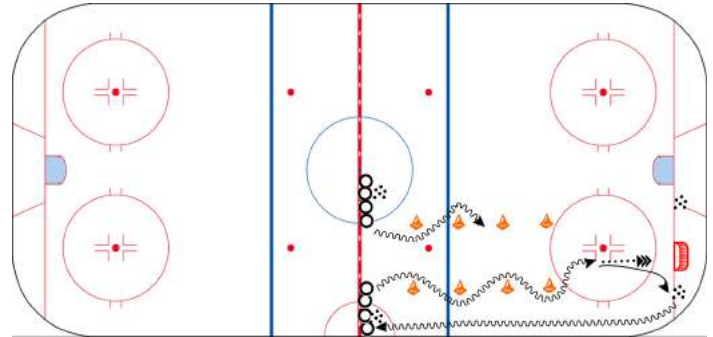
20 mins

Russian Stickhandling Progression - Quarter Ice

20 mins

Description

1. Zig zag with puck - then knees coming back
2. Puck on one side, feet on the other - wide stickhandling coming back
3. Fake left, pull right - front and forehand side coming back
4. Fake right, pull left - front and backhand side coming back
5. Wide inside edges - fake forehand and pull across
6. 3-step crossovers - backward C-cuts with quick hands coming back
7. Pump stride with quick stickhandle - foot dribble coming back
8. Toe drag, pull, and cut back to the middle (inside foot comes forward) - push puck forward, toe it back coming back
9. Toe, pull, cut back INSIDE with inside edge, then step wide - creative stickhandling coming back
10. Fake, power turn, pivot & turn - 360° turns, with puck release on the way back
11. Zig zag through, power turn around the last cone, zig zag back through. Send next player so they have to keep heads up on the way back.



Half-Ice Breakout Progression 3

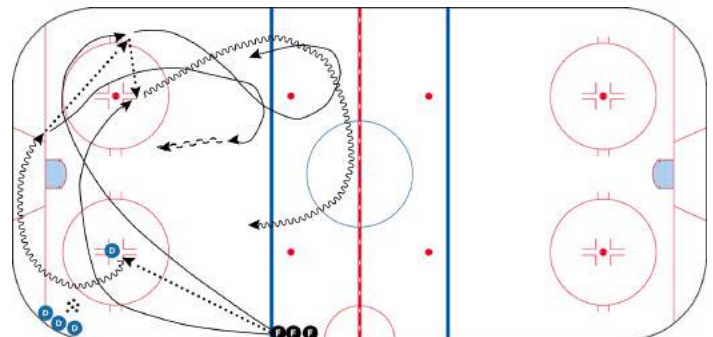
10 mins

Key Points:

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- Make sure to run it from both sides

Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then loops full speed to the boards
3. Defenseman swings behind the net, then makes a board-side breakout
4. Forward touch passes to centerman, swinging through
5. Forwards loop out and attack 2 on 1

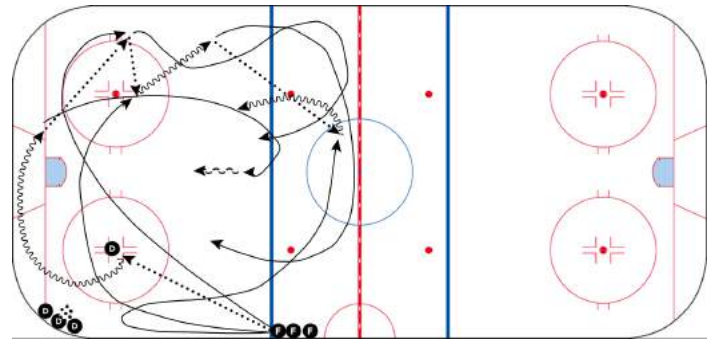


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Description

1. Forwards and Defensemen line up as shown
2. Forward passes to the Defenseman, then loops full speed to the boards
3. Defenseman swings behind the net, then makes a board-side breakout
4. Forward touch passes to centerman, swinging through
5. Center takes two steps then hits the stretch man
6. Regroup in the NZ and attack 3 on 1 with Defenseman who closes gap
7. Add a second defenseman for a 3 on 2

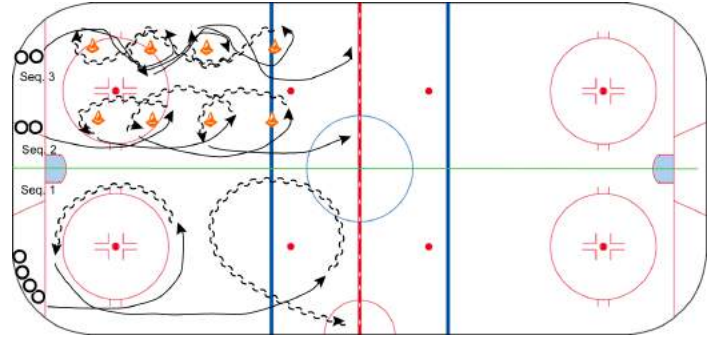


Inside Reverse Pivot Sequence

20 mins

Description

1. Skate 2 circles, one with pivots, one without
2. Skate cones as shown
3. Skate cones as shown, figure 8 weaves all the way through
4. Add pucks as competence improves

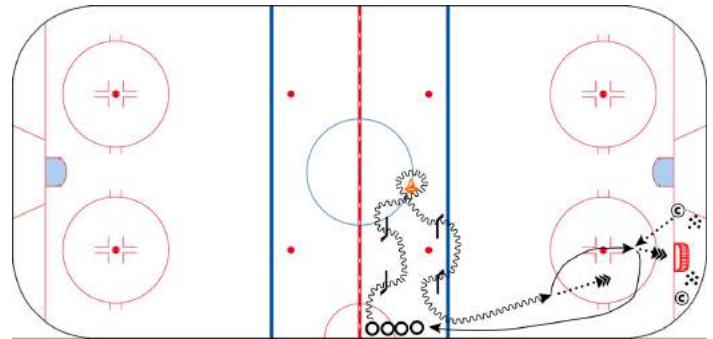


Attack Triangle Stickhandling

10 mins

Description

1. Player makes a move at each of the first 2 Attack Triangles and cuts back to the middle after each deke
2. Power turn around cone
3. Shot then drive net and receive a pass from coach for a second shot



Quarter-Ice 1 on 1

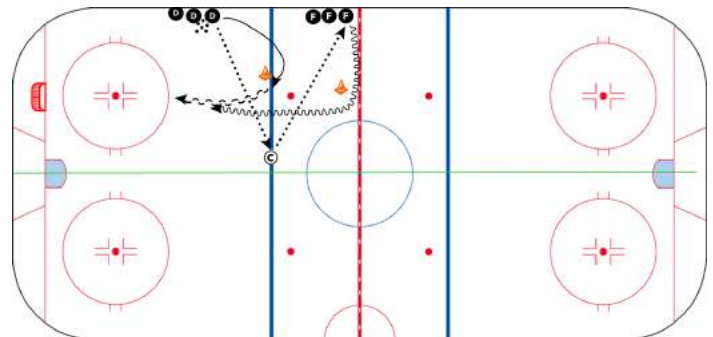
10 mins

Key Points:

- Tight gap
- Stick positioning

Description

1. Defenseman passes to coach, who passes to forward
2. Defenseman and forward skate routes as shown
3. Attack 1 on 1



Warm-up practice, and Dump in, Breakout, 3 on 2

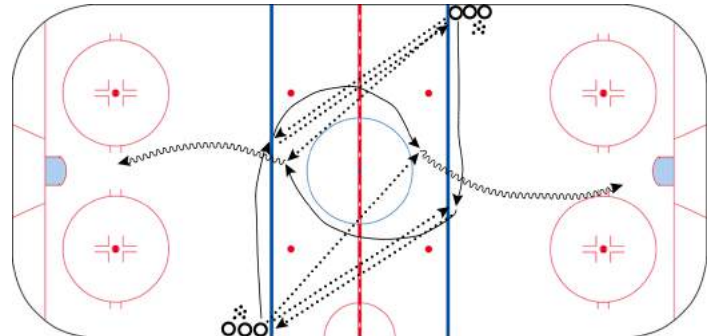
20 mins

U12 Practice 12

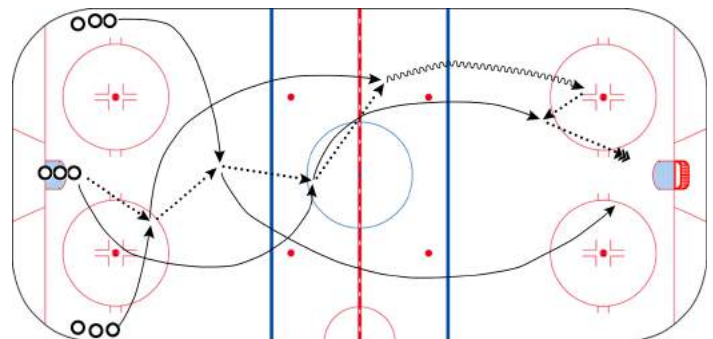
Duration: 60 min

Inside Edges, 5-Step Crossovers, Mohawk Zigzag, Quick hands on heels,	15 mins
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3-Pass & Shot	15 mins
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3-Man Weave	15 mins
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DZC Walkthrough	15 mins
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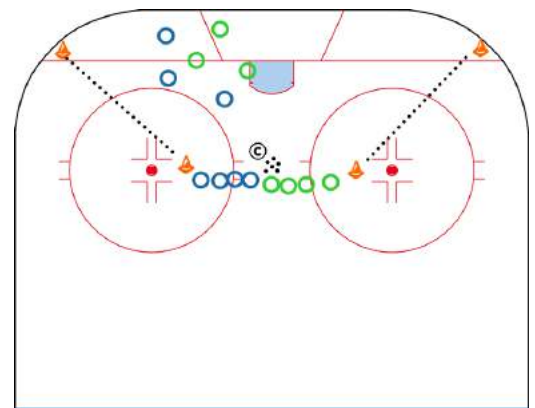
In the paint game	15 mins
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Key Points:

Physical play, play the body. Teaches proper checking and angling.

Description

A three vs three game designed for physical play. Team must pass to the coach in order to go on offence. Must score in the blue paint for it to count.



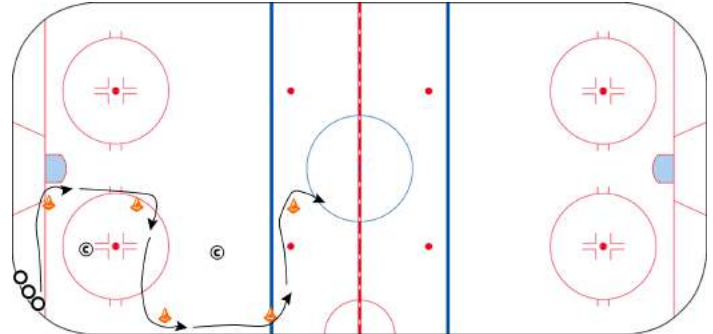
Breakout, Breakout, Attack	15 mins
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Inside Edges, 5-Step Crossovers, Crossover Starts & Hockey Stops w/Pucks 10 mins

Mohawk Snake - Quarter Ice 10 mins

Description

1. Mohawk around turns as shown
2. Add puck as players improve
3. Add passes to coaches



Quarter Ice 2 vs 2 Point Shot Small Area Game 10 mins

Key Points:

- Defenders should pressure opponents quickly with good sticks to win back possession.
- No turning back to the play or overplaying the opposition point man.
- 60-90 second rotations - high tempo!

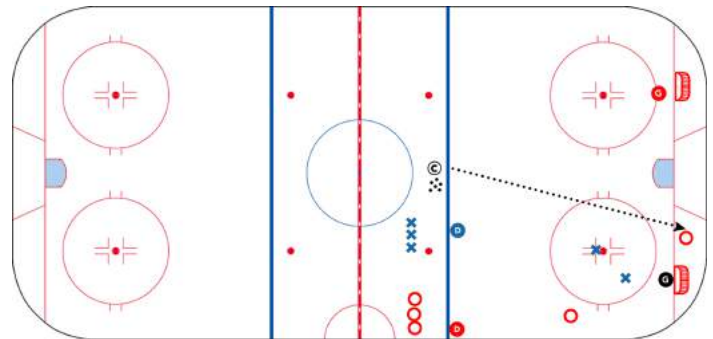
Description

Emphasizes Offensive and Defensive Net Front Play

Version 1

Begins with two players from each team inside the end zone, neutral goaltender and a point man from each team near the blue line.

On a change of possession, each team must pass the puck to their point man before they can score. The point man can shoot or pass but must advance the puck quickly. When the puck is moved out to the opponents point man, the defenders must identify and open opponent and defend the net front.



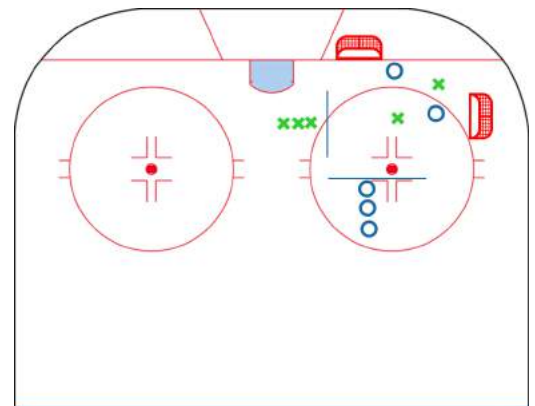
2v2 Point shot Station 10 mins

Key Points:

puck support, hockey sense.

Description

2v2 game in a tight area where the players must pass back to their point man before they can go on offense. Points can pas or shoot when the receive puck



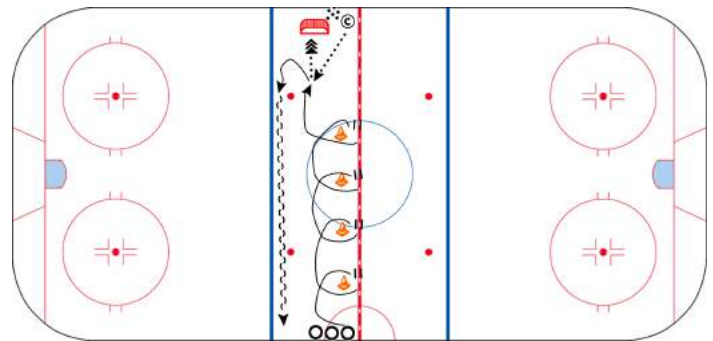
5 v 5 DZC - sticks upside down 20 mins

Key Points:

- Speed
- Feet moving throughout the entire drill
- Stay low

Description

1. Players skate route as shown, some sort of agility skating on the way back
2. Add the following elements
 1. Forward without puck
 2. Forward with puck
 3. Add a pivot (always facing up ice now)
 4. Add a pivot & a puck (always facing up ice)



U12 Practice 14

Duration: 60 min

Mohawk Circles	5 mins
DZ Faceoffs (Right Side)	15 mins
NZ 2v2 Scrimmage	15 mins

Key Points:

- High tempo, quick rotations

Description

1. Coach dumps the puck in
2. 2v2 Battle
3. Extra players help keep pucks in
4. 60-90 sec rotations



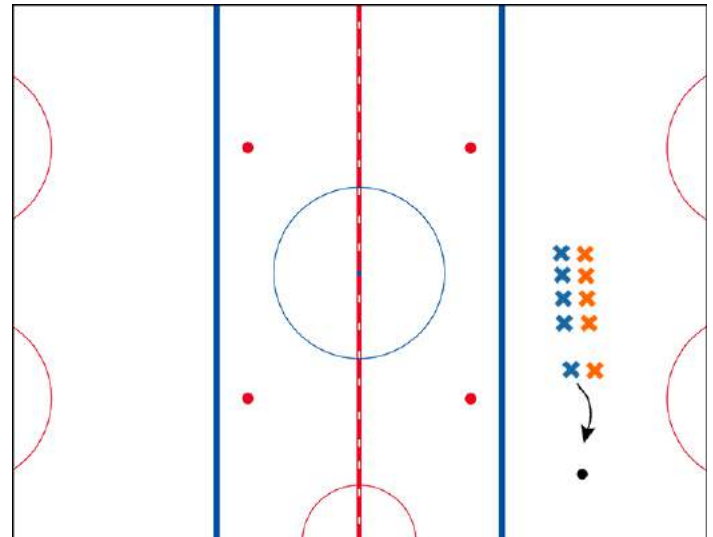
DZ Faceoffs (Left Side)	15 mins
Oiler's puck battle	15 mins

Key Points:

Gain the opponents shoulder, get into the other players equipment

Description

Simple battle drill. Two players stand side by side with feet touching together facing the opposite direction of the puck. When the coach says GO, they race for the loose puck and battle for 3 seconds or so



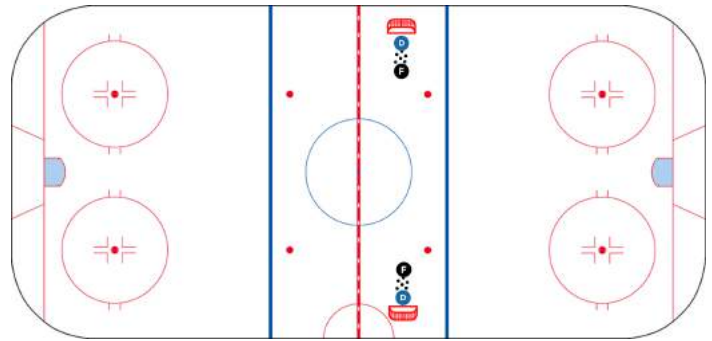
DZC with Sticks Upside Down	20 mins
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Key Points:

- Body positioning
- Neutralize the opponent's stick

Description

1. Place a handful of pucks in front of the net
2. Defenseman turns his/her stick upside down
3. Forward tries to shoot all the pucks into the net one at a time
4. Defenseman tries to stop him
5. Game ends when all pucks have been used

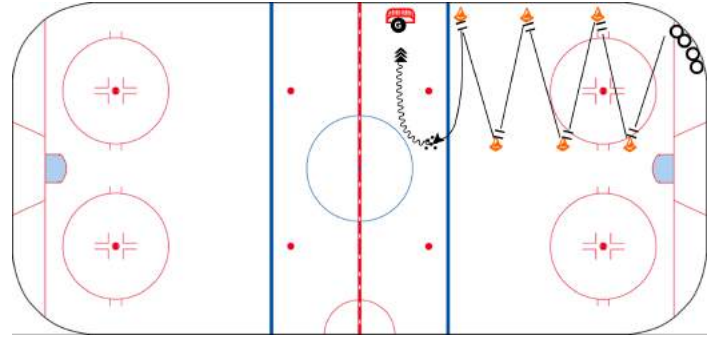


Quarter Ice - Stops & Starts with Shot

10 mins

Description

1. Work on various stop types:
 1. Hockey stop
 2. Inside edge stop
 3. Outside edge stop
 4. Etc.
2. Add a shot for fun

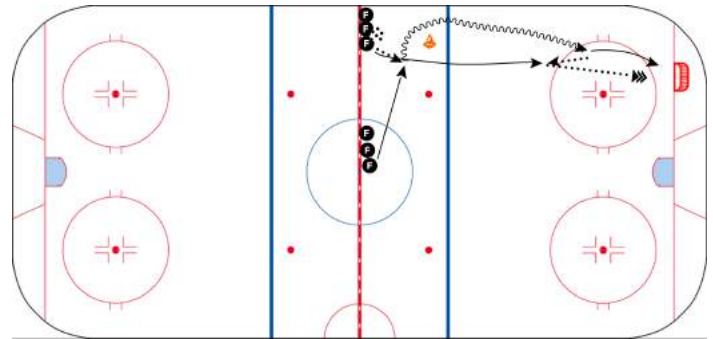


Quarter Ice - Drive Wide, Drop and Shoot

20 mins

Description

1. Player drives wide, receives a pass, enters zone
2. Passer follows up for drop pass
3. Drop pass and shot



Quarter Ice 1v1, 2v2, 3v3 Scrimmage

10 mins

Description

1. Coach designates whether it'll be a 1v1, 2v2, or 3v3
2. Coach dumps puck across
3. Players race and battle
4. Send multiple battles at once

Variation: Send all players at once, keep adding pucks until all pucks have been scored. Count pucks in each net to determine the winner

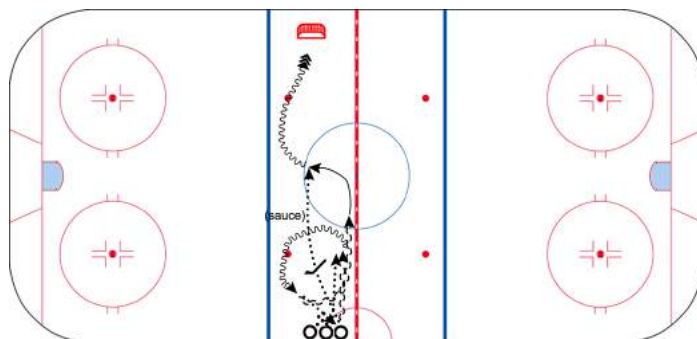


1-2-2 Walkthrough

20 mins

Description

1. Player skates out backward receives a pass
2. Loops around the stick and passes back
3. Opens up for a "stretch" saucer pass
4. Shot



Half-Ice Michigan Mile

10 mins

Key Points:

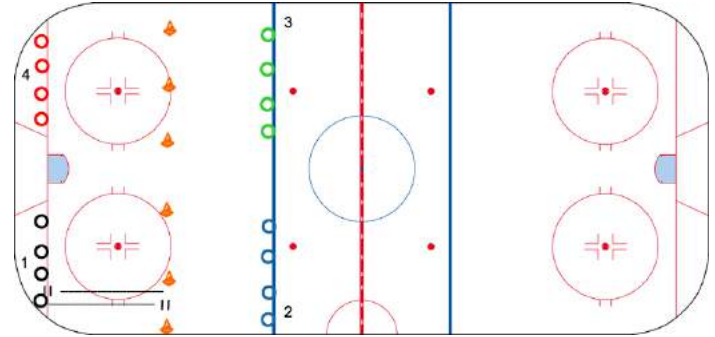
- Run various types of starts and stops
- Full speed at all times
- Stop & start facing the middle each time

Description

Four groups, on blues, facing each other. As soon as group 1 finishes, group 2 goes. Then 3, then 4, then back to 1.

1. cones and back - 5 push-ups
2. far line and back - 5 push-ups
3. cones, back, far line, back - 5 push-ups
4. far line, cones, far line, back - 5 push-ups
5. cones, back, far line, back - 5 push-ups
6. far line and back - 5 push-ups
7. cones and back - 5 push-ups

Variations: Sit-ups instead of push-ups; down on knees at each stop; add pucks; etc.

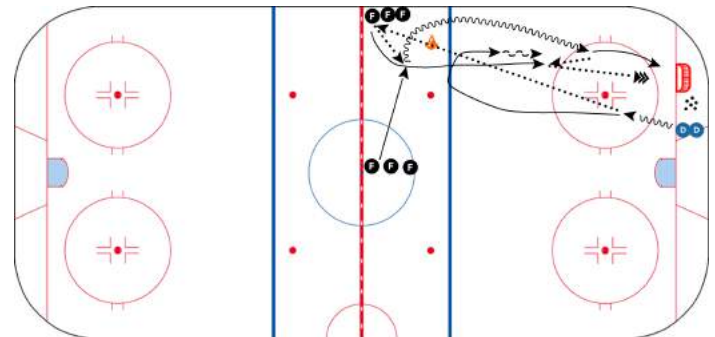


Quarter Ice - Drive Wide, Drop and Shoot (2 on 1)

20 mins

Description

1. D passes to F, touch pass to player cutting
2. Player drives wide, receives a pass, enters zone
3. Passer follows up for drop pass
4. D closes the gap and plays a 2 on 1
5. Drop pass and shot



Bubble Hockey

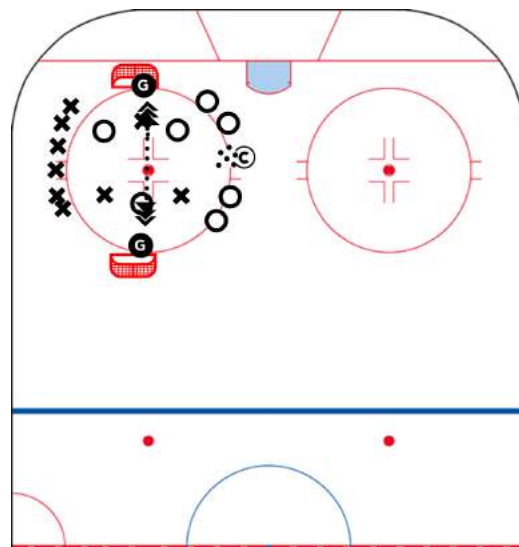
10 mins

Description

Set up two goals on opposite ends of a face-off circle. One goalie in each net. 3 v 3 in the circle. Each team puts one player in front of the goalie his/her team is trying to score on. Each team puts two players on other end of circle, acting as "point" people.

Just like real bubble hockey, players cannot move from their positions. They must battle and try to score the most goals, while also staying in their starting positions.

This drill works on hand-eye coordination, compete-level, communication, and quick reaction skills.

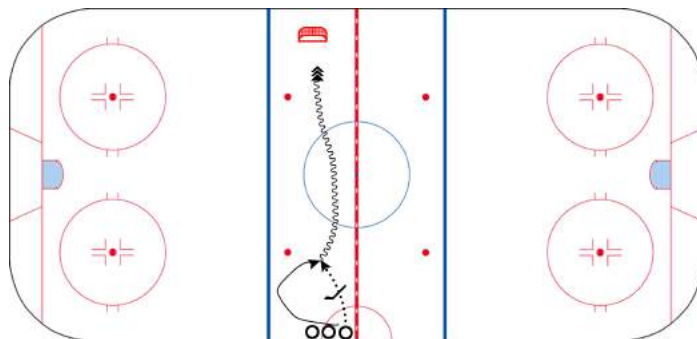


NZ C-Pass & Shot w/Sauce

20 mins

Description

1. Player skates the "C"
2. Receives a saucer pass from next player in line
3. Attacks 1 on 0



1-2-2 Walkthrough w/Tyler's line. Then 5v5 w/Sticks upside down

20 mins

Inside Edges, 5-step crossovers, Backward circles, 3-step crossunders

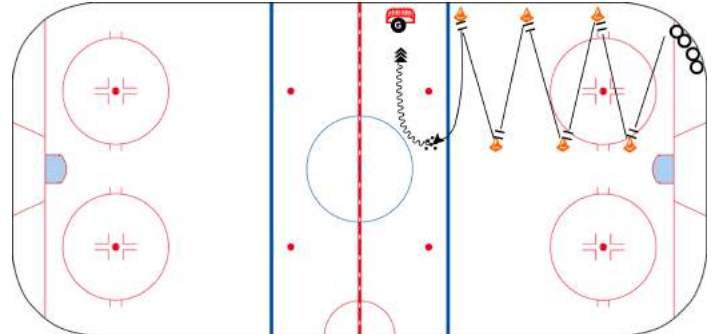
10 mins

Quarter Ice - Stops & Starts with Shot

10 mins

Description

1. Work on various stop types:
 1. Hockey stop
 2. Inside edge stop
 3. Outside edge stop
 4. Etc.
2. Add a shot for fun

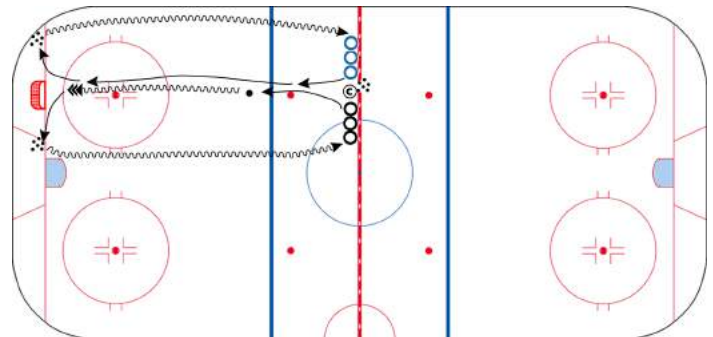


Quarter Ice Butterfly Race

10 mins

Description

1. Players set up as shown
2. Race to the puck - coach designates the type of start used (V, crossover, etc.)
3. On whistle, play is dead, players peel off and pick up a puck from the corner
4. Work on stickhandling moves on the way back

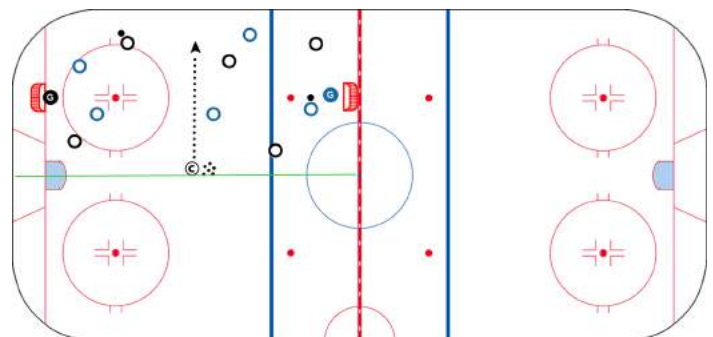


Quarter Ice - Race to Score Scrimmage

10 mins

Description

1. Whole team is divided into two groups
2. Everyone plays at the same time
3. Coach starts with 15-20 pucks, and puts them in play a few at a time
4. Once a puck is scored, it stays in the net
5. Play until all pucks have been scored, then count how many each team scored. Losing team does push-ups
6. Players need to find a balance between offense and defense



1-2-2 (5 on 5)

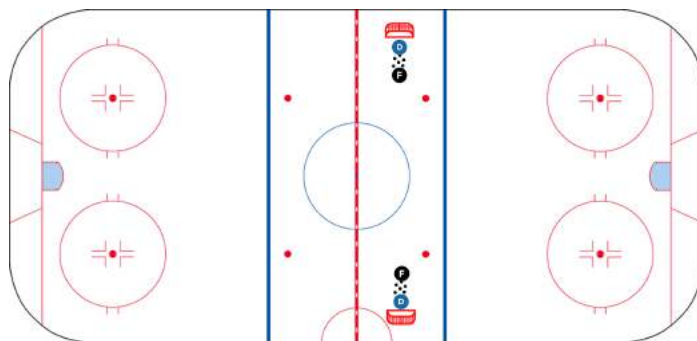
20 mins

Key Points:

- Body positioning
- Neutralize the opponent's stick

Description

1. Place a handful of pucks in front of the net
2. Defenseman turns his/her stick upside down
3. Forward tries to shoot all the pucks into the net one at a time
4. Defenseman tries to stop him
5. Game ends when all pucks have been used



Outside Edges, 5-step crossovers, 3-step crossunders

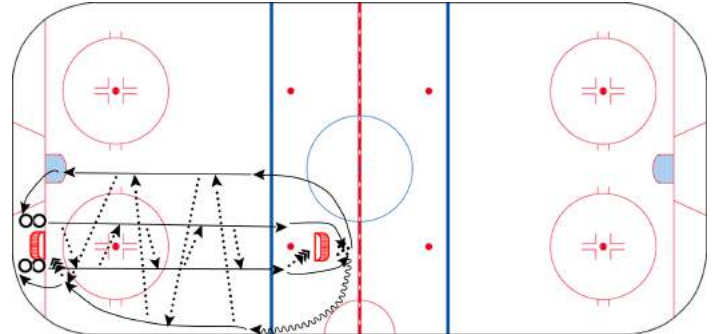
10 mins

Quarter Ice - Butterfly Passing

10 mins

Description

1. Skate route as shown, giving and receiving passes with partner
2. Short passes on the way down, long passes on the way back
3. Increase speed as proficiency improves

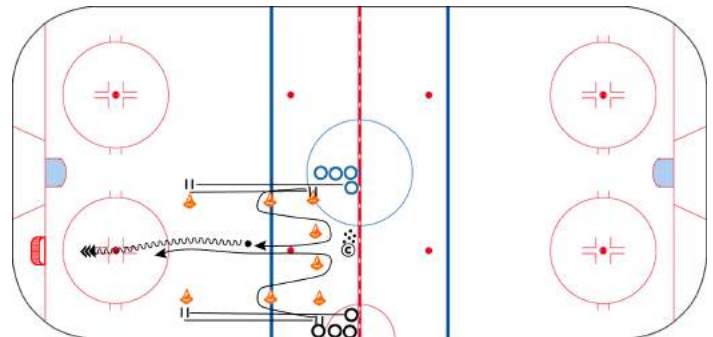


Quarter Ice - Stop & Start Race

10 mins

Description

1. Players start as shown
2. Race through sequence as shown. Coach mandates which type of stop to work on.
3. Race to the lane to the puck
4. Puck protection and back checking



Quarter Ice - Scoring Under Pressure

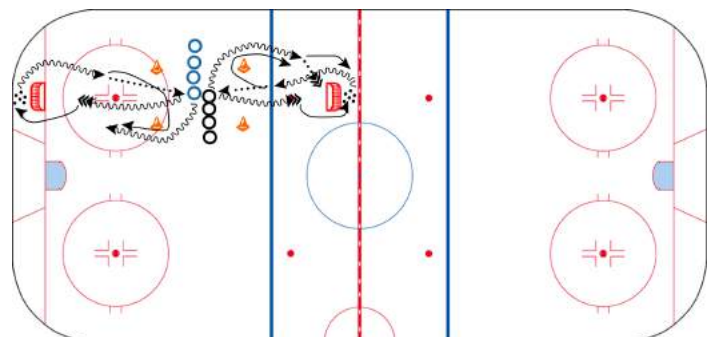
10 mins

Key Points:

1. This version is run in a small space. Split team to minimize waiting in line

Description

1. First player goes in and shoots, then loops in behind the net and picks up a puck
2. Pass to next player in line
3. Receiver has to go wide around one cone or the other
4. Passer follows receiver around the cone and backchecks
5. After the shot, shooter picks up a puck and passes to the next player in line
6. Drill repeats

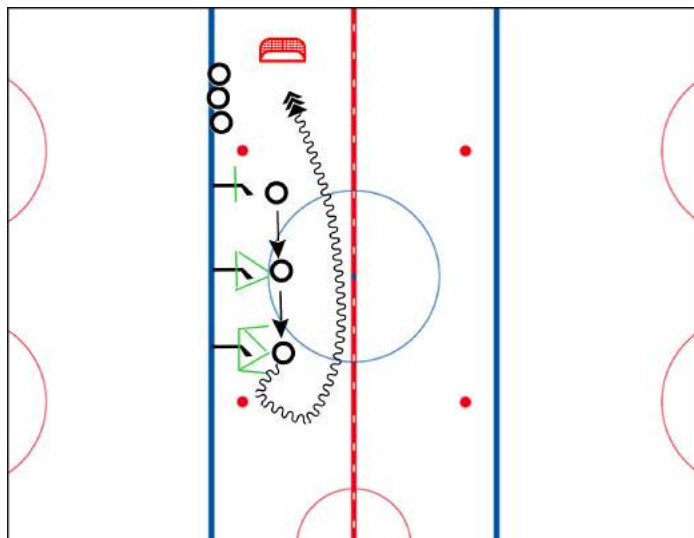


1-2-2 (5 on 5)

20 mins

Description

1. Stickhandle through the sequence as shown, using attack triangles as the obstacles
2. 3 players go at once
3. Change places on the whistle (10-15 sec rotations)
4. Escape move and attack for a shot

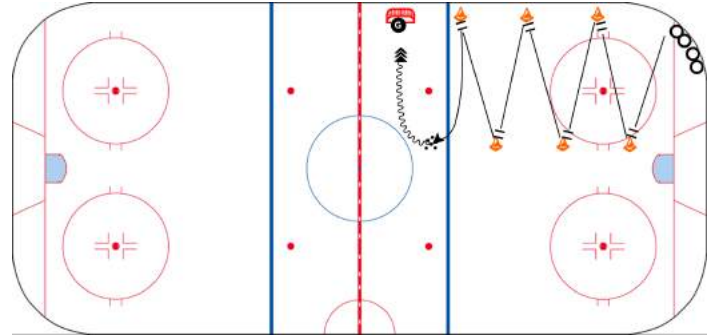


Quarter Ice - Stops & Starts with Shot

10 mins

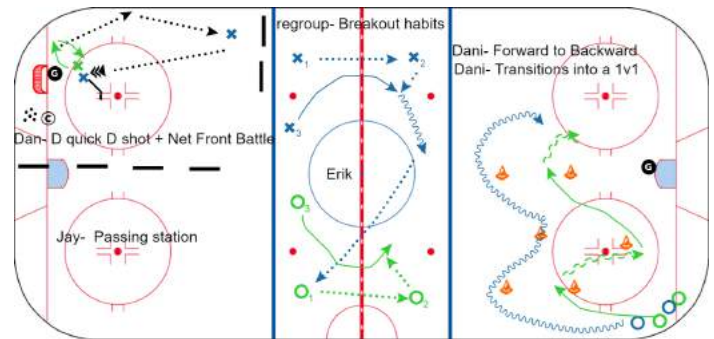
Description

1. Work on various stop types:
 1. Hockey stop
 2. Inside edge stop
 3. Outside edge stop
 4. Etc.
2. Add a shot for fun



10-24 shared stations

10 mins

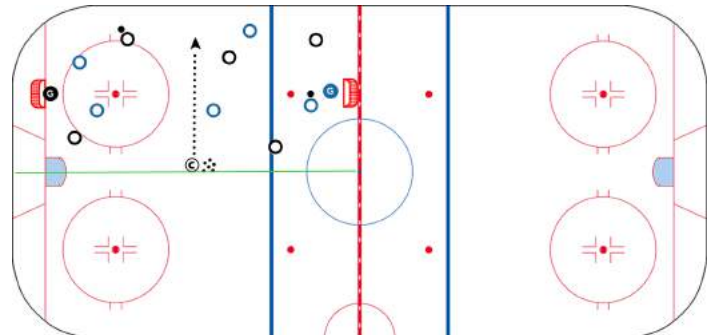


Quarter Ice - Race to Score Scrimmage

10 mins

Description

1. Whole team is divided into two groups
2. Everyone plays at the same time
3. Coach starts with 15-20 pucks, and puts them in play a few at a time
4. Once a puck is scored, it stays in the net
5. Play until all pucks have been scored, then count how many each team scored. Losing team does push-ups
6. Players need to find a balance between offense and defense



1-2-2 (5 on 5)

20 mins

Inside Edges, Outside Edges, Crossover Stop Ladders 10 mins

Snake Shooting Drill 10 mins

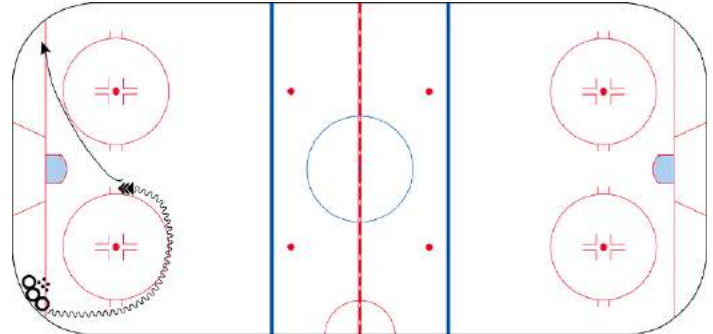
Key Points:

- Full speed
- Shoot in stride

Description

1. Players start in corner as shown
2. Attack seam
3. Shoot in Stride

Variation: Designate which shot type - use mohawks, backhands, snap shots, etc.



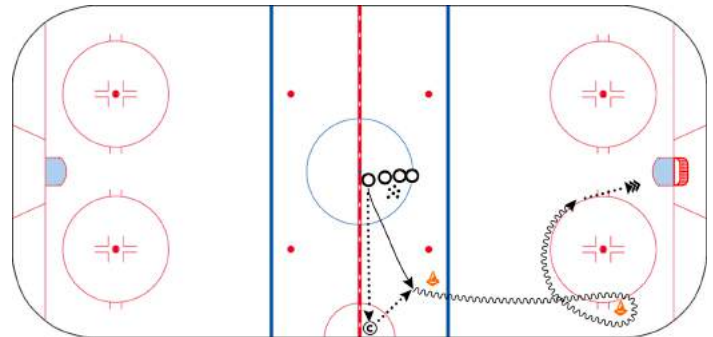
Quarter Ice - Drive Deep & Attack the Seam 10 mins

Key Points:

- Designate if you want to see backhand shots or mohawks for forehand shots

Description

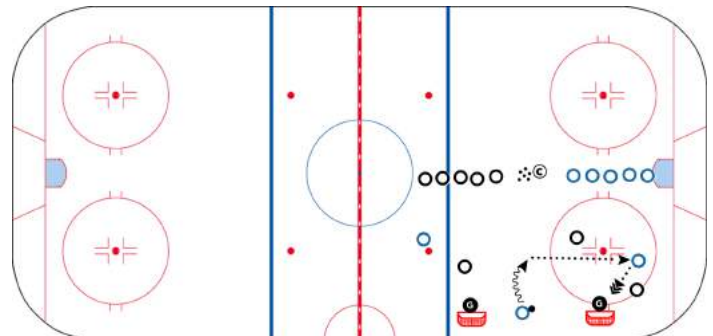
1. Give & go with coach
2. Drive wide
3. Hit the breaks and attack the seam



Quarter Ice - Any net one-timer game 10 mins

Description

3 on 3 game that focuses on getting shots of quickly. Every shot must be a one timer but can come from anywhere on the ice and the kids can shoot on any goalie they want.



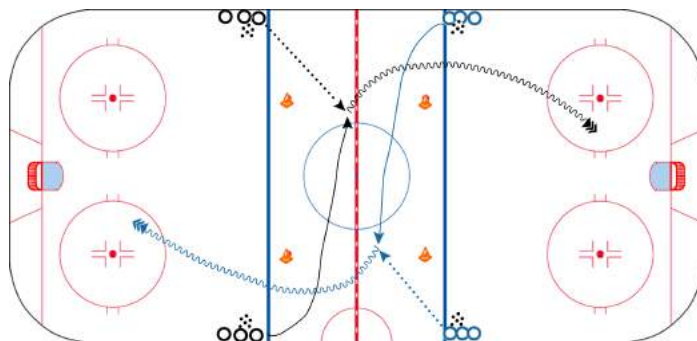
1-2-2 5v5 10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. Player skates across middle
2. Receives pass from opposite line
3. Attacks wide and shoots



Inside Edges, 5-Step Crossovers, Russian Circles

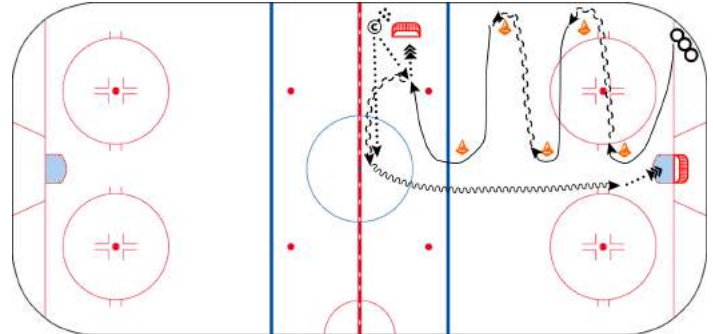
10 mins

Quarter-Ice Gap Control Sequence

10 mins

Description

1. Run through sequence as shown
2. Go through in pairs, maintaining a close gap
3. Add passing with pairings, finish with 1 on 1

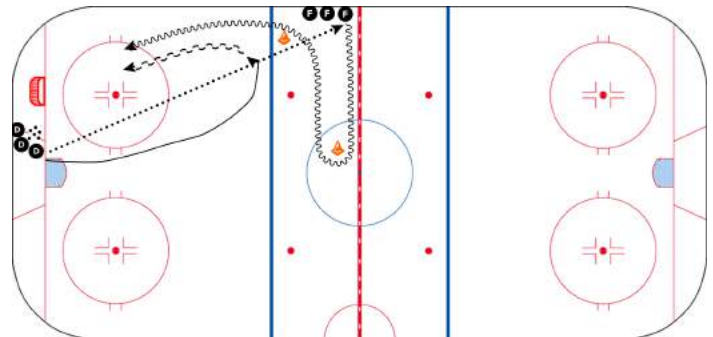


Quarter Ice - Gap Up 1 on 1

10 mins

Description

1. Pass out from D
2. Forward skates route, D closes gap
3. 1 on 1

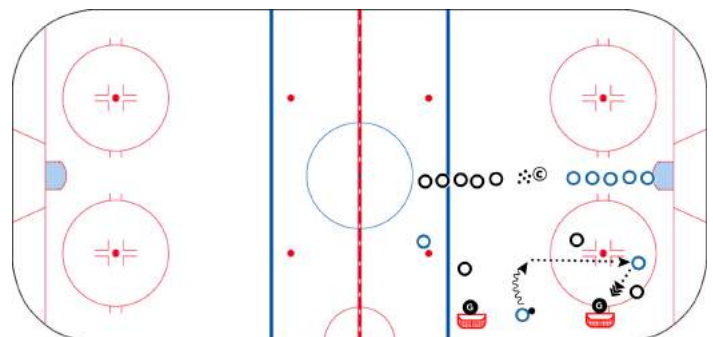


Quarter Ice - Any net one-timer game

10 mins

Description

3 on 3 game that focuses on getting shots off quickly. Every shot must be a one timer but can come from anywhere on the ice and the kids can shoot on any goalie they want.



Attack Triangle Phase 1

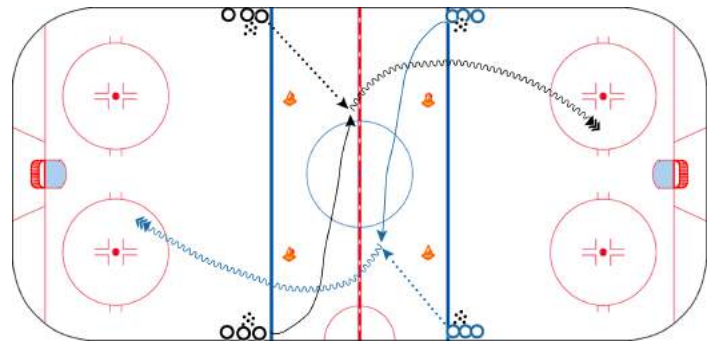
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. Player skates across middle
2. Receives pass from opposite line
3. Attacks wide and shoots



Attack Triangle Phase 2

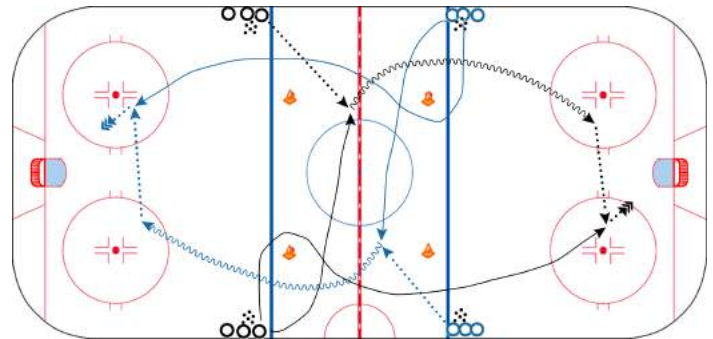
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around first cone, then drives wide (staying outside)
5. Pass across & Shot



Stationary Wrist Shots

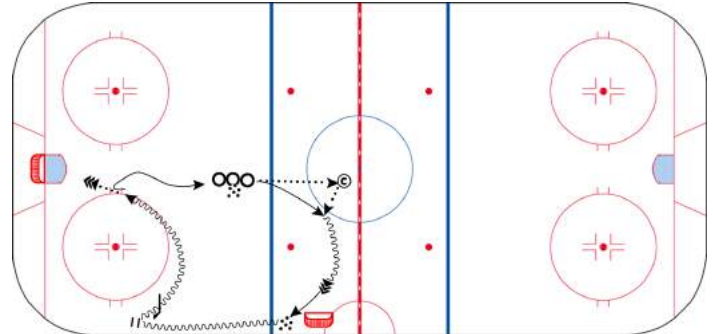
10 mins

Quarter Ice - 2 Shot Seam Attack

20 mins

Description

1. Players line up as shown
2. Give & Go pass with coach, take shot
3. Pick up new puck and drive wide
4. Hit the breaks and attack the seam, putting a move on the attack triangle
5. Second shot, then return to line



Attack Triangle Phase 1

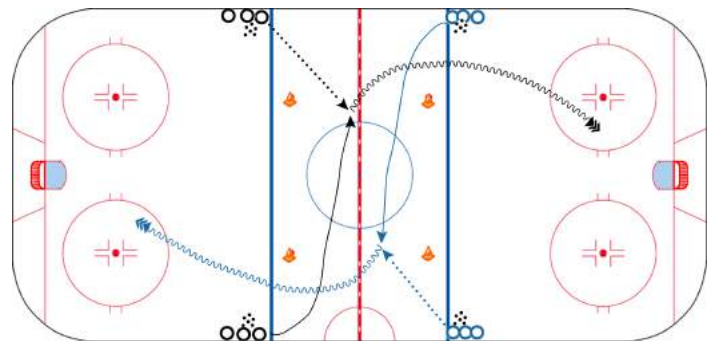
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. Player skates across middle
2. Receives pass from opposite line
3. Attacks wide and shoots



Attack Triangle Phase 2

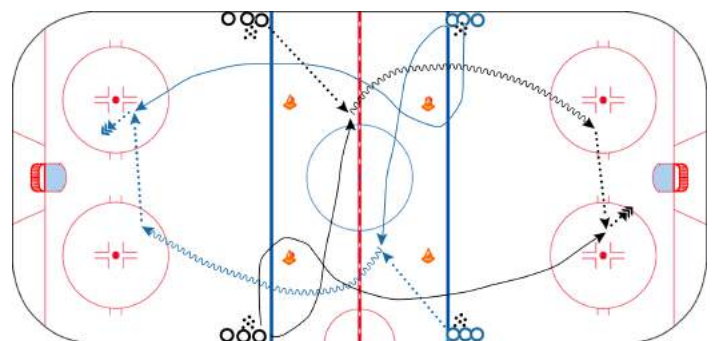
10 mins

Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around first cone, then drives wide (staying outside)
5. Pass across & Shot

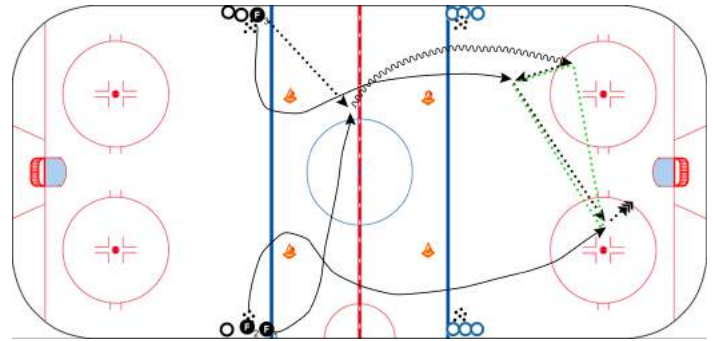


Key Points:

- Full speed
- Receive all passes IN FRONT OF YOUR BODY

Description

1. F1 skates across middle
2. F1 Receives pass from opposite line
3. F1 Attacks wide
4. F2 loops around close cone, then drives wide (staying onside)
5. F3 Loops around close cone and follows puck carrier as "Trailer Man"
6. Drop pass, pass across, shot (or any variation you choose)



Inside Edges, 5-Step Crossovers, 3-Step Crossunders, Pivots

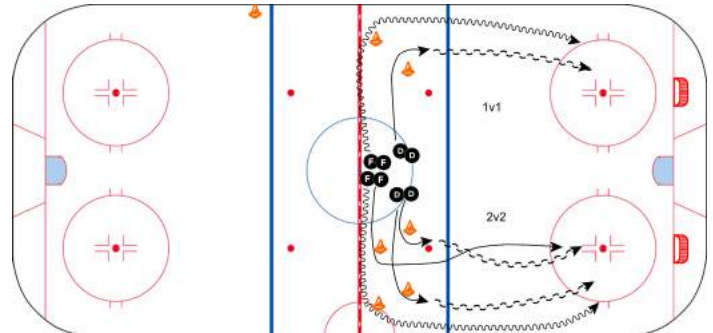
10 mins

Quarter Ice - Hadden 1v1 & 2v2

20 mins

Description

1. Players work through angle 1v1 and 2v2 as shown



Quarter Ice - Scoring Under Pressure

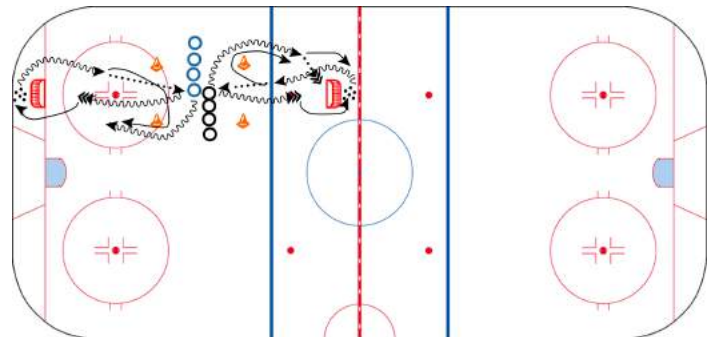
10 mins

Key Points:

1. This version is run in a small space. Split team to minimize waiting in line

Description

1. First player goes in and shoots, then loops in behind the net and picks up a puck
2. Pass to next player in line
3. Receiver has to go wide around one cone or the other
4. Passer follows receiver around the cone and backchecks
5. After the shot, shooter picks up a puck and passes to the next player in line
6. Drill repeats



Snake Shooting Drill

5 mins

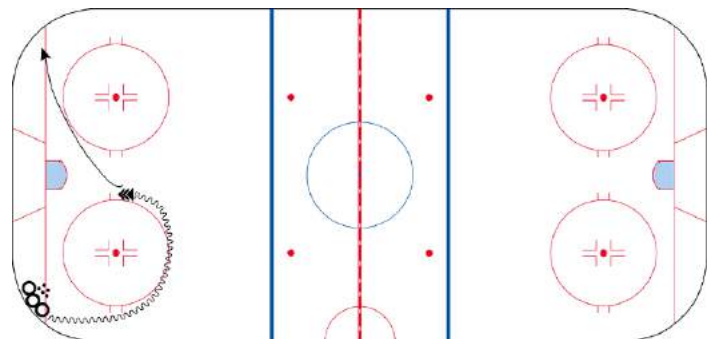
Key Points:

- Full speed
- Shoot in stride

Description

1. Players start in corner as shown
2. Attack seam
3. Shoot in Stride

Variation: Designate which shot type - use mohawks, backhands, snap shots, etc.



Snake Shooting Drill w/Cycle

5 mins

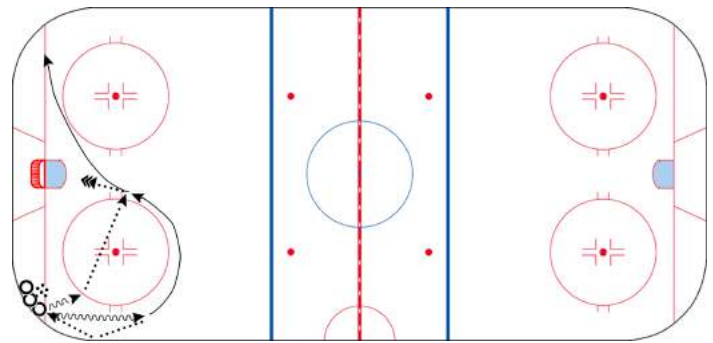
Key Points:

- Full speed
- Shoot in stride

Description

1. Players start in corner as shown
2. Cycle back to next player in line
3. Attack seam
4. Receive return pass
5. Shoot in Stride

Variation: Designate which shot type - use mohawks, backhands, snap shots, etc.

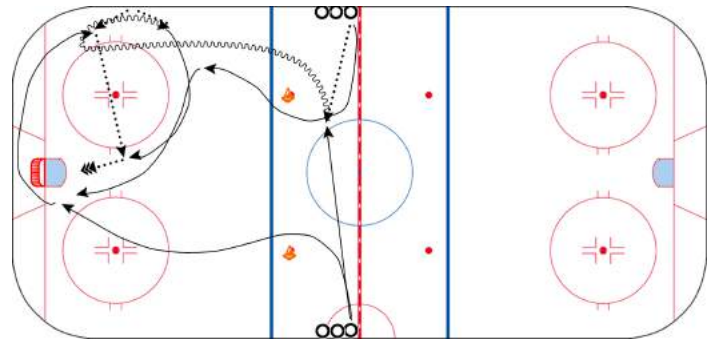


Attack Triangle Sequence with Cycle

10 mins

Description

1. Players set up as shown and enter the zone in an attack triangle
2. F1 drives wide and hits the breaks
3. F2 drives the net, then supports F1
4. F3 goes to high slot, then drives the net when F2 leaves the post



Inside Edges, 5-Step Crossovers, 3-Step Crossunders, Pivots

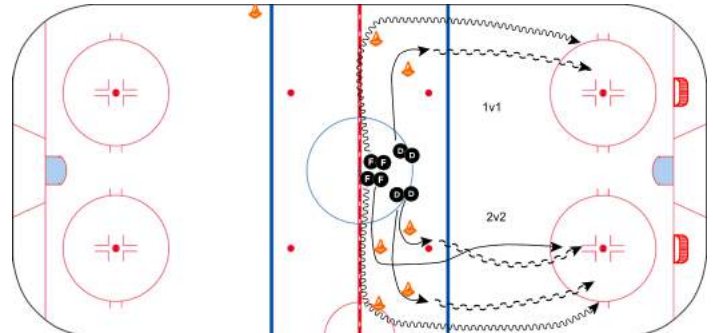
10 mins

Quarter Ice - Hadden 1v1 & 2v2

20 mins

Description

1. Players work through angle 1v1 and 2v2 as shown

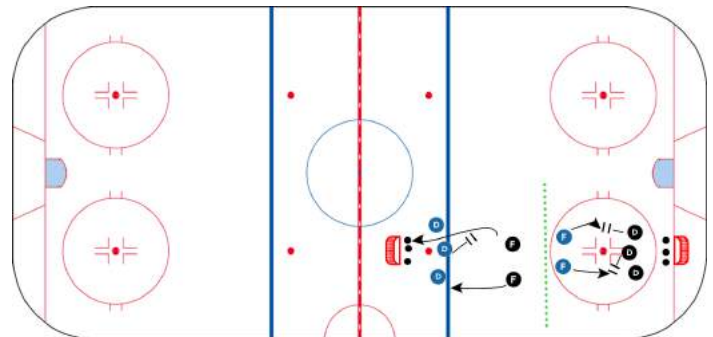


Quarter Ice 3-Puck Battle - 2 v 3

10 mins

Description

1. Players line up as shown, no sticks
2. Run as a 2v3 or 3v3 for more advanced players
3. Forwards have to get through the defensemen and push a puck into the net with their hand (one puck at a time)
4. Defensemen have to square up and use body positioning, agility skating, and angling to keep forwards outside the "danger zone" in front of the net
5. After a goal is scored, the forwards must clear the zone TOGETHER, then come back in. You can draw a line on the ice, where the green dots, are for reference

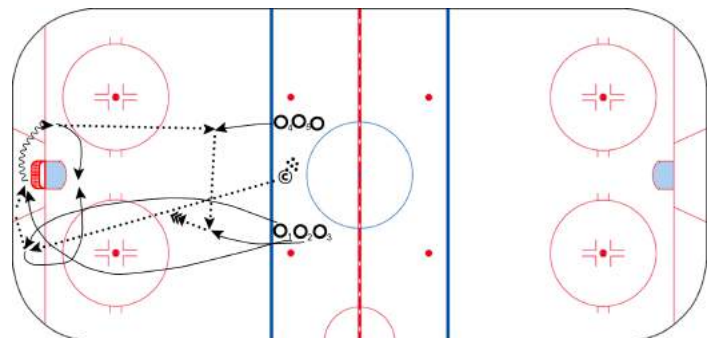


Cycle Deflection

10 mins

Description

1. Coach dumps puck into the corner
2. P1 goes into the corner and cycles to P2
3. P2 picks up the cycle, skates behind the net, and passes to P4
4. P4 passes to P3, who shoots
5. P1 and P2 drive the net for tips and rebounds
6. Next rotation coach dumps it to the other side and P5 starts

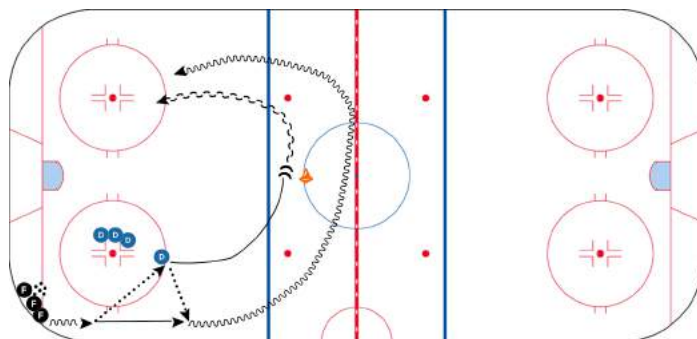


Key Points:

- Gap management

Description

1. Forward makes a give & go pass with defenseman
2. Forward drives wide around the cone
3. Defenseman manages the gap, and plays the 1 on 1




Touch Pass Fundamentals 10 mins

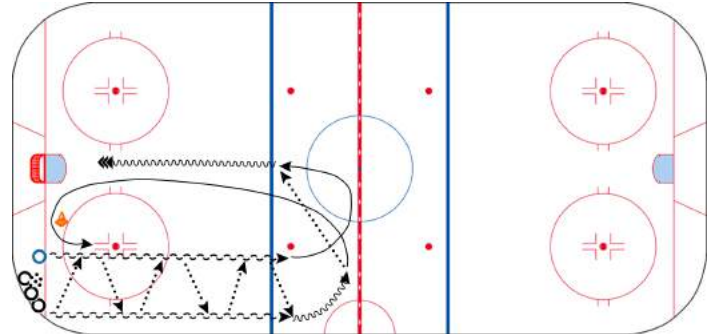
Quarter Ice - Backward Synchronized Passing with Shot 20 mins

Key Points:

- If you're running full ice, go with two lines in opposite corners, and players go to the far blue line

Description

1. Players start as shown, with a passer in place () just to start the drill
2. Players skate backward, giving and receiving passes until the blue line
3. At blue line, both players open up and transition from backward to forward, player closest to the boards hits the middle player for a stretch pass
4. Middle player shoots
5. Player closest to the boards follows up the play, then becomes the next middle player

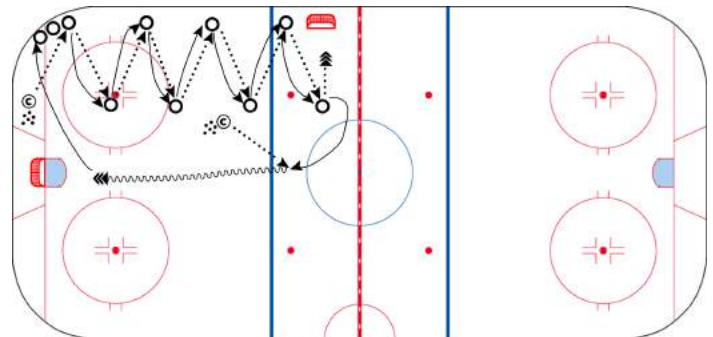


NOTES: Designate shot type you'd like to see.

Quarter Ice - Touch Pass Zigzag Shuttle with One-Timer and Breakaway 10 mins

Description

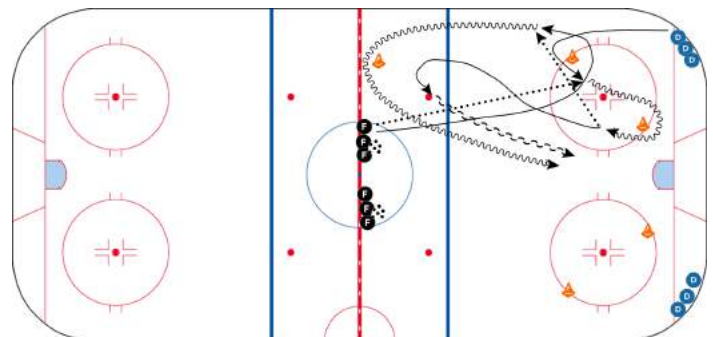
1. Coach starts the sequence
2. Touch pass and follow your pass
3. Last player shoots and peels out for a breakaway



Breakout 1 on 1 10 mins

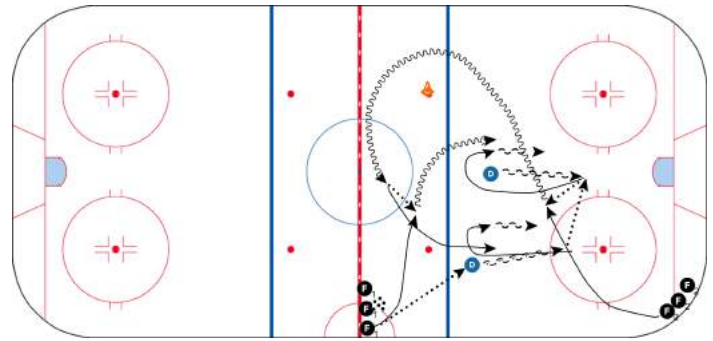
Description

1. Defenseman loops up, receives pass from forward, then loops below other cone
2. Forward loops around cone, receives pass from defenseman
3. Both players swing out into the NZ then come back in 1 on 1



Description

1. F1 passes to the defenseman - both defensemen back up
2. D to D pass, and touch pass to F2 swinging through out of the corner
3. F2 swings into the NZ, makes a criss-cross pass with F1
4. Defensemen close the gap
5. Forwards attack 2 on 2




Quarter Ice - Backward Synchronized Passing with Shot

5 mins

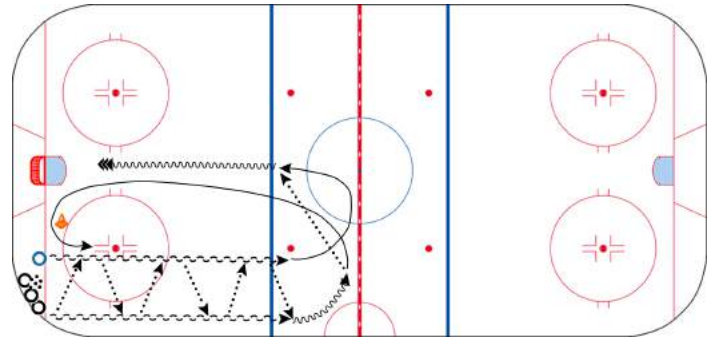
Key Points:

- If you're running full ice, go with two lines in opposite corners, and players go to the far blue line

Description

1. Players start as shown, with a passer in place () just to start the drill
2. Players skate backward, giving and receiving passes until the blue line
3. At blue line, both players open up and transition from backward to forward, player closest to the boards hits the middle player for a stretch pass
4. Middle player shoots
5. Player closest to the boards follows up the play, then becomes the next middle player

NOTES: Designate shot type you'd like to see.

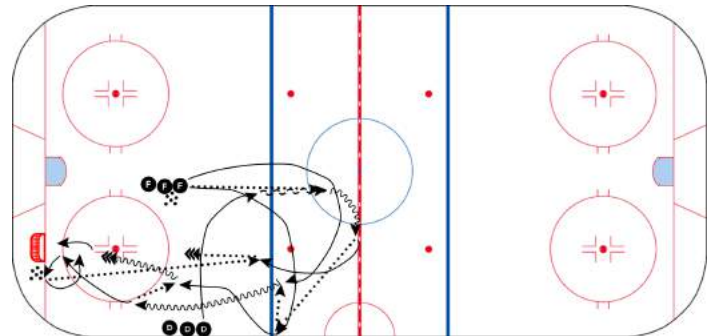


Quarter Ice - 3-Man Regroup

30 mins

Description

1. D swings, opens up backward, and receives a pass from the F
2. F's swing into regroup position and execute a portion of the post-up regroup
3. F's attack and shoot, then pick up a new puck and pass back to the D for a shot & tip




Quarter Ice - Backward Synchronized Passing with Shot

5 mins

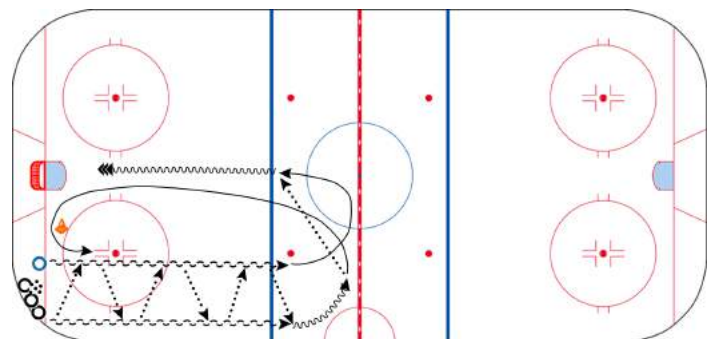
Key Points:

- If you're running full ice, go with two lines in opposite corners, and players go to the far blue line

Description

1. Players start as shown, with a passer in place () just to start the drill
2. Players skate backward, giving and receiving passes until the blue line
3. At blue line, both players open up and transition from backward to forward, player closest to the boards hits the middle player for a stretch pass
4. Middle player shoots
5. Player closest to the boards follows up the play, then becomes the next middle player

NOTES: Designate shot type you'd like to see.

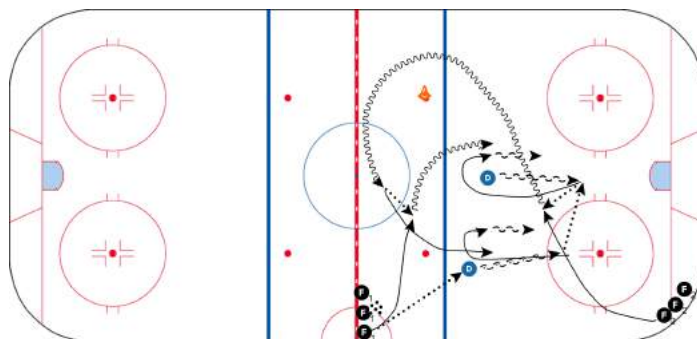


2 on 2 Half-Ice Drill

10 mins

Description

1. F1 passes to the defenseman - both defensemen back up
2. D to D pass, and touch pass to F2 swinging through out of the corner
3. F2 swings into the NZ, makes a criss-cross pass with F1
4. Defensemen close the gap
5. Forwards attack 2 on 2

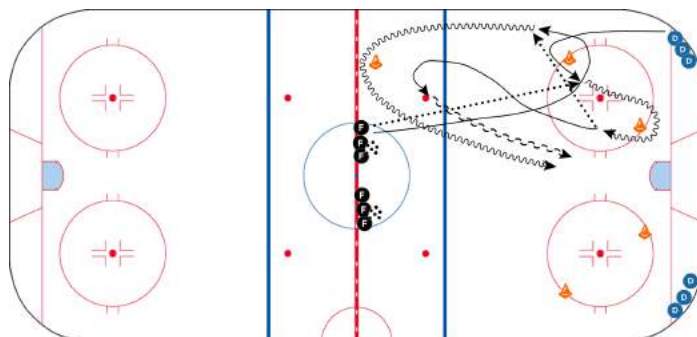


Breakout 1 on 1

10 mins

Description

1. Defenseman loops up, receives pass from forward, then loops below other cone
2. Forward loops around cone, receives pass from defenseman
3. Both players swing out into the NZ then come back in 1 on 1

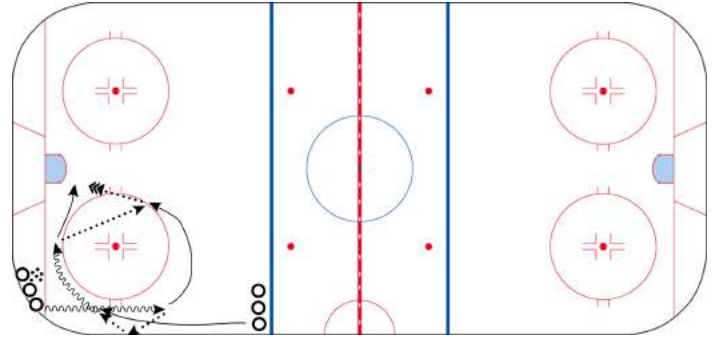


Criss Cross Cycle

10 mins

Description

1. Players criss cross and run the cycle
2. Pass out of the corner with shot

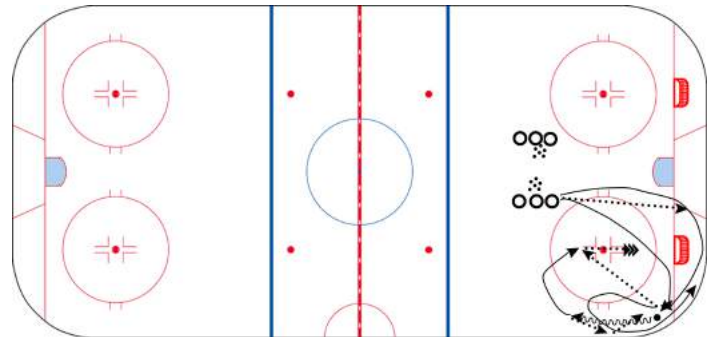


Quarter Ice - Perpetual Cycle

10 mins

Description

1. P1 dumps puck in to corner from line and swings in to pick it up
2. P2 follows up and receives the cycle
3. Cycle give and go with a shot
4. P3 dumps puck in on the other side of the net
5. P2 loops back into the zone and cycles the other way
6. P3 follows up, receives the cycle, and passes out front to P2
7. Drill repeats

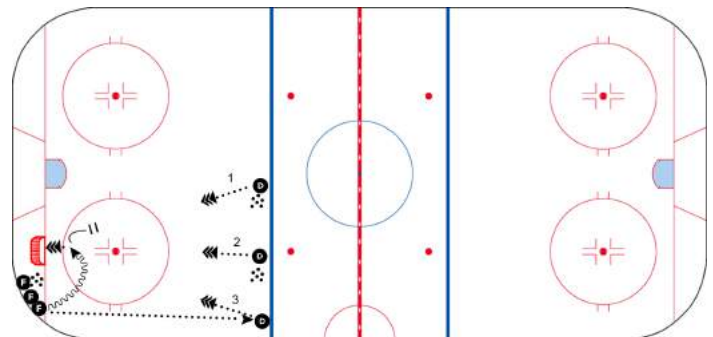


Shot & 3 Tip

10 mins

Description

1. F passes out from the corner, then drives the net with a puck
2. Shot, then 3 tips

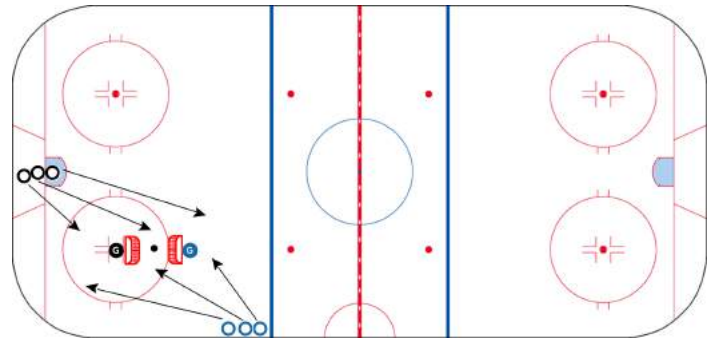


Quarter Ice - Back-to-back 3v3

10 mins

Description

1. Players line up as shown
2. Nets 3v3 scrimmage

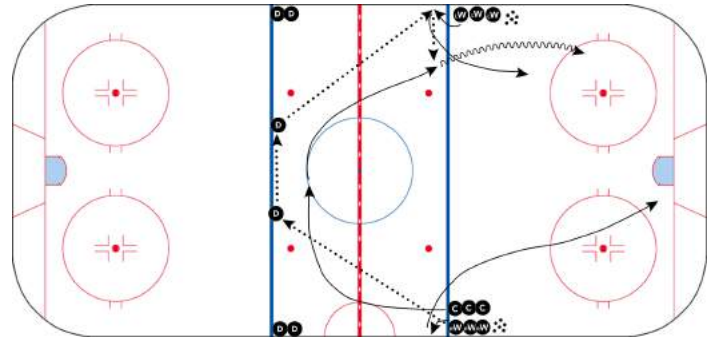


Regroup Progression - Phase 1

5 mins

Description

1. Players line up as shown, forwards go with their linemates
2. Run the post up regroup
3. Attack 3v0
4. Center men switch sides after each round

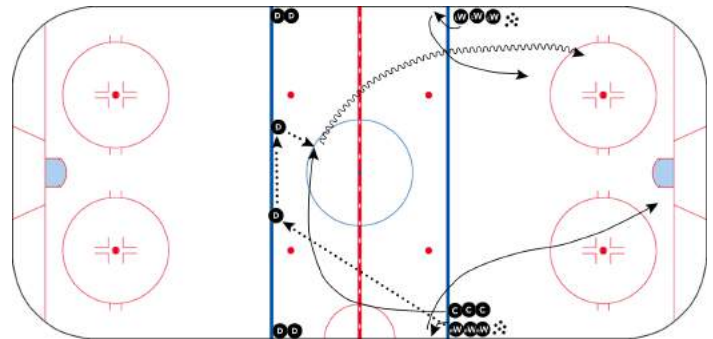


Regroup Progression - Phase 2

5 mins

Description

1. Players line up as shown, forwards go with their linemates
2. Run the post up regroup (middle option)
3. Attack 3v0
4. Center men switch sides after each round

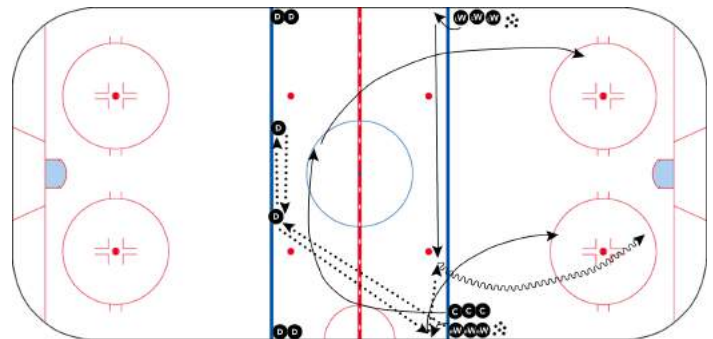


Regroup Progression - Phase 3

5 mins

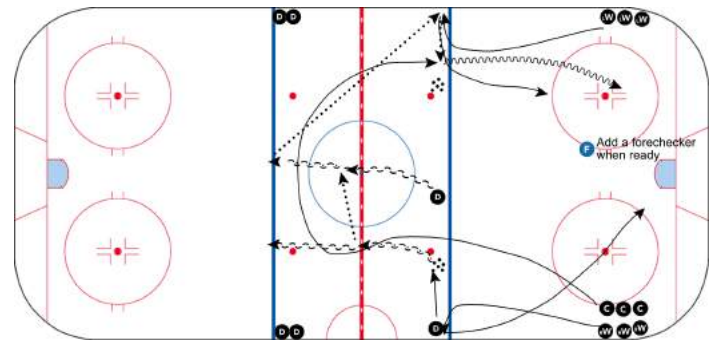
Description

1. Players line up as shown, forwards go with their linemates
2. Run the post up regroup (two D to D passes)
3. Attack 3v0
4. Center men switch sides after each round



Description

1. Players line up as shown, forwards go with their linemates
2. Run the post up regroup in motion
3. Attack 3v0
4. Center men switch sides after each round

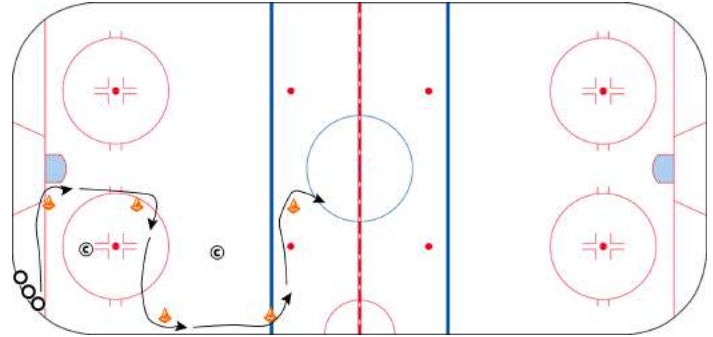


Mohawk Snake - Quarter Ice

10 mins

Description

1. Mohawk around turns as shown
2. Add puck as players improve
3. Add passes to coaches

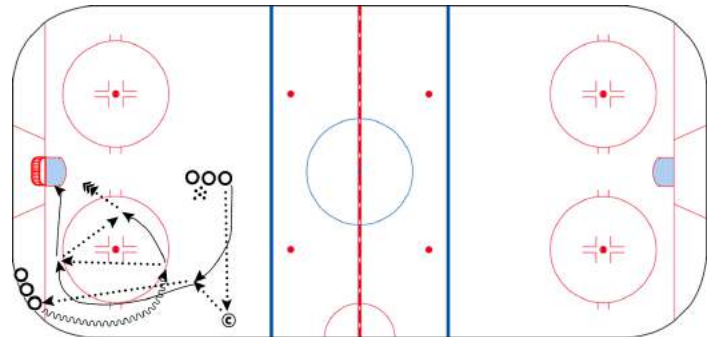


Quarter Ice - Criss Cross Low Attack

20 mins

Description

1. Player runs a give & go with coach
2. Touch pass to corner
3. Criss cross low attack

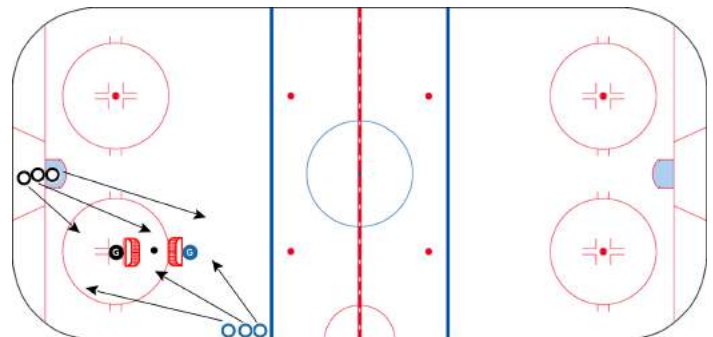


Quarter Ice - Back-to-back 3v3

10 mins

Description

1. Players line up as shown
2. Nets 3v3 scrimmage

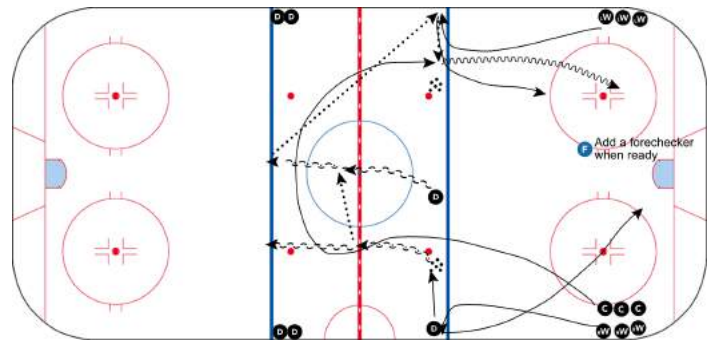


Regroup Progression - Phase 4

10 mins

Description

1. Players line up as shown, forwards go with their linemates
2. Run the post up regroup in motion
3. Attack 3v0
4. Center men switch sides after each round

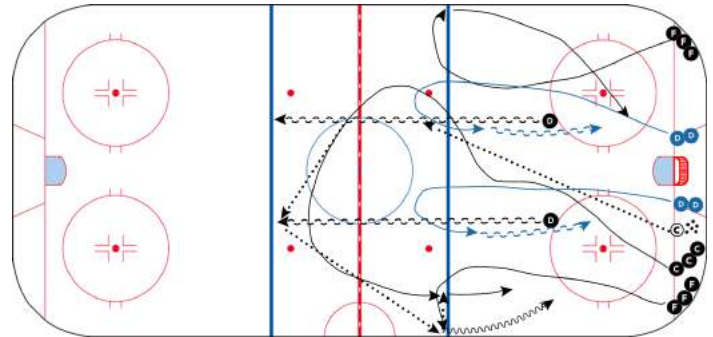


Coach Regroup - 2/3 Ice

10 mins

Description

1. Coach passes out to D
2. 5-man regroup
3. Attack 5 on 2

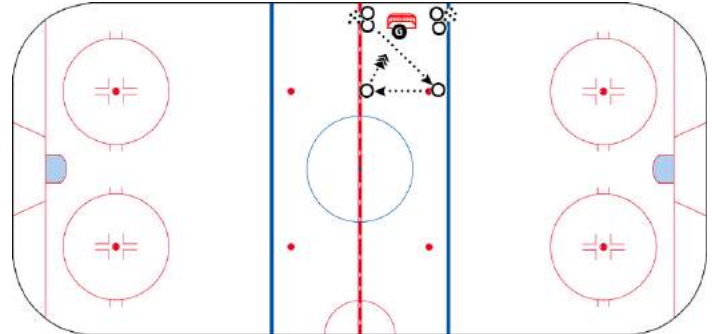


Inside Edges, 5-Step Crossovers, 3-Step Crossunders, Pivots 5 mins

Touch Pass 1-Timer (small space) 25 mins

Description

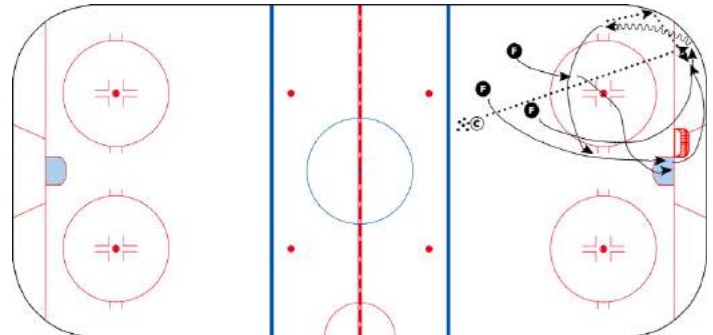
1. Players line up as shown
2. Pass out from the corner
3. Touch pass across
4. One-Timer on net



Quarter Ice: 3-Man Cycle Rotation 25 mins

Description

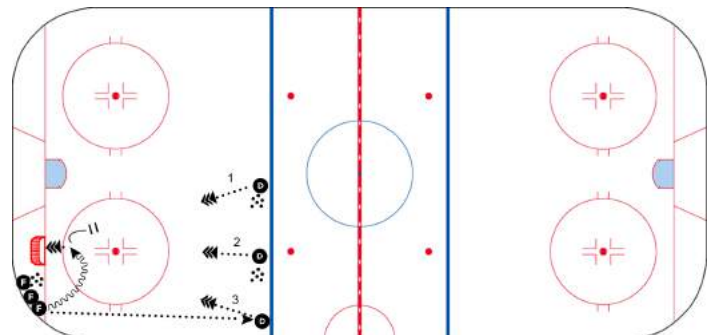
1. 3-Man cycle until coach blows whistle, then attack 3 on 0



Shot & 3 Tip 10 mins

Description

1. F passes out from the corner, then drives the net with a puck
2. Shot, then 3 tips

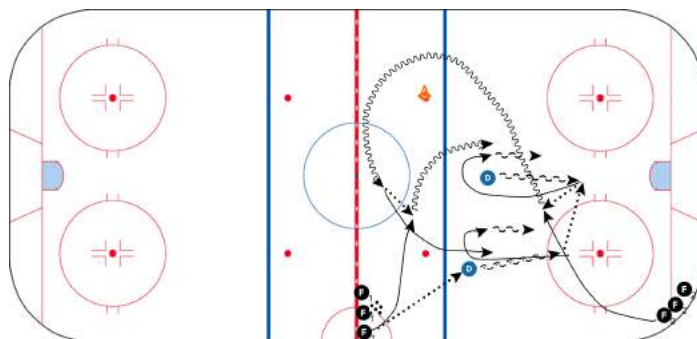


2 on 2 Half-Ice Drill

10 mins

Description

1. F1 passes to the defenseman - both defensemen back up
2. D to D pass, and touch pass to F2 swinging through out of the corner
3. F2 swings into the NZ, makes a criss-cross pass with F1
4. Defensemen close the gap
5. Forwards attack 2 on 2

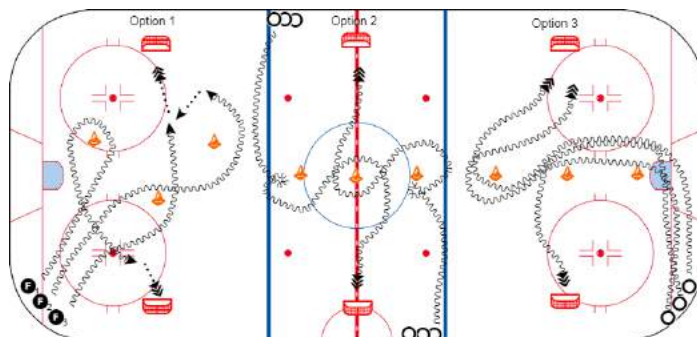


Cross-Ice Shooting (options 1-3)

10 mins

Description

1. Option 1: Stagger cones. F1 shoots 1v0, F2 and F3 shoot 2v0
2. Option 2: Escape move, then tight cut up the middle
3. Option 3: F1 shoots on one net, F2 shoots on the other net, F3 chooses either net



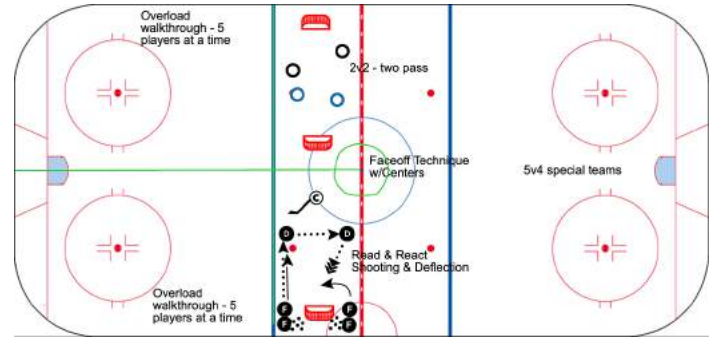


U12 Practice 30

Duration: 60 min

Peewees 2019-02-11

60 mins

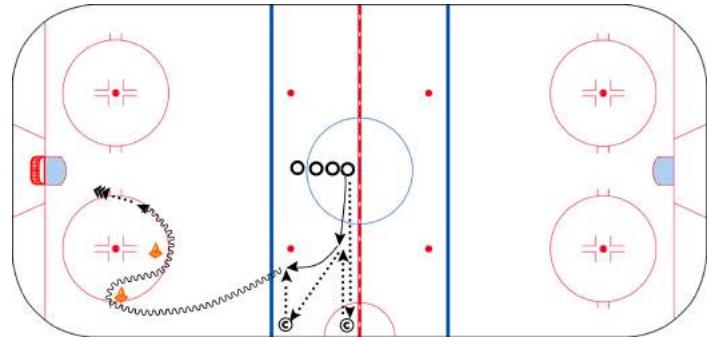


Quarter Ice - Touch, Touch, Drive & Shoot

20 mins

Description

1. Pass to coach, touch back
2. Touch to other coach, touch back
3. Drive wide
4. Power turns and attack

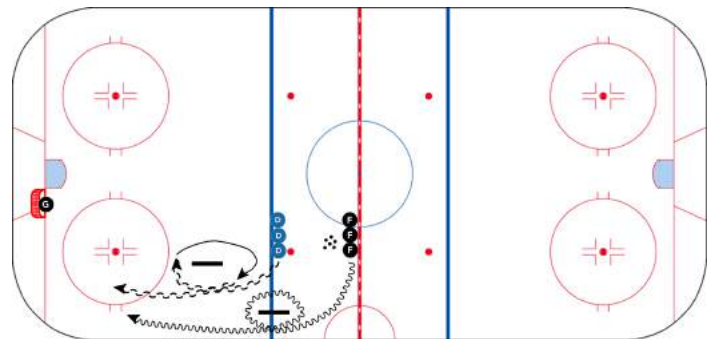


Quarter Ice - Heath Gap-Up 1v1

20 mins

Description

1. Players skate routes as shown
2. 1v1 Attack

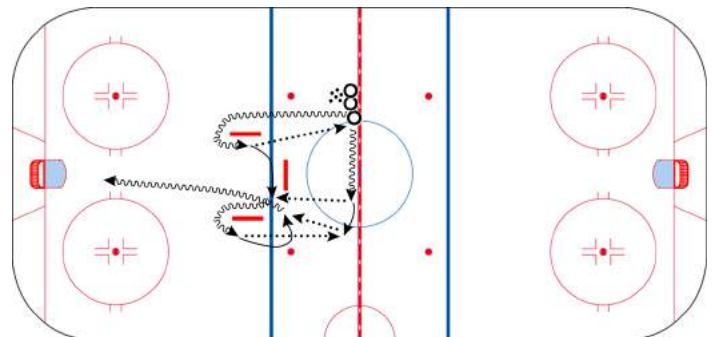


Heath Give & Go with Bumpers

10 mins

Description

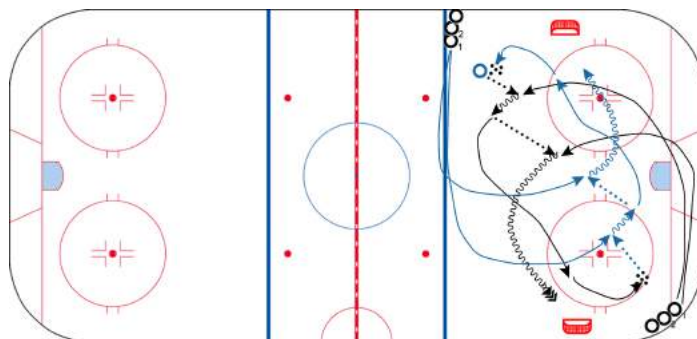
1. Players perform drill in pairings
2. First player skates down below the bumper and passes to next player in line
3. Second player skates across the line and passes back to the first player between gaps
4. Continue give & go's as shown, then attack 1 on 0
5. See video demo here:
<https://www.youtube.com/watch?v=Hclx8eHPPnc>



NOTE: You can run this drill in two stations, side-by-side, in a half-ice space. Stagger the starts so the goalie takes shots from alternating sides

Description

1. Two players swing as shown
2. Receive a pass from the passer to start the drill
3. Player 1 headmans to Player 2
4. Player 2 shoots, Player 1 picks up a new puck and moves it up ice to the new Player 1
5. Drill is continuous

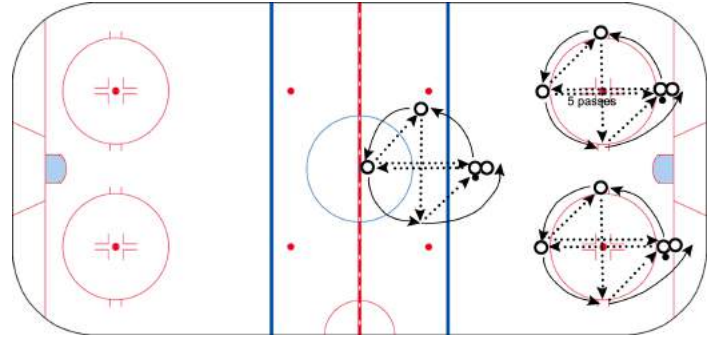


Quad Pass

10 mins

Description

1. Players across from each other make 5 passes (cushion & sweep)
2. After the 5th pass, player touch passes to the 3rd player, receives a touch pass, and touch passes to the next player in line
3. Players rotate positions as shown

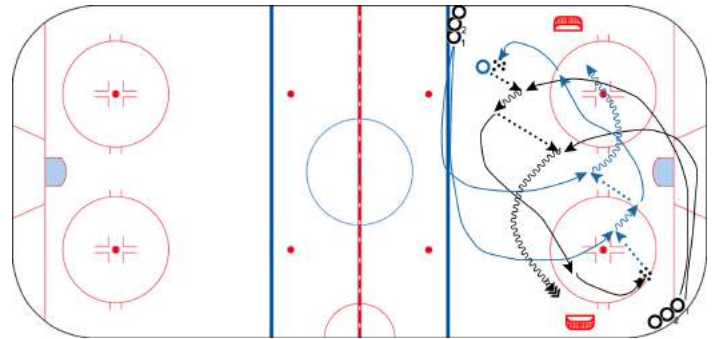


Cross Ice - 3 Zone Timing

10 mins

Description

1. Two players swing as shown
2. Receive a pass from the passer to start the drill
3. Player 1 headmans to Player 2
4. Player 2 shoots, Player 1 picks up a new puck and moves it up ice to the new Player 1
5. Drill is continuous



Levitin Stickhandling Warm-Up

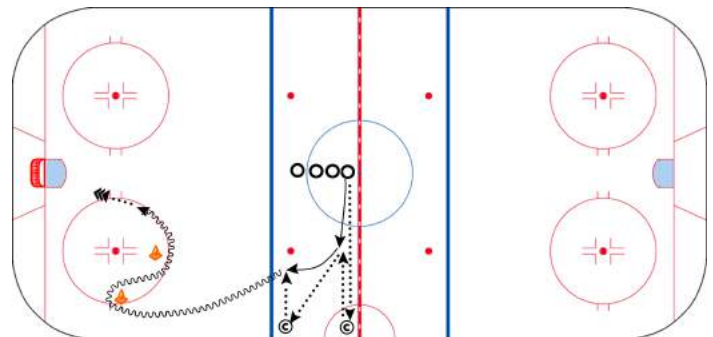
10 mins

Quarter Ice - Touch, Touch, Drive & Shoot

20 mins

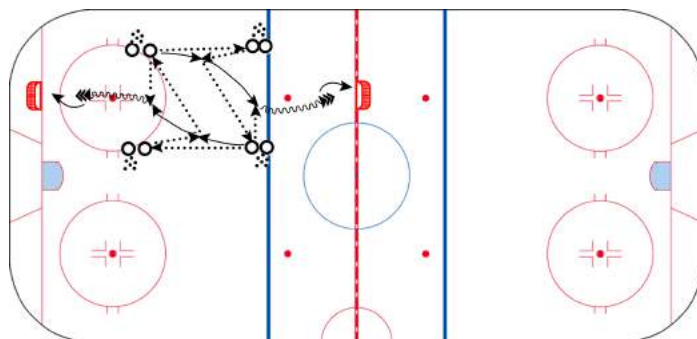
Description

1. Pass to coach, touch back
2. Touch to other coach, touch back
3. Drive wide
4. Power turns and attack



Description

1. Pass out, touch back
2. Pass across, touch back
3. Attack 1v0 for shot
4. Stay at net for rebound from next player



Levitin Stickhandling Warm-Up

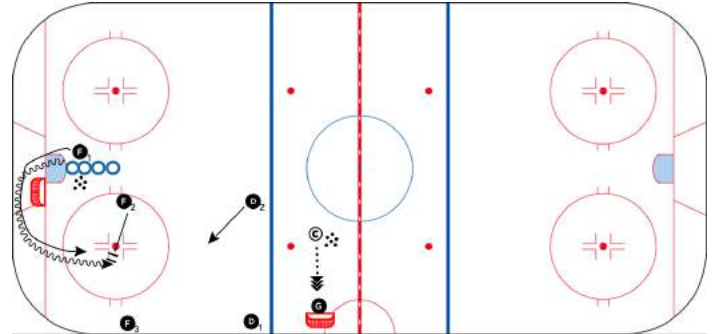
10 mins

Quarter Ice - 1-2-2 "Middle Stuff"

20 mins

Description

1. Go as lines
2. Blue player tries to skate the puck up the middle
3. Forecheckers "stuff" him
4. F2 and D2 have primary responsibility here
5. Work both sides

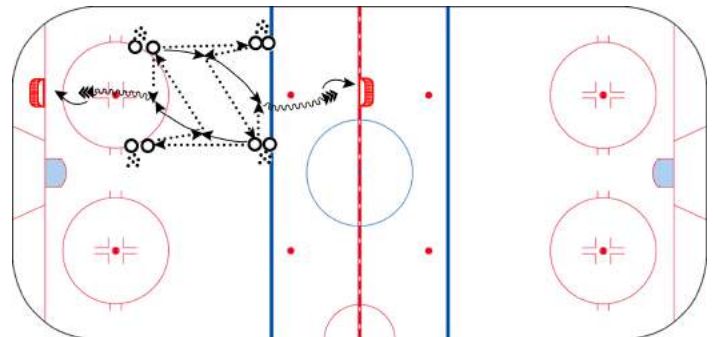


Quarter Ice - Arno One Touch D

10 mins

Description

1. Pass out, touch back
2. Pass across, touch back
3. Attack 1v0 for shot
4. Stay at net for rebound from next player



Half-Ice Macdonald Forecheck

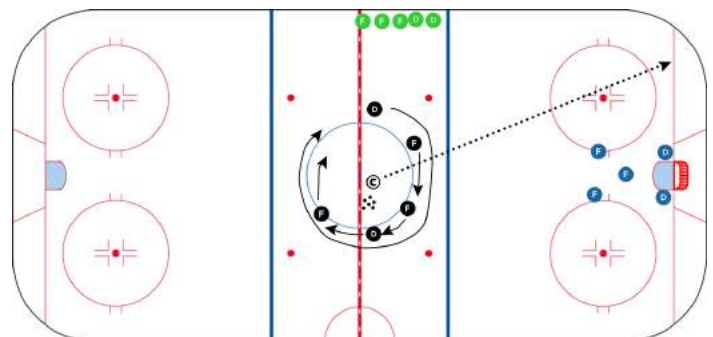
10 mins

Key Points:

- Designate which type of forecheck you want to use
- Designate any specific breakout patterns you want to see

Description

1. Breakout team (blue) starts in 5-card formation
2. Forecheck team (black) skates around center circle waiting for the dump in (sticks upside down)
3. On deck team (green) waits to the side
4. Coach dumps puck in
5. Forecheckers forecheck, Breakout team tries to break out
6. Once the breakout team succeeds, they pass back to the coach and skate the circle (and flips their sticks upside down) while the on deck team gets into 5-card
7. Black team gets out of the way and becomes the new on-deck team
8. Coach dumps a new puck in. This time blue forechecks, and green breaks out
9. Drill continues perpetually

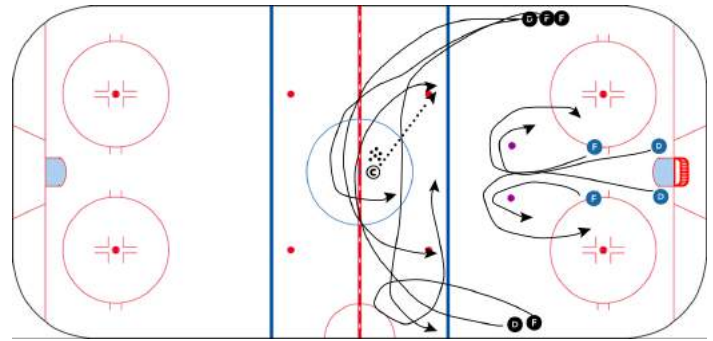


Key Points:

- Turn the PK team's sticks upside down to force body positioning

Description

1. Players start as shown
2. On whistle, PP team loops out into the NZ
3. Coach passes to ANY player on the PP
4. PP team enters zone and works into the setup
5. PK team loops around the painted dots (purple in diagram), then defends

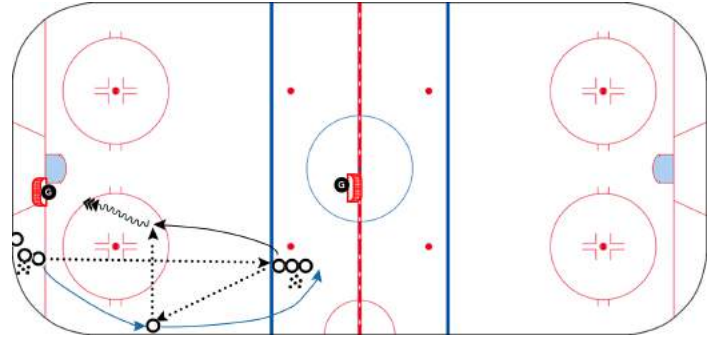


Quarter Ice - Modified Quad Pass

10 mins

Description

1. Pass across
2. Touch pass to middle player
3. Touch pass to receiver
4. Rotate positions
5. Repeat starting from other line

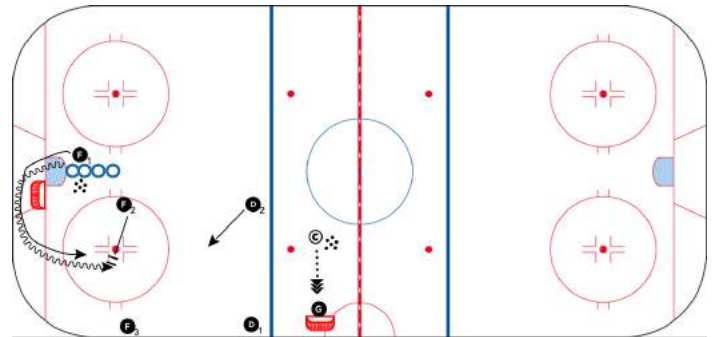


Quarter Ice - 1-2-2 "Middle Stuff"

20 mins

Description

1. Go as lines
2. Blue player tries to skate the puck up the middle
3. Forecheckers "stuff" him
4. F2 and D2 have primary responsibility here
5. Work both sides

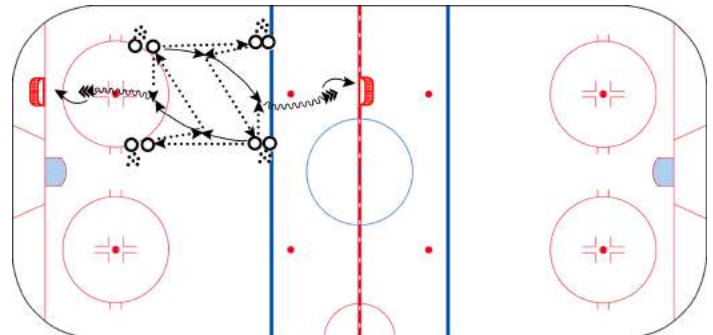


Quarter Ice - Arno One Touch D

10 mins

Description

1. Pass out, touch back
2. Pass across, touch back
3. Attack 1v0 for shot
4. Stay at net for rebound from next player



Half-Ice PP Zone Entry

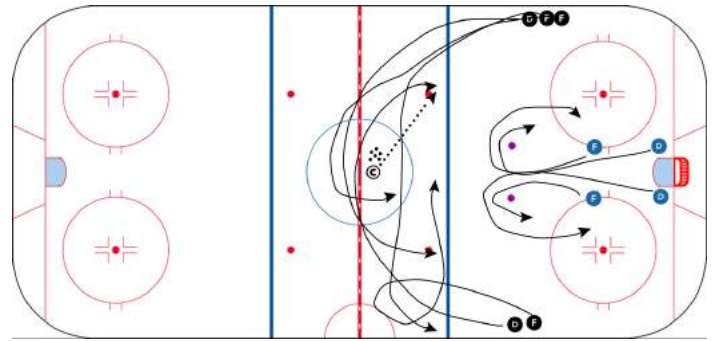
15 mins

Key Points:

- Turn the PK team's sticks upside down to force body positioning

Description

1. Players start as shown
2. On whistle, PP team loops out into the NZ
3. Coach passes to ANY player on the PP
4. PP team enters zone and works into the setup
5. PK team loops around the painted dots (purple in diagram), then defends



Dead Rat Shootout

5 mins

Inside Edges, 5-Step Crossovers, Footwork

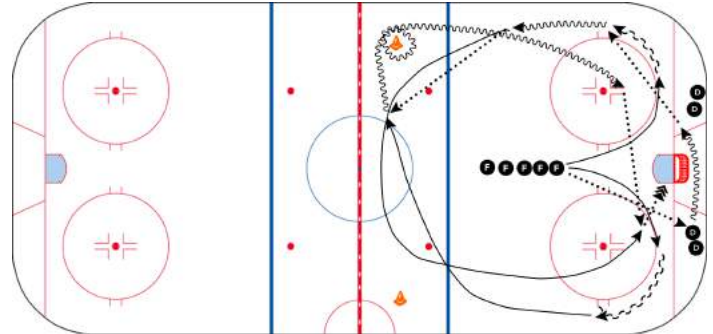
10 mins

Half-Ice Swing Breakout

15 mins

Description

1. Forwards line up in the middle, Defensemen behind the net
2. Forward passes to a defenseman, then opens up for a breakout pass
3. Defenseman wheels behind the net, then passes to the forward
4. Weak-side forward cuts across for a breakaway pass
5. Forwards skate routes as shown then enter into the zone 2 on 0



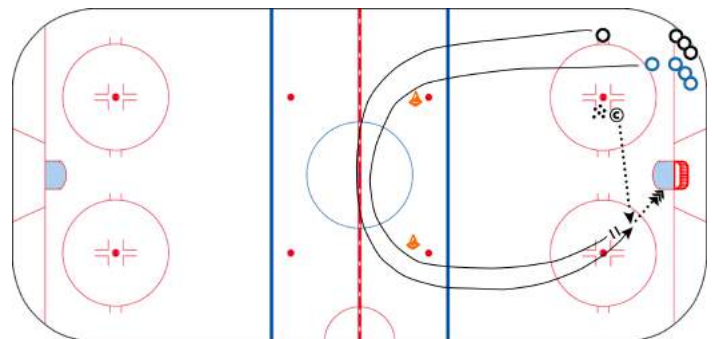
1 on 1 Big Arc Backchecking

15 mins

Description

1. Players line up as shown, offensive player starts slightly in front of the backchecker
2. On the whistle, both players skate the arc, looping around both cones
3. Offensive player tries to gain positioning and open up to receive a pass from the coach
4. Defensive player tries to keep the other player from receiving the pass

Variation: Send two offensive and two defensive players together

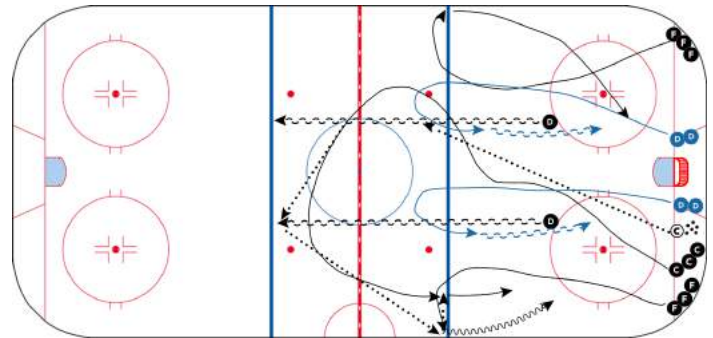


Coach Regroup - 2/3 Ice

10 mins

Description

1. Coach passes out to D
2. 5-man regroup
3. Attack 5 on 2



Description

Divide players into two teams. Game starts with a 2 on 2 going in each zone (8 players total). Coach dumps the puck in and they battle 2 on 2. Once the defensive team gets it, the player with the puck can skate it out, or pass to the other side and follow up the play to create a 3 on 2.

After a 3 on 2 turnover, player who crossed over must backcheck hard to avoid a 3 on 1 the other way.

