

# 10U Practice Plan 4

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Defensive zone coverage/offensive zone play, puck support

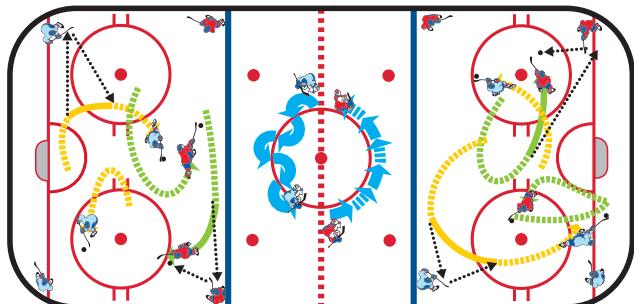
**Equipment Required:** Nets (5), cones or tires, ice marker

## WARMUP

### 4 Corners Give-and-Go

(8 minutes)

Four players, each with a puck in the middle of each zone as diagrammed. Players pass give & go with the first player in each line at the four corners staying in their zone. Players should talk and read which of the players are open so two players do not pass to the same player at the same time. A new group of four players rotate into the middle after 30 seconds.



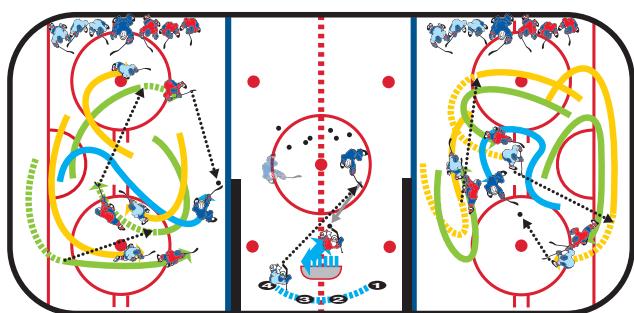
### Goalies: Edges Around Center Circle

Create various patterns for goalies to follow using shuffles, T-pushes, C-cuts and slides.

### 3v3 Support Game

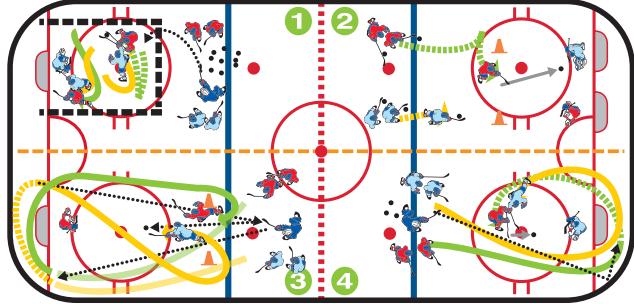
(8 minutes)

Have two groups on the boards at each end. Coach throws a puck into the middle of the zone and 3 players from each group try to gain initial possession. The objective of the game is to get possession and pass to the other two players on your team. Each player must touch the puck and then pass it to the support coach who is moving around in the zone to win the point.



### Goalies: Zone Work with Shot

Goaltender starts on the post and shuffles to opposite post along goal line while looking into all 4 zones behind the net. Once goalie arrives at far post, he/she pushes off post, sets feet while getting square to puck. Shooter shoots in various spots and from various spots. Use other goalies to move the puck from zone to zone.

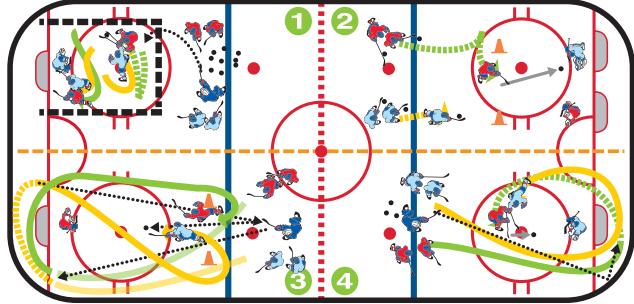


## STATIONS

### Station 1: Battle in the Box

(9 minutes)

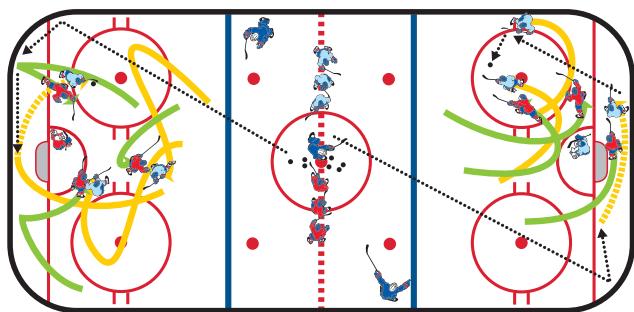
Draw a box on the ice as shown. Play 2v2 in the box, one group of two is on offense the other group of two is on defense. Coach is outside the box with pucks. Coach feeds five pucks to the offensive group and they try to score as many goals as they can. Focus on defensive and offensive concepts, make sure all players get the chance to be on O and D and make sure, as the coach, that you switch sides halfway through. Have coach move and insert pucks from various angles.



### Station 2: Push/Pull Shooting

(9 minutes)

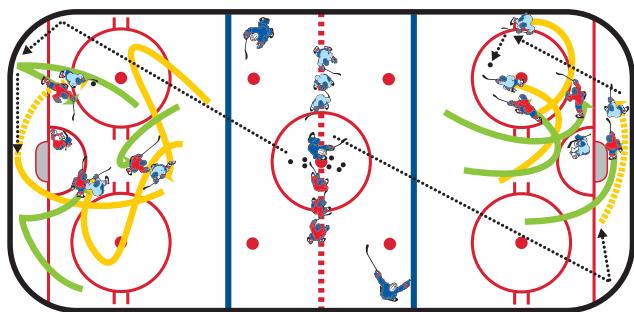
Push the puck to open space or pull the puck to open space. Teach the kids how to use the space to the outside or inside of a defender. Players should strive to get to open space, then shoot quickly.



### Station 3: 1v1/2v1 Low Play

(9 minutes)

Coach dumps a puck into the corner, two players activate and compete to gain puck possession. The player who gains possession becomes the attacker and tries to get to the net front to score. The other player becomes the defender and tries to take the puck away from the attacker and pass it to coach. After 3-5 seconds, coach sends in a second player to support the attacker and they play 2v1 and try to score.



### Station 4: Own the Middle

(9 minutes)

Coach spots a puck into zone initiating 1v1 battle. The player that gains possession passes back to the coach. Both players must then skate outside-in and around their designated cone. Coach places puck up the middle for loose puck race. The player that gains possession can attack the net. Each change of possession must be passed back to coach and a new race around the cones ensues. Play for 30-40 seconds.

forecheck the puck and try to score. The defensive team is trying to get possession and break the puck out over the blue line. It's a continuous game. As soon as a goal is scored or the goalie freezes the puck or the defensive team skates or passes the puck over the blue line, the coach throws another puck into that zone and the next group of players enter into the zone and battle for possession. Play 2v2, 3v3, 4v4 or 5v5 depending on the number of players at the practice.

## GAME

### 4v4 Breakout vs. Forecheck

(8 minutes)

The coach designates a defensive end for both teams and an offensive end of the rink for both teams. The goal is then to have the group on offense,