

# 10U Practice Plan 7

**Date:** Mid-Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Skating, ABCs, timing, body contact

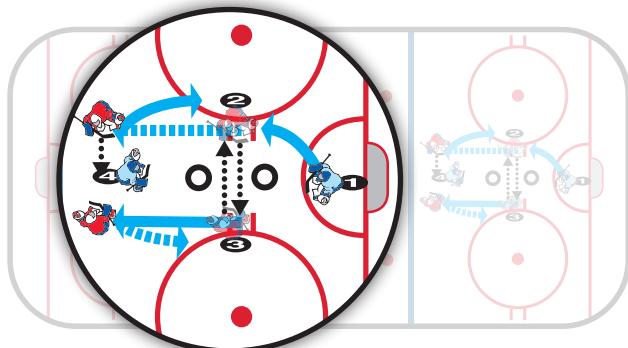
**Equipment Required:** Dividers, cones, soccer balls, ringettes

## WARMUP

### **Knockout then Shooting**

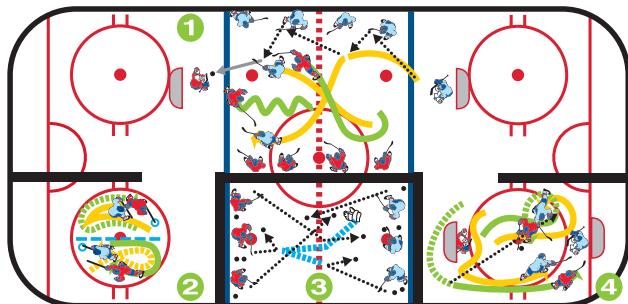
*(10 minutes)*

Play between the blue lines. Everybody has a puck they must skate in the neutral zone, protecting their puck while trying to knock other players' pucks over one of the blue lines. If a player's puck goes over one of the blue lines, they must go to one of the ends, find a puck and take ten shots on the boards, wrist, snap, backhand. The last player with a puck wins. Once you get down to 6 players, put them in the center circle. Hold accountable to space.



### **Goals: 4-Way Stop**

Goalies 3 and 2 begin making passes back and forth. If Goalies 4 or 1 chase the puck holder, the puck holder must skate away from chaser and make complete pass behind goalie standing still. Once pass is completed, goalies skate back to their starting position and continue drill. Goalies need to communicate and keep their heads up.

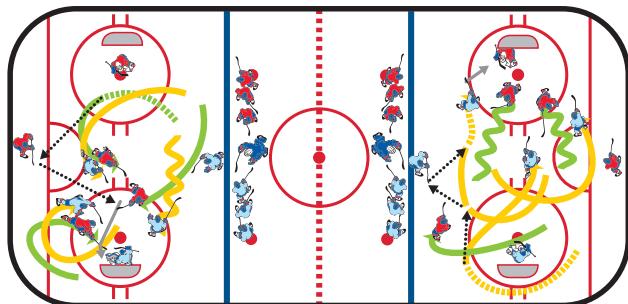


## STATIONS

### **Station 1: 1-Second Game**

*(9 minutes)*

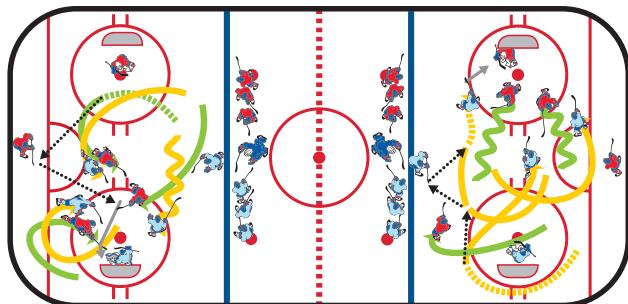
Everyone plays. Nets moved up to the tops of the circles. Player can only have the puck on their stick for 1 second and has to move it. Players in line cannot be pressured, so it's man-on-man in the middle. Play 2v2, 3v3 or 4v4 depending on the number of kids. The objective is to move the puck up the ice using your teammates in the middle or your teammates in line to score a goal. Everyone on the ice is in the game. Play for 25 seconds then, on the whistle, four new players from line replace their teammates in the middle.



### **Station 2: Ringette (Contact)**

*(9 minutes)*

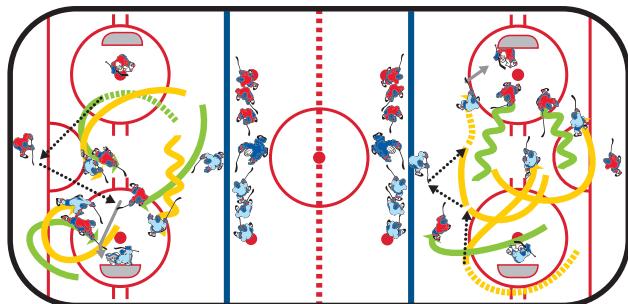
Draw a line through the face-off circle. Play 1v1 keep-away in each half and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain puck.



### **Station 3: Passing Tug of War**

*(9 minutes)*

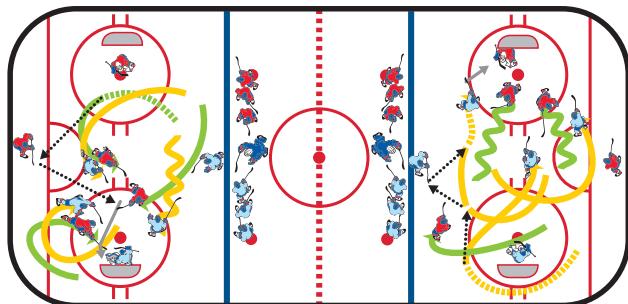
Coach puts his glove in the middle of the zone. Then split the group into two teams. Use as many pucks as you can get. Coach says go and the players, using the proper technique, pass the puck at the glove and try to push as close to the other team as possible. Play forehand, backhand, sauce pass over sticks.



### **Station 4: 2v2 Tight Space Game (Contact)**

*(9 minutes)*

Play 2v2 for 40-second shifts. Emphasis is on scoring. Add in different rules. Goal counts as 2 if shot off of pass, backhand goal counts as 2, etc. Encourage body contact while attempting to gain puck possession.



## GAME

### **2v2, 3v3 with Outlets**

*(14 minutes)*

Play 2v2 or 3v3 cross-ice. On change of possession, the players must pass to one of the two outlet players before they can attack the net. USE PLAYERS AS OUTLET PASSER.