

10U Practice Plan 1

Date: Early Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Skating ABCs, early season acclimation to ice

Equipment Required: Ice marker, soccer ball, dividers, tires, cones, ringette

WARMUP

Free Play

(6 minutes)

Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

STATIONS

Place players in stations based on ability. If possible, have the players in different colored jerseys in two teams in each station. On the whistle, the players will travel clockwise around the rink.

Station 1: Bumper Tag

(9 minutes)

Play tag around a bumper. Have the players perform different types of skating, forward, backward, no crossovers (duck walk on the turns facing the middle), one player with a puck and the other chasing the puck carrier, both players with a puck. Force players to stay within a sticks length of the bumper.

Station 2: Ringette Keep-Away

(9 minutes)

Have two players on a half of the faceoff circle play keep-away with a ringette. Force the players to play in the given space. If the player in possession of the ringette allows the ringette to touch the center line, drawn by the coach, or any part of their half circle, the defending player gets possession of the ringette. Go for 25 seconds, then two new players jump into each half of the faceoff circle. With 3 minutes left in the station, split the group into two teams and play a game of ringette using cones as goals. Put one cone at the goal line and one cone beyond the top of the circle. You score by hitting the cone with the ringette.

Station 3: Puck Control with Fakes and Shot

(9 minutes)

Players skate through obstacle course using fakes at the tires. Push or pull to the forehand and a shot at the shooting line. On course 1, it's a tight turn both ways then a push or pull to the forehand for a shot at the line. On course 2, it's a drag at the tires to the forehand side at both sets of tires and a shot at the line.

Station 4: Tire Push Game

(9 minutes)

Each team scores a point when they push a tire to touch the opposite boards. Keep 2 to 3 tires in play, and dropping a new one in the center ice after a point is scored. Players should focus on driving with their legs and using their inside edges to push the tires.

Goalies: Walk the Dog

Coach carries puck from left to right while goalie follows along staying belly button to puck, maintaining good depth and holding edges. Coach shoots at any point in travel, then plays out rebound if available. Drill then starts over from opposite side.

GAMES

Game 1 – Ringette

(9 minutes)

Play cross-ice 4v4 ringette. Score by hitting a cone with the ringette. No goalies. Goalies play out. 40-second shifts. Switch ends after the 9 minutes.

Game 2 – Soccer (ABCs)

(9 minutes)

Use all three zones. Play soccer 5v5 or 4v4 cross-ice in 40-second shifts in whatever number that allows players to participate every other shift. Kick ball with side of the foot only. No goalies, goalies play out. Switch ends after nine minutes.

