

# 10U Practice Plan 10

**Date:** Late Season

**Time:** 60 minutes

**Number of Players:** 40-45

**Practice Theme/Goals:** ABCs, body positioning

**Equipment Required:** Nets (5), tires, ice marker, ringette rings

## WARMUP

### Chaos Progression

(12 minutes)

Start with each player carrying a puck around the zone looking to dart in and out of traffic with their head up. Speed is not the goal, handling the puck with awareness is the goal. On the whistle, add in various skating maneuvers for 10 seconds before returning to chaos, i.e., figure 8s, forward-to-backward figure 8, stop and start both directions, shuffle stride around the ice, etc. Next, have players pair up for trucks and trailers with one leader and one follower. Follower must stay as close to the leader as possible. Switch to rockets and spaceships, on coach's signal, have the leader accelerate for 10 seconds before returning to  $\frac{3}{4}$  speed.

### Goalies: Puck Placement

(6 minutes)

Partner up. Starting at goal line, one goalie takes puck and does one T-push toward blue line, leaves puck and does a T-push back to the goal line. The partner then T-pushes out to puck and moves puck one T-push further, then leaves puck and T-pushes back to goal line. Drill repeats. Mix up movements (C-cuts, T-push, shuffles).

### Goalies: 4-Way Stop

(6 minutes)

Goalies 3 and 2 begin passing back and forth. If Goalie 4 or 1 chases the puck holder, the puck holder must skate away from chaser and complete a 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: Crossfire

(9 minutes)

Split into 2 teams of 4 players. Game starts with 2v2 in the middle of the Square and their supporting 2 teams across from each other. Teams score points by completing passes from one outside player to a middle player then to their opposite side player. Teach players on the outside of the square to move laterally to support.

### Station 2: Royal Road

(9 minutes)

Coach draws line down middle of playing area. Two offensive players attack 2 defenders. When defenders gain control of puck, they pass to teammates at blue line and go to the end of the line. New offensive players attack the previous offensive players who are now defenders. If a goal is scored off of a play where the puck is carried or passed across the middle line, it counts as an additional point (2). Play is continuous.

### Station 3: Always on Powerplay Game

(9 minutes)

Draw a center line to divide the zone and play 3v3 for 40-second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.

### Station 4: Slot Shot Designated Shooter

(9 minutes)

2v2 with a designated shooter for each team. Coach throws a puck in the zone and the two teams of two battle for possession. Puck is then moved to their designated shoot off for shot on goal. Immediate rebound can be scored and all possession changes must initiate a pass to that team's designated shooter.

### Station 5: Corner 2v2 from Back of the Net

(9 minutes)

Coach dumps a puck into the corner. The team that wins possession is on offense. The other two players are on D. If the offensive team can get the puck to the next player on their team, they will have a 3v2 low and can use the back of the net. If the puck transitions to the defending team, they must get the puck to the coach to win.

