

10U Practice Plan 9

Date: Late Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Basic skills, angling and body positioning

Equipment Required: Nets (4), dividers, tires

WARMUP

4 Corners and Support Game

(10 minutes)

Begin with the first player in each line moving into the zone with a puck. Make eye contact with one of the lines, pass and get a one-touch pass back. Tight turn, accelerate for 3 strides and then find a new line to pass with. 20-second shifts.

Next, is a 2v2 competition in each zone. This is a puck-possession game with two rules: the two Xs or Os must get the puck and give it to a player in the front of any of the four lines. The player then gives it back to the team that gave it to them. Team with possession must then give it to a player in the front of a line on the other side of the rink to score another point. 30-second shifts with the first player in each line becoming the competing players and the 4 that were in the middle going back to the end of their line.

Goalies: 2 x 2

2 goalies start in the crease with 1 on each post plus 1 goalie on each side of net to stop rebounds and pass back to coach. One goalie pushes off the post to be square to shot. Coach shoots either low stick or glove for fundamental save. Goalie at side of net stops rebound, then passes back to coach. Goalie at top of crease follows rebound, then pushes back to post. Goalie on opposite post repeats drill. Make sure to switch positions for goalies during drill.

STATIONS

Station 1: Forecheck vs. Breakout

(8 minutes)

Defensive player tries to skate the puck behind the net then out through the two cones. The two fore-checking players try to take the puck away and score 2v1. The coach sends checker 1 and checker 2 at different times to force them to make good reads, use angles and their bodies to win the puck. Make sure every player gets the opportunity to play each position. Encourage body contact.

Station 2: Transition Skate Angling

(8 minutes)

Offensive player with puck and defender start on whistle. O must skate completely around the first tire so he/she completes the full rotation skating out the net side of the tire before skating through the middle of the two top tires as diagrammed. D skates forward to backward around the single tire as diagrammed as few (once) or as many (up to the player) times in order to create proper speed and gap with offensive player. O tries to score, D tries to protect the middle of the ice & angle O out of the play.

Station 3: Guard the Gate 1v1/2v2

(8 minutes)

Place tires 8 feet apart as diagrammed. The player starting with the puck faces away from tires with defender off his/her back. To start, the defender slides puck between Os legs. O reacts to puck and tries to carry puck between the two tires. Defender must use body & stick position to defend gate. Roles immediately reverse on change of possession. 30-second shifts.

Station 4: Pit Support

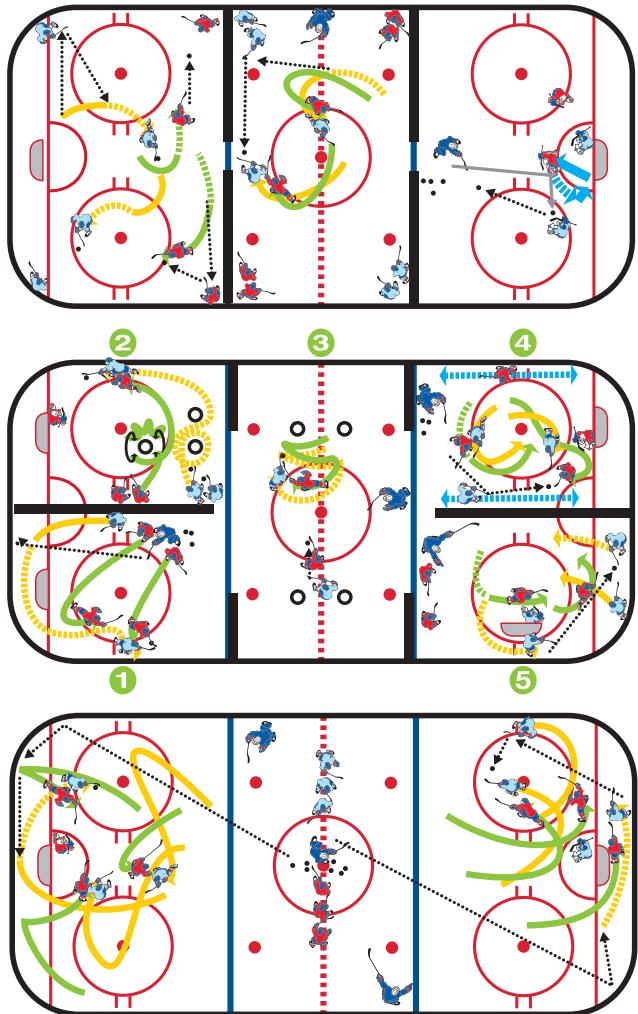
(8 minutes)

Coach spots puck in pit for players to compete 2v2. On every turnover, offensive players must make at least one pass to either support player before attacking. Both support players are always on offense but cannot shoot. 30- to 40-second shifts.

Station 5: Nobles 2v2

(8 minutes)

Coach starts with pass to offensive team. Defenders work to gain possession & pass to any teammate who is waiting on the side (at blue or behind goal line). The 2 defenders who passed to their teammate leave the zone and



the 2 original offensive players transition to defense. The 2 new players who received the pass attack on offense. Play is continuous.

GAME

Breakout or Forecheck

(10 minutes)

Coaches identify which team is offense and which team is on defense. A coach oversees each zone and game is played 3v3 simultaneously with one team attacking to score and one team attempting to breakout by skating the puck over the blue line. A new puck is put in play once a goal is scored, a stoppage of play is earned, or the defending team breaks the puck out over the blue line.