

10U Practice Plan 11

Date: Late Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Puck possession

Equipment Required: Nets (4)

WARMUP

Sharks and Minnows

(7 minutes)

Select a few sharks to begin as taggers. The Sharks can only skate backwards. Have the minnows start at one end and try to skate to opposite goal line without being tagged. If tagged, they become a shark.

SKILL DRILLS

Backward Tag

(7 minutes)

Players pair up with someone of similar skating ability. Start with one player skating backward and his/her partner attempting to tag him/her on the shoulder. If tagged, the roles are reversed with the new backward skater allowed a 3-second getaway. Continuous play for 7 minutes.

Puck Protection

(6 minutes)

Keep the same pairs. Start with one player in physical contact with the puck carrier, directly behind him/her. Have players attempt to possess the puck in a small space positioning their body between the puck and the opponent. During rest intervals, have players pass with their partner (cannot stand still and must include a fake before passing).

Goalies: Logatron

(6 minutes)

Goalies create square with backs to middle. Coach attempts to get puck while goalies use body to protect it and pass to either their left or right.

STATIONS

Station 1: 2v2 Possession

(10 minutes)

In groups of 4, players of similar ability play 2v2 keep-away. During rest intervals, have players pass within their group (cannot stand still and must include a fake before passing).

Station 2: Chaos with Agility

(10 minutes)

All players have a puck skating around the zone. They are instructed to be creative with the puck and demonstrate fakes. On signal from the coach, they perform a designated agility twice, then return to handling the puck around the zone. Agility examples include: tight turn figure-8; forward-to-backward figure 8; stop start both ways and accelerate for 3-5 hard strides; 360 tight turn each way. Continuous movement for 10 minutes.

Station 3: Cross-Ice 1v1

(10 minutes)

Divide players into 2 teams. Play 1v1 cross-ice for 2 shifts each. Play another 2 shifts and switch opponents again, etc.

GAME

Gretzky Game

(10 minutes)

Players compete 3v3 cross-ice with an extra player below goal line. Every change of possession you must pass to your team's extra player before you can score.

