

10U Practice Plan 6

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-40

Practice Theme/Goals: Skating and attacking skills

Equipment Required: Ice marker, tires, cones

WARMUP

Free Play

(5 minutes)

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

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 8s, 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: Circle Edges

Place goalies in different spots around the same circle. Create various patterns and movements for goalies to work on edges.

Goalies: Boards Bank Shots

Set net up in corner, on an angle, beside the boards. Coach shoots puck off boards at net. After multiple shots, turn net to face other way. This is not a rapid-fire drill; let goalie get set on puck before shooting next shot.

STATIONS

Station 1: Backward Tag

(8 minutes)

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

Station 2: ABCs

(8 minutes)

Drop to knees and up, moving forward, head and chest up. Drop to knees and up, moving backward. Drop to single knee and up, alternate knees, moving forward. Drop to single knee and up, alternate knees, moving backward. Teach duck walk around tires or cones. Repeat all with pucks. Encourage the goalies to go through this station as well.

Station 3: 2v2 with Outlets

(8 minutes)

Play 2v2 cross-ice. On a change of possession, players must pass to a coach before they can attack the net.

Station 4: 1v1 Out of Corner (Angling)

(8 minutes)

The attacking player starts in the corner with a puck (from knees, on stomach, etc.). On whistle, the attacker jumps up and attacks the net with a defender starting in front of the net. Play until a goal is scored, goalie covers puck or defender steals puck and passes back to coach. Angle with stick on puck, encourage contact.

Goalies: Mad Scramble

Turn net so goal mouth faces boards. Line up players from post to boards. Coach drops puck in middle of players. Game ends when goalie covers puck(s), players score, or puck(s) leave playing area. Coaches can add more pucks as game goes on.

GAME

Team Handball

(11 minutes)

Without sticks, using a soccer ball, players pass the ball to each other and attempt to score on the opponent's net. They can only carry the ball a maximum of 3 strides before a pass. The goal is to not let the ball touch the ice.

