

# 10U Practice Plan 2

**Date:** Early Season

**Time:** 60 minutes

**Number of Players:** 30-40

**Practice Theme/Goals:** Basic skills, early season acclimation to ice

**Equipment Required:** Ice marker, cones, tires

## WARMUP

Players pair up with one puck per pair. On the whistle, play 1v1 keepaway with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Players must make a different type of pass on each repetition.

**Goalies:** Goalies pair up and play catch with a medium-sized ball while doing lateral steps. During rest time, stationary passing.

## STATIONS

On the whistle to change station, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as players arrive.

### Station 1: Net Tag

(10 minutes)

Players attempt to evade the tagger using the nets or tires as a screen. This activity can be done 1v1 in pairs or with multiple players at the same time. Puck can also be given to the evading players to work on puck control while reading the opponents' position.

### Station 2: Puck Control - Chaos

(10 minutes)

Players carry a puck at half speed in the designated area. On a command, the players pick up the pace. Change the size of the designated area to smaller or larger to force heads up and awareness.

### Station 3: Musical Cones

(10 minutes)

Coach puts out one less cone than players in the station. Players all start in the middle of the zone. When coach says go, it's a race to an open cone. Only one player allowed at each cone. The player without a cone comes back to the middle. On the next 'go' command, the players must perform a skating movement of some type: pivots, power turns edge work, balance work, etc. All players must perform the skating movement before a race to a new cone.

### Station 4: Wrist Shot Shooting

(10 minutes)

Each player starts with 10 pucks. Practice wrist shots by selecting a target on the boards and shooting with head up, weight transfer and good follow through. Coach provides feedback if necessary. Then they play a 1v1 or 2v2 game (depending on the number of kids) with a designated shooter. The puck gets spotted into the zone and a battle for possession ensues. Whoever wins possession gets the puck to the designated shooter who must shoot a quick wrist shot. The original puck possession team must battle for rebounds while the other team tries to win possession and reverse the roles by getting the puck to their shooter. Every first shot must come from the designated shooter.

### Goalies: Out-and-In, In-and-Out

Coach carries puck either outside to inside or vice versa. Goalie follows staying belly button to puck, maintaining good depth and holding edges. Coach shoots at any point in travel. Play out rebounds before starting again.

## GAME

### Gretzky Game

(10 minutes)

Play cross-ice 2v2 or 3v3 depending on the number of players. The puck must go to the player (Gretzky) behind the offensive net first before the initial scoring chance. Gretzky can only pass.

