Practice Objectives / Notes:
This Mid Season Practice plan is to return to Fundamental Skill Development. This plan is designed as an effective and efficient Practice Plan for the athlete’s skill development.

1) Pepper Passing
DRILL OBJECTIVE: Passing and Receiving
6:00P - 6:06P(6) min
KEY ELEMENTS: ORGANIZATION: Players line up around the ice in groups of 5 or 6 as illustrated. Player 0 faces the X’s and passes the puck to each player up and down the line. Switch X with 0 periodically. Making sure the players are using the proper weight transfer getting the puck behind their back foot to get good velocity and follow through on the pass making it tape to tape.

• Head up
• Eye contact with passer
• Quick hands
• Hands in front of body
• Weight transfer

VARIATION: Use different types of passes. Use multiple pucks.
GOALIES: Coaches work with goalies on skating fundamentals

2) Pass Ready Position
DRILL OBJECTIVE: Puck in the pass ready position
6:06P - 6:12P(6) min
KEY ELEMENTS: ORGANIZATION: 8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position of the player he passes the puck to. The player that receives the puck continues the drill pattern.

• Passing/Receiving
• Passing While in Motion
• Keeping the puck on forehand
• Communication

VARIATION: An added element can be that the player that passes the puck to a player across the circle from him, gets the pass back and one touches it back to the same player to continue the drill. (give and go, 1-touching the puck)
GOALIES: Not involved with this drill but can be working in both nets on skating fundamentals

3) X Skating Drill
DRILL OBJECTIVE: Goalie Skating Fundamentals
6:12P - 6:12P(0) min
KEY ELEMENTS: ORGANIZATION: Start on one post T-Glide out to far opposite side of the crease to get set. Then shuffle back to the near post. continue to do the same on the opposite side.

• Transition Skating
• Body Control
• T-glide
• Set and square body to the puck
• Conditioning

VARIATION: GOALIES: See organization of the drill

4) 3 Puck Zig Zag Skate
DRILL OBJECTIVE: Goalie Skating Fundamentals
6:12P - 6:12P(0) min
KEY ELEMENTS: ORGANIZATION: Start in the middle of the net. Telescope out to the top puck; set and get square to the puck (as if your setting on the rush). Quickley turn under control and T-Glide to the puck to the right (simulating a pass from the middle of the ice to the outside) stop and get set and get square to the puck. then T-Glide back to the far post. Repeat doing the same thing on the opposite side.

• Transition Skating
• Body Control
• T-glide
• Set and square body to the puck

VARIATION: GOALIES: See organization of the drill

5) Goal Line Shuffle
DRILL OBJECTIVE: Improve lateral movement.
6:12P - 6:12P(0) min
KEY ELEMENTS: ORGANIZATION: Goalie starts in the corner of the rink facing the end boards. (Facing the glass so they can watch their movement) Stay in the proper position. (Stick on the ice, eyes up, chest up.) The goalie uses shuffle movement across the goal line to the opposite corner. Goalie returns to starting corner using the same technique.

• Skating Lateral movement
• Maintaining proper goalie position
• Build endurance

VARIATION: Repeat using T-glide technique
GOALIES: Goalie drill
6) All Elements Fundamentals

**DRILL OBJECTIVE:** Comprehensive Fundamental

**KEY ELEMENTS:**
- Skating
- Transition
- Puck Handling
- Passing/Receiving
- Shooting

**ORGANIZATION:** Two groups of players positioned at center ice both facing opposite directions with pucks, two coaches positioned just outside the blue line directly across from each other. Two cones place just inside the blue line in front of each line of players. The first player in each line starts out skating with a puck forward around the cone pivoting backwards straight back to inside the blue line pivot forward exocelerate through the neutral zone pass to the coach just outside the blue line, receive the puck back and finish with a shot on goal.

**VARIATION:**

**GOALIES:** follow the play across the blue line, angle awareness.

7) 3 Zone Warm Up

**DRILL OBJECTIVE:** Warm Up Skating Agility

**KEY ELEMENTS:**
- Skating
- Balance/Agility
- Puck Handling
- Receiving passes
- Shooting/Scoring

**ORGANIZATION:** In the first zone, the players place their gloves 10 feet apart on the ice; this can be done with/without pucks. On the whistle the players are to skate a figure eight around the two gloves. In the neutral zone, two players are positioned together and are to play keep away from another, protecting the puck using their body. In the third zone, players are paired up without pucks. A game of follow the leader with the leader skating various patterns and change of directions, with the other player following his lead.

**VARIATION:**

**GOALIES:** Warm up with a coach.

8) Crossover Course

**DRILL OBJECTIVE:** Skating Skills

**KEY ELEMENTS:**
- Skating
- Balance/Agility
- Puck Handling
- Receiving passes
- Shooting/Scoring

**ORGANIZATION:** The nets are placed on opposite sides of the rink in between the blue line and red line, the players are divided into two groups in opposite diagonal corners of the rink at the same side that there net is on. The player starts with crossovers around the four cones placed on that side of the rink and continue skating in behind the goal line, jumps over the obstacle, skates around the cone in the corner, receives a pass from the coach skates around the cone placed in the neutral zone between the blue line and red line, makes a move around the other coach at the bottom of the center ice face off circle and finishes with a shot on goal.

**VARIATION:**

**GOALIES:** In the net working on the 1 on 0's

9) 2 on 1 on Coach

**DRILL OBJECTIVE:** 2 on 1 read and react to make a

**KEY ELEMENTS:**
- Awareness
- Head up to read the play
- Puck Control
- Passing
- Shooting

**ORGANIZATION:** The drill begins by forming 2 lines against the side boards in one zone, 1 line just inside the blue line and 1 line right at the goal line. Several cones are knocked on their sides from the goal line to the blue line. On the whistle, the first player in each line carries a puck in and around the cones and themselves. On the next whistle, they leave their pucks and head across the zone where a net is facing them. The coach stands at the inside hash marks of the faceoff circle where the cones are knocked on their sides. He gives one of the players a pass and backs off to play the 2 on 1. The coach is to play the 2 on 1 in different ways in order to force the players to read and react (e.g. Go right at the puck carrier, forcing him to pass.)

**VARIATION:**

**GOALIES:** 2 vs. 1 situational awareness

10) 3 on 3 Support

**DRILL OBJECTIVE:** Puck movement is the emphasis

**KEY ELEMENTS:**
- Passing/Receiving
- Give and go passing
- Quick puck movement
- Shooting/Scoring
- Defensive coverage
- Communication

**ORGANIZATION:** The team’s play 3 on 3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5 on 3 advantages. The outlet players can move below the goal line and along the blue line. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score, and the defensive players cannot check or defend the outlet players.

**VARIATION:** To force puck movement the offensive team must make one pass to an outlet player prior to attacking the net.

To force more net front confrontation the outlet players must shoot the puck attempting to create a rebound. This allows the offense to work on scoring in tight, creating screens and the defense to work on net front body positioning.

**GOALIES:** Develop awareness to various situations. Quickness, agility, balance. Quick reaction to a lot of shots.
Add your team line up and add post practice comments!

Running an Efficient Practice

The coach’s goals for every practice:

• Well organized time efficient environment where players can improve their fundamental skills
• Be challenged with game situations (Replicate the Game)
• Provide read and react moments
• Try and create high tempo drills for short duration and high number of repetitions
• Ice utilization in conjunction with number of players and coaches
• Drill progressions for practice
• Skill progression from practice to practice
• Have FUN – create team unity through practice