<table>
<thead>
<tr>
<th>Practice #1</th>
<th>Focus: SSP / Flow</th>
<th>Theme: Relax and Play</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td><strong>Drill Name &amp; Description</strong></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Warm-Up – One Touch</td>
<td></td>
</tr>
</tbody>
</table>

**Passing Options:**
- One touch
- Fwd / bwd
- 1 Up

**Vary skating patterns up wall:**
- Fwd / bwd / fwd
- Knee touches
- Jumps turns
- 360 pivots

**Key Teaching Points**
- Call for pass
- Tape to tape
- One touch passes
- Goalies included

<table>
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<th>Time</th>
<th>Drill Name &amp; Description</th>
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</thead>
<tbody>
<tr>
<td>10</td>
<td>Warm-Up – Fwd / Bwd / Fwd</td>
</tr>
</tbody>
</table>

- Communicate to start
- Forward to redline, backwards around circle, forward at redline, drive and shoot

**Options:**
- Fwd, bwd, fwd
- Fwd, bwd, T turn drive up ice
- Exchange pucks

**Key Teaching Points**
- Quick feet
- Shoot in stride
- Hit net
- Switch lines

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>10</td>
<td>Tempo 1 vs 1</td>
</tr>
</tbody>
</table>

- Δ2 spot puck into corner
- Δ1 around dot and retrieve
- O1 around dot and anchor on wall
- O1 double touch blueline
- Δ1 around center circle
- 1 vs 1

**Key Teaching Points**
- Explode on start
- Both ends at once
## U17 Provincial Camp Practice Plans

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
<th>Description</th>
</tr>
</thead>
</table>
| 10   | Agility 1 vs 1           | Δ1 and O1 start on whistle  
Delta1 around circle and double touch blueline  
O1 around far dot  
Attack 1 vs 1  
Key Teaching Points:  
- Quick feet  
- Puck protection  
- Gap control |
|      | Rusty 2 vs 1            | O1 to Δ1  
Δ1 to Δ2  
Δ2 to Δ1 who retreats into the zone  
O1 open pivot at redline  
O2 open pivot at blueline both supporting Δ1  
Δ1 to O1 or O2 attack Δ2 2 vs 1  
Key Teaching Points:  
- Keep feet moving  
- Support / timing  
- Communicate  
- Good decisions |
|      | Track 2 vs 2            | Coach dump puck to start  
Δ1 and Δ2 breakout O1 and O2  
O1 and O2 attack Δ3 and Δ4  
O3 and O4 jump around far dots and track back between dots  
Play goes live until a direct pass to O3 and O4 starts 2 vs 2 the other way  
Key Teaching Points:  
- Track back between dots  
- Read and act  
- Battle |
### U17 Provincial Camp Practice Plans

#### Time | Drill Name & Description
---|---
10 | 3 vs 0 – 1 – 2 Shoot Out

- O1, O2, O3 hard down to other end, shoot
- Receive pass, attack 3 vs 1
- Fill lanes
- Form attack triangle
- After shot, regroup and attack 3 vs 2 opposite way
- Execute entries

**Options:**
- Chip
- Delay
- Cross
- Mid-lane drive
- 1 up

**Key Teaching Points**
- Call fro pass
- Fill lanes
- One touch passes
- Drive net

#### Time | Drill Name & Description
---|---
10 | 2 on 0, 2 on 1, 3 on 2 Breakaway Challenge

- Wings off wall make pass and shoot
- Regroup with coach in corner and attack 2 vs 1
- After shot regroup with center and attack 3 vs 2
- On whistle center gets puck at blueline
- One Δ at top of circle
- On whistle breakaway with pressure

**Key Teaching Points**
- Use attack options
- Communicate
- Hard to Net
- Speed

#### Time | Drill Name & Description
---|---
10 | Corner Battle

- Nets against wall
- 2 vs 2 down low
- 30 second intervals
- Coach replace puck when out of area

**Key Teaching Points**
- Battle
- Tight area competition
## Practice #2  Focus: DZ Concepts / Angling

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – Pass and Replace</td>
</tr>
</tbody>
</table>

- Players do two hard laps
- Line up on blueline and wall
- O1 skates with puck and calls players name and passes to O2
- O2 jumps out and repeats while O1 fills O2’s spot
- Progression: add second and third puck

### Key Teaching Points
- Hard passes
- Speed
- Tape to tape
- Communicate

## Theme: Grit

### Drill Name & Description

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – Holly Transition</td>
</tr>
</tbody>
</table>

- O1 up to blueline
- Flat across ice to support O2
- Δ1 mirror keeping close gap
- O2 to O1
- O1 to Δ1
- O1 then drives by and receives a pass from last player in line and shoots
- Δ1 performs an evasive move and transitions forward passing to O2 and then jump into play and receives pass from coach for shot at opposite end
- O2 and Δ2 repeat
- Continuous

### Key Teaching Points
- Quick passes
- Communicate
- Good targets
- Be ready in line to pass

## Golden Bear 1 vs 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Golden Bear 1 vs 1</td>
</tr>
</tbody>
</table>

- O1, O2 and O3 set up in designated areas
- Δ1 starts in front of net and returns after each whistle
- Coach may pass to any of the offensive players; once the pass is made, Δ1 leaves net front and plays the 1 vs 1
- Coach may vary drill by giving a direct or indirect pass to the offensive players
- Δ1 plays all three 1 on 1’s and then switches out
- Return to net front after each 1 vs 1 battle
- Forward hold position until pass is received
- Both ends

### Key Teaching Points
- Angle, pressure / contain
- One hand on stick
- Read and act
- Quick on loose pucks
## U17 Provincial Camp Practice Plans

### Golden Bear 2 vs 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Golden Bear 2 vs 2</td>
</tr>
</tbody>
</table>

- Same as above, but add second Δ
- Coach identifies which two forwards are going
- Δ1 start in corner
- Δ2 start net front
- 3 reps

**Key Teaching Points**
- Read and act
- Take away time and space
- Quick pressure
- Communicate

### Split Zone 2 on 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Split Zone 2 on 2</td>
</tr>
</tbody>
</table>

- Divide ice into two zones below the circle
- One attacker and one defender in each zone
- Coach spots puck
- Play one on one within the zone
- Attacker on other side provides support but cannot leave the zone
- 20-30 seconds

**Key Teaching Points**
- Inside out position
- Communication
- Good body position

### Ice Angling

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Ice Angling</td>
</tr>
</tbody>
</table>

- O1 picks up puck
- To start, O1 must turn up same side as puck
- Progress so O1 can go behind net to gain blueline
- Δ1 angle cutting the ice in half
- Steer to wall
- Finish check before blueline
- Take away time and space quickly

**Key Teaching Points**
- Cut ice in half
- Good stick position
- Inside out
- Speed
# U17 Provincial Camp Practice Plans

### NZ Angling

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>NZ Angling</td>
</tr>
</tbody>
</table>

- Players at center facing opposite directions
- O1 and O1 start together
- Coach spots puck inside blueline and O1 retrieves and attacks opposite end
- O1 skate below dot and pressure inside out steering to outside and hitting and pinning
- Opposite direction continuous

**Key Teaching Points**

- Inside out body position
- Communicate
- Good sticks
- Win battles

### Countdown / Cool Down

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Countdown / Cool Down</td>
</tr>
</tbody>
</table>

- 5 O’s and 5 opponents across bluelines facing each other
- 5 pucks spaced on redline
- On whistle, O1 and O1 race to puck and go 1 vs 1 trying to score
- As soon as O1 or O1 touches the puck, O2 and O2 go, continues on with O3 and O3
- There will be five 1 vs 1’s going simultaneously
- When a goal is scored those two players assist their teammates
- Eventually it will be 5 vs 5 with 1 puck
- Go until last goal or until players are too tired
- Eye contact with G before shooting

**Key Teaching Points**

- Battle
- Shoot to score
- Compete
- Eye contact with G
U17 Provincial Camp Practice Plans

Practice #3  Focus: Breakouts / Transitions  Theme: Speed

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up - Energizer</td>
</tr>
<tr>
<td></td>
<td>• Pairs passing</td>
</tr>
<tr>
<td></td>
<td>• On whistle keep away</td>
</tr>
<tr>
<td></td>
<td>• Next whistle passing</td>
</tr>
</tbody>
</table>

Key Teaching Points
• Quick feet
• One time passes
• Communicate
• Puck protection

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – 5 Man Superior</td>
</tr>
<tr>
<td></td>
<td>• O1 hard to redline, turn back to support coach who passes puck</td>
</tr>
<tr>
<td></td>
<td>• O1 to O2</td>
</tr>
<tr>
<td></td>
<td>• O2 to O3</td>
</tr>
<tr>
<td></td>
<td>• All attack for shot on goal</td>
</tr>
<tr>
<td></td>
<td>• As Δ1 and Δ2 one touch puck down ice for shot</td>
</tr>
<tr>
<td></td>
<td>• Coach makes pass to Δ for third shot</td>
</tr>
<tr>
<td></td>
<td>• Stay in corners</td>
</tr>
</tbody>
</table>

Key Teaching Points
• Quick feet
• Hit net
• Communicate
• Switch lines

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>BO Options ½ Ice Forwards &amp; Defense</td>
</tr>
</tbody>
</table>

Defense Options:
UP:
• Δ1 double touch blueline; back peddle to top of circle
• Pivot and retrieve puck spotted by next Δ in line
• Δ1 turns up and passes to first Δ in line who spots in back in the corner
• Δ1 repeats “up”, then skates to blueline
• Receives pass, drags and shoots

GO:
• Δ1 starts same as above
• Picks up puck and goes behind net
• Pass to first Δ who spots it back to corner
• Δ double touch blueline and repeat
• Finish with drag and shoot

Key Teaching Points
• Quick to pucks
• Shoulder check
• Approach on angle
• Alternate sides
**U17 Provincial Camp Practice Plans**

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>BO Options ½ Ice Forwards &amp; Defense ctd.</strong></td>
</tr>
</tbody>
</table>

**Defense Options Continued:**

**OVER:**
- Same start as previous except two Δ go at once
- Double touch blueline
- Over pass, touch up, over pass other way
- Skate to blueline get pass
- Shot or pass to partner for shot

**REVERSE:**
- Same sequence as above only reverse puck

**Key Teaching Points**
- Call for pass
- Tape to tape
- One touch passes
- Goalies included

<table>
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<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>BO Options ½ Ice Forwards &amp; Defense ctd.</strong></td>
</tr>
</tbody>
</table>

**Defense Options Continued:**

**WRAP:**
- Same as above
- Coach at blueline to retrieve pucks

**Key Teaching Points**
- Quick feet
- Power on wrap

<table>
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<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
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<tbody>
<tr>
<td></td>
<td><strong>BO Options ½ ice Forwards &amp; Defense ctd.</strong></td>
</tr>
</tbody>
</table>

**Forward Options:**

**UP:**
- O’s breakout
- O1 anchor, O2 support, O3 stretch
- Give to next center in NZ
- Center dumps into opposite corner
- Repeat BO
- Regroup in NZ and attack
- Clear zone quickly

**GO:**
- Same as above only “go” behind net
- O1 becomes stretch must get there quickly
- O2 support low, behind puck and mirror
- O3 anchor

**Key Teaching Points**
- Quick close support
- Open pivots
- Stay behind puck
- Good passes
# U17 Provincial Camp Practice Plans

## Time | Drill Name & Description
--- | ---
| | **BO Options ½ ice Forwards & Defense ctd.**

### Forwards Options Continued:

**OVER:**
- Same as above
- O1 becomes stretch, get there quickly
- O2 support low, behind puck and mirror
- O3 anchor

**REVERSE:**
- Same as above
- O1 reads reverse and anchors on wall
- O2 mirrors the “go”
- O3 quick across to support O1

### Key Teaching Points
- Quick close support
- Weak side quick support
- Communicate

## Time | Drill Name & Description
--- | ---
| | **BO Options ½ ice Forwards & Defense ctd.**

### Forwards Options Continued:

**WRAP:**
- Same sequence as above
- O1 anchor high on wall
- O2 supports chip or pass
- O3 mid-lane stretch, support

### Key Teaching Points
- Quick stretch
- Weak side quick support
- Communicate
- Read and act

## Time | Drill Name & Description
--- | ---
| 10 | **Double BO / Attack**

- Break up into lines on benches
- 5 man unit milling in NZ with 2 Δ's
- Coach dumps puck and O1, O2 and O3 and Δ1 and Δ2 breakout using BO options
- Give to coach in NZ who dump puck back into zone
- BO again and attack Δ3 and Δ4 in NZ who have stepped up
- Δ3 and Δ4 other end on start drag and shoot and then receive attack

### Key Teaching Points
- Quick transitions
- Stay on own half of ice
- Attack with speed
### U17 Provincial Camp Practice Plans

#### Time  | Drill Name & Description
--- | ---
10 | Penetrating Pass

- O1 to Δ1
- Δ1 slide across blueline and shoot
- O1 to net for screen
- After shot coach spots puck in opposite zone (top of circle)
- Δ1 retrieve puck
- O1 support and stretch
- Δ1 quick penetrating pass to O1
- Both ends at once

**Key Teaching Points**
- Communication
- Hard accurate passes
- Timing
- Quick feet

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Breakout Transition 5 vs 2 / Tracking</td>
</tr>
</tbody>
</table>

- Break up into lines on benches
- 5 man unit milling in NZ with 2 Δ
- Coach dumps puck and O1, O2 and O3 and Δ1 and Δ2 breakout using BO options
- Attack Δ3 and Δ4 and try to score
- On whistle, coach spots puck and group transitions with Δ1 and Δ2 using hard track options
- Attack 3 vs 2 again

**Key Teaching Points**
- Timing
- Communication
- Attack net
- Read and act

<table>
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<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>1-2-3 Score / Cool Down</td>
</tr>
</tbody>
</table>

- Players are divided onto benches
- First player steps out of bench and goes 1 on 1 with goalie
- If he scores two players leave the benches and pick up a puck at center and try to score
- If they score, three players repeat
- If any group misses go back to one player
- First team to score with 1, 2 and 3 players is awarded a point, and a new game is started

**Key Teaching Points**
- Net drive
- Speed
- Quick shots
- Attack principles
### Practice #4  Focus: Forecheck / Tracking

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<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – NZ Transition 2^rd^ Shot</td>
</tr>
</tbody>
</table>

- 1 and O1 initiate with shots on goal
- 1 and O1 retrieve puck; turn up and gain blueline
- 2 and O2 perform open pivot in NZ and receive pass from 1 and O1
- 2, O2 net drive for shot on goal and repeat drill
- 1 and O1 follow up play for 2^nd^ shot on pass from coach
- Continuous, switch sides

#### Key Teaching Points
- Hit net
- Accelerate to blueline
- Timing

### Time  Drill Name & Description

8 | Warm-Up – Renney One Touch

- O1, O2 pop off wall to touch pass toward opposite side
- At dot low man gets puck, drives and shoots
- O2 supports then turns back to receive pass from O3 who jumps off wall to support
- O1 comes out to support
- Progression: O1 comes out of zone to support attack 3 vs 0 / 3 vs 1 / 3 vs 2

#### Key Teaching Points
- Communication
- Good passes
- Attack with speed

### Time  Drill Name & Description

10 | 1-2-2 Half Ice Walk Through

- 5 man units milling in NZ
- Coach 1 dumps puck to coach 2 in the corner
- Player react and set up FC
- O1 pressure, cut ice in half, steer up wall
- O2 takes away wall, uses the dots as a guide
- O2 high folding into middle
- Δ1 strong side wall
- Δ2 mid-lane, aware of stretch
- Rotation, on signal clear zone and repeat
- Different puck position, correct position

#### Options:
- 1 – Contact
- 2 – Early pass
- 3 – Late pass (reverse)
- 4 – Δ carries
- 5 – Rim

#### Key Teaching Points
- Use dots as a guide
- 3 man race to circles read and act
- Inside out positioning
### Continuous Forecheck

- O1, O2, O3 dump puck and FC 1-2-2
- After •’s breakout O1, O2, O3, Δ1 and Δ2 are done
- 1st attacking forward shoots on goal
- 2nd forward receives pass from coach and shoots
- 3rd attacking forward receives pass from coach turns and heads up ice with line mates
- At redline dump puck and FC new 5 man unit
- Progression: Add Δ to FC

**Key Teaching Points**
- Communication
- Read and act
- Speed
- Inside out

### NZ Forecheck

- 5 man unit BO
- In NZ give puck to opposing D-men
- Δ3 and Δ4 regroup with •’s
- O’s, Δ1 and Δ2 execute NZ
- FC using 1-2-2 principle
- O1 inside out pressure taking away Δ to Δ pass
- O2 read and act, pressuring pass
- O3 takes away middle and is in good position to transition
- O’s force turnover and attack the net
- Passive to start •’s and Δ cannot make Δ to Δ pass until later
- Good position then 100%

**Key Teaching Points**
- Inside out positioning
- Read and act
- Quick pressure
- Communicate

### Track / Support 1 vs 1

- O1 starts drill with a shot
- Retrieve puck from corner
- O1 to O2
- O2 attack 1 vs 1 on Δ1
- O1 track back forcing O2 to outside and into Δ1 forcing a turnover
- O1 shoots on goal
- O2 picks up puck and starts drill opposite way
- Continuous

**Key Teaching Points**
- Communication
- Speed / pressure
- Inside out
<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Oiler 4x4</td>
</tr>
<tr>
<td></td>
<td>• O1, O2 and O3 attack Δ1 and Δ2, 3 vs 2</td>
</tr>
<tr>
<td></td>
<td>• Upon completion or coach’s whistle 1, 2 and 3 attack two new Δ, 3 vs 2</td>
</tr>
<tr>
<td></td>
<td>• 2 forwards from previous rush now track back to help new Δ</td>
</tr>
<tr>
<td></td>
<td>• One Δ from initial rush jumps up with 1’s to make it 4 vs 4</td>
</tr>
<tr>
<td></td>
<td>• Continuous, each rush starts on whistle</td>
</tr>
<tr>
<td></td>
<td><strong>Key Teaching Points</strong></td>
</tr>
<tr>
<td></td>
<td>• Communication</td>
</tr>
<tr>
<td></td>
<td>• Read and act</td>
</tr>
<tr>
<td></td>
<td>• Keep players below goal line</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Gate Drill NZ Angling</td>
</tr>
<tr>
<td></td>
<td>• Cones set up at each blueline forms gate</td>
</tr>
<tr>
<td></td>
<td>• One end at a time, offensive player tries to get through gate</td>
</tr>
<tr>
<td></td>
<td>• Δ player using angling to prevent entry</td>
</tr>
<tr>
<td></td>
<td>• Point awarded for going through gate</td>
</tr>
<tr>
<td></td>
<td><strong>Key Teaching Points</strong></td>
</tr>
<tr>
<td></td>
<td>• Compete</td>
</tr>
<tr>
<td></td>
<td>• Timing</td>
</tr>
<tr>
<td></td>
<td>• Inside out</td>
</tr>
<tr>
<td></td>
<td>• Body / stick position</td>
</tr>
</tbody>
</table>
Practice #5  Focus: Specialty Teams

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – One Touch and Drive</td>
</tr>
</tbody>
</table>

- O1 starts backward to blueline always one touching puck with O2
- At blueline O1 pivots forward to redline, backward to blueline
- Pivot forward and drive wide down the wall and around coach for a shot

Key Teaching Points
- One touch passes
- Shoot in stride
- Protect puck
- Double touch both bluelines

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – Safe Zone</td>
</tr>
</tbody>
</table>

A.
- 2 vs 2 below top of circles
- Each team has one player in corner who is safe (cannot be checked)
- Players use safe zone and partner to try and score

B.
- Same as above, only coach is safe player

Key Teaching Points
- Communication
- Generate chances
- Find open ice

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>PP Break Out</td>
</tr>
</tbody>
</table>

Double Swing
1.
- Center (C) always swings to weak side
- Δ1 steps out and passes to one of three options (C, Δ2 or LW)

2.
- Pass to Δ2 or center
- Δ2 passes cross-ice to C or C passes cross-ice to Δ2
- Δ2 can pass or chip to RW support
- C can pass of chip to LW for support

3.
- Δ1 pass to LW, carries up right side to enter zone with C support or back passes to Δ2 coming up wall or RW swinging cross ice

Drills: set up PP 5 vs 0 in NZ coach dumps puck into OZ, PK ice puck, PP breakout, repeat two times

Key Teaching Points
- Timing
- 5 man BO
- Eye contact
## U17 Provincial Camp Practice Plans

### Time | Drill Name & Description
--- | ---
10 | PP OZ Options

- 2-3 spread
- Walk through options passive PK
- One minute shifts rotate through quickly

**Key Teaching Points**
- Quick puck movement
- Eye contact
- Good passes
- Read and act

### Time | Drill Name & Description
--- | ---
10 | PK Forecheck / 4 vs 5

**Aggressive FC**
- O1 identifies he can get good pressure on the puck and attacks down ice
- O2 holds the middle and reads play
- Δ1 and Δ2 keep everyone in from of them with a tight gap
- If O1 loses pressure, he comes back hard through the middle (possibly a long change)
- O2 fills wide lane
- Δ1 and Δ2 fill middle and strong side

**Drill:** Same as PP breakout, start in NZ, on whistle PP dumps puck, PK ices and initiates PK, FC on PP, breakout

**Key Teaching Points**
- Quick puck movement
- Eye contact
- Good passes
- Read and act

### Time | Drill Name & Description
--- | ---
PK Forecheck / 4 vs 5 ctd.

**Double Swing**
- O1 takes wide angle and swings in an attempt to force O1 to move the puck into O2’s lane
- He does not sacrifice speed or position to do this
- If O1 is beaten with a pass or move, O2 takes a wide angle to push puck to the wall
- He can take a deeper angle
- O1 fills lane vacated by O2
- O’s need good angles and active sticks

**Drill:** Same as PP breakout, start in NZ, on whistle PP dumps puck, PK ices and initiates PK, FC on PP, breakout

**Key Teaching Points**
- Correct angles protect mid-lane
- Track back hard looking to steer and support
- 4 on 4 at far blueline

### Time | Drill Name & Description
--- | ---
10 | PK DZ Aggressive Box
Δ1 anticipates the play to the hash marks and attack son the pass with his stick on the ice pushing the play up
Δ2 shades to the near post anticipating the low pass
O1 attacks the strong side at the blueline inside out
O2 read play and is available to cover net front when Δ2 goes or to other point
Everything is off Δ1
All four player have to commit to a “one goes, all go” mentality
Control net front and take away 2nd shots
Change 2 or 3 on the way down and 1 on the way back

Drill:
A. (5 min) players set up in DZ position 5 on 4, coach rotates box by instructing where puck is (high, low, middle, over). Correct as needed.
B. (5 min) add PP and move puck having PK adjust using aggressive box. Increase intensity as necessary.

Key Teaching Points
- Active sticks
- Stop and go skating
- Stay in shooting lanes
- Head on a swivel
- Communicate
- One touch clearing

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>PP Game</td>
</tr>
<tr>
<td></td>
<td>All players on ice</td>
</tr>
<tr>
<td></td>
<td>PP and PK unit in each zone</td>
</tr>
<tr>
<td></td>
<td>On dump out PP picks up puck and attacks PK unit</td>
</tr>
<tr>
<td></td>
<td>Keep score</td>
</tr>
<tr>
<td></td>
<td>Alternate PP and PK</td>
</tr>
</tbody>
</table>

Key Teaching Points
- Quick puck movement
- Eye contact
- Good passes
- Read and act
U17 Provincial Camp Practice Plans

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>3 on 3 Low</td>
</tr>
</tbody>
</table>

- Players play 3 on 3 below tops of circles
- Quick high tempo shifts

Key Teaching Points
- Battle
- Communicate
### Practice #6

**Focus:** Battle  
**Theme:** Determination Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Warm-Up – NZ Chaos</td>
</tr>
</tbody>
</table>

- 3 players from each end leave at the same time with pucks
- In NZ evasive moves at high tempo
- On coach’s signal communicate to identify 1st, 2nd and 3rd shooter
- Try and shoot from different lanes
- Progression: pass pucks in NZ

**Key Teaching Points**
- Timing
- Speed
- Communication
- Shoot to score

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warm-Up – Plunger 1 Touch</td>
</tr>
</tbody>
</table>

- O1 and O1 start drill with shot
- Hard back up ice an done touch pass give and go with O2 who have humped into play
- Follow up on play for rebound

**Key Teaching Points**
- Speed
- Communicate
- 2 quick steps towards puck

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill Name &amp; Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>DZ Battle 1 to 5</td>
</tr>
</tbody>
</table>

- O’s on offense spread around DZ with pucks
- O’s set up in DZ coverage
- On whistle O1 attack O1
- On whistle leave puck and join O2 attacking O2 creating 2 vs 2
- Drill continuous until 5 vs 5

**Key Teaching Points**
- Good inside out position
- Communicate
- Win battles
- Take time and space
### Time | Drill Name & Description
--- | ---
9 | **Olympic 1 vs 1**

- O1 and O3 start on hash marks tight to boards
- Δ1 and Δ2 start on face-off dots
- On whistle, O1 and O3 skate straight across the ice through the opposite face-off dot and receive a pass from O2 and O4
- Δ1 and Δ2 touch the boards and skate backwards around outside of circle
- Δ1 plays O1 and Δ2 plays O3
- O1 and O3 stay wide along boards until center, then cut in and attack net for a shot

**Key Teaching Points**
- Quick lateral movement
- Tight gap outside shoulder to O inside shoulder
- Read and act

### Time | Drill Name & Description
--- | ---
9 | **Defense to Offense Transition**

- Δ1 and O1 start in corner
- O1 starts with puck skating out and around dot attacking Δ1 1 vs 1
- After play on goal Δ1 transition to offense as O1 becomes checker
- Δ1 gets open for pass from coach and makes play on opposite goal
- Stay on own side of ice
- Both ends, start on whistle

**Key Teaching Points**
- Quick transitions
- Tight gap

### Time | Drill Name & Description
--- | ---
10 | **St. Lawrence Double Check**

- O1 skates around the 2nd pylon and wide down the boards
- O2 is the backchecker and skates around the 1st pylon to cover O1
- O1 must stay on the boards until the far blueline
- O2 uses body position to prevent O1 from cutting to the inside
- At blueline O1 tries to get open for a pass from the coach
- After first puck, O1 comes up and gets a second puck from the pile
- O2 close gap and take 1 vs 1 back to the net
- Change pylons if necessary to get timing right

**Key Teaching Points**
- Protect mid-lane
- Coach move around zone to make pass
- Pucks at top of circle
### U17 Provincial Camp Practice Plans

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<tr>
<th>Time</th>
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</tr>
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<tbody>
<tr>
<td>10</td>
<td>Down Low Battles 1 vs 1 / 2 vs 2</td>
</tr>
<tr>
<td></td>
<td><strong>A.</strong></td>
</tr>
<tr>
<td></td>
<td>• Coach spots puck in corner</td>
</tr>
<tr>
<td></td>
<td>• O1 and O1 pursue and play 1 on 1 out of the corner</td>
</tr>
<tr>
<td></td>
<td>• Player with possession tries to score, other player defends</td>
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<tr>
<td></td>
<td><strong>B.</strong></td>
</tr>
<tr>
<td></td>
<td>• Coach passes puck to player in corner</td>
</tr>
<tr>
<td></td>
<td>• O1 closes gap and contains O1 who attacks out of corner</td>
</tr>
<tr>
<td></td>
<td>• Play must take place below top of circle and on one side</td>
</tr>
<tr>
<td></td>
<td>• Progression: same as above only 2 vs 2</td>
</tr>
</tbody>
</table>

**Key Teaching Points**
- Inside out body position
- Communication
- Use stick

### Time | Drill Name & Description
--- | ---
10 | 2 vs 2 Battle Drill / Cool Down

- Equal groups at far blueline
- On whistle two players from each line race to the far blueline, stop, race to the red line, stop and race for puck that has been spotted just inside blueline by coach
- The team that reaches the puck first attempts to score on the opposition goaltender
- The other team defends
- Let battles go for a max of 30 sec.
- On whistle, players BC to their lines
- One point awarded for each goal, first team to seven wins
- G can become third player to create 3 vs 2
- Lose a point for not backchecking hard

**Key Teaching Points**
- Battle, intensity
- Good support
- Inside out body position

### Time | Drill Name & Description
--- | ---
5 | Cool Down