

12U Practice Plan 5

Date: Mid-Season

Time: 60 minutes

Number of Players: 30-45

Practice Theme/Goals: Basic skating skills, puck control with deception, competition, fun

Equipment Required: Cones, tires, dividers, ringette rings, extra sticks, nets (4-6)

WARMUP

Free Play

(5 minutes)

Players are free to do whatever they want.

Passing and 1v1

(8 minutes)

Players pair up with one puck per pair. On the whistle, play 1v1 keep-away 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 feet apart and pass to one another. Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

STATIONS

Station 1: Skating

(10 minutes)

Work on all facets of skating...edges, agility, balance, coordination, transition, backward, etc. Mix in some short burst sprints as well. Halfway through the time of the station, add pucks into the mix. Be creative and make it fun.

Station 2: Agility, Stickhandling, Passing, Receiving and Shooting

(10 minutes)

X starts out by jumping over the border and picking up a puck behind it. X skates through the tires and makes a pass to the coach who passes it right back. X catches the pass and goes between the next two tires where X passes to the next coach for another give-and-go. X then goes through the last set of tires and passes to O in the corner (who was the last player to go) who gives it back. X collects the pass and attempts to score.

Station 3: 3v3 with Outlets

(10 minutes)

Play 3v3 cross-ice for 40-second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Emphasize players moving to get open and teach transition. Allow the players to use the coaches as often as they want to replicate a power play.

GAMES

3v3 Regroup

(15 minutes)

3v3 game where, in order to go on offense, you must regroup with a coach behind the net you are defending. At least two players must come below the goal line to get a pass from the coach. Works on passing, receiving, skating, competing, team play, puck support and hockey sense.

