



**12U Advanced: 1-Team Practice**    **Number of Players:** 15+ skaters & 2 goalies  
**Practice Goals:** offensive zone play, support & crossing patterns  
**Equipment:** 6 divider dads, 3 nets, 2 tires and 2 cones    **Time:** 60 minutes

**Warmup: Goalies and Skaters (8/8)**

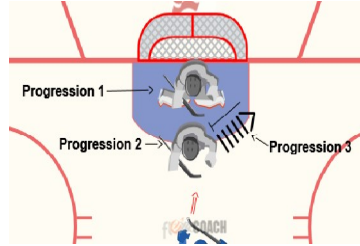
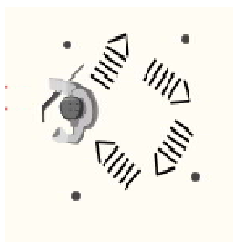
**4-Corner Passing** – 4 players enter the zone with a puck, make eye contact with the 1<sup>st</sup> player in another line, pass and then catch a return pass. On receiving the return pass the player should tight turn and accelerate for 3-4 strides before passing again. Change to forward-to-backward pivots after each pass, catch pass on backhand, etc.

**Goalie Movement Drills: Box Drill**

1. Shuffle
2. Butterfly Full Recovery.  
Twice around each way.

**Goalie Fundamental Saves: Stick Saves**

1. Starting & staying in a butterfly 8 Shots (4 per side)
2. From stance, react to make a butterfly stick save. X 6
3. Shuffle from dot angle to the puck for stick save. X6



**3 Stations x 10 minutes (30/38)**

**Station 1: Drop Pass Exchanges** – 2 forwards sprint to regroup with coach, then perform 2 drop pass exchanges at the pads and finish with shot on net. Both players stop at the net. Drop pass is done to the defensive side of the puck carrier by leaving the puck just a bit early for teammate to skate into.

**Station 2: CJ Scissor** – X1 starts with the puck and drops it to X2. They attack the D 2v1. On whistle X1 becomes the new X2 on the opposite side, X2 becomes the new D and the D rotates out.

**Station 3: 360, Pull Push, Shooting** – Players do a 360 spin to the backhand at each tire. Immediately finish second spin with a backhand shot on goal.

Change to pull (toe drag) push (to forehand) move at each tire. At second tire, underhandle and immediately shoot off of move.

**Exchange Game (11/49)**

Play 3v3 cross ice. Teams must do one cross-and-drop or fake cross-and-drop before they can score.

**Third Man High Game (11/60)**

Players play 3v3 but the last attacking player cannot pass the midline. This leaves the attacking team with a 2v3 situation in the offensive half of the zone. The players on offense can use the third man high as an outlet if they would like but he/she cannot enter the zone unless another offensive player exchanges and rotates out. This game emphasizes the third forward reading the play as a high man in the attacking zone.

