



Practice plan

SKILLS & GAMES

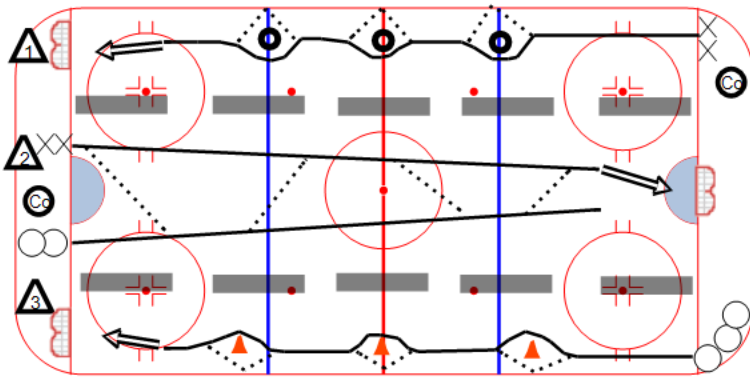
WINTERLAND
Week 2

SquirtPLUS
PeeweePLUS



Category #1 :

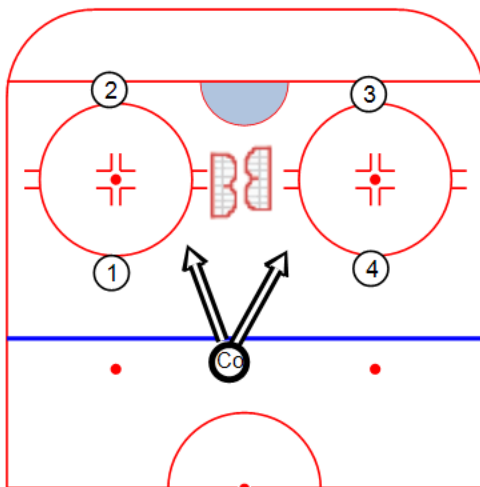
Category #2 :



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3 lane Chip & Pass small

Lane 1 - Skating -Forward Edges
Puck Control - Board Pass / Chip
Lane 2 - Skating - Strides - F/B
Puck Control - 2 on 0
Lane 3 - Skating - Backward Edges
Puck Control - Board Pass / Chip

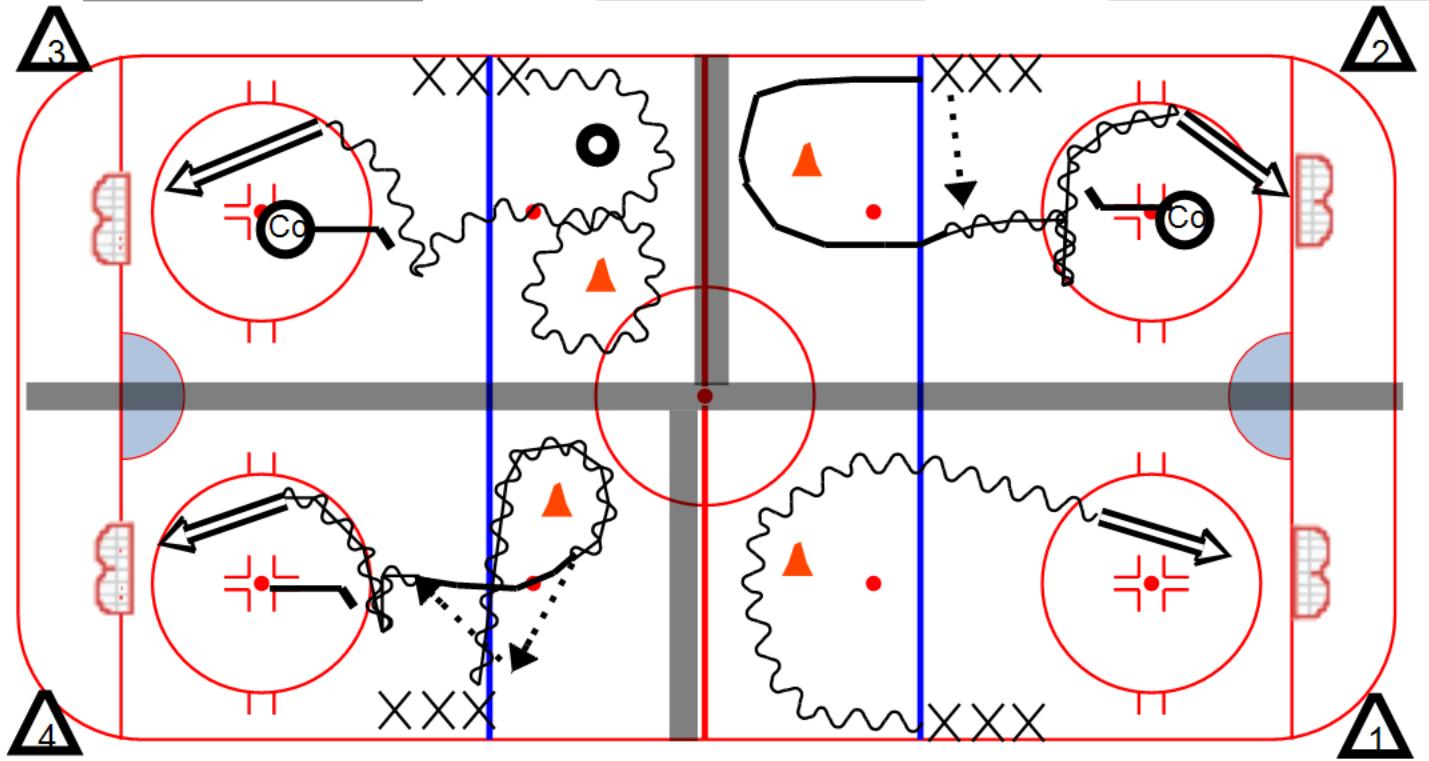


All for 1 war

Each player is on there own team
 One goalie tends both nets
 Players can score on either net
 Add puck if they score too quick
 Should last 30-45 seconds

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Category #1 :
 Category #2 :



Four empty rectangular boxes for player names or identification numbers.

All players stay in the same zone. Coach will lead the players through the full progression working on shooting & passing skills. Each drill should last

1. Shots Only

Start with puck, skate around cone, take shot.

2. Front Fake

Start without puck, skate around cone, get pass from line, fake around coach & shoot.

3. Backhand

Start with puck, skate figure 8 around tire & cone. Players then make a move to their backhand & shoot.

4. Give & Go

Start with puck, skate around cone turning back towards line, give & go with line, pull puck towards skates & shoot.