

# Practice plan



Winterland Ice Hockey

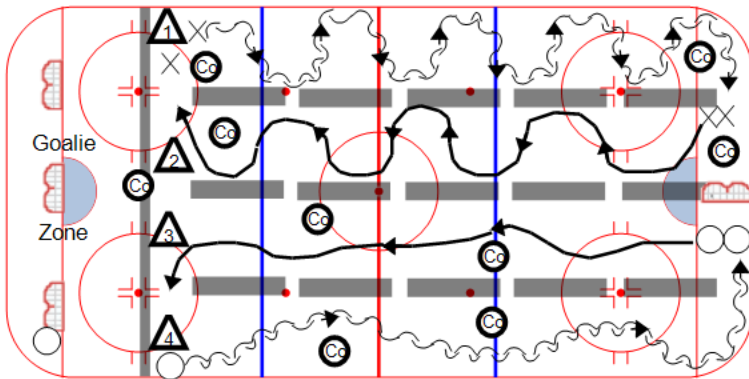
Bantam + / High School

Week 3  
Skills & Games



Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

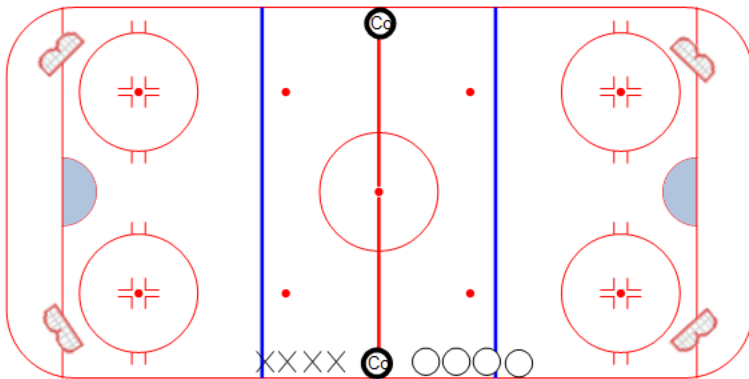
Pucks

4 Lane-F&B Skate/w goalies

- Station 1 - Skating - Backward Edges**  
Inside & Outside Edges - Jumping from foot to foot
- Station 2 - Skating - Forward Edges**  
Inside & Outside Edges - Jumping from foot to foot
- Station 3 - Skating - Forward Strides**  
Drive off Toes - Knees Bent - Shoulders Up
- Station 4 - Skating - Backward Strides**  
Drive off Toes - Hips Down - Back / Chest Up

Category #1 : Full ice

Category #2 : Competition



SCORE

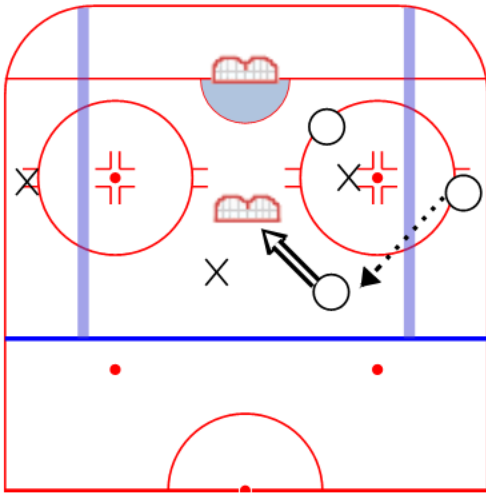
Knees Bent

Skate Hard

Head Up

All Out War

Players line up on either side of the red line. Coach shoots a puck into play, players battle 1 v 1 - 2 v 2 - until they score. Players can score on any net. Keep head up to watch for other players on the ice.



### Layers Game

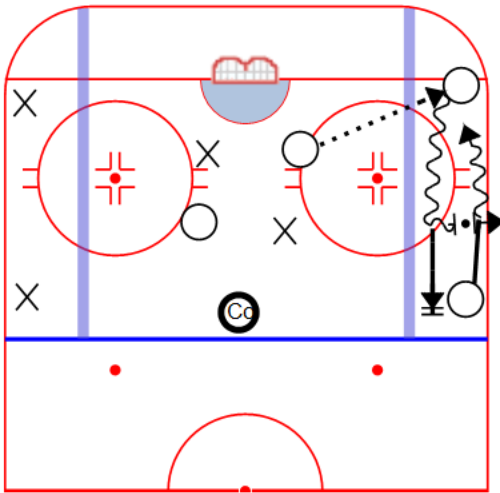
Draw lines from Blue Line to end boards 10-15 feet off the side boards.  
 Each team has 2 players in the middle zone & 1 player on opposite side boards.  
 Team can score on either net.  
 This game encourages moving the puck from low to high to low.


Category #1 : 

Small Games
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 Category #2 : 

End Zone
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### 4 V 2 Switcharoo

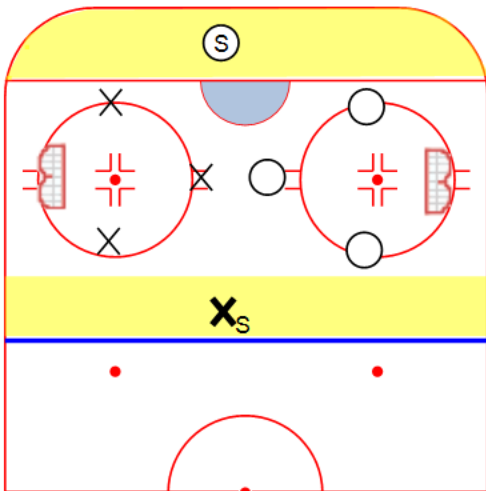
Draw lines from Blue Line to end boards 10-15 feet off the boards. - Each team has 2 players in the middle zone & 2 players on opposite side boards.  
 Each time the puck is passed to the board players, those players must switch positions & perform a drop pass or fake one to create open lanes.


Category #1 : 

Small Games
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 Category #2 : 

End Zone
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### Cross ice Flank Game

Play 3v3 in the zone.  
 Each team has a player on the side of the game. (Goalline for O - Blue line for X)  
 On each turnover, team must pass to the player in the flank in order to attack the net.

Puck Support	D-Zone Coverage
Get Stick Open	Man on Man Coverage

Category #1 : 

Half Ice
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 Category #2 : 

Small Area Game
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