

Practice plan



Winterland Ice Hockey

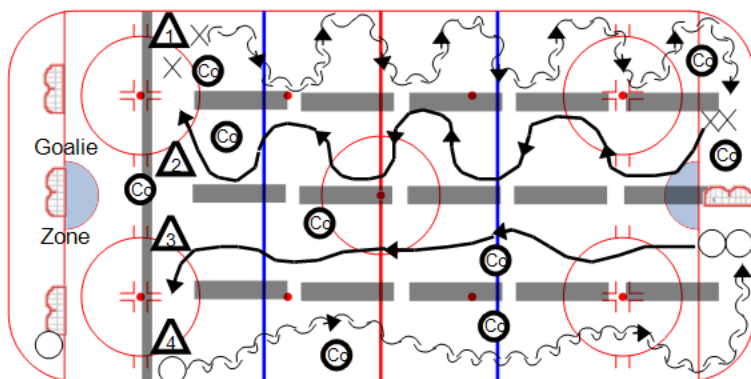
Bantam + / High School

Week 2
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

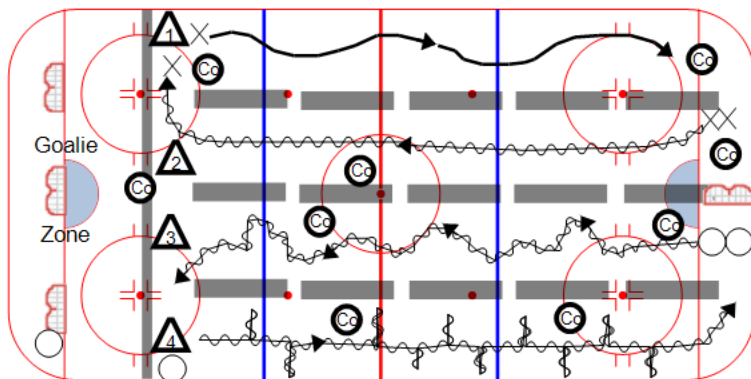
Drive off Toes - Knees Bent - Shoulders Up

Station 4 - Skating - Backward Strides

Drive off Toes - Hips Down - Back / Chest Up

Category #1 : Winterland

Category #2 : 4 Lane Skills



Cones

Nets

Tires

Pucks

4 Lane-Pre-Stickhandling w/

Station 1 - Speed - McDavid with Puck

Players crossover each way driving off Outside Edges

Station 2 - Speed - Open Ice Carry

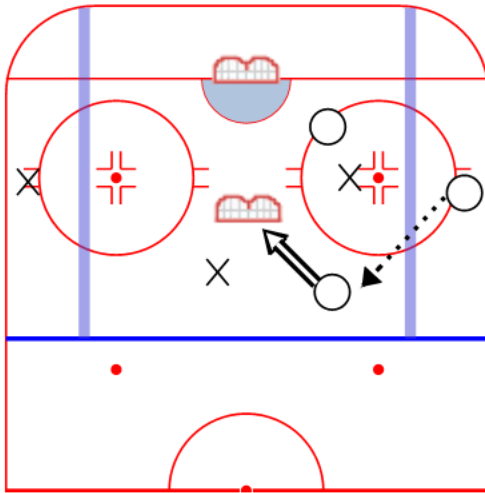
Players skate full speed with 1 hand, puck on backhand.

Station 3 - Stickhandling - Shuffle & Dribble / Kick

Handle Puck - Kick with both feet / Edges

Station 4 - Stickhandling - 1 Hand Expansion

Work on handling the puck away from body with 1 & 2 hands on the stick.



Layers Game

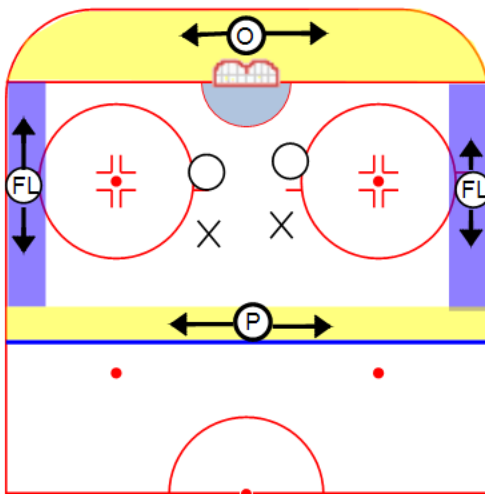
Draw lines from Blue Line to end boards 10-15 feet off the side boards.
 Each team has 2 players in the middle zone & 1 player on opposite side boards.
 Team can score on either net.
 This game encourages moving the puck from low to high to low.

Category #1 :

Small Games

 Category #2 :

End Zone



Boxed in Battle

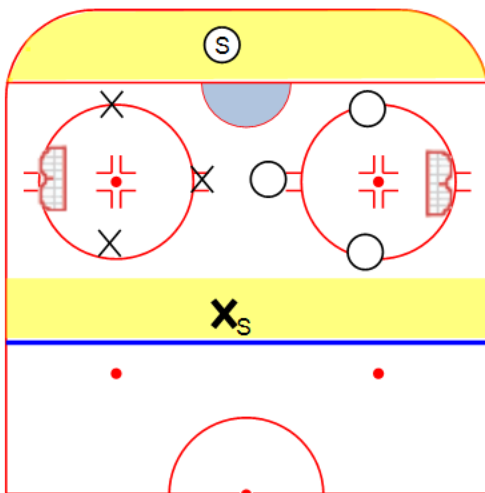
Players play 2v2
 On each turnover, players in the pit must pass to their assigned support players
 X Team Passes to the Flank Players (Blue)
 O Team Passes to Office or Point (Gold)

Category #1 :

Small Games

 Category #2 :

End Zone



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

 Category #2 :

Small Area Game
