MCYH Practice Plan Ideas

Age appropriate skill progression drills to start off every practice with (9-10 minutes).

Repetition is Key!!!

Goalies can have their own station with set movement/skating drills at the same time (reach out to Brad Fish at bfish117@yahoo.com for goalie drill ideas)

Stations should focus on:

- Edgework and power skating
- Passing and receiving
- No Shooting

Individual and with partner.

~3 stations running simultaneously:

- ½ zone, ½ zone, + neutral zone for ½ ice practices
- Spread out for full ice practices
- 3-4 minutes per station (rotate)

Drills should get progressively more difficult throughout the season (players must perfect skill before increasing difficulty).

- Squirt
- Peewee

Coaches should notify the players what the stations are before leaving the locker room.

Coaches should only have to demonstrate for the first 3-4 practice and kids should be able to hit the ice, go to their station, and start the drills. Coaches can observe and correct.
**NEUTRAL ZONE:**

**Cone Skating**

- **Inside Edges**
  - Set up cones in 2 rows cross rink in the neutral zone
  - Have kids pass cones on their inside edges only
- **Outside Edges**
  - Set up cones in 2 rows cross rink in the neutral zone
  - Have kids pass cones on their inside edges only
- **Stops**
  - Zig zag to cones, stopping at each one (cover cones with snow)
- **Transitions (progression)**
  - Zig zag cones with transitions only facing the far boards
- **Tight turns**
  - Straight line or zig zag cones with tight turns.
  - (progression) use pucks instead of cones and have player make tight turns with knuckles on the pucks.

**1/2 ZONE:**

**Passing partner**

- **Forehand**
  - Players facing each other ~2 stick length apart
  - Forehand pass
- **Backhand**
  - Players facing each other ~2 stick length apart
  - Backhand pass
- **Close to Far**
  - Start close, ~1 stick length and slowly move further apart passing only forehand
  - Start close, ~1 stick length and slowly move further apart passing only backhand
  - Start close, ~1 stick length and slowly move further apart receiving on forehand and passing backhand.
  - Start close, ~1 stick length and slowly move further apart receiving on backhand and passing forehand.
- **2 Stationary, 1 mobile**
  - 2 players face each other approximately 30 feet apart.
  - A 3rd player skates in and round the 2 stationary players passing between all 3.
  - Rotate after 60 seconds.
1/2 ZONE:

Free Skate

- Tag (Chaser drill)
  - Simple game of tag.
  - One player tries to tag another.
- Backwards Tag
  - Same as Chaser Drill but one gets a head start backwards and tries to avoid the tag.
- Stick Tug of War
  - Players play tug of war with a hockey stick.
  - Use a face off circle or goal line as the “win” line
- Push of war
  - Same as tug of war, but both players have all 4 hands on one hockey stick (handle bar style) and try to push the other player across the line.
- Stick “Take Down” Battles
  - Same hand position as above, but players try to drag the other to the ground.
- Mowhawk Chase
  - Lay a stick (or 2) on the ice and play mowhawk tag using the stick(s) and an obstacle.

The remainder of practice should be focused on keeping the players moving. Stations work best (Don’t be afraid to use assistant coaches to run stations). Pace should be high. Small area games should be used to keep kids interested and engaged.

Think outside the box and keep it fun:

1. Use a soccer ball and have players either kick the ball or use their hands to try to score.
   - Kicking reinforces balance and foot awareness.
   - Using hands to push or punch the ball teaches kids to get low
   - Soccer ball games allow goalies to come out of the goal and participate with the players.
2. Use a ball that bounces and play a cross ice game (tennis, lacrosse, baseball trainer “whacky ball”).
   - A bouncing ball reinforces hand eye and reaction
   - Add multiple balls to engage more players at the same time
3. Place a hula-hoop or coaches gloves at center ice. Split team in half and line them up at opposite boards. Have players shoot pucks at the hula-hoop or glove and try to push them towards the opposing side. Side without the hoop or less gloves wins.
   - Aiming for the objects teaches accuracy.
   - Trying to push the object to the other side of the ice teaches to move the puck with force.
If additional practice plan help is needed, USA Hockey’s website contains many practice plan and drill ideas for all ages.

https://www.usahockey.com/practiceplans