

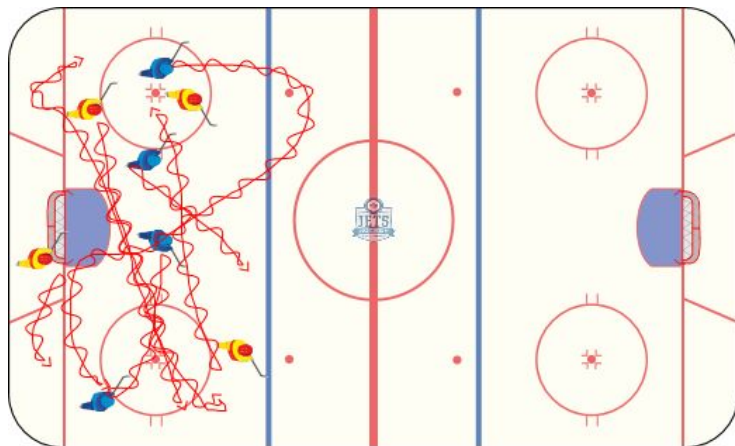
Regional Development Program

Practice Plans 2026



1) Stickhandling Keep Away

6 min.



OBJECTIVE

Fun game at the end of practice

ORGANIZATION

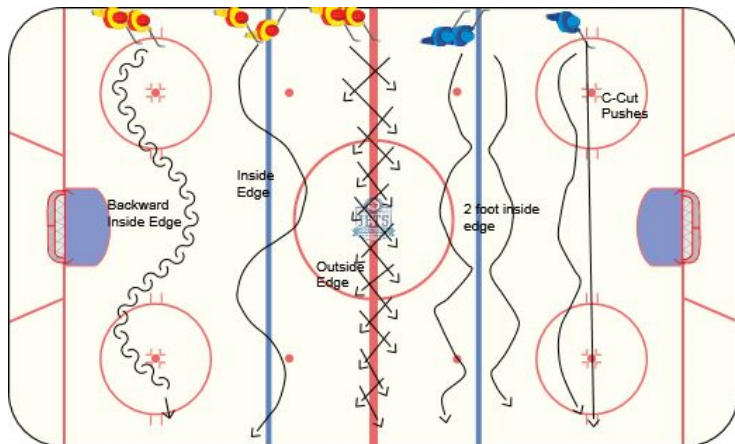
All players have a puck and will move around a confined area.

Different ways to play

1. Players can keep pucks away from other players who are trying to knock their puck away. If their puck goes over the blue line, they are out.
2. Players keep pucks away from the coach. If a coach steals their puck, they can go steal someone else's. This is a great option as players are always involved.
3. Team Keep Away - players work in partners and can try to pass the puck between the two of them. If someone knocks

2) Edge Control Across Ice

10 min.



OBJECTIVE

Edge work across the ice

ORGANIZATION

Players will move across the ice working on different edge and balance options.

Edges include: Inside Edge Outside edge 2 foot inside edges C Cut pushes Backward Inside Edges Backward Out Side Edges One foot Edges

Coach can pick which 5-6 edges get worked on, just keep in mind that if one foot is used the other foot also has to be used.

VARIATION

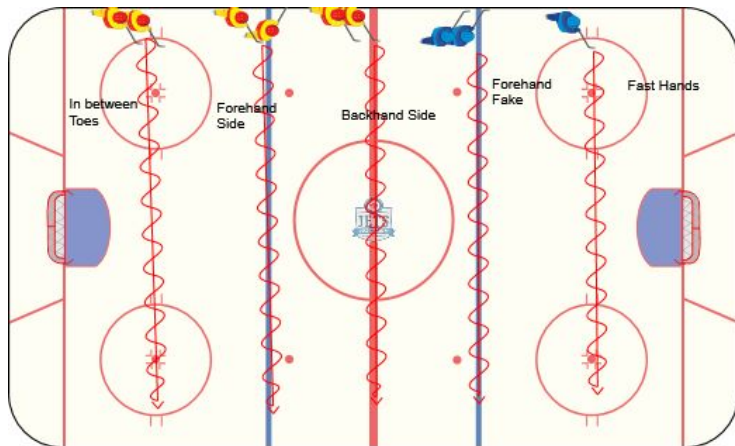
- 1) This can be a circuit down the ice with players continually moving from one line to the next,

players would go down a line, when they get to the boards, move up to the next line, move across the ice, move up to the next line, move up etc...

Each line can be a different edge drill.

3) Stickhandling Across the lines

8 min.



OBJECTIVE

Stickhandling work across the ice

ORGANIZATION

Players will move across the ice working on different stickhandling and puck control options.

Stickhandling: In Between Toes Forehand Side Backhand Side Forehand Fakes Fast Hands Using Width etc...

Coach can pick which 5-6 edges get worked on, just keep in mind that if one foot is used the other foot also has to be used.

VARIATION

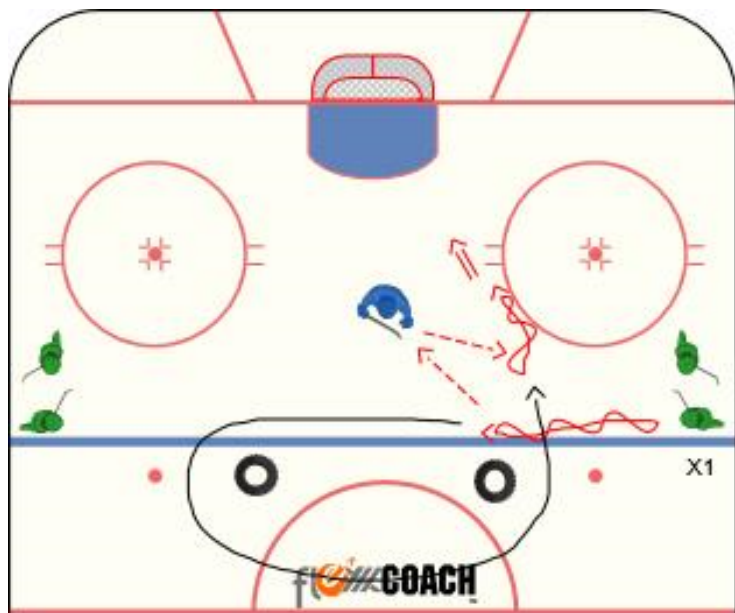
1) This can be a circuit down the ice with players continually moving from one line to the next,

players would go down a line, when they get to the boards, move up to the next line, move across the ice, move up to the next line, move up etc...

Each line can be a different stickhandling drill.

4) Stickhandling/Shooting/Passing

10 min.



OBJECTIVE

Handle the Puck, Passing & Receiving, Shot on Net

ORGANIZATION

Tires are lined up just inside the Neutral Zone dots with a Coach standing in between the tires receiving and making passes to players.

X1 carries the puck across the blue working on their hands to the first tire where they make a pass to the coach. They continue around the other tire turning back toward their line and entering the zone around the first tire. The coach will pass the puck back to the player who will handle the pass and go in for a shot.

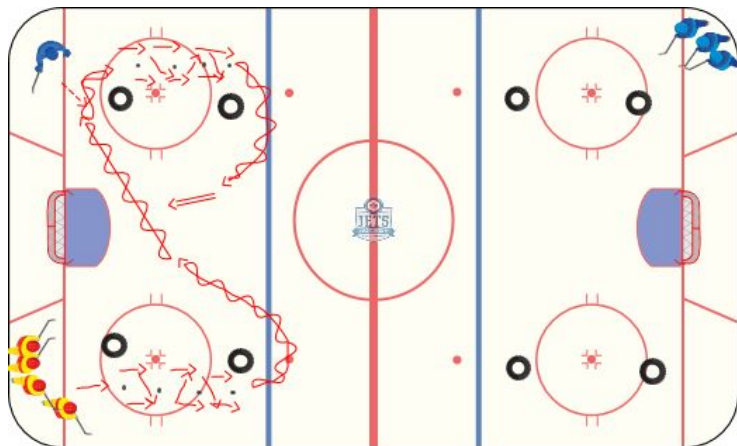
This drill is a good fast warm up drill that works their hands in different ways but is also good for Intro to Hockey as it combines many different aspects of skills training.

VARIATION

1. Have a coach in each corner and have the players carry the puck all the way around following the same pattern but passing to the coach in the corner and receive a pass back for a shot.

5) Stickhandling Crazy 8

18 min.



OBJECTIVE

Work on puck control

ORGANIZATION

Tires can be placed in a fairly big box with players lined up in opposite corners.

4 pucks can be placed on both sides as obstacles to work around.

X1 moves up and straddles the pucks and stickhandles through them, they continue around to the other side and do the same thing and then go around the top tire and go shoot

If players are hitting pucks a lot, have them slow down and work on controlling the puck.

This is not a speed drill, it is a puck control drill

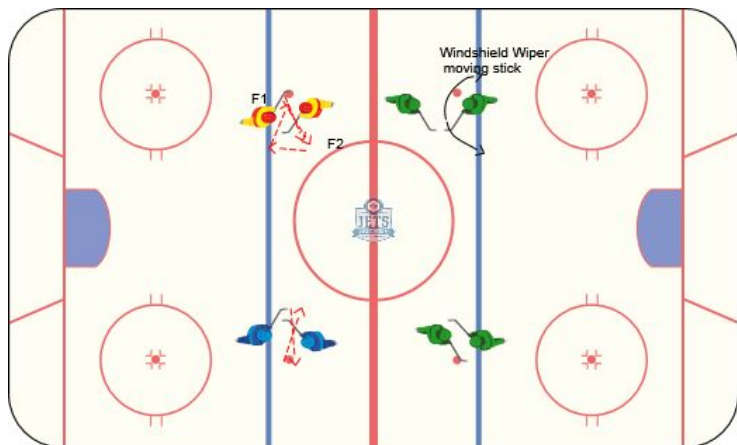
VARIATION

1) Players can move through the pucks with their feet closer to the boards. This will allow them to work on the forehand side on one side and backhand side on the other.

2) Stagger pucks to incorporate more width. Feet would go down the middle and the hands would reach around the pucks.

6) Stickhandling Windshield Wiper

0 min.



OBJECTIVE

Work around an obstacle

ORGANIZATION

Players work with a partner to work on stickhandling. The goal here is to have players work around obstacles.

Players can work between their toes and the stick of F2 or between the stick and the toes of F2 (under the stick).

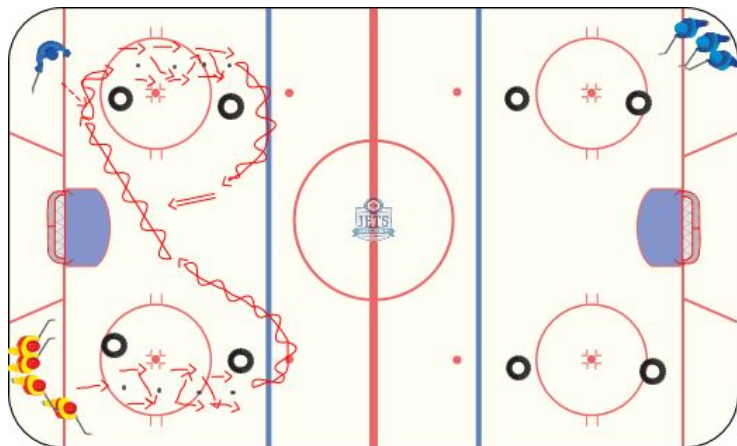
Players can work for 30 seconds and then switch roles:

This can be done Stationary first: F2 is standing in front of F1 with 2 hands on the stick and the stick in front of their body, F1 will stickhandle around the stick of F2. F2 will try to work on coming straight across under the stick and not moving the puck forward on an angle. Do not follow a set pattern.

Windshield Wiper: F2 will now swing their stick with 2 hands in a windshield type pattern. They are not trying to knock the puck away but rather giving F1 a moving obstacle to work around. Speed can be slow at first and then speed can be added to make F1 move their hands faster.

7) Stickhandling Crazy 8

0 min.



OBJECTIVE

Work on puck control

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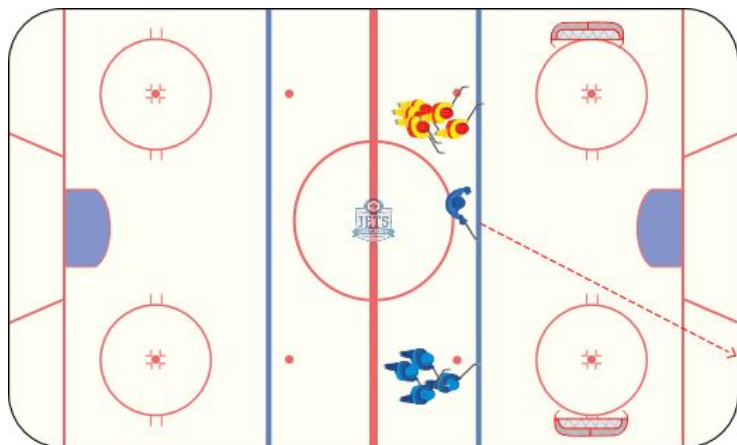
VARIATION

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2) Stagger pucks to incorporate more width. Feet would go down the middle and the hands would reach around the pucks.

8) Competitive Game 3 vs 3 Cross

8 min.



OBJECTIVE

Have some fun but work on puck movement and puck support

ORGANIZATION

Nets are placed across from each other in one end.

Players are split into 2 teams.

On the whistle 3 players will go into the zone and play 3 vs 3
If the puck leaves the blue line a new puck will be spotted in.

Shifts should be roughly 30-40 seconds to mirror a shift in a game. If players think it is too short, remind them to go as hard as they can for that time.

Post-Practice Comments:

Warm Up - SH Keep Away

- Can do a simple start with 1 group looking out for stationary player moving their sticks
- Build it into everyone has a puck and do Knockout

1 Foot Edges Across Ice

- Focus on balance/control/weight
- Have players use the lines to help understand using inside or outside edges

SH Across Lines

- Can use just the line across or similar to U13 using Blue line - Red line - Blue Line

SH/Shooting/Passing NZ Movement

- Can do this on one net or two nets at each end

Stations

- SH Crazy 8 (End Zone - same side of ice)
- Windshield Wiper (Middle)
- SH Crazy 8 (End Zone - same side of ice)

Crazy 8 - Do this out of one corner, can have players go through it quickly, can adjust pucks so players have to reach the puck to go around the stationary pucks

Windshield Wiper

- Start with a stationary stick
- Player without puck can move their stick nice and slow side to side to have the puck carrier react quicker