

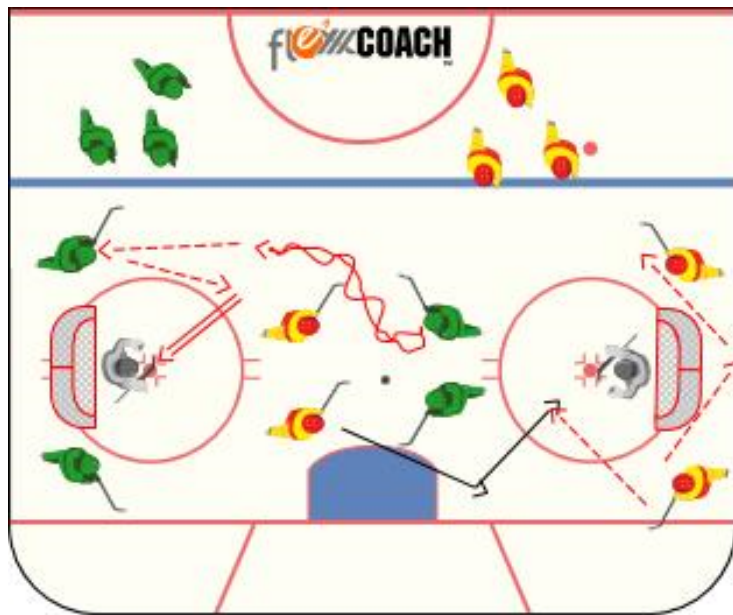
Regional Development Program

Practice Plans 2026



1) Competition 2 vs 2 Box out

8 min.



OBJECTIVE

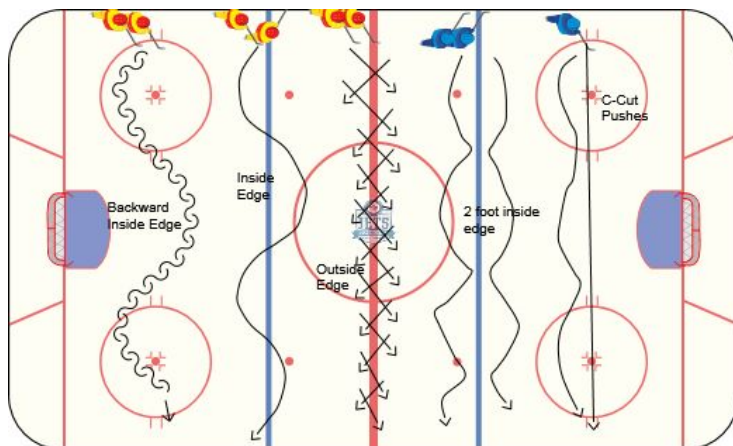
Defending net front, box outs and stick lifts

ORGANIZATION

2 vs 2 game in the zone, players have 2 extra players by the net who they can pass the puck to and that's the net they try to score at.

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

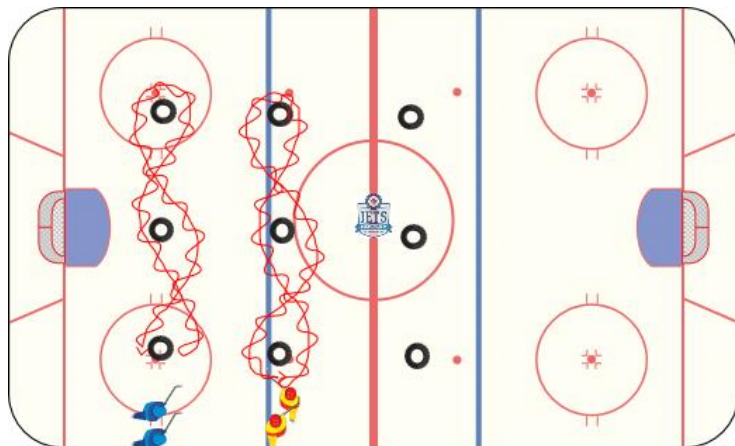
1) This can be a circuit down the ice with players continually moving from one line to the next,

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) Puck Protection 3 tire Weave

8 min.



OBJECTIVE

Use different puck protection techniques on the middle tires

ORGANIZATION

Three tires are set up with players on one side.

Players will weave through the cones and use different puck protection moves on the centre tire.

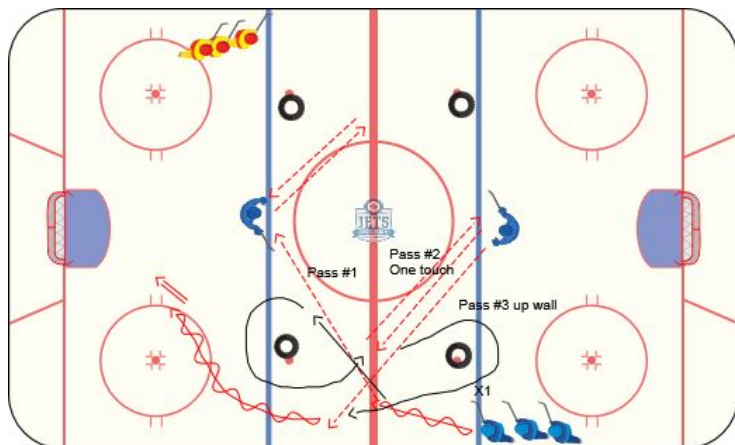
They can use:

1. Stickhandling width
2. 10 & 2 with puck in front
3. Close hips shield puck

Make sure players go the other way to turn at the top one side and then the other way next time.

4) Passing Tight Turn NZ one touch

8 min.



OBJECTIVE

Passing while moving the feet

ORGANIZATION

Tires are placed on the neutral zone dots with lines of players at opposite blue lines.

On the whistle, X1 from each line carries the puck and passes to the coach in front of them. X1 will continue to do a figure 8 around the tires. As they are in the middle of doing this, the other coach will give them a pass where they can one touch it back and tight turn again. As they come up the wall the coach will hit them with a pass.

The key here is the coach is getting a pass to start the drill and then passing to the other player for a better passing angle.

Pass #1 - X1 to the coach Pass #2 - Coach to X1 who one touches it back Pass #3 - Coach to X1 down the wall

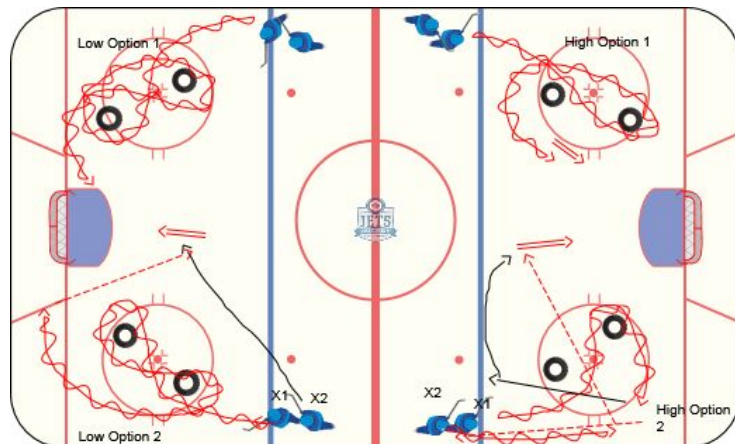
Switch sides so players can work on receiving the pass on the other side, the tight turn will still be a figure 8

VARIATION

- 1) The drill can be simplified without the extra passing in the middle for a more beginner group.

5) Tight Turn High/Low Options

18 min.



OBJECTIVE

Have players work on coming off the wall in different patterns.

ORGANIZATION

Players can start at all 4 blue lines (or 2 lines if numbers are low) with 2 tires set up on a slight angle in the zone. How this is set up will depend on the number of players in the session. It can be done with players in each end doing each option and then switching or if you have lots of numbers players can be at all 4 lines.

There are 2 different options in this drill

Option 1) Low Option

- Players will come off the wall carrying a puck and tight turn toward the boards, they will go around the top tire and turn toward the boards and then drive low around the tire and cut to the net.

Option 2) High Option

- Players will come off the wall with a puck and drive around the low tire and turn toward the boards. They will drive up the wall and around the top tire into the slot and shoot.

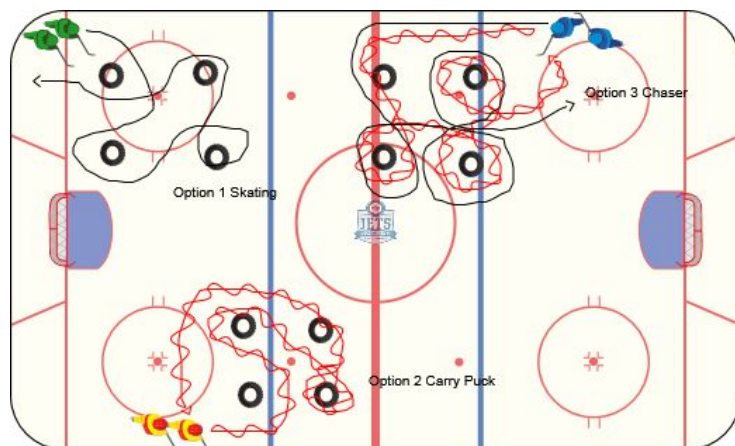
VARIATION

Low Option 2- The second player in line can jump off the wall and move to the as X1 drives low. Pass out to X2 for a shot.

High Option 2 - X1 coming out of the turn can pass to the next player in line, as they move around the top tire, X2 can move down the wall and hit X1 in the slot.

6) Competitive 4 Cone

0 min.



OBJECTIVE

Work in Progressions for movement

ORGANIZATION

This is a simple 4 tire drill. Tires are set up in a box.

Option 1 - 1 player will skate through the tires in any order they want to go

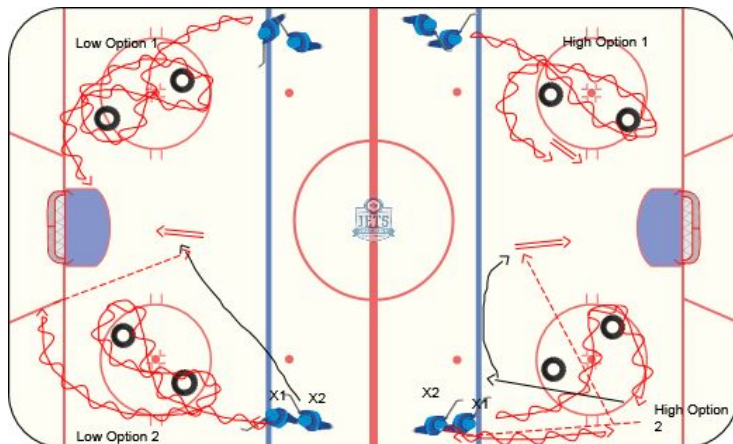
Option 2 - 1 player will carry a puck through the tires in any order they want to go

Option 3 - 1 player will carry a puck and a second player will chase him in the exact same pattern. This will make the puck carrier go faster.

Option 4 - 1 player (or coach) will be on the outside of the box. The player carrying the puck must make passes to the

7) Tight Turn High/Low Options

0 min.



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8) Competitive 2 vs 2 Box Game

8 min.



OBJECTIVE

work on puck protection in a confined space

ORGANIZATION

Competitive Game is a small area 2 vs 2

Offensive Team is trying to score, defensive team is trying to clear the puck outside the box.

Coach can spot new puck in to change possession.

Shift should be roughly 20-30 seconds with multiple pucks.

Post-Practice Comments:

2 v 2 Box Out - One End

- Modified Gretzky game, if not enough players you can have just 1 behind the net

2 Foot Edges - Across Ice

- Focus on staying low and level the whole way through, feeling both edges working together whether it be 2 inside edges or an inside and outside.

- Similar to first session, have them use the lines to help with understand their edges.

Puck Protection 3 Tire Weave

- Give direction with stick (middle player or coach)
- Focus on moving puck first away from opponent, then lean in and take their ice behind them

Passing Tight turn NZ one touch

- If this drill is too complicated for U11, you can eliminate the 2nd part of this and just have players pass to the coach in front of them, tight turn away, get a pass and attack the end the left from.

Stations

- Tight Turn - Low Option 1 (End Zone)
- Comp 4 Cone (Middle)
- Tight Turn - Low Option 1 (End Zone)

Comp 4 Cone

- Carry Puck, get through as quick as possible in whatever route
- Add a chaser or a copy cat

2v2 Box Game - Both Ends