

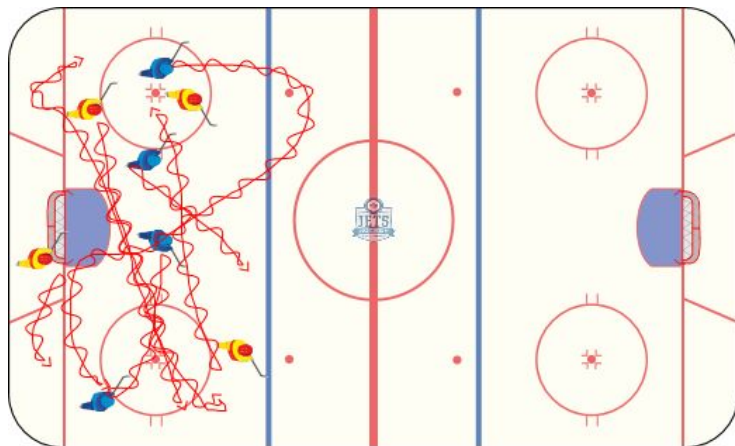
Regional Development Program

Practice Plans 2026



1) Stickhandling Keep Away

6 min.



OBJECTIVE

Fun game at the end of practice

ORGANIZATION

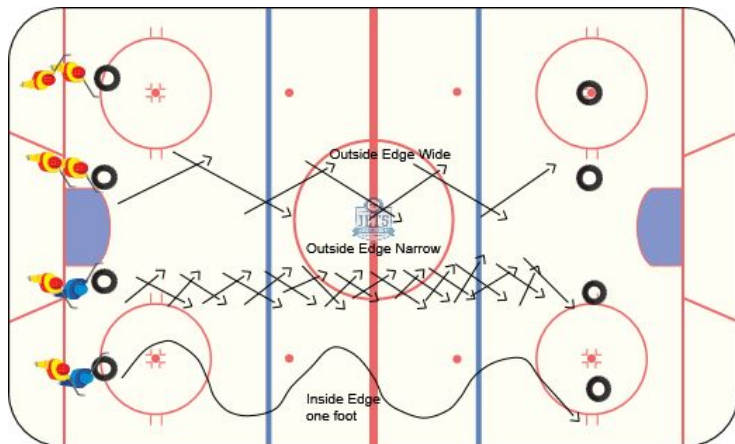
All players have a puck and will move around a confined area.

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 1 foot Inside and

10 min.



OBJECTIVE

Work on basic edge control slow and controlled.

ORGANIZATION

Tires are placed so players can move down the ice in a line to the next tire.

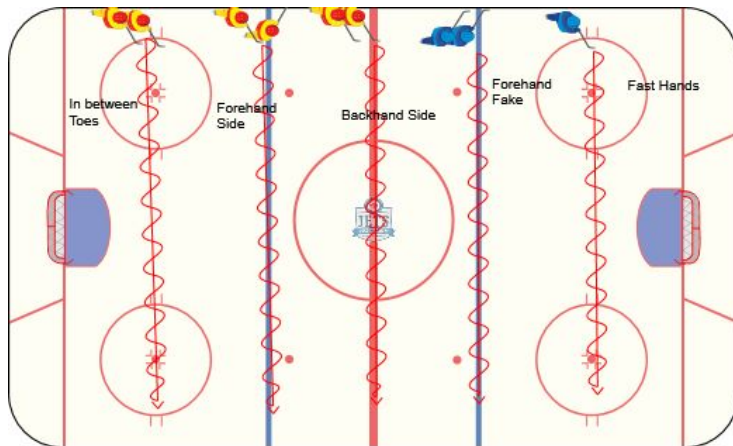
Lines can be split up so that all lines have the same amount of players in it.

One foot Edges

1. Inside Edge - gliding in a half circle, in the middle pushing and switching feet
2. Outside Edge Narrow - Small cross overs, tight together with the blade landing flat on the ice and getting a good push
3. Outside Edge Wide - Trying to hold the outside edge a little longer and allowing players to push and glide on the outside edge.
4. Single Leg - One foot only using both the inside and outside edges. This will challenge some players especially on the left foot. Make sure you work on both sides.

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

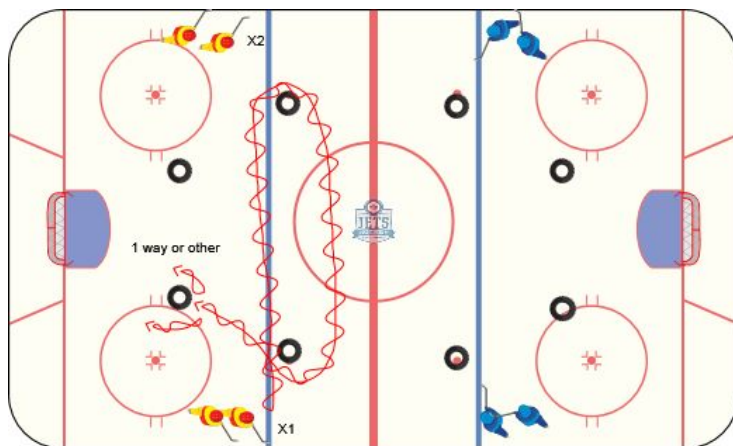
1) This can be a circuit down the ice with players continually moving from one line to the next,

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 NZ Movement

10 min.



OBJECTIVE

Handle the puck

ORGANIZATION

Tires are placed on all 4 dots and above the hashmarks so 8 tires in total.

Players are lined up at all 4 blue lines with pucks.

X1 carries the puck across the blue line and then turns and comes back to the side they started. They can make a move to the outside and then attack the next tire.

On the second tire, they can pick which way they go. Most players will go to their forehand all the time. Encourage them to be able to take the puck to the backhand side.

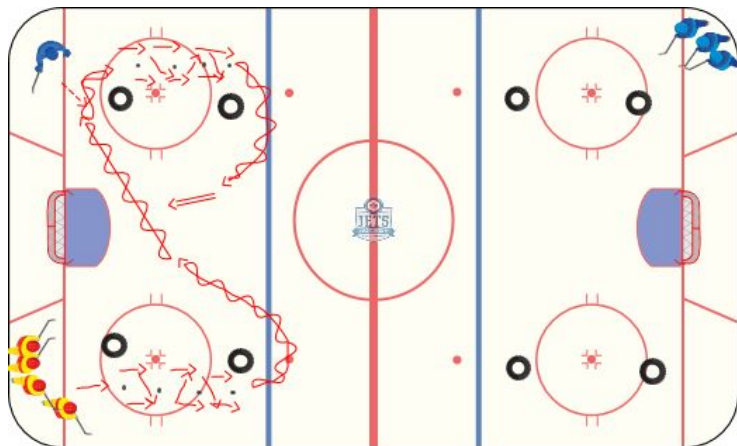
As soon as they go past X2 can be ready to go so there is one player driving the net and another player working in the NZ

VARIATION

1) Take puck to far tire across the slot and shoot back across the net. Tires can be moved into the line with the post.

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

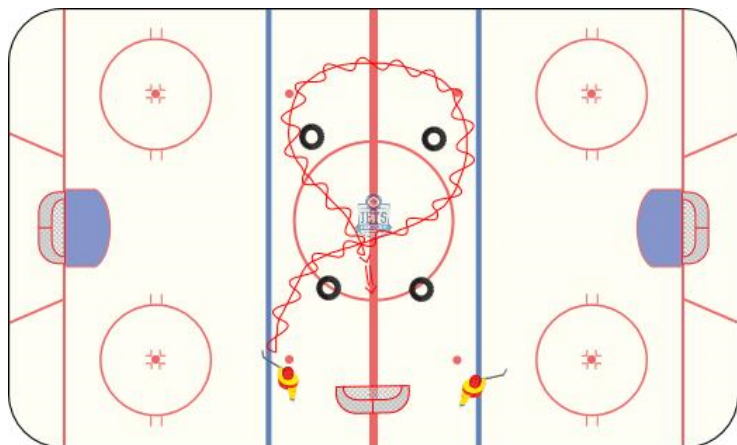
VARIATION

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) Edge NZ Cross Over Station

0 min.



OBJECTIVE

Work on using the edges while carrying a puck

ORGANIZATION

4 tires are set up in the NZ with Two lines on each side of the net.

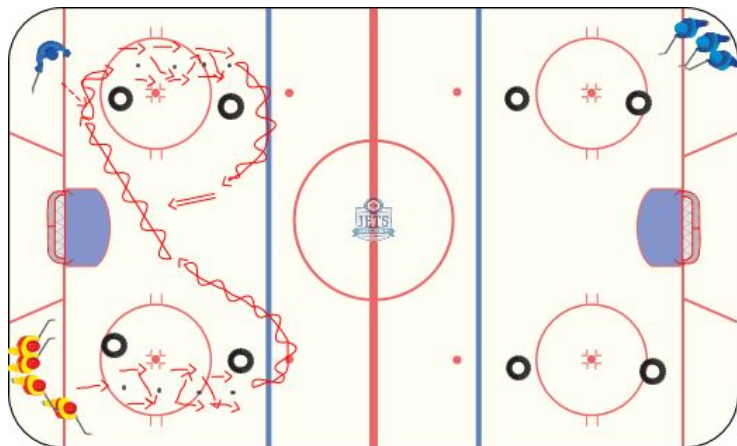
Players will start by coming up through the middle and working using their edges before going around the top two tires and back around down the middle. Players should shoot through the middle set of tires (to avoid players missing the net)

The next player can go as soon as the player in front of them shoots.

Encourage players to use the ice at the top of the drill and not tight turn, but rather build speed on edges.

7) Stickhandling Crazy 8

0 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

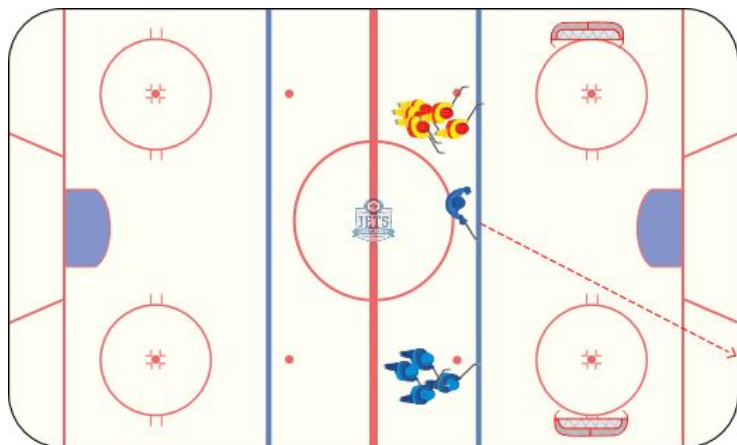
VARIATION

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.

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 down the ice

- Focus on balance/control/weight

SH Across the lines

- Have players start together at one blue line, work across blue line -> red line -> blue line and finish across from original line, come back together

SH Movement

- Space it out depending on amount of players in group
- Could do all 4 blue line corners or just opposite blues, do not need a whistle for this drill

Stations

- SH Crazy 8 (End Zone - same side of ice)
- Edge Work - NZ Station (Middle)
- SH Crazy 8 (End Zone - same side of ice)

Crazy 8 - Can add cycle for a pass, do out of one corner