

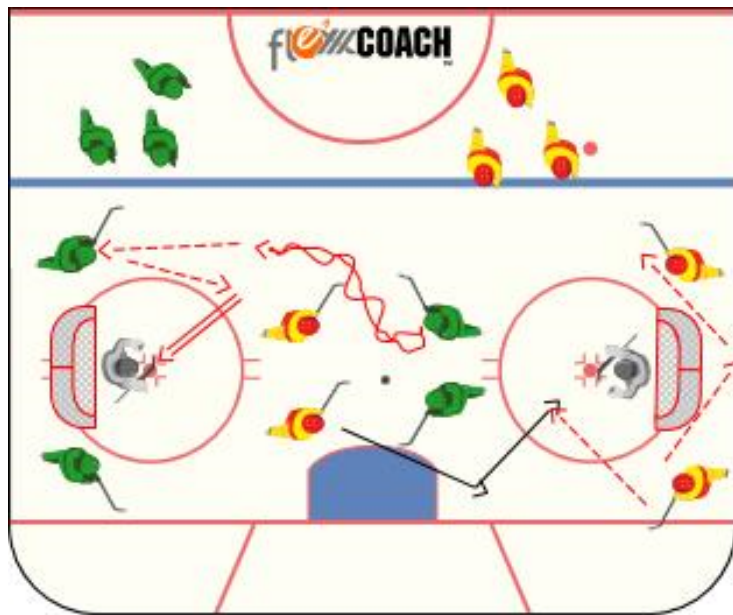
Regional Development Program

Practice Plans 2026



1) Competition 2 vs 2 Box out

8 min.



OBJECTIVE

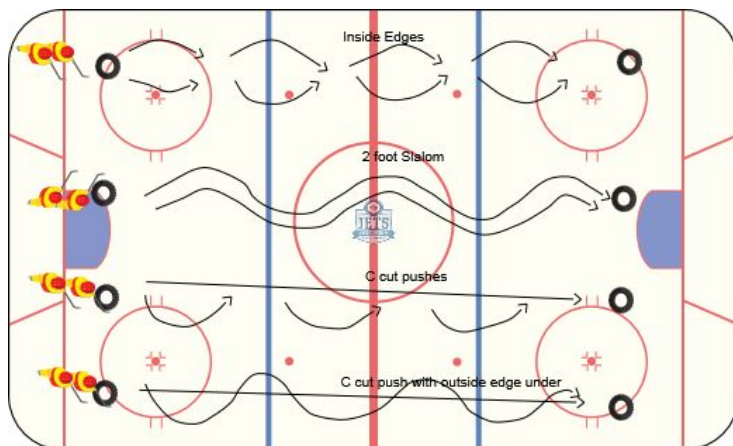
Defending net front, box outs and stick lifts

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 2 foot edges

10 min.



OBJECTIVE

Balance and control with 2 feet on the ice.

ORGANIZATION

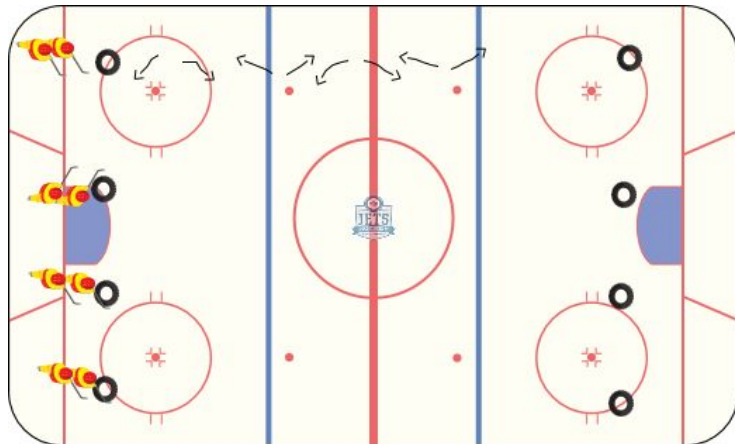
Tires are set up at each end so players can move in a controlled line.

2 are used on the ice in all 2 foot edge drills

1. Inside edges - making big circles with both the inside edges
2. 2 foot slalom - feet stay roughly shoulder width apart. The toes will turn together and have one edge on the inside and one on the outside.
3. C cut pushes - This is a edge drill, not a stride drill. One foot glides while the other makes a push out using the heel and turns the skate back in.
4. C cut pushes with under cut- This drill is more challenging for players but following a c cut, players will lead with their toe and bring the skate to the outside edge underneath the gliding leg. They can glide the skate back out and start again.

3) Edge Control 2 foot Crosby

0 min.



OBJECTIVE

Balance and control with 2 feet on the ice.

ORGANIZATION

Tires are set up at each end so players can move in a controlled line.

2 inside edges are used on the ice in all drills.

The goal is to have both inside edges on the ice with the hips controlled.

1. Distribute the weight evenly between the skates
2. First time through work to glide and keep your balance
3. As they get more comfortable, players can start to rock their weight between the skates and actually push off their back foot.
4. Players can work from a forward glide to both inside edges to help push away from pressure

VARIATION

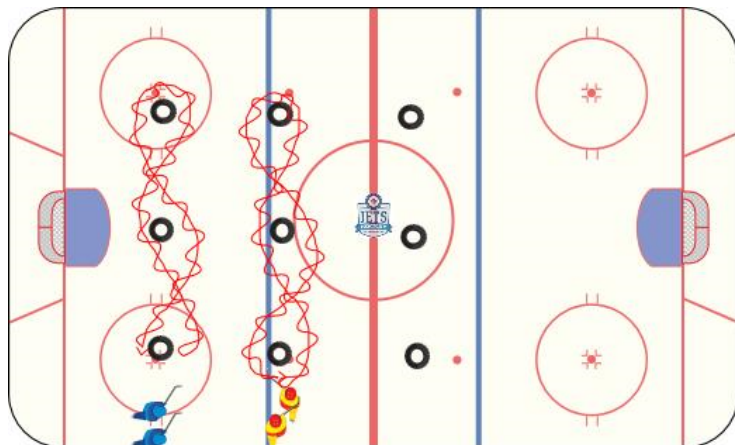
1) Add the use of a puck.

- The puck should always move first before the feet open up. This will allow for the puck to move into an area where it is protected and you can move into it.

-If you turn your feet first and then move the puck, it will end up behind your feet.

4) 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.

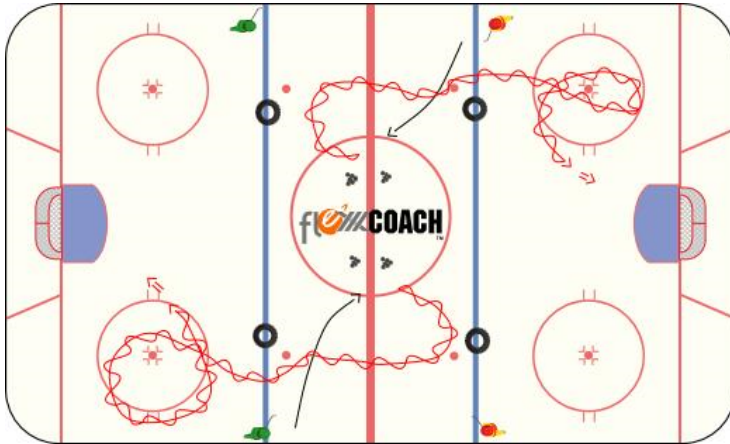
They can use:

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.

5) Protection off Rush/Delay

8 min.



OBJECTIVE

Work on protecting the puck when entering the zone

ORGANIZATION

Opposite sides go at the same time on the whistle, a player leaves from their line and picks up a puck in the middle, curl back towards the line you left from. As you are attacking your tire at the blue line, move the puck to the outside and protect as if it were a defender, keep moving your feet into the zone and delay back to the boards, accelerating around for a shot on net.

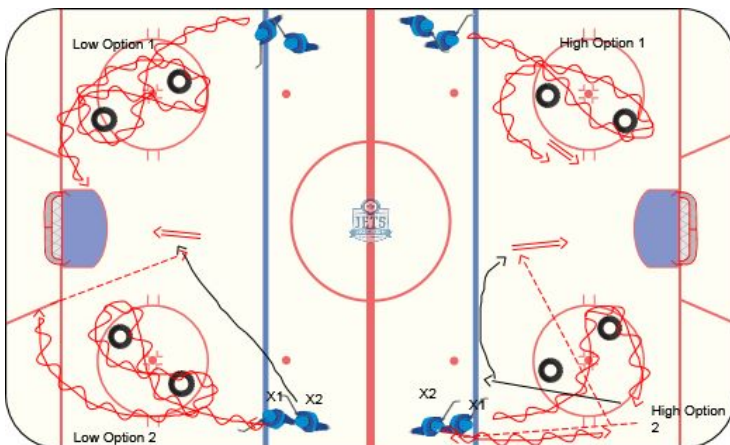
Make sure to switch sides after each rep so that you get to work on the other side for puck protection and delays.

VARIATION

Depending on your level you could have the shooter angle the next player on the other side to force them outside and into a delay.

6) 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.

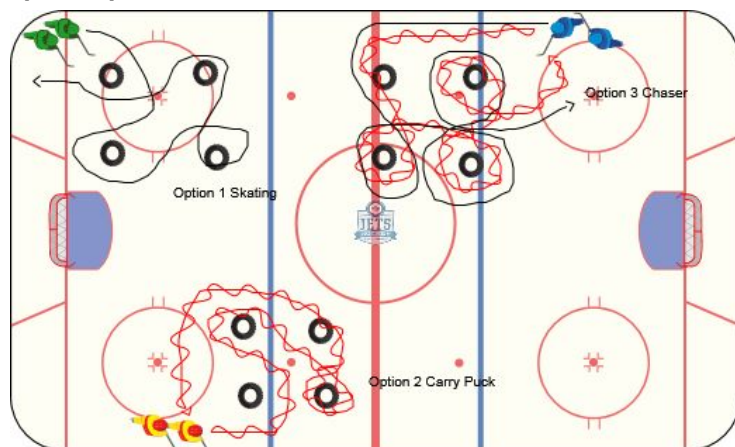
VARIATION

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.

7) 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

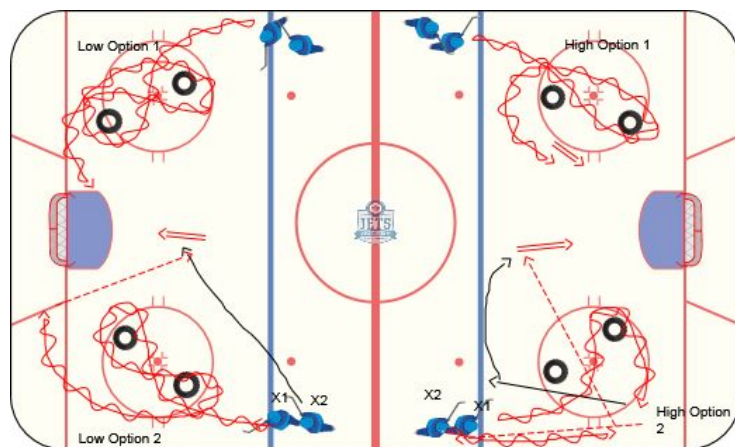
Option 2 - 1 player will carry a puck through the tires in any order they want to go

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

8) Tight Turn High/Low Options

0 min.



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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.

9) 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 - down the 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.
- Add in Crosby edges, sitting when your other foot touches the ice until comfortable enough to push off that back foot for more speed.

Puck Protection 3 Tire Weave

- Give direction with stick
- Add in should pushing once players understand to lean

Stations

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