

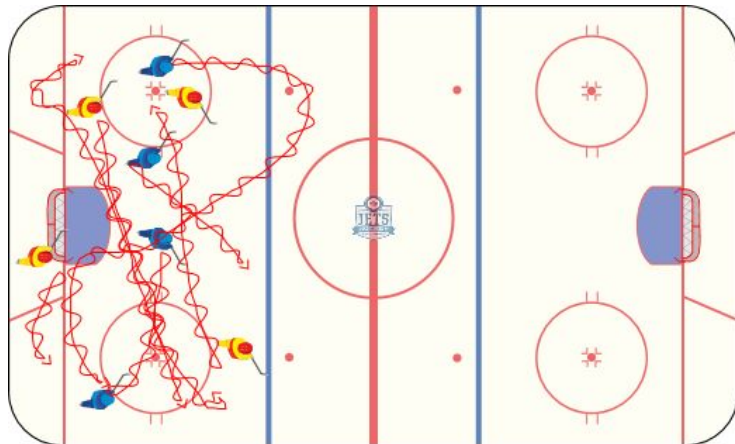
Regional Development Program

Practice Plans 2026



1) Stickhandling Keep Away

5 min.



OBJECTIVE

Fun game at the end of practice

ORGANIZATION

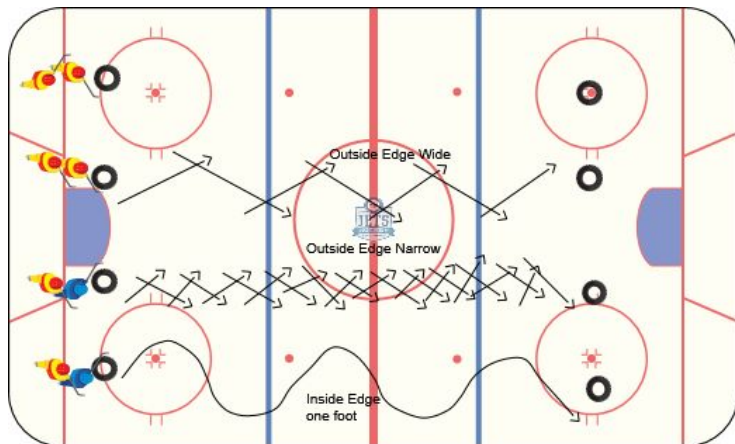
All players have a puck and will move around a confined area.

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.

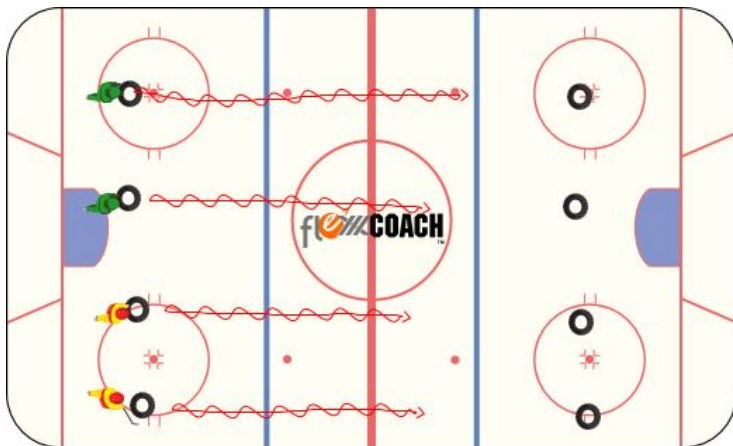
Lines can be split up so that all lines have the same amount of players in it.

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 Moving

8 min.



OBJECTIVE

Work on handling the puck while moving. The goal is to build confidence when players have the puck.

ORGANIZATION

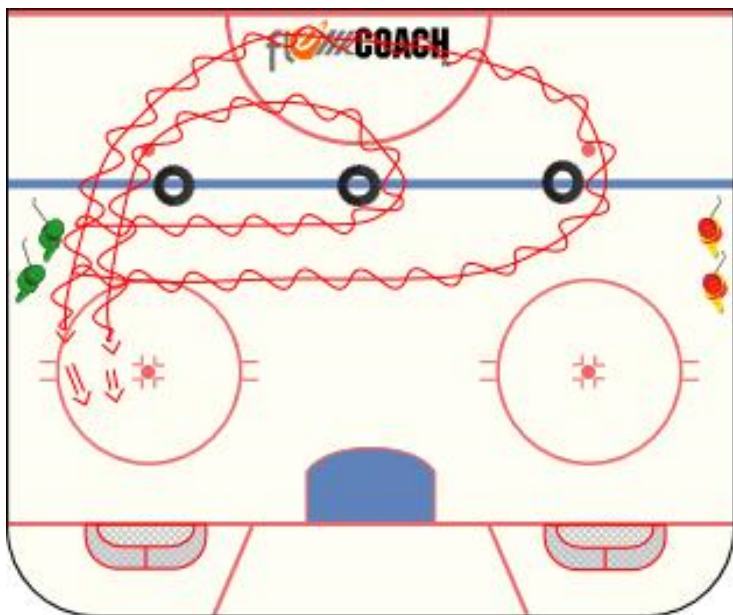
There are 4 lines with even groups, tires can be set up to keep the players straight. The goal for players will be to move in a straight line toward the tire in front of your line.

Players can move with a shuffle stride where players keep the skates on the ice and push through their heels. This stickhandling is designed more for puck control rather than speed. Eyes are up to scan the ice.

1. In between toes - players move with the puck in between their toes. The stickhandles should be short and quick. The puck should move side to side.
2. Forehand Side - This will have players stickhandling on the forehand side of the body. The players should move the puck forward and back.
3. Backhand Side - This will have players stickhandling on the backhand side of the body. The players should move the puck forward and back. Players should try to keep their toes forward and turn their upper body to get to the backhand side.

4) Stickhandling NZ Movement (Half-

8 min.



OBJECTIVE

Handle the Puck/Shoot with Speed

ORGANIZATION

Half-ice drill for multiple team sessions on the same sheet of ice.

3 tires are place on the blue line with one in the midde. Players are lined up on either side of the blue line with pucks.

2 players leave from one line at the same time while the other side waits their turn. Both players work on their hands across the blue line until they get to their tire, first player goes to the short tire, second player goes to the long tire.

Both players shoot on the same net. The other side starts once the 2nd player reaches the long tire.

5) Passing Edges Puck in Corner

21 min.



OBJECTIVE

Work on using edges and skating through a puck

ORGANIZATION

Lines are split up at 4 blue lines with one player in the corner in each spot.

X1 will start by skating toward the line, X2 will pass to X1, X1 bumps it right back to X2.

X1 will continue around the circle on their edges.

X2 will push the puck into the corner (soft dump or area pass), X1 will shoulder check on the way back for the puck. X1 will grab the puck and bring it back up the wall. (essentially X1 has just done a big circle).

X1 will pass again to X2 who waits for them to go around the tire. X2 goes down the wall with some speed and hits X1 in the slot for a shot.

X2 will now wait in the corner for the other side to go. The other side can start when X2 starts down the wall.

VARIATION

1) Can be used as a transition puck retrieval drill with D

2) Can add additional rims down low to work on rims. Can take a rim out the other side of the net.

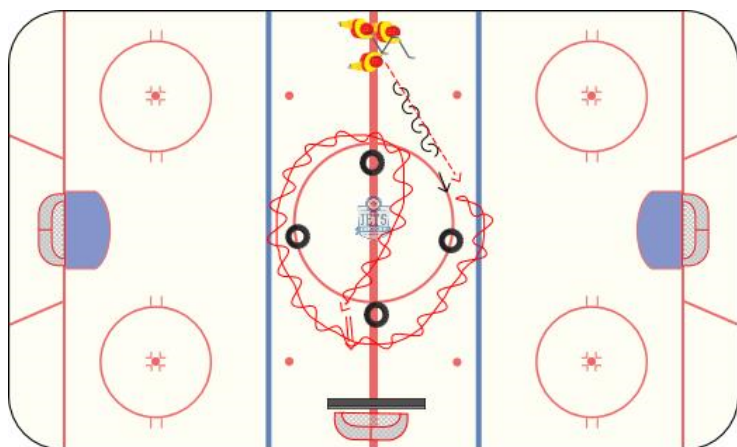
3) Can work on cut backs down low, 1 or 2 before a pass to the slot

4) This can be turned into 1 vs 1 net drive drill with X1 coming up and pivoting backward and X2 driving down the wall working to the net. X1 tries to keep X2 to the outside.

5) This can be the start to activating D from the blue line down the wall with the exchange from F to D.

6) Edge Work - NZ station

0 min.



OBJECTIVE

work on controlling edges and puck control

ORGANIZATION

Players will line up at the red line with tires placed around the circle. X1 will start backwards toward one side and get a pass from X2. X1 will turn toward the outside and drive around the tires all the way back to the tire at the top of the circle.

X1 will then go around the tire and drive to the net making a move on the last tire before shooting.

X1 should go the other way the next time they go

7) Passing Edges Puck in Corner

0 min.



OBJECTIVE

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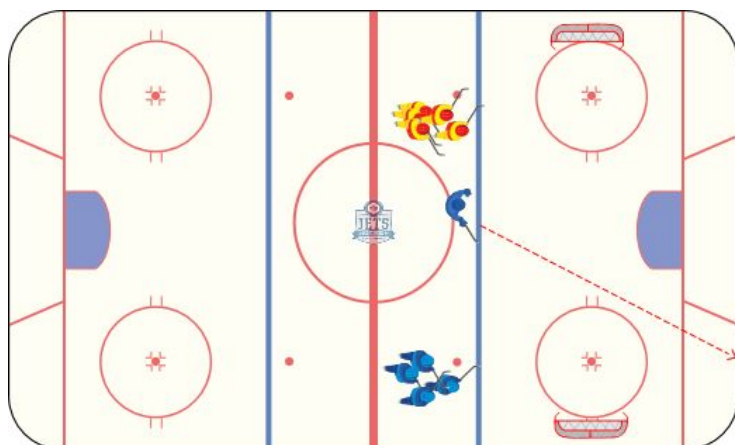
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5) This can be the start to activating D from the blue line down the wall with the exchange from F to D.

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 Moving

- Shuffle Stride while handling the puck in front, FH Side, BH Side, all 3 spots

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

- Puck in corners (End Zone - same side of ice)
- Edge Work - NZ Station (Middle)
- Puck in corners (End Zone - same side of ice)