

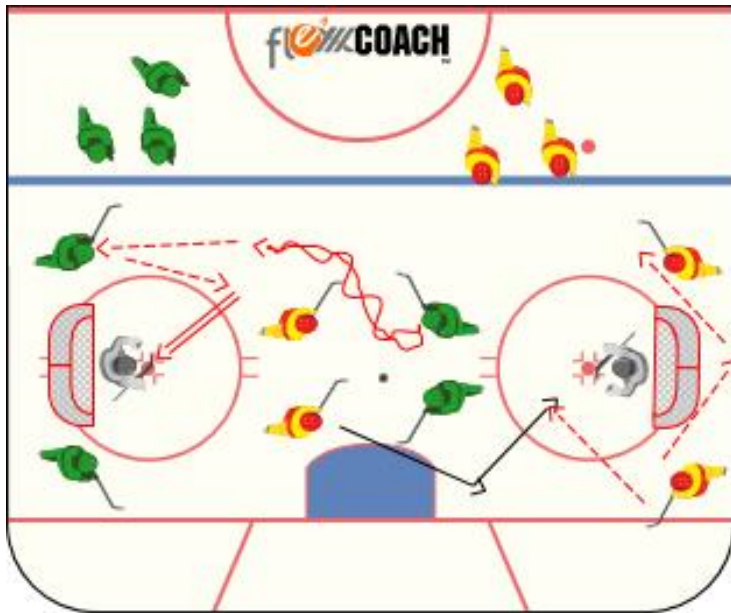
Regional Development Program

Practice Plans 2026



1) Competition 2 vs 2 Box out

8 min.



OBJECTIVE

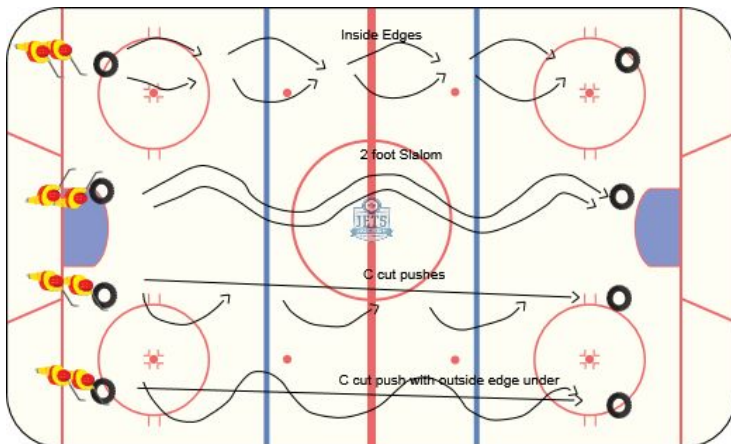
Defending net front, box outs and stick lifts

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

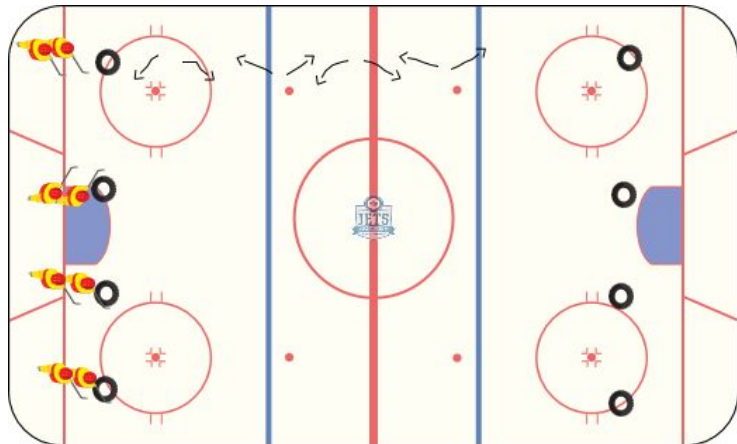
Tires are set up at each end so players can move in a controlled line.

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

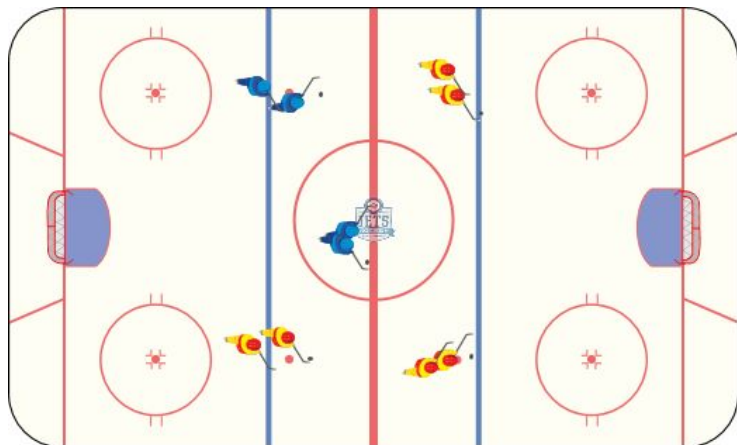
VARIATION

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) Stickhandling Puck Protection

8 min.



OBJECTIVE

Working on keeping the puck on the stick

ORGANIZATION

Working to build confidence keeping the puck away from other players. The player with the puck should stay in a confined area and work on controlling the pressure rather than skating away from it. Players can use the dot as a reference and keep the puck on the dot.

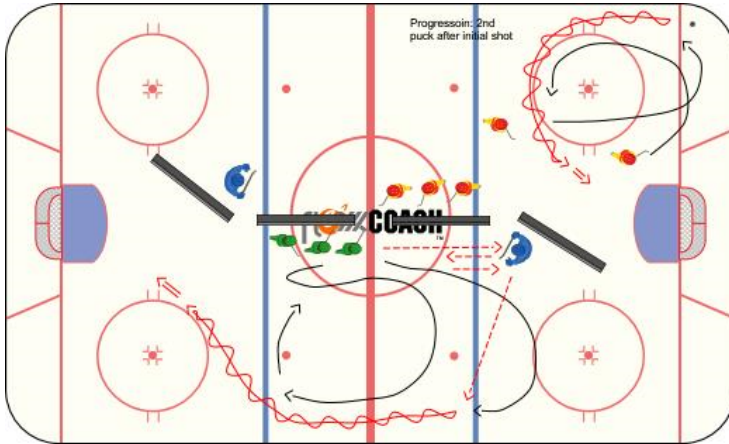
One partner will work with the puck and one will try to check. The checker can have their stick turned over to start.

The players protecting the puck should work to keep the puck away from the defender by using good puck placement as well as their body. They should try to keep their body between the checker and the puck.

Hip turning and keeping the eyes up should help keep the checker away from the puck.

5) Warm Up Drill - Puck

8 min.



OBJECTIVE

To work on stick position angling inside-out as well as feeling pressure with speed through the neutral zone.

ORGANIZATION

On the whistle X1 moves forward passing to coach who one touches back to X1 and they touch it back to the coach. From there they would swing/open up towards the wall getting a pass back from the coach.

At the same time, X2 would need to go to the far blue line and back up to start to angle X1.

We are working on something for both players:

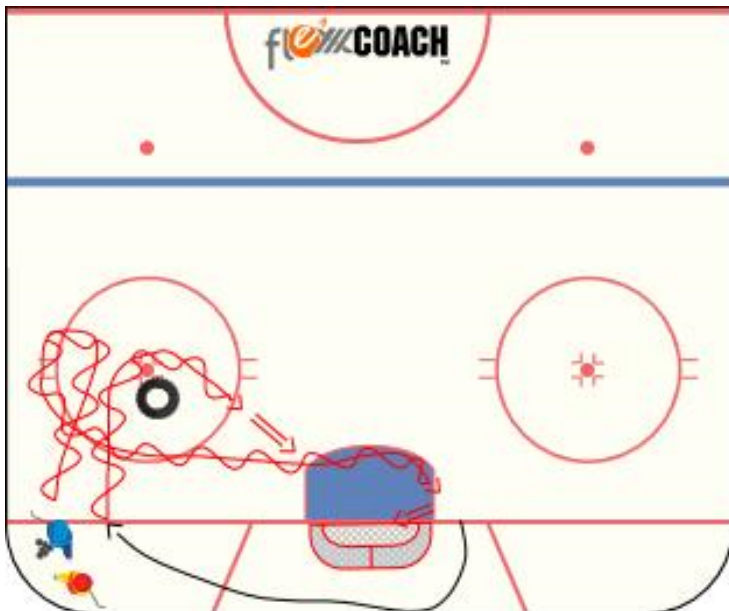
1. X1 is working on recognizing where pressure is coming from when they have speed coming through the neutral zone as well as puck protection and how to create open space.
2. X2 is working on a simple angle, stick position to direct a player to the outside.

Progression:

- Can add a 2nd puck for X2 in the corner and have X1 start to angle up the wall and either take away middle so X2 cuts back or leave the middle more open so X2 drive their feet and takes the middle of the ice.

6) Cut back, Tight turn 2 shot

18 min.



OBJECTIVE

Have players work on using their edges in tight areas and bringing protected pucks into scoring positions

ORGANIZATION

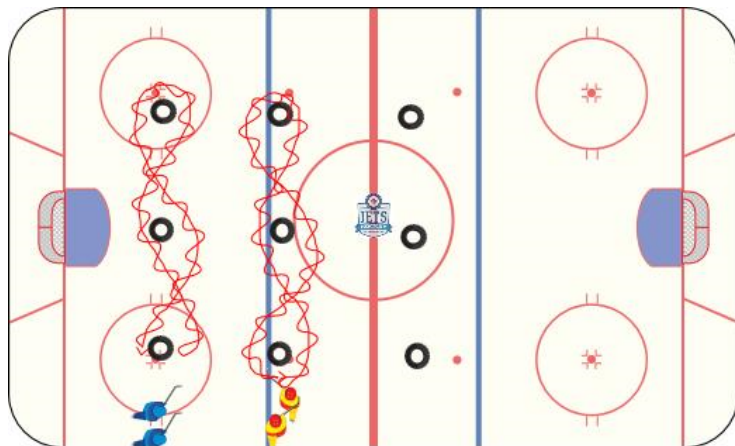
Pucks are in a corner with players lined up behind the pucks, a tire will be placed just below the dot.

Shot #1: X1 leaves from the corner looking towards the middle, when they get close to the tire they'll cut back for a low net drive

Shot #2: After the low net drive X1 will come around the net to pick up another puck and work towards the tire for a tight turn and shot

7) Puck Protection 3 tire Weave

0 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.

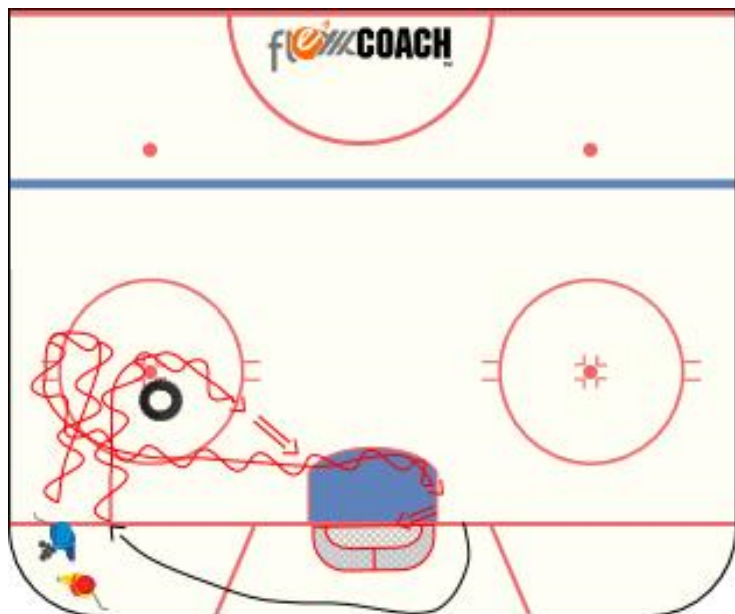
They can use:

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.

8) Cut back, Tight turn 2 shot

0 min.



OBJECTIVE

Have players work on using their edges in tight areas and bringing protected pucks into scoring positions

ORGANIZATION

Pucks are in a corner with players lined up behind the pucks, a tire will be placed just below the dot.

Shot #1: X1 leaves from the corner looking towards the middle, when they get close to the tire they'll cut back for a low net drive

Shot #2: After the low net drive X1 will come around the net to pick up another puck and work towards the tire for a tight turn and shot

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.

SH Puck Protection

- Move the puck first, get body in between puck and attacker
- Can be done slowly, stick turned over for attacker, then build it up to more of a 1v1
- Can also add another option where the person protecting the puck can't touch the puck but has to defend it by using their body and awareness of the attackers stick. Attacker is trying to touch it to reset the drill.

Angle/Light pressure

- Can add tires/pylons for players to have to go around but the idea is this is done at full speed while adding light pressure to the puck carrier

Stations

- Cut back, tight turn 2 shot (End Zone)
- Puck Protection (Middle)
- Cut back, tight turn 2 shot (End Zone)

Puck Protection (Middle)

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

2v2 Box Game - Both Ends