Regional Development Program

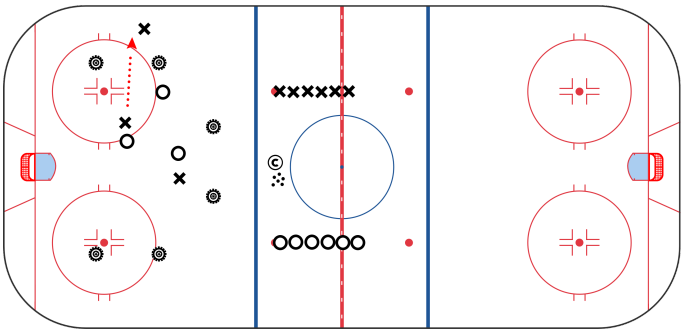
Practice Plans 2026

Hockey MB - Session 3 - Dev Skates (U11)

Date: Oct 30 2026 **Time:** 1:00 pm **Duration:** 60 mins

Practice Objectives - Forward Skating/Passing 0 mins

Passing for Points 6 mins



Fun game at the start or end of practice.

Teams are lined up on both NZ dots facing the end zone, when the coach dumps the puck in its 3v3. Players have to work to get available and score points by completing a pass through the gates.

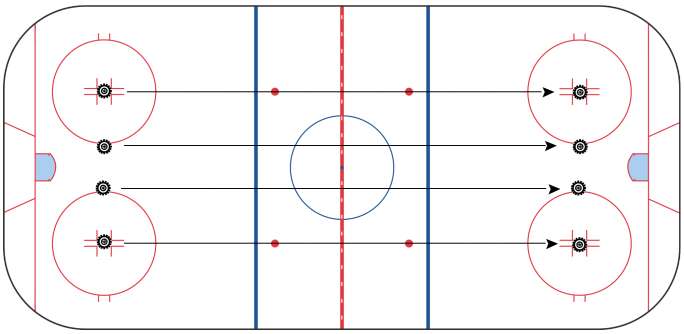
This is a version of keep away that forces players to get open and communicate for the puck. Players are allowed to pass through multiple gates at once that could result in 2 points at a time.

There are 3 gates for the players to pass through (Sides and top)

Key Points

Communication, puck protection, give & go's, passing

Forward Skating Stride Work 10 mins



Work on the Basics of Forward Skating Stride while Moving

This is a simple sequence to work on Stride Extension, Stride Recovery and Stride Location while moving. Players will move slowly down the ice working on specific things in each.

1. Single Leg Pushes - Players will push with one leg only. Right leg pushes, left leg glides straight. Right leg should fully extend and recover quickly. Do this 2-3 times and then switch to the other leg. Players should focus on each push.

2. Push & Pause - Players will again move slowly, pushing one stride out while the other leg supports them. The recovery should happen quickly and there is a pause in the middle before the next stride goes out.

3. Increase Speed - Players should try to gradually increase the speed while keeping stride length, full recovery and stride location. Body Position and Upper Body Position should be continued to be worked on

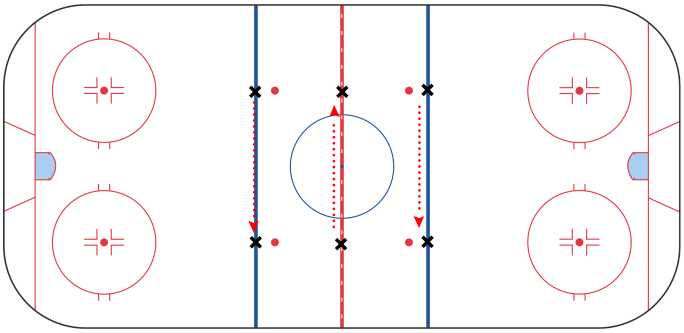
VARIATION

1) Distance can be based on age and if there is a goalie coach on the ice. If neede

Key Points

Knee Bend, Shoulders Back, Weight Over Skates, Start Fully extending, Slow - Focus on technique, Good Balance

Warm up Passing Stationary — 8 mins

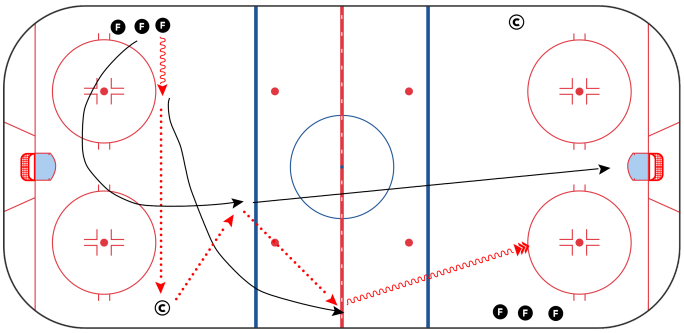


ORGANIZATION
Partner Passing back and forth.
On the whistle from the coach, players will come together and play 1 vs 1.
Next whistle, the player with the puck will stay and the player without the puck has
to go find a new partner to pass to.
Passes can change in distance or add in one touch, backhand passes/backhand
reception, saucer passes This is a great way to bring the energy up in practice

Key Points

Passing , Tempo , Compete , Communcation

Warm Up Offensive Entry Wide Swing — 8 mins

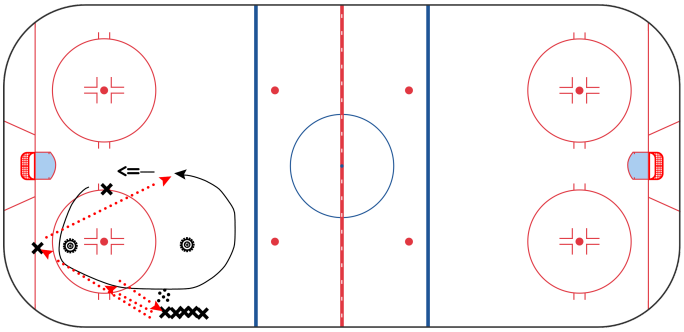


ORGANIZATION
Lines at opposite blue lines. Both sides can go at the same time (if low numbers
see variations for option)
F1 starts with the puck and carried about half way across the ice. Pass to coach ,
F1-coach.
F1 swings and starts to head up ice. F2 left at the same time as F1 but swings
well below F1 so they are a passing option in the middle of the ice. Coach to F2
who moves up ice and advances the puck to F1 who is in a good spot to receive a
pass.
F1 enters wide and can shoot, F2 drives the net and plays any rebound.
VARIATION
1) If numbers are low, have all players on the same side of the ice still at 2 blue lines.
They would just alterenate which side goes to give players a break

Key Points

Timing , Passing and Support, Offensive Entry
Wide with speed, Drive net, Hit net on shots to
create more chances

Passing - Quick Release 3 player — 20 mins



X1 will start by skating in the circle pattern around the tires. X2-X1-X2 and X1 keeps
skating. X2-X3 quickly and X3-X1 in the slot for a shot.
X1 can keep skating and go around again up the boards X2-X1-X2-X3-X1 for a shot.
repeat 3X in total.

This can be set up in one corner (small group), opposite corners (group of 6 to 8), or all 4 corners (12-15)

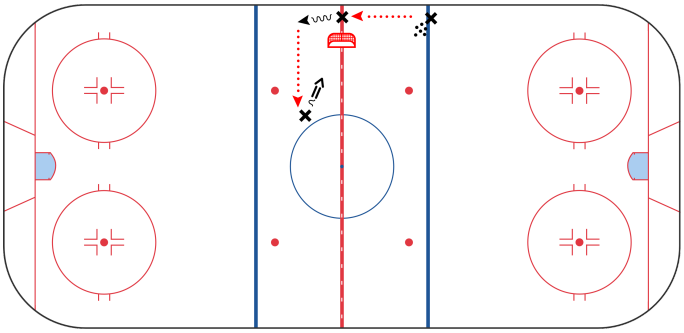
Key Points

Passing has to be good.

Variations can include

- Rim pick-ups rather than passes down low. Low player can take pucks either way or in behind the net.
- Puck can come back to player in line for a net drive deflection
- Low player can climb and exchange with player on the wall to simulate an exchange on the last puck.

Passing - Pucks Off Wall (station) 0 mins

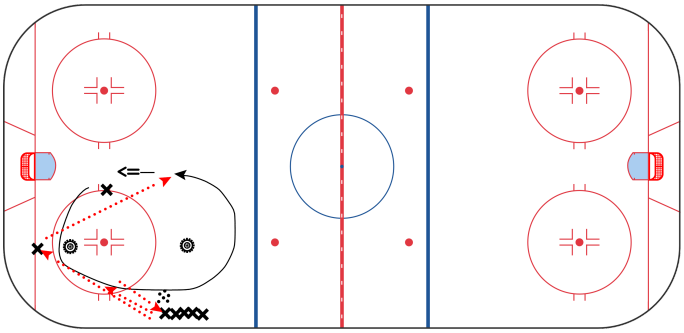


Using a extra net in the NZ have 3 players going.
One passer - throwing pucks on the wall One player in the drill - playing pucks on
the wall and moving them to the slot One player in the slot - moving to get open
and shooting
The player below the goal line should be looking to control the puck and move the
puck without a whole lot of stickhandles. They should look to make eye contact
and make a good pass tape to tape. The player in the slot can be moving and
work on shooting the puck without stickhandling it.
The passer can make 4-6 passes and then switch.

Key Points

Puck Protection down low
Forehand and Backhand Passes
Get control of puck and find shooter

Passing - Quick Release 3 player 0 mins



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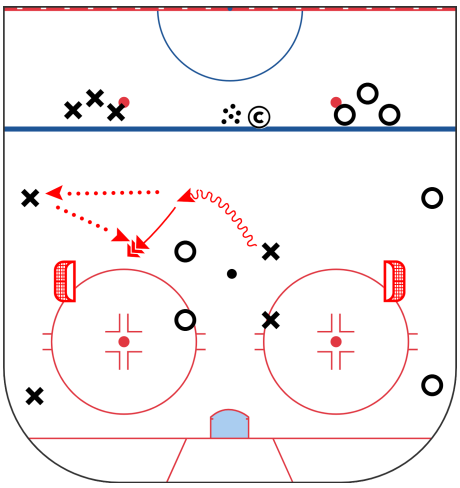
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Competition 2v2 Box Out 8 mins



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.

Key Points

Defending net front, box outs and stick lifts