Regional Development Program

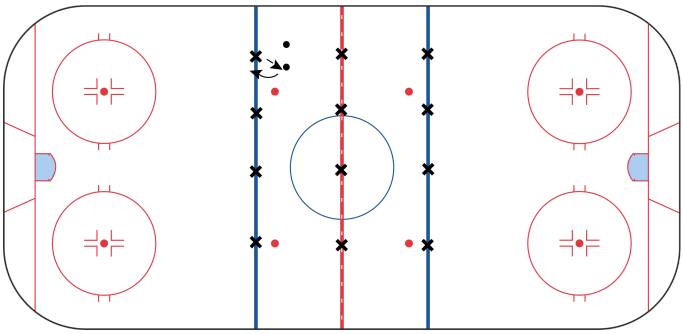
Practice Plans 2026

Hockey MB - Session 4 - Dev Skates (U11)

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

Practice Objectives - Backward Skating/Shooting

Backward Skating Stationary 6 mins



Players are lined up across the lines in at center ice. Each player can have 2 pucks in front of them. The pucks will be placed outside of their feet and in front of the body.

Each player should try to extend the leg up to the puck pushing in front of them and then turn he skate back in. Players should try to keep the skate on the ice when recovering.

Players should also be aware that the supporting leg should be kept straight when the other leg is extending. Young players will have trouble with this. The pushing leg's hip will rotate a little to keep the angle of the skate in a position when it can push them backwards.

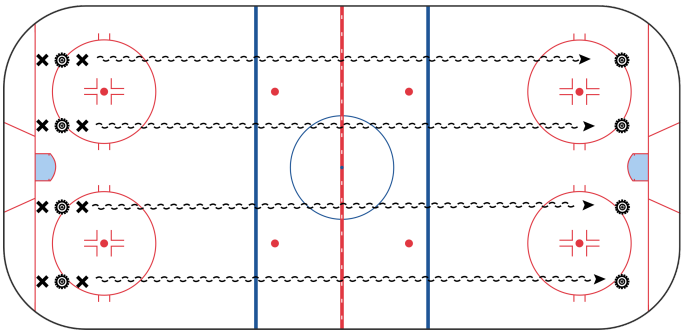
The shape of the stride and recovery will be like half a heart.
Variation:

- Once players get the hang of the basic movement, they can lift the stick in front of the body and use it as a level. The palms are facing forward and the stick is across the body. Players can try to keep the stick level as they push their legs to ensure they have upper body stability. The can try to extend the leg in front of the stick to work on pushing in front of the body. This will help them to move backwards when we add in motion.

Key Points

Working on the movement of backwards stride and recovery

Backward Skating Stride Work 10 mins



This is a simple sequence to work on Stride Extension, Stride Recovery and Stride Location while moving.

Players will move slowly down the ice:

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. While moving backwards the skate should stay on the ice at all times. Pushes should be in front of the body and recovered underneath.
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. Try to keep players pushing one skate at a time.

Common Errors:

- Skates turn together - keep working on pushing one skate at a time
- Upper Body movement forces players off balance - Keep core solid, keep arms under control . Upper Body Movement backwards doesn't really help us move faster.
- Players don't extend fully
- Skates kick back behind the body - players should imagine there is a straight line through their hips and the skates don't go behind their hips. The skates should not come off the ice moving backwards.

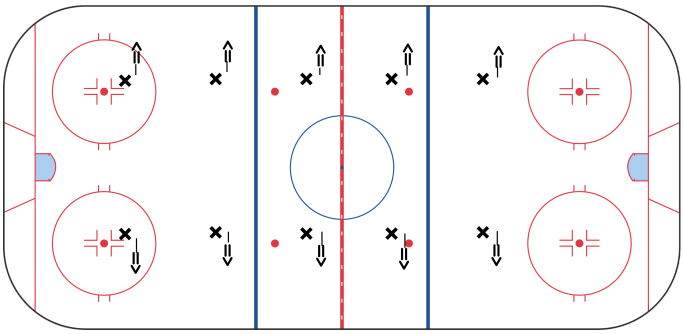
Variation:

- Distance can be based on age and if there is a goalie coach on the ice. If needed players can stop at the far Blue line.

Key Points

Work on the basics of backward skating stride while moving.

Stationary Shooting - Wrist Shot — 8 mins



This would be the introduction to shooting in motion. Players are facing the boards with their toes and will stickhandle in front of their body. They will pull the puck to the forehand side and turn the hips before shooting. All mechanics should then be the same.

1. Hand Position
2. Load the Puck
3. Puck Position
4. Eyes
5. Weight Transfer
6. Follow through to the target

VARIATION

- Work to have players shoot the puck as hard as they can.
- NOT as High as they can.

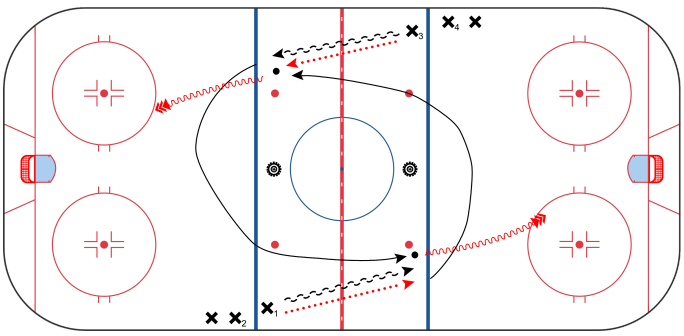
This is not the most exciting way to work on wrist shots (shooting against the boards) but it allows for every player on the ice to be able to shoot rather than stand in a line and take 1 shot line in most drills.

Players should think to be explosive in the movement and fire the puck as hard as they can each shot.

Key Points

Introduce shooting, Hand position, Puck Position, Eyes, Weight Transfer, Follow Through

Backward Puck Exchange — 8 mins



Players start at opposite blue lines. X1 & X3 will leave on the whistle.

This is a simple drill to encouarge players to work on backward skating in a drill.

X1 and X3 will leave together on the whistle. As they are skating backwards X2 gives X1 a pass and X4 gives X3 a pass.

Once X1 and X3 have a puck, they will leave the puck close to the blue

line. X1 will then skate forwards and pick up the puck X2 left and X2 picks up X1's puck.

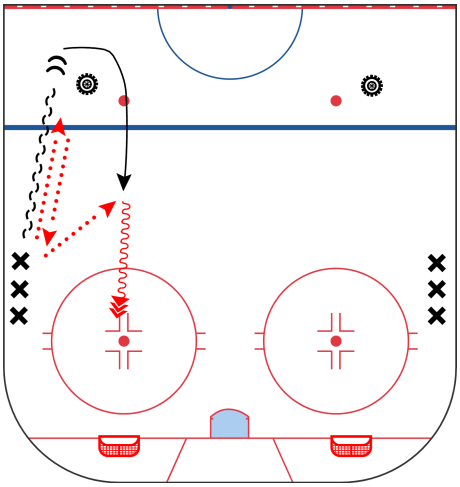
Variation:

1. For older players this can be done from all 4 blue lines with alternating sides leaving at the same time.

Key Points

Use backward skating in a simple drill with passing and communication.

Backwards Passing One Touch — 20 mins

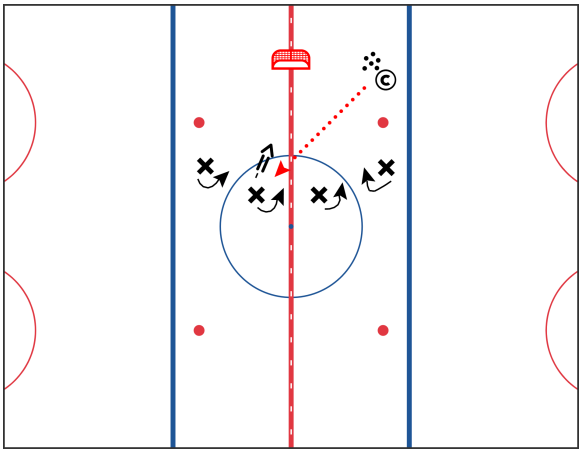


Players lined up on the hash, first player in the line will start skating backwards without a puck. As they are skating backwards the next player in line will have a pass exchange with the player skating backwards. After the pass exchange they will continue backwards until they are able to pivot around the tire. Then they will skate forward calling for a pass back from the line they originally started at. They will receive this puck, get their eyes up and shoot right away. Once they are done, have them go back into the line they started at, have the players switch sides half way through the drill.

Key Points

Work on backwards skating, transitioning, and passing with our feet moving.

Shooting Quick Release React — 0 mins



3 Players will be lined up in front of the net in a semi-circle facing away from the net.

Coach will either be on the left or right of the net (switching part way through) with a pile of pucks.

On the Coaches whistle all 3 players will turn around and be ready to receive a pass. The Coach will pass as soon as the players turn around giving them minimal time to react to the pass. Once the players receive the pass they should surround the puck by squaring their hips to the target and quickly shooting on net without stickhandling the puck.

Goalies will start on the same post as the coaches, this is a good drill for goalies to square up and react to the coaches pass.

VARIATION

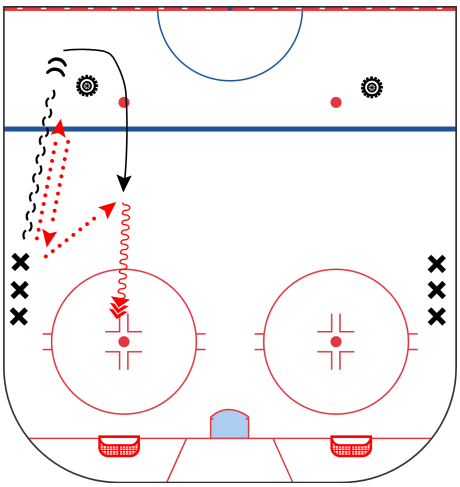
1. Receiving puck on backhand to forehand for a quick shot.
2. Receiving puck on backhand and shooting from backhand.
3. Work on one timers or push shots.

Key Points

Work on receiving a pass while turning and releasing the puck quickly without stickhandling.

Quick Release, read & react to pass from coach, have an idea of where you want to shoot, surround the puck.

Backwards Passing One Touch — 0 mins

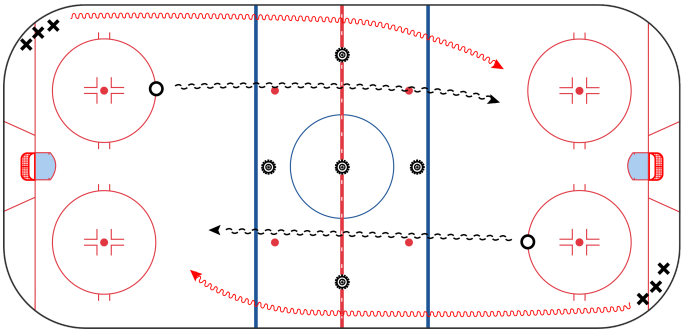


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Key Points

Work on backwards skating, transitioning, and passing with our feet moving.

Backwards Skating Acceleration — 8 mins



One player starting behind goal line and will be skating forwards, another player will be starting on the dot and skating backwards.

The player skating backward must go backward past the tire so they can't angle over. This is a skating speed drill not a pure 1 vs 1 backward angle.

Switch lines every time, and then coaches can switch sides.

Key Points

Work to get up to full speed skating backwards.