Regional Development Program

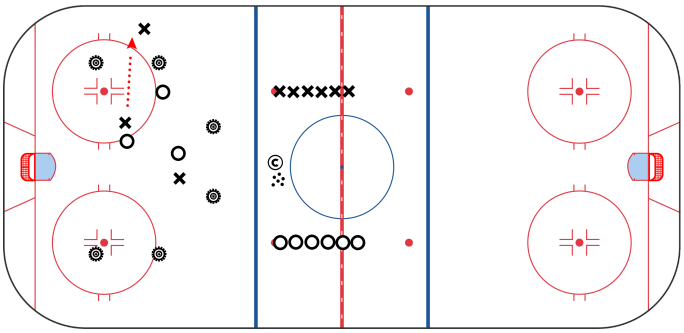
Practice Plans 2026

Hockey MB - Session 3 - Dev Skates (U13)

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.

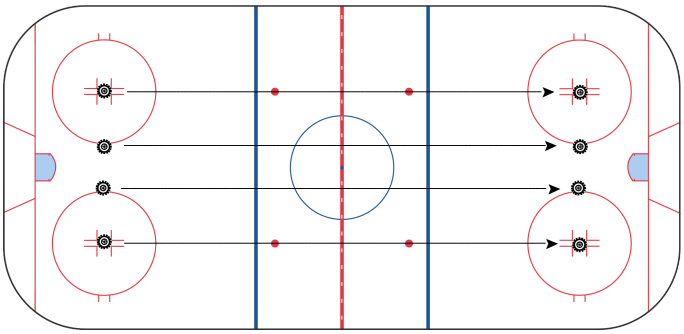
This is a version of keep away that forces players to get open and communicate for the puck. Players are allowed to pass through multiple gates at once that could result in 2 points at a time.

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

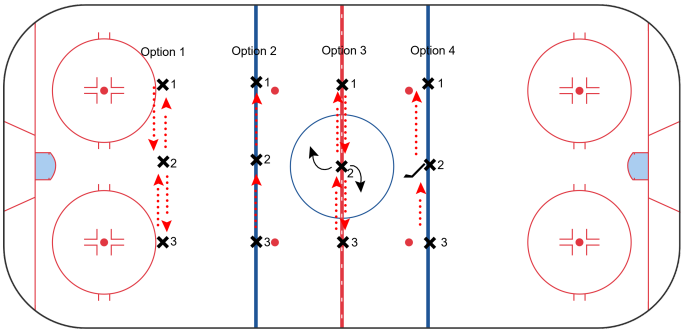
VARIATION

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

3 Player Stationary passing options — 8 mins



4 different stationary passing options to work on different ways to pass the puck.

Option 1: Both players on the outside have a puck with one player in the middle. X1 passes to X2 who stops the puck and passes back to X1 (X1-X2-X1) X3 then repeats the pattern on the other side so players work on both forehand and backhand passing and pass reception (switch after 3 passes from each side or on the whistle)

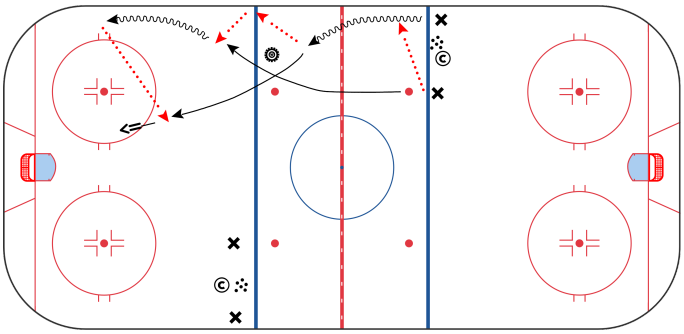
Option 2: X1 starts with the puck and passes to X2 who then passes to X3 (X1-X2-X3) - This allows players to work on receiving passes on one side of their blade and passing with the other IE: forehand reception and backhand pass- X3 then starts the pattern over (backhand reception to a forehand pass)

Option 3: This is a one touch passing option, X2 in the middle faces X1 and receives the pass then one touches it back, X2 then spins and does the same sequence with X3 (X1-X2-X1 -X3-X2-X3) ALL PASSES ON FOREHAND

Option 4: Forehand and Backhand saucer pass option, the players on the outside (X1 & X3) are working to sauce the puck past X2 who is trying to knock the puck down, if they knock the puck down, they then pass the puck to the initial target.

PLAYERS ROTATE EITHER ON THE COACHES WHISTLE OR AFTER A DETERMINED NUMBER OF PASSES DECIDED ON BY THE COACH.

Passing - Moving Chip — 8 mins



Two lines of players at the blue line with a coach in the middle with pucks. Both
sides will leave on the whistle
On the whistle, X2 (players on inside) to X1 (player on the boards) who skates with the puck. X2
moves with support, X1 steps off the wall and chips to X2. X2 picks up the puck
and drives wide. X1 heads to the net. X2-X1 for a shot on goal.
If players are on their backhand, players can chip on their backhand.

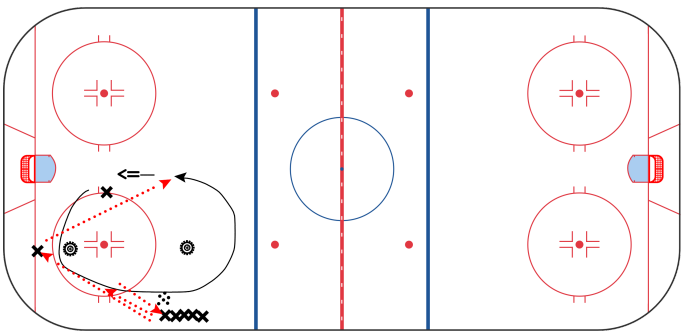
Key Points

Chip weight

Step off wall to create angle

Elevate puck if possible

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)

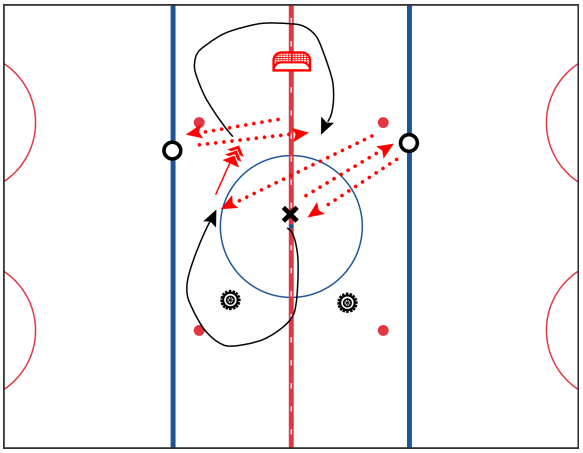
Key Points

Passing has to be good.

Variations can include

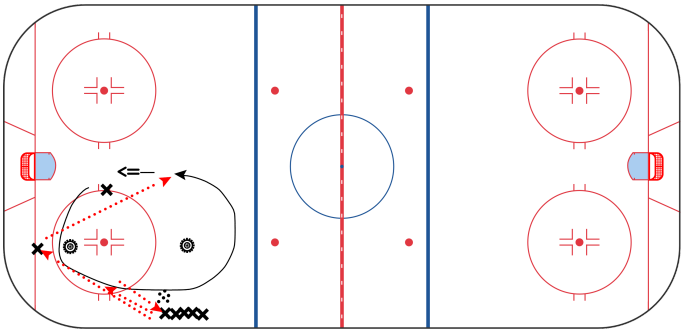
- Rim pick-ups rather than passes down low. Low player can take pucks either way or in behind the net.
- Puck can come back to player in line for a net drive deflection
- Low player can climb and exchange with player on the wall to simulate an exchange on the last puck.

Passing cross crease quick shot — 0 mins



To work on a quick shot from a hard pass. Work on putting the puck in a spot for a
player to not stickhandle and shoot quickly.
ORGANIZATION
One player starts in the middle (red line) while the other two players start on the
outside (blue lines) with pucks.
The player in the middle starts the drill by receiving a pass from one side and one
touching it back. After they pass back they turn and go around the opposite side
tire and receive a hard cross crease pass for a quick shot.
After their 1st shot they go around the net and come back through the middle,
they receive a pass from the other player and repeat for the other side.

Passing - Quick Release 3 player — 0 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.

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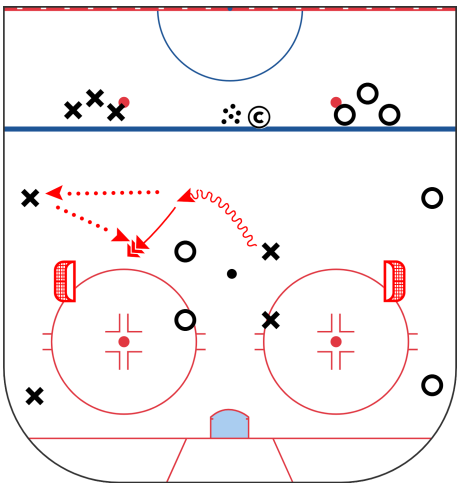
Key Points

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.
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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