Regional Development Program

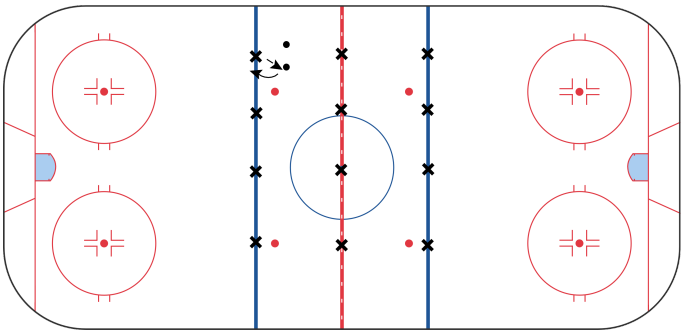
Practice Plans 2026

Hockey MB - Session 4 - Dev Skates (U13)

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.

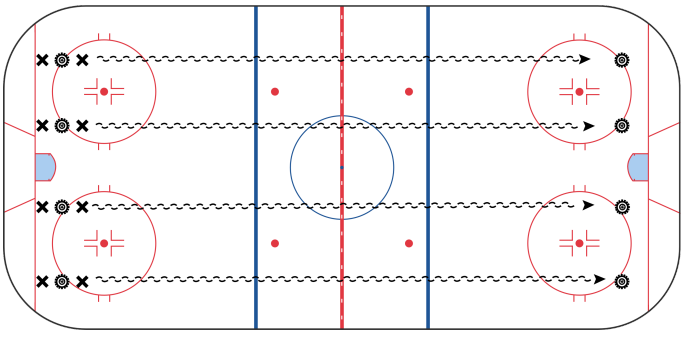
The shape of the stride and recovery will be like half a heart.
Variation:

- 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.

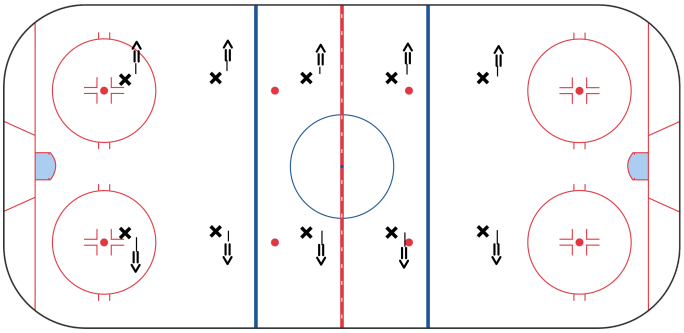
Variation:

- 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.

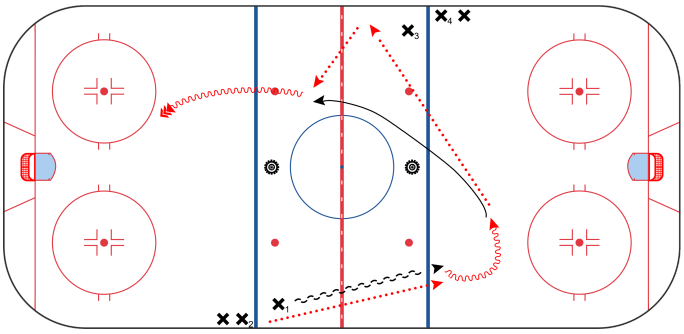
This is not the most exciting way to work on wrist shots (shooting against the boards) but it allows for every player on the ice to be able to shoot rather than stand in a line and take 1 shot line in most drills.

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 with Support — 8 mins



Players start at opposite blue lines (or all 4). X1 & X3 will leave on the whistle.

This is a simple drill to encourage 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 has the puck, they will keep it and transition the puck moving around the tire, they will pass to X4 (from the other line who moves up the wall to support the puck. X1 will drive through the middle and

receive a pass back from X4 to continue down and shoot. The same would happen on the opposite side with X2 doing the same thing with X3.

Variations:

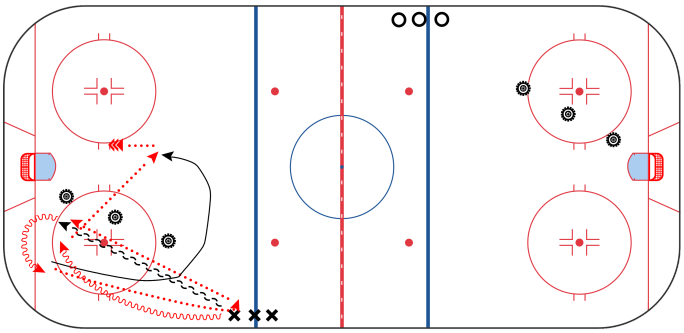
1. For older players this can be done from all 4 blue lines with alternating sides

   leaving at the same time.
2. For ringette players, the ring can be passed over the blue lines

Key Points

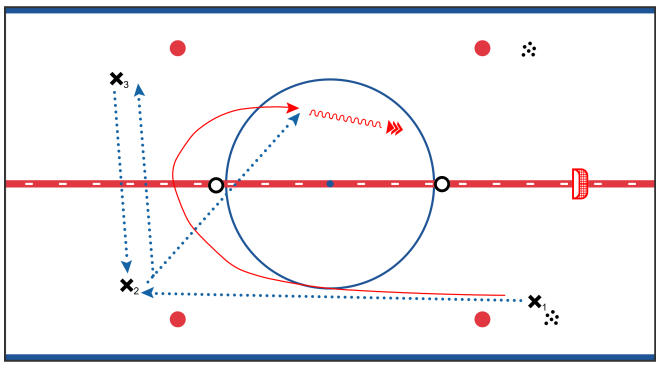
Progression from backward puck exchange and backward puck exchange with pass.

Passing around obstacles play to the net — 20 mins



A line of tires between the post and the top of the circle, 3-4 tires to create
passing lanes. Players are lined up at opposite blue lines with pucks.
X1 starts backward and receives a pass from X2
X1 spins and passes back to X2
X1 goes around the cones and moves intot the slot.
X2 drives down the wall and makes a pass to X1 through one of the lanes.
Switch Sides

3 player Nz quick pass — 0 mins

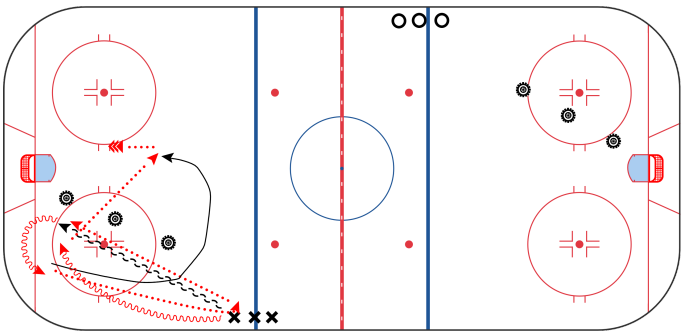


3 players are involved: pucks and the 2 NX dots/tires in the middle.
X1 will start at the side of the net and skate towards X2 they will go pass, pass back (X2-X1-X2) After X1 passes back they will cross around the top tire. X2 then goes pass, pass back with X3, (X2-X3-X2)
X2 will then move their feet and pass to X1 between the tires (X2-X1)
X1 will pull the puck across the net for a shot then turn back and go the other way.

Key Points

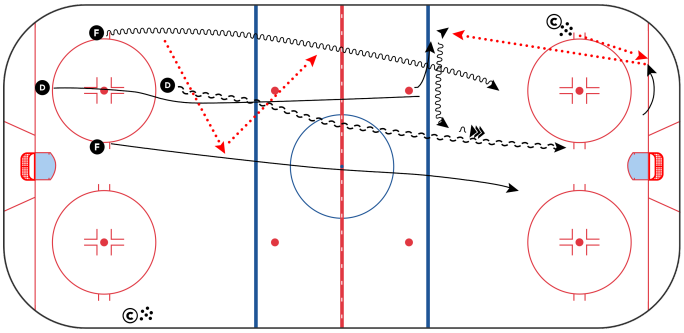
puck movement , timing, communication

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Switch Sides

Competitive 2 vs 1 - Straight attack 8 mins



Forward on each hash mark and 2 D are lined up at top and bottom of the circle.

On whistle, Forwards take off with a puck with the D on the top of the circle retreating back to play the 2 vs 1. D on bottom of circle follows play up.

As soon as the rush is finished, a puck is spotted in the corner by the coach and one forward grabs puck and goes low to high to the D who followed up.

D slides across blue line and shoots for available forward with the D who played the 2 on 1 boxing out the other forward.

You can go both sides at the same time or go one end at a time. Switch sides

Key Points

Direct Pressure - take pucks to net on the 2 on 1

Make plays

Do not get boxed out in front of the net

D box out one forward and make sure they have a tough time getting to the net.