Regional Development Program

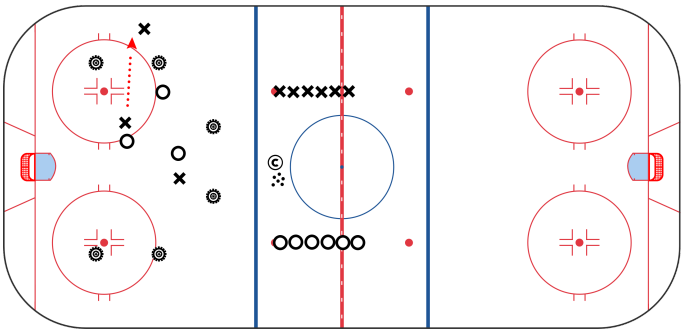
Practice Plans 2026

Hockey MB - Session 3 - Dev Skates (U15)

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.

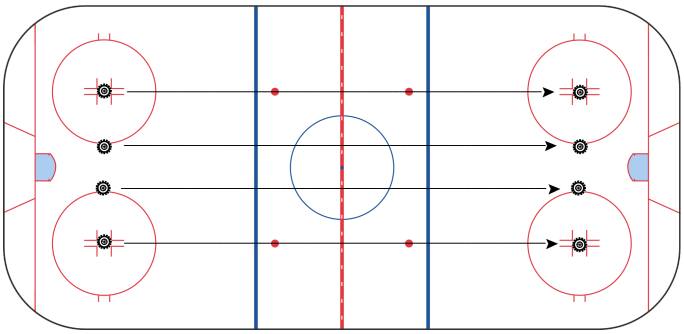
This is a version of keep away that forces players to get open and communicate for the puck. Players are allowed to pass through multiple gates at once that could result in 2 points at a time.

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

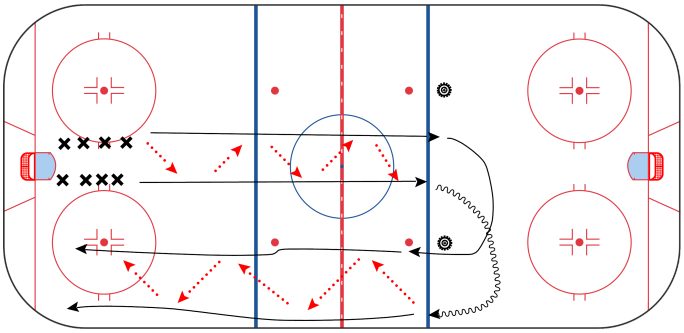
VARIATION

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

Passing - Narrow Narrow (beginner) 8 mins



This is a simple Passing and Moving Drill
Players will move with a partner down the ice passing close together in the middle
(Narrow) and at the tire each will swing their own way. They can both swing the
same way and have close, short passes on both the way down and the way back.
Encourage players to pass the puck harder. This drill is designed to keep width
and not have players moving closer to the puck.
This is not a speed drill but rather a passing drill, stay at the same speed as your
partner.

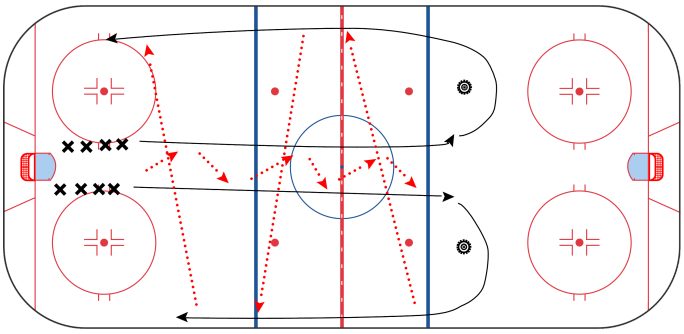
Key Points

Timing

Passing

Short Support Passes

Passing - Narrow Wide 0 mins



This is a simple Passing and Moving Drill
Players will move with a partner down the ice passing close together in the middle
(Narrow) and at the tire each will swing their own way. One the way back players
will stay close to the boards and pass across the ice (Wide).
If players are beginners, they can both swing the same way and have close, short
passes on both the way down and the way back.
Encourage players to pass the puck harder. This drill is designed to keep width
and not have players moving closer to the puck.
This is not a speed drill but rather a passing drill, stay at the same speed as your partner

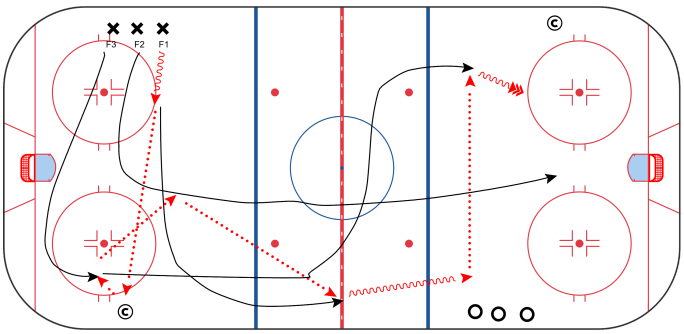
Key Points

Timing and Spacing

Passes on the tape

Stay in your lane (narrow or wide)

Warm up Offensive Entry 3 Player 8 mins



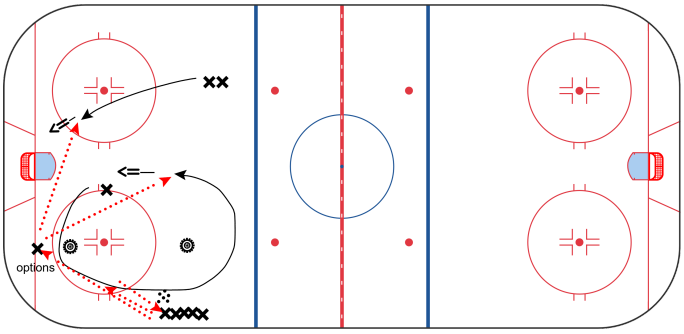
ORGANIZATION
Lines at opposite blue lines. Both sides can go at the same time (if low numbers
see variations for option)
F1 starts with the puck and carried about half way across the ice. Pass to coach ,
F1-coach.
F1 swings and starts to head up ice. F2 left at the same time as F1 but swings
well below F1 so they are a passing option in the middle of the ice. They must
time the play, this will mean delaying for half a second. F3 leaves and

swings
down into the corner to pick up the spotted puck. F3-F2-F1
F1 enters wide and finds F3 joining late, F2 still drives the net. The pass should

Key Points

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

Passing - Quick Release 4 player — 20 mins

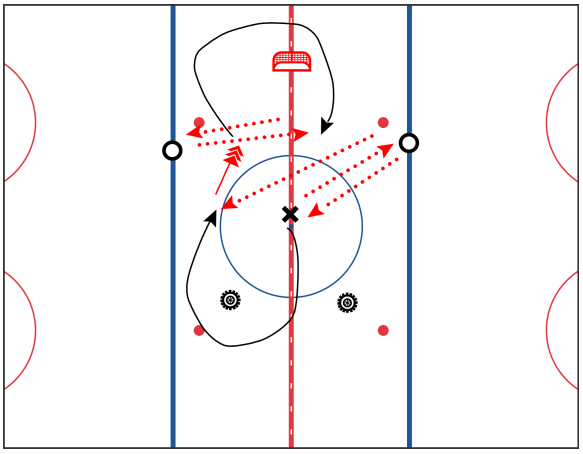


Tires are set up with players starting at the top of the circle, 3 lines X1/X2 start at
top of circle, X3 starts on goal line in line with the dot, X4 starts on far side top of
the circle in line with the dot.
X1 will go around the bottom tire and turn toward the boards. X2 -X1-X2 with
passes, X1 will continue around the top tire and move into the slot. X2-X3- X1 in
the slot for the Quick Shot or hit X4 coming in on the backside
The play will simulate a down low play in a game
X1 can keep skating and go around again up the boards X2-X1-X2-X3-X1 (or X4)
for a shot. repeat 3X in total.
X4 must move back out to the dot and then come back to the net with X1 each
time he goes around.

Key Points

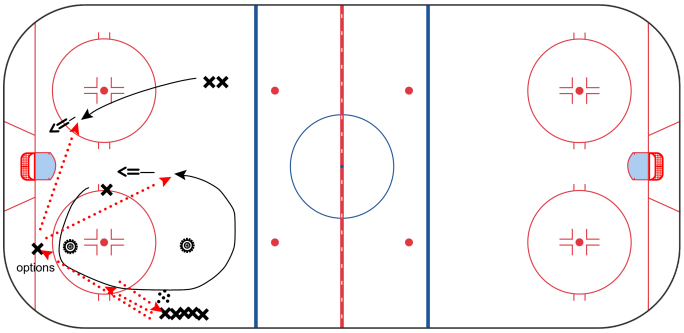
Passing has to be good.
Options for scoring can be used.
Try to work to have both players shoot off passes from the player down low.

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 4 player — 0 mins



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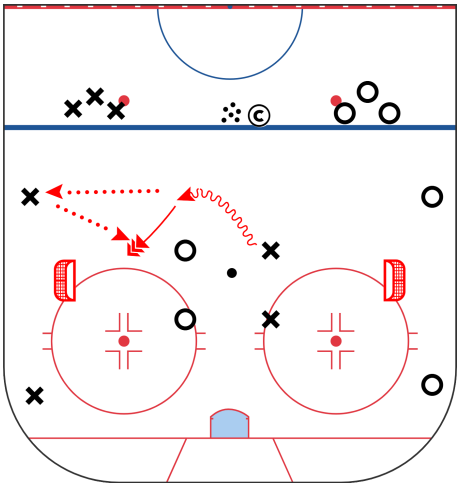
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Competition 2v2 Box Out — 8 mins



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