Regional Development Program

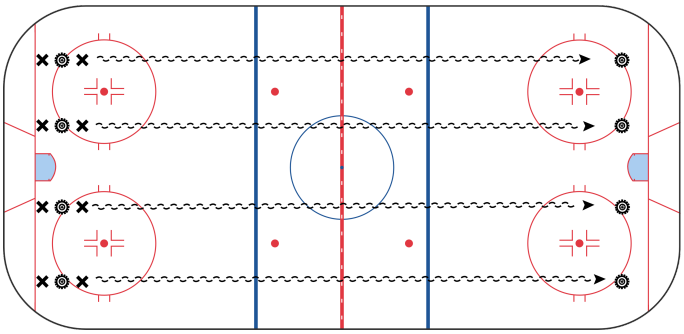
Practice Plans 2026

Hockey MB - Session 4 - Dev Skates (U15)

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

Practice Objectives - Backward Skating/Shooting

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.

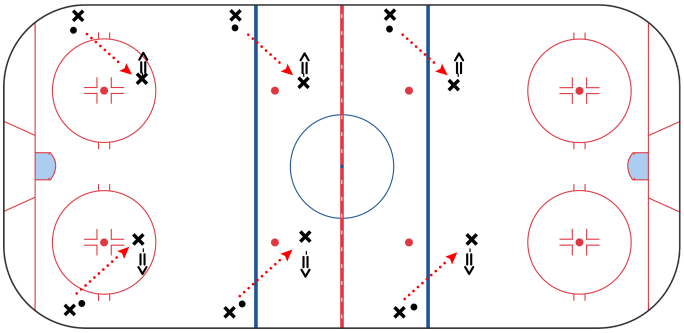
Variation:

- 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 Quick Release — 8 mins



Players are spread out in partners with one passer and one shooter.

The passer should be passing to a player who is facing them (on their one timer side) first as this side is easier.

The players shooting should:

1. Show a target (the passer should see the full blade on the ice)
2. Get the hands away from the body - create space between the top hand and the hips
3. Stop the pass with the wrists - once the puck hits the stick it should stop
4. Turn the top hand into the belly button - this brings the hands into a shooting position
5. Shoot the puck

*This all should happen very quickly

When receiving from the other side, players will do the same thing except passes are coming from across the body. They should:

1. Prepare their feet so as soon as the pass comes they can either turn their hips or go onto one leg to snap it.
2. Stop the pass in front of your body so you can move into it to shoot.
3. The puck should be released from the same spot it stops in.

Common Errors

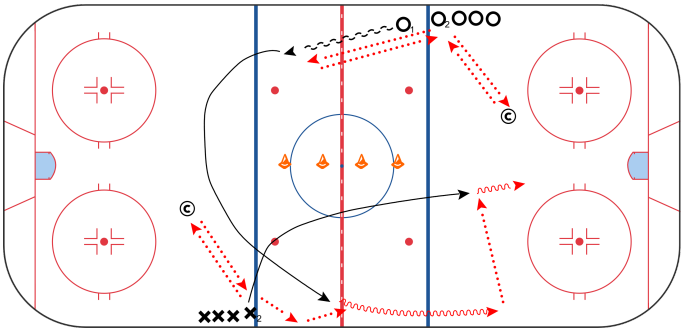
- Players show only the toe of the stick which makes pass reception a little harder as the hands have to turn and are not in a shooting position.
- Players want to cross their feet over before the shoot. This takes more time and may work but it will be slower.
- Players are not balanced enough to get a good hard shot. Get the body ready to shoot before the pass comes to you.

Key Points

Working on stopping a pass and shooting the puck without stickhandling.

Stick position, show your full blade, stop the pass and turn the hands, balance when shooting, have an idea of where the puck is going before you release it (eyes)

Backward Chip Exchange — 10 mins



Lines are at opposite blue lines with coaches at the top of the circle.

On the whistle:

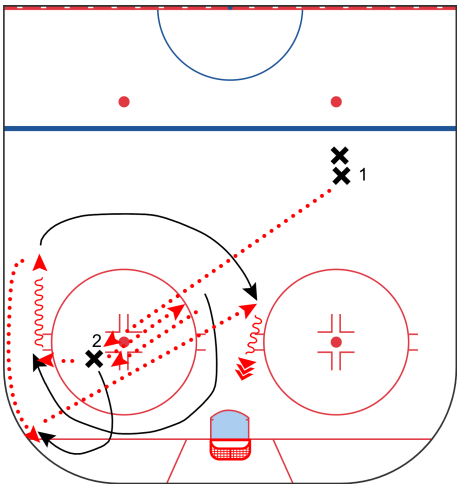
- O1 leaves backward and gets a pass from O2 who gives it right back.
- O1 will continue around to join the other side (X2).
- X2 passes down to the coach who passes right back to X2.
- X2 will chip to O1 who continues down the ice, X2 will join the rush after they chip it.
- O1-X2 for a shot (they should try to pass the puck early so they can go to the net for a rebound)

Both sides go at the same time. Next whistle should start as soon as the first group is out of the way.

Key Points

Build on a previous drill to include in-direct passes

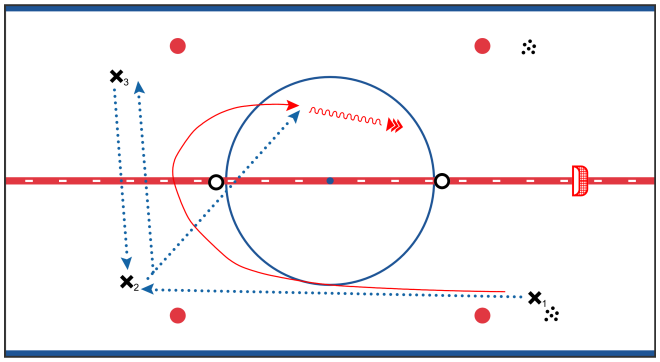
Passing 2 player cycle — 20 mins



Pucks will start with the line just inside the blue line in line with the dots. X1 is ready with a puck, X2 is on the dot diagonal from X1. X1 leaves with a puck and goes passes with X2 (X1-X2-X1-X2)

X2 then spots the puck in the corner. X1 retrieves puck from corner and climbs the zone once he gets to the hashmarks they will cycle to the corner to X2 who will work to handle the puck and make a pass to X1 for a shot. X1 then becomes X2

3 player Nz quick pass — 0 mins

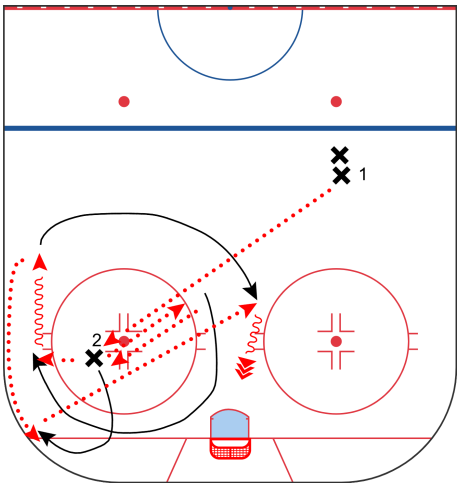


3 players are involved: pucks and the 2 NX dots/tires in the middle. X1 will start at the side of the net and skate towards X2 they will go pass, pass back (X2-X1-X2) After X1 passes back they will cross around the top tire. X2 then goes pass, pass back with X3, (X2-X3-X2) X2 will then move their feet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

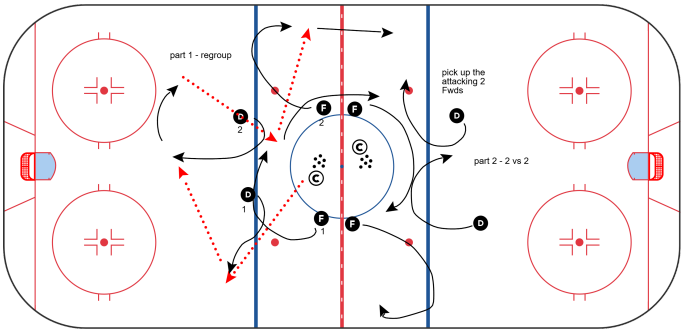
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Competitive - 2 vs 2 Rocket Regroup 12 mins



Everyone starts in the middle circle with coaches having pucks. Same thing at the same time on both sides.

Coach spots a puck each way to the same distance.

D1 goes back and gets it and moves it D-D to D2. Forwards work to support puck with the puck moving from D2 to F1 in middle to F2 on outside wall.

F1 & F2 will now head down ice and attack against the other D1 & D2 (from other side) who come over to play the 2 vs 2 rush.

F1 & F2 work to gain zone entry and make a play to the net. Play a quick shift in the OZ and work to score.

Key Points

Passing has to be good

Work on passing angles to create better passing lanes

D have to move quickly and get back to play the 2 vs 2.

the 2 vs 2 could be broken if the D are in a bad position. Have the forwards work to take advantage and recognize what the rush looks like.