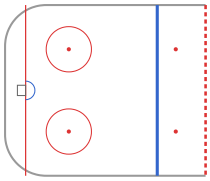
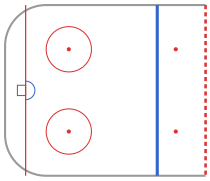
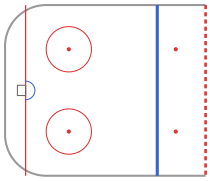
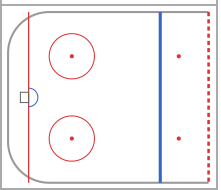
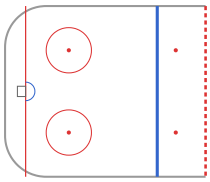
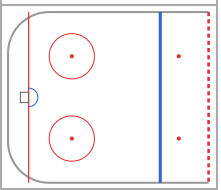
HOCKEY PRACTICE PLAN

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TEAM	AGE GROUP	DATE	ICE TIME (MIN)

RINK / SHEET		PLAYERS / GOALIES	COACHES ON ICE
	☐ Full ☐ Half ☐ Stations		

TODAY'S FOCUS (ONE OR TWO THINGS)	EQUIPMENT (PUCKS, CONES, NETS, BOARDS)

BLOCK	CLOCK	MIN	DRILL & SETUP	COACHING POINTS (2 MAX)	DIAGRAM
Warm-up Skating, edges, touches. Moving within a minute of the whistle.					
Skill 1 The skill today's focus needs most. Lots of reps, short lines.					
Skill 2 Build on Skill 1: add a pass, a shot or a defender.					
Small-area game Compete in tight space. The focus shows up under pressure.					
Team play Breakouts, regroups, systems. Older ages get more time here.					
Finish A game they love, then a 30-second recap of the focus.					

Total minutes (should match ice time): _____

AFTER PRACTICE: WHAT WORKED	WHAT DIDN'T	CARRY INTO NEXT PRACTICE

Tip: write the clock time each block starts. Transitions are where ice time disappears.

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STATION ROTATION

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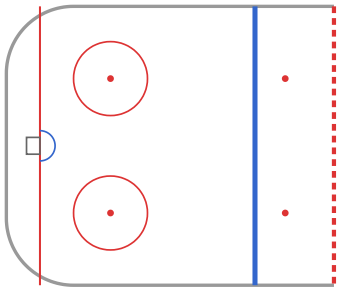
TEAM | AGE GROUP | DATE | MINUTES PER STATION

Split the group, give each station a coach, and rotate on a whistle. Keep every station to one skill, one setup and one coaching point, so a new group is working within seconds.

STATION 1

SKILL
SETUP

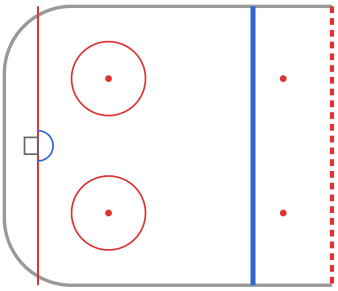
COACH
COACHING POINT



STATION 2

SKILL
SETUP

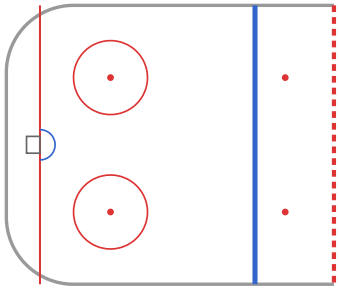
COACH
COACHING POINT



STATION 3

SKILL
SETUP

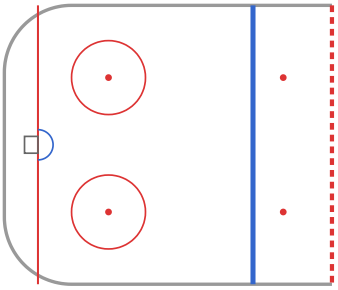
COACH
COACHING POINT



STATION 4

SKILL
SETUP

COACH
COACHING POINT



GROUP	PLAYERS	ROTATION 1	ROTATION 2	ROTATION 3	ROTATION 4
Group A		1	2	3	4
Group B		2	3	4	1
Group C		3	4	1	2
Group D		4	1	2	3

WHOLE-GROUP WARM-UP (BEFORE STATIONS)

WHOLE-GROUP FINISH (AFTER STATIONS)

Rotation clock: start ___ 1 ___ 2 ___ 3 ___ 4 ___ end ___

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