

U15 Panthers | Tier 1
Practice Plan

Date April 12/23

Macro - WIP

1. DZC - Sagging Zone

Micro Elements

FW stride

BW C-cuts

Stops / Starts

Pivots

Macro(s) 2. DZC - SZ

2. DZ FOS

Micro Elements

FW stride

stickhandling w/ skating FW

Passing w/ skating - cushion sweep; FH + BH

Macro(s) 24. DZ FOS

3. BOS

Micro Elements

FW stride

Pivots

Power turns

Passing w/ skating - cushion sweep ^{FH / BH}

stickhandling w/ skating FW

Passing w/ skating - touch pass

BW crossenders

Area passing

Macro(s) 4. BOS (all options)

Revisit Week 1

U15 Panthers | Tier 1
Practice Plan

Micro - WIP

1. Passing

Focus pts

1. knee bend
 2. stick square to puck
 3. cushion on receive, sweep on delivery
- [- receive outside foot
- send inside foot]

2. BW c-cuts

Focus pts

1. butt down, chest up
2. weight on heels - heels on ice, eyes up
3. upper body loose but compact, no arm pumping
heads at hips

3. FW stride - Stamina

Focus pts

1. - knee bend - no head bobbing
2. - stride cycle - 45° to side / not back!
3. - full extension stride!

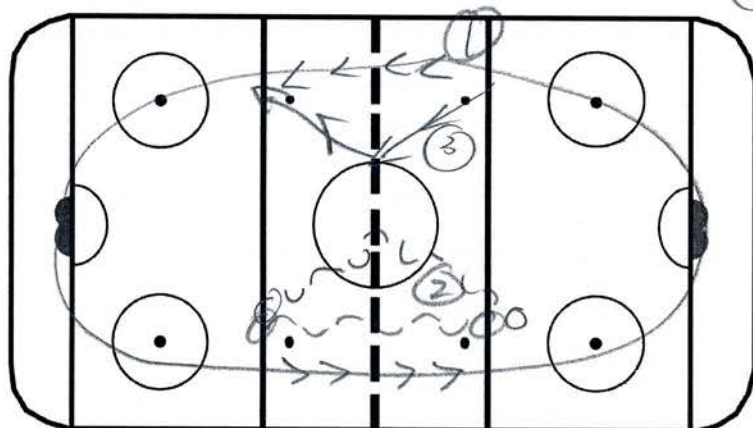
Revisit _____

footework Hockey Drills

U15 Panthers - Tier 1 - Spring 2023

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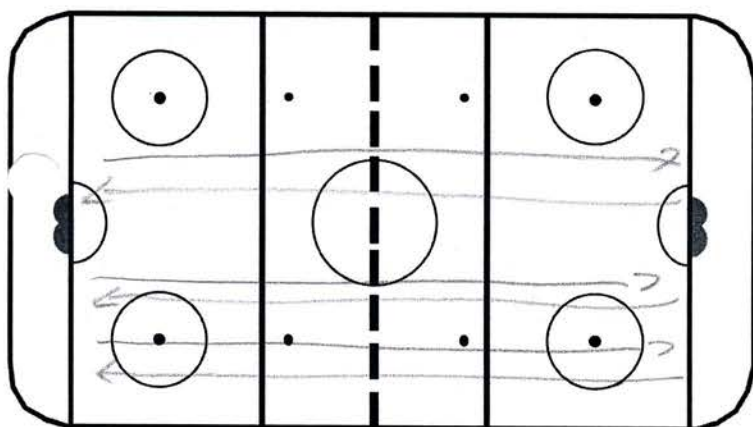
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⑤ Description Warm-up skate

- ① Hand between the BLs
- ② BW between the BLs
- ③ In 10's
- ④ In 10's BWs

Reverse direction $\frac{3}{4}$ speed



⑤ ① Description Stann 1

- Leg lifts - flat on blade,
- Back, Fwd, Side
- Don't kick - both legs!
- stick out in front
- good warm-up / stretch
- so easy!
- 3 reps - avoid G's!

① 100% weight on working skate

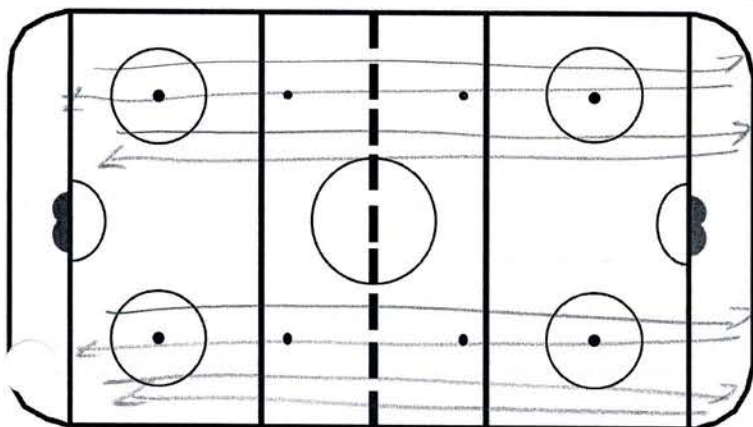
② 90° thigh/shin

③ 45° edge working skate

⑤ ② Description Stann 2

- Partner resistance - not too much - make them work but let them move you
- V diamond - full push - edges
- all weight on pushing skate
- full extension - to glide!

I 2 and switch



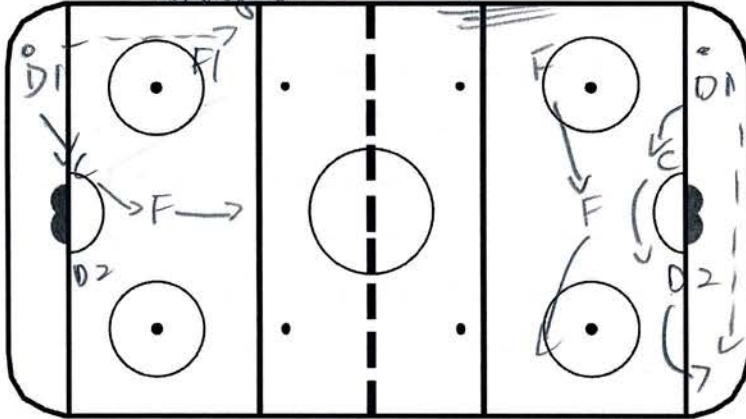
footework Hockey Drills

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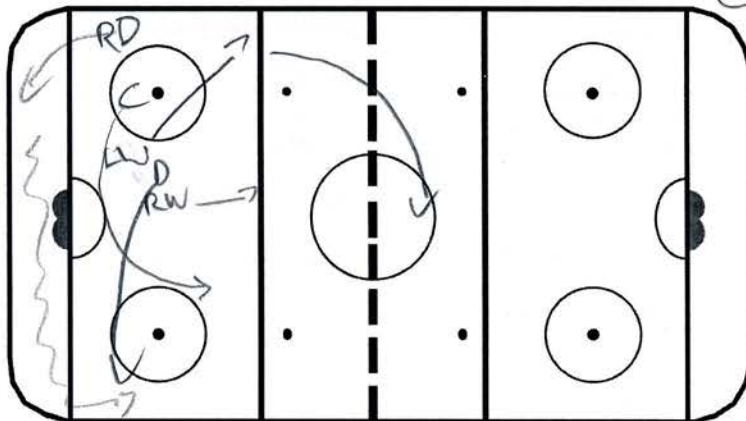
- Say man oo WSD
- wingman - MOVE!



Run 5 v Saggy zone.
W/and w/out GS

(15)

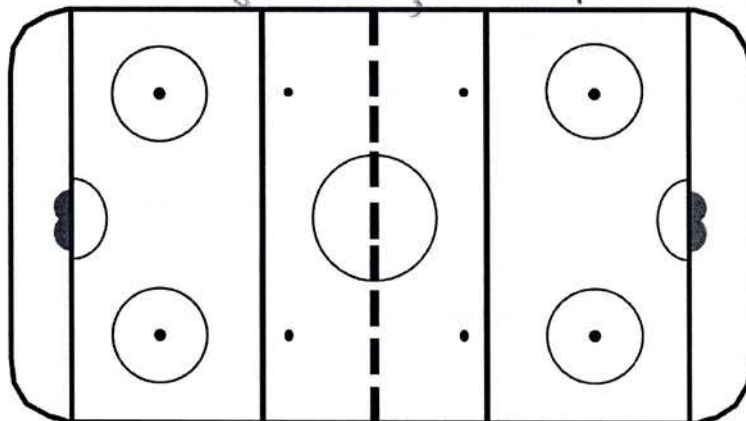
- Description DZ Coverage - Saggy
- trust - do your job zone
 - be disciplined
 - Force or contain! oo!
 - smaller ice to cover -
 - c goes in if puck is available
 - if c goes to corner, D drifts over but - say puck must oo!
 - ssw oo top o!



LOSS - LW through - good for SZD,
C - legal pick on their C, RW up
and D, LD block them to net -
fit to net, RD w spot - eventually

(5)

- Description DZ FOS
- R shot D, L shot D on boards
 - can rim!
 - LW through, RW up/over
 - RW hold up -- /win get over
 - LD - on back marks - run a legal pick for LW
 - C → QB's!



- BH source - backside
blade in closed

- All perfect on paper.
- Description Passing!

- forehand sweep pass
- transfer weight front to back, puck heel to toe, stick points at target
- backhand
- top hand away from body
- Forehand pass, backhand receive
- BH pass, FH receive
- FH source → heel of blade, roll puck along blade - keep the puck flat

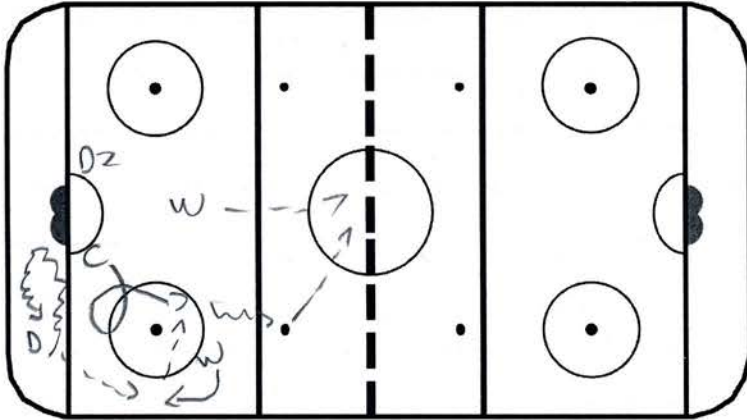
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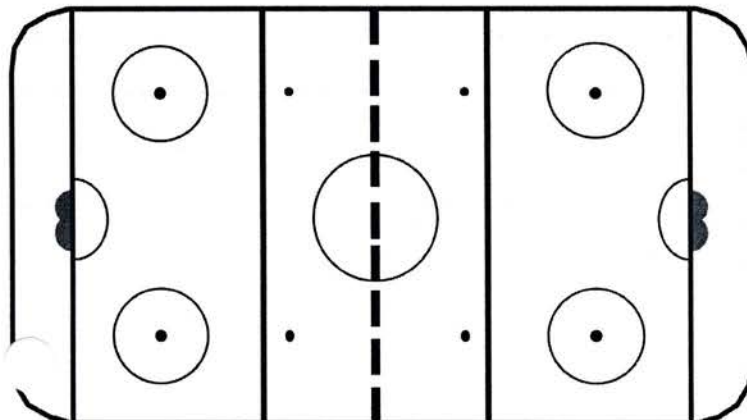
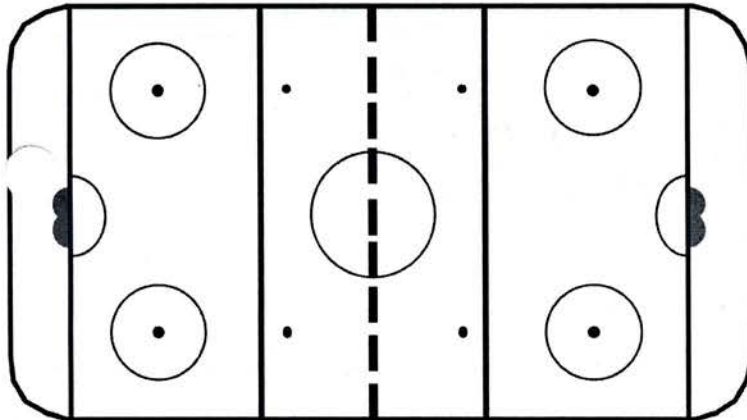
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Read + React { where push?
where pressure?
where open ice?



Let me know L/R direction!



Description ① B/Os - Board side

Sagging zone to BO

- Board side B/O

- D2 call play

- SW not too soon - Read D1

- WW - don't leave too soon!

② Middle - D --> C - wiper behind C

③ D1 behind net -> board/middle

④ D -> D -> board/middle/wheel!

Description _____

Description _____
