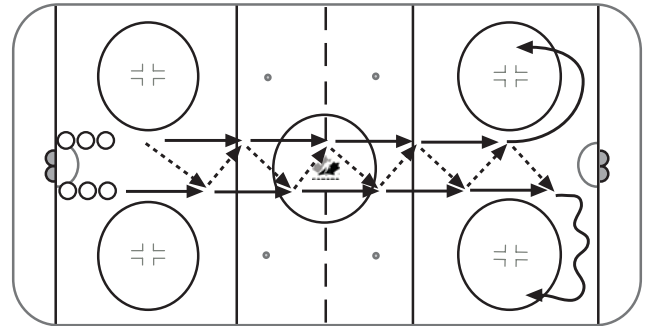




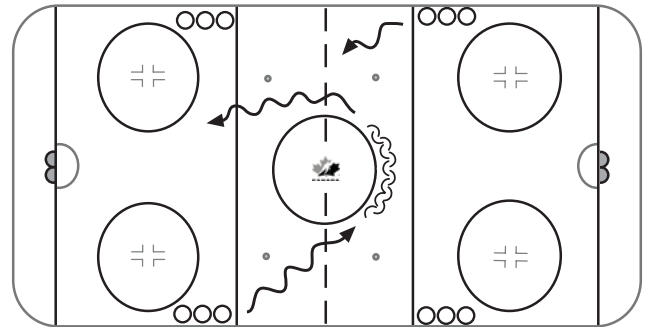
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Practice #1 Focus: SSP / Flow Theme: Relax and Play

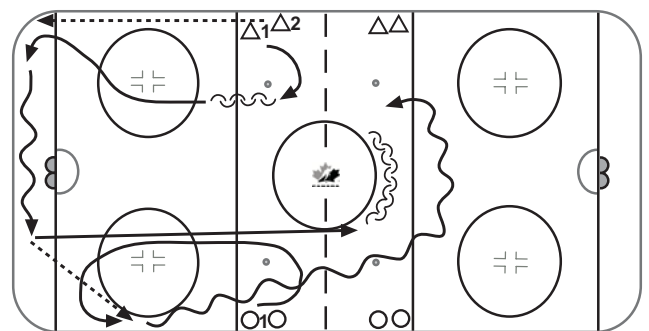
Time	Drill Name & Description
10	Warm-Up – One Touch
Passing Options: <ul style="list-style-type: none"> • One touch • Fwd / bwd • 1 Up Vary skating patterns up wall: <ul style="list-style-type: none"> • Fwd / bwd / fwd • Knee touches • Jumps turns • 360 pivots Key Teaching Points <ul style="list-style-type: none"> • Call for pass • Tape to tape • One touch passes • Goalies included 	



Time	Drill Name & Description
10	Warm-Up – Fwd / Bwd / Fwd
<ul style="list-style-type: none"> • Communicate to start • Forward to redline, backwards around circle, forward at redline, drive and shoot Options: <ul style="list-style-type: none"> • Fwd, bwd, fwd • Fwd, bwd, T turn drive up ice • Exchange pucks Key Teaching Points <ul style="list-style-type: none"> • Quick feet • Shoot in stride • Hit net • Switch lines 	



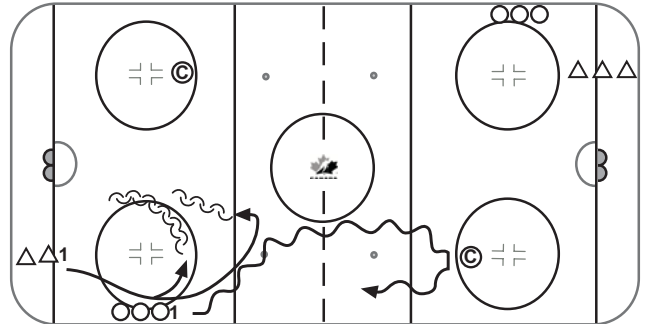
Time	Drill Name & Description
10	Tempo 1 vs 1
<ul style="list-style-type: none"> • Δ2 spot puck into corner • Δ1 around dot and retrieve • O1 around dot and anchor on wall • O1 double touch blueline • Δ1 around center circle • 1 vs 1 Key Teaching Points <ul style="list-style-type: none"> • Explode on start • Both ends at once 	



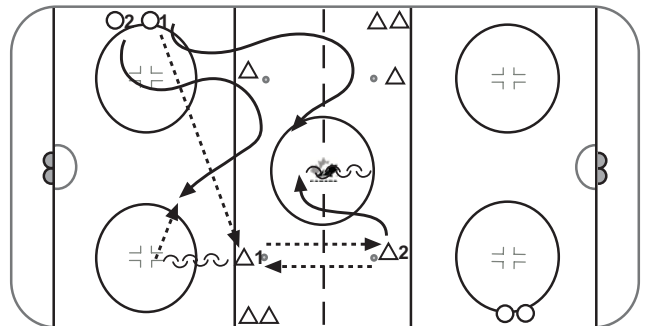


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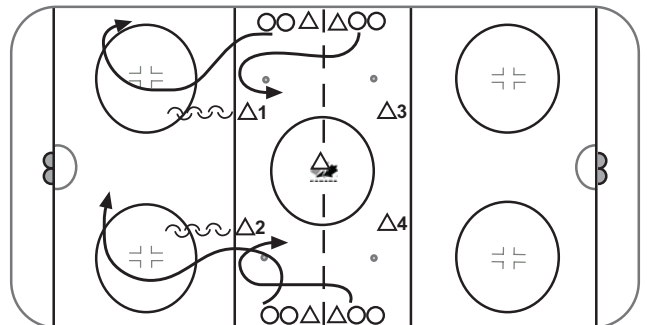
Time	Drill Name & Description
10	Agility 1 vs 1
	<ul style="list-style-type: none"> • Δ1 and O1 start on whistle • Δ1 around circle and double touch blueline • O1 around far dot • Attack 1 vs 1 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick feet • Puck protection • Gap control



Time	Drill Name & Description
10	Rusty 2 vs 1
	<ul style="list-style-type: none"> • O1 to Δ1 • Δ1 to Δ2 • Δ2 to Δ1 who retreats into the zone • O1 open pivot at redline • O2 open pivot at blueline both supporting Δ1 • Δ1 to O1 or O2 attack Δ2 2 vs 1 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Keep feet moving • Support / timing • Communicate • Good decisions



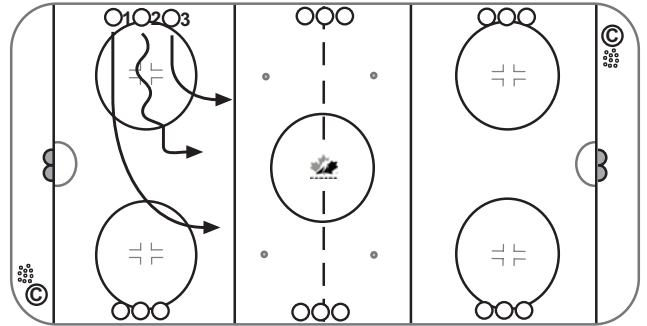
Time	Drill Name & Description
10	Track 2 vs 2
	<ul style="list-style-type: none"> • Coach dump puck to start • Δ1 and Δ2 breakout O1 and O2 • O1 and O2 attack Δ3 and Δ4 • O3 and O4 jump around far dots and track back between dots • Play goes live until a direct pass to O3 and O4 starts 2 vs 2 the other way <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Track back between dots • Read and act • Battle



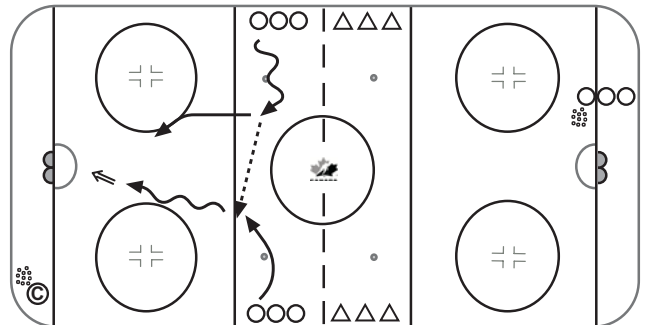


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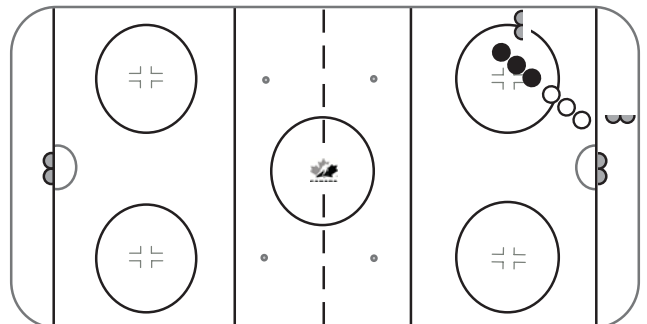
Time	Drill Name & Description
10	3 vs 0 – 1 – 2 Shoot Out
	<ul style="list-style-type: none"> • O1, O2, O3 hard down to other end, shoot • Receive pass, attack 3 vs 1 • Fill lanes • Form attack triangle • After shot, regroup and attack 3 vs 2 opposite way • Execute entries <p>Options:</p> <ul style="list-style-type: none"> • Chip • Delay • Cross • Mid-lane drive • 1 up <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Call for pass • Fill lanes • One touch passes • Drive net



Time	Drill Name & Description
10	2 on 0, 2 on 1, 3 on 2 Breakaway Challenge
	<ul style="list-style-type: none"> • Wings off wall make pass and shoot • Regroup with coach in corner and attack 2 vs 1 • After shot regroup with center and attack 3 vs 2 • On whistle center gets puck at blueline • One Δ at top of circle • On whistle breakaway with pressure <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Use attack options • Communicate • Hard to Net • Speed



Time	Drill Name & Description
10	Corner Battle
	<ul style="list-style-type: none"> • Nets against wall • 2 vs 2 down low • 30 second intervals • Coach replace puck when out of area <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Battle • Tight area competition



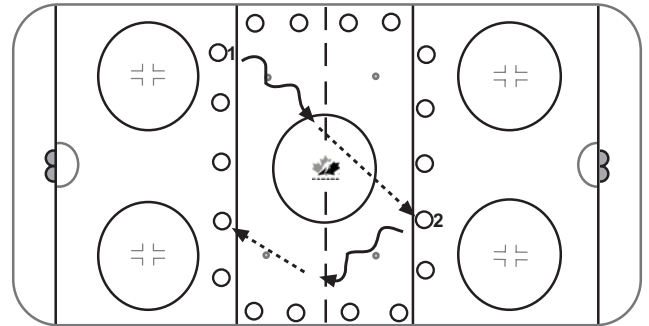


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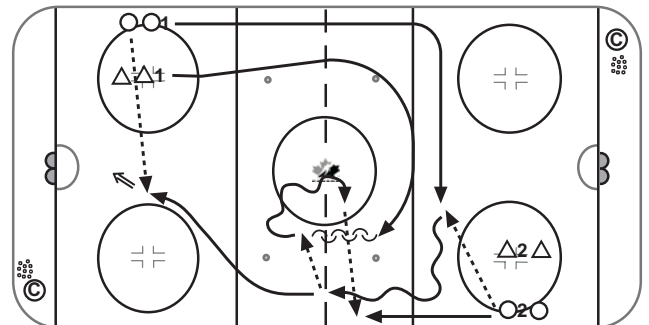
Practice #2 Focus: DZ Concepts / Angling

Theme: Grit

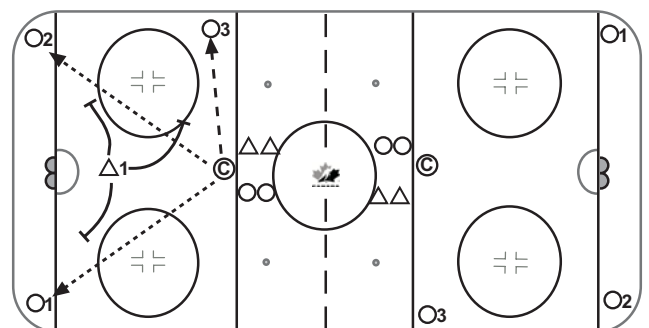
Time	Drill Name & Description
8	Warm-Up – Pass and Replace
	<ul style="list-style-type: none"> • Players do two hard laps • Line up on blueline and wall • O1 skates with puck and calls players name and passes to O2 • O2 jumps out and repeats while O1 fills O2's spot • Progression: add second and third puck <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Hard passes • Speed • Tape to tape • Communicate



Time	Drill Name & Description
8	Warm-Up – Holly Transition
	<ul style="list-style-type: none"> • O1 up to blueline • Flat across ice to support O2 • Δ1 mirror keeping close gap • O2 to O1 • O1 to Δ1 • O1 then drives by and receives a pass from last player in line and shoots • Δ1 performs an evasive move and transitions forward passing to O2 and then jump into play and receives pass from coach for shot at opposite end • O2 and Δ2 repeat • Continuous <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick passes • Communicate • Good targets • Be ready in line to pass



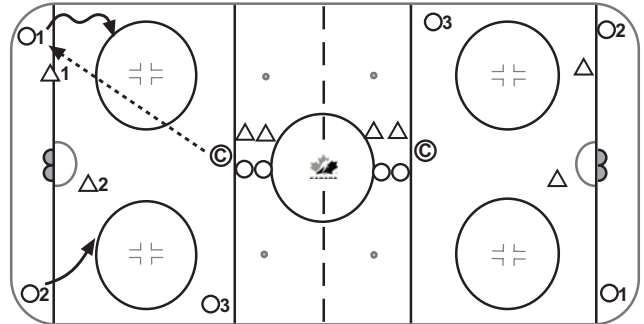
Time	Drill Name & Description
10	Golden Bear 1 vs 1
	<ul style="list-style-type: none"> • O1, O2 and O3 set up in designated areas • Δ1 starts in front of net and returns after each whistle • Coach may pass to any of the offensive players; once the pass is made, Δ1 leaves net front and plays the 1 vs 1 • Coach may vary drill by giving a direct or indirect pass to the offensive players • Δ1 plays all three 1 on 1's and then switches out • Return to net front after each 1 vs 1 battle • Forward hold position until pass is received • Both ends <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Angle, pressure / contain • One hand on stick • Read and act • Quick on loose pucks



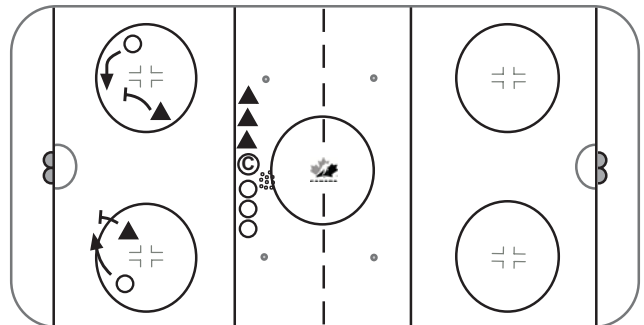


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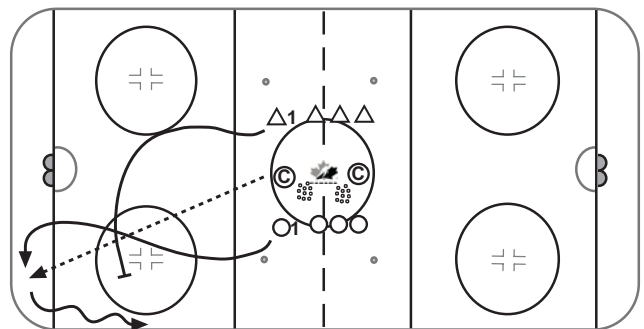
Time	Drill Name & Description
10	Golden Bear 2 vs 2
	<ul style="list-style-type: none"> • Same as above, but add second Δ • Coach identifies which two forwards are going • $\Delta 1$ start in corner • $\Delta 2$ start net front • 3 reps <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Read and act • Take away time and space • Quick pressure • Communicate



Time	Drill Name & Description
10	Split Zone 2 on 2
	<ul style="list-style-type: none"> • Divide ice into two zones below the circle • One attacker and one defender in each zone • Coach spots puck • Play one on one within the zone • Attacker on other side provides support but cannot leave the zone • 20-30 seconds <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Inside out position • Communication • Good body position



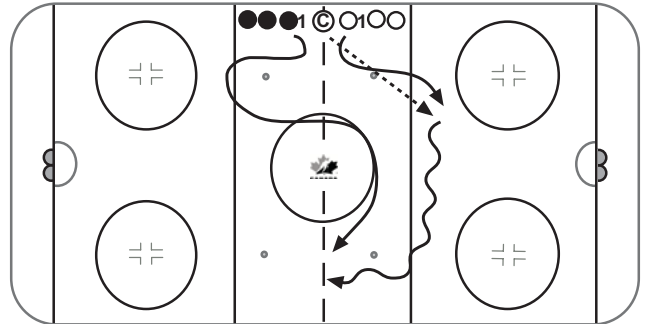
Time	Drill Name & Description
10	1/2 Ice Angling
	<ul style="list-style-type: none"> • O1 picks up puck • To start, O1 must turn up same side as puck • Progress so O1 can go behind net to gain blueline • $\Delta 1$ angle cutting the ice in half • Steer to wall • Finish check before blueline • Take away time and space quickly <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Cut ice in half • Good stick position • Inside out • Speed



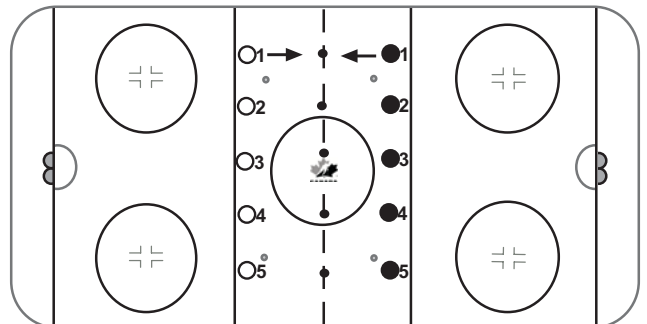


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Time	Drill Name & Description
10	NZ Angling
	<ul style="list-style-type: none"> • Players at center facing opposite directions • O1 and ●1 start together • Coach spots puck inside blueline and O1 retrieves and attacks opposite end • ●1 skate below dot and pressure inside out steering to outside and hitting and pinning • Opposite direction continuous <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Inside out body position • Communicate • Good sticks • Win battles



Time	Drill Name & Description
9	Countdown / Cool Down
	<ul style="list-style-type: none"> • 5 O's and 5 ●'s across bluelines facing each other • 5 pucks spaced on redline • On whistle, O1 and ●1 race to puck and go 1 vs 1 trying to score • As soon as ●1 or O1 touches the puck, ●2 and O2 go, continues on with ●3 and O3 • There will be five 1 vs 1's going simultaneously • When a goal is scored those two players assist their teammates • Eventually it will be 5 vs 5 with 1 puck • Go until last goal or until players are too tired • Eye contact with G before shooting <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Battle • Shoot to score • Compete • Eye contact with G



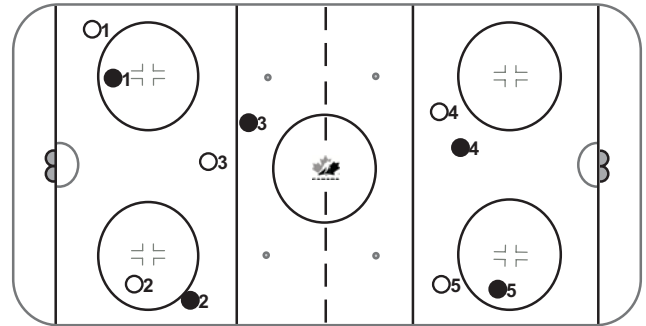


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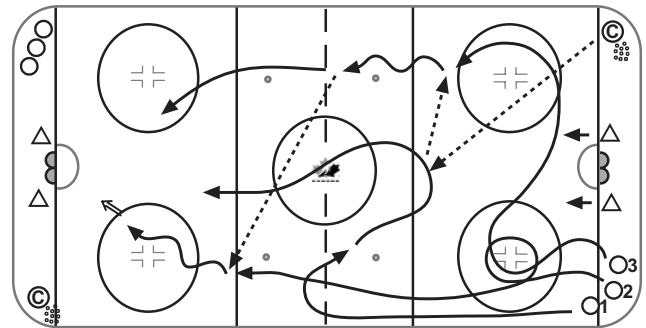
Practice #3 Focus: Breakouts / Transitions

Theme: Speed

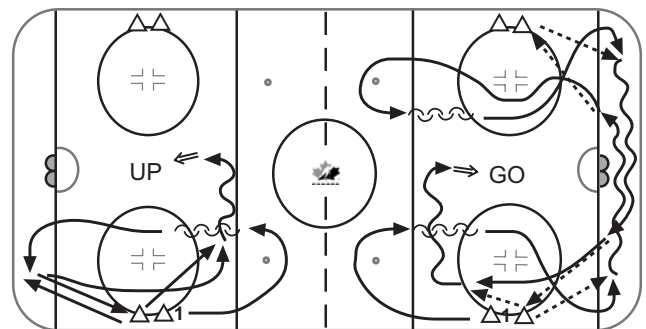
Time	Drill Name & Description
8	Warm-Up - Energizer
<ul style="list-style-type: none"> • Pairs passing • On whistle keep away • Next whistle passing <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick feet • One time passes • Communicate • Puck protection 	



Time	Drill Name & Description
8	Warm-Up – 5 Man Superior
<ul style="list-style-type: none"> • O1 hard to redline, turn back to support coach who passes puck • O1 to O2 • O2 to O3 • All attack for shot on goal • As Δ1 and Δ2 one touch puck down ice for shot • Coach makes pass to Δ for third shot • Stay in corners <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick feet • Hit net • Communicate • Switch lines 	



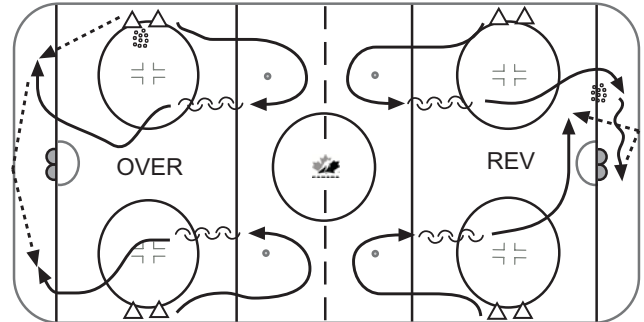
Time	Drill Name & Description
20	BO Options ½ Ice Forwards & Defense
<p>Defense Options:</p> <p>UP:</p> <ul style="list-style-type: none"> • Δ1 double touch blueline; back peddle to top of circle • Pivot and retrieve puck spotted by next Δ in line • Δ1 turns up and passes to first Δ in line who spots in back in the corner • Δ1 repeats “up”, then skates to blueline • Receives pass, drags and shoots <p>GO:</p> <ul style="list-style-type: none"> • Δ1 starts same as above • Picks up puck and goes behind net • Pass to first Δ who spots it back to corner • Δ double touch blueline and repeat • Finish with drag and shoot <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick to pucks • Shoulder check • Approach on angle • Alternate sides 	



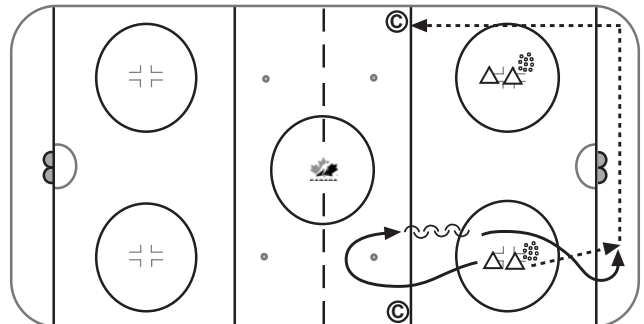


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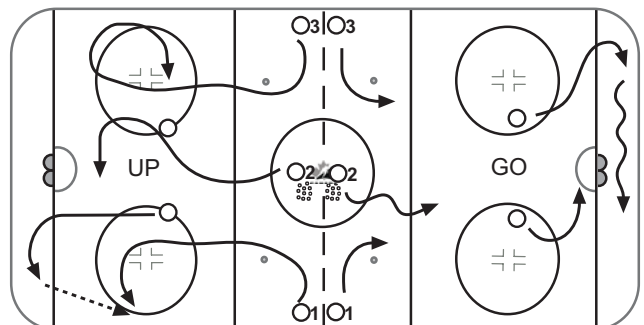
Time	Drill Name & Description
	BO Options ½ Ice Forwards & Defense ctd.
Defense Options Continued: OVER: <ul style="list-style-type: none"> • Same start as previous except two Δ go at once • Double touch blueline • Over pass, touch up, over pass other way • Skate to blueline get pass • Shot or pass to partner for shot REVERSE: <ul style="list-style-type: none"> • Same sequence as above only reverse puck 	
Key Teaching Points <ul style="list-style-type: none"> • Call for pass • Tape to tape • One touch passes • Goalies included 	



Time	Drill Name & Description
	BO Options ½ Ice Forwards & Defense ctd.
Defense Options Continued: WRAP: <ul style="list-style-type: none"> • Same as above • Coach at blueline to retrieve pucks 	
Key Teaching Points <ul style="list-style-type: none"> • Quick feet • Power on wrap 	



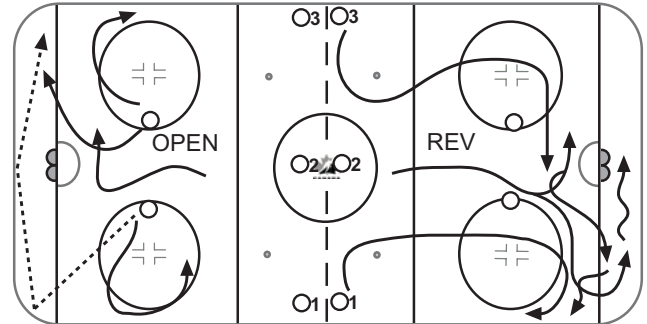
Time	Drill Name & Description
	BO Options ½ ice Forwards & Defense ctd.
Forward Options: UP: <ul style="list-style-type: none"> • O's breakout • O1 anchor, O2 support, O3 stretch • Give to next center in NZ • Center dumps into opposite corner • Repeat BO • Regroup in NZ and attack • Clear zone quickly GO: <ul style="list-style-type: none"> • Same as above only "go" behind net • O1 becomes stretch must get there quickly • O2 support low, behind puck and mirror • O3 anchor 	
Key Teaching Points <ul style="list-style-type: none"> • Quick close support • Open pivots • Stay behind puck • Good passes 	



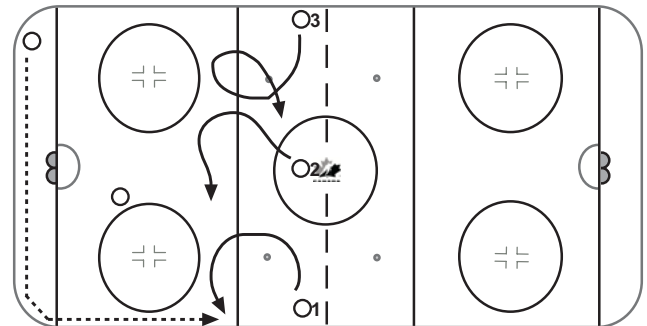


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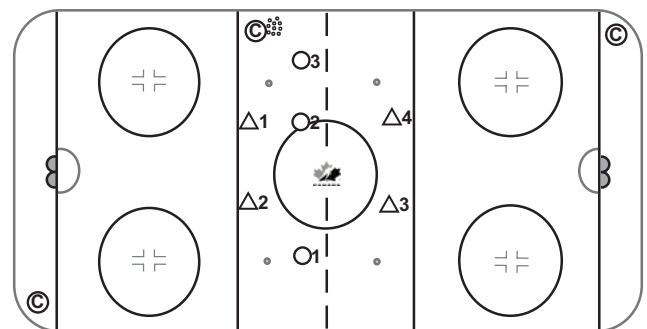
Time	Drill Name & Description
	BO Options ½ ice Forwards & Defense ctd.
<p>Forwards Options Continued: OVER:</p> <ul style="list-style-type: none"> • Same as above • O1 becomes stretch, get there quickly • O2 support low, behind puck and mirror • O3 anchor <p>REVERSE:</p> <ul style="list-style-type: none"> • Same as above • O1 reads reverse and anchors on wall • O2 mirrors the “go” • O3 quick across to support O1 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick close support • Weak side quick support • Communicate 	



Time	Drill Name & Description
	BO Options ½ ice Forwards & Defense ctd.
<p>Forwards Options Continued: WRAP:</p> <ul style="list-style-type: none"> • Same sequence as above • O1 anchor high on wall • O2 supports chip or pass • O3 mid-lane stretch, support <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick stretch • Weak side quick support • Communicate • Read and act 	



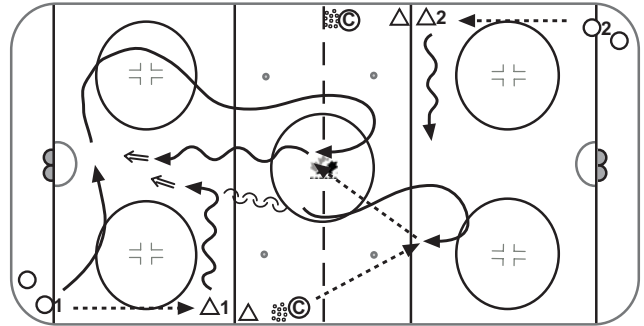
Time	Drill Name & Description
10	Double BO / Attack
<ul style="list-style-type: none"> • Break up into lines on benches • 5 man unit milling in NZ with 2 Δ's • Coach dumps puck and O1, O2 and O3 and Δ1 and Δ2 breakout using BO options • Give to coach in NZ who dump puck back into zone • BO again and attack Δ3 and Δ4 in NZ who have stepped up • Δ3 and Δ4 other end on start drag and shoot and then receive attack <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick transitions • Stay on own half of ice • Attack with speed 	



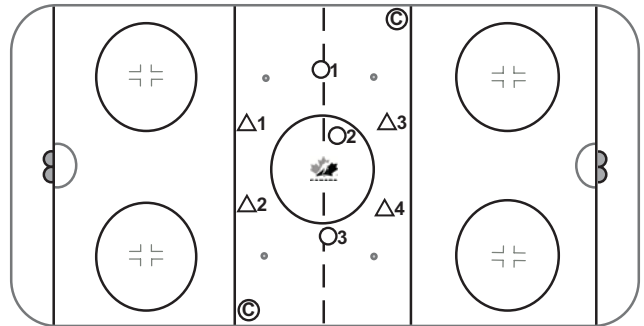


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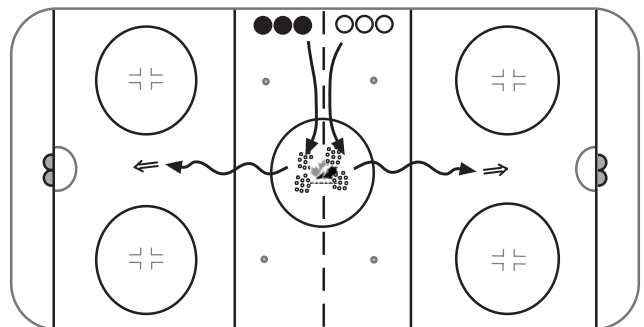
Time	Drill Name & Description
10	Penetrating Pass
	<ul style="list-style-type: none"> • O1 to Δ1 • Δ1 slide across blueline and shoot • O1 to net for screen • After shot coach spots puck in opposite zone (top of circle) • Δ1 retrieve puck • O1 support and stretch • Δ1 quick penetrating pass to O1 • Both ends at once <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Communication • Hard accurate passes • Timing • Quick feet



Time	Drill Name & Description
10	Breakout Transition 5 vs 2 / Tracking
	<ul style="list-style-type: none"> • Break up into lines on benches • 5 man unit milling in NZ with 2 Δ • Coach dumps puck and O1, O2 and O3 and Δ1 and Δ2 breakout using BO options • Attack Δ3 and Δ4 and try to score • On whistle, coach spots puck and group transitions with Δ1 and Δ2 using hard track options • Attack 3 vs 2 again <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Timing • Communication • Attack net • Read and act



Time	Drill Name & Description
9	1-2-3 Score / Cool Down
	<ul style="list-style-type: none"> • Players are divided onto benches • First player steps out of bench and goes 1 on 1 with goalie • If he scores two players leave the benches and pick up a puck at center and try to score • If they score, three players repeat • If any group misses go back to one player • First team to score with 1, 2 and 3 players is awarded a point, and a new game is started <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Net drive • Speed • Quick shots • Attack principles



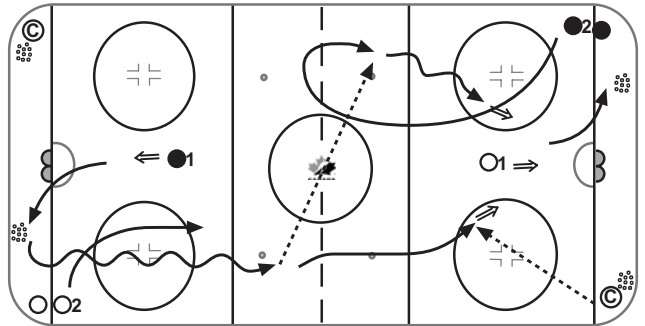


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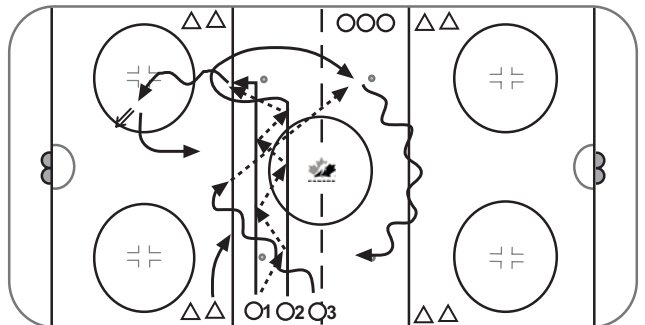
Practice #4 Focus: Forecheck / Tracking

Theme: Smart

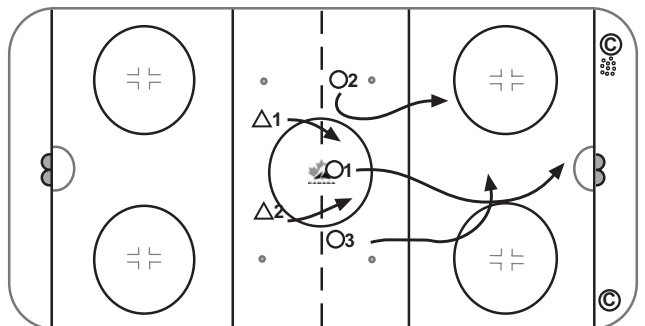
Time	Drill Name & Description
8	Warm-Up – NZ Transition 2 nd Shot
<ul style="list-style-type: none"> ● 1 and O1 initiate with shots on goal ● 1 and O1 retrieve puck; turn up and gain blueline ● 2 and O2 perform open pivot in NZ and receive pass from ● 1 and O1 ● 2, O2 net drive for shot on goal and repeat drill ● 1 and O1 follow up play for 2nd shot on pass from coach Continuous, switch sides <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Hit net • Accelerate to blueline • Timing 	



Time	Drill Name & Description
8	Warm-Up – Renney One Touch
<ul style="list-style-type: none"> • O1, O2 pop off wall to touch pass toward opposite side • At dot low man gets puck, drives and shoots • O2 supports then turns back to receive pass from O3 who jumps off wall to support • O1 comes out to support • Progression: O1 comes out of zone to support attack 3 vs 0 / 3 vs 1 / 3 vs 2 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Communication • Good passes • Attack with speed 	



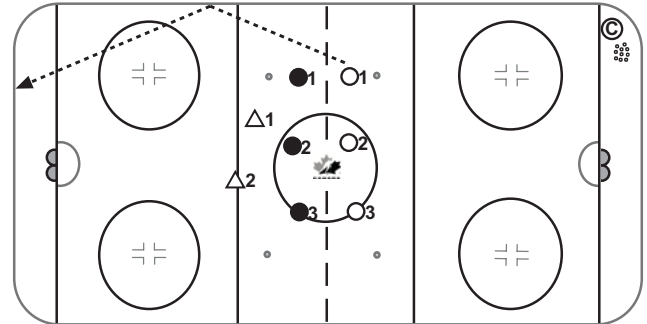
Time	Drill Name & Description
10	1-2-2 Half Ice Walk Through
<ul style="list-style-type: none"> • 5 man units milling in NZ • Coach 1 dumps puck to coach 2 in the corner • Player react and set up FC • O1 pressure, cut ice in half, steer up wall • O2 takes away wall, uses the dots as a guide • O2 high folding into middle • Δ1 strong side wall • Δ2 mid-lane, aware of stretch • Rotation, on signal clear zone and repeat • Different puck position, correct position <p>Options:</p> <ul style="list-style-type: none"> • 1 – Contact • 2 – Early pass • 3 – Late pass (reverse) • 4 – Δ carries • 5 – Rim <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Use dots as a guide • 3 man race to circles read and act • Inside out positioning 	



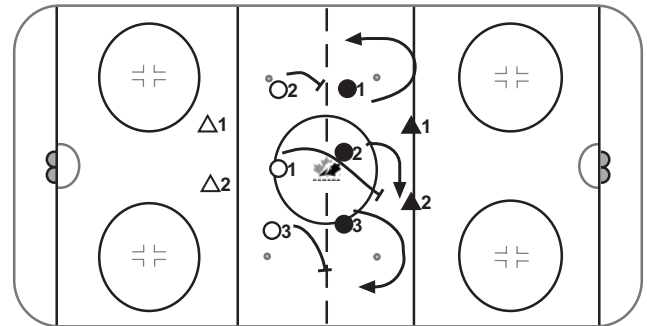


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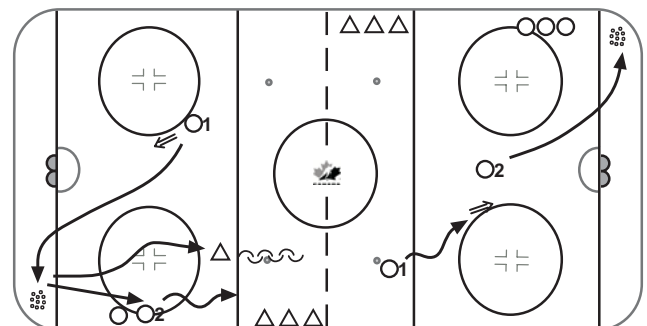
Time	Drill Name & Description
10	Continuous Forecheck
	<ul style="list-style-type: none"> O1, O2, O3 dump puck and FC 1-2-2 After ●'s breakout O1, O2, O3, Δ1 and Δ2 are done 1st attacking forward shoots on goal 2nd forward receives pass from coach and shoots 3rd attacking forward receives pass from coach turns and heads up ice with line mates At redline dump puck and FC new 5 man unit Progression: Add Δ to FC <p>Key Teaching Points</p> <ul style="list-style-type: none"> Communication Read and act Speed Inside out



Time	Drill Name & Description
10	NZ Forecheck
	<ul style="list-style-type: none"> 5 man unit BO In NZ give puck to opposing D-men Δ3 and Δ4 regroup with ●'s O's, Δ1 and Δ2 execute NZ FC using 1-2-2 principle O1 inside out pressure taking away Δ to Δ pass O2 read and act, pressuring pass O3 takes away middle and is in good position to transition O's force turnover and attack the net Passive to start ●'s and Δ cannot make Δ to Δ pass until later Good position then 100% <p>Key Teaching Points</p> <ul style="list-style-type: none"> Inside out positioning Read and act Quick pressure Communicate



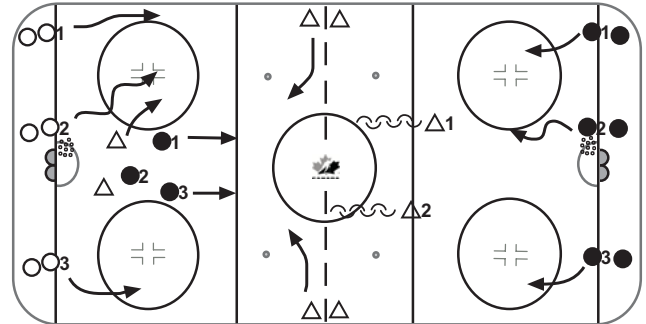
Time	Drill Name & Description
10	Track / Support 1 vs 1
	<ul style="list-style-type: none"> O1 starts drill with a shot Retrieve puck from corner O1 to O2 O2 attack 1 vs 1 on Δ1 O1 track back forcing O2 to outside and into Δ1 forcing a turnover O1 shoots on goal O2 picks up puck and starts drill opposite way Continuous <p>Key Teaching Points</p> <ul style="list-style-type: none"> Communication Speed / pressure Inside out



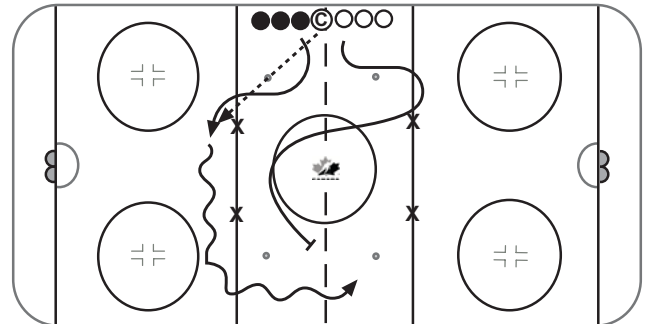


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Time	Drill Name & Description
10	Oiler 4x4
	<ul style="list-style-type: none"> • O1, O2 and O3 attack Δ1 and Δ2, 3 vs 2 • Upon completion or coach's whistle ●1, ●2 and ●3 attack two new Δ, 3 vs 2 • 2 forwards from previous rush now track back to help new Δ • One Δ from initial rush jumps up with ●'s to make it 4 vs 4 • Continuous, each rush starts on whistle <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Communication • Read and act • Keep players below goal line



Time	Drill Name & Description
9	Gate Drill NZ Angling
	<ul style="list-style-type: none"> • Cones set up at each blueline forms gate • One end at a time, offensive player tries to get through gate • Δ player using angling to prevent entry • Point awarded for going through gate <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Compete • Timing • Inside out • Body / stick position



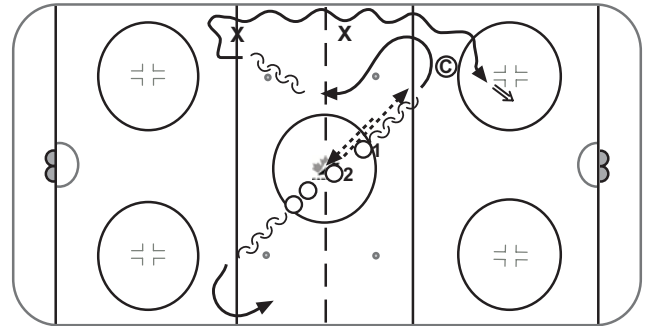


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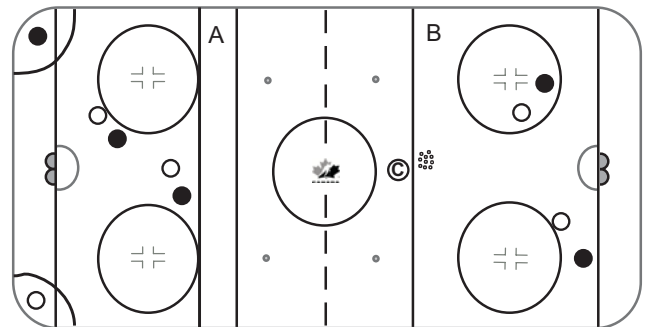
Practice #5 Focus: Specialty Teams

Theme: Detail

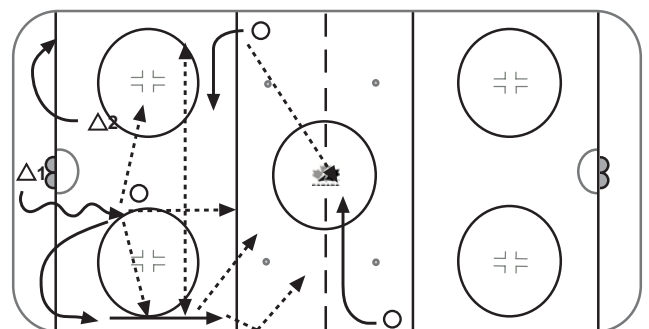
Time	Drill Name & Description
8	Warm-Up – One Touch and Drive
	<ul style="list-style-type: none"> O1 starts backward to blueline always one touching puck with O2 At blueline O1 pivots forward to redline, backward to blueline Pivot forward and drive wide down the wall and around coach for a shot <p>Key Teaching Points</p> <ul style="list-style-type: none"> One touch passes Shoot in stride Protect puck Double touch both bluelines



Time	Drill Name & Description
8	Warm-Up – Safe Zone
	<p>A.</p> <ul style="list-style-type: none"> 2 vs 2 below top of circles Each team has one player in corner who is safe (cannot be checked) Players use safe zone and partner to try and score <p>B.</p> <ul style="list-style-type: none"> Same as above, only coach is safe player <p>Key Teaching Points</p> <ul style="list-style-type: none"> Communication Generate chances Find open ice



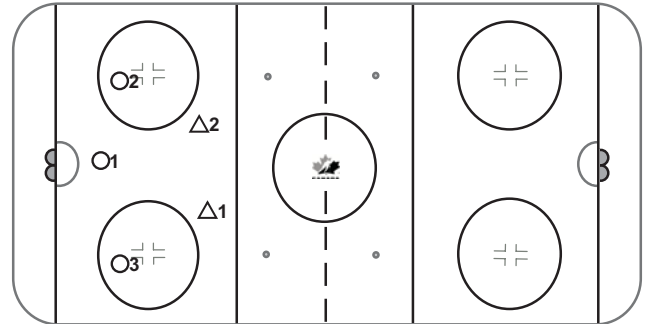
Time	Drill Name & Description
10	PP Break Out
	<p>Double Swing</p> <ol style="list-style-type: none"> <ul style="list-style-type: none"> Center (C) always swings to weak side Δ1 steps out and passes to one of three options (C, Δ2 or LW) <ul style="list-style-type: none"> Pass to Δ2 or center Δ2 passes cross-ice to C or C passes cross-ice to Δ2 Δ2 can pass or chip to RW support C can pass or chip to LW for support <ul style="list-style-type: none"> Δ1 pass to LW, carries up right side to enter zone with C support or back passes to Δ2 coming up wall or RW swinging cross ice <p>Drills: set up PP 5 vs 0 in NZ coach dumps puck into OZ, PK ice puck, PP breakout, repeat two times</p> <p>Key Teaching Points</p> <ul style="list-style-type: none"> Timing 5 man BO Eye contact



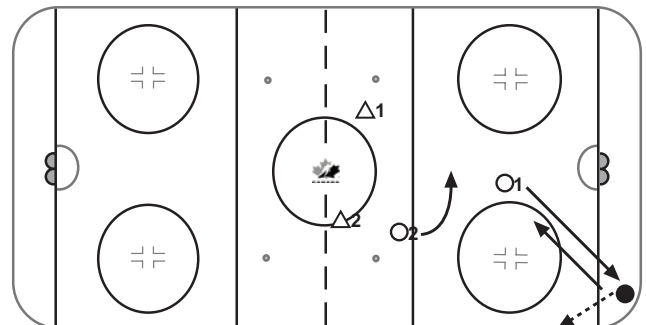


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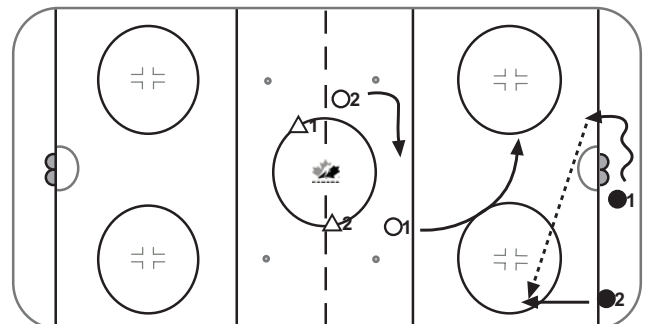
Time	Drill Name & Description
10	PP OZ Options
	<ul style="list-style-type: none"> • 2-3 spread • Walk through options passive PK • One minute shifts rotate through quickly <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick puck movement • Eye contact • Good passes • Read and act



Time	Drill Name & Description
10	PK Forecheck / 4 vs 5
	<p>Aggressive FC</p> <ul style="list-style-type: none"> • O1 identifies he can get good pressure on the puck and attacks down ice • O2 holds the middle and reads play • Δ1 and Δ2 keep everyone in front of them with a tight gap • If O1 loses pressure, he comes back hard through the middle (possibly a long change) • O2 fills wide lane • Δ1 and Δ2 fill middle and strong side <p>Drill: Same as PP breakout, start in NZ, on whistle PP dumps puck, PK ices and initiates PK, FC on PP, breakout</p> <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick puck movement • Eye contact • Good passes • Read and act



Time	Drill Name & Description
	PK Forecheck / 4 vs 5 ctd.
	<p>Double Swing</p> <ul style="list-style-type: none"> • O1 takes wide angle and swings in an attempt to force ● 1 to move the puck into O2's lane • He does not sacrifice speed or position to do this • If O1 is beaten with a pass or move, O2 takes a wide angle to push puck to the wall • He can take a deeper angle • O1 fills lane vacated by O2 • O's need good angles and active sticks <p>Drill: Same as PP breakout, start in NZ, on whistle PP dumps puck, PK ices and initiates PK, FC on PP, breakout</p> <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Correct angles protect mid-lane • Track back hard looking to steer and support • 4 on 4 at far blue line



Time	Drill Name & Description
10	PK DZ Aggressive Box



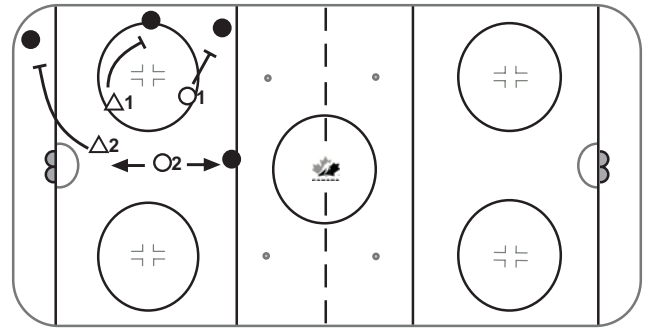
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- Δ1 anticipates the play to the hash marks and attack son the pass with his stick on the ice pushing the play up
- Δ2 shades to the near post anticipating the low pass
- O1 attacks the strong side ● at the blueline inside out
- O2 read play and is available to cover net front when Δ2 goes or to other point
- Everything is off Δ1
- All four player have to commit to a “one goes, all go” mentality
- Control net front and take away 2nd shots
- Change 2 or 3 on the way down and 1 on the way back

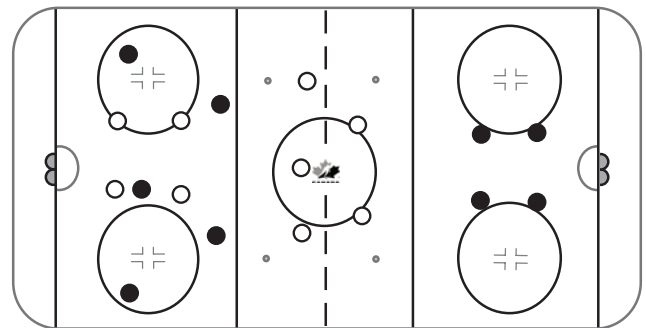
Drill:
 A. (5 min) players set up in DZ position 5 on 4, coach rotates box by instructing where puck is (high, low, middle, over). Correct as needed.
 B. (5 min) add PP and move puck having PK adjust using aggressive box. Increase intensity as necessary.

Key Teaching Points

- Active sticks
- Stop and go skating
- Stay in shooting lanes
- Head on a swivel
- Communicate
- One touch clearing



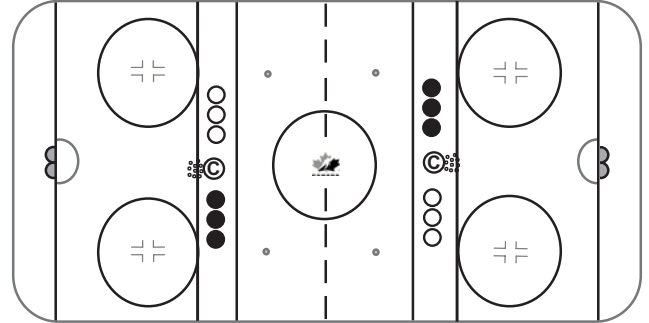
Time	Drill Name & Description
10	PP Game
	<ul style="list-style-type: none"> • All players on ice • PP and PK unit in each zone • On dump out PP picks up puck and attacks PK unit • Keep score • Alternate PP and PK <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Quick puck movement • Eye contact • Good passes • Read and act





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Time	Drill Name & Description
9	3 on 3 Low
	<ul style="list-style-type: none">• Players play 3 on 3 below tops of circles• Quick high tempo shifts <p>Key Teaching Points</p> <ul style="list-style-type: none">• Battle• Communicate

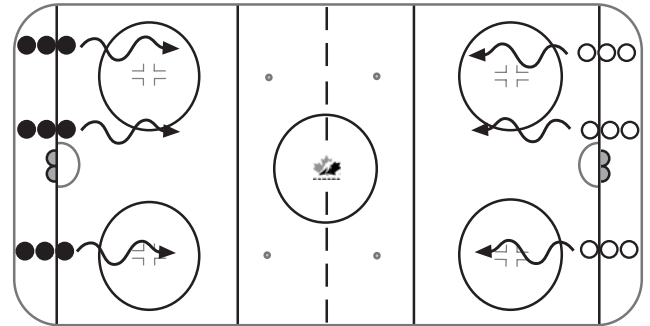




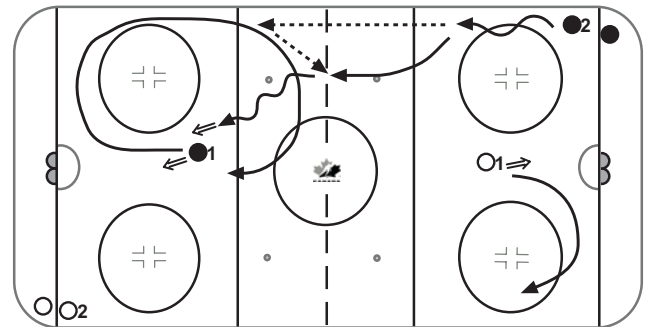
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Practice #6 Focus: Battle Theme: Determination Day

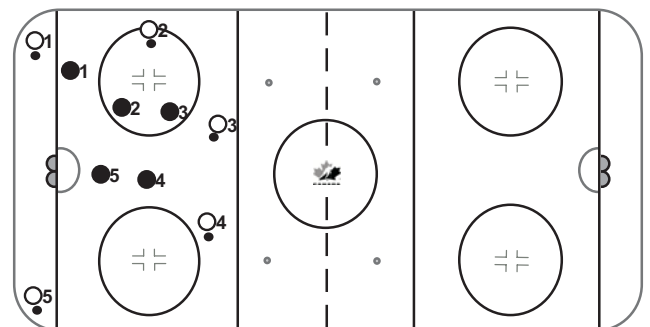
Time	Drill Name & Description
5	Warm-Up – NZ Chaos
	<ul style="list-style-type: none"> • 3 players from each end leave at the same time with pucks • In NZ evasive moves at high tempo • On coach's signal communicate to identify 1st, 2nd and 3rd shooter • Try and shoot from different lanes • Progression: pass pucks in NZ <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Timing • Speed • Communication • Shoot to score



Time	Drill Name & Description
8	Warm-Up – Plunger 1 Touch
	<ul style="list-style-type: none"> • ●1 and O1 start drill with shot • Hard back up ice and done touch pass give and go with ●2 and O2 who have humped into play • Follow up on play for rebound <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Speed • Communicate • 2 quick steps towards puck



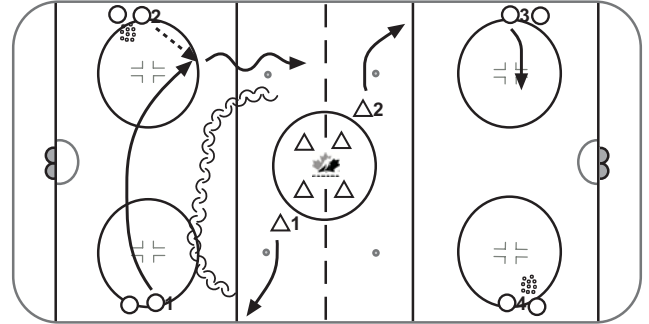
Time	Drill Name & Description
9	DZ Battle 1 to 5
	<ul style="list-style-type: none"> • O's on offense spread around DZ with pucks • ●'s set up in DZ coverage • On whistle O1 attack ●1 • On whistle leave puck and join O2 attacking ●2 creating 2 vs 2 • Drill continuous until 5 vs 5 <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Good inside out position • Communicate • Win battles • Take time and space



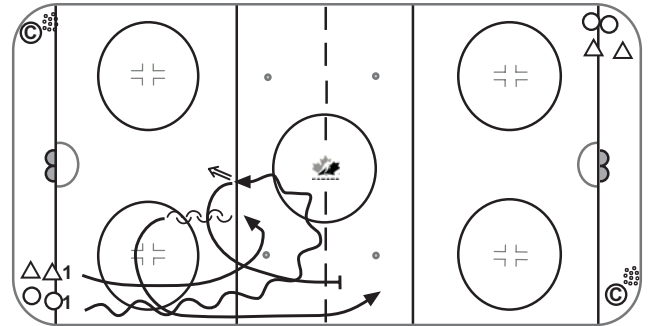


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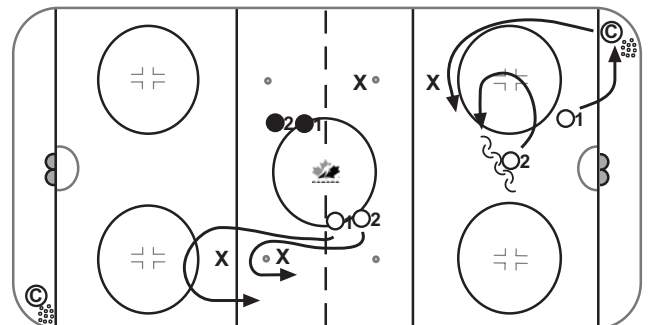
Time	Drill Name & Description
9	Olympic 1 vs 1
	<ul style="list-style-type: none"> O1 and O3 start on hash marks tight to boards Δ1 and Δ2 start on face-off dots On whistle, O1 and O3 skate straight across the ice through the opposite face-off dot and receive a pass from O2 and O4 Δ1 and Δ2 touch the boards and skate backwards around outside of circle Δ1 plays O1 and Δ2 plays O3 O1 and O3 stay wide along boards until center, then cut in and attack net for a shot <p>Key Teaching Points</p> <ul style="list-style-type: none"> Quick lateral movement Tight gap outside shoulder to O inside shoulder Read and act



Time	Drill Name & Description
9	Defense to Offense Transition
	<ul style="list-style-type: none"> Δ1 and O1 start in corner O1 starts with puck skating out and around dot attacking Δ1 1 vs 1 After play on goal Δ1 transition to offense as O1 becomes checker Δ1 gets open for pass from coach and makes play on opposite goal Stay on own side of ice Both ends, start on whistle <p>Key Teaching Points</p> <ul style="list-style-type: none"> Quick transitions Tight gap



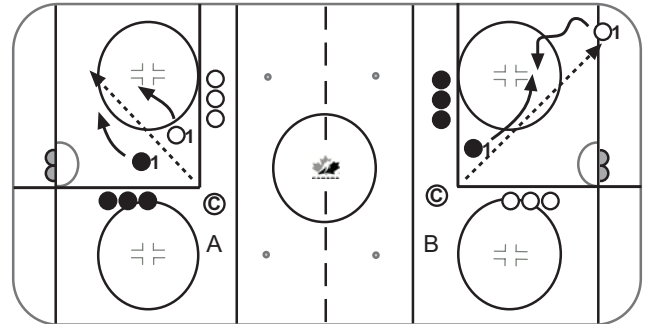
Time	Drill Name & Description
10	St. Lawrence Double Check
	<ul style="list-style-type: none"> O1 skates around the 2nd pylon and wide down the boards O2 is the backchecker and skates around the 1st pylon to cover O1 O1 must stay on the boards until the far blueline O2 uses body position to prevent O1 from cutting to the inside At blueline O1 tries to get open for a pass from the coach After first puck, O1 comes up and gets a second puck from the pile O2 close gap and take 1 vs 1 back to the net Change pylons if necessary to get timing right <p>Key Teaching Points</p> <ul style="list-style-type: none"> Protect mid-lane Coach move around zone to make pass Pucks at top of circle



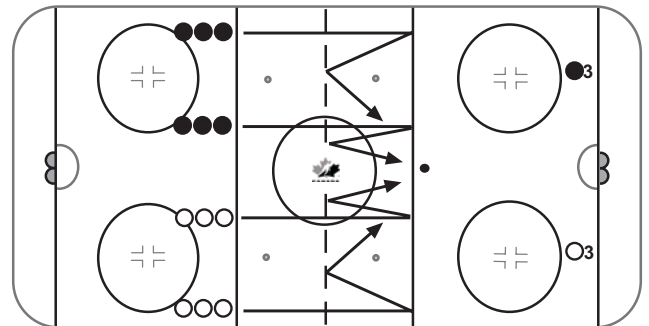


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Time	Drill Name & Description
10	Down Low Battles 1 vs 1 / 2 vs 2
A.	<ul style="list-style-type: none"> Coach spots puck in corner O1 and ● 1 pursue and play 1 on 1 out of the corner Player with possession tries to score, other player defends
B.	<ul style="list-style-type: none"> Coach passes puck to player in corner O1 closes gap and contains ● 1 who attacks out of corner Play must take place below top of circle and on one side Progression: same as above only 2 vs 2
Key Teaching Points	
<ul style="list-style-type: none"> Inside out body position Communication Use stick 	



Time	Drill Name & Description
10	2 vs 2 Battle Drill / Cool Down
<ul style="list-style-type: none"> Equal groups at far blue line On whistle two players from each line race to the far blue line, stop, race to the red line, stop and race for puck that has been spotted just inside blue line by coach The team that reaches the puck first attempts to score on the opposition goaltender The other team defends Let battles go for a max of 30 sec. On whistle, players BC to their lines One point awarded for each goal, first team to seven wins G can become third player to create 3 vs 2 Lose a point for not backchecking hard 	
Key Teaching Points	
<ul style="list-style-type: none"> Battle, intensity Good support Inside out body position 	



Time	Drill Name & Description
5	Cool Down
Description area for the Cool Down drill	

