

Priorities

- ✗ Make everything fun
- ✗ Develop skills and attitudes
- ✗ Engagement of players & coaches
- ✗ Active practices – Limit standing still
- ✗ Age appropriate drills and skills (8 & 9)
- ✗ Progression of drills and skills
- ✗ Station based practices – Smaller groups
- ✗ Practice Focus
 - 75% Skills
 - 15% Hockey Sense
 - 10% Systems

Player Development Pyramid

*Hockey Canada.ca



Practice Plan

Time	Activity	Goal
0 - 10 Minutes	Warm-up at Center Ice	
	1. Have fun and talk to the kids & get them into a fun mindset 2. Stretch core muscle groups (Neck, Arms, Legs, ankles) 3. Stretching can be fun : Up Downs (knees, bellies, backs, submarines, running, scappers)	
10 - 45 Minutes	Station Based Practice - USA Hockey U8 Intermediate or Advanced practice plans	
	Skating Station	Focus on ABC's - Power Skating review
	Minimize standing still time. Focus on Power Skating (PS) drills from PS practices ABC's and edge work	
	Fun Station	Fun Games and engagement
	Freeze Tag, Cops and Robbers, Musical Pucks, Red/Reen/Yellow/Blue Light, Dodge Ball,	
45 - 60 Minutes	Skill Station	Develop puck and combined skills with skating
	Passing, shooting, stick handling: addition of a puck to drills from first skating session	
60 - 120 Minutes	Fun Full Ice Both Team Fun	
	1. Fun Games that combine thes teams - Freeze Tag, Keep Away, Gauntlet, Relay Races	
60 - 120 Minutes	Game Time - Full Ice	Fun, maximize touches and engagement
	1. Age grouped Lines - Balance skill	
	2. Let players try all positions throughout the year. 3. Focus on skills and individual tactics. Correct both during the games as they happen.	

Full Ice & Station Drill Resources

- ✗ USA Hockey Development - admkids.com
- ✗ Hockey Canada - hockeycanada.ca
- ✗ Coach Nielsen – coachnielsen.wordpress.com

Small Area Games Resources

- ✗ USA Hockey Development – admkids.com
- ✗ Hockey Canada – hockeycanada.ca
- ✗ Coach Nielsen – coachnielsen.wordpress.com



U10 Plan and Milestones



								GOALS			
	Focus	Skills	Warmup (5-10 Min)	Skating Station (10 min)	Fun Station (10 min)	Skill / Team Station (10 Min)	Full Ice Fun (15 Min)	ABC's	Skate	Skills	Team Play
SEPT	Introduce and Develop skill & Drill	Agility, Balance, Co-ordination Stationary passing and stick handling Fun Games	Center Circle Stretch - knees, belly, submarines, Ups - jumping, running - Scrappers Figure 8 Full Ice	1. Snowplow Stop -1 foot 2. Pushing (1 & 2 foot) 3. Straight Glide (1 & 2 foot) 4. Glide Curves	Ringette Soccer Freeze Tag Duck Duck Goose Sharks & Minnows	1 on 1 to the net (corner) Obstacle course with shot Net Tag (U10 3&4) Shoot against boards	Freeze Tag Relay Races Musical Pucks	AGILITY - BALANCE - COORDINATION & READY POSITION	Stride and Glide, Stopping	Stick Handling, Wrist shot	Offensive Concepts
OCT	Introduce and Develop the skill & Drill	Agility, Balance, Co-ordination, Stride, Edges, Stopping Stationary passing and stick handling Fun Games	Figure 8 Full Ice - stretch at blue lines down th emiddle - knees, turns, bellies, jumps, backwards	1. Snowplow Stop -2 foot 2. Pushing (2 foot) 3. Straight Glide (1 & 2 foot) 4. Glide Curves	Ringette Soccer Freeze Tag Gretzky Drill Duck Duck Goose Sharks & Minnows	Puck Control (U10 5&6) 2 on 2 to the net (corner) 2 on 1 to the net (corner) Loose Puck races	Gauntlet Jump Sticks Soccer				
NOV	Develop and Refine the skill & Drill	Refine the above skills Introduce quickness, speed and Cross overs (front). Moving passes, shooting Fun Games	Full Ice Both Teams - Jump lines, one foot glides, superman, barrel rolls, stops	1. Side Stop (limited speed) 2. Inside Edges 3. Walking Crossovers 4. Circle Thrusts	Relay Race (puck on head) Dodgeball Gretzky Drill	1 on 1 with outlet 2 on 2 with outlet 3 on 3 with outlet (see U10 9&10)	Keep Away with coaches Scoro (U8 - 33&34) Freeze Tag Skating Tricks (puck on head, longest glide, longest Super man)		Crossovers (F & B), Edges	Passing (Forehand, Backhand, indirect	
DEC	Develop and Refine the skill & Drill	Refine the above skills Backwards Skating, Shooting Fun Games	Center Circle Stretch - knees, belly, submarines, Ups - jumping, running - Scrappers Figure 8 Full Ice	1. Side Stop with Speed 2. Outside Edges	Gretzky Drill Sharks and Minnows 1 on 1's Obstacle course Soccer	2 -0 Passing (U10 17&18) Tight turns with pucks 4v4 - backwards only (17&18)	Puck Bulldog Gauntlet Keep Away Passing				
JAN	1. Refine 2. Introduce Tactics	Refine all of the above. Introduce 1 on 1 checking, Give and go, angles, dekes, body positioning, net driving	Figure 8 Full Ice - stretch at blue lines down th emiddle - knees, turns, bellies, jumps, backwards	1. Proper Foot positioning 2. Backwards 'walking' 3. Backwards Sculling 4. Backwards Glide	Stick Relay Receive and shoot Gretzky Drill or 3 on 3 Soccer Passing Lanes game (P21)	1 vs 1 with Fwd & D (U10 11&12) 3 on 3 Always on PP (U10 11&12) 1 v 1 puck protection	Freeze Tag Relay Races Puck Bulldog		Backwards Skate/Stop and Crossovers	Body positioning (angles, checking, stick on puck)	Defensive Concepts
FEB	1. Technical Skills 2. Refine 3. Refine Tactics	Refine all of the above. Introduce 1 on 1 checking, Give and go, angles, dekes, body positioning, net driving	Full Ice Both Teams - Jump lines, one foot glides, superman, barrel rolls, stops	1. Backwards Sculling 2. Backwards Scull (Right & Left foot) 3. Backwards Skating	Gretzky Drill or 3 on 3 Cross ice min game with Tennis ball Soccer Passing in 3's	Mirror Angle Drill (23&24) 2v2 Confined space (U25&26) 3v3 with outlets (27&28)	Soccer (multiple balls) Ringette (multiple rings) Any previous full ice fun				
MAR	1. Technical Skills 2. Refine All	Refine all of the above. Introduce 1 on 1 checking, Give and go, angles, dekes, body positioning, net driving	Any Combination of warmups	1. Backwards Skating 2. Backwards Stopping 3. Backwards 1 foot Glide (R/L)	Gretzky Drill Soccer Ringette 2 on 0 passing	Back Checking (35&36) 1v1 BO and Defense (Angling) (33&34) BreakOut Skills (33&34)	Soccer (multiple balls) Ringette (multiple rings) Any previous full ice fun				