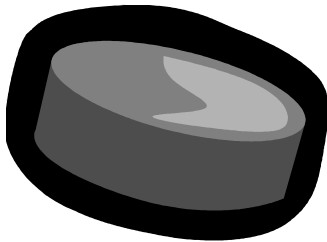


**FunTeam**  
**Hockey**  
**Practice Plans**



# FunTeam Alberta

## Hockey Practice Plan 1

Team: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Main Practice Objective: Skating

Drill Name	From	To	Key Points
1. Double Circle Warmup - 1B1	0	5	Stretch / Agility / Warmup
2. 5 Circle Skating – 1B2	5	15	Agility / Crossovers
3. Full Rink Skating – 2A1	15	20	Line Jump / One Knee / Squat
4. Sandwich Drill – 5A1	20	25	Stickhandling
5. FunTeam Scrimmage	25	50	Game Play
6. Half Ice Baseball – 14B3	50	58	1 on 0, 2 on 0, 3 on 0
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

# FunTeam Alberta

## Hockey Practice Plan 2

Team: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

**Main Practice Objective: Agility**

<b>Drill Name</b>	<b>From</b>	<b>To</b>	<b>Key Points</b>
1. Double Circle Warmup - 1B1	0	5	Stretch / Agility / Warmup
2. Angle Boards Skating – 1A2	5	15	Agility / Stopping and Pivoting
3. Four Corner Circle Drill – 2A5	15	20	Agility / Backward Skating
4. Pig In The Middle – 6A1	20	25	Stick handling / Passing
5. FunTeam Scrimmage	25	50	Game Play
6. Prisoner's Base – 14A1	50	58	Agility / Speed / Fun
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

# FunTeam Alberta

## Hockey Practice Plan 3

Team: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Main Practice Objective: Shooting

Drill Name	From	To	Key Points
1. Double Circle Warmup - 1B1	0	5	Stretch / Agility / Warmup
2. Half Ice Stick Relay – 3B7	5	15	Agility / Speed
3. Stick Jump Drill – 3A1	15	20	Agility / Balance
4. Blueline Horseshoe Drill – 6B1	20	25	Passing / Shooting
5. FunTeam Scrimmage	25	50	Game Play
6. 2 on 2 Inside Blueline – 8B6	50	58	Agility / Stickhandling / Passing
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

# FunTeam Alberta Hockey Practice Plan 4

Team: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

## Main Practice Objective: Power

Drill Name	From	To	Key Points
1. 5 Circle Skating - 1B2	0	5	Stretch / Agility / Warmup
2. 8 Dot Skating – 3B7	5	15	Agility / Speed
3. Four Corner Circle Relay – 3B1	15	20	Speed / Coordination
4. Blueline Shot and Tip-in – 7B3	20	25	Shooting
5. FunTeam Scrimmage	25	50	Game Play
6. Bull in the Ring – 8A4	50	58	Power
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown