

Hockey Practice Plan Template

Segment Name	Time Allotted	Description of Drill/Activity	Key Teaching Points	Equipment Needed
Warm-up	5-10 min	Dynamic stretching, light skating, puck handling	Focus on edges, quick feet, and communication.	Pucks, Cones
Skill Focus 1	10-15 min	(e.g., <i>Hard Stop & Start Drill</i>)	Inside/Outside edges, low center of gravity.	Pucks, 1 Net
Tactical Focus	15-20 min	(e.g., <i>2 on 1 Rush</i>)	D-man gap control, forward support, shot quality.	Pucks, 2 Nets
Small Area Game	10 min	(e.g., <i>Half-Ice Cross-Ice Game</i>)	Compete level, quick decision-making under pressure.	Boards, Cones
Cool Down/Stretch	5 min	Static stretches, light skating	Lower heart rate, flexibility.	None

