# U13 Practice Plan

## Puck Control Warm Up – Puck Dots [8]

**Puck Control Skills Warm Up**

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don’t be afraid to repeat a skill 2 – 3 times in order to get it right.

1. Quick Hands – Toe Up
2. Puck First – then feet
3. Heel to Hell
4. Open up – Backhand Side
5. Pull in – Push Out
6. Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat

Utilize all the puck control skills in the video clip.

## Puck Control – Warm - Up 2 [8]

**Puck Control Skills Warm Up**

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don’t be afraid to repeat a skill 2 – 3 times in order to get it right.

1. Quick Hands – Toe Up
2. Two Pucks
3. Puck First – then feet
4. Heel to Hell
5. Open up – Backhand Side
6. Pull in – Push Out
7. Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat

Utilize all the puck control skills in the video clip.
**Drill Name & Description**

**3 Stations Skills #1**

1) Corner Walk – Change Speed

2) 4 Pylon Agility

3) 3 Shot Quick Release

---

**Drill Name & Description**

**3 Stations Skills #2**

1) Entries – Scoring – Puck Outside / Inside

2) D Transition Races

3) Entries – Forehand / Backhand