



## U17 Practice Plans

### PRINCIPLES OF PLAY

**11 Principles a team needs to focus on to play “The Canadian Way” each practice will contain elements of these 11 principles.**

1. Skill / Skill Set
2. Execution with Pace
3. Being in Every Battle
4. 1 on 1 Battles
5. Angling
6. Tracking
7. Puck Management
8. Puck Support / Transition
9. Shot Blocking
10. 200 Foot Game
11. Checking vs. Defending (on your toes, not your heels)



## U17 Practice Plans

### Style of Play: 90 Minutes

**Purpose: Style of play: Setting the tone/habits and accountability**

**Skills:**

- Principles of play
- Goalies – Movement

**Skills/Principles of Play:**

1. Checking vs defending
2. Being in every battle
3. 200' mentality
4. Tracking
5. Shot blocking



## U17 Practice Plans

### Skills Testing: 60 Minutes

**Purpose:**

- Skills testing
- Athlete baseline



## U17 Practice Plans

### Positional Practice: 90 Minutes

#### **Purpose: Position Specific Practice**

##### ➤ **Tactics/Skills**

- Individual skills component. Work on specific positional skills.
- Skills in all 3 zones (offensive, defensive, neutral).
- Tactical awareness (why...). Link skill development to game/situational.

##### ➤ **Forwards**

- Skating: edges, mohawk turns, explosiveness.
- Passing/reception: body and stick position, finding quiet ice, timing.
- Puck handling/puck protection: evasive moves.
- Shooting/scoring: finding quiet ice, quick release, changing puck angle, shooting in stride, backhand shot.
- 1 vs 1 offense

#### **Skills/Principles of Play:**

1. Skill/skill set
2. Angling
3. Tracking
4. Puck management
5. Puck support/transition
6. Execution with pace

##### ➤ **Defencemen**

- Skating: transition – heels 1<sup>st</sup>, toes 1<sup>st</sup>, inside edge. Pivots – crossover, open pivot.
- Passing/reception: no dust, hinge, 1<sup>st</sup> pass.
- Puck handling/puck protection: evasive moves, escapes.
- Shooting/scoring: release, lands, shooting.
- 1 vs 1 defense.
- 2 vs 1 defense: stick and body positioning, bluffing, communication.

#### **Skills/Principles of Play:**

1. Skill/skill set
2. Angling
3. Checking vs defending



## U17 Practice Plans

4. Puck Management
  5. Puck Support/transition
  6. Execution with pace
- **Goalies**
- Play in offensive situations.
  - Use of the stick to: Puck playing skills, puck handing skills.
  - Catching a puck.
  - Rebound control.
  - Play in defensive situations: 1<sup>st</sup>/2<sup>nd</sup> danger reads, taking ice, puck awareness.
  - Situational ice awareness: movement, puck handling, rebounds, screens and tips.
  - Communication: forehand – up, backhand – over, set it – leave it, soft to corner – play it.
  - Athleticism.



## U17 Practice Plans

### With A Puck: 90 Minutes

#### **Purpose: Offensive Play**

- **Skills/Principles (Create Scoring Chances)**
  - Ozone.
  - Transition.
  - DZ Breakout.
- **Skills:**
  - Puck support (position & team Specific).
  - Seams.
  - Pass/receiving.
  - Cycling (F and D).
  - Hinging/north hockey.
  - Puck protection (position & team specific).
  - Evasiveness/deception.
  - Play in tight spaces.
  - Entries – game/system specific.
  - Puck deposits and recovery: drive, chip, rim.
  - Scoring: selection, shooting, outnumbered opportunities.
  - Hockey sense: anticipation/positioning, support/timing, situational read & react.
- **Goalies:**
  - Puck handling
  - Communication cues: forehand-up, backhand-over.

#### **Skills/Principles of Play:**

1. Skills/Skill set
2. Execution with pace
3. 1 on 1 battles
4. Puck management
5. Puck support/transition
6. Being in every battle



## U17 Practice Plans

### Without A Puck (90 Minutes)

#### **Purpose: Defensive Play**

- **Skills/Principles (Prevent Scoring Chances):**
  - Ozone.
  - NZ forecheck.
  - Dzone coverage.
- **Skills:**
  - Gap control, angling.
  - Steering, stick on puck.
  - Sealing, pinning, puck separation.
  - D side positioning.
  - Shot blocking.
  - Spatial defending.
  - Tracking and marking.
  - Transition (defense to offense).
  - Hockey sense: support/timing, anticipation/positioning, play away from the puck, r & r to even/odd situations.
- **Goalies:**
  - Rebound control.

#### **Skills/Principles of Play:**

1. Skill/skill set
2. 1 on 1 battles
3. Angling
4. Tracking
5. Being in every battle
6. Shot blocking
7. 200' game
8. Checking vs defending



## U17 Practice Plans

### Small Area Games (90 Minutes)

#### **Purpose: Shrinking the Ice/Habits/Compete/Control the Outcome**

- **Technical Skills:**
  - Angling.
  - Stick checks/positioning.
- **Tactics:**
  - Instill style of play/opportunity to teach.
  - Compete; battle.
  - Shift length structure.
  - Recognize situational play: create outnumbered situational play, create even strength situational play.
  - Individual 1 vs 1 skills.
  - Play in tight spaces.
  - Transition (D to O and vice versa).
  - Hockey sense: judgement/decision making, anticipation – play development, support timing.
- **Intangibles:**
  - Compete within the rules.
  - Habits.
  - Accountability.
- **Goalies:**
  - Rebound control.

#### **Skills/Principles of Play:**

1. Skill/skill set
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## U17 Practice Plans

### **Morning Game Day Skate / Scoring & Breakaways (45 Minutes)**

#### **Purpose: Goal Scoring**

##### ➤ **Skills:**

- Breakaways/shootouts:
  - Hand position, and blade angle with puck.
  - Reading the goalie, dekes.
- Shooting and Scoring:
  - Pass reception.
  - Loading the puck (behind skates on forehand),
  - Look offs.
  - Shooting off the front foot (closest to stick).

#### **Skills/Principles of Play:**

1. Skill/skill set
2. Execution with pace
3. Puck management



## U17 Practice Plans

### Morning Game Day Skate / Face-offs & Scoring Review (45 Minutes)

#### **Purpose: Special Situations**

➤ **Skills:**

- Faceoffs:
  - Technique.
  - Roles.
- Goal scoring:
  - Review.

#### **Skills/Principles of Play:**

1. Skill/skill set
2. Execution with pace
3. 1 on 1 battles
4. Puck management



## U17 Practice Plans

EVALUATION (U17 2017)		Players					
<b>Evaluation Options</b> 1=Poor 2=Needs Work 3=Good		1 - Poor		2 - Needs Work		3 - Good	
		1	R	2	R	3	R
Skill Set	Description						
<b>Skating</b>	Acceleration / Quick Feet			2			
	Speed					3	
	Mobility / Agility			2			
	Crossovers / Power			2			
	Pivots / Transition	1					
	Acceleration out of turns			2			
	Edges	1					
	Strong on Skates	1					
<b>Passing</b>	Accuracy - Hits the tape			2			
	Hard / flat			2			
	Saucer passes			2			
	1 Touch - Pass without Stickhandle	1					
	Backhand passes	1					
	Good first pass			2			
<b>Receiving</b>	Receiving forehand			2			
	Receiving backhand	1					
	Presents good target	1					
	Looks to be an option / Timing	1					
	Option more than once / Availability	1					
	Picks up bad passes	1					



## U17 Practice Plans

<b>Puckhandling</b>	Head up			2		
	Good hands			2		
	Quickness / Deception	1				
	Puck Protection			2		
	Puck handling in small spaces			2		
	Puck handling in traffic - willing to go there	1				
	Makes good decisions with puck			2		
<b>Shooting</b>	Power				3	
	Accuracy			2		
	Quick release			2		
	Can shoot in motion			2		
	Variety of shots / Shot selection	1				
<b>1 vs. 1 Offensive</b>	Deception / Moves			2		
	Change of pace	1				
	Determination / Threat with speed			2		
	Creativity	1				
	Going to the net / Drive			2		
<b>Checking Skills</b>	Concept of angling / Steering	1				
	Good body position, balance and control			2		
	Defensive side position			2		
	Aggressive checker			2		
	Competes and wins 1 vs 1 battles			2		
<b>1 vs. 1 Defensive</b>	Gap control			2		
	Angling / Use of stick	1				
	Finishing checks			2		
	1 on 1 in small area	1				



## U17 Practice Plans

	1 on 1 in front of the net			2			
	Positioning - Defensive side			2			
	Play at offensive blue line			2			
	Play at defensive blue line	1					
<b>Thinking Skills</b>	Ability to see the play develop (def. and off.) / anticipate			2			
	Moves to support/Timing	1					
	Judgement / Decision-making			2			
	Anticipation / Positioning	1					
	Understand systems / Able to play within a system			2			
	Knows the situation of the game / Reads and reacts			2			
	In the game mentally at all times / Focused			2			