

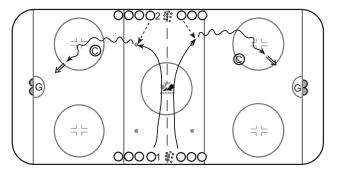
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Hockey Canada Skills Development Program

Bantam Practice Plan 1

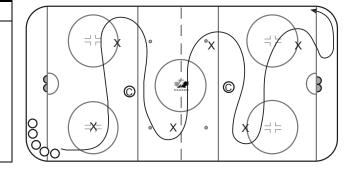
Description 8 Reverse A-B-C-D Drill

- 1. 01 Control skates to centre of ice
- 2. 02 Leads 01 with timing pass
- 01 Accelerates onto the puck, drives around the pylon to shoot
- 4. 01 continues in front of the net to opposite line
- 5. 02 repeats



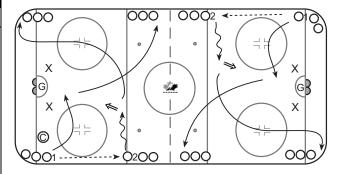
	Description	Key Points
6	Crossover Snake	

- 1. Crossovers around pylons
- 2. Continuous crossovers, no forward striding
- 3. Add pucks, and repeat the pattern



Time	Description
6	Goalie Drill - Telescoping
1.	01 passes to 02
2.	02 drags to the middle, taking a slap shot on goal
વ	01 moves to the net for a rehound

 After the play, 01 and 02 race to opposite lines, alternate sides







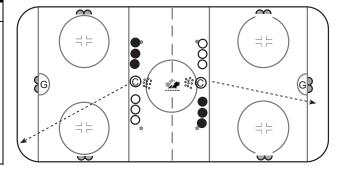
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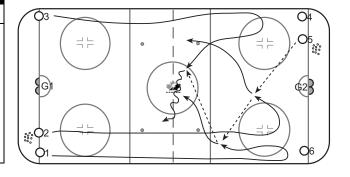
Time DescriptionZone Games

- 1. © spots a puck and calls 2, 3 or 4 players
- 2. Players from each team enter for 45 second game
- 3. © whistles to clear the zone; next group is ready to go

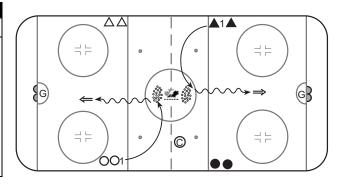


Time Description 8 Hound Back 3 on 0

- I. 01, 02, 03 'hound back' to defensive zone
- 2. 04, 05, 06 pass to 01, 02, or 03
- 3. 01, 02, 03 breakout 3 on 0 with speed and variety
- 4. Variety of team tactics through neutral zone
- 5. Attack G1 using Principles of Attack



Time	Description
8	4 – Corner Place Your Bet
1. 2. 3. 4.	1 vs 0 Scoring team receives a point Non-scoring team skates over Alternate sides for shooting







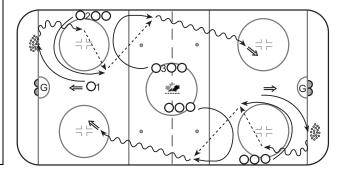
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Bantam Practice Plan 2

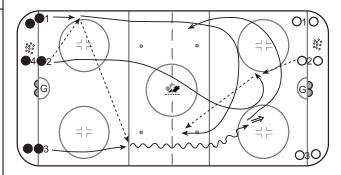
Description Time 8 Swing Drill

- 1. 01 begins the first repetition only, with a shot on goal
- 2. after the shooter releases, retrieve a loose puck from the corner and pass to 02 swinging below the circle
- 02 takes 2 or 3 steps and then passes to 03 who swings 3. from mid ice to the outside lane
- Players advance to the next line



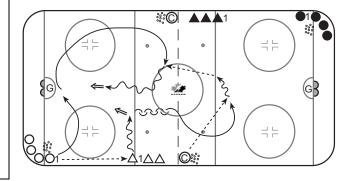
Time	Description
8	3 on 3 / 3 on 1 / 3 on 2

- 1. ●1, ●2, ●3 attack 3 on 0
- 2. After play, ●'s regroup with pass from 02 and go back 3
- After the play, ●'s regroup with pass from ●4 and attack 3 on 2 vs Δ 2 and 3 Δ
- 01, 02 and 03 go next



_	_Description	Key Points
8	1 on 1 Transition Drill	

- 1. Δ1 receives pass from 01
- 2. Drags to middle & shoots
- 3. 01 skates to net for screen or deflection
- 4. © spots a puck in the neutral zone
- 5. $\Delta 1$ retrieves loose puck, passes to 01 for shot on goal
- 6. Alternate sides at start, then both sides together
 7. Add a 2nd ∆ to play 1 on 1 low & 1 on 1 attack







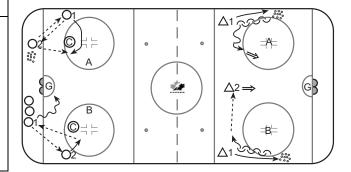
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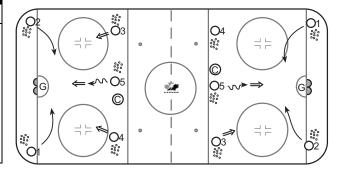
DescriptionPowerplay Skills Stations

- 1. 02 give and go with 01,
- 2. 02 passes to 01, attack net
- 3. ●2 executes give and go with ●1, ●2 passes to ●1 for low forward walk-out
- 4. Δ1 drags puck to middle and shoots
- 5. ▲1 retrieves puck, passes to ▲2, shoots on net



Time	Description
7	Goalie Drill – 5 shots
	01 & 02 execute low walk-outs 03 & 04 take slap shots

- 3. 05 executes in tight breakaway
- 4. Keep rotating positions



Time	Description
6	2 on 2 Showdown Relay

- 1. Forms two teams and have team members pair up
- On the whistle, the first pair in each team touch passes and skates around the far net attacking the net closest to their team
- 2. The pair continues until they score, while the goaltender has the option of shooting the puck away
- 3. After a goal the puck is passé to the next pair

