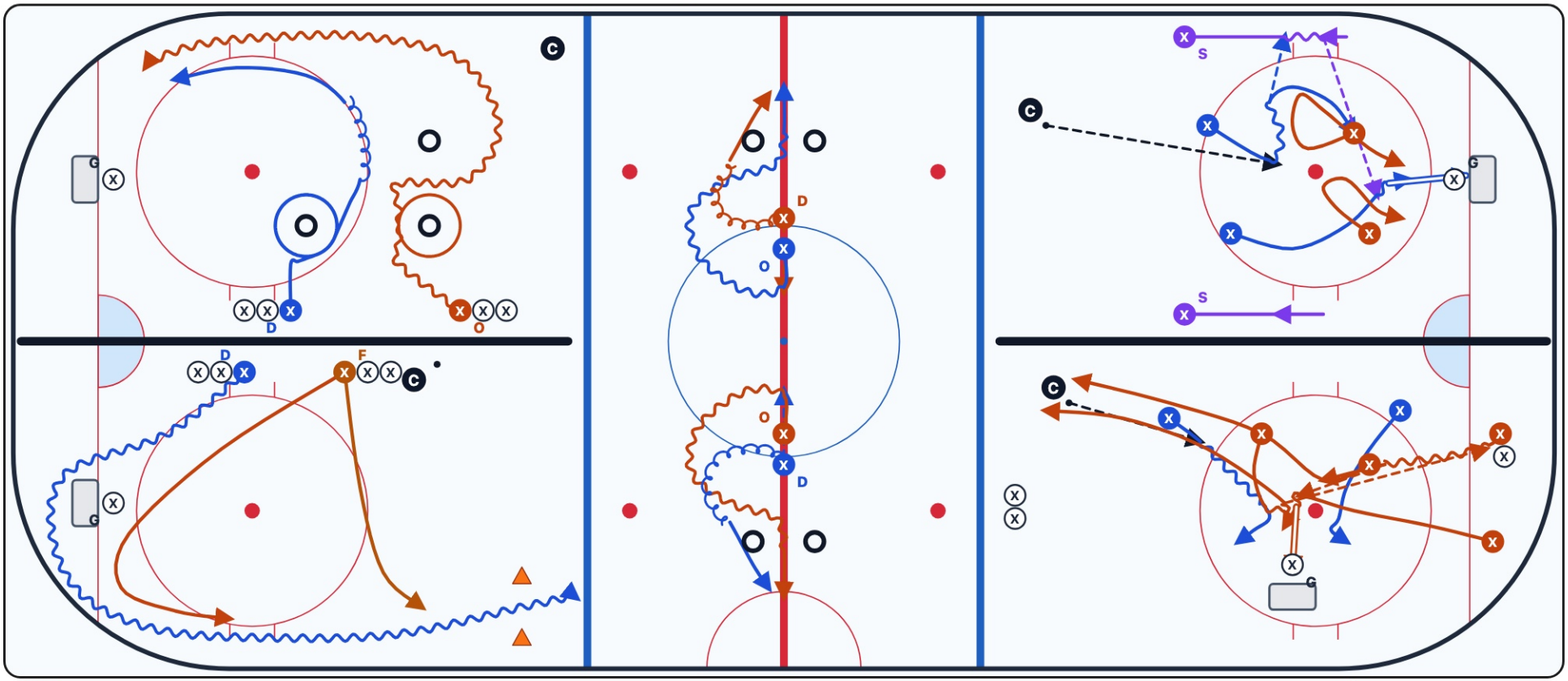
Full Practice Plan: 60 Minutes, 5 Sections

10U · 60-minute practice

1 Transition skate angling

2 Guard the gate

3 Pit support



5 Forecheck vs. breakout

4 Nobles 2 on 2

Key

- Skaters. The colored one goes first and skates that color's route.
- Coach
- Cone
- Tire
- Barrier
- Puck
- Net
- Skating with the puck
- Skating route
- Skating backward
- Pass
- Shot

You need

- 4 nets
- 7 tires
- 2 dividers
- 2 cones
- a bucket of pucks

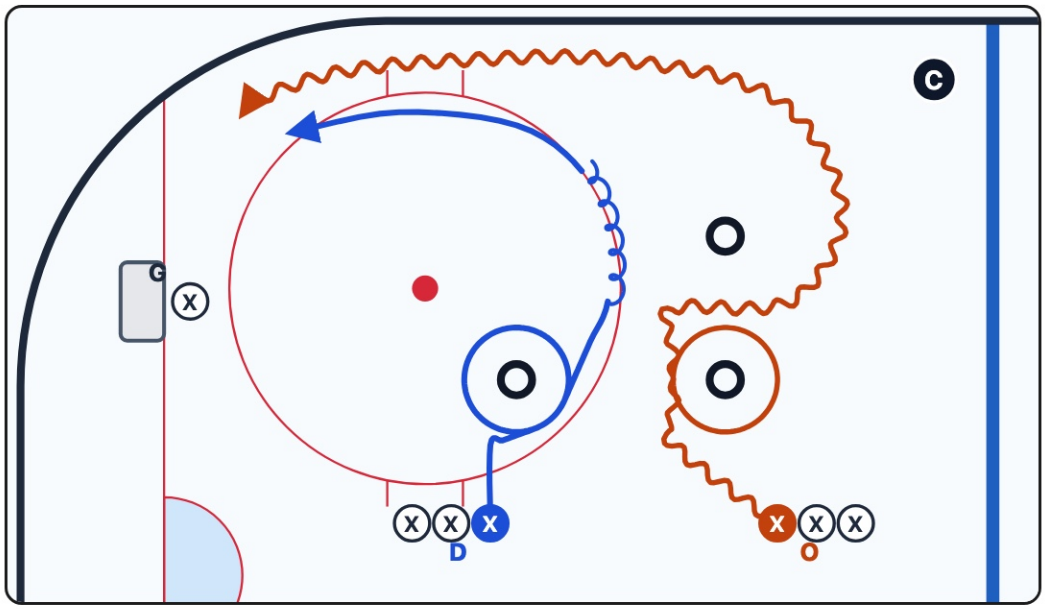
How it runs

- Warm-up, 10 minutes: your team's usual warm-up.
- Five sections, numbered from the top left of the rink, clockwise, 8 minutes each with groups rotating: 1 transition skate angling, 2 guard the gate (neutral zone), 3 pit support, 4 Nobles 2 on 2, 5 forecheck vs. breakout.
- Finish with 10 minutes of breakout or forecheck, 3 on 3 in each end zone, with the coach sending pucks in from center ice.

Station 1 · Defense drill

Transition Skate Angling: Match Speed, Steer Them Wide

10U | 8 min station | Half of one end zone



Skaters. The colored one goes first and skates that color's route.
Coach
Tire
Net
Skating with the puck
Skating route
Skating backward

You need

- 3 tires
- 1 net
- pucks

Set up

1. Use half of an end zone. Put a net on the goal line in front of the faceoff circle.
2. Place one tire in the faceoff circle for the defender. Stack two tires about 10 feet apart, out toward the blue line, as a gate for the attacker.
3. Attackers line up with pucks below the gate. Defenders line up below the single tire.

How it runs

1. On the whistle, both go.
2. The attacker skates all the way around the low gate tire, comes out on the net side, and cuts through the gate.
3. The defender circles the single tire, then turns backward to match the attacker's speed and keep the gap.
4. The attacker tries to get to the net. The defender takes away the middle and angles them to the boards.

Coach it

- Defense, turn backward early so you never have to chase.
- Match their speed. Keep about a stick length of gap.
- Stay inside, between the puck and the net.
- Steer them wide with your angle and your stick, then finish on the boards.

Watch for

The defender turns backward too late and has to chase from behind.
Fix: Circle the tire hard and transition as soon as the attacker comes through the gate.

The defender lunges at the puck and gets beaten to the middle.
Fix: Stick on the ice, take away the middle first, then close.

The attacker cuts the tire short.
Fix: Go all the way around and come out on the net side, every rep.

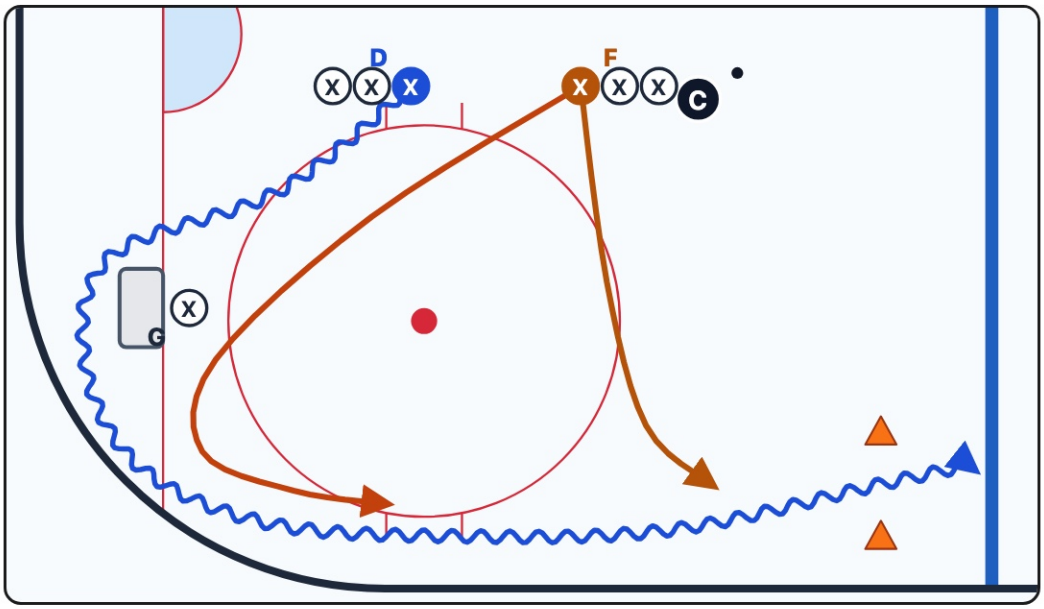
Make it harder

- Let the defender circle the tire more than once, so they have to make up more ground.
- Start the attacker a step earlier.
- Add a second attacker for a 2 on 1.

Station 5 · Team play drill

Forecheck vs. Breakout: Escape the Pressure

10U | 8 min station | Half of one end zone



- Skaters. The colored one goes first and skates that color's route.
- Coach
- Cone
- Puck
- Net
- Skating route
- Skating with the puck

You need

- 2 cones
- 1 net
- pucks

Set up

1. Use half of an end zone. Put a net on the goal line in front of the faceoff circle.
2. Set two cones about 8 feet apart along the boards near the blue line. That's the breakout gate.
3. Defenders line up near the top of the circle. Forecheckers line up along the divider, beside the coach.

How it runs

1. The defender starts at the top of the circle with a puck and skates it behind the net.
2. The coach sends the first forechecker as the defender heads behind the net, and the second one a moment later.
3. The defender comes out the far side and tries to carry the puck up the boards and out through the cones.
4. The forecheckers try to take the puck away and score two on one.
5. Rotate so every player plays both spots.

Coach it

- Defense, keep your feet moving and protect the puck with your body.
- Look over your shoulder before you come out from behind the net.
- Forecheckers, take away the boards with your angle. Stick on the puck, body on the body.
- Second forechecker, read the first one. Go where the puck is going, not where it is.

Watch for

The defender stops behind the net and gets trapped.
Fix: Keep moving. Speed is your best escape.

Both forecheckers chase the same spot.
Fix: First one pressures, second one cuts off the boards.

The forechecker skates straight at the puck and gets beaten.
Fix: Take an angle that pushes the defender into the boards.

Make it harder

- Send the forecheckers closer together, or sooner.
- Let the defender pass to a coach at the blue line instead of carrying through the cones.
- Give the defender a teammate to make it 2 on 2.