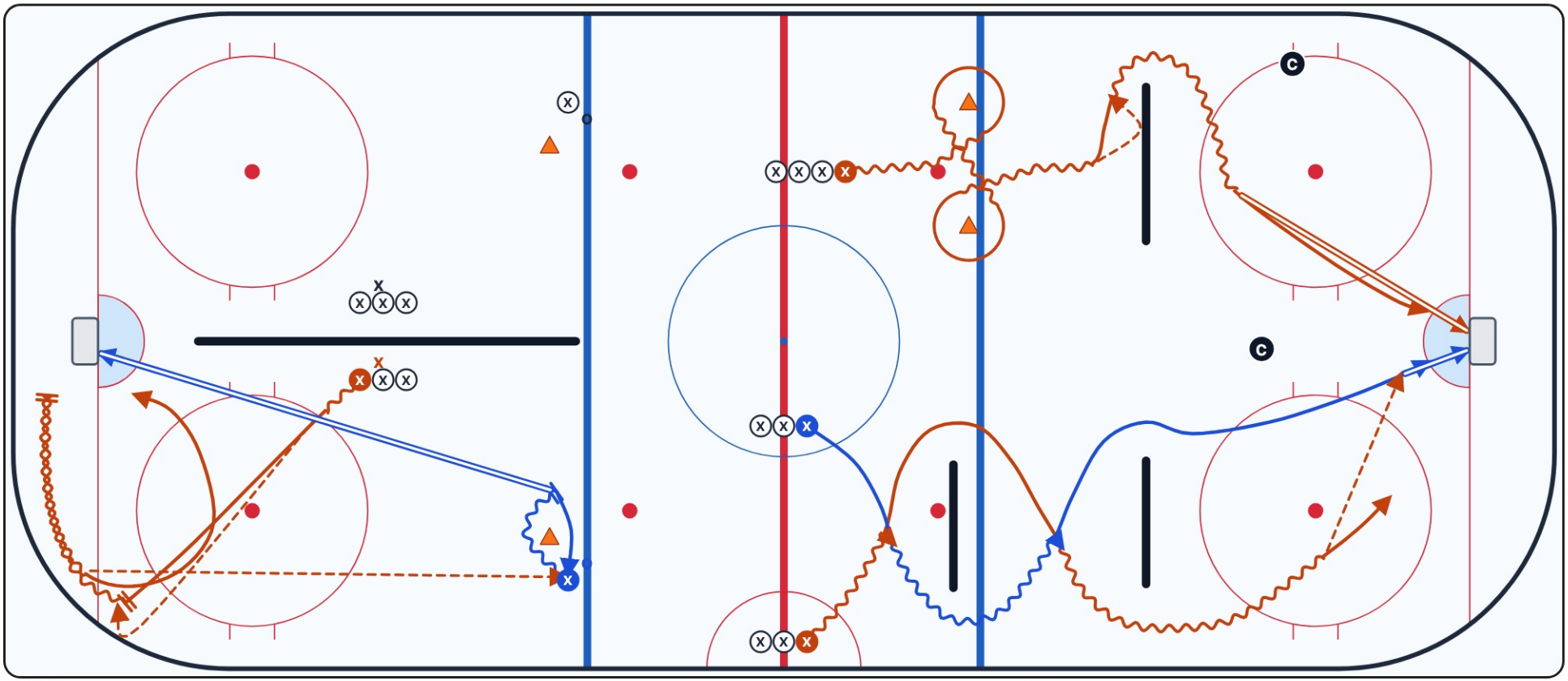
Full Practice Plan: 60 Minutes, Full Ice

14U | 60-minute practice

1 Blue line reps

2 Underhanding



4 Blue line reps (same as 1)

3 Bumper scissor

Key

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

You need

- 4 nets
- 4 barriers
- 4 cones
- a bucket of pucks

How it runs

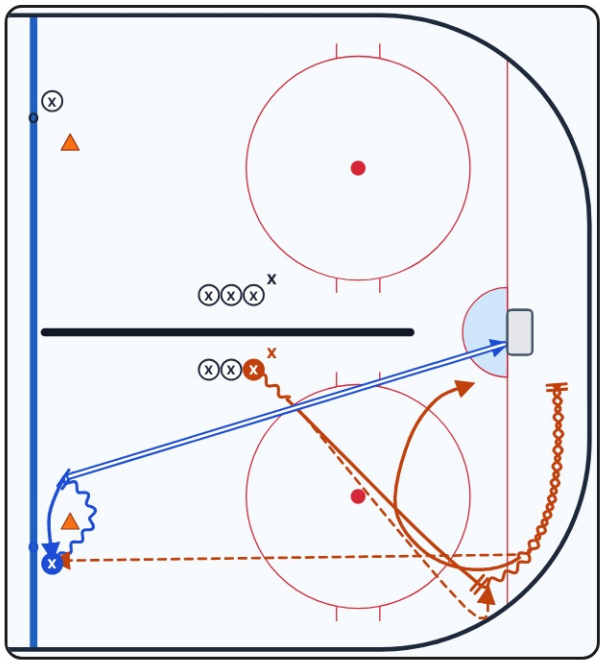
- Warm-up: 5 minutes of free play, then 9 minutes of 3 on 3 below the hash marks with the nets facing the corners.
- Four sections, numbered from the top left of the rink, clockwise: 1 and 4 blue line reps (10 min, the same drill in each half of one end), 2 underhanding (8 min), 3 bumper scissor (8 min). Then 10 minutes of corner battles, 1 on 1 and 2 on 1.
- Finish with 10 minutes of 3 on 3: defend the net front.

Stations 1 and 4 · Team play drill

Blue Line Retrieval: Chip, Escape, Point Shot

14U | 10 min station | One end zone, split in half

Section 4 runs this same drill in the other half of the end.



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

You need

- 1 barrier
- 1 net
- 2 cones
- a bucket of pucks

Make it harder

- Flip the roles. The point player chips the puck in and retrieves, and the forward takes the point shot.
- The point player fakes the shot, pulls around the cone the other way, then shoots.
- Add a second point player for a pass across the blue line before the shot.
- Add a goalie.

Set up

1. Split one end zone into two side-by-side halves with a barrier from the blue line to just above the crease.
2. Both halves share the net. In each half, put a line of forwards near the middle, level with the top of the circle, with the pucks, and one player at the blue line by the boards.
3. Set a cone just in front of each point player. A stick laid on the ice works too.

How it runs

1. The forward chips the puck into the corner and chases it, checking over the shoulder.
2. Pick it up, carry it behind the net, then turn back toward the corner to escape.
3. Pass to the point player at the blue line.
4. The point player pulls the puck around the cone and shoots.
5. The forward heads to the net front to screen and look for a tip.
6. The other half goes next. Switch roles every few turns.

Coach it

- Check over your shoulder before you reach the puck.
- Escape with a tight turn behind the net, not a wide loop.
- Point player, keep the shot low so it can be tipped.
- Forward, get to the net front with your stick on the ice.

Watch for

The forward skates straight at the puck without looking.
Fix: Shoulder check twice on the way in, so you know where the pressure is.

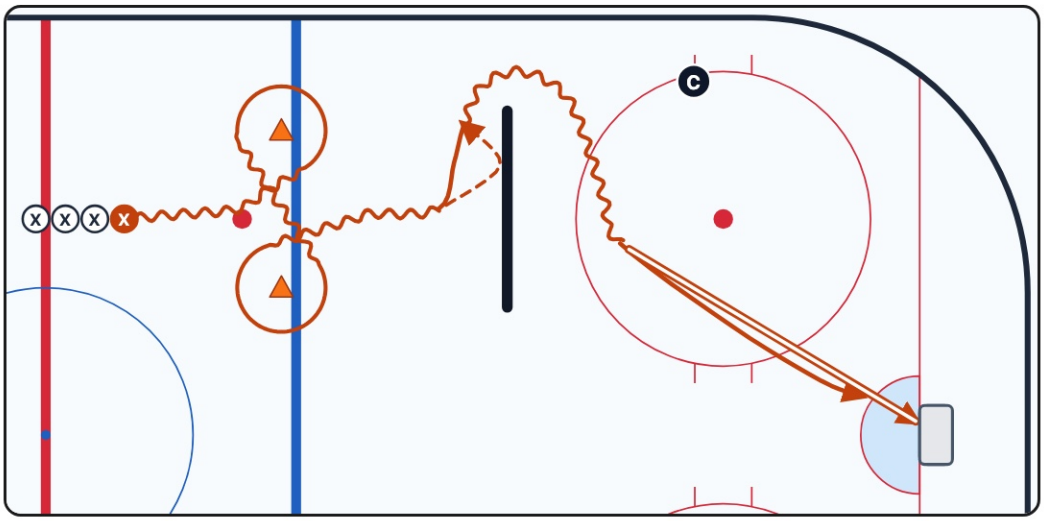
A big, slow turn behind the net.
Fix: Stop and turn back sharply. Keep the puck on the side away from the checker.

The point shot goes high and wide.
Fix: Shoot for the pads so the screen or a tip can do the rest.

Station 2 · Puck handling drill

Underhandling: Figure 8, Bank It, Quick Release

14U | 8 min station | Half of the ice, red line to the net



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

You need

- 2 cones
- 1 barrier
- 1 net
- a bucket of pucks

Set up

1. Use one half of the ice, from the red line to the net.
2. Set two cones along the blue line, about 15 feet apart.
3. Stand a barrier upright just above the top of the faceoff circle. Two tires behind it hold it up.
4. The line starts near the red line, with the pucks.

How it runs

1. Carry the puck in a figure 8 around the two cones. Keep it on your forehand on the turn toward your stick side, and let it move to your backhand on the turn away from it.
2. Pass the puck into the barrier and pick up the rebound on your forehand.
3. Pull the puck around the end of the barrier and shoot right away.
4. Follow your shot to the net for a rebound.

Coach it

- Keep the puck close on both turns. Forehand on the turn to your stick side, backhand on the other.
- Hands away from the body, so the puck has room.
- Bank it firmly, so it comes back where you want it.
- Shoot off the curl, with no extra stickhandles.

Watch for

The puck slides away on the backhand turn.
Fix: Cup it with the backhand, keep it close to your feet, and move it back to the forehand coming out of the turn.

A soft bank pass that dies against the barrier.
Fix: Pass it firmly, at an angle, so it comes back into your path.

Stopping to look at the shot.
Fix: Keep your feet moving and follow it to the net.

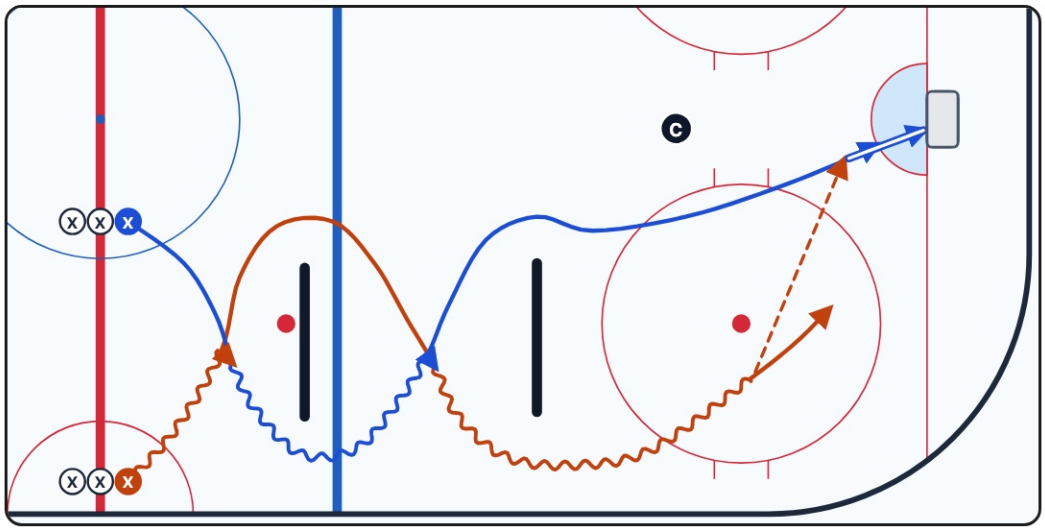
Make it harder

- Skate a Russian figure 8, facing the net the whole time.
- Skate the figure 8 the other way, so each turn switches sides.
- Add a goalie.

Station 3 · Puck handling drill

Bumper Scissor: Cross, Swap, Finish

14U | 8 min station | Half of the ice, red line to the net



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

You need

- 2 barriers
- 1 net
- a bucket of pucks

Set up

1. Stand two barriers upright in one half of the ice, one just outside the blue line and one just above the top of the faceoff circle.
2. One line waits at the boards near the red line, with the pucks.
3. The other line waits at the edge of the center circle, on the same side.

How it runs

1. The carrier skates toward the first barrier while the partner cuts across in front of it.
2. Where they cross, the carrier leaves the puck. The partner picks it up and goes around the boards side of the barrier while the carrier goes around the middle side.
3. They cross again between the barriers, and the puck goes back to the first player.
4. The first player carries around the boards side of the second barrier and feeds the partner driving the net for a tip.
5. Switch lines each time through.

Coach it

- The carrier always crosses first and leaves the puck flat, right in the partner's path.
- Swap the puck away from the barrier, not right beside it.
- Keep your feet moving through every cross. Don't coast.
- Partner, drive the net with your stick on the ice.

Watch for

The carrier passes the puck instead of leaving it.
Fix: Just stop the puck and keep skating. The partner skates onto it.

Both players reach the cross at the same time and collide.
Fix: The carrier goes first. The partner times the cut to come in right behind.

The partner stops at the net and waits.
Fix: Keep driving through the crease with the stick on the ice.

Make it harder

- Let the carrier fake the swap and keep the puck.
- Shoot after the second barrier instead of passing.
- Add a goalie.