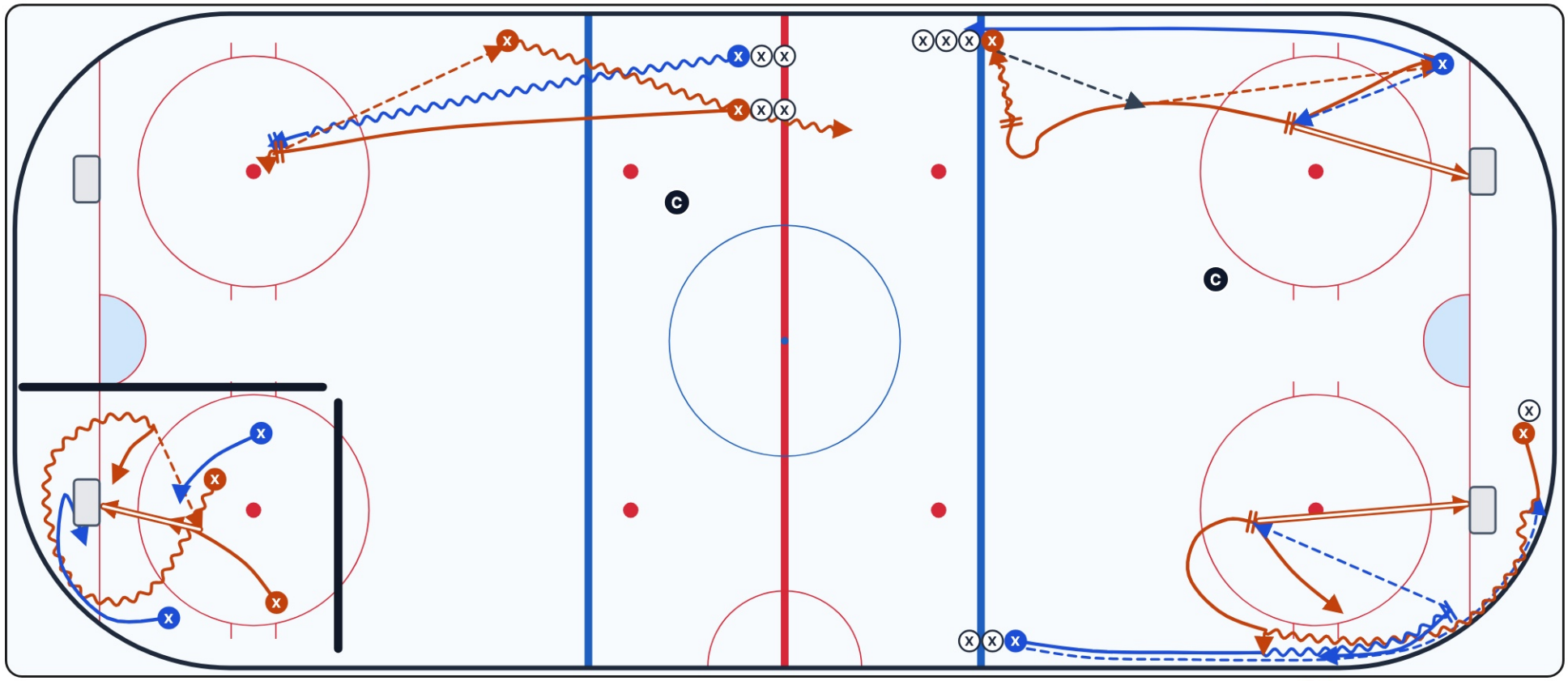
Full Practice Plan: 60 Minutes, 4 Sections

14U · 60-minute practice



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
- 10 barriers
- 4 cones
- a bucket of pucks

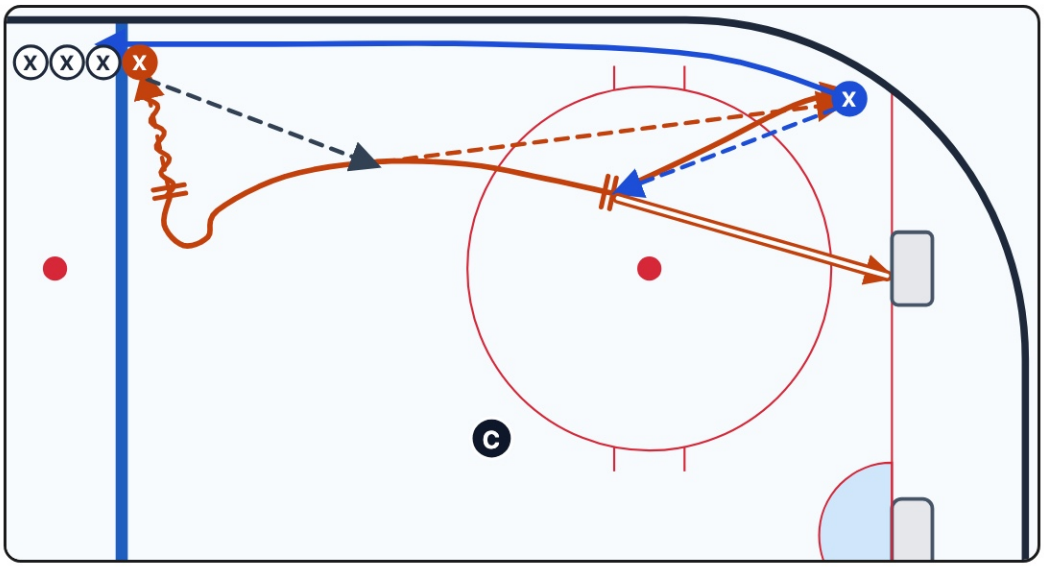
How it runs

- Warm-up: 6 minutes of free play, then 10 minutes of the third-player high game (3 on 3 in one end, nets on the side boards, the third attacker stays on their side of the halfway line).
- Four sections, numbered from the top left of the rink, clockwise, 8 minutes each with groups rotating: 1 the 1 on 1 backcheck game, 2 Czech agility shooting, 3 high roll shooting, 4 2 on 2, clear below the goal line.
- Finish with 10 minutes of big box 3 on 3, one game in each end zone with the nets on the side boards and a box of barriers in the middle.

Station 2 · Shooting drill

Czech Agility Shooting: Pivot, Give-and-Go, Fire

14U | 8 min station | Half of one end zone



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

You need

- 1 net
- a bucket of pucks

Set up

1. Use the top half of one end zone, with a net on the goal line.
2. Make a line at the blue line, near the boards. The line has the pucks.
3. Put one player in the corner, near the goal line.

How it runs

1. The first player pulls the puck across the blue line and drops it back to the next player in line.
2. Pivot to the outside, then take the pass back while skating into the zone.
3. Pass to the corner player for a quick give-and-go.
4. One-time the return pass on net.
5. Rotate. The shooter goes to the corner, the corner player goes to the line, and the passer goes next.

Coach it

- Keep the feet moving through the pivot. Don't glide.
- Show a target with the stick on every pass.
- Load the stick early, so the one-timer goes the moment the puck arrives.
- Corner player, return the pass quickly and right to the tape.

Watch for

Gliding through the pivot.
Fix: Quick turn, then explode out of it.

Stopping the return pass instead of one-timing it.
Fix: Stick back early, then shoot it as it arrives.

Passing behind the moving player.
Fix: Lead them. Put the puck where they're going.

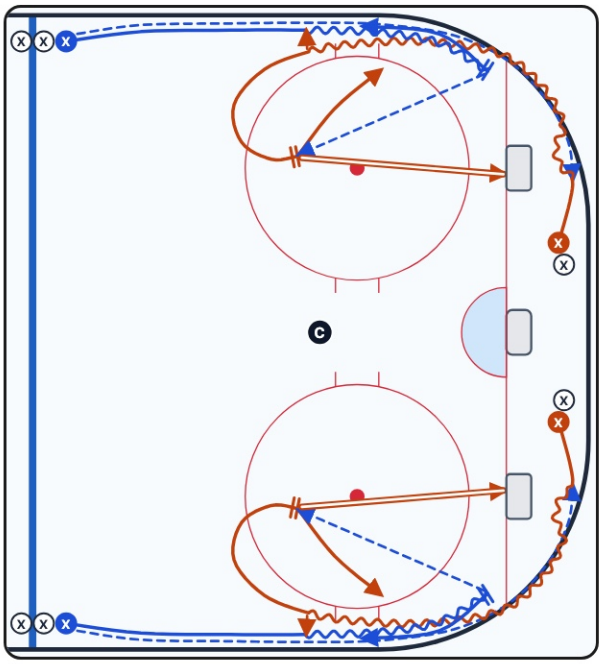
Make it harder

- Make every pass one touch.
- Add a goalie.
- Run it from both halves at once, with a net in each half.

Station 3 · Shooting drill

High Roll Shooting: Rim, Exchange, Fire

14U | 8 min station | One end zone



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

You need

- 2 nets
- a bucket of pucks

Make it harder

- Shoot it as a one-timer.
- Add a coach in the slot as a passive defender.
- The defense shoots from the point after the exchange, with the forward screening.

Set up

1. Use one end zone and run it in both halves at once. Put a net on the goal line in front of each faceoff circle.
2. Defense line at the blue line, by the boards, with the pucks.
3. Forward line beside the end boards, near the middle.

How it runs

1. The defense rims the puck around the boards to the forward behind the net.
2. The forward picks it off the wall, protects it, and carries it up the boards.
3. The defense slides down the wall. The forward stays on the inside and exchanges the puck to them.
4. The defense carries it to the goal line while the forward rolls into the high slot.
5. The defense passes to the forward for a shot. Players switch between forward and defense.

Coach it

- Forward, stop the rim with the stick on the wall and protect it right away.
- Make the exchange short and soft, with the forward on the inside.
- Forward, roll to the high slot with your stick ready to shoot.
- Defense, look before you pass. Hit the stick, not the skates.

Watch for

The forward drifts to the boards on the exchange.
Fix: Stay inside, so the defense has the wall.

The defense passes from too far up the wall.
Fix: Carry it to the goal line first, then pass.

The forward stops in the slot and waits.
Fix: Keep the feet moving and time the arrival.