

60-Minute Hockey Practice Plan

Station-based · three zones running at once · everybody moving

My-Team Sports
my-teamsports.com

Team _____ Date _____ Ice time _____

THE HOUR · one coaching point per block, not four

TIME	BLOCK	DRILL	THE ONE COACHING POINT
0:00 – 0:05	Free skate + edges		Players on as they hit the ice
0:05 – 0:15	Full-ice warmup		Puck on sticks early — not laps
0:15 – 0:25	Station 1		Rotate on the whistle
0:25 – 0:35	Station 2		Rotate on the whistle
0:35 – 0:45	Station 3		Rotate on the whistle
0:45 – 0:55	Small-area game		Cut a station before you cut this
0:55 – 1:00	Cool-down + talk		While they can still hear you

THE THREE STATIONS · one coach per zone

ZONE 1	ZONE 2	ZONE 3
drill / groups / equipment	drill / groups / equipment	drill / groups / equipment

SMALL-AREA GAME

format · constraint (two-touch, no offside) · how you keep score



scan to start

Tired of rewriting this every week?

Put your roster, schedule and lineups on your team's own site — always current, shared with one link.
Free 30-day trial · \$15 a season for the whole team · Parents never pay, never install an app.

my-teamsports.com

Plan the whole slot — five minutes lost at the start is five stolen from the end.