

# Youth Hockey Practice Planning Checklist

Next Shift Hockey - Coach Better. Build Better Players. Love Every Shift.

Use this checklist before every ice slot. The goal is simple: make sure the practice has a purpose, players stay active, and every drill supports the next shift.

## 1. Practice Purpose

- I can explain the main objective of practice in one sentence.
- The objective fits the age group and level of my team.
- Every station or drill connects to the practice theme.
- I know what I want players to understand by the end of the session.

## 2. Ice Plan and Flow

- The practice is broken into clear time blocks.
- Players will not stand in long lines.
- Transitions between stations are planned.
- Assistant coaches know where they should be and what they are teaching.
- Goalies are included with purpose, not treated as shooting targets.

## 3. Player Movement

- More players are moving than waiting during each drill.
- There are enough pucks, cones, and nets ready before practice starts.
- Small groups or stations are used when possible.
- Warmup includes skating, puck touches, and confidence-building movement.

## 4. Teaching Points

- Each drill has one clear teaching point.
- I can demonstrate the drill quickly.
- I will correct one thing at a time.
- I have short phrases ready for the bench or station: keep your feet moving, support the puck, scan before you receive, next shift.

# Youth Hockey Practice Planning Checklist

Next Shift Hockey - Practice Reflection

## 5. Competition and Fun

- The practice includes at least one small-area game or compete activity.
- The competitive activity reinforces the practice theme.
- Players will have chances to make decisions, not just follow patterns.
- The practice includes energy, challenge, and fun.

## 6. Confidence and Culture

- I know which players may need encouragement today.
- I will praise effort, response, coachability, and teammate behavior.
- Mistakes will be treated as learning moments.
- The final message will send players off with clarity and confidence.

## 7. After Practice Reflection

- What worked well?
- Where did players struggle?
- Which drill should be repeated, changed, or removed?
- What should be the theme of the next practice?
- Which player needs a follow-up encouragement or teaching point?

## Quick Practice Planner

<b>Practice Date:</b>	
<b>Age Group:</b>	
<b>Main Theme:</b>	
<b>Warmup:</b>	
<b>Station 1:</b>	
<b>Station 2:</b>	
<b>Station 3:</b>	
<b>Small-Area Game:</b>	
<b>Closing Message:</b>	
<b>Next Practice Theme:</b>	