

# **SEASON PRACTICE PLANNER**

*September – February Development System*

**For: 8U • 10U • 12U • 14U • 16U • 18U**

**By Scoring Concepts Hockey**



## **How to Use This Planner**

- Follow the monthly focus for your age group
- Plug in practices from your Practice Plan Packs
- Utilize drills from the Scoring Concepts Youtube Channel or Substack
- Keep practices fast-paced and competitive
- Focus on habits over perfection
- Make practices fun, keep things fresh, start fast, and finish on a high note.

**“A good coach can change a game. A great coach can change a life.” – John Wooden**

## The Scoring Concepts System

This planner is built on:

- Skill progression
- Game application
- Competitive habits

Use this with:

👉 Practice Plan Pack Vol. 1–3

- Drills accessible on Scoring Concepts YouTube Channel, The Coaches Site & Scoring Concepts Substack
- Drills and Templates also available in The Hockey Planner book by Andrew Trimble - [The Hockey Planner: A Year by Year Plan to Assist You on Your Hockey Coaching Journey: From Learn to Play to Junior Hockey: Trimble, Andrew: 9781963743395: Amazon.com: Books](#)
- Ideas and Concepts Available in the Book “Why Dont Hockey Players Develop” By Andrew Trimble- [Amazon.com: Why Hockey Players Don't Develop: The Hidden Traps That Ruin Youth Hockey Careers—and What Actually Works eBook : Trimble, Andrew: Kindle Store](#)

👉 Each age group starts on a NEW PAGE

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## **8U — FOUNDATION STAGE**

**Focus: FUN • SKILL • CONFIDENCE**

### **September**

- Skating balance + edges
- Puck touches
- Fun games

### **October**

- Skating + stopping
- Basic puck control
- Passing intro

### **November**

- Turning with puck
- Shooting basics
- 1v1 awareness

### **December**

- Head up skating
- Passing while moving
- Small games

### **January**

- Combine skills
- Awareness
- Compete

### **February**

- Creativity
- Confidence
- Finish your season off with a Fun Night of Competition, Challenges and Games.

## 10U (SKILL DEVELOPMENT STAGE)

### Focus: CONTROL + INTRO TO DECISIONS

#### September

- Edgework with puck
  - Basic passing
  - Shooting fundamentals
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#### October

- Puck protection basics
  - Passing under light pressure
  - Introduce small area games
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#### November

- 1v1 + 2v1 concepts
  - Shooting in stride
  - Awareness (look before pass)
- 

#### December

- Quick decisions with puck
  - Support play basics
  - Continue compete games
- 

#### January

- Combine skills under pressure
  - Small area game focus
  - Transition awareness
- 

#### February

- Creativity with puck
- Confidence in game play
- Compete + fun

## 12U (TRANSITION STAGE)

### Focus: SKILL → GAME APPLICATION

#### September

- Skating efficiency
  - Puck control at speed
  - Passing + receiving clean
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#### October

- Puck protection under pressure
  - Shooting off pass
  - Small area compete
- 

#### November

- 2v1 / 3v2 concepts
  - Offensive positioning
  - Net drives
- 

#### December

- Defensive positioning basics
  - Backchecking habits
  - Transition play
- 

#### January

- Faster decisions
  - Game-like scenarios
  - Continue compete
- 

#### February

- Confidence executing plays
- Situational awareness
- Finish the season with competition, playoff intensity, and a high level of engagement.

## 14U (GAME UNDERSTANDING STAGE)

### Focus: DECISION MAKING + STRUCTURE

#### September

- Pace + execution
  - Passing under pressure
  - Shooting habits
- 

#### October

- Breakout basics
  - Puck support positioning
  - Small area games
- 

#### November

- Neutral zone play
  - Zone entries (wide + middle)
  - Transition speed
- 

#### December

- Defensive zone coverage
  - Stick positioning
  - Compete drills
- 

#### January

- Special teams intro
  - Game situation awareness- PP, PK, and end of game situations.
  - Quick transitions to breakdown opposing teams forecheck
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#### February

- Execute under pressure
- Smart puck decisions
- High compete habits. Ownership over Habits. Playoff Readiness.

## 16U (ADVANCED DEVELOPMENT STAGE)

### Focus: SPEED + EXECUTION + SYSTEMS

#### September

- High tempo practices
  - Skill execution at speed
  - Puck movement
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#### October

- Breakouts under pressure
  - Forechecking basics
  - Small area compete. Winning puck battles in tight spaces.
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#### November

- Neutral zone structure
  - Quick transitions
  - Decision making
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#### December

- Defensive zone coverage
  - Neutral Zone and Offensive Zone Forechecking in deeper detail.
  - Physical play awareness
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#### January

- Special teams (PP/PK)
  - Game scenarios
  - Compete intensity
- 

#### February

- Execution under pressure
- Playoff-style intensity
- Consistency

## 18U (HIGH PERFORMANCE STAGE)

### Focus: GAME EXECUTION + DETAILS

#### September

- Pace + conditioning
  - Skill under pressure
  - Fast puck movement
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#### October

- Breakouts + forecheck pressure
  - Support structure
  - Set Faceoff Plays
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#### November

- Neutral zone execution
  - Entries + counters
  - Compete details
- 

#### December

- Defensive structure
  - Net-front battles
  - Special teams
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#### January

- Game situations (late game)
  - Quick adjustments
  - High compete
- 

#### February

- Playoff preparation
- Execution + discipline
- Mental focus, Coachability and Jr or College Hockey readiness.

## **BONUS PAGE**

### **Coaching Keys for Every Level**

- Keep drills short and fast<sup>1</sup>
- Maximize reps
- Teach through play, not standing
- Compete every day
- Build habits, not just drills

**“The best coaches don’t just teach skills; they build character.” – Pat Summitt**