



Blue

Practice Plan

Date: 18-09-14

Time: 16:15-17:30

Venue: Stu Peppard

Lines:

Tying up sticks in the slot. Cover one player

Hinging. Angling. Stick on stick.

Wally Kozak runs Dzone play section

Choose captains before practice

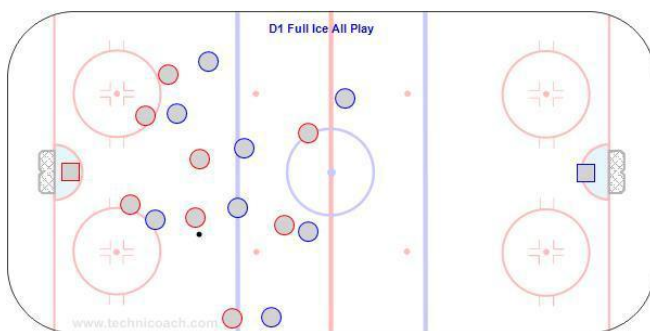
Each player name 4 who they think would be

Notes:

Each. Maintain the defensive side.

Goalie coach work with one tenders at one end while dzone is at the other.

Good captains.



8'

D1 Full Ice All Play – Two Puck Game

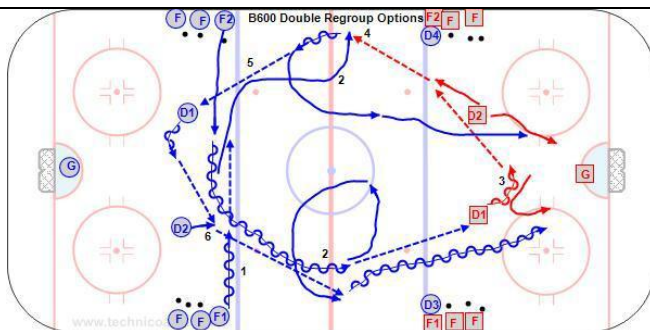
Key Points:

Everyone plays shinny style.

Description:

1. All play at the same time.
2. Use two pucks and throw another on the ice when one is scored. Leave the pucks in the net. Count pucks when all three are scored.
3. When the goalie freezes the puck the attackers back up behind the hash marks.

4. Only one shot at a time. If the goalie isn't watching then a goal doesn't count.



10'

B600 Double Regroup Options

Key Points:

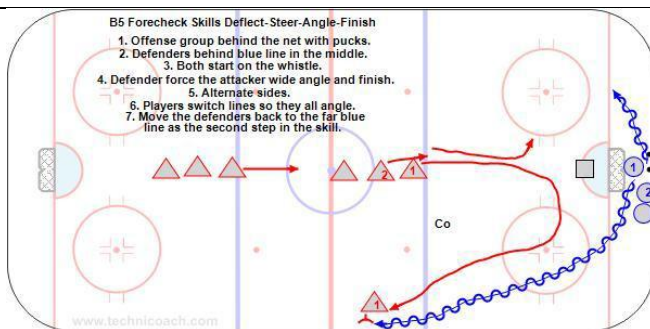
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



8'

B5 Forecheck Skills Deflect-Steer-Angle-Finish

Key Points:

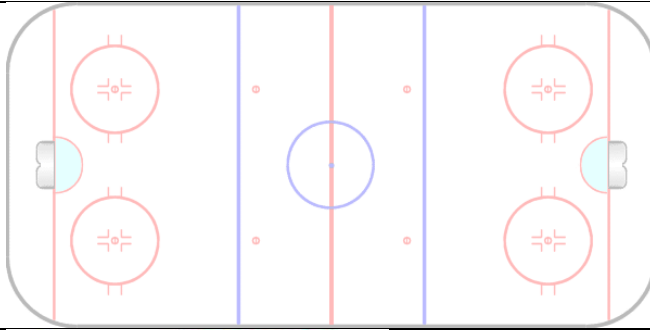
Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step

in the skill.

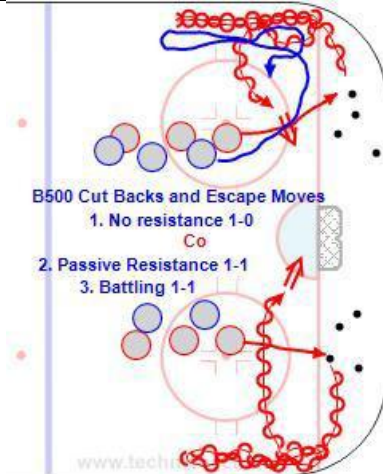
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>



8'

B500 Defensive Drill to Keep the Stick on the Puck – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190606500>



7'

B500 Cut Backs and Escape Moves

Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

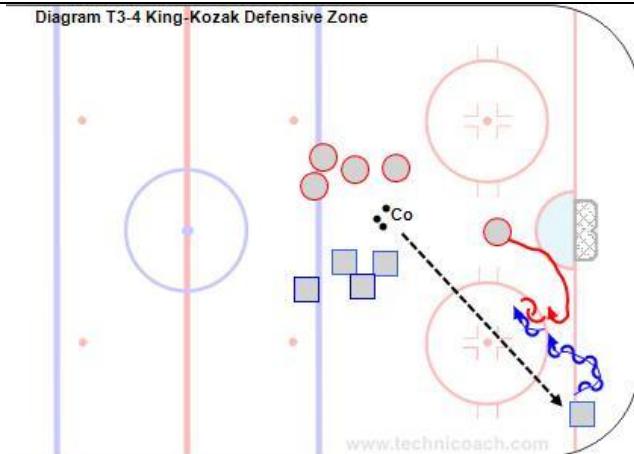
Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011041612155482>

Diagram T3-4 King-Kozak Defensive Zone



20 min.

T3-4 King/Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

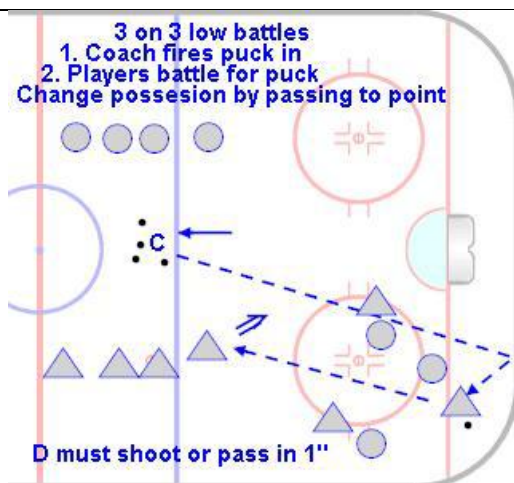
Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.

7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

*Option is to have uneven situations and add attackers and defenders as you go.

*To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.



10'

DT400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.

5. If the puck is shot out of the zone the coach passes to the non offending joker.

6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090726102317243>

*We added the rule that if anyone turned their back on the puck or lost D side all had to do 1 push up and the offender 5. The offending player had to do these without being told.

9'

DT400 Perry Pearn Game Rotation

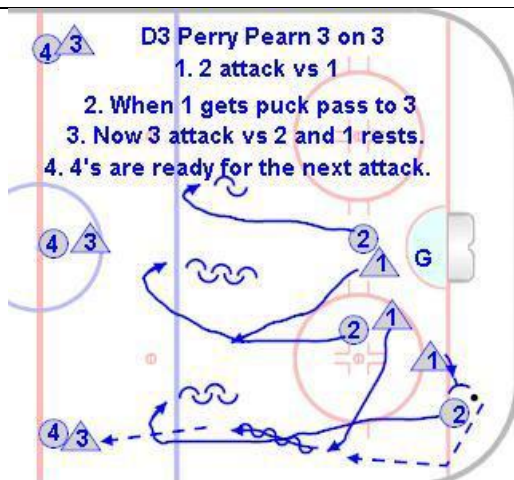
Key Points:

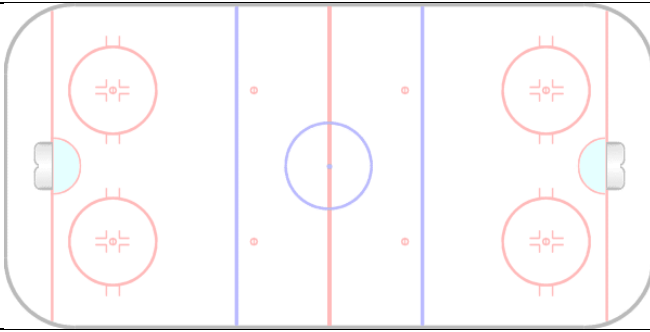
This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102318992>





1' summary

Pick captains.