



Chaos

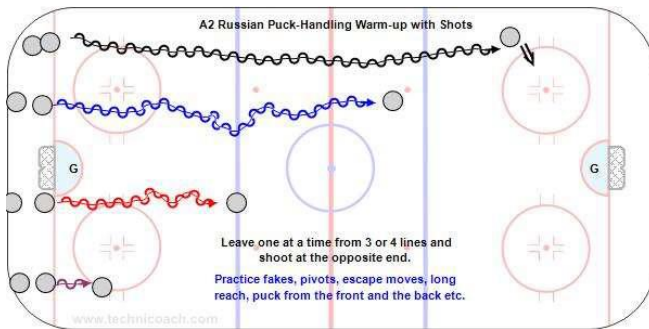
Practice Plan

Date: 28-07-13

Time: 13:45-15:15

Venue: Crowfoot

Lines:	Notes:
Warm up, passing and shooting, 1-1, 2-1, 2-2	3-2, 3-3.
2-2, 3-3, 4-4, 5-5 in defensive zone.	Transition
Goal is to see how the player performs under	Game conditions.



10 min.

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

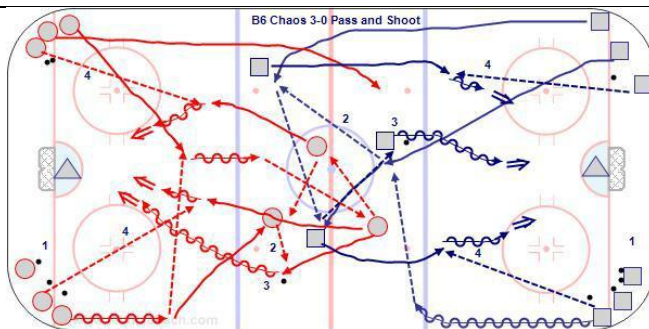
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

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10 min.

B6 Chaos 3-0 Pass and Shoot

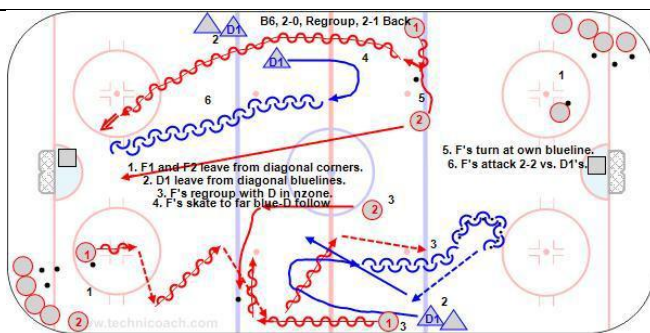
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in the zone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot a few seconds apart.

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10 min.

We will do 1-0 regroup to 1-1 and then 2-0 to 2-1

B6, 2-0, Regroup, 2-1 Back

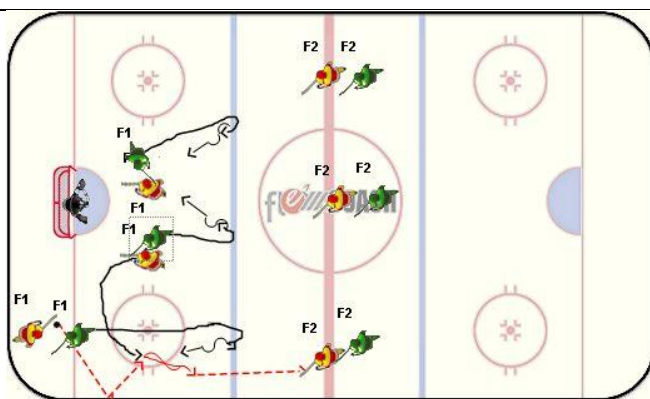
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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20 minutes 3 on 3 Tournament with Perry Pearn Rotation. One game at each end.

DT400 3-3 Perry Pearn Game Rotation

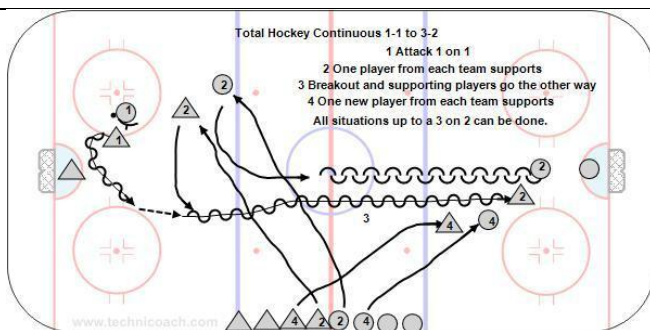
Key Points:

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).

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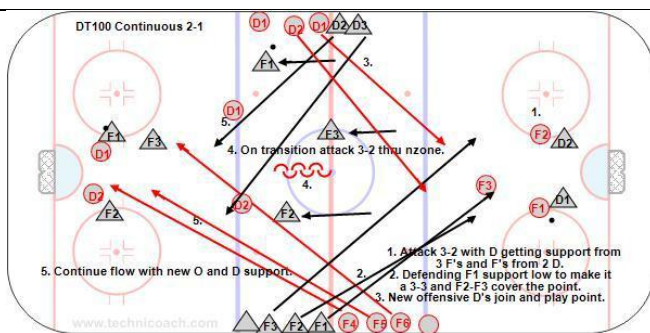


20 minutes: Progress from continuous 1-1 to 2-1 to 2-2 to 3-2 5 minutes each.

DT100 Continuous 1-1 Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description: 1. Attack 1-1 with D getting support from 1 F and F from one D. 2. Defending F1 cover the point. 3. New offensive D join and play point. 4. On transition attack 1-1 thru nzone. 5. Continue flow with new O and D support. - Continue the flow of 1-1 in nzone and 2-2 at each end. - Dump-ins and regroups can be added.

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DT100 Continuous 3-2 (example of 3-2 to 5-5)

Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

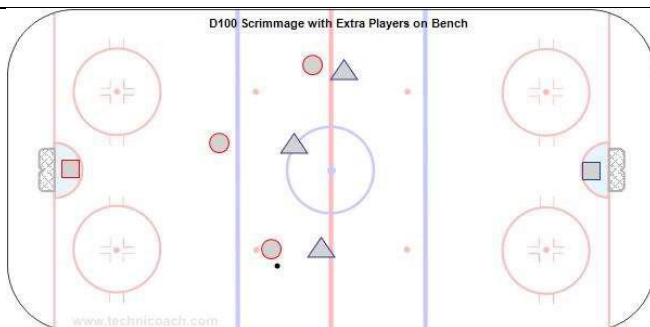
Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.
2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.
3. New offensive D's join and play point.
4. On transition attack 3-2 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzone and 5-5 at each end.

-Dump-ins and regroup can be added.

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15 minutes

D100 - 3 on 3 Scrimmage with Extra Players on Bench

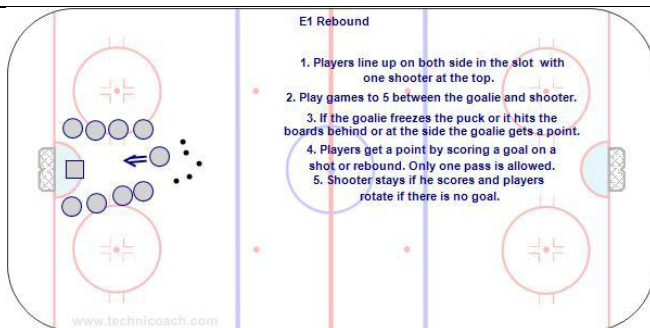
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play 3-3.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



5 min.

E1 Rebound at each end

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.



Explanation/Notes: