



Blue

Practice Plan

Date: 30-09-14

Time: 19:00-20:00

Venue: Stu Peppard

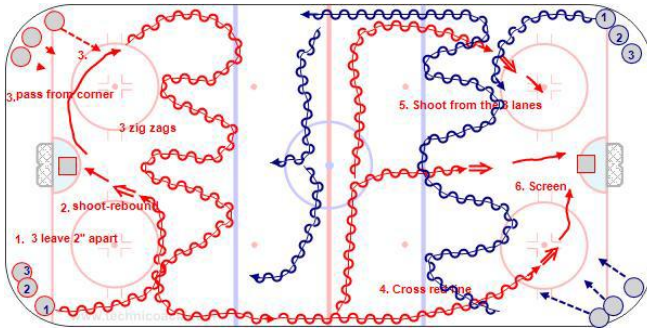
Lines:

Regroups, fill lanes, middle drive, Penalty

Notes:

Kill 3-5 vs. spread.

8'



B6 – 3 Shots, 3 Zig zags, 3 Shots

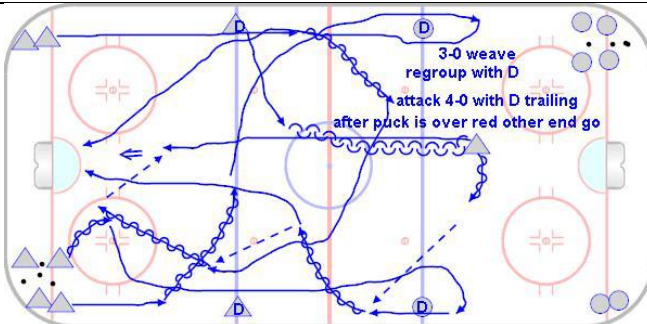
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles fill the 3 lanes and shoot.

Description:

1. Start with a pass 2 to 1 then 3 to 2 etc..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. transition skate facing the far end forward to backward to forward.
 - c. skate backward.

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10' First Alex play D then 1 D then 2 D and hinge. Alex don't pass unless a F on boards, in middle and far lane facing the puck.

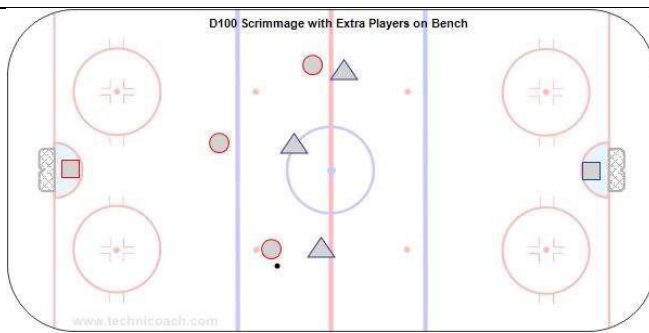
B6 3-0 Weave With D Regroup

Key Points:

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.



12' Rule is you must regroup before crossing the offensive blue line.

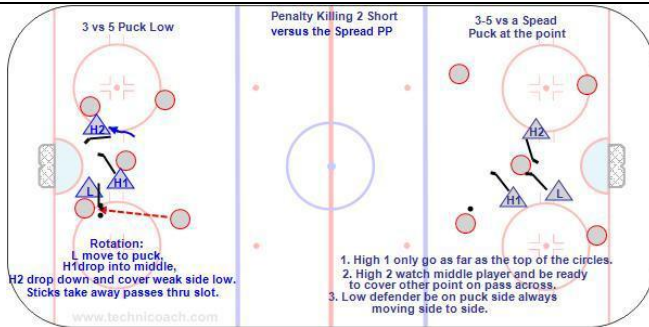
D100 3 on 3 Scrimmage with Extra Players on Bench

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 from 1-1 to 6-5.
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.



Penalty Killing 2 Short versus the Spread PP

3-5 vs a Speed Puck at the point

Rotation:
L move to puck,
H1 drop into middle,
H2 drop down and cover weak side low.
Sticks take away passes thru slot.

1. High 1 only go as far as the top of the circles.
2. High 2 watch middle player and be ready to cover other point on pass across.
3. Low defender be on puck side always moving side to side.

15' Go over in the dressing room before with the magnetic three dimensional board.

T4 D400 - PK 3-5 vs. a Spread PP

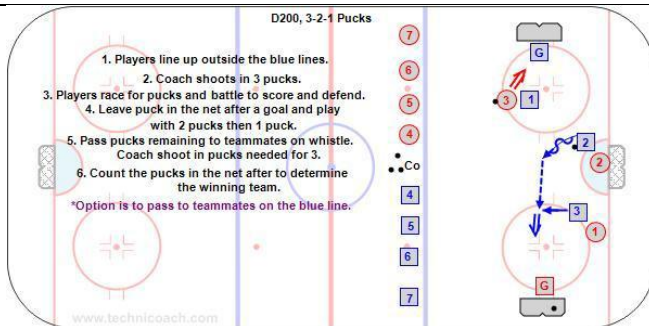
Key Points: The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift. (Right low player in last minute doesn't move out and back and many openings are created.

Important to skate in straight lines from the net out to low, middle, high spots)

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1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle. Coach shoot in pucks needed for 3.
6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line.

6'

D200 3-3 with 3-2-1 Pucks

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

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6'

D200 Multiple Jokers Each Side Key Points:

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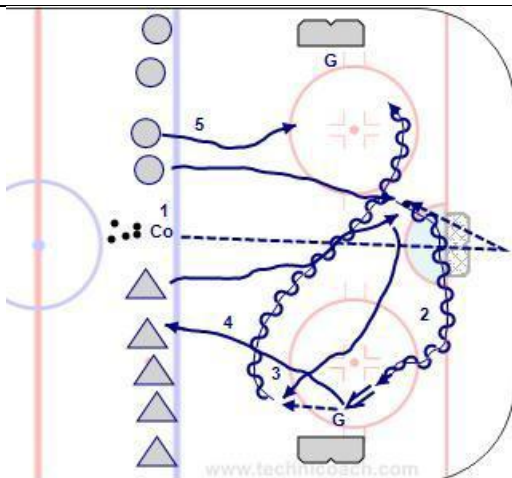
Practice the 4 Game Playing Roles.

- 1 - Player with the puck.
- 2 - Player supporting the puck carrier.
- 3 - Player checking the puck carrier.
- 4 - Player covering away from the puck.

Description:

1. Play from 1-1 to 5-5.
2. Passes to the jokers on the side are allowed.
3. Jokers may pass or shoot.
4. Pass to a Joker on the whistle.
5. New players skate behind their net on a change.
6. Variations:
 - a. Send out uneven teams.
 - b. Give and go with a Joker who can join the game to either even the teams or add up to a designated number of players.
7. Keep score and use short shifts.

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5'

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

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*have them defend the net farthest away, not like in the video.

Explanation/Notes:



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