



Blue

Practice Plan

Date: 01-10-14

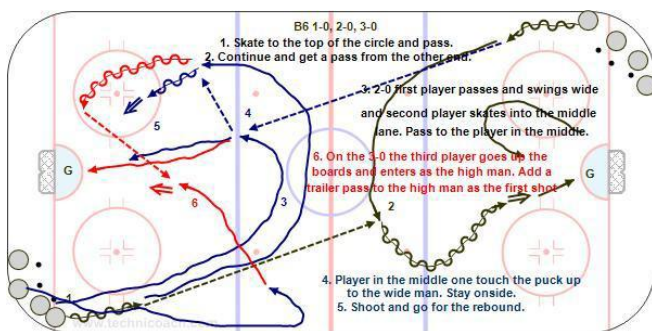
Time: 17:30-18:30

Venue: SP

Lines:

Notes:

Angling, 1-1, 2-1, 2-1, passing



8'

B6 1-0, 2-0, 3-0 Small Horseshoe

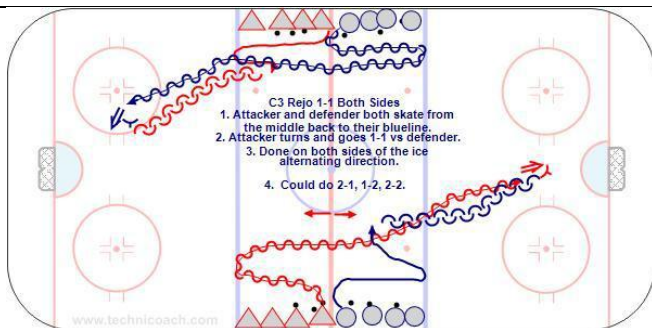
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



10' Defenders stick upside down until the first shot. Pat give some points on playing a defensive 1-1.

C3 Rejo 1-1 Both Sides - Gap Control

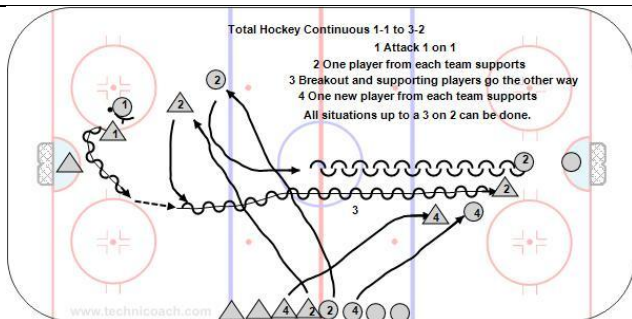
Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&so=rt=0&s=20090823122856482>



12' all player play F and D do up to 2-2

DT100 Total Hockey: Continuous 1-1 to a 3-2

Key Points:

The support can be either passive or active. Once the new players are in the neutral zone the original players go back to line, unless a regroup is added.

Description:

1. DT100 formation along the boards in the nzone.
2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.
3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player

makes a 2-1 in nzone and 3-3 at each end.
Change the supporting players to create various situations. Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

http://www.hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=7&mid=20090726085540163

8' White one end and Blue other end. STICK ON PUCK AND BODY ON BODY

B5 - Angling Along the Boards – Sw

Key Points:

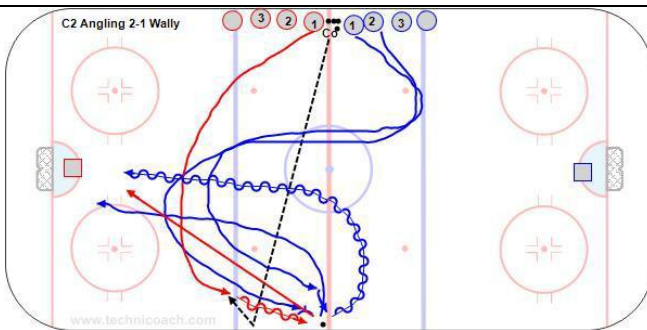
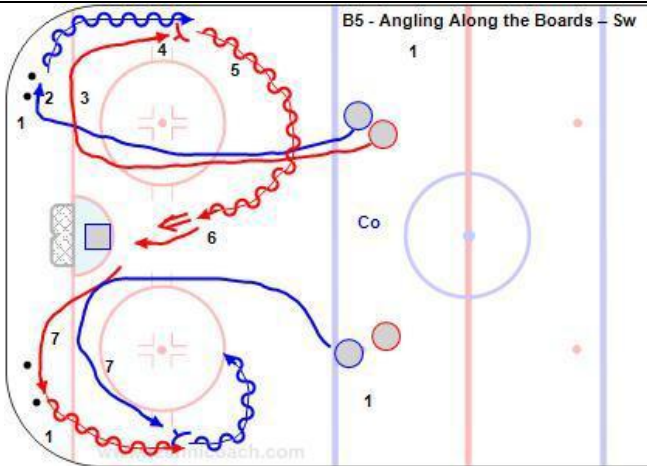
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

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8'

C2 Angling 2-1 Wally

Key Points:

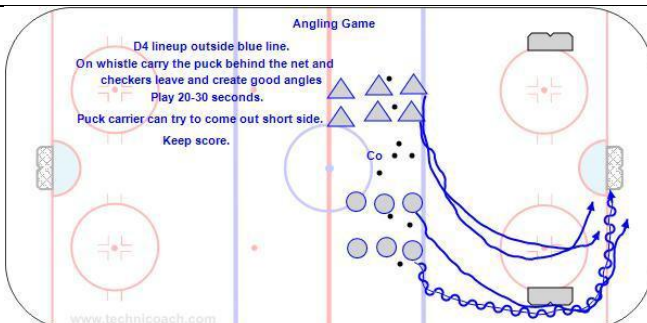
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

* This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.

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6'

D200 Angling Game

Key Points:

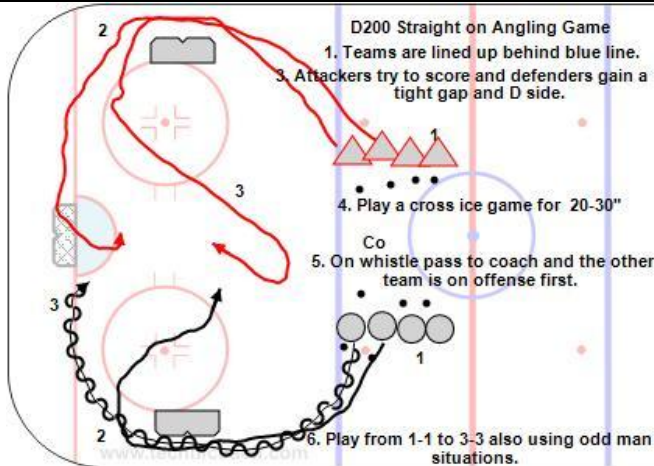
Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.

5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



6'

D200 Straight on Angling Game

Key Points:

Both teams go behind their net on the whistle.

Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.

2. On the whistle each team skates behind their net.

3. Attackers try to score and defenders gain a tight gap and D side.

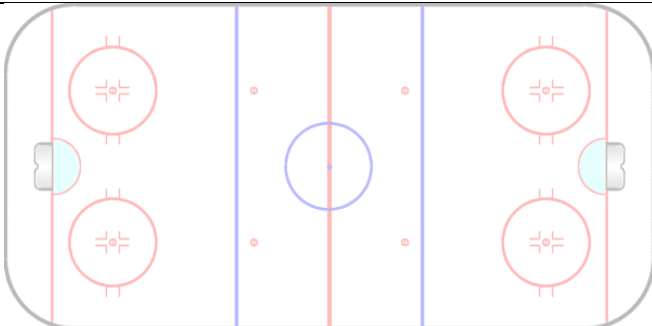
4. Play a cross ice game for 20-30"

5. On whistle pass to coach and the other team is on offense first.

6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>

Explanation/Notes:



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