



Blue

Practice Plan

Date: 02-10-14

Time: 16:00-17:00

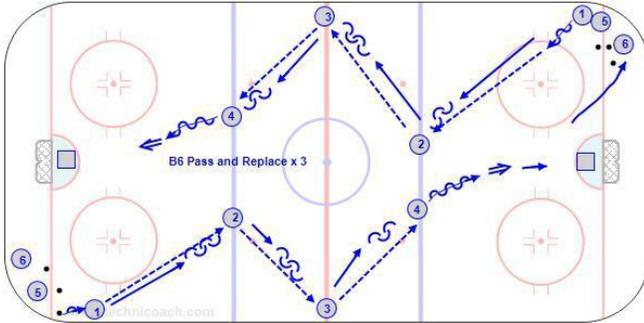
Venue: Max Bell 2

Lines:

Protecting the puck and winning battles on
Passing, timing, angling, stick on puck,

Notes:

Boards. Rich Preston
Angling on boards



7'

B6 Pass and Replace x 3

Key Points:

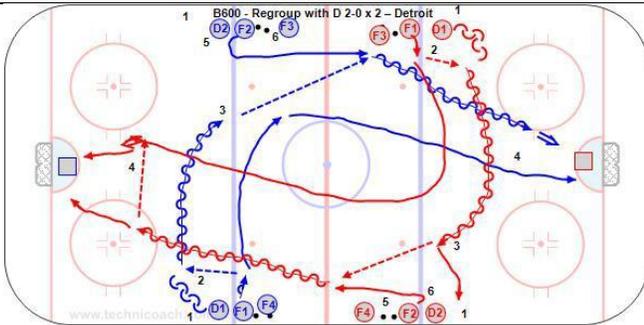
Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.

Description:

- A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.
- B. 2 pass to 3 and follow the pass.
- C. 3 pass to 4 and follow the pass.
- D. 4 skate in and shoot-rebound- go to the corner.

Do 2 or 3 minutes from each side. Alternate task by requiring backhand or saucer passes or a move before passing , etc.

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8'

B600 - Regroup with D 2-0 x 2 - Detroit

Key Points:

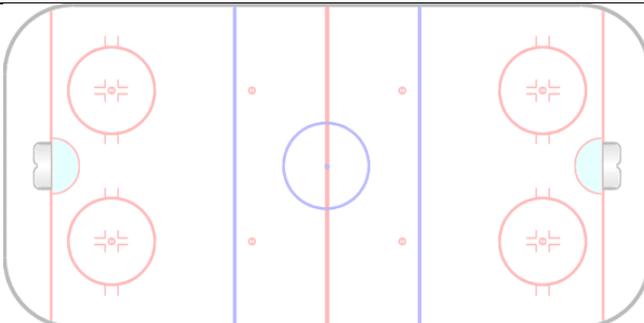
No need for whistles as the players can see when to start. Face the puck, pass hard, give targets, shoot and follow the shot and stop at the net.

Description:

- 1. Forwards and defense leave from diagonal four blue lines.
- 2. F1 at each end pass back to D1 and mirror D1.
- 3. D1 skate across and pass up the far wing to F2.
- 4. F1 and F2 attack the net from both ends.
- 5. Start at the other diagonal blue lines and F3 pass to D2.
- 6. F3 mirror D2 across the ice and attack 2-0 with F4.
- 7. Keep this rhythm alternating sides.

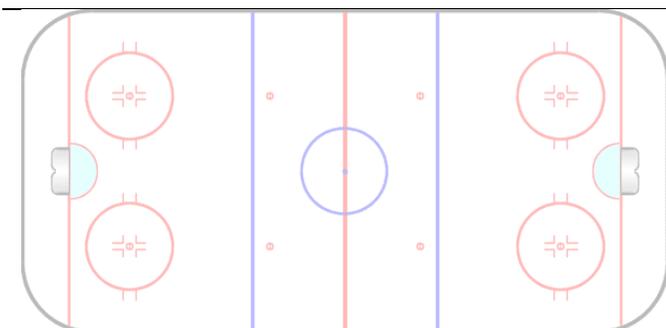
7. Keep this rhythm alternating sides.

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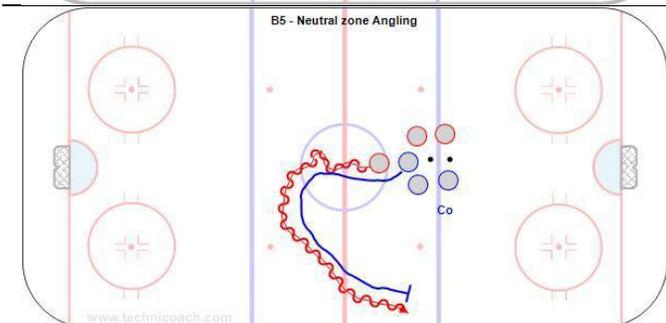
7'

Puck protection demo and explanation. Rich Preston.



8'

Rich: puck protection drill.



7' Two groups.

B5 - Neutral zone Angling

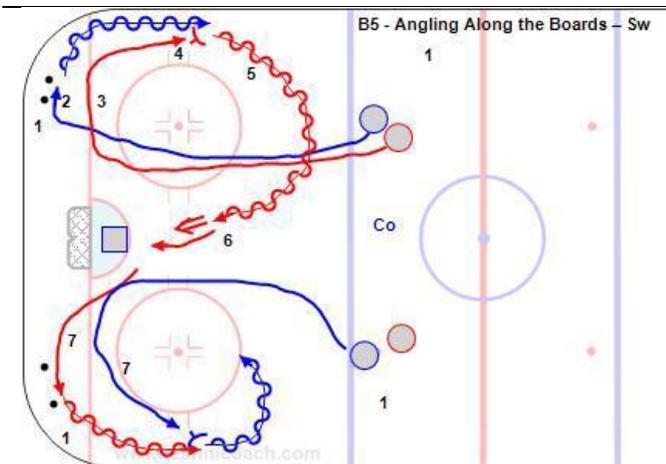
Key Points:

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

Description:

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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7' two groups

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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7'

D400 Transition Game of Low Battles with Point Support

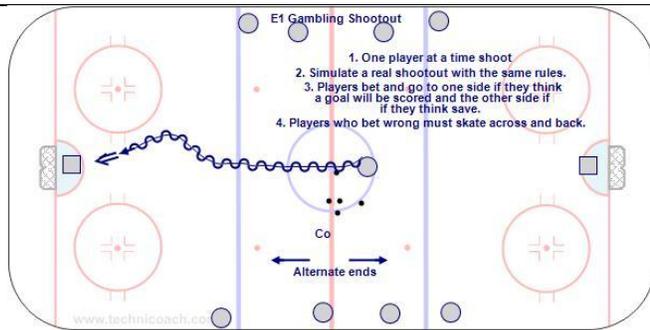
Key Points:

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.

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9'

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>

Explanation/Notes:

