



Blue

Practice Plan

Date: 05-10-14

Time: 13:45-14:45

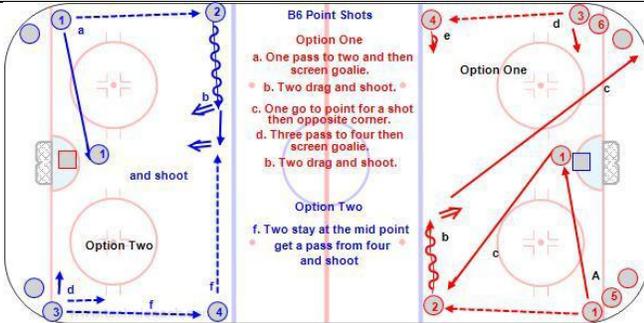
Venue: Southland

Lines:

Skating technique, 1-1 defensive skating

Notes:

Cycle, low zone coverage, screen, tip



15' x 2

Gaston skating with half the team at one end. Switch groups at 15 minutes.

7'

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

a. One pass to two and then screen goalie.

b. Two drag and shoot.

c. One go to point for a shot then opposite corner.

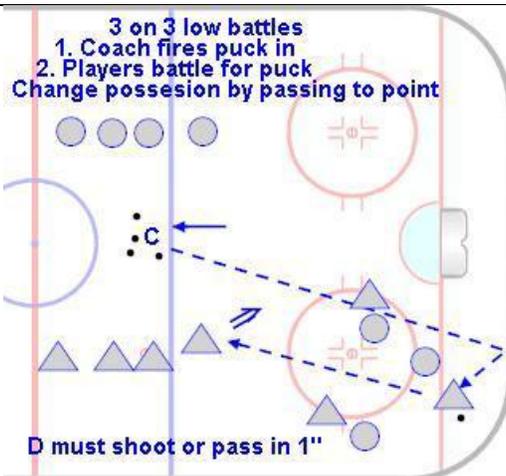
d. Three pass to four then screen goalie.

e. Four drag and shoot.

Option Two

f. Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>

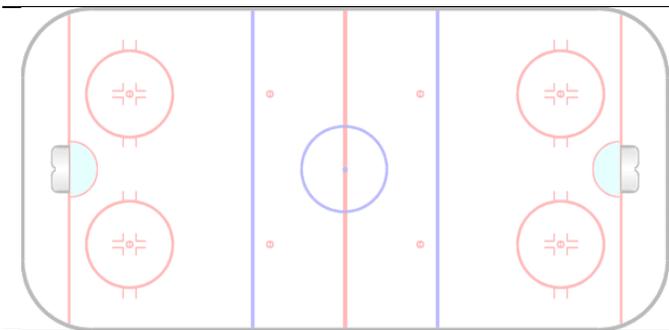


8' DT400 3-3 Krusel Battling Game - ProW

Jim talk to players about the cycle, screen etc. on the attack and Alex to the defenders on low zone coverage.

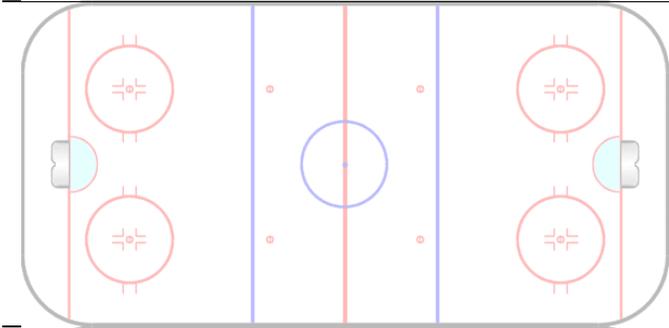
Key Points: Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>

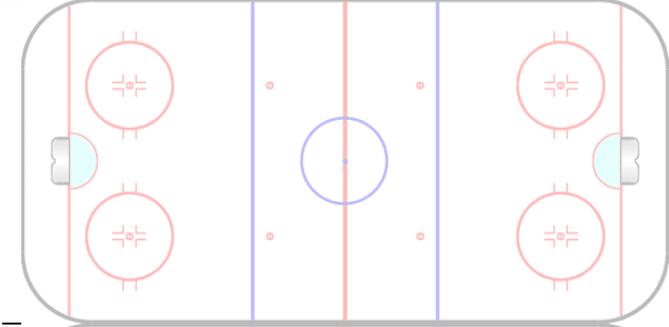


30'

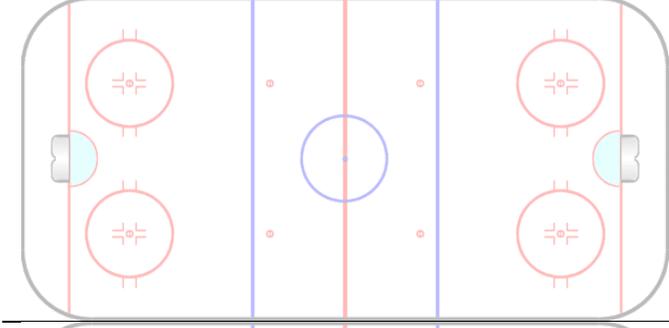
Gaston defensive skating for full ice 1-1 with all the players.



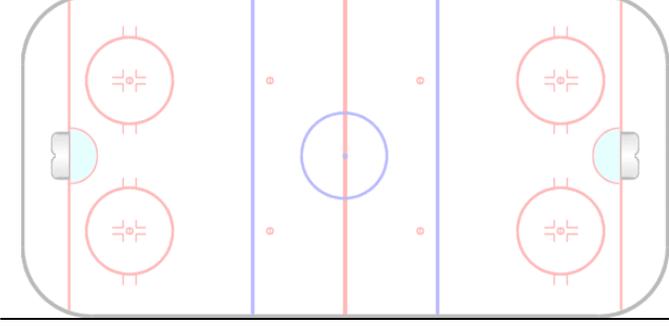
Explanation/Notes:



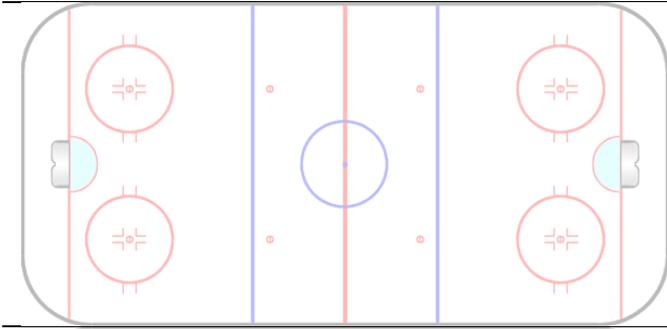
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
