



Blue

Practice Plan

Date: 09-10-14

Time: 17:30-18:30

Venue: George Blunden

Lines:

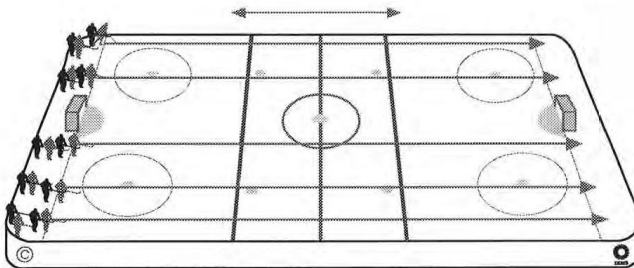
Face the puck, give a target, escape moves

Become a 270 degree player, puck handle

Notes:

Go to the net, pass on the rush, 1-1 battles

Fake shots



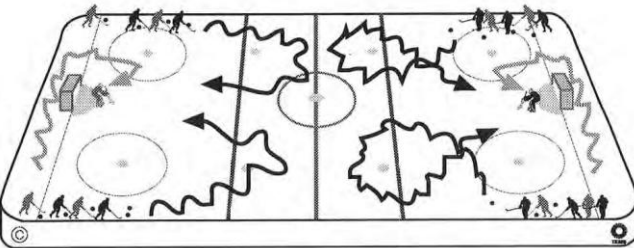
10'

Russian Warm up with Shots

Yursinov Progression to Ovechkin move.

1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
2. Fake the slapshot and accelerate around the defender on the forehand.
3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
4. Fake a backhand pass or shot and rotate the body in a convincing manner.
5. Fake the backhand and pull the puck across to the forehand.
6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
7. Fake a wrist shot and spin on the backhand.
8. Fake a wrist shot and spin to the forehand.
9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
10. Combine the moves.

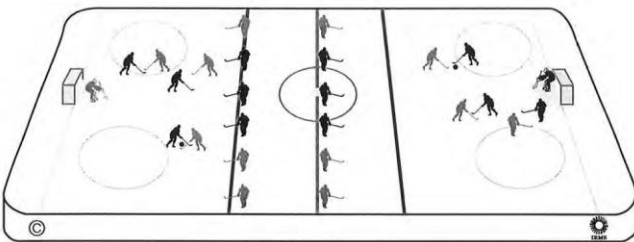
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8'

B6 Shots

- 1- turn inside
- 2- turn outside
- 3- third shot wrap around.
- 4- Start 1-0 then 2-0

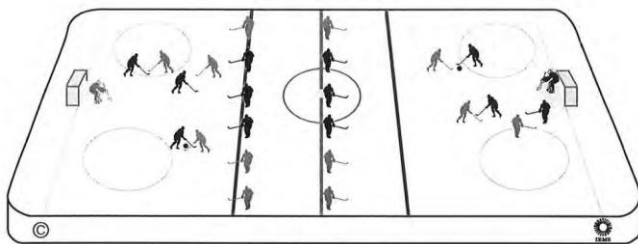


6'

3 on 3 and 4 on 4

D4

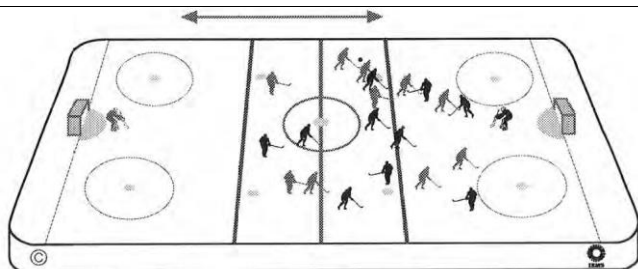
One zone game with the rule that everyone must always face the puck and give a target.



6' 3-3 and 4-4

D4

One zone game with the rule that everyone must touch the puck before scoring but **ONLY FOREHAND PASSES** can be used.



10'

D1

Full ice game. Everyone plays. Rule there must be at least **ONE PASS MADE IN EVERY ZONE AND GOALS CAN ONLY BE SCORED ON ONE TOUCH SHOTS.**



10'

D100 Two 1 on 1 Games at Once

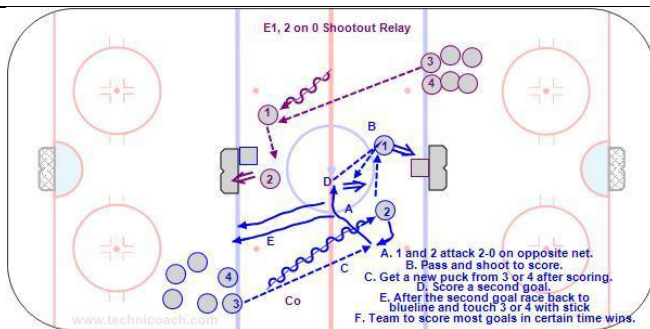
Key Points:

One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe.
2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

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10'

E1 Two Goal Relay Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

Description:

- 1 and 2 attack 2-0 on opposite net.
- Pass and shoot to score.
- Get a new puck from 3 or 4 after scoring.
- Score a second goal.
- After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.
- Team to score most goals in certain time wins.

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This is the same game but the nets are cross ice instead of at the blue line. Benefit is that the wide shots stay in play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

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Explanation/Notes:

