



Blue

Practice Plan

Date: 11-10-14

Time: 13:00-14:00

Venue: Max Bell

Lines:

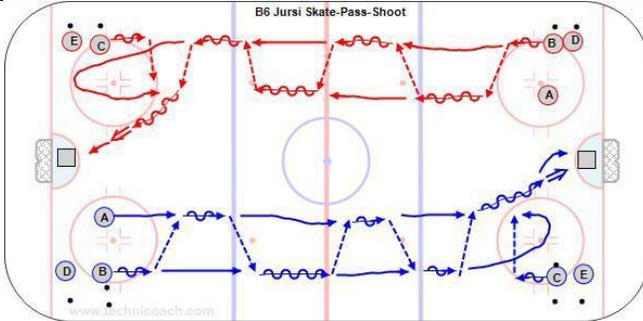
Terry Johnson breakout skills and reads.

Pass while moving, good habits, quick

Notes:

Forwards offensive skills individual and team.

Attack,



6'

B6 Jursi Skate-Pass-Shoot

Key Points:

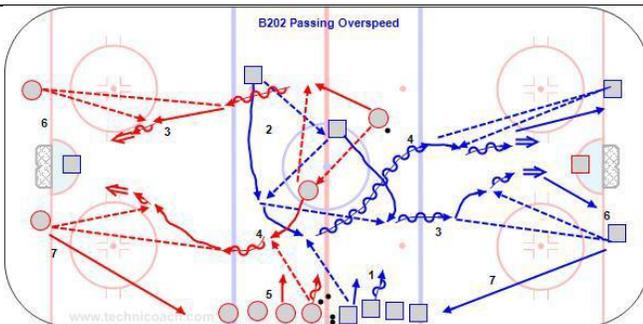
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

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6'

B202 Passing Overspeed

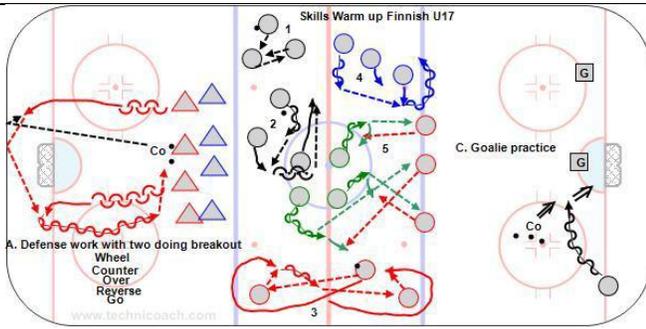
Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

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20' TJ and Alex with D. Tom and Jim with F's for 20'

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone. **First 10'**

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

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6' Forwards while D does BO.

B500 Cut Backs and Escape Moves

Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

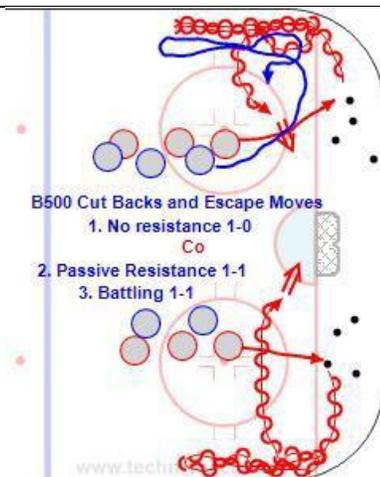
1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.

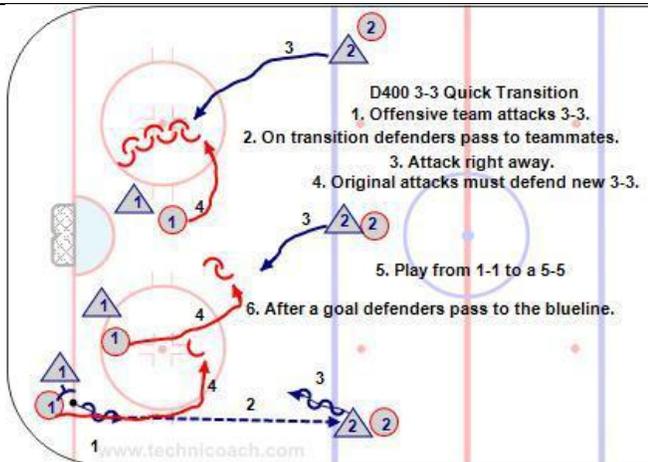
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.

3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

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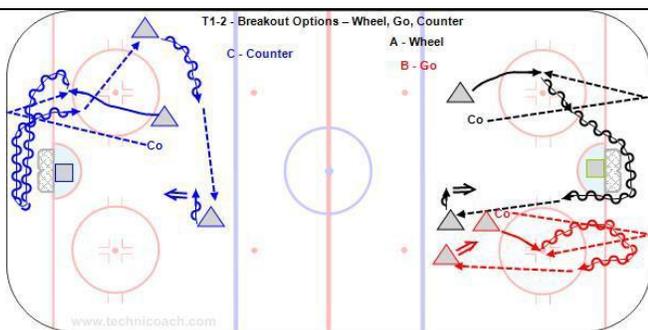
7' Forwards while D does BO.

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get inside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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15' TJ and Alex with Defense

T1-2 - Breakout Options – Wheel, Go, Counter

Key Points: Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman. The key is skating hard to force the checker to commit and then choosing the option.

Description:

1. Coach shoot the puck in and the D skate to the puck and then at a 45 degree angle to force the checker to cross over.

2. **Wheel** behind the net, cut up near the far post and pass to the point for a shot on net.

3. Critical point is to make the checker do what you want them to. If you skate to where you are going to pass first then the checker can get a good angle and steal the puck.

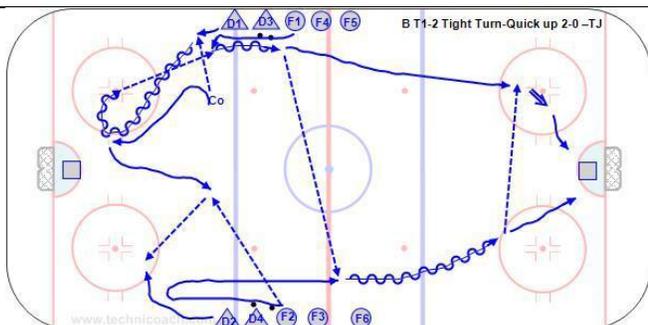
4. **Go** by skating hard one way and then tight turn away from pressure. Pass to the point for a shot.

5. **Counter** when the checker doesn't chase behind the net.

6. Coach shoots the puck in and the player drive skates behind the net and then tight turns to come back the original way.

7. Pass to the wing who skates out and passes across to the point for a shot on net.

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5' Everyone with TJ and Alex

B T1-2 Tight Turn-Quick up 2-0 –TJ

Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over.

Description:

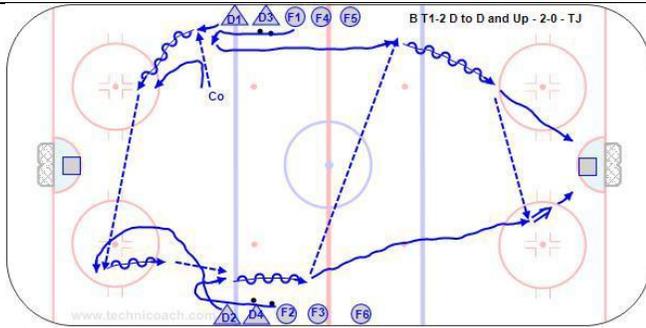
1. Coach pass to D1.

2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.

3. D1 tight turn outside and pass to F1 on the boards.

- F1 pass across to F2 and they attack 2-0.
- Repeat with the coach passing to F2 on the other side.

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5' Everyone with TJ and Alex B T1-2 D to D and Up - 2-0 – TJ

Key Points:

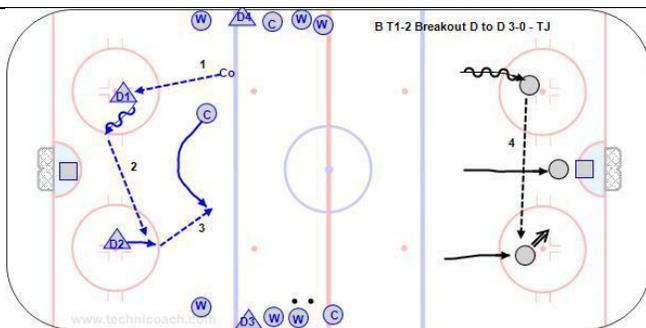
The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over. Read the forecheck which is the best play.

Description:

- Coach pass to D1.
- D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
- D1 pass across to D2 who hings behind.
- D2 pass to F2 who passes across to F1 and they attack 2-0.
- Repeat with the coach passing to F2 on the other side.

6. Add the D read the play and either tight turn outside and pass up if D2 is covered or pass D to D.

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5' B T1-2 Breakout D to D 5-0 – TJ

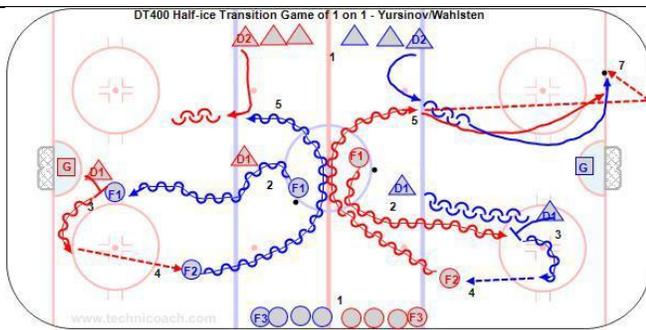
Key Points: Both D join the attack to make it 5-0

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

Description:

- Coach pass to D1 who drive skates at a 45 degree angle to the net.
- D1 pass across to D2 who hings up ice.
- D2 pass to the C.
- Forwards attack 3-0 at the far end.
- Add D1 to D2 back to D1.
- Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

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7'

C3 - Dump-Breakout 3-0 Regroup 2-1 - Continuous – Pro

Key Points:

Defense shoulder check when going back for the puck. One forward support on the boards and the other from the middle. D skate to the big ice between the dots before passing.

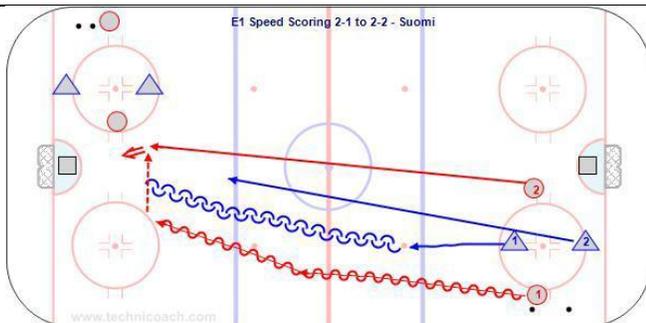
Description:

1. F1 or F2 dump the puck in and D1 skate back for the puck.
2. D2 follow the play.
3. D1 make a breakout pass to F1 or F2 and follow.
4. F1 and F2 regroup with D2 in the neutral zone.
5. F1 and F2 attack 2-1 vs. D1.
6. F3 or F4 dump the puck into the far end and D2 skate back for the puck-pass to F3-F4.
7. F3 and F4 regroup with D3 in the neutral zone and attack 2-1 vs. D3.

☐ Continue this flow.

☐ Vary the number of F from 1 to 3 and use either 1 or 2 D to create more game recognition situations.

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6'

E1 Speed Scoring 2-1 to 2-2 – Finland

Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>