



## Blue

## Practice Plan

Date: 12-10-14

Time: 13:45-14:45

Venue: Southland

Lines:

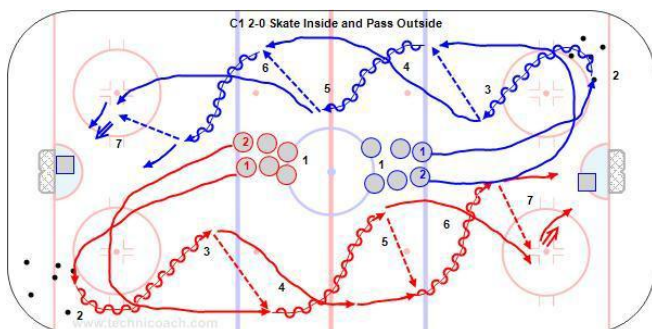
Regroup, 2-1, 3-2, power play, forecheck

Skate to the big ice

Notes:

Penalty kill

7'



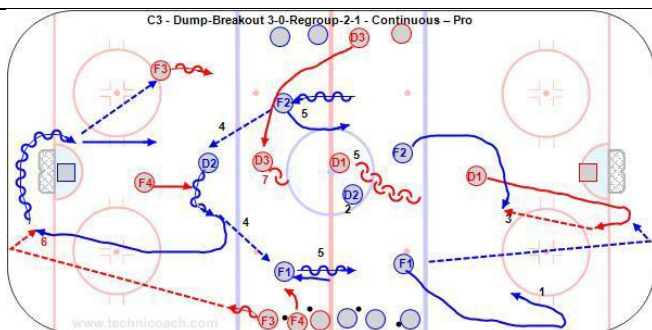
### C1-B4, 2-0 Skate Inside and Pass Outside

#### Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

#### Description:

1. Line up in the C1 formation at the bluelines.
  2. Two players leave from the front of each line and get a puck from the corner.
  3. The first player skate inside the dot with the puck and pass to the second player on the outside.
  4. First player follow the pass and cross 'taking the ice behind.'
  5. The second player receive the pass and skate between the dots.
  6. The second player now passes wide to the first player and follows the pass.
  7. Shoot and rebound after one pass in the offensive zone.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221221695>



### 7' Alex and Jim dump and forecheck one end each.

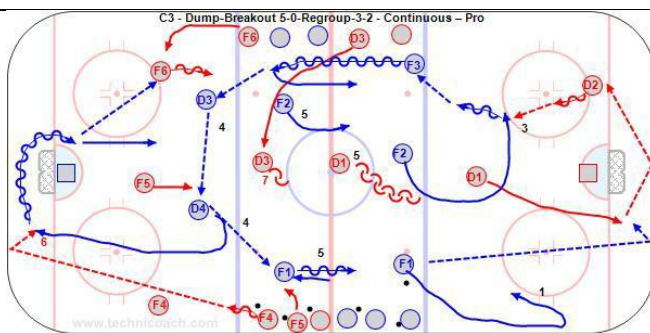
#### C3 - Dump-Breakout 3-0 Regroup 2-1 - Continuous - Pro

#### 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.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093348590>



6'

### C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous - Pro

#### Key Points:

Defense shoulder check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

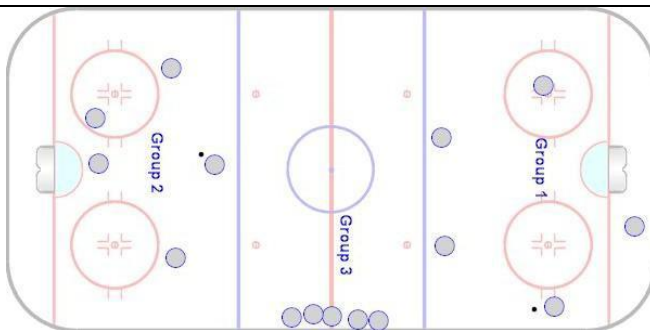
#### Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
2. D3 and D4 follow the play.
3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
4. Forwards regroup with D3 and D4 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2.
6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.

☐ Continue this flow.

☐ Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 break out again before the regroup and 3-2.

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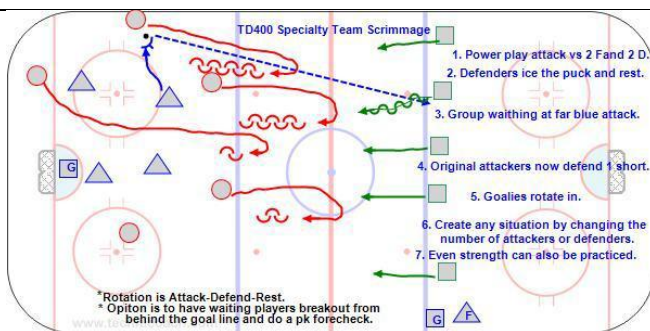
**15' Each group on pp for 5' two groups at far end review of forecheck.**

### T2 Kingston Power Play and Team Play Rotation

#### Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give.

**Jim pp and Alex/Tom forecheck.**



### 12' 6' on 5-5 and 6' on pp/pk

#### TD400 Specialty Team Scrimmage

#### Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

#### Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

\*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



7'

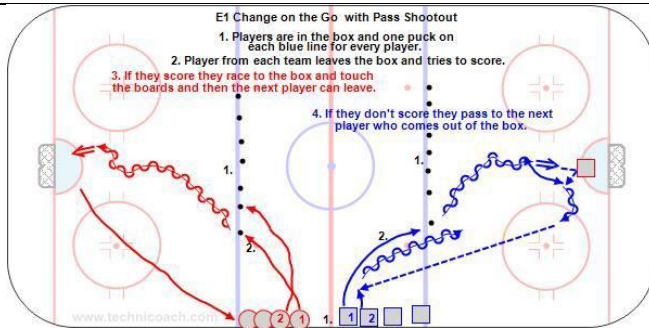
### **D400 The Best Player Win Game**

#### **Key Points:**

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

#### **Description:**

1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



7'

### **E1 Change on the Go with Pass Shootout Key Points:**

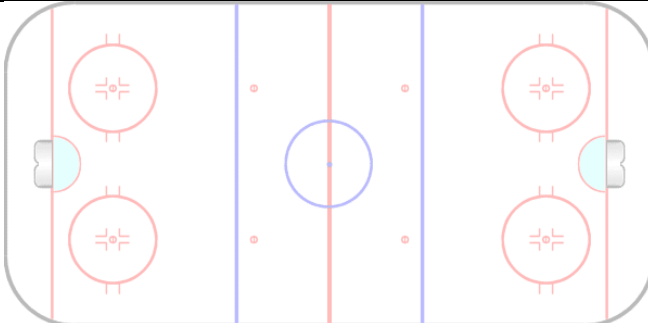
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes. **Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

#### **Explanation/Notes:**



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