



Blue

Practice Plan

Date: 16-10-14

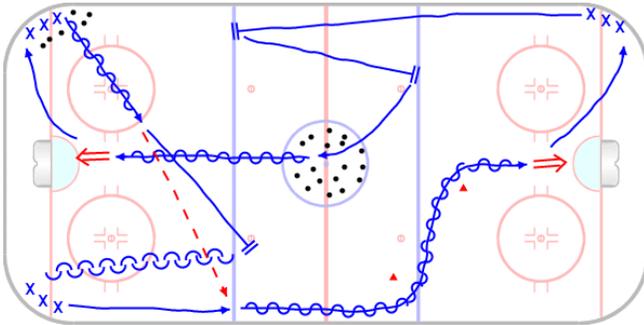
Time: 16:00-17:15

Venue: George Blunden

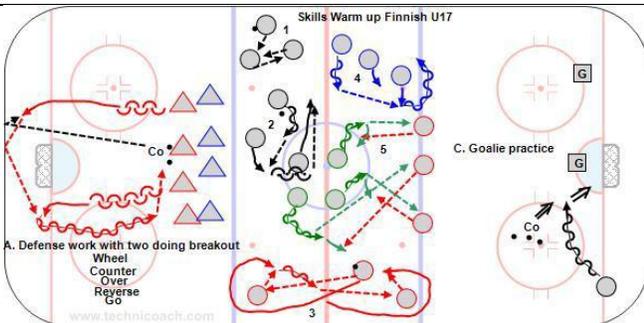
Lines:	Notes:
Battles, take sticks, back check, identify	Coverage, 1-1, 2-1, 2-2, 3-2, 3-3, game
Situations, passing, breakout reads,	Puck handling

10' Jim A200 with a shot.

RUSSIAN WARM-UP



- NARROW & WIDE DRIBBLING
- DRIBBLE WHILE ALTERNATING GOING DOWN ON LEFT & RIGHT KNEE (ELBOW UP)
- DRIBBLE WITH SKATES (SKATE-TO-SKATE, STICK-TO-SKATES)
- GIVE-AND-TAKE, CUP THE PUCK WITH TOE AND PULL BACK
- FAKE SHOT /OR/ PASS AND DRAW WIDE
- DIAGONAL DRIBBLING
- DRIBBLE WHILE SKATING BACKWARD, FORWARD-BACKWARD & BACKWARD-FORWARD
- SPINS/ TIGHT TURNS (LEFT & RIGHT), ON KNEES SPIN 360 DEGREES
- CROSSOVERS (TWO STEPS LEFT, TWO STEPS RIGHT) OR LEFT AND RIGHT
- CHANGE-OF-PACE/ TEMPO (FAST-SLOW OR SLOW-FAST)
- STICK FAKE OVER THE PUCK
- SURROUND THE PUCK: SKATE AROUND THE PUCK ALWAYS ON THE FOREHAND
- JUMP LINES AND CONTROL THE PUCK/ SOMERSAULTS, LOG ROLLS-CONTROL THE PUCK
- SHARP HEEL TURNS (PARALLEL SKATES)
- ZIG-ZAG SKATING WITH PUCK
- STOP AND GO FAKES
- ONE HAND CARRY THROUGH NEUTRAL ZONE
- ONE SKATE JUMPS (ONE SKATE ON THE ICE, JUMP FROM SKATE-TO-SKATE)
- SHOOT-THE-DUCK AND CONTROL THE PUCK (SQUAT DOWN ON ONE SKATE, OTHER SKATE STRAIGHT OUT IN FRONT)
- SIDE-STEPS WITH PUCK (LEFT AND RIGHT)
- STICKHANDLE WITH TWO PUCKS (ONE ON STICK AND OTHER WITH SKATES)
- UNRHYTHMICAL DRIBBLING (PUCK ON SIDE AWAY FROM SUPPORT LEG)
- STICKHANDLE WITH WRONG HAND (LEFT-HANDER DRIBBLES LIKE RIGHTEY, VICE-VERSA)
- DRIBBLE PUCK IN THE AIR
- PUCK THROUGH LEGS AND BEHIND BACK
- BODY PART FAKES (HEAD, SHOULDERS, EYES, BODY LEAN, SKATE FAKES)



10' Jim with F, Alex with D, JF with G

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.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

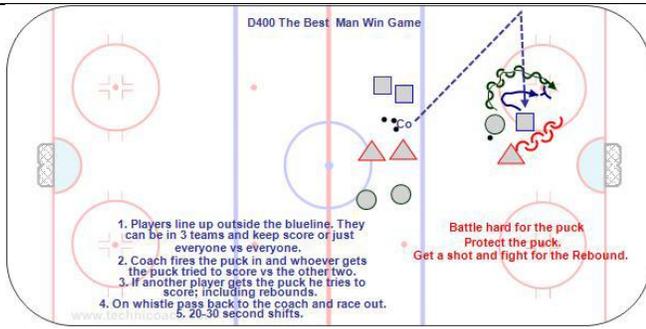
4 - Keepaway 2-1 in four areas.

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.

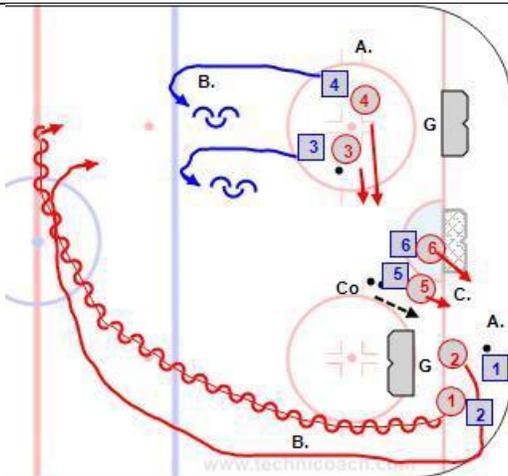
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



8'
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.

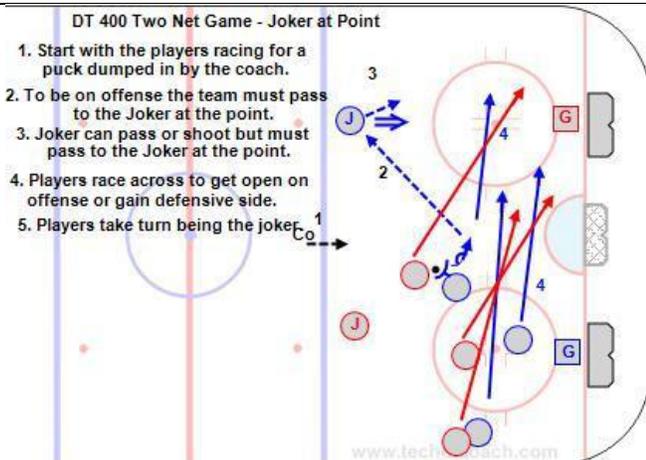


10'
DT400 Kibbuk Small and Smaller Area Games at Once

- Key Points:**
- Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

- Description:**
- A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.
 - B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.
 - C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.
- Option: Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game.

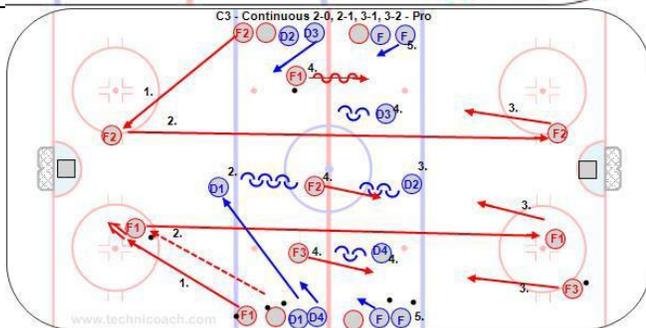
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121012034957748>



9'
DT 400 Two Net Game - Joker at Point

- Key Points:**
- Players constantly transition from offense to defense and defense to offense. They must fight to get on the defensive side.

- Description:**
1. Start with the players racing for a puck dumped in by the coach.
 2. To be on offense the team must pass to the Joker at the point.
 3. Joker can pass or shoot but must stay at the point.
 4. Players race across to get open on offense or gain defensive side.
 5. Players take turn being the joker.



10'
C3 - Continuous 2-0, 2-1, 3-1, 3-2 - Pro

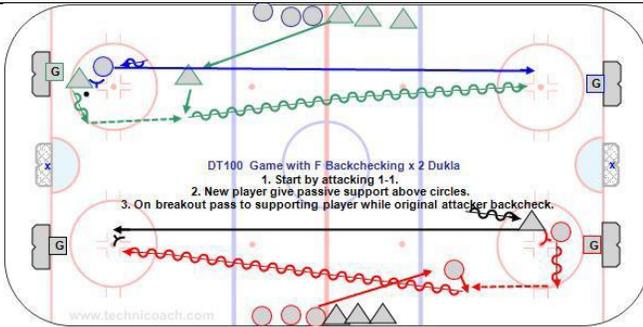
- Key Points:**
- Make plays early - create 2-1's - attack with speed - middle drive. Start 2-0 and shoot at one end, one defenseman follow.

- Description:**
1. Start 2-0 and one defenseman follow.
 2. Attack 2-1 the other way and one defenseman follow.
 3. One forward join with a puck and attack 3-1 the other direction, two defensemen follow.
 4. Attack 3-2 the other way.
 5. Start with a 2-0 with another group.

*Options: Make a contest one colour vs. the other to see who can

score the most in a certain time or else D and G vs. F's and count the goals scored in 8 minutes and next time see if there are more or less goals scored.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140916101410255>



10'

DT100 Game with F Backchecking x 2 Dukla

Key Points:

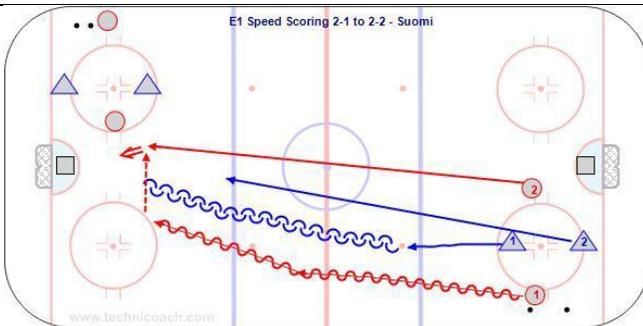
The original attacker backcheck and tie up the attacker stick if there is a shot.

Great game to work on speed in the attack and good defensive habits.

Description:

1. Start by attacking 1-1.
2. New player give passive support above circles.
3. On breakout pass to supporting player while original attacker backcheck.
4. Supporting player can take away the puck if it comes above the circles.
5. Backcheck hard and tie up the stick on rebounds.
7. Battle for loose pucks.
8. Backchecker make sure there is no second shot and goalie clear the rebound.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114214589>



8'

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>

Team pictures right after practice.