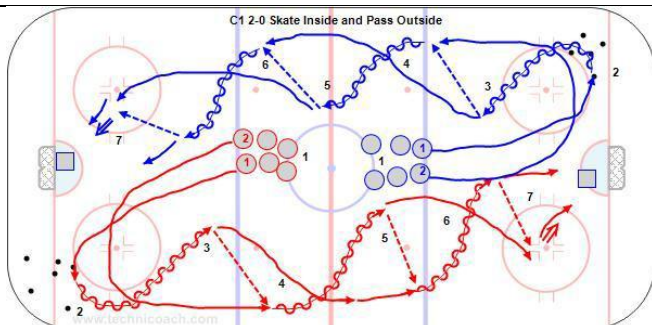




Blue

Practice Plan

Date: 19-10-14	Time: 10:15-11:15 + 30	Venue: Stu Peppard
Lines:	Notes:	
Passing thru neutral zone, one timers outside	Screen, tip, fake shot, skate inside pass	
30' Team Play meeting in dressing room	Right after ice time.	



8'

C1 2-0 Skate Inside and Pass Outside

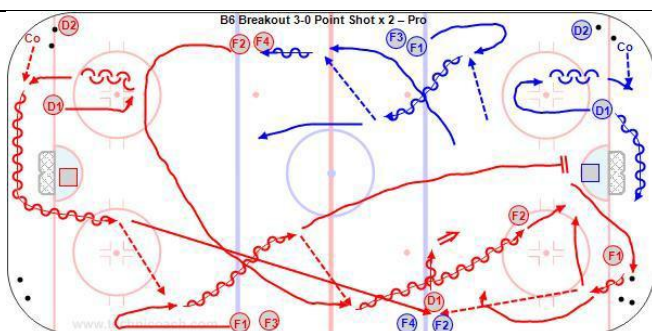
Key Points

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>



10'

B6 Breakout 3-0 Point Shot x 2 - Pro

Key Points:

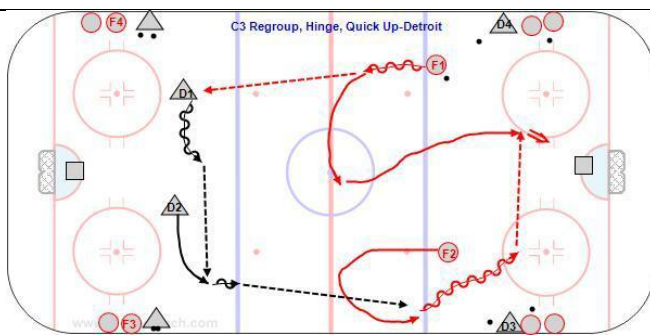
Defense make the pass while skating between the dots up ice. Forwards give a target and do everything while skating.

Description:

- 1 - D1 at each end skate from the goal line to the top of the circle and back then get a puck.
- 2 - F1 and F2 leave from the blue line and come back for a breakout pass. F2 mirror the puck across.
- 3 - D1 pass to either F1 or F2 and D1 follow the rush up the ice.
- 4 - F take the 'big ice' between the dots and then pass wide.
- 5 - F make a wide zone entry and shoot-rebound.
- 6 - Non shooting F get a puck from the corner and pass to D1 at the point who drags and shoots.
- 7 - F who passes either go to the net or cycle high as a passing option for D1.
- 8 - Repeat with D2-F3-F4 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706163537973>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215733459>



10'

B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

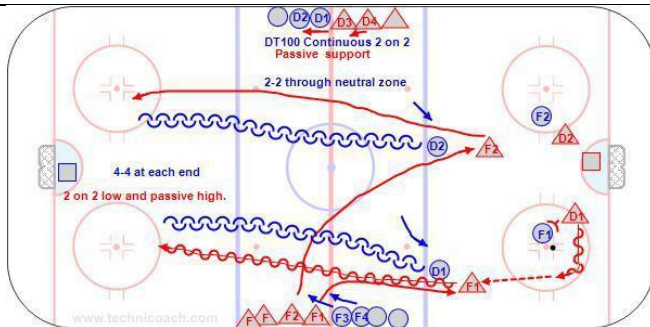
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>



8'

DT100 Continuous 2 on 2 – Passive Support

Alex and Jim play D.

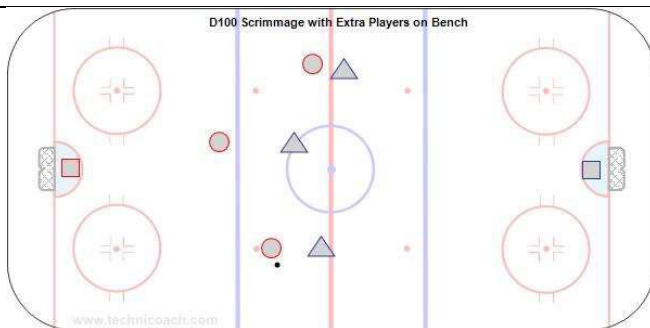
Key Points:

The two attacking forwards play attack 2 on 2 and then play a low 2-2 vs. the two defenders.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive Red F1 and F2 give passive support from the mid-slot area and attacking team Blue D1 and D2 support F's.
4. Play 2 on 2 low in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706173523451>



15'

D100 Scrimmage with Extra Players on Bench

Rules-at least one pass per zone and one touch goals.

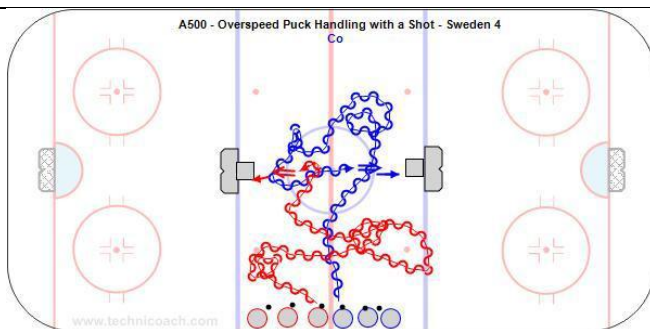
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



9' Shootout – Keep track of goals.

A500 - Overspeed Puck Handling with a Shot - Sweden 4

Key Points:

Players should skate and make moves at full speed. If they fall sometimes that shows they are pushing themselves beyond their comfort zone, which is great. Always follow the shot for a rebound.

Description:

1. Players are lined up along the boards with one colour on each side of the red line with a net at each blue line.
2. On whistle the players skate with the puck in the neutral zone.
3. Overspeed tempo with moves and turns at a faster pace than the players usually go.

4. Shoot on one net each on the next whistle.

5. Whistle about every 7".

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506134839311>

30'

Team play review with magnetic board in dressing room.

Explanation/Notes:

Explanation/Notes:
