



## Blue

## Practice Plan

Date: 21-10-14

Time: 16:15-17:45

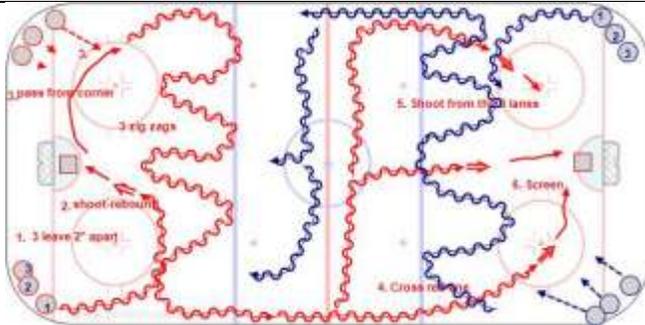
Venue: Optimist

### Theme:

One timers, regroup, timing, one touch  
D join the attack

### Notes:

Puck support, awareness,



**8 min.**

### B6 – 3 Shots, 3 Zig zags, 3 Shots

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>



**8'**

### C3 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

#### Key Points:

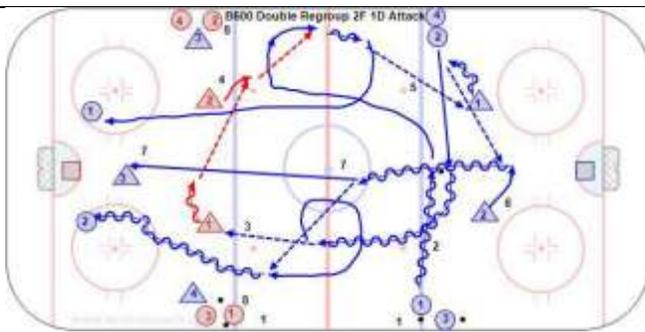
Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

#### Description:

Start at both ends with players on each side of the net and pucks in all four corners.

- 1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.
- 2 – D2 pass to F1 breaking along the boards.
- 3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.
- 4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.
- 5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.
- 6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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8'

### B600 Double Regroup Attack 3-0, 2 F and 1 D

#### Key Points:

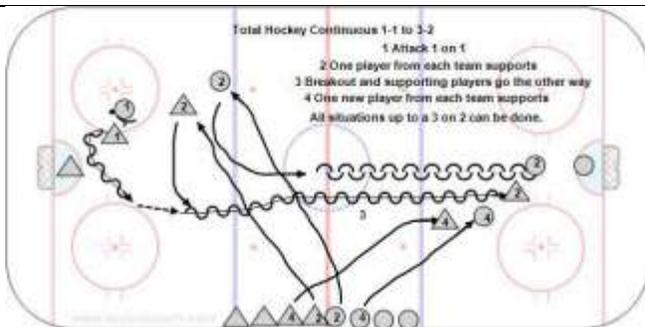
Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

#### Description:

1. Line up at each blue line with forwards and D together.
2. BF1-2 cross and drop.
3. BF1-2 regroup with RD 1-2.
4. RD 1-2 hinge and pass up to BF1-2.
5. BF1-2 regroup with RD 1-2.
6. RD 1-2 hinge and pass up to BF1-2.
7. BF 1-2 attack along with the BD who passed up ice making it 3-0.
8. Repeat the other way with RF 1-2 regrouping.

\*This flow can turn into 2-1, 2-2 or have 3 F's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130912152511679>



8'

### DT100 Total Hockey 1-1 to a 3-2

#### Key Points:

The support can be either passive or active. Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

#### Description:

D100 formation along the boards in the nzone. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

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8'

### DT100 Continuous - D Join Play - F Backcheck

#### Key Points:

On transition all the players must go from offense to defense and defense to offense.

Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.

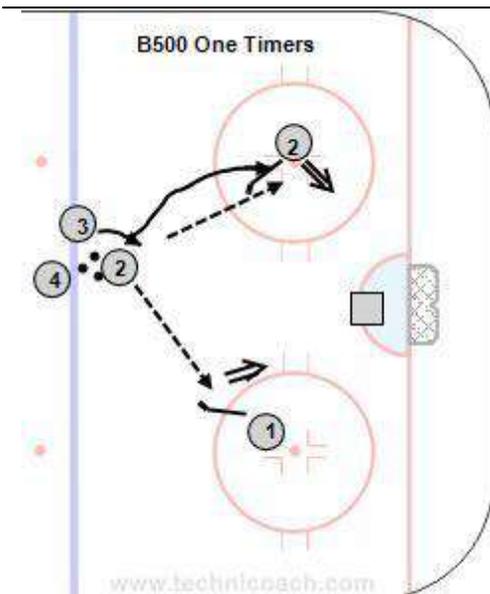
Defense - give passive support - defend - join attack - forecheck-rest.

#### Description:

In the diagram the F are circles and D are triangles. Positions are labelled.

1. Blue F1 and F2 attack vs Red D1.
2. Red F1 and F2 and Blue D1 give passive support above circles. (as in a Erkka)
3. On transition, after a goal or frozen puck red D1 pass up to red F1 or F2.
4. Red F1 and F2 attack vs Blue D1.
5. Original attackers blue F1 and F2 backcheck and original defender red D1 join the attack.
6. Play 3-3 in the zone
7. Blue F3 and F4 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 and F2 backcheck
8. Red D2 and blue F3 and F4 support from above the circles ready to go the other way. Continue this rotation.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>



8' F at one end and D at the other end. D do D to D one timers.

### B500 One Timers

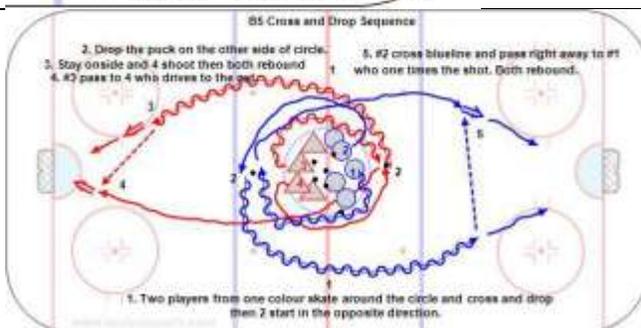
#### Key Points:

Square up for the shot and have the stick back as the pass is being made. Follow through with the whole body to the net and the lead knee pointing to the target.

#### Description:

1. One leave the line and get a pass from 2 on the off wing and shoot.
2. Two leave after passing and get a pass from three.
3. Continue this rotation and progressively increase the speed of the passes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090812164222165>



8'

### B5 Cross and Drop Sequence

#### Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

#### Description:

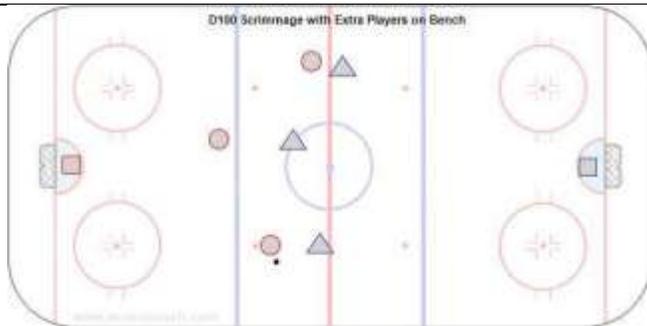
1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

#### Options:

- a. One, two or three players leave at a time.
- b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.

c. Give + go with last shooters. Etc.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154512198>



14'

**D100 Scrimmage Rules – Minimum of One Pass Per Zone and One Touch Goals**

**Key Points:**

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

**Description:**

1. Play from 2-2 to 5-5.
2. Change on the go.
3. The rules are at least one pass in made in each zone and goals must be one touch shots.
4. Coach blows the whistle if there isn't a pass made inside a zone and the other team gets the puck.
5. Keep score.
6. If no face-offs then scoring team touch the red line before checking.



8'

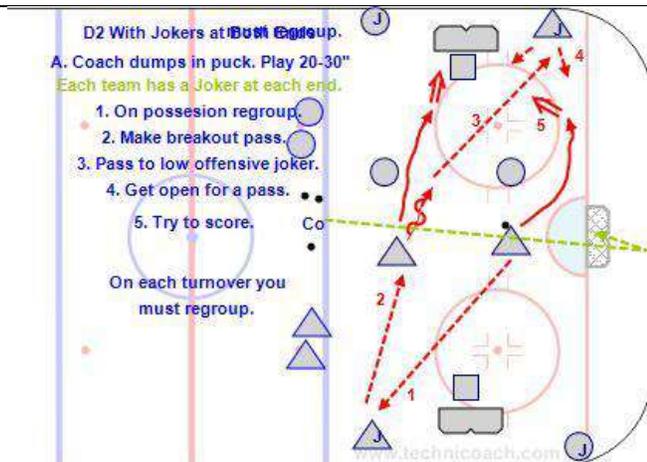
**D200 Game with Jokers below the goal line Key Points:**

Work on give and go and getting open.

Defenders intercept passes and tie up sticks on the rebounds. Goalies control rebounds.

**Description:** Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring. Great game to work on puck support (role 2) and defensive support.(role 4)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072320283431>



6'

**D200 With Jokers at Both Ends Key Points:**

Regroups and give and goes are stressed.

**Description:**

Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting.

A. Coach dumps in puck. Play 20-30"

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score. On each turnover you must regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817103542544>

6'

### E1 D200 Shootout Game

#### Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

#### Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>

