



Blue

Practice Plan

Date: 23-10-14

Time: 17:30-18:30

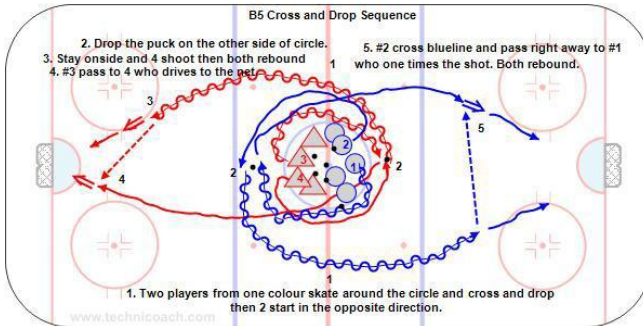
Venue: G Blunden

Lines:

Team play review, one touch scoring,
Power play, forecheck, one touch goals

Notes:

Puck support, pass, puck handling, shooting



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.

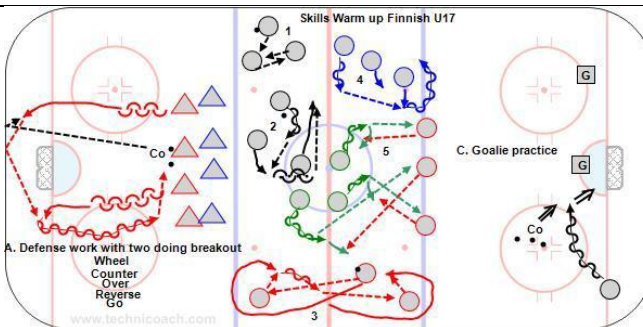
Description:

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.

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10' Jim skills with F. Alex review Hinge and Breakouts.

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

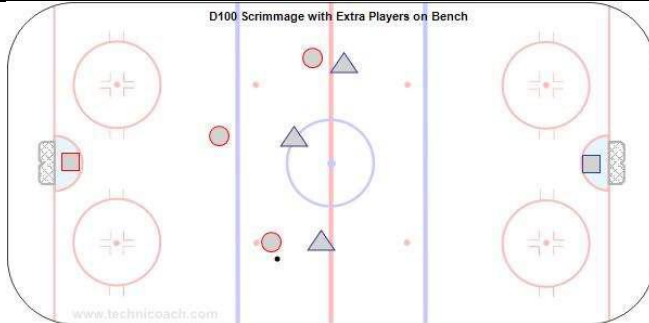
- A. Defense work with two doing breakout options vs one forechecker.
- B. Forwards lines of 3 work in the neutral zone.
 - 1 - Stationary pass with eye contact.
 - 2 - Pass while moving always face puck.
 - 3 - #8 around partners give and go.
 - 4 - Keepaway 2-1 in four areas.
 - 5 - Two lines move 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.

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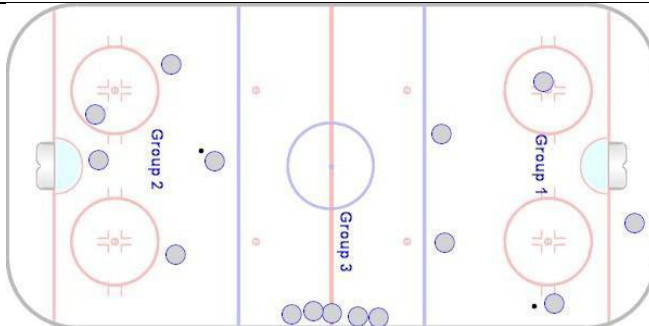
12' D100 4-4 Scrimmage Rules – Minimum of One Pass Per Zone and One Touch Goals

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.



15' Jim review pp with Ron helping. Alex Tom review forecheck 5' each line.

T2 Kingston Power Play and Team Play Rotation

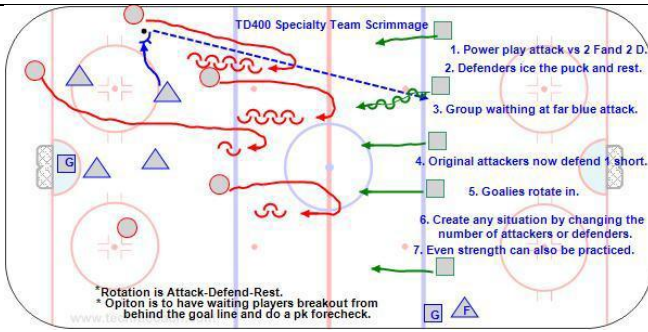
Key Points:

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. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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8'

TD400 Specialty Team Scrimmage

Key Points:

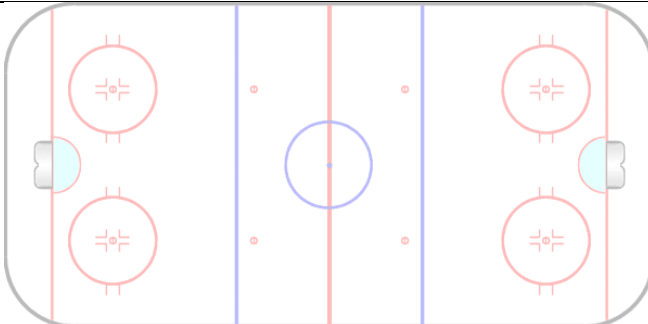
Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

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.

Explanation/Notes:

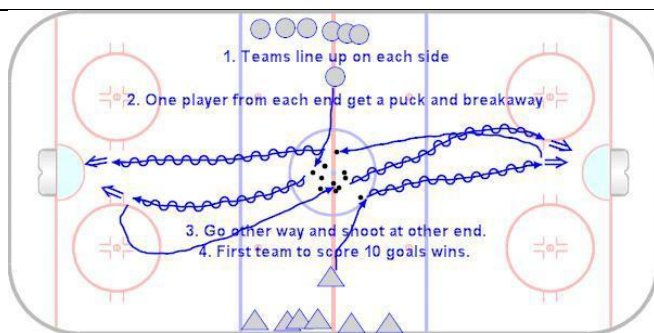


Explanation/Notes:



Explanation/Notes:





7'

E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams line up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

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