



Blue

Practice Plan

Date: 27-10-15

Time: 17:00-18:30

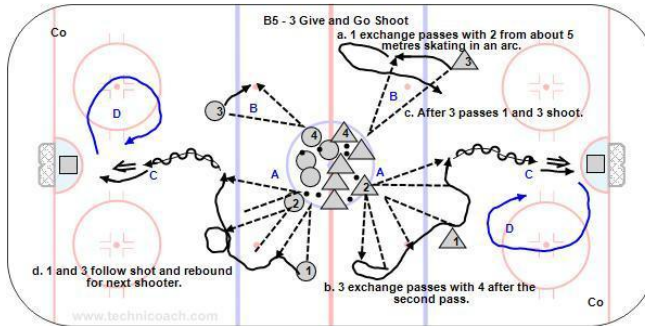
Venue: Max Bell

Lines:

Point shots, back check, shot pass,

Notes:

2-1, 3-2, 3-0, 5-0, 2-2, 3-3, 4-4, skills



10'

B5 - 3 Give and Go x 3 – Shoot - Rebound

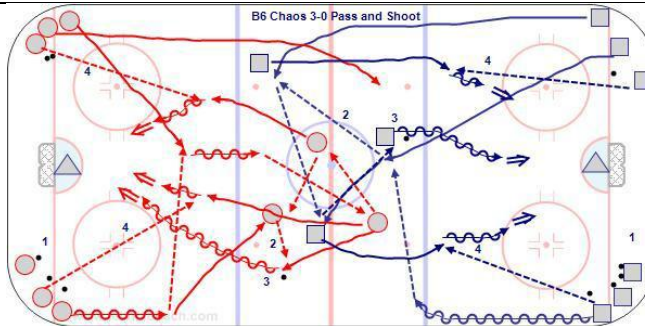
Key Points:

Face the puck all of the time and keep moving in a semi circle with stick on the ice.

Description:

- a. 1 exchange passes with 2 from about 5 metres skating in an arc.
- b. 3 exchange passes with 4 after the second pass.
- c. After 3 passes 1 and 3 shoot.
- d. 1 and 3 follow shot and rebound for next shooter.

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10'

B6 Chaos 3-0 Pass and Shoot

Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

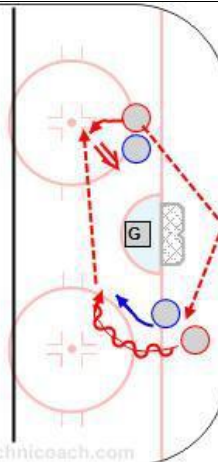
Description:

1. Three players leave from each end.
2. Each group passes one puck in n zone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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D4 - Goals Must Originate Below Goal Line

1. Play game situations from 1-1 to 5-5.
2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
3. To start an attack the puck must be moved below the goal line.
4. When the defenders get the puck they have to get it deep below the goal line before they can score.



12'

6'

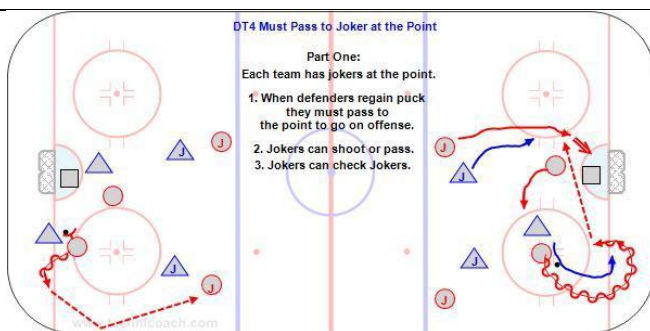
D4 - Goals Must Originate Below Goal Line

Key Points:

Players learn to protect the puck, pass to themselves off the boards or back of the net and use the net for puck protection. Also change the point of attack. Defenders must see the puck and the player they are covering and goalie must look over their shoulder and move side to side.

Description:

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2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
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6'

DT4 Must Pass to Joker at the Point

Key Points

Each team has one or two jokers at the point.

Introduce the game allowing jokers to check jokers. This is a great game to practice getting the shot through under pressure.

The jokers at the point must get open and take a shot or make a pass. The defender practices covering the point. Low players get open and defenders cover man to man.

Description:

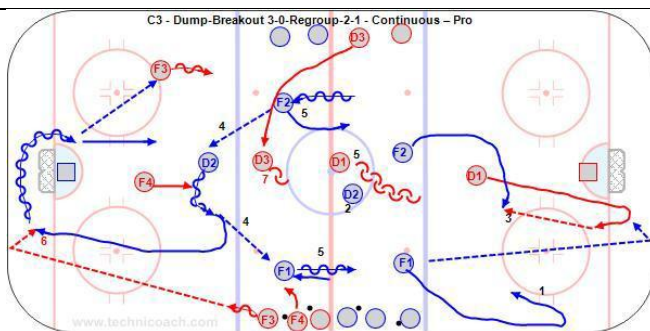
Each team has one or two jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

3. Jokers can check the opponents Joker.

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13' 3-0 and 5-0

7'

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.

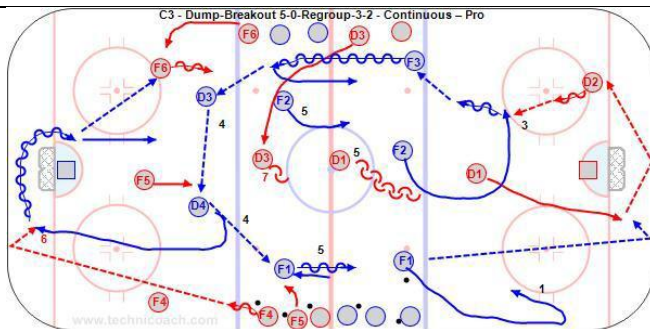
6. F3 or F4 dump the puck into the far end and D2 skate back for the puck-pass to F3-F4.

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.

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6' Add double D to D passes.

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.

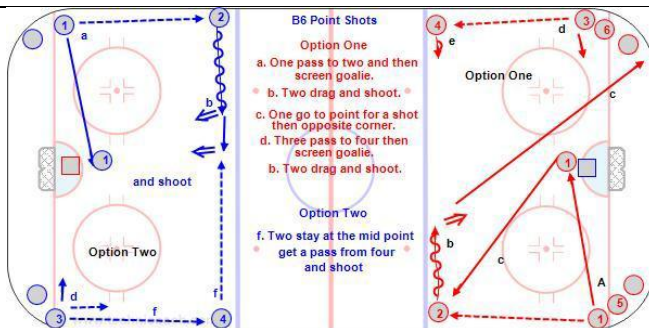
Description:

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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10' Add Shot Pass Option

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

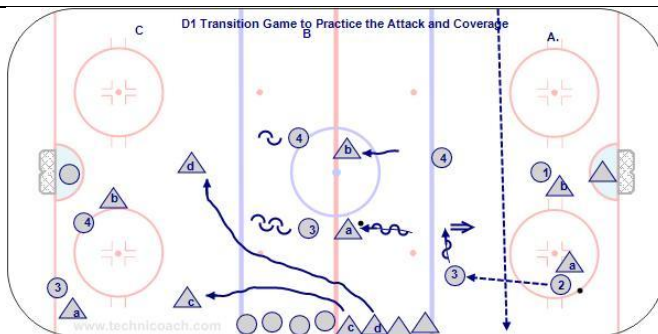
Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

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10' 2 on 2 and 3 on 3 keep Score

DT100 Transition Game of Support, Defend, Attack, Rest

Key Points:

This is a great full ice transition game to practice offense and defense in all three zones. I have done this the last 2 practices with my team and my skills group. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date. Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

Description:

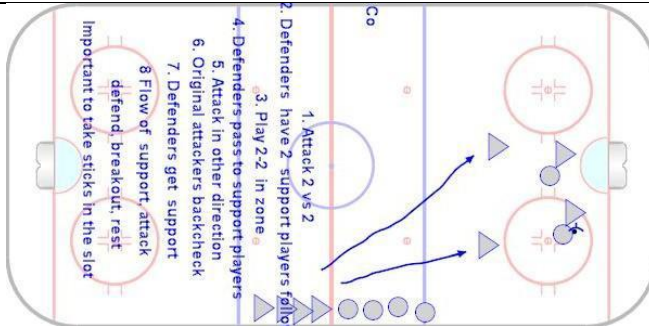
A. 1 and 2 attack vs a and b and are supported on the blueline by 3 and 4 The pointmen cannot go farther than the top of the circle. When the puck goes to the point a and b control the sticks of 1 and 2.

Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blueline 1 and 2 are finished and there is a 2 on 2 in the zone with a and b attacking 3 and 4.

C. After the puck crosses the blueline c and d support a and b from the point.

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10'

DT100 Backchecking Transition Game

Key Points:

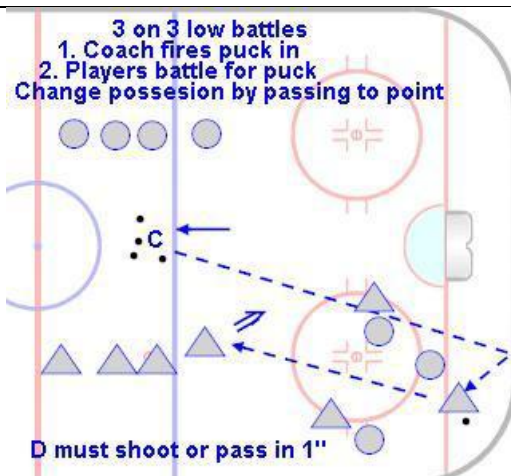
Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

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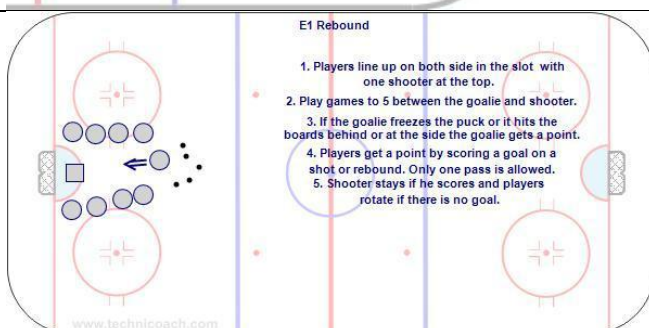


8'

DT400 3-3 Krusel Battling Game - ProW

Key Points: Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>



7'

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

