



Blue

Practice Plan

Date: 31-10-14

Time: 16:30-19:00

Venue: Optimist

Lines:

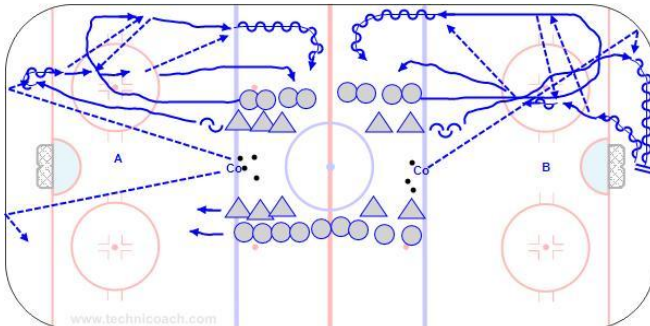
One hour video session on decision making.

Focus on good playing habits. 1-1, 2-1, 2-2

Notes:

16:30-17:30

4-4



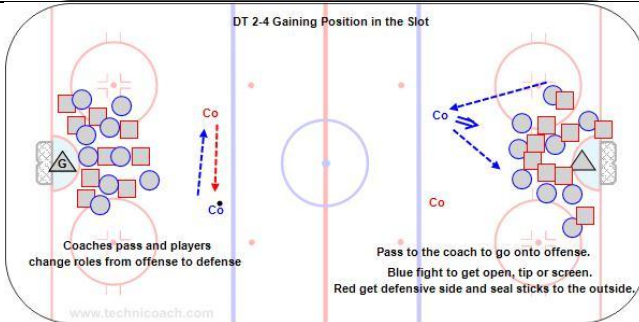
10'

B5 Murdoch Breakout Routine A and B

Key Points: *Chip out over the blue line.*

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.



10'

DT 2-4 Gaining Position in the Slot

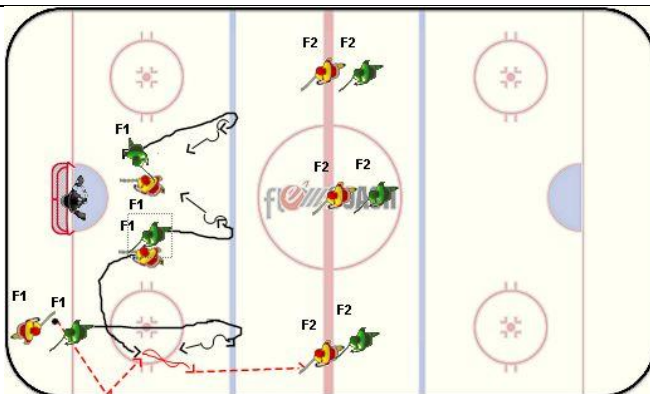
Key Points:

Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

Description:

1. All players are in front of the net in two colours.
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.
3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles O to D and D to O.
4. Play a game where the defenders must pass to their coach at the point to be on offense.
5. Offensive coach can shoot or pass.
5. Everyone stays within the dots and below the top of the circles.

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10'

DT400 4 on 4 Perry Pearn Game Rotation

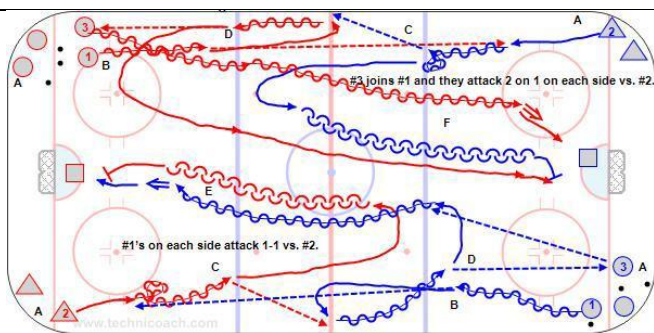
Key Points: *Focus on getting the puck out and in.*

This game allows the coach to focus on the attack or defending deep in the zone.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004080131252>



10'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

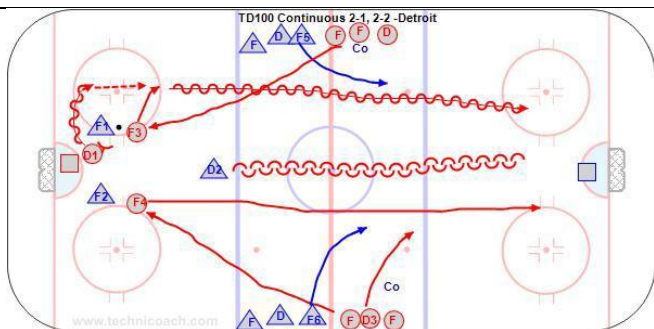
D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start so each corner leaves after the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



10'

DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.

2. F3 and F4 support D1 as far as the hash marks.

3. D2 support F1 and F2 passively from the point.

4. D1 make a breakout pass to F3 or F4.

5. F3-F4 attack D2 in the other direction.

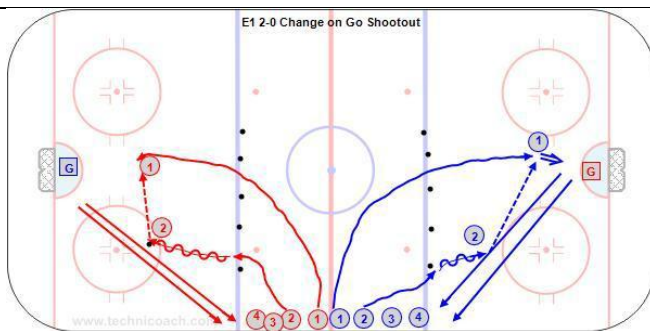
6. F5 and F6 support D2 and D3 support F3 and F4.

7. Continue this flow.

8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

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10'

E1 2-0 Change on Go Shootout

Key Points:

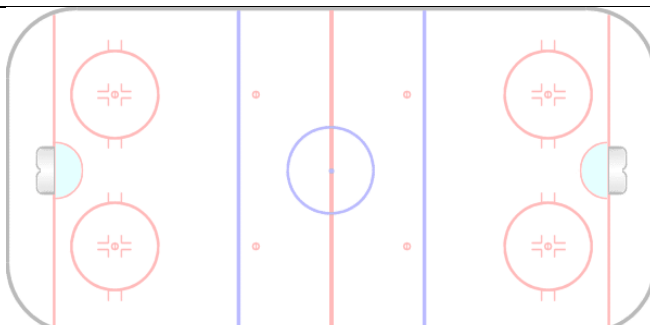
The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109085854143>

Explanation/Notes:



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