



Blue

Practice Plan

Date: 02-11-14

Time: 10:15-11:15

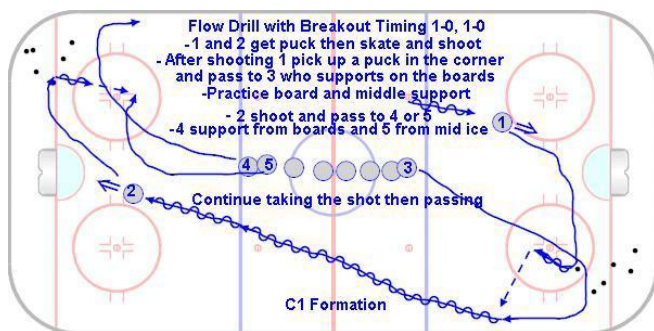
Venue: Stu Peppard

Lines:

Review good habits and team play. Power Zone, skate to the big ice, defenseman

Notes:

Play, defensive zone coverage, clear the footwork



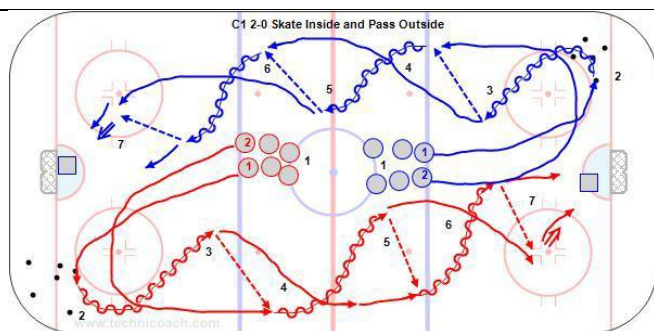
6'

C1 Flow with Breakout Timing 1-0, 2-0 Key Points: Players taking the pass must face the puck and give a target. Player passing should get between the dots with feet moving then pass. On a 2-0 only allow one pass in the offensive zone before shooting.

Description:

1. Players are lined up down the centre of the rink in the C1 formation. Pucks in the corner. 2. The first player at each end, 1 and 2 leave, pick up a puck, skate down the ice, shoot and rebound. 3. Next player in line leave and time the support from either the boards or the middle lane and give a target for a breakout pass. Then go down and shoot. 4. Progress to 2 players giving support from the boards and middle lane. 5. Regroups can be added by having the passer follow the attack. * 1-1 and 2-1 can be created by another player leaving the line and defending.

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6'

C1 2-0 Skate Inside and Pass Outside

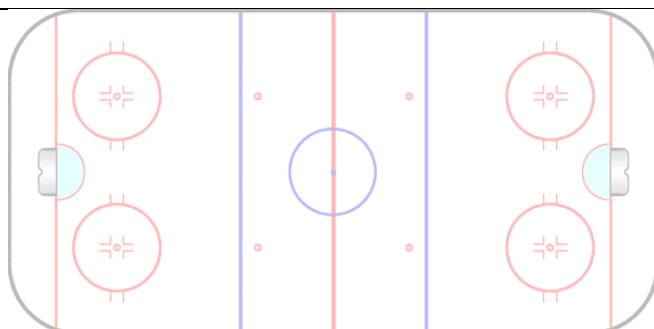
Key Points

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.

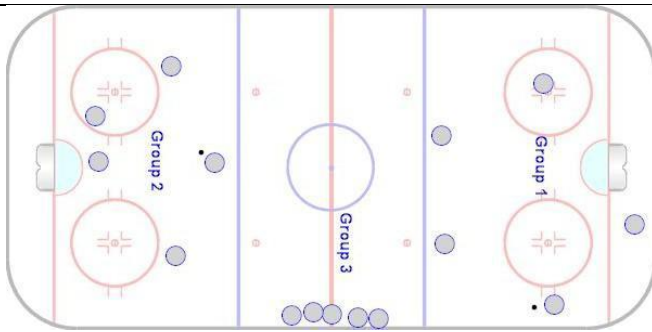
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10'

Alex – Footwork with defensemen.

Jim – Ron - Cycle in a triangle

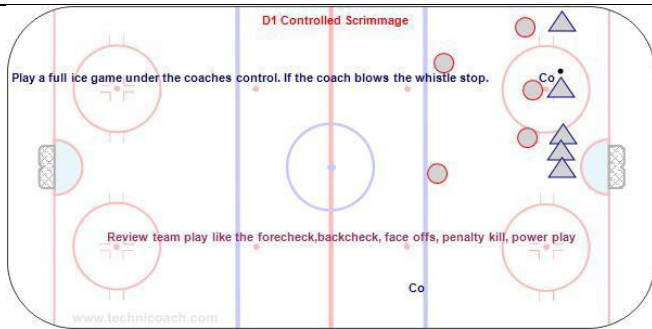


21'

Rotate each 7'

Jim and Ron one end with the power play one group of 5.

Tom and Alex other end with 2 lines. Dzone coverage with sticks upside down.



17'

T2 T4 D100 Controlled Scrimmage

Key Points: Work on team play concepts with the coaches on the ice.

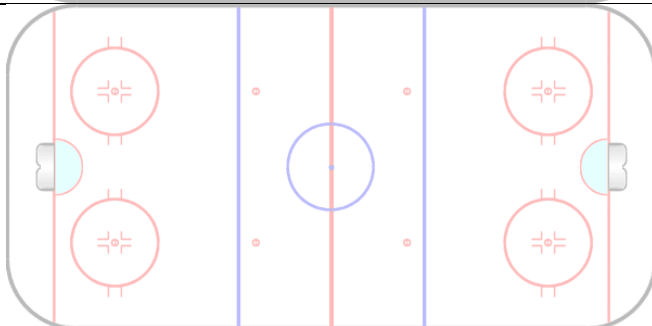
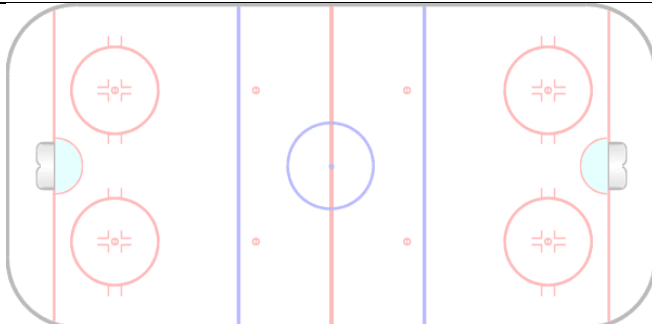
Description: Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants. [http://hockeycoachingabcs.com/mediagall ...](http://hockeycoachingabcs.com/mediagall...) 0123912842

5-5 controlled scrimmage.

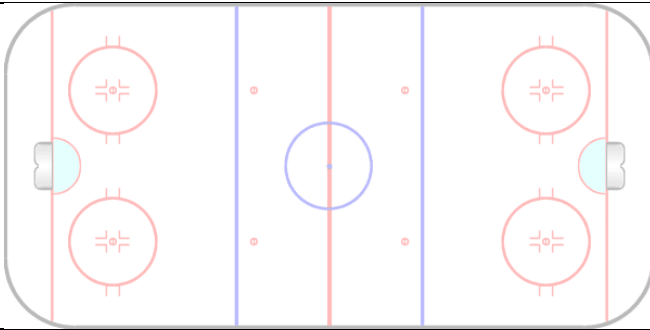
Freeze on the whistle. Offending team 1 push up and offending player 5.

Offenses on coverage and decisions.

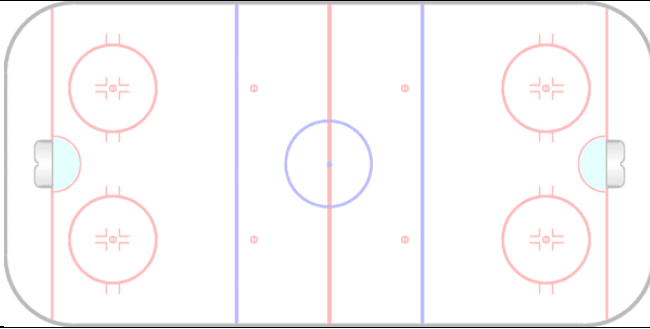
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
