



Blue

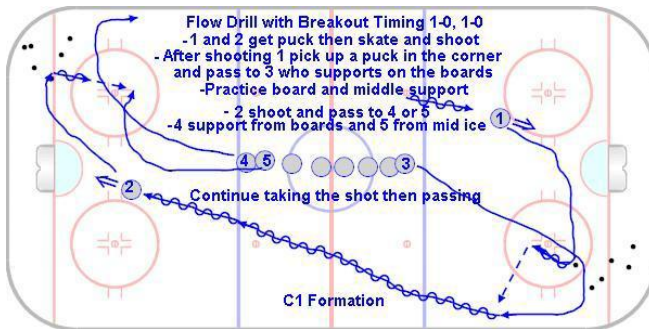
Practice Plan

Date: 02-11-14

Time: 10:15-11:15

Venue: Stu Peppard

Lines:	Notes:
Review good habits and team play. Power Zone, skate to the big ice, defenseman	Play, defensive zone coverage, clear the footwork



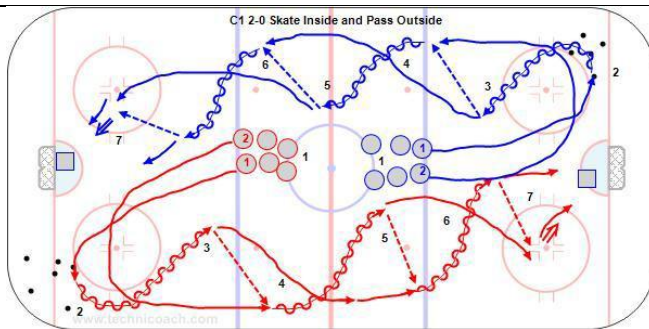
6'

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.

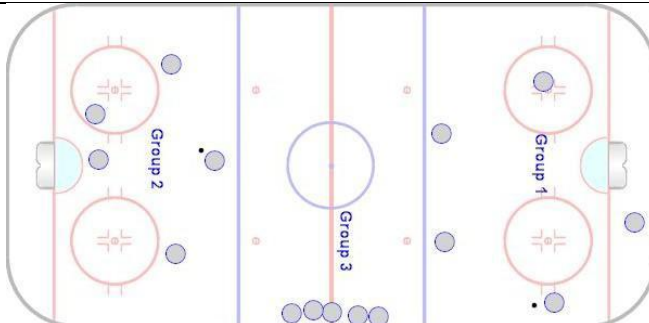
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24'

3 x 8'

Jim - Power play at one end.

Tom - D zone coverage at the other end.





15'

T2 T4 D100 Controlled Scrimmage

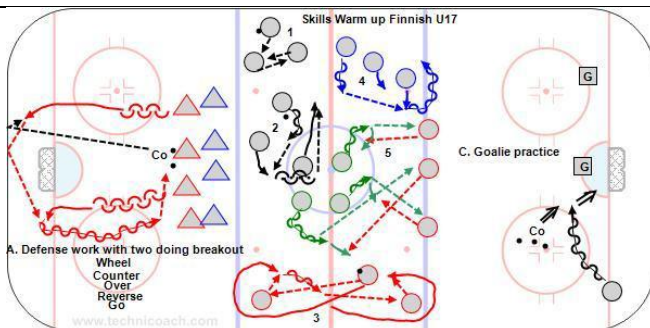
Key Points: Work on team play concepts with the coaches on the ice.

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, 5-4, 5-3 controlled scrimmage.

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

Offenses on coverage and decisions.



10' Jim with F and Tom with D

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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8'

DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

Key Points:

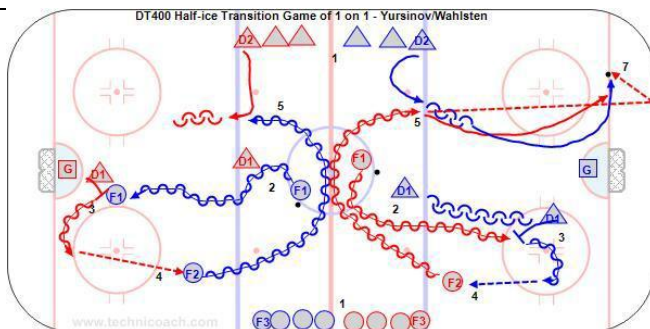
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

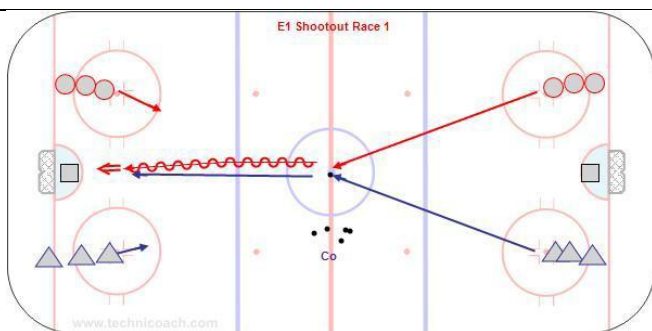
Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.

2. F1 attack vs. D1 after skating through the middle circle. 3. Fight for rebounds and loose pucks. 4. On transition pass to F2 at the top of the circle. 5. F2 skate through the middle circle and attack vs. D2. 6. Add a regroup with the forward circling back. 7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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7'

E1 Shootout Race 1

Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. *This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

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Explanation/Notes:



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