



Blue

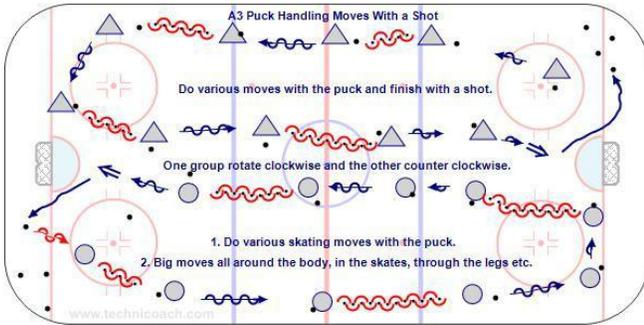
Practice Plan

Date: 06-11-14

Time: 17:30-18:30

Venue: George Blunden

Lines:	Notes:
Stick on puck body on body, angling	Puck support, quick transition
D to D and D to D to D, stretch breakout	Pass and shoot while skating



6'

### A300 Edges and Puck Handling with a Shot

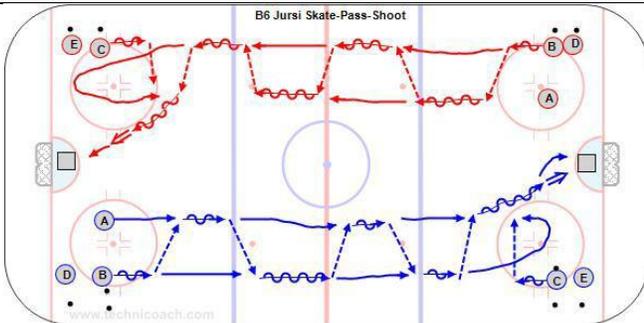
#### Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

#### Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
  - a. Forward skate and alternate on the front inside edges.
  - b. Backward skate and alternate on the inside edges.
  - c. Skate forward and cross-over alternating on the outside edges.
  - d. Skate backward and cross-over alternating on the outside edges.
  - e. Open hip turn each way.
  - f. Slalom and reach as far as possible with the puck the opposite way.

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6'

### B6 Jursi Skate-Pass-Shoot

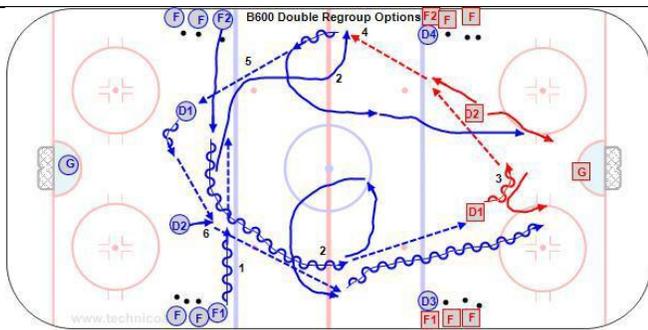
#### Key Points:

This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

#### Description:

1. A and B skate down the ice in passing while skating.
  2. A is on the inside and continues on with a shot while skating.
  3. B pivots facing the puck and continues the other direction passing to C.
  4. B shoots and C partners with D the other way.
- # This can be done in tandem on both sides of the ice.

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10'

### B600 Double Regroup Options

#### Key Points:

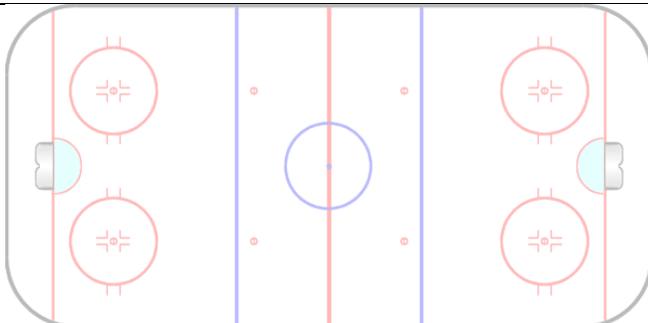
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

#### Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

\*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

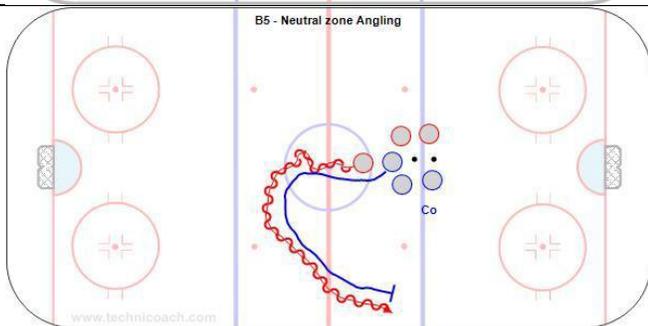
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4'

### B500 Defensive Drill to Keep the Stick on the Puck – Pro

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### 5' Blue one end and white the other.

### B5 - Neutral zone Angling

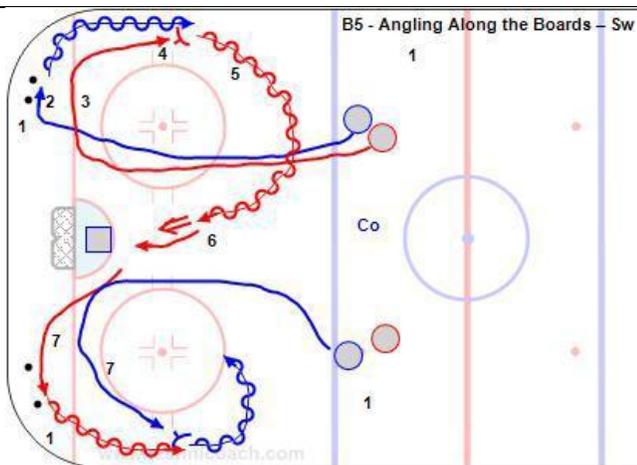
#### Key Points:

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

#### Description:

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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**5' one group at each end.**  
**B5 - Angling Along the Boards – Sw**  
**Key Points:**

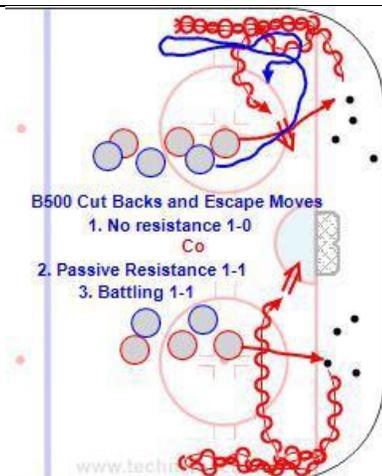
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

**Description:**

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

\* Repeat alternating sides.

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**8'**  
**Alex with D for agility skating – Jim with Forwards. Cut backs.**

**B500 Cut Backs and Escape Moves**

**Key Points:**

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

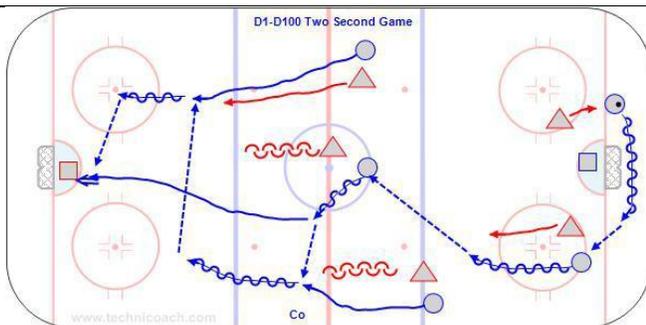
**Description:**

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.  
 2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.  
 3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

\*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

**Add stay at the net and battle while group is in the corner and it becomes a 2-2 on the whistle.**

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**6'**  
**D1-D100 Two Second Game Goals Must be One Touch Shots**

**Key Points:**

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

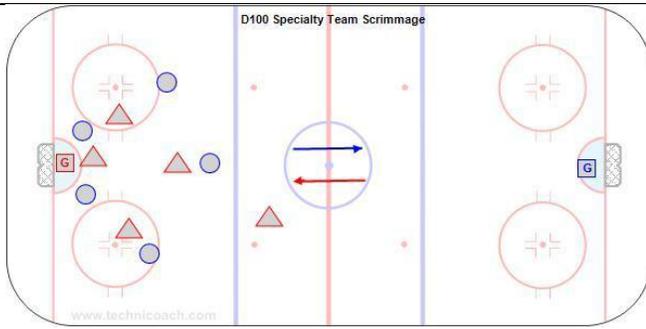
\*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

**Description:**

1. **Play full ice** with either all the players on the ice at once or in shifts.  
 2. Players can be in possession of the puck for a maximum of 2 seconds.  
 3. Stress that when you get the puck the order of priorities should be: A-Make a play, B-Regroup, C-Gain a zone.  
 3. When over 2 seconds the other team gets the puck (coach monitor).

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**6'**  
**D100 Specialty Team Scrimmage**  
**Key Points:**

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

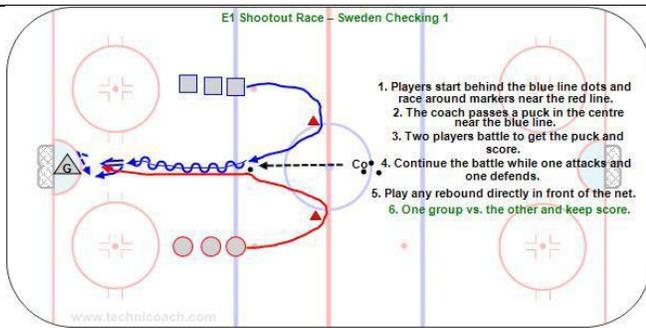
**Description:**

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

- 5-4 last forward back stay in nzone.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.



**6'** **Alternate ends.**

**E1 Shootout Race – Sweden Checking 1**  
**Key Points:**

Players must skate hard and battle for net side body position. Player who wins the puck must protect it and the checker fight for defensive side without taking a penalty. They should play any rebound in the slot.

**Description:**

1. Players start behind the blue line dots and race around markers near the red line.
2. The coach passes a puck in the centre near the blue line.
3. Two players battle to get the puck and score.
4. Continue the battle while one attacks and one defends.
5. Play any rebound directly in front of the net.
6. One group vs. the other and keep score.

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