



Blue

Practice Plan

Date: 09-11-14

Time: 10:15

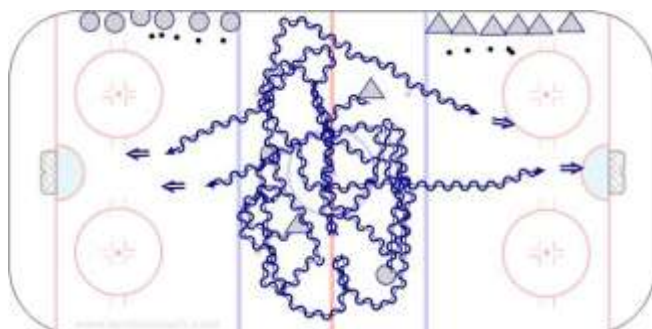
Stu Peppard

Theme:

Notes:

Skills, game situation, footwork, escape

Moves, breakout, triangle



6'  
Nzone overspeed



15' Alex footwork and breakout Jim  
cycle, cut backs

**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.

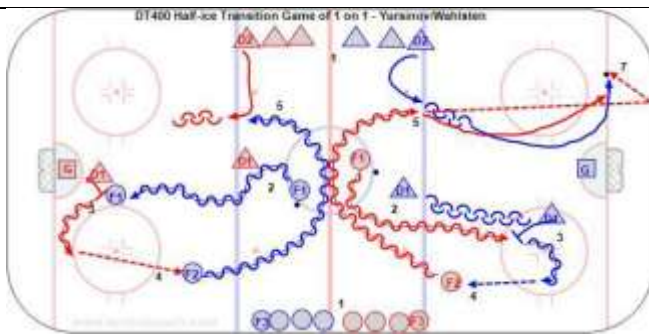
4 - Keepaway 2-1 in four areas.

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.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=88>



10'

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

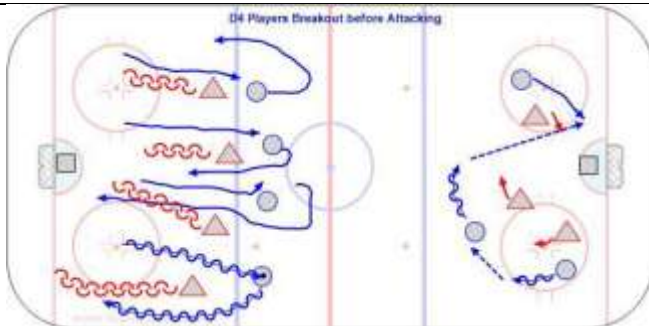
### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



3 x 6' Games with Rules. Tournament

## D4 Players Breakout before Attacking

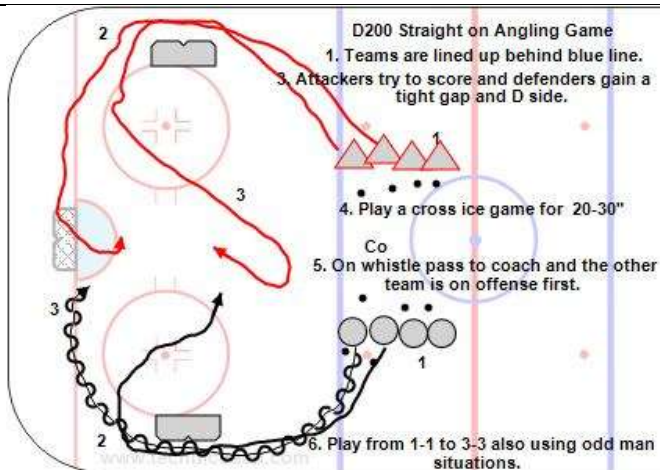
### Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

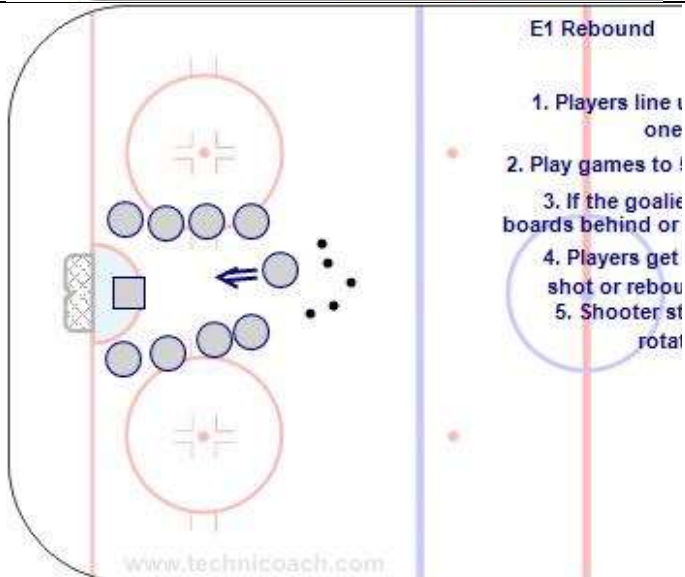
The coach can designate modified rules for the game to work on either individual or team play skills.

### Description:

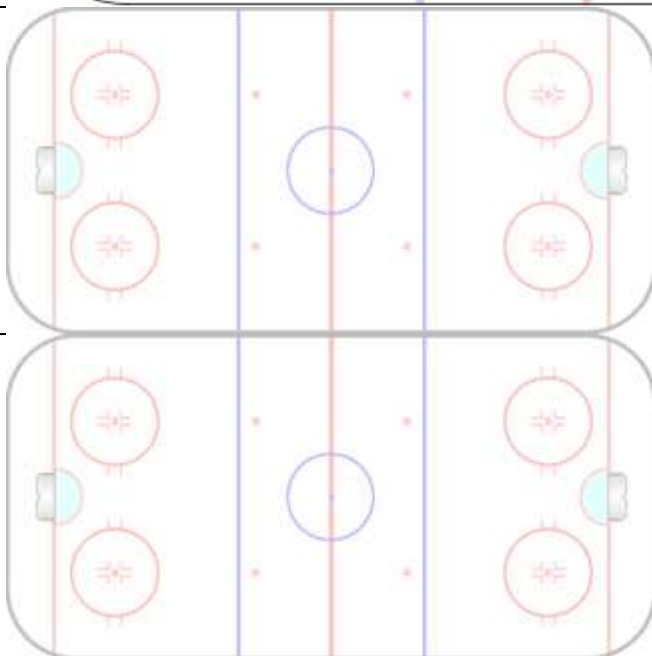
1. One team attacks with the puck and tries to score.
  2. The defending team must breakout over the blueline and then turn back and attack.
- \*Individual skills can be worked on. i.e.
    - Skating-only backward skating allowed.
    - Team Play - goals come only on plays originating below the goal line.
    - Individual Offensive skills - an escape move must be made when you get the puck.
    - Individual Defense - sticks upside down until one shot is taken.



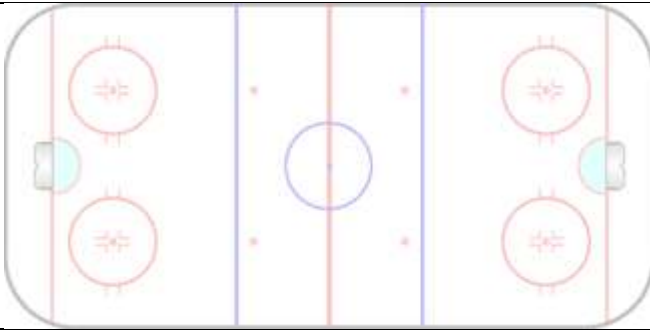
## 6' D200 Angling Game and Straight on Angling Games.



## 5' Shootout game



Explanation/Notes:



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