



Blue

Practice Plan

Date: 10-11-14

Time:

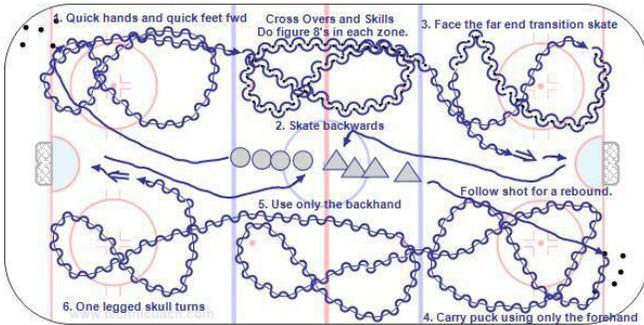
Venue: 17:30-18:30

Lines:

Regroup, loose shoulders, pass, shoot
Moves, taking stickss

Notes:

Puck support, footwork, d shots, escape



6'

B6 or B4 Crossover Skating and Puckhandling

Key Points:

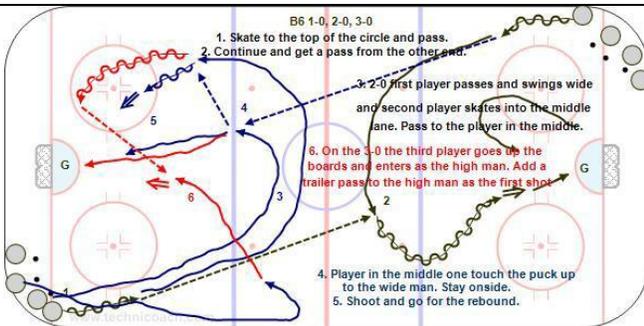
This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills
Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012041815512444>



6'

B6 1-0, 2-0, 3-0 Small Horseshoe

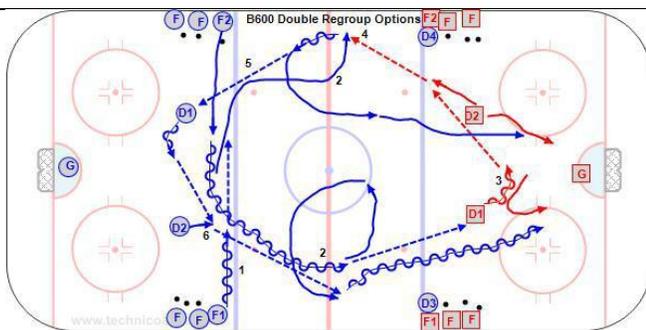
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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10'

B600 Double Regroup Options

Key Points:

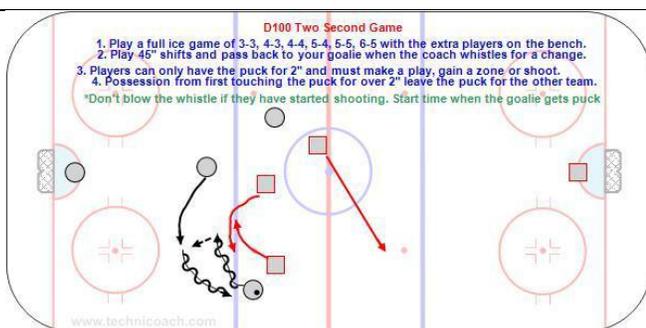
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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.

* Add a dump in instead of a second regroup to work on breakouts and then D join the rush and then a 2 on 2.

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10'

D100 Two Second Game with goals on one touch plays.

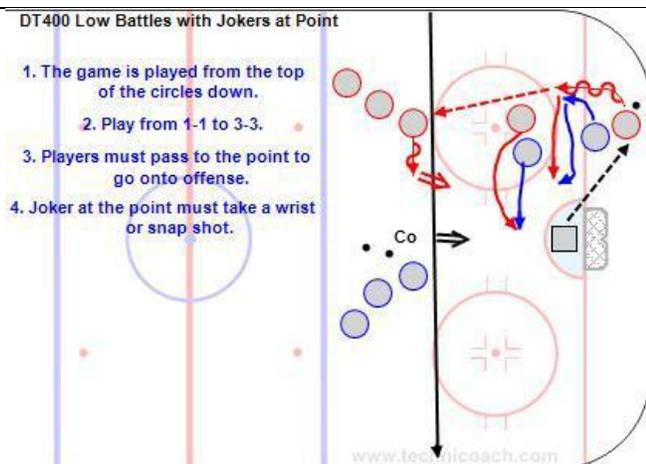
Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



10'

Defense shooting with Alex.

Forwards low 2-2 with focus on escape moves and taking sticks in the slot. Jokers at the top of the circle. Tom

DT400 Low Zone Battles with Jokers at Point

Key Points:

Attackers must go to the net to screen, for rebounds, tips and cycle low. Defenders must talk and stay man on man unless impossible and then switch. Box out, seal sticks to the outside, tie up sticks in the slot.

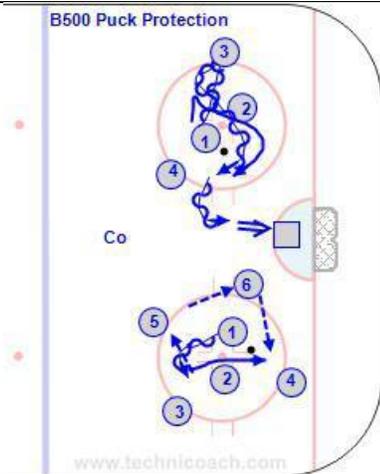
Description:

1. The game is played from the top of the circles down.
2. Play from 1-1 to 3-3.
3. Players must pass to the point to go onto offense.
4. Joker at the point must take a wrist or snap shot.

* Keep score and when in the teaching mode stop the play and have player who doesn't cover someone do 5 push-ups and his teammates 1 PU. 6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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B500 Puck Protection

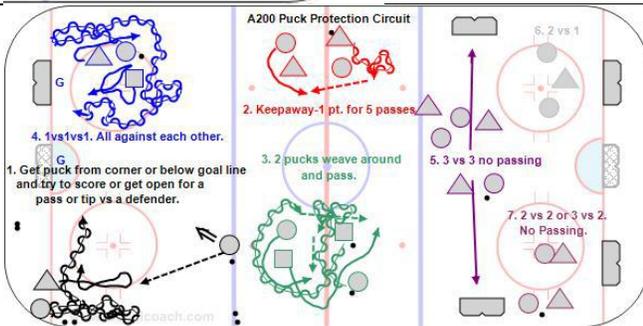


18'
Wally Kozak battling activities.

- protect the dot.
- race for a loose puck.

Some of the activities below.

A200 Puck Protection Circuit



A200 Puck Protection Circuit

Key Points:

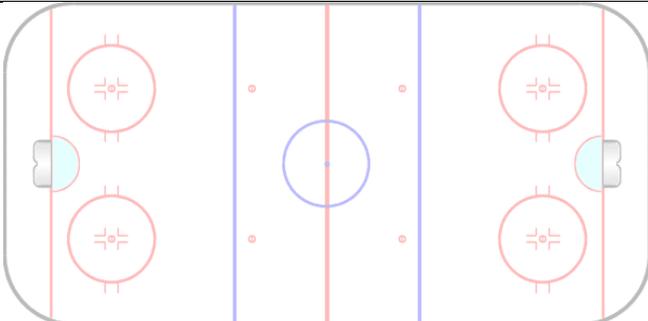
Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100411083310556>

Explanation/Notes:



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