



Blue

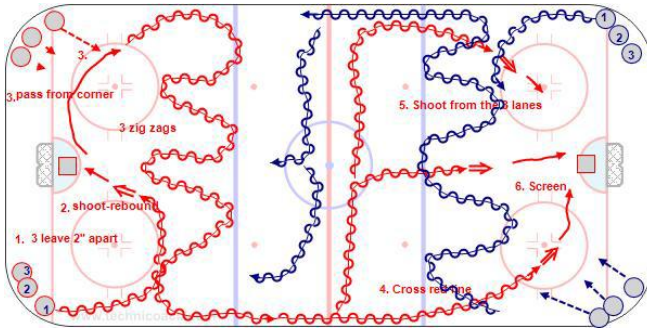
Practice Plan

Date: 13-11-14

Time: 17:45-18:45

Venue: Stu Peppard

Lines:	Notes:
Skate, pass, shoot, rebound, agility	Attack the net, play tough defense in slot,
Puck support, go to the net, point shots	Screen, tip, rebound, timing, stay on side
Regroup, breakout, 2-1, 3-2, 2-2.	Angling, battling



8'

B6 – 3 Shots, 3 Zig zags, 3 Shots

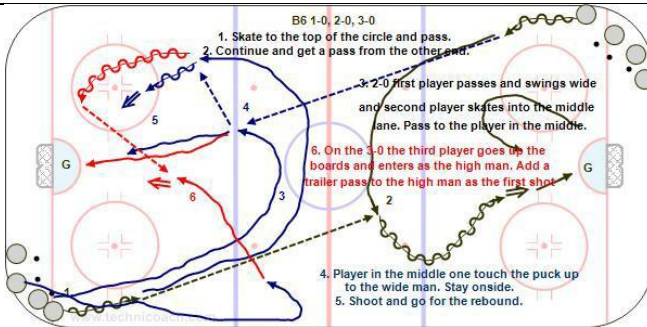
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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7' Focus on Timing and staying onside

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

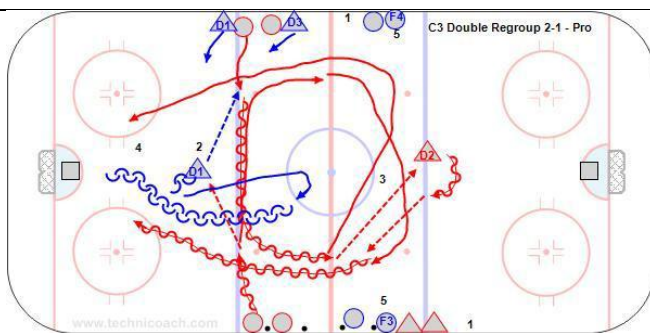
Key Points:

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 onside.
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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8'

C3 Double Regroup 3-0 to 2-1 and 5-0 to 3-2 - Pro

Key Points: Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D co-operate with the goalie to make it a 2-2 and don't allow a second play late. Slide outside the post if a pass across is the only play.

Description: 1. Players line up along the boards on both sides in the neutral zone. 2. Start with F1 and F2 one touch passing with D1. 3. F's skate through the neutral zone and regroup with D2. 4. F's attack 2 on 1 vs. D1. 5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3. *If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131025152134950>

12' Half F and half D at each end. 2 on 2 focus on dominating the slot on offense and defense.

DT400 Low Zone Battles with Jokers at Point

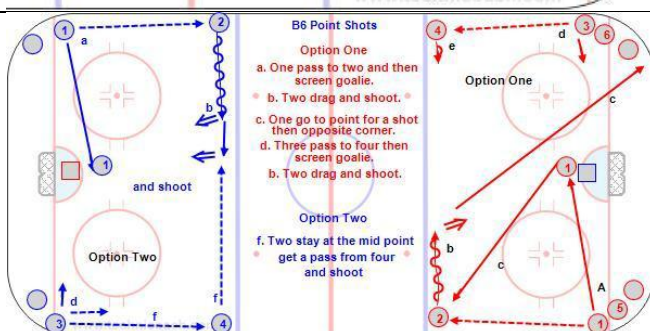
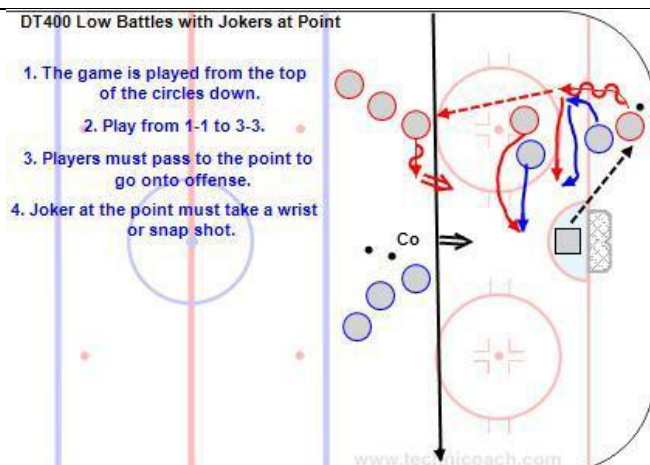
Key Points:

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.



7'

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

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8'

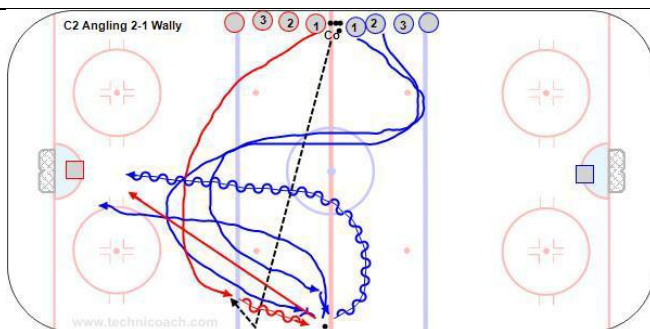
C2 Angling 2-1 Wally

Key Points:

Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the



puck carrier to cut the ice in half.

4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.

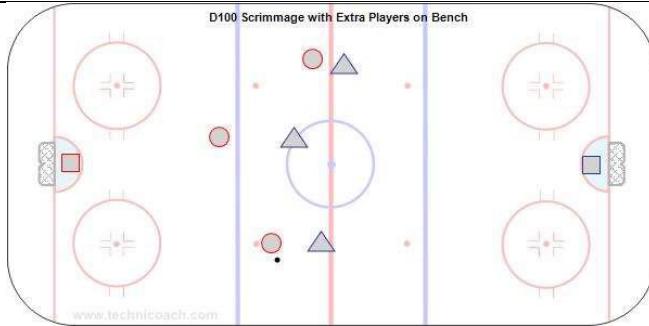
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.

6. Blue 1 and 2 attack the other way while Red 1 back checks.

7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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10'

D100 Scrimmage with Extra Players on Bench

Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

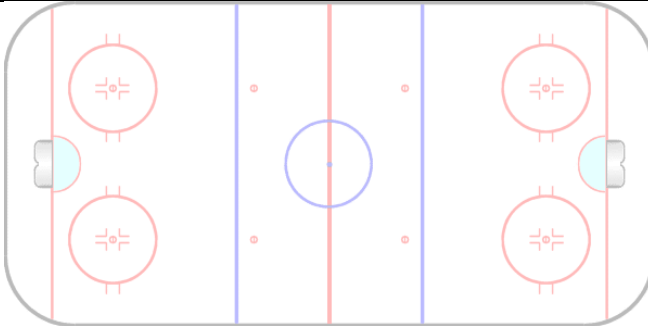
1. Play with the rules there must be at least one pass made in each zone and goals only count on one touch shots.

2. Change of the whistle or players change on the go.

3. Keep score.

4. If no face-offs then scoring team touch the red line before checking.

Explanation/Notes:



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