



Blue

Practice Plan

Date: 19-11-14

Time: 17:45-19:00

Venue: Stu Peppard

Lines:

Puck handle, pass, shoot, 3-0 attack options
Torpedo 1-3-1, puck support, give and go

Notes:

1-1, transition D join rush and F backcheck

10'

A300 Puck Handling vs. Defender Warm-up

Key Points: Start with Tom leading big moves as the players skate around the outside and repeat.

Defend passively and allow the attacker to make moves.

Description:

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

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8'

B6 Chaos 3-0 Pass and Shoot

Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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12'

B6 3-0 Rush and Entry – Pro

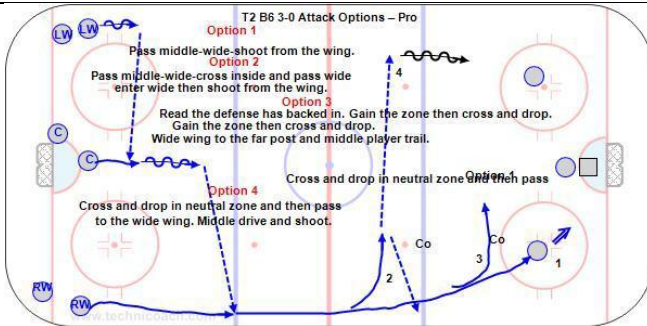
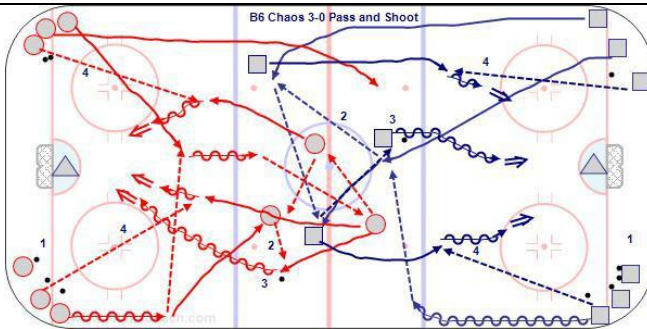
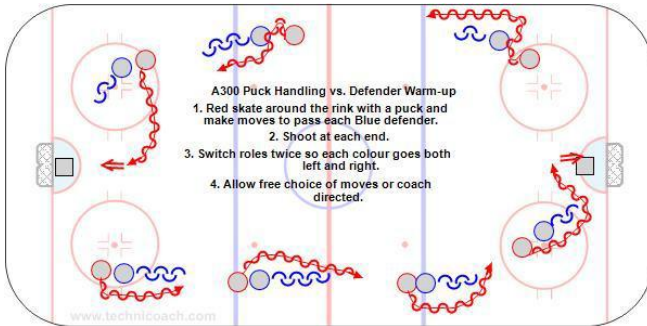
Key Points:

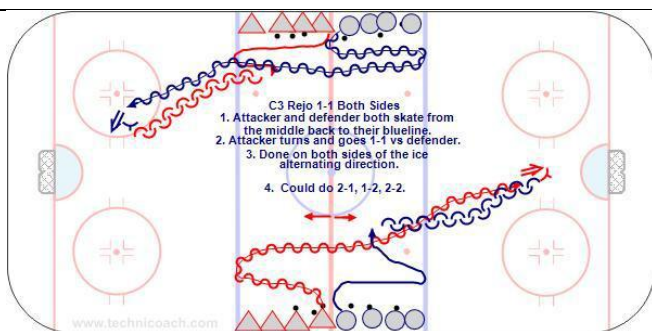
Middle drive with F2 driving hard to the net. Practice the various entries and players attack in their lanes.

Description:

1. Leave from the end in groups of three.
2. Coach give resistance at the blue line.
3. First wing pass to middle to far wing who shoots while F2 goes hard to the net.
4. If players mess up they repeat the drill.
5. Shoot to the far pad for a rebound.
6. Wing to middle to far wing who skates to the big ice and the centre takes the ice behind for a wide pass.
7. Far wing drive to the net and new middle lane player trail.
8. F1 pass to F2 in the middle who passes to F3 on the wing; F3 skates to the big ice and pass wide to the F1 breaking down the wide wing.
9. F2 middle drive hard to the net and F3 become the trailer.

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10'

C3 Rejo 1-1 Both Sides - Gap Control

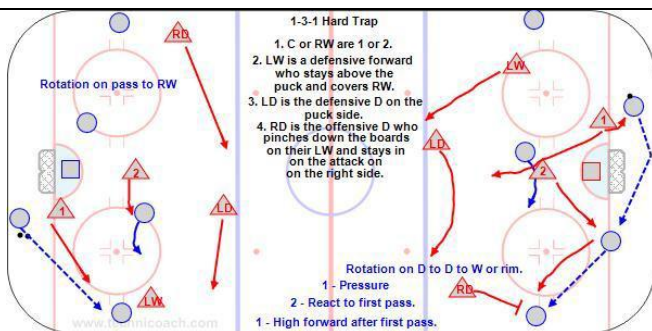
Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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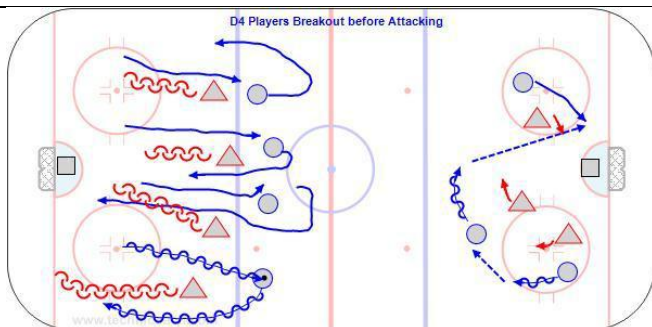
10'

Torpedo 1-3-1 Hard Trap Forecheck

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time. My truth of hockey is.

Forecheck - 2 in deep - only pinch on the strong side when positive you will get the puck.

- lock the strong side boards on breakouts with the LW on one side and the RD on the other.
- 3 forecheck on the strong side. Left side the lw, c, rw and Right side the C-RW and RD.
- Backpressure all the way to the net.
- always tight gaps.
- angle off the back shoulder with the stick on the puck. - check from the defensive side always.
- always 4 on the attack.
- tight 3 man triangle and a D high on the rush to the net. - shoot when inside top of circles unless someone is wide open.
- always give the puck to someone in better position than you and keep it if you are in the best position.



12'

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.

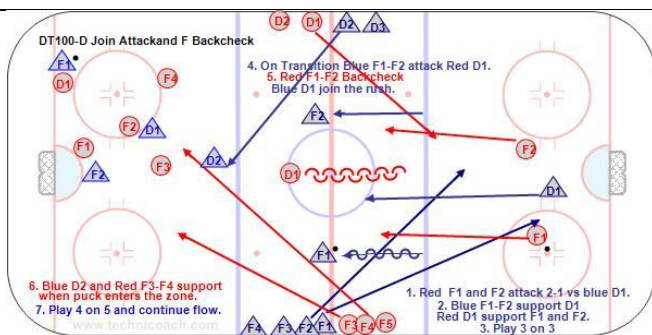
Description:

1. One team attacks with the puck and tries to score.
2. The defending team must breakout over the blue line and then turn back and attack.

*Individual skills can be worked on. i.e.

-Goals only count on give and go plays.

-2' possession rule and goals must be one touch.



13'

DT100 Transition Game with D Joining the Attack and F Backchecking

Key Points:

Many coaches have a 2 on 1 at one end and then another starts the other way with a new puck and the original players skate up the ice and join the play on offense and defense. This can be done in a transition game.

* It is like the continuous 1-1 to 3-2 but the players get to be on both offense and defense.*

Description:

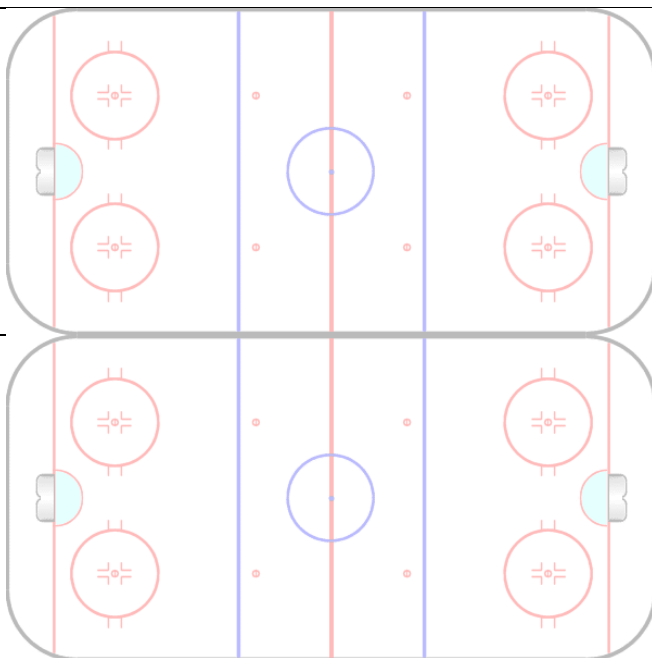
Use one puck and have the new players on offense at the blue line and the new D a little farther back then they can attack when passed to.

2. The players who just were on O now backcheck and the players on D join the rush.

3. When they enter the zone the new players skate to the blue and are passive until they get the puck.

4. The players who have only gone down.

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Explanation/Notes:

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