



Blue

Practice Plan

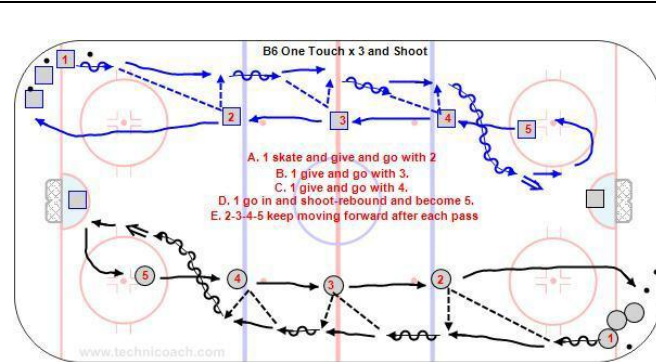
Date: 24-11-14

Time: 17:00-18:30

Venue: Max 2

3 lines, forecheck, pp, pk, one touch,
Read the rush, transition, shootout

Regroup, 1-1, 2-2, 2-1, 2-3, 3-2, 3-3, 4-5,



8'

B6 One Touch x 3 and Shoot

Key Points:

One touch pass. Firm stick and follow through at the target. Both line move all the time.

Description:

B6 from diagonal corners down each side of the ice. Start with one player at each line and one extra behind.

- A. 1 skate and give and go with 2.
- B. 1 give and go with 3.
- C. 1 give and go with 4.
- D. 1 go in and shoot-rebound and become 5.
- E. 2-3-4-5 keep moving forward after each pass.

Continue this flow from each side and then move to the other side and change directions.

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10'

B6 Regroup-Breakout-2-0 x 2 – Pro

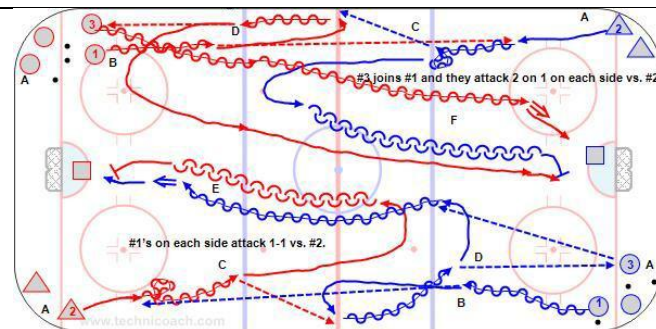
Key Points:

Face the puck, give a target, pass while skating, shoot while skating, follow shot for a rebound.

Description:

- A. 1 skate and pass across to 2.
- B. 2 pass to 3 at the far end.
- C. 3 skate and regroup with 2.
- D. 2 pass to 1 and 1-2 attack and shoot.
- E. Repeat the other way; 4 pass across to 3.
- F. 3 regroup with 5 at the far end.
- G. 5 pass to 3.
- H. 3 and 4 attack the opposite end.

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10'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

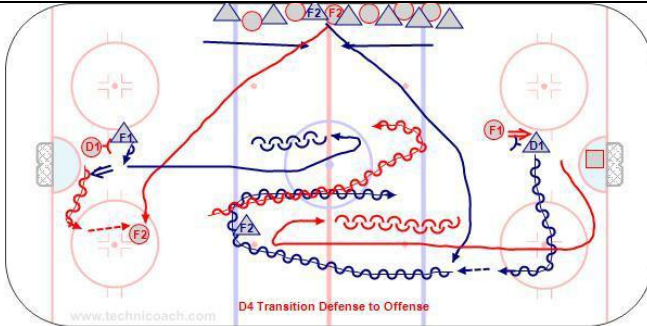
- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start so each corner leaves after the first pass.

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10'

DT400 1-1, 2-2, Support-Attack-Defend

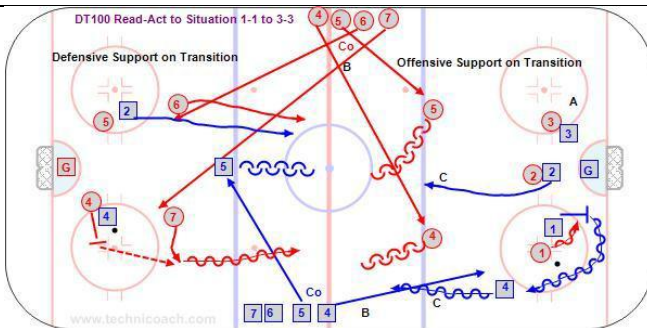
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2.. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker F1. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

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10'

DT100 Read-Act to Situation 1-1 to 3-3

Key Points:

Transition game where the players must read the ever changing situations and act to make them even. Transition happens on a turnover, a goal or the goalie freezes the puck. The closest player support to create an even situation.

Description:

A. B1-2-3 attack R1-2-3.

B. R5-6 support the attack and B4 the defenders.

C. On transition B4 attack R4-5 and B1-2-or 3 support the attack making it 2-2.

D. Blue Coach sends B5 to support the attack.

E. Red Coach sends R6-7 to support defense.

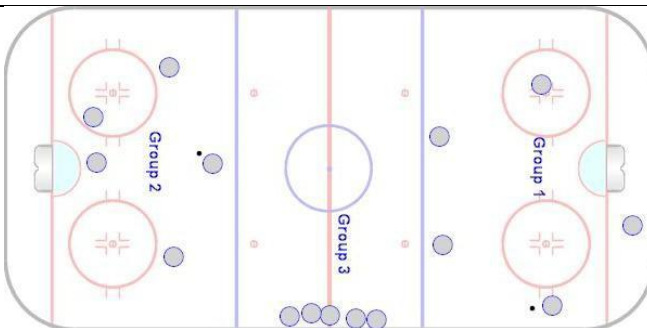
F. On transition R6-7 attack B5 and B1 or B2 read the

outnumber situation and backcheck to make it a 2 on 2.

G. Coaches continue to randomly send 1 to 3 players to support.

H. Players read the situation and support to make it a 1-1, 2-2 or 3-3 attack.

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15' each line 5' in zone. PP one end PK at other.

T2 Kingston Power Play and Team Play Rotation

Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.

- Line B at other end practice attack options. Both walk through pp

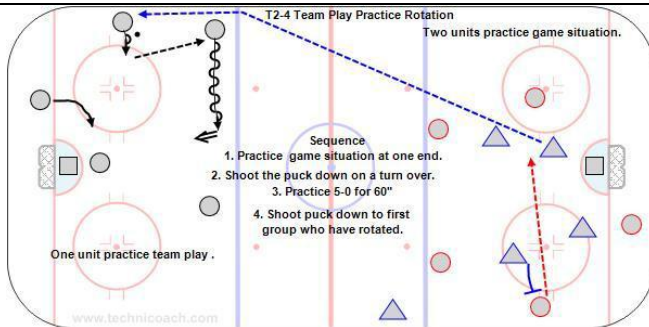
5-0.

- Line C in middle passing practice.

- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.

- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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10' 3' each review dzone and forecheck

T2-4 Team Play Practice Rotation

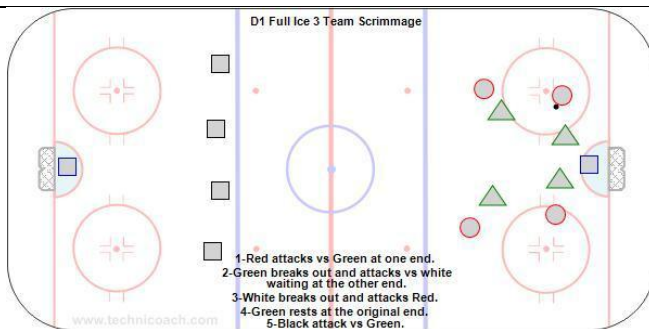
Key Points:

Practice various situations at each end. One vs. pressure and one no pressure. Switch roles when the puck goes to the no pressure end. Review any team concept.

Description:

Sequence

1. Practice game situation at one end.
2. Shoot the puck down on a turn over or after a certain time.
3. Practice 5-0 for 60".
4. Shoot puck down to first group who have rotated.



8'

D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

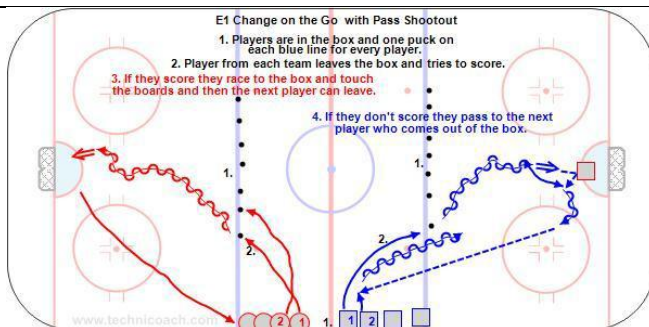
Description:

Three teams play full court or full ice.

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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9'

E1 Change on the Go with Pass Shootout Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes. **Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>
