



Blue

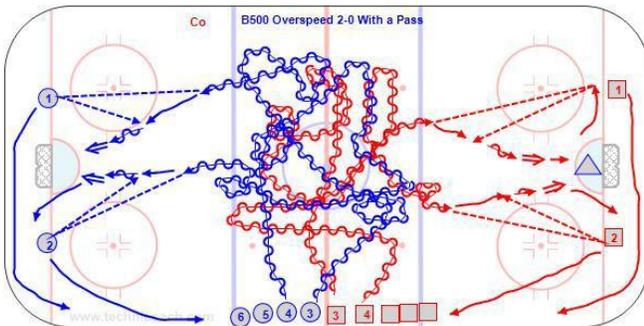
Practice Plan

Date: 27-11-14

Time: 17:30-18:30

Venue: George Blunden

| Lines: | Notes: |
|--------------------------------------|--|
| Focus on individual defensive skills | Stick on the puck, body checking, taking |
| Hit on the boards, puck protection | Poke check, stick slap, offensive bump |
| Get the puck out, battle on boards | Battle in front, fronting |
| | |
| | |
| | |



10' Jim lead big moves around the ice for 4' then the overspeed.

B500 Overspeed 2-0 with a Pass

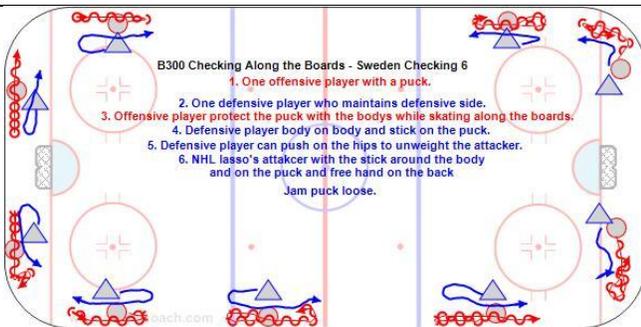
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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15' - Tom with all the players

B - Intro to Contact: Shoulder check - Tom

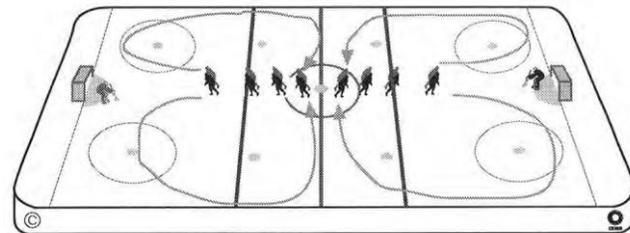
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B - Taking a Check on the Boards – Sw - Tom

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B - Stick on the Puck – Sw - Tom

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15' One end Alex the other end Jim

Alex 5' each skill

B - Shoulder Check – Sw - Alex

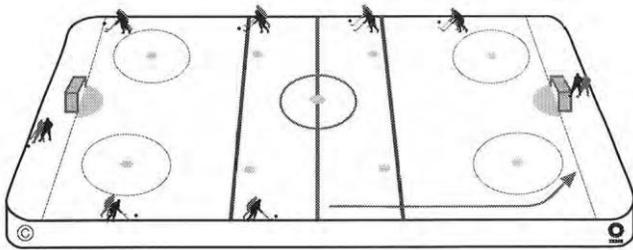
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B - Poke Check - Alex

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B - Open Ice Shoulder Check – Sw - Alex

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15'

Jim 5' each skill

B5 - Neutral zone Angling – Pro - Tom

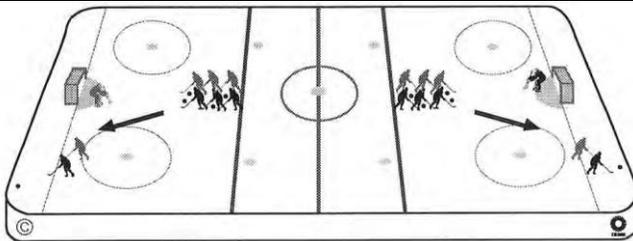
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B - Angling – Sw - Tom

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A - Chip and Spin Escape Move – Sw - Tom

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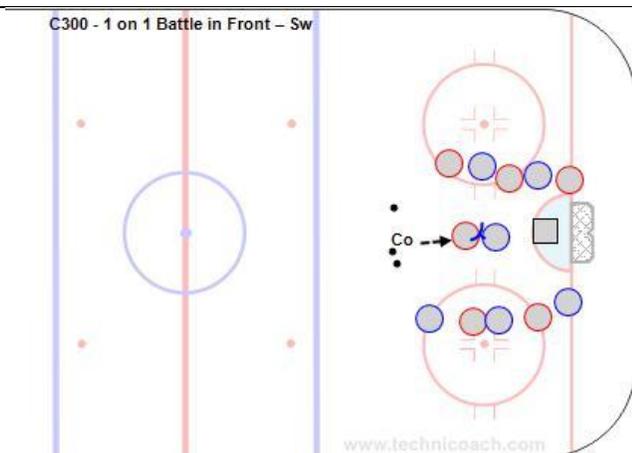
20'

Tom and Wally one end Alex the other – switch 10'

Tom

C300 1-1 Race for a Dump in the Corner – Sw - Alex

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Alex

C300 - 1 on 1 Battle in Front – Sw

Key Points:

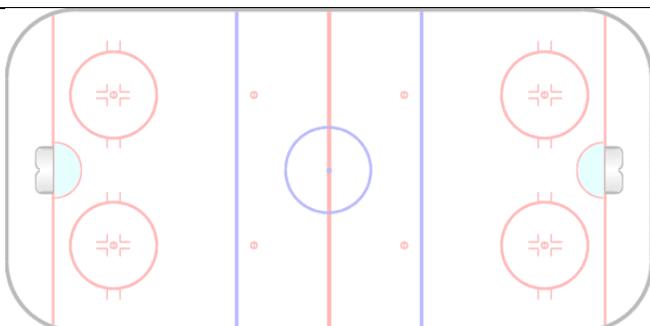
Attacker battle to keep his stick free and defender keep the defensive side and tie up the stick when it is exposed.

Attacker shoot and go for the rebound and defender keep the stick on the puck and box out after a shot.

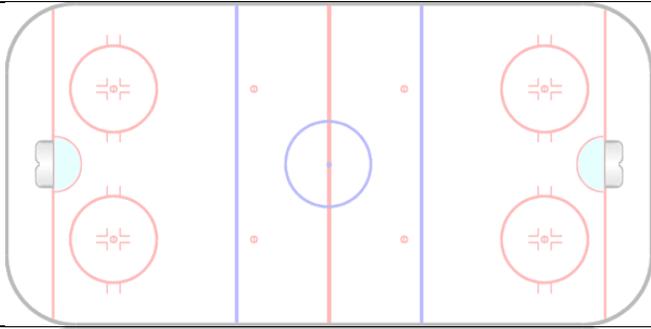
Description:

1. One attacker and one defender in the slot.
2. Extra players on the side to keep the puck in and restrict the playing area.
3. Coach passes from the top of the circle.
4. Offensive player battle to keep his stick free and gain the offensive side and shoot.
5. Defender battle from the defensive side and box out the attacker with stick on the puck.
6. Coach pass a new puck when the a puck is out of play.
7. Compete 15-20 seconds and keep score.
8. Battle without taking penalties and stress good technique.

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Explanation/Notes:



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