



# Blue

# Practice Plan

Date: 29-11-14

Time: 17:30-18:30

Venue: Stu Peppard

### Lines:

Full team and 3 affiliates

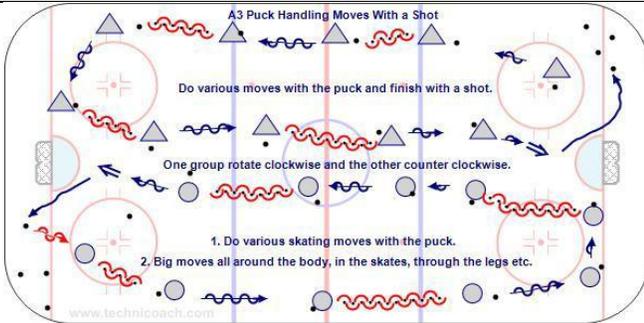
Battle, take sticks, pass to point, screen

Race, agility, big moves, edges,

### Notes:

Tip, 1-1, 1-1-1, 2-2, 3-2, 2-1, 2-0, 3-0

Backcheck, rebounds



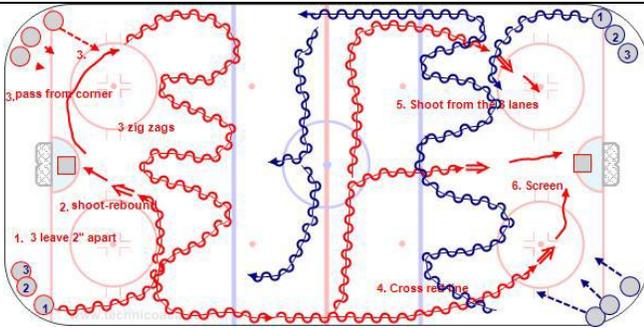
7'

### A300 x 2 Skating and Puck Handling Warm-up with Shots

**Key Points:** Do various moves with the puck and finish with a shot.

**Description:** One group rotate clockwise and the other counter clockwise. 1. Do various skating moves with the puck. 2. Big moves all around the body, in the skates, through the legs etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>



8'

### B6 – 3 Shots, 3 Zig zags, 3 Shots

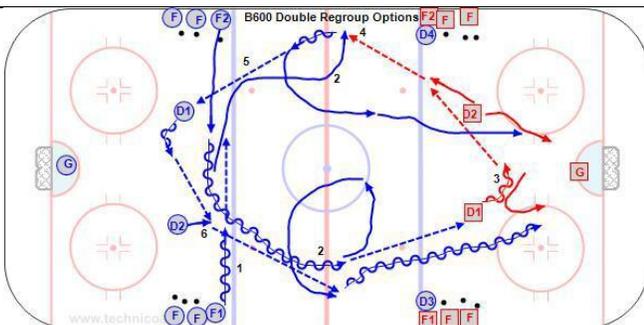
**Key Points:**

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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10'

### B600 Double Regroup Options 2-0, 2-1, 3-0, 3-2

**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:**

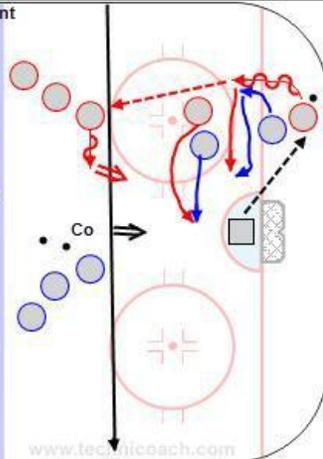
1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

\*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>

**DT400 Low Battles with Jokers at Point**

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.



**10' 2 on 2 at each end**

**DT400 Low Zone Battles with Jokers at Point**

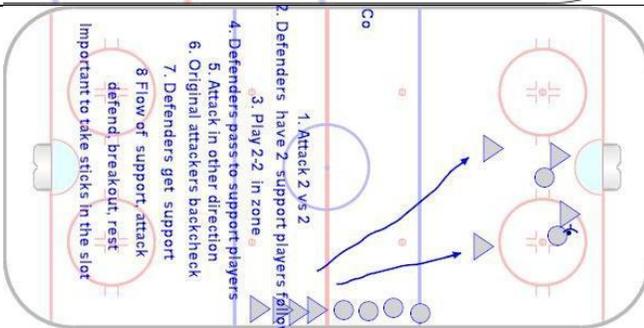
**Key Points:**

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 stop the play and have player who doesn't cover someone do 5 push-ups and his teammates 1 PU.



1. Attack 2 vs 2
  2. Defenders have 2 support players follow
  3. Play 2-2 in zone
  4. Defenders pass to support players
  5. Attack in other direction
  6. Original attackers backcheck
  7. Defenders get support
  8. Flow of support, attack defend, breakout, rest
- Important to take sticks in the slot

**10'**

**3-3 If attackers score on the rebound 5 push ups.**

**DT100 Backchecking Transition Game**

**Key Points:**

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

**Description:**

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

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- D400 The Best Man Win Game
1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
  2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
  3. If another player gets the puck he tries to score; including rebounds.
  4. On whistle pass back to the coach and race out.
  5. 20-30 second shifts.
- Battle hard for the puck  
Protect the puck.  
Get a shot and fight for the Rebound.

**8'**

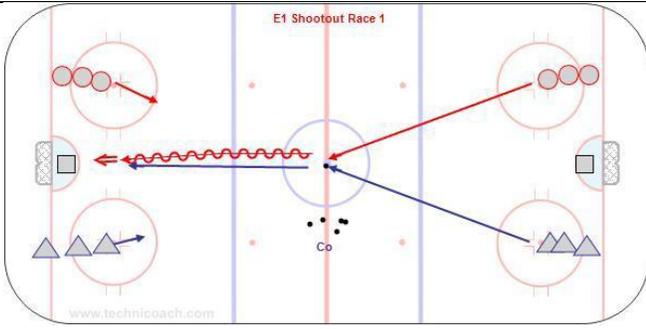
**D400 Best Player Wins the Game 1 on 1 on 1**

**Key Points:**

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

**Description:**

1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 15-20 second shifts.



7'

**E1 Shootout Race 1 Key Points** Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. \*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

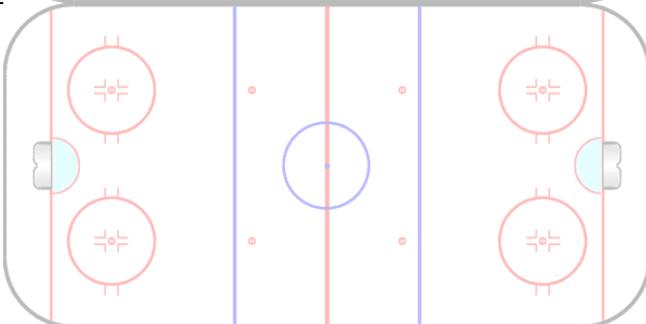
**Description** 1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs backchecking opponent. 4. Another puck on the dot and repeat the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723063235226>

**Explanation/Notes:**



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