



Blue

Practice Plan

Date: 04-12-14

Time: 17:45-18:45

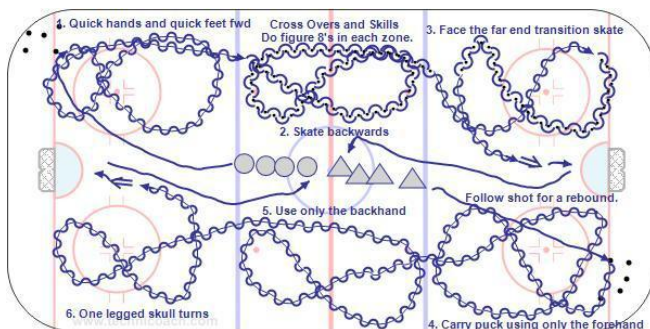
Venue: Stu Peppard

Lines:

Puck handle, shoot, 1-1, 2-1, regroup,
2-2 transition, shoot-out

Notes:

D to D hinge, dzone, PK rotation, battle,



8'

B6 or B4 Crossover Skating and Puckhandling

Key Points:

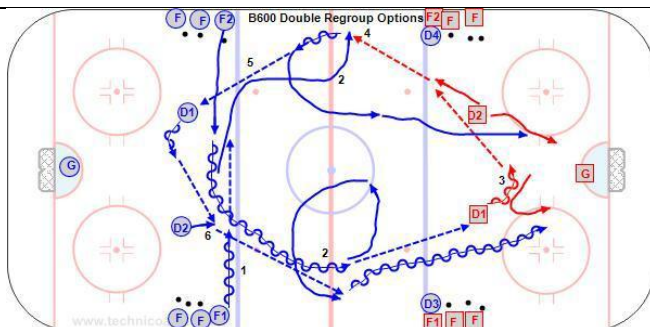
This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills
Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012041815512444>



10'

B600 Double Regroup Options

Key Points:

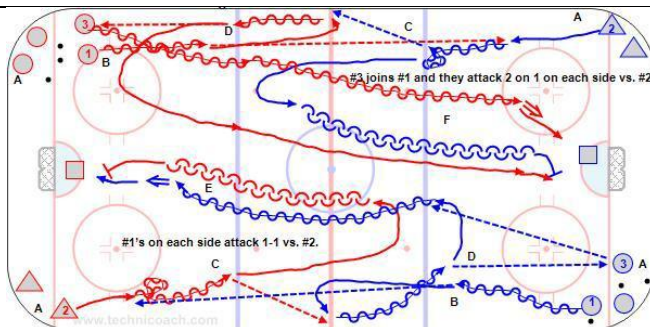
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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>



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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>

12' Ron-Tracey 2-2 battling game with Torpedos.

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.

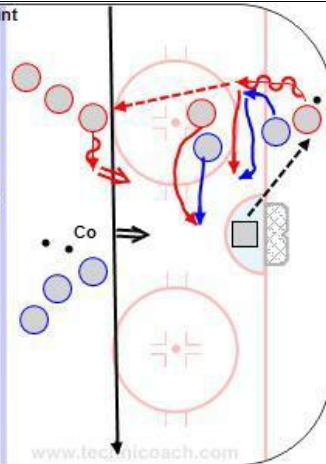
Description:

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.

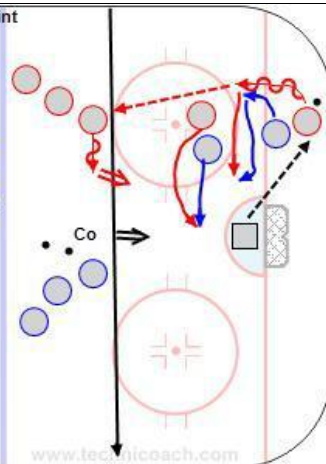
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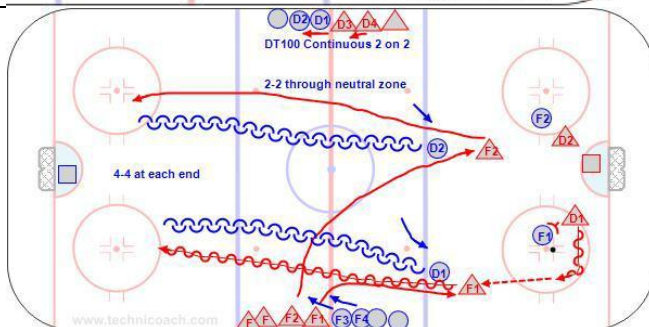


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12' Tom with Backs. Dzone and Pk review. 3-3 low and pk rotation.



10'

DT100 Continuous 2 on 2

Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

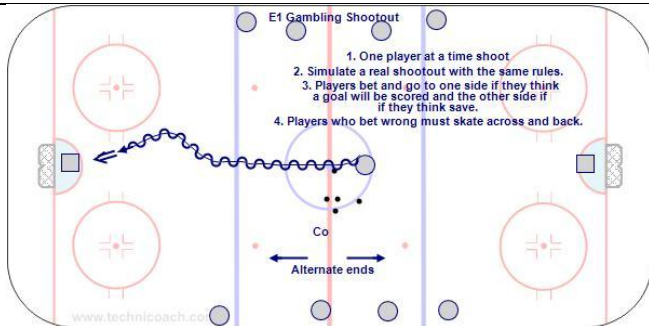
Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.

6. The supporting players who joined the play now go 2 on 2 in the other direction.

7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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10'

E1 Gambling Shootout

Key Points:

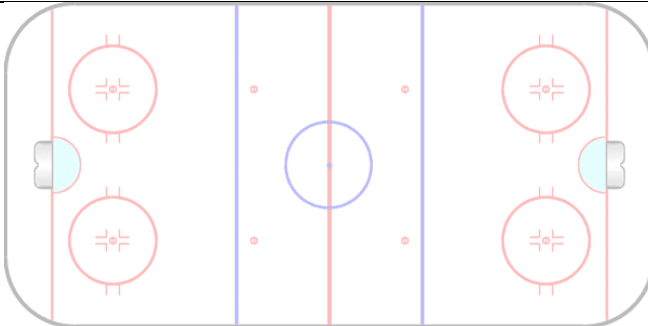
Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

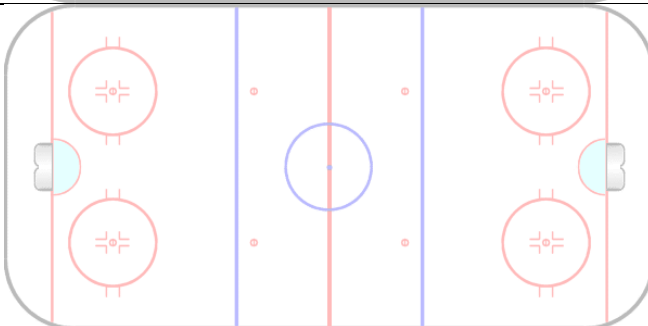
1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>

Explanation/Notes:



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