



Blue

Practice Plan

Date: 08-12-14

Time: 16:30 – 18:00

Arena: Blunden

Lines:

Power Plays – Slot Set, Spread, Diamond

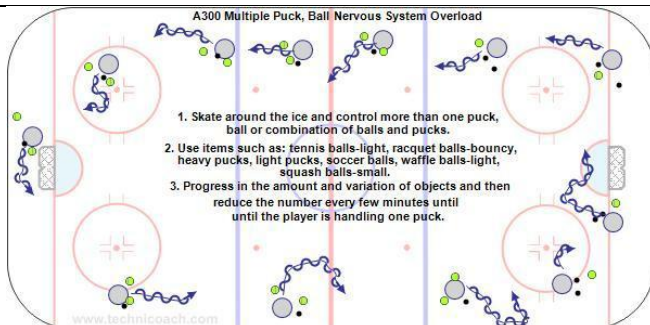
Pass, shoot, puck handle, 1-1, 2-1

Quick thinking, close support, one timers

Notes:

Forecheck 1-3-1 and 1-2-2

Games 4-4, 5-5,



8'

A300 Individual Puck Handling Practice

Key Points:

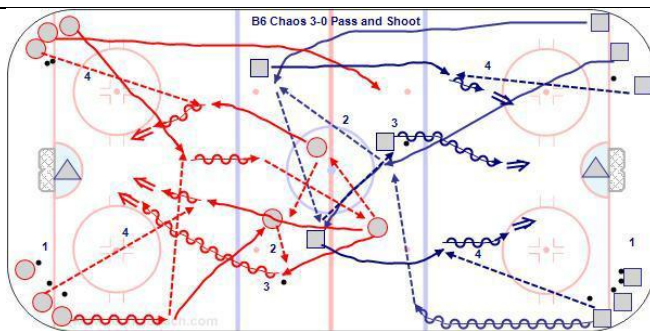
Use multiple pucks and balls to overload the nervous system and control them all around the body. With one puck over extend to increase your reach. Separate the movement of the upper and lower body, loosen the shoulders and use head and shoulder fakes. Practice moving the puck from the stick to the skates and back, as well as controlling the puck from in front and behind.

Description:

1. Handle two or three pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.

White shoot at one end and blue at the other end.

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7' Make 5 passes then attack net.

B6 Chaos 3-0 Pass and Shoot

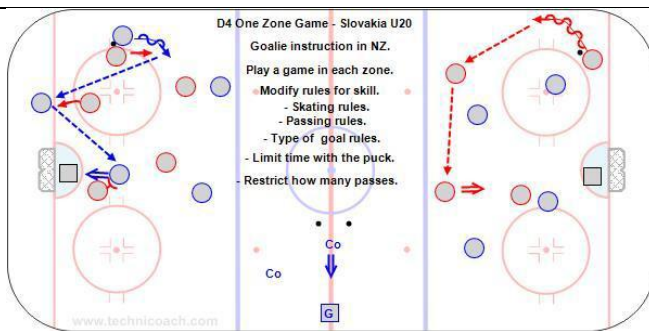
Key Points:

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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20'

D4 One Zone Game - Slovakia U20

Key Points:

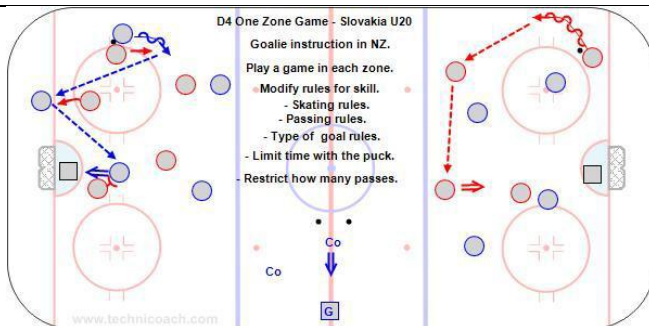
'The Game is the Greatest Coach.' Play in one zone and practice working together. Use various rules. In the video they are playing 'One Pass.'

Description:

1. Game is in one zone and if the puck goes over the blue line the other team gets it.
2. Puck changes possession on a goal or a frozen puck.
3. Transition to offense by making at least one pass before you can shoot.
4. Use modified rules such as: one pass, two passes, only forehand, only backhand, goals only on one touch shots, two touch or two seconds with the puck, puck carrier must make an escape move, goals must originate from the point, goals must originate from below the goal line, only one pass allowed, only certain kinds of shots like a backhand or slap shot, etc..
5. Add intensity by keeping score and having tournaments.

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continued below



20'

Tournament Games 6' each.

1 vs 4

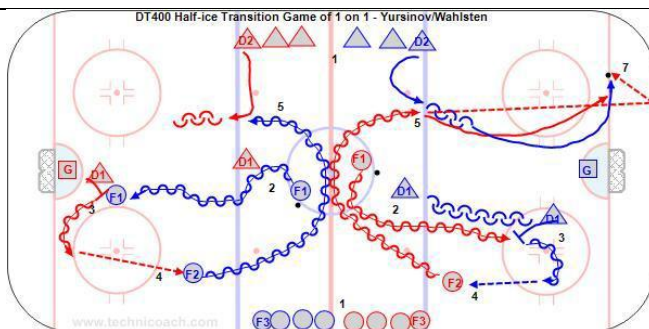
3 vs 3 2 Pass - Only forehand passes allowed.

2 vs 4

1 vs 2 - 2" only and goals on one touch shots.

3 vs 4

1 vs 2 – 1 pass and goals must originate from plays below the goal line.



15'

DT400 Transition Game of 1 on 1, Rotate team and then 2-1 - Yursi-Juuso IIHF Symposium

Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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15' Tom with 1-3-1 and 1-2-2 forecheck 15' per group

T4 1-3-1 Forecheck

Key Points:

The 2 forwards forecheck in a tandem. Left and right back keep puck ahead of them

Middle back support from behind.

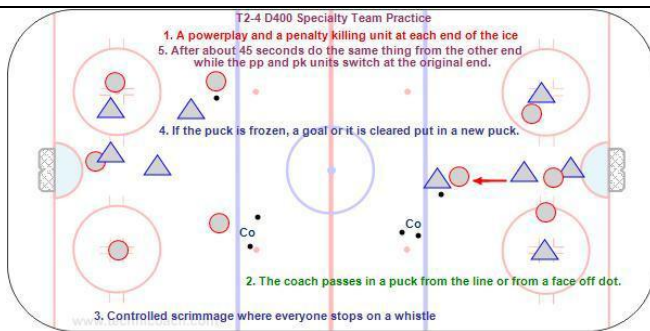
Description:

In the 1-3-1 the two forwards forecheck one at a time. When the puck is moved away from them the first checker return to the middle and the second forward force the play wide.

The strong side halfback keep the puck in front of him the weak side halfback cover the attacking forward in the wide lane.

Middle back support from behind on the strong side ; don't let any attacker behind him.

Force the play to the wide lane in the nzone and overload with the middle back standing up and the F giving back pressure



15' Jim take 2 groups for Power Play 15' each.

T2-4 D400 Specialty Team Practice – Pro

Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.

2. Start with the coach spotting the puck or with a face-off.

3. The coach put in a new puck when the puck is out of play.

4. Practice all of the options with everyone getting shots.

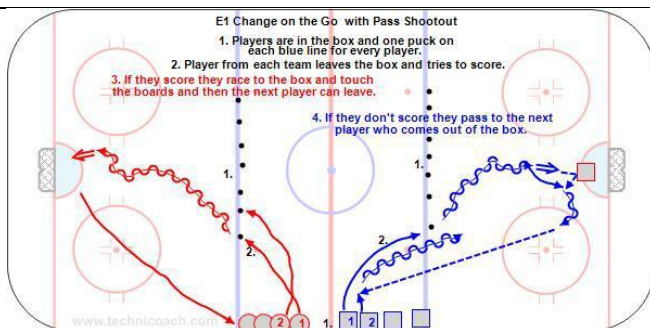
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.

6. Power play create 2 on 1's and one timer shots.

7. Penalty kill deny shots from the middle first and move to shooters on the sides.

8. This rotation can also be used to practice low zone even strength situations.

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10'

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>



Explanation/Notes:
