



Blue

Practice Plan

Date: 11-12-14

Time: 16:00-17:15

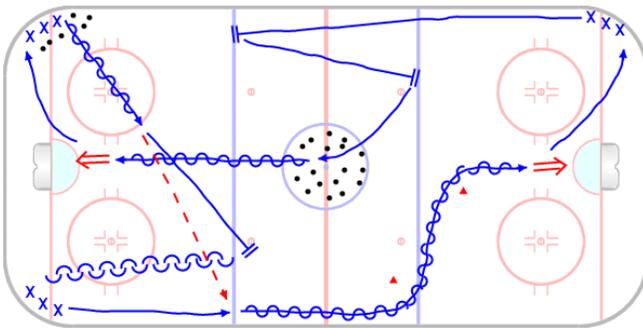
Venue: Optimist

Lines:

Breakouts, regroup, slap shot, passing,
D to D to D, back checking, agility

Notes:

Play behind the net, power play review
Parent meeting follows.



10' Start with 2' of Big moves and a shot.

B6 – 3 Shots, 3 Zig-zags, 3 Shots

Slap Shots Only on Rush

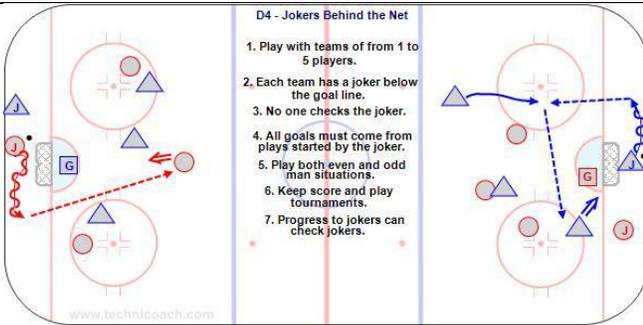
Key Points:

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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D4 - Jokers Behind the Net

1. Play with teams of from 1 to 5 players.
2. Each team has a joker below the goal line.
3. No one checks the joker.
4. All goals must come from plays started by the joker.
5. Play both even and odd man situations.
6. Keep score and play tournaments.
7. Progress to jokers can check jokers.

7'

D4 - Jokers Behind the Net

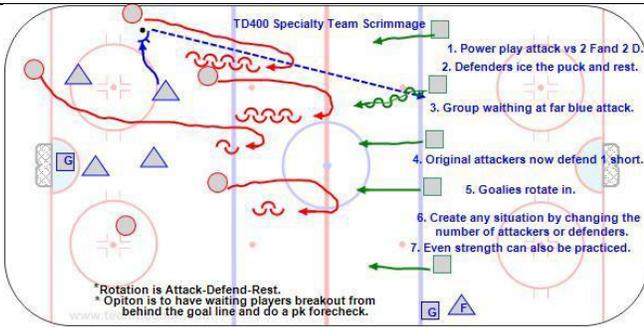
Key Points:

Move when they get the puck. Try to make passes for one timer shots. Either the puck or the player moves. Game works on Role One with the puck and Role Two supporting the puck.

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10'

B600 Double Regroup Options

Key Points:

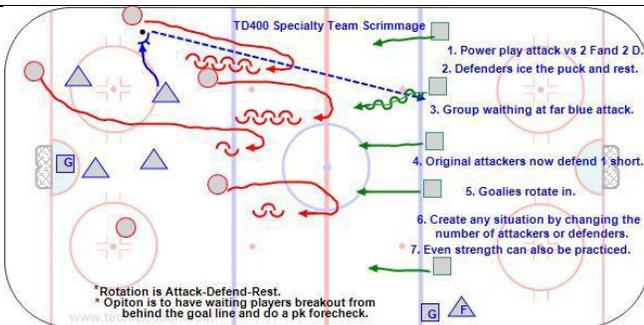
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

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.

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30'

5' using Spread, 5' Diamond, 5' Overload 5' explanation before each.

TD400 Specialty Team Scrimmage

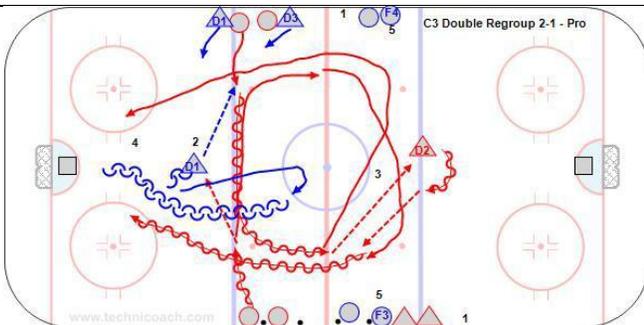
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



10'

C3 Double Regroup 2-1 - Pro then 3-2

Key Points:

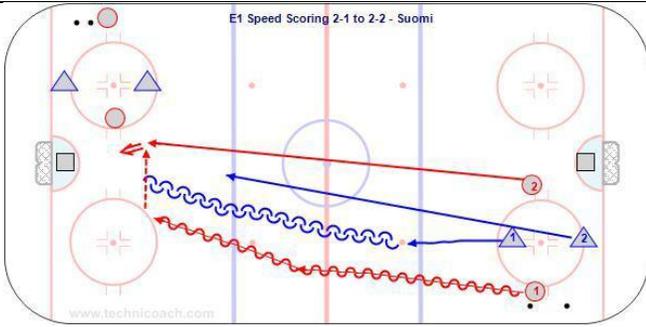
Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D co-operate with the goalie to make it a 2-2 and don't allow a second play late. Slide outside the post if a pass across is the only play.

Description:

1. Players line up along the boards on both sides in the neutral zone.
2. Start with F1 and F2 one touch passing with D1.
3. F's skate through the neutral zone and regroup with D2.
4. F's attack 2 on 1 vs. D1. 5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3.

*If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

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10'
E1 Speed Scoring 2-1 to 2-2 – Finland

Key Points:

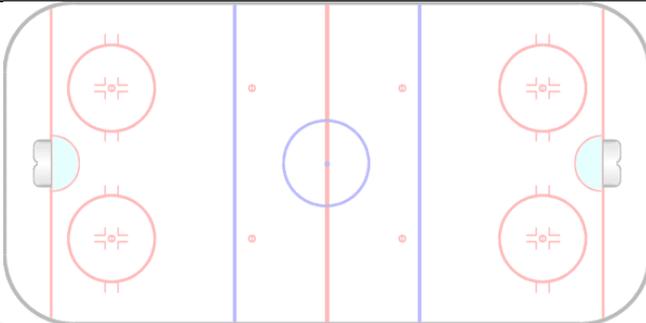
The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

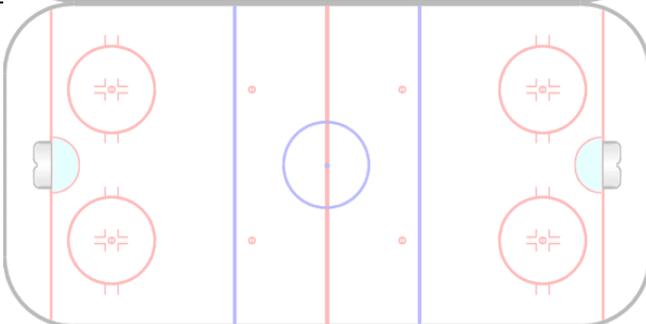
1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

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Explanation/Notes:



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