



Blue

Practice Plan

Date: 14-12-14

Time: 16:15-17:30

Arena: Southland

Lines:

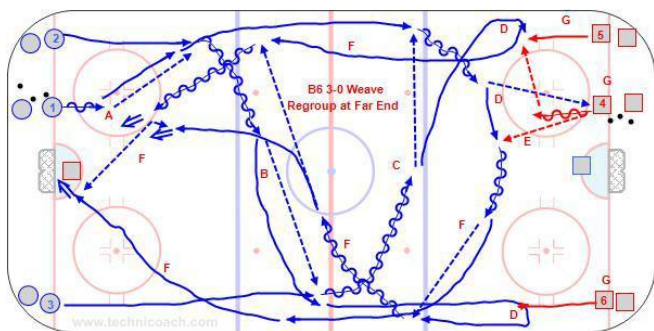
Game play with rules, weave, passing

1-1, 2-1, 2-2, 4-4, 8-8, D breakout options

Notes:

Point shots, screen, tip, transition

F puck handling and passing



10 min

B6 3-0 Weave-Regroup at Far End – Pro

Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

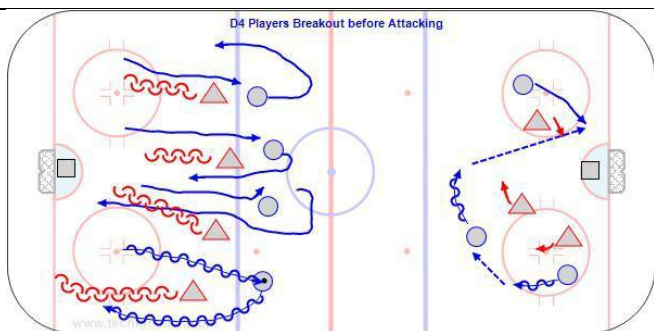
Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130125095322120>

NHL Players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



20'

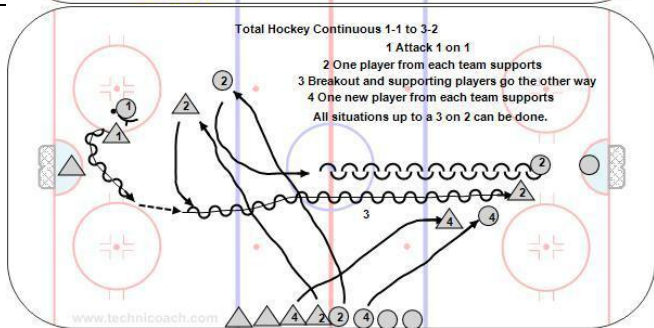
D4 Game where players must get onside.

Three games of 6'

Game one – goals only on slap shots or one timers.

Game two – 2" and only one touch goals.

Game three – only forehand passes and one touch goals.

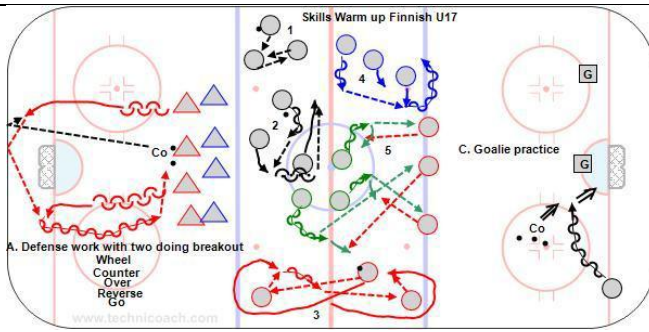


15'

DT100 Continuous 1-1, 2-1, 2-2

Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line. **Description:** 1. Attack 1-1 with D getting support from 1 F and F from one D. 2. Defending F1 cover the point. 3. New offensive D join and play point. 4. On transition attack 1-1 thru nzone. 5. Continue flow with new O and D support. -Continue the flow of 1-1 in nzone and 2-2 at each end. -Dump-ins and regrouping can be added.

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10' Jim F's Alex D

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

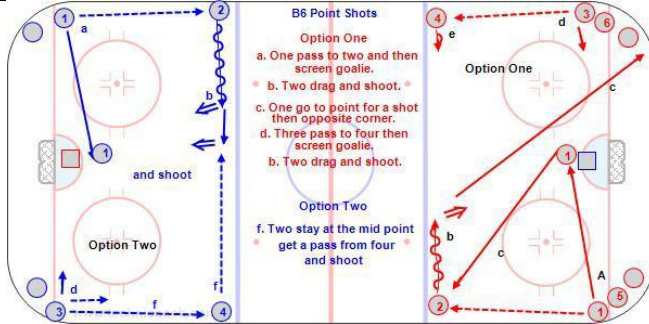
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

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10'

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

a. One pass to two and then screen goalie.

b. Two drag and shoot.

c. One go to point for a shot then opposite corner.

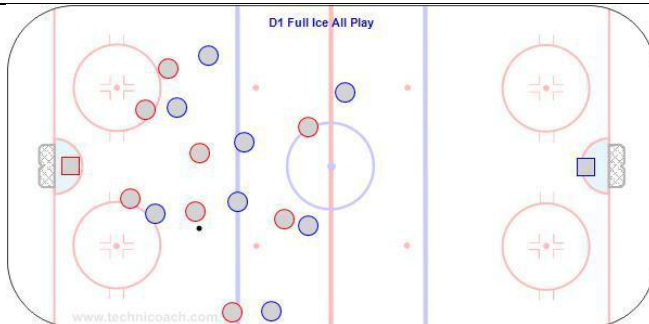
d. Three pass to four then screen goalie.

e. Four drag and shoot.

Option Two

f. Two stay at the mid point and get a pass from four and shoot before rotating.

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10'

D1 Full Ice All Play

Key Points:

Everyone plays shinny style.

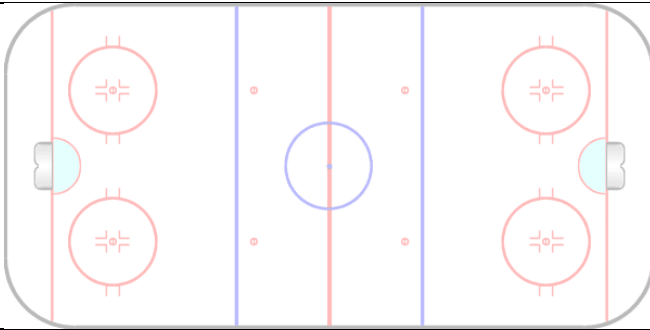
Description:

1. All play at the same time.

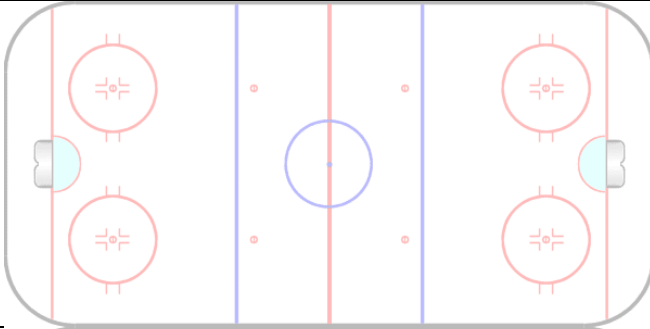
2. Use a puck or multiple pucks, ball or balls.

3. When the goalie freezes the puck the attackers back up behind the hash marks.

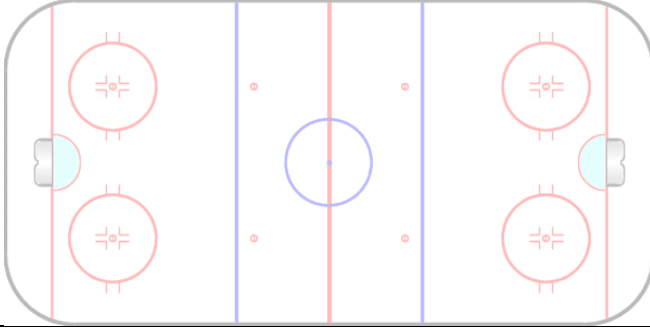
4. When a team scores they must touch the red line before checking.



Explanation/Notes:



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