



Blue

Practice Plan

Date: 18-12-14

Time: 17:30-18:30

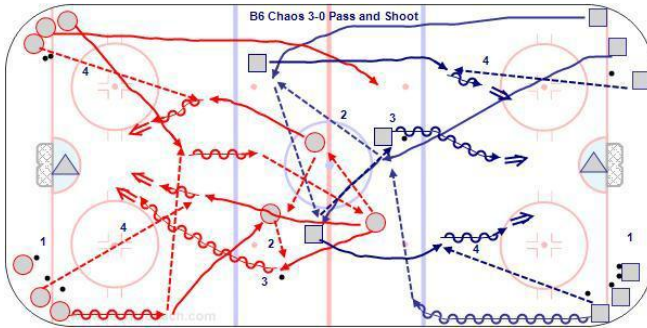
Venue: Blunden

Lines:

Passing, timing, breakout, 5-0, middle drive
D join the rush, point shots, screen
Handle the puck in the triple threat position.

Notes:

Transition, 3-3, 2-2, back checking,
No 'dusting off' the puck on passes or shots.



8' No stickhandling on passes or shots.

B6 Chaos 3-0 Pass and Shoot

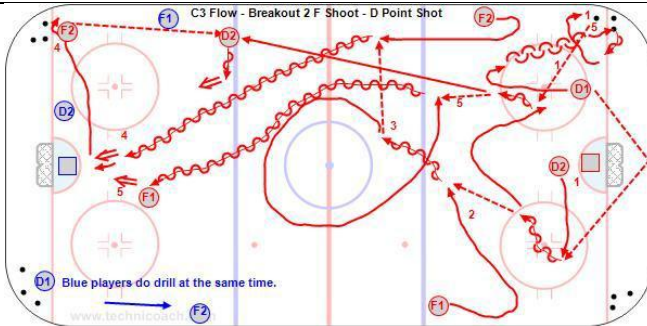
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101006084345432>



8'

B6-600 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

Key Points:

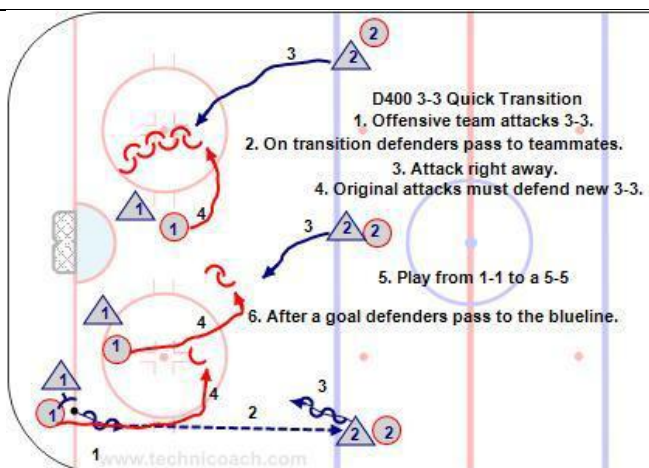
Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

- 1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.
- 2 – D2 pass to F1 breaking along the boards.
- 3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.
- 4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.
- 5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.
- 6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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8'

DT400 Game of Quick Transition

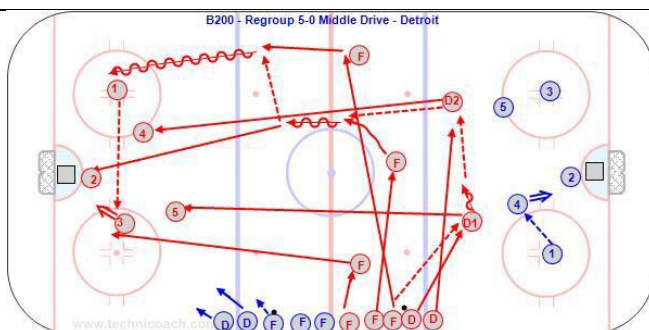
Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120416092419455>



8' **Attack with speed and hard to the net.**

B200 - Regroup 5-0 Middle Drive – Detroit

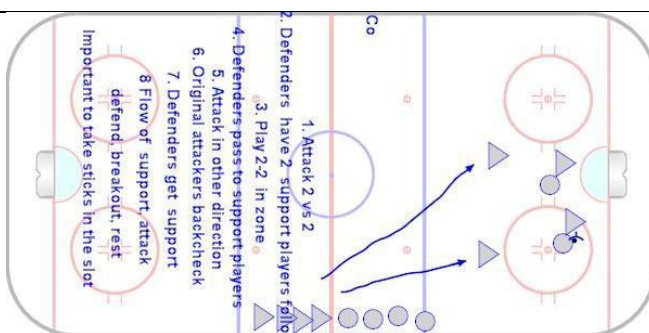
Key Points:

Everyone joins the attack. First player without the puck go to the net hard. Next two create a reverse triangle. 4th and 5th attacker join the rush.

Description:

1. Players line up on one side in the neutral zone.
2. Start with a forward passing back to a defenseman.
3. Forwards fill the three lanes.
4. Go D to D and pass up to the forwards.
5. Attack with all five players.
6. Next group of 5 repeat the other way when the rush crosses the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141216105644494>



8' **Box out and take sticks. Push ups if rebound goal against.**

DT100 Backchecking Transition Game

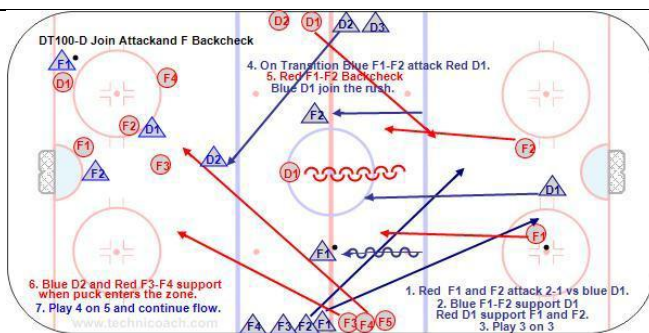
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>



8' We will go 1-1 and then 2-1.

DT100-D Join Attack and F Backcheck

Key Points:

This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the nzone, teaches players who to cover in the dzone and how to support the attack.

Forwards enter the zone to support the defense and then attack and backcheck.

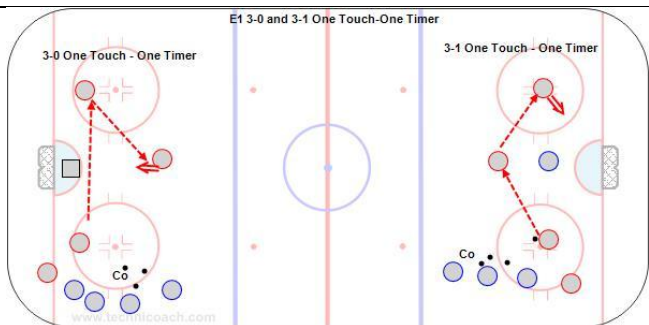
Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1-F2 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 5 and continue flow.

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8'

E1 3-0 and 3-1 One Touch-One Timer

Key Points:

Square to the passer and have the stick back and ready. Follow through at the target with the outside knee pointing at the target.

Description:

3-0

1. Shooters form a umbrella and one touch pass and shoot.
2. New puck when the puck goes out of the playing area, goal or frozen puck.
3. Rotate in and positions each new puck.

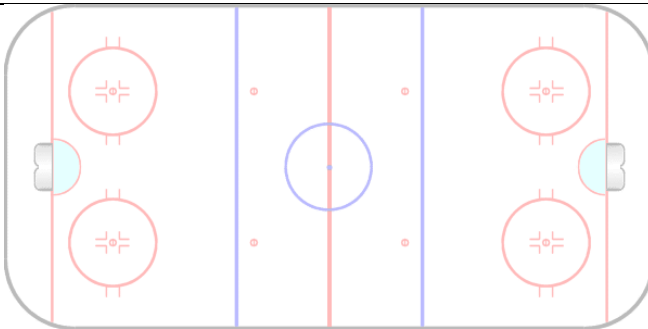
3-1

Same as the 3-0 but now there is a defender.

*Keep score team vs. team and goalie vs. shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141218155413934>

Explanation/Notes:





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