



Blue

Practice Plan

Date: 22-12-14

Time: 17:30-18:30

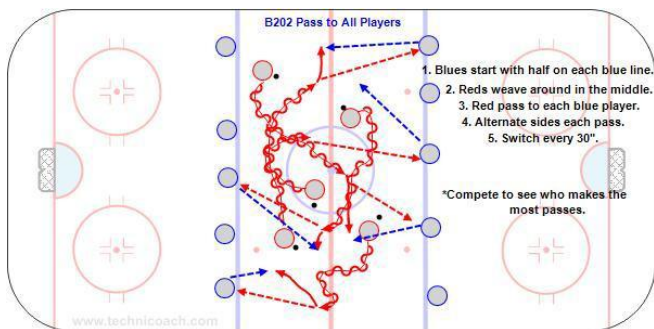
Venue: Stu Peppard

Lines:

Pass, shoot, transition, one timers
cycle

Notes:

Regroup, jokers, point shots, low play



7'

B202 Pass to All Players

Key Points:

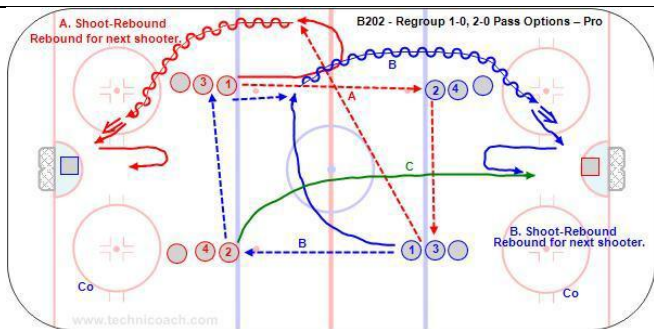
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



8'

B202 - Regroup 1-0, 2-0 Pass Options - Pro

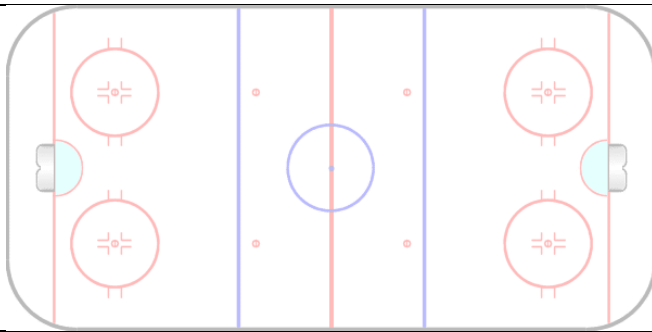
Key Points:

Give a target and face the puck. Pass hard and lead the player so he doesn't have to slow down. Shoot and rebound and either screen or rebound for the next shooter. Stay outside on the 2-0.

Description:

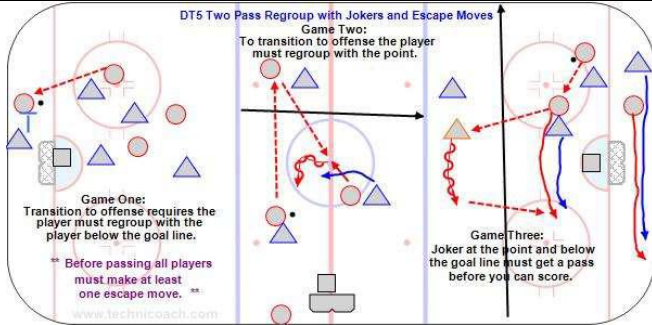
1. Players face each other across the neutral zone lined up with the dots.
2. Start with R1 passing ahead to B2 who passes over to B3. This pattern happens with B1 to R2 to R3 at the same time.
- A. B3 make a cross ice pass to R1 who faces the play on the far wing and goes in for a shot.
- B. R3 pass to B1 who mirrors the puck from the middle lane and goes wide for a shot.
- C. R3 pass to R1 who mirrors the puck from the middle lane - attack wide. R2 join attack after passing across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201092546814>



8' Defensemen Shooting with Alex.

Forwards cycle with Jim



20' DT5 Two Pass Regroup with Jokers and Escape Moves

Key Points:

This transition game requires on ice awareness and constant switching between game playing roles as well as loose puck situations. Escape moves create time and space for the player. The puck carrier must slide backward, sideways, tight turn etc.

Description:

Rules: You must regroup with a Joker to go on offense. Before passing or shooting you must make an escape move. Jokers battle jokers but must stay behind the line. Two passes must be made before scoring.

Game One: 7'

Transition to offense requires the player must regroup with the player below the goal line.

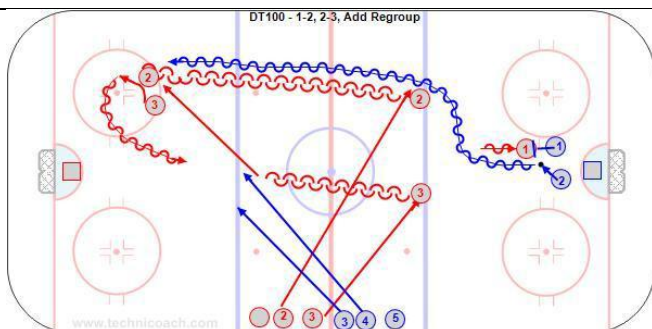
Game Two: 7'

To transition to offense the player must regroup with the point.

Game Three: 6'

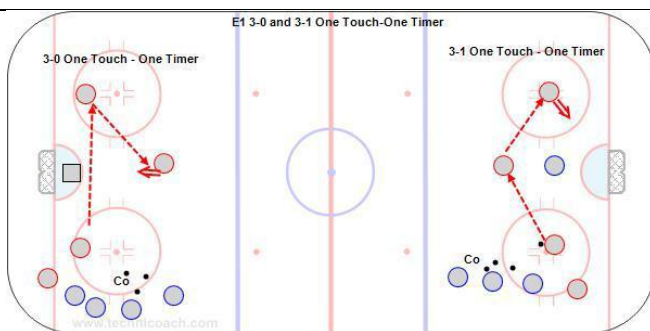
Joker at the point and below the goal line must get a pass before you can score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005152420831>



10' DT100 - 1-2, 2-3, Add Regroup - Juuso, Yursi - IIHF Symposium

Key Points: Defenders must communicate and one play a 1-1 vs. the puck carrier. Create a defensive 2-1 vs. the puck carrier in each situation. **Description:** 1. R1 attack 1 on 2 vs. B2-3. 2. R2-3 follow the play and wait in the nzone. 3. On a turn-over either B2 or B3 attack vs. R2 and R3 4. B3 and B4 follow and wait in the nzone to defend vs. either R2 or R3. 5. Continue this flow. 6. Add one attacker and one defender for a 2 on 3 situation. 7. Add a neutral zone regroup on the coaches whistle. <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131201174929789>



7'

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

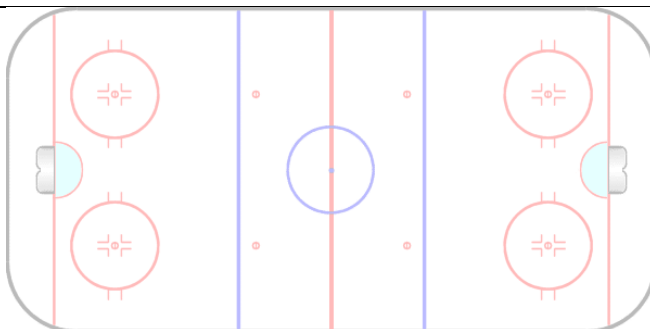
1. Shooters form a umbrella and one touch pass and shoot.
2. New puck when the puck goes out of the playing area, goal or frozen puck.
3. Rotate in and positions each new puck.

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: