



Blue

Practice Plan

Date: 23-12-14

Time: 16:15-17:45

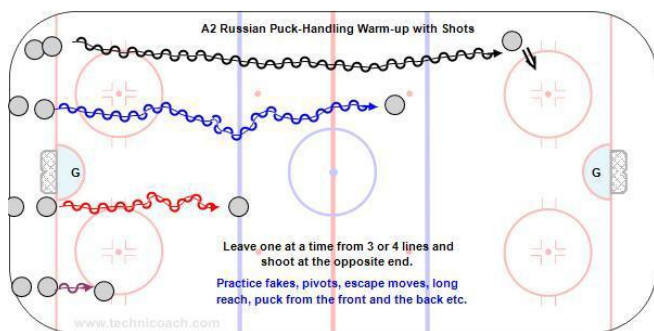
Venue: Optimist

Lines:

One touch, tournament, puck handle,
Low battle, puck support, dzone coverage

Notes:

Passing, point shots, high cycle, transition,



15' Jim lead the Big Moves and the Fakes

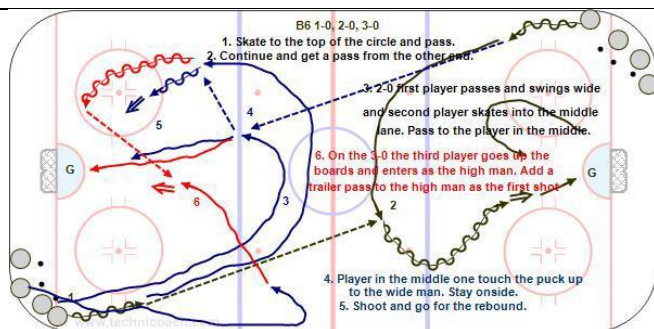
A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

Key Points:

The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. **Description:** Players are in four lines and do multiple fake shots and moves, then finish with a shot.

- . Practice Faking a slapshot with a hard back swing.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>



8'

B6 1-0, 2-0, 3-0 Small Horseshoe

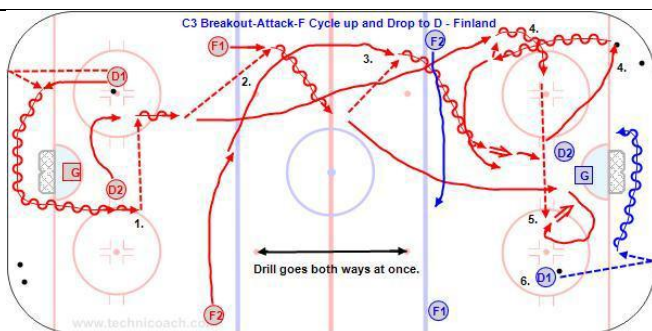
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay outside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



10'

C3 Breakout-Attack-F Cycle up and Drop to D - Finland

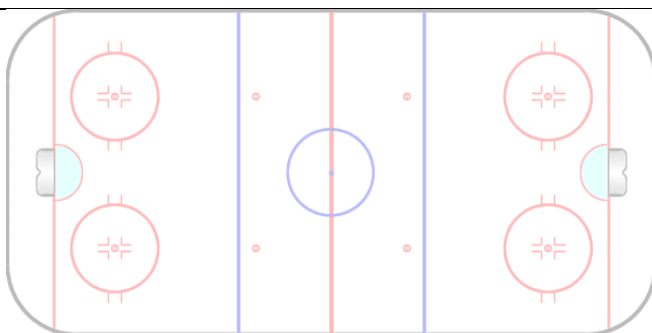
Key Points:

This drill has a breakout at each end with a 3-0 attack 2 F and 1 D. Attackers move to the big ice when they get the puck. It ends with a high cycle and pass to the strong side D.

Description:

1. D1 drive the back of the net and pass across to D2.
2. D2 move the puck up the ice quickly to either F1 or F2 who is cutting across from the weak side.
3. F1 and F2 always carry the puck to the inside and pass to the outside and shoot at the far end.
4. Either F1 or F2 get a puck from the corner and cycle high up the boards and pass to D2.
5. D2 either shoot or pass to F1 or F2 who is skating to the net on the weak side.
6. This drill happens at each end at the same time.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121028211245159>



30'

4 Team Tournament – 3 Games

4 on 4

- 1- White
- 2- Blue
- 3- Red
- 4- Green

1 vs 4 D4 Two Pass

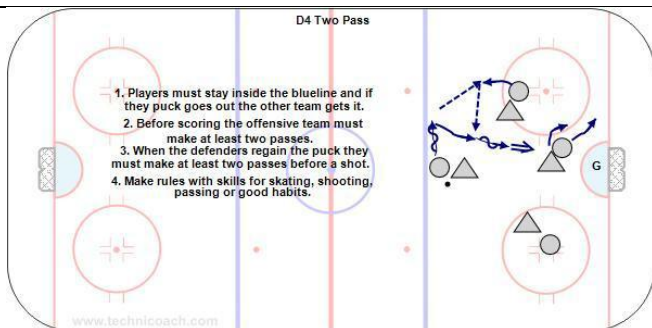
2 vs 3

2 vs 4 DT400

1 vs 3

3 vs 4

1 vs 2



8'

D4 Two Pass

Key Points:

The quicker they make the passes after regaining the puck the more scoring chances they produce

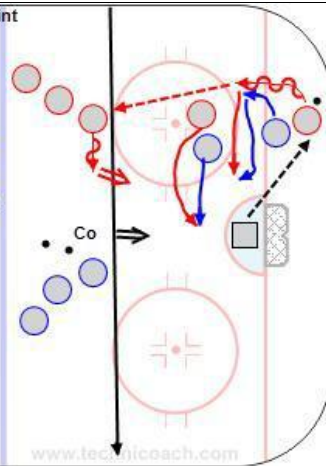
Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>

DT400 Low Battles with Jokers at Point

1. The game is played from the top of the circles down.
2. Play from 1-1 to 3-3.
3. Players must pass to the point to go onto offense.
4. Joker at the point must take a wrist or snap shot.



8'

DT400 Low Zone Battles with Jokers at Point

Key Points:

Attackers must go to the net to screen, for rebounds, tips and cycle low. Defenders must talk and stay man on man unless impossible and then switch. Box out, seal sticks to the outside, tie up sticks in the slot.

Description:

1. The game is played from the top of the circles down.
 2. Play from 1-1 to 3-3.
 3. Players must pass to the point to go onto offense.
 4. Joker at the point must take a wrist or snap shot.
- * Keep score and when in the teaching mode stop the play and have player who doesn't cover someone do 5 push-ups and his teammates 1 PU.

8'

DT400 Game of Quick Transition

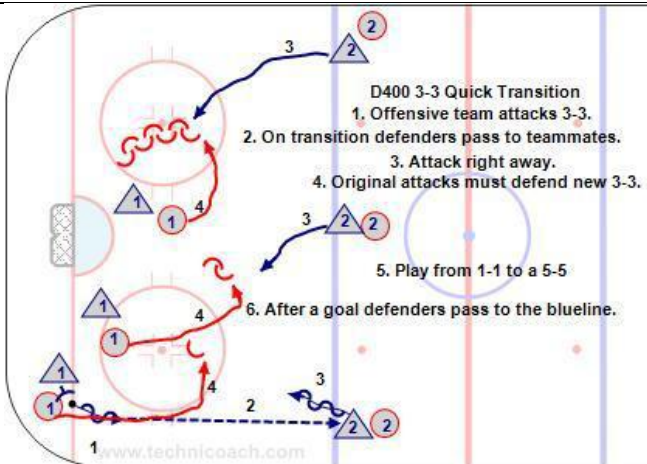
Key Points:

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. Upt 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>

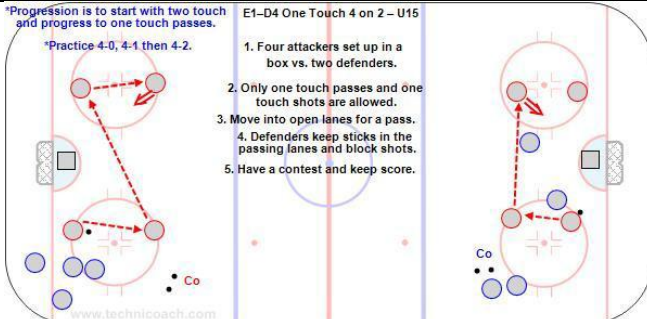


*Progression is to start with two touch and progress to one touch passes.

*Practice 4-0, 4-1 then 4-2.

E1-D4 One Touch 4 on 2 – U15

1. Four attackers set up in a box vs. two defenders.
2. Only one touch passes and one touch shots are allowed.
3. Move into open lanes for a pass.
4. Defenders keep sticks in the passing lanes and block shots.
5. Have a contest and keep score.



15'

Alex shooting with the D.

Jim puck handle and passing with the F.

10'

E1-D4 One Touch 4 on 2 – U15

Key Points:

One touch passes only. Give a target and be ready to pass and shoot. Slide into open lanes.

Description:

1. Four attackers set up in a box vs. two defenders.
2. Only one touch passes and one touch shots are allowed.
3. Move into open lanes for a pass.
4. Defenders keep sticks in the passing lanes and

block shots.

5. Have a contest and keep score.

**Progression is to start with two touch and progress to one touch passes.*

**Practice 4-0, 4-1 then 4-2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141223112820665>
