



Blue

Practice Plan

Date: 30-12-14

Time: 14:45-16:15

Venue: Stu Peppard

Lines:

Shoot, pass, rebound, power play, regroup

Notes:

Breakout, 1-1, 2-1, 3-3, 4-4



3' Big Moves

5'

B2 Transition Skate Shooting

Key Points:

Keep 2 hands on the stick and keep the feet moving.
Hit the net.

Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.

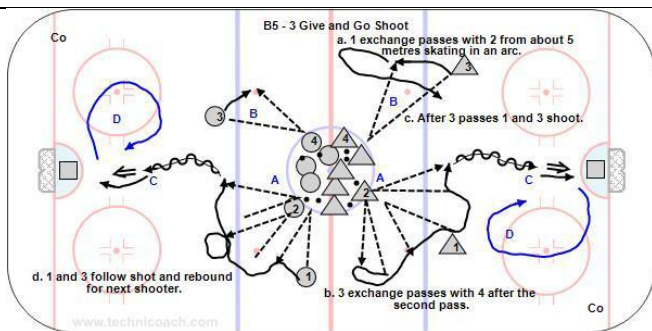
2. Skate to top of circle, back to blue, top of circle and shoot.

3. Next player leave when the first is going backward.

4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

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6'

B5 - 3 Give and Go x 3 – Shoot - Rebound

Key Points:

Face the puck all of the time and keep moving in a semi circle with stick on the ice.

Description:

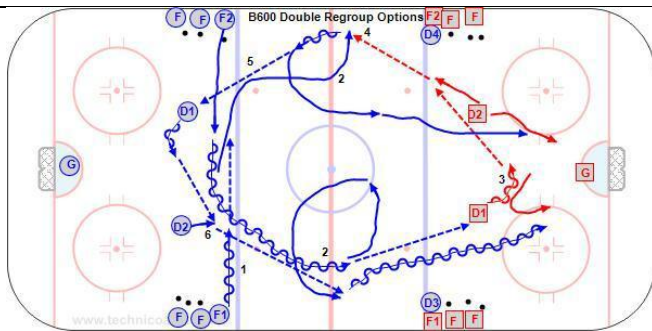
a. 1 exchange passes with 2 from about 5 metres skating in an arc.

b. 3 exchange passes with 4 after the second pass.

c. After 3 passes 1 and 3 shoot.

d. 1 and 3 follow shot and rebound for next shooter.

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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

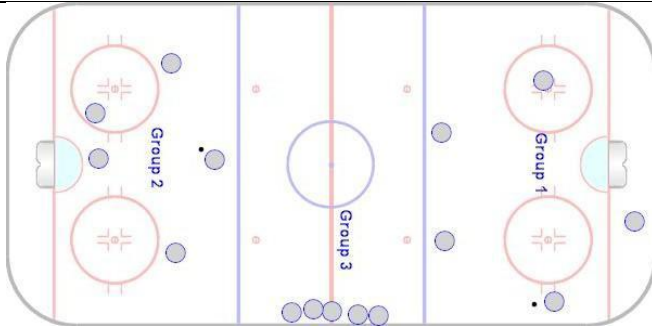
4. Red D2 pass to Blue F1 or F2.

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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20' Jim-Tom at ends. Alex passing in middle.

T2 Kingston Power Play and Team Play Rotation

Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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12'

D1 One Pass in Each Zone

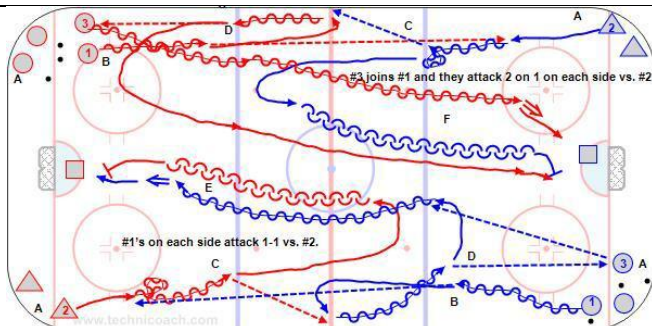
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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10'

C6 Regroup x 2, 1-1 and 2-1 – Pro

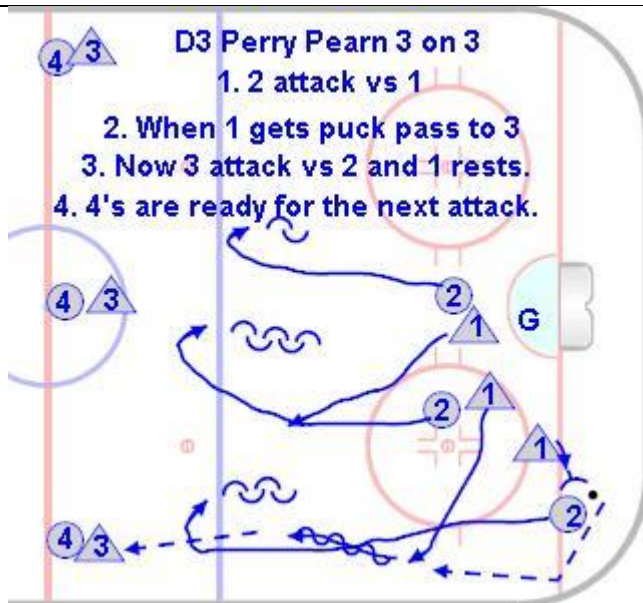
Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
 - B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
 - C. #2 make a deception move and pass to #1 in the neutral zone.
 - D. #1 skate back and regroup with #3.
 - E. #1's on each side attack 1-1 vs. #2.
 - F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.
- *With younger players stagger the start so each corner leaves after the first pass.

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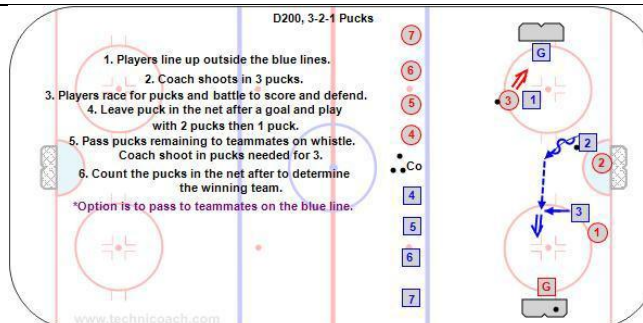


10' DT400 3-3 Perry Pearn Game Rotation Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
 2. Three players attack three defenders.
 3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
 4. Three new players attack vs the original offensive players.
 5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).
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6' D200 3-3 with 3-2-1 Pucks Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

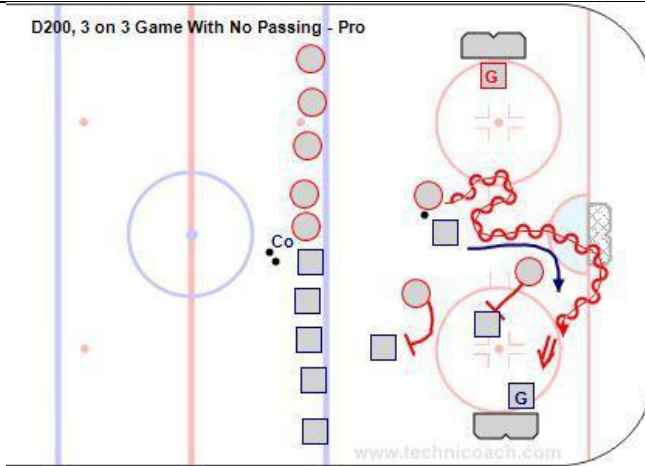
Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.

6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

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6'

D200, 3 on 3 Game With No Passing

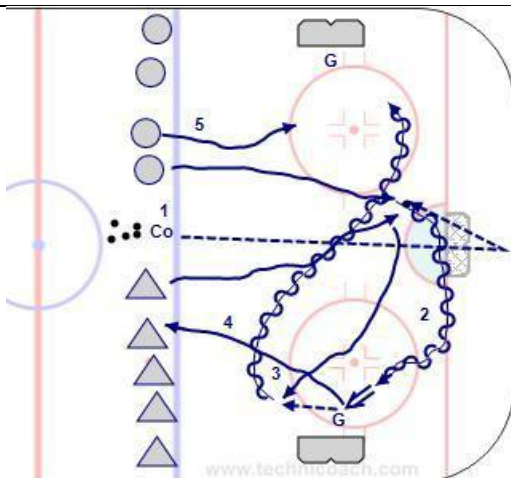
Key Points:

This game demands that the puck carrier dangle and beat the opponents with dekes, fakes, change of pace, pivots while teammates screen, pick and go for rebounds.

Description:

1. Play a cross ice game of 2-2 to 5-5.
2. Extra players line up along the blue line.
3. Shifts 20-30" and pass to teammate coming on on the whistle.
4. Coach put in a new puck on a goal.
5. Rule is NO PASSING.
6. Line mates support by setting screens and picks and going for rebounds.
7. Keep score.

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7'

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

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