



Blue

Practice Plan

Date: 01-01-15

Time: 11:45-13:15

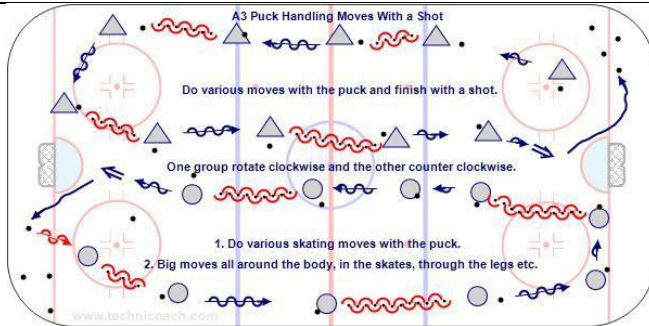
Venue: Flames

Lines:

Pp, pk, puck handle, point shots, puck battle

Notes:

Protection, regroup, weave, pass, shoot,



10' Jim lead

A300 Edges and Puck Handling with a Shot

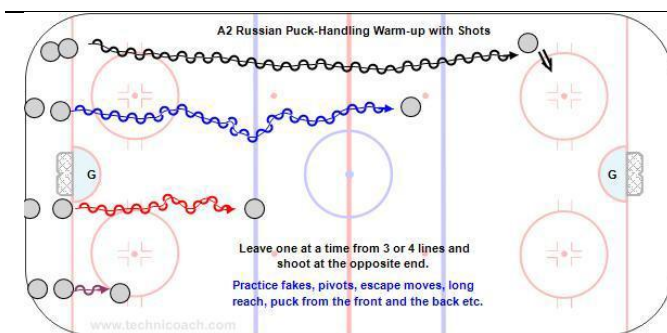
Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

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10'

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

Key Points:

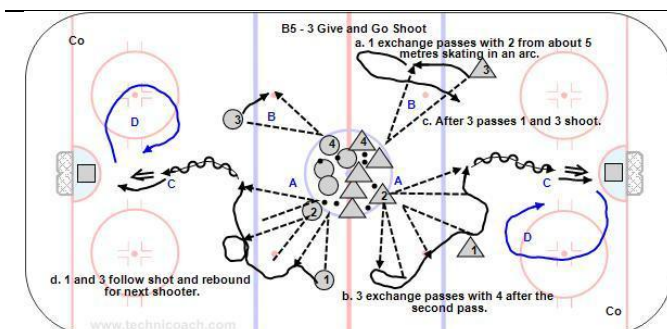
The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. Vladimir Jursinov is probably the most successful skills coach in the world. This Soviet and Russian Olympic coach has helped more than 65 players into the NHL from his teams. He leads a group of 15-20 years olds in a fake shot sequence.

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.

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10'

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

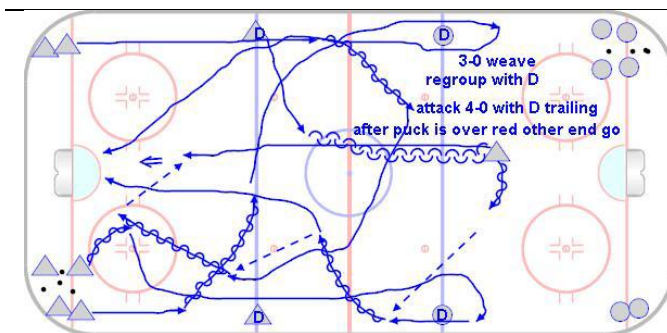
Key Points:

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

Description:

- 1 exchange passes with 2 from about 5 metres skating in an arc.
- 3 exchange passes with 4 after the second pass.
- After 3 passes 1 and 3 shoot.
- 1 and 3 follow shot and rebound for next shooter.

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10' Start with Alex and Jim making sure a F posts up.

B6 3-0 Weave With D Regroup

Key Points:

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is

passed back to him for a regroup the other direction.

6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.

7. D makes the pass and follow the attack into the zone.

8. The group at the other end leaves after the D passes up ice.

Options.

a. Add another D.

b. Add a second regroup.

c. Add a pass to the D for a point shot after the original rush.

d. When 2 D are used you can use 2 pucks to create and overload situation and have the forwards take a shot followed by the D shooting the other puck.



15'

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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15'

D400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.

2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.

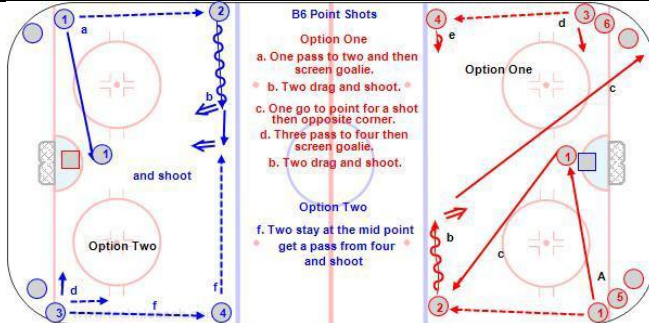
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.

4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.



5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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10' Alex with D at one end.

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:

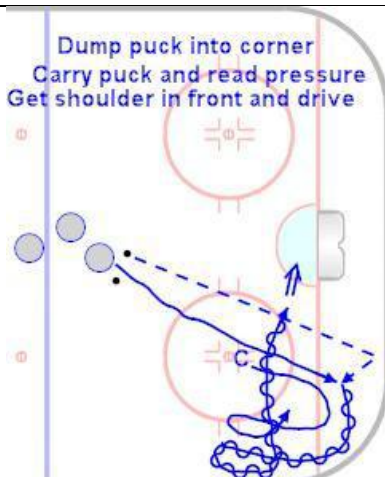
Option One

- One pass to two and then screen goalie.
- Two drag and shoot.
- One go to point for a shot then opposite corner.
- Three pass to four then screen goalie.
- Four drag and shoot.

Option Two

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

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10'

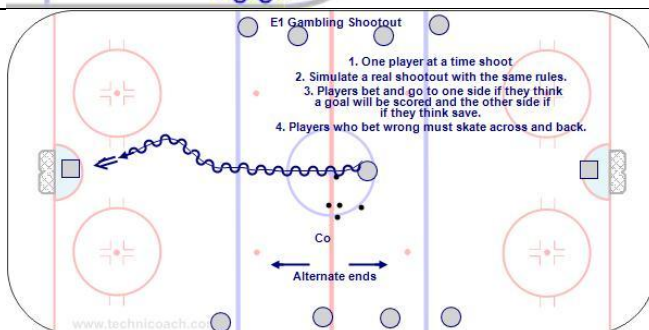
B5 Driving the Net from the Corner

Key Points:

Protect the puck with your body and turn away from pressure toward the boards. This is a drill the Flames coaches used a lot to practice going to the net.

Description:

- The player shoots a puck into the corner and protects it vs. pressure from the coach.
- After about 5 seconds the player gets his shoulder in front to protect the puck and cuts to the net to score.
- The progression is to add a defensive player.



7'

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

- One player at a time shoots.
- Simulate a real shootout with the same rules.
- Players bet and go to one side if they think a goal will be

scored and the other side if they think save.

4. Players who bet wrong must skate across and back.

5. Alternate ends.

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