



Blue

Practice Plan

Date: 04-01-15

Time: 13:45-14:45

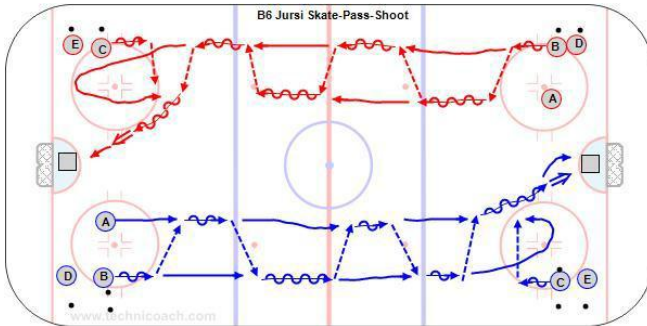
Venue: Southland

Lines:

Specialty teams, dside, one touch, 5-0

Notes:

1-1, 2-1, 5-4, 4-5, 2-0



5'

#### B6 Jursi Skate-Pass-Shoot

##### Key Points:

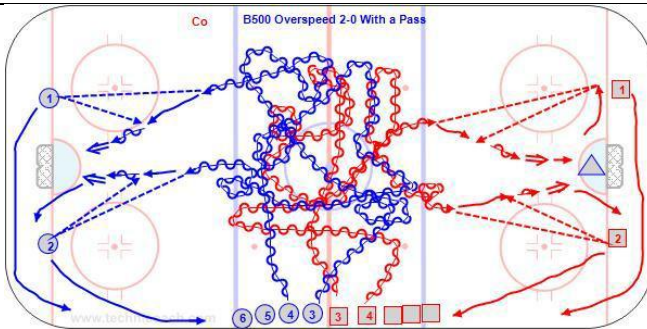
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

##### Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

# This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



5'

#### B500 Overspeed 2-0 with a Pass

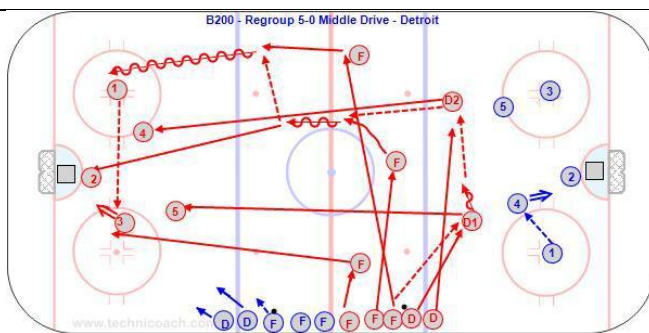
##### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

##### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



5'

### B200 - Regroup 5-0 Middle Drive – Detroit

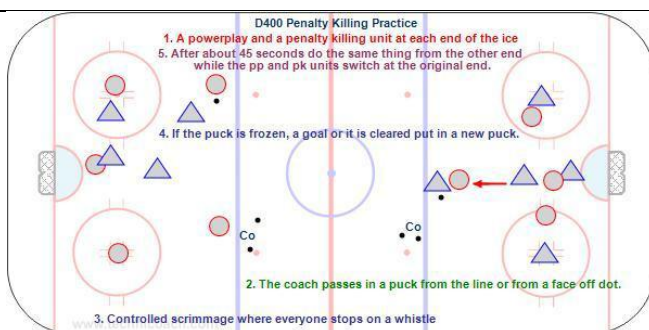
#### Key Points:

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>



### 30' PP Jim PK Alex – 3 groups 10' each. At one end

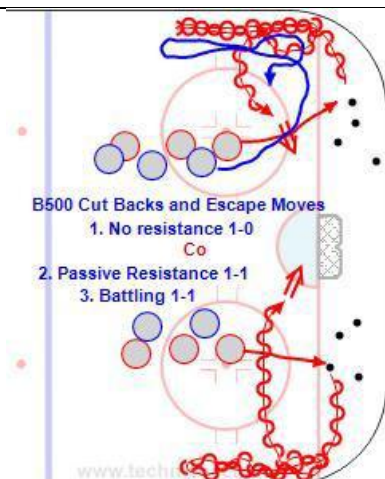
#### D400 Penalty Killing Practice

#### Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

#### Description:

1. A powerplay and a penalty killing unit at each end of the ice.
  2. The coach passes in a puck from the line or from a face off dot.
  3. Controlled scrimmage where everyone stops on a whistle.
  4. If the puck is frozen, a goal or it is cleared put in a new puck.
  5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.
- <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144359357>



### 30' Tom and Ron – Dside and stick on puck. 5' then one touch 3-0, 3-1, 4-1.

### B500 Cut Backs and Escape Moves

#### Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

#### Description:

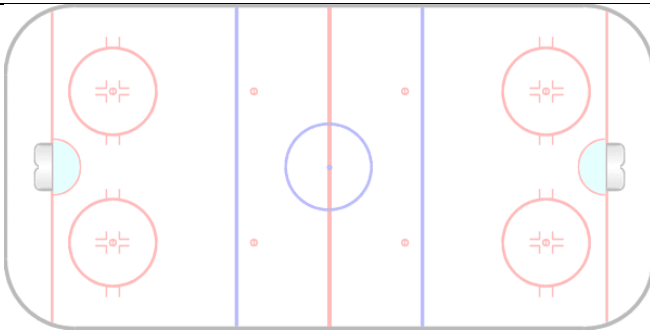
1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the

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puck. On the second whistle whoever has the puck go to the net.

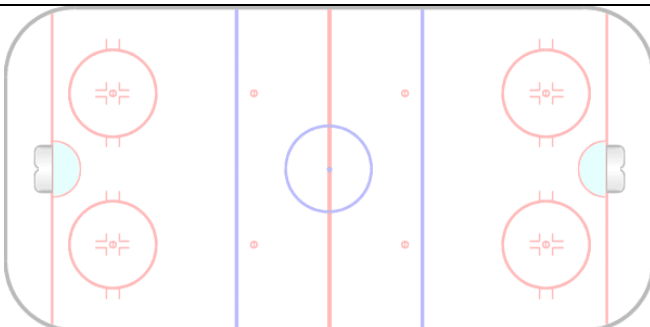
\*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011041612155482>



**Tactical skating in neutral zone.**

[https://bay174.afx.ms/att/GetAttachment.aspx?file=5d963879-8357-47ec-8eb1-df562437b7a3.mov&ct=dmlkZW8vcXVpY2t0aW1l&name=SU1HXzE1MzQuTU9W&inline=0&rfc=0&empty=False&cid=bd6fa116988317e9&shared=1&entryPt=download&binaryPrevious=01880f48-d263-4f63-ba41-72d4c020ccc4\\_01903bf2e65\\_5705&blob=MHxJTUdfMTUzNC5NT1Z8dmlkZW8vcXVpY2t0aW1l&hm\\_login=tommolloy&hm\\_domain=hotmail.com&ip=10.111.84.8&d=d3878&mf=32&hm\\_ts=Sun%2c%2004%20Jan%202015%2023%3a40%3a57%20GMT&st=tommolloy&hm\\_ha=01\\_891427d24ee4320953ed0a6b0c8d9f79d3e1b383a6ba52fa170d18ecd93196ef&oneredir=1](https://bay174.afx.ms/att/GetAttachment.aspx?file=5d963879-8357-47ec-8eb1-df562437b7a3.mov&ct=dmlkZW8vcXVpY2t0aW1l&name=SU1HXzE1MzQuTU9W&inline=0&rfc=0&empty=False&cid=bd6fa116988317e9&shared=1&entryPt=download&binaryPrevious=01880f48-d263-4f63-ba41-72d4c020ccc4_01903bf2e65_5705&blob=MHxJTUdfMTUzNC5NT1Z8dmlkZW8vcXVpY2t0aW1l&hm_login=tommolloy&hm_domain=hotmail.com&ip=10.111.84.8&d=d3878&mf=32&hm_ts=Sun%2c%2004%20Jan%202015%2023%3a40%3a57%20GMT&st=tommolloy&hm_ha=01_891427d24ee4320953ed0a6b0c8d9f79d3e1b383a6ba52fa170d18ecd93196ef&oneredir=1)



**Explanation/Notes:**



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**Explanation/Notes:**

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