



Blue

# Practice Plan

Date: 05-01-14

Time: 16:30

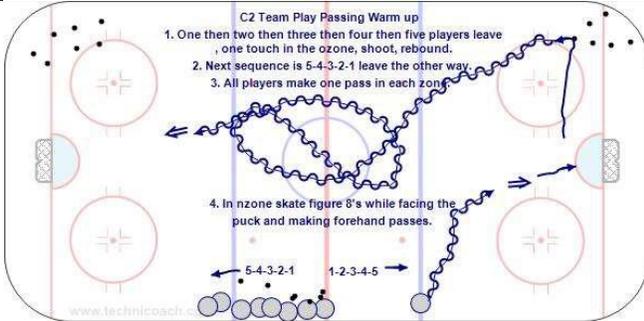
Arena: Shouldice

Lines:

3-5 pk, passing, shoot, one timers  
Shoot-out

Notes:

3-0, 3-1, 3-2, 5-0, regroup, Transition 2-1, 2-2



10'

## C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

### Key Points:

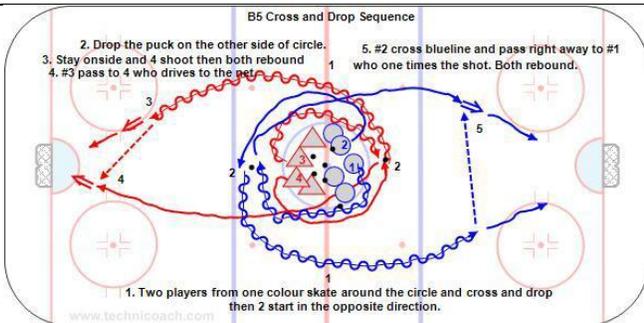
Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

### Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

\*When there is only one player do a figure eight or touch both knees.

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10'

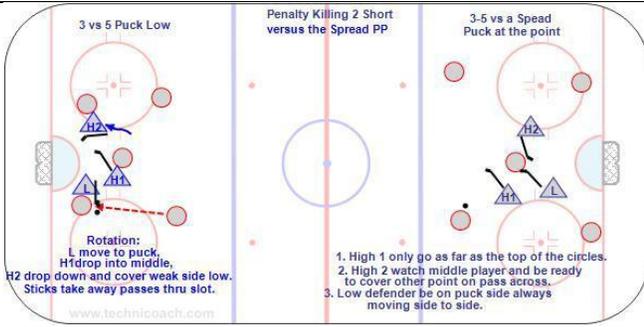
## B5 Cross and Drop Sequence

**Key Points:** Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

**Description:** 1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.

2. Drop the puck on the other side of circle.
3. Stay outside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound. Options: a. One, two or three players leave at a time. b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3. c. Give + go with last shooters. Etc.

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**15' D 3-5 pk instruction**  
**T4 D400 - PK 3-5 vs. a Spread PP**

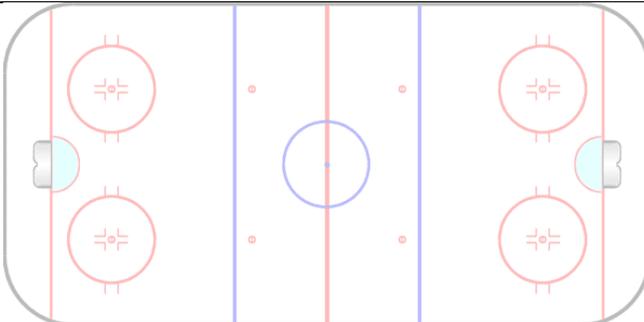
**Key Points:**

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

**Description:**

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift. (Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

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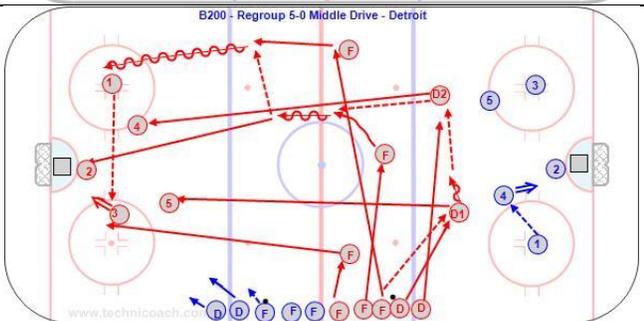
**15'**

**Forwards D400**

**DT400 Game of quick transition.**

**D4 Plays below the goal line.**

**D4 - 2" Game**



**7' Add a regroup before entering offensive zone.'**

**B200 - Regrup 5-0 Middle Drive - Detroit**

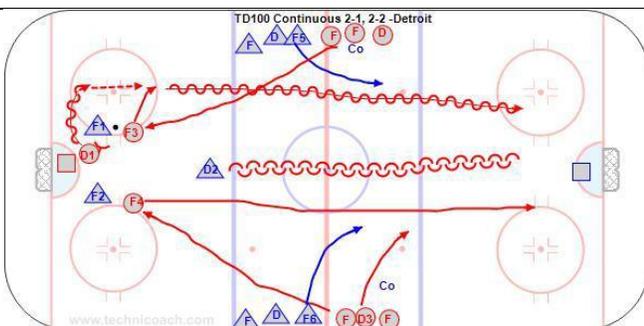
**Key Points:**

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.

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**9'**

**DT100 Continuous 2-1, 2-2 - Detroit**

**Key Points:**

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

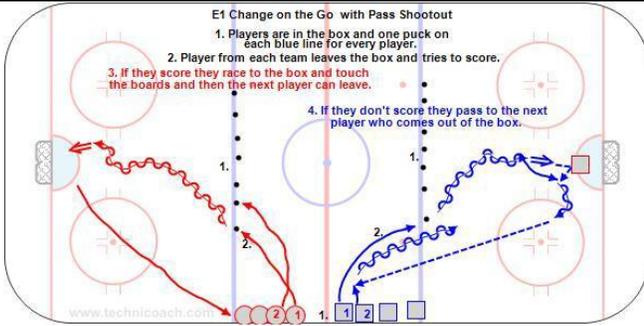
**Description:**

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and

a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

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9'

### E1 Change on the Go with Pass Shootout

**Key Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

**Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

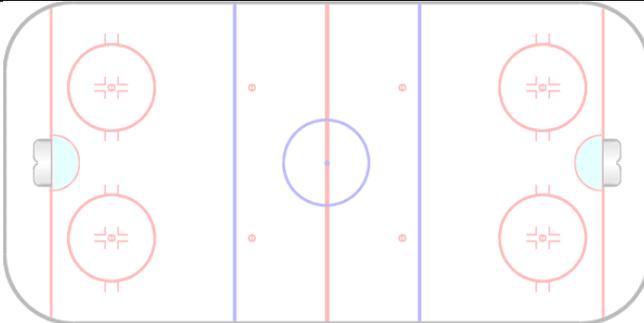
5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

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**Explanation/Notes:**



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