



Blue

Practice Plan

Date: 08-01-15

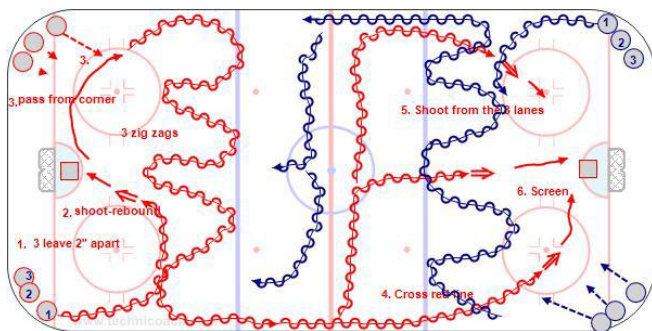
Time: 17:30-18:30

Venue: SP

Lines:

1-1, 2-1, 2-2, backchecking, dzone face-off

Notes:

3' Jim big moves the 7' drill

**B6 – 3 Shots, 3 Zig zags, 3 Shots**

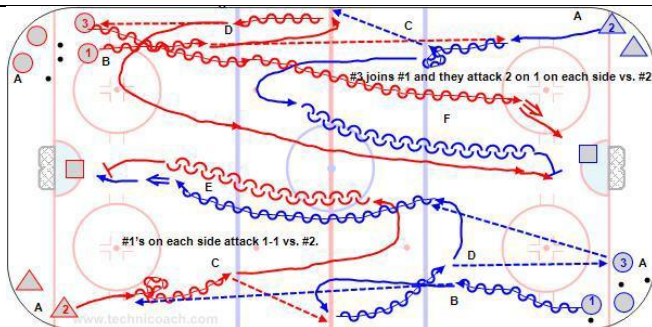
**Key Points:**

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

**Description:**

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20091019154513105>



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.

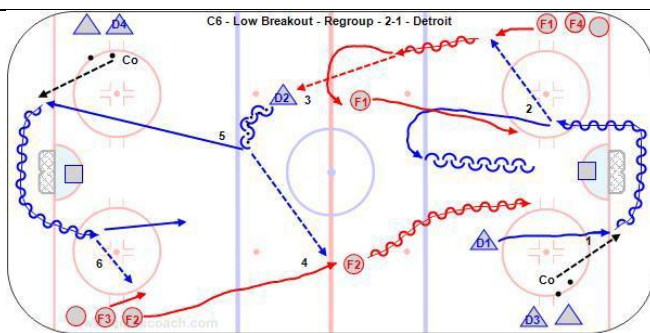
D. #1 skate back and regroup with #3.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



10'

### C6 - Low Breakout - Regroup - 2-1 and 3-2- Detroit

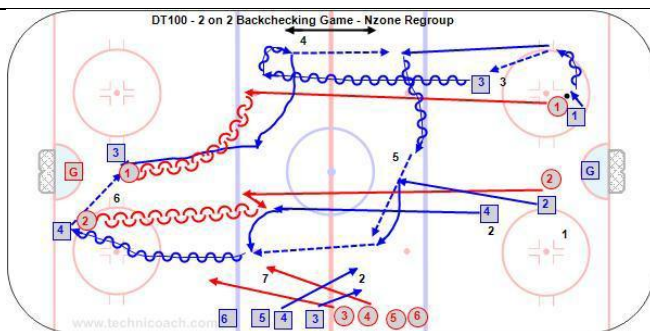
#### Key Points:

Do everything with speed. D skate between dots before passing. Attackers make the first pass early. A 2-1 is really a 2-2 with the defender and the goalie. Defender identify the most dangerous attacker.

#### Description:

1. D1 skate back and get the puck placed below the goal line by the coach.
2. D1 pass to F1 and follow.
3. F1 regroup with D2.
4. F2 join F1 and attack D1 2 on 1.
5. D2 go back and retrieve a new puck placed by the coach at the opposite end.
6. D2 passes to F3 who regroups with D3 and F4 join.
7. Repeat this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141119103710146>



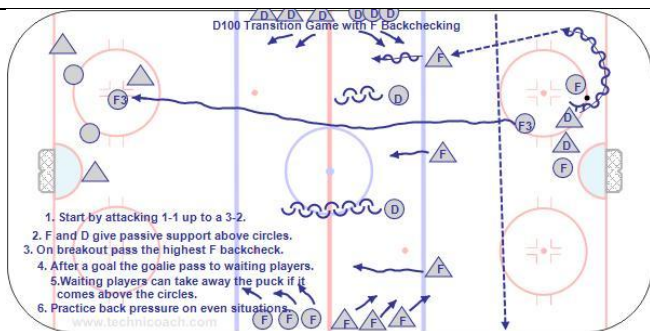
10'

### DT100 - 2 on 2 Backchecking Game - Nzone Regroup

**Key Points:** Supporting players play like wingers at the top of the circles. Give targets, face the puck and make all plays while skating. Create a 2-1 vs. the widest defender.

**Description:** 1. R1-R2 attack vs. B1-B2. 2. B3-B4 support at the top of the circles. 3. Goal, frozen puck or transition B1- or B2 pas to either B3 or B4. 4. B3 and B4 skate over the red line and then regroup with either B1 or B2. 5. B1-B2 hinge and pass to B3 or B4. 6. R3-R4 attack vs. R1-R2. 7. Continue this flow with R3 and R4 supporting at the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2013021009195661>



10'

### DT100 Game with Forward Backchecking

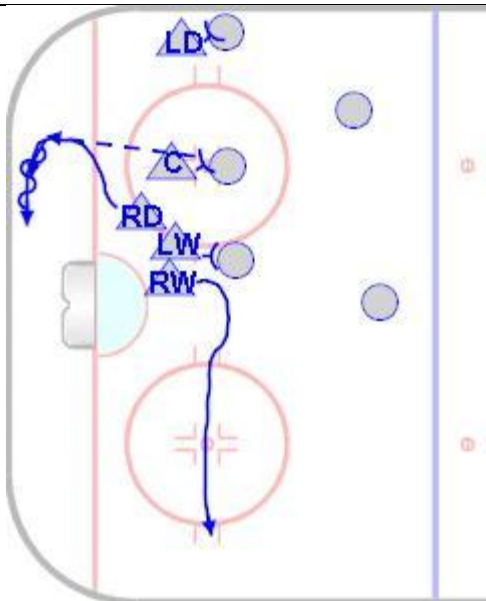
#### Key Points:

The highest attacking F backcheck and backpressure the puck thru the neutral zone.

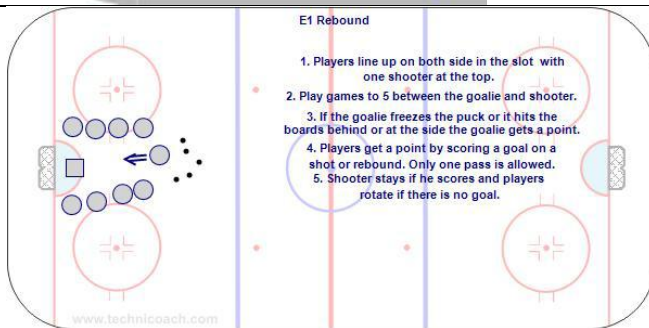
#### Description:

DT100 Full Ice with extra players waiting along the boards in the neutral zone.

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above the circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.



## Dzone face-off win



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5'

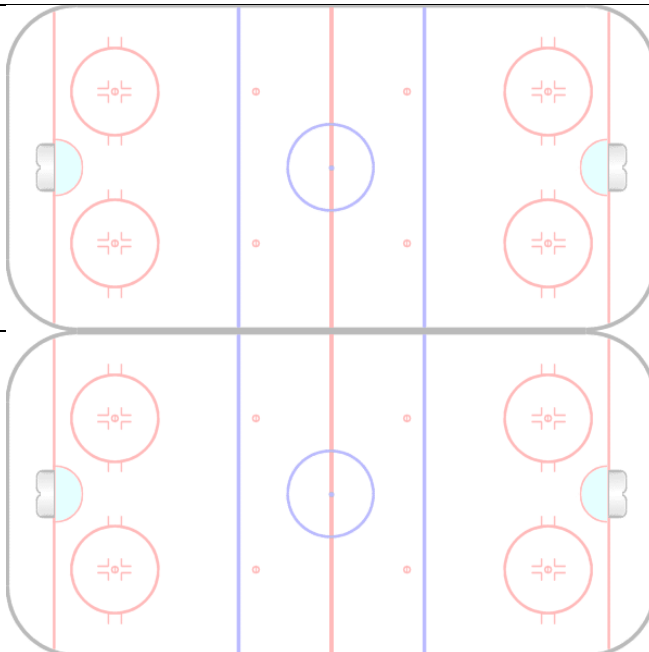
## E1 Rebound

### Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.



## Meet at Geibs to watch Jr. game

**Explanation/Notes:**

