



Blue

Practice Plan

Date: 12-01-15

Time: 16:00-17:15

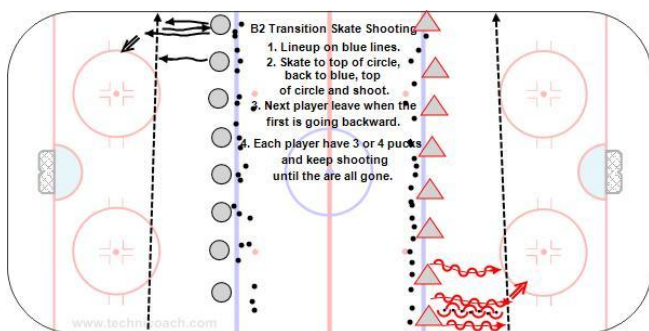
Venue: SP

Lines:

16 skaters, pass, review dzone coverage  
Net.

Notes:

Attack from the point, attack from behind the



6'

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.

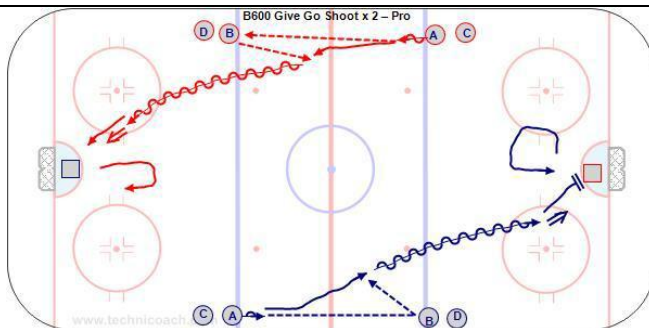
2. Skate to top of circle, back to blue, top of circle and shoot.

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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5' B6 3 lane skate and shoot from the corner

5'

B600 Give Go Shoot x 2 - Pro

**Key Points:**

Shoot while skating and follow the shot for a rebound.

**Description:**

1. Players A and C leave from diagonal corners.

2. A pass to B and C pass to D at the far blue line.

3. B and D one touch the puck back.

4. A-C skate in and shoot, rebound and rebound for the next shooter.

5. B and D leave and repeat in the other direction.

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6'

B600 Give and Go x 3 x 2 - Shoot - Pro

**Key Points:**

Pass and shoot while skating, give a target, keep the hands away from the body, keep the puck in the sweet spot.

**Description:**

A. Leave with a puck from diagonal corners.

B. One touch pass in this order 1-2-3-4 and 3-4-1-2.

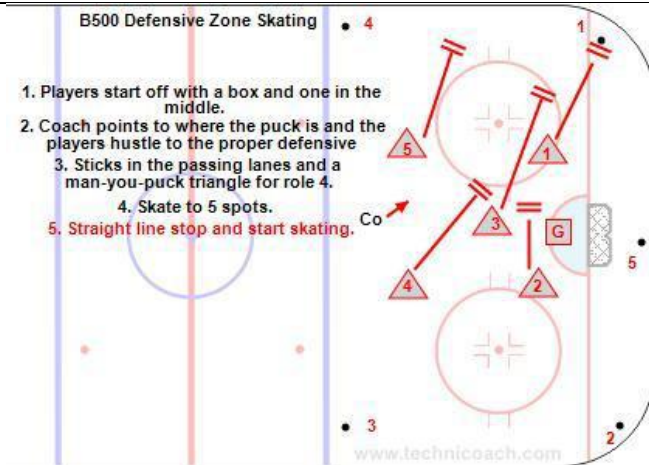
C. Next pass in the other direction in this order 4-3-2-1 and 2-1-4-3.

D. Follow the shot and rebound.

E. Circle back and rebound for the next shooter.

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## 5' Instruction on making plays from behind the net. Short side pass and back door play.

10'

### B500 Defensive Zone Skating

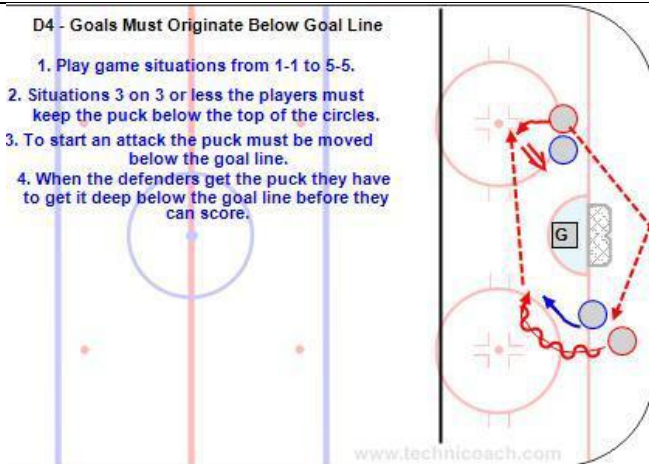
#### Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

#### Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

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6'

### B600 Give and Go x 3 x 2 - Shoot – Pro

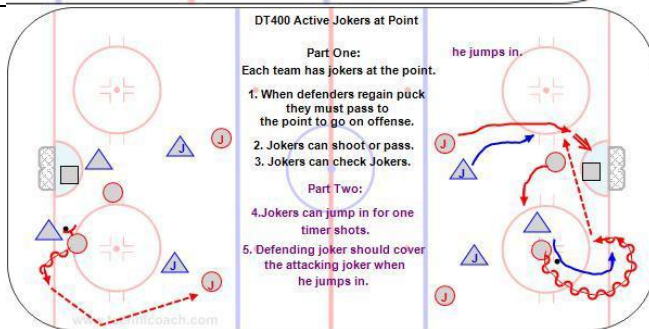
#### Key Points:

Pass and shoot while skating, give a target, keep the hands away from the body, keep the puck in the sweet spot.

#### Description:

- A. Leave with a puck from diagonal corners.
- B. One touch pass in this order 1-2-3-4 and 3-4-1-2.
- C. Next pass in the other direction in this order 4-3-2-1 and 2-1-4-3 .
- D. Follow the shot and rebound.
- E. Circle back and rebound for the next shooter.

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6'

### DT400 Active Jokers at Point

#### Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

#### Description:

*Part One: Each team has jokers at the point.*

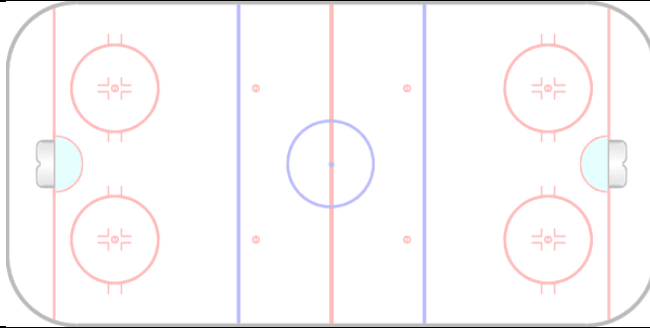
1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

*Part Two:*

4. Jokers can jump in for one timer shots.
5. Defending joker should cover the attacking joker when he jumps in.

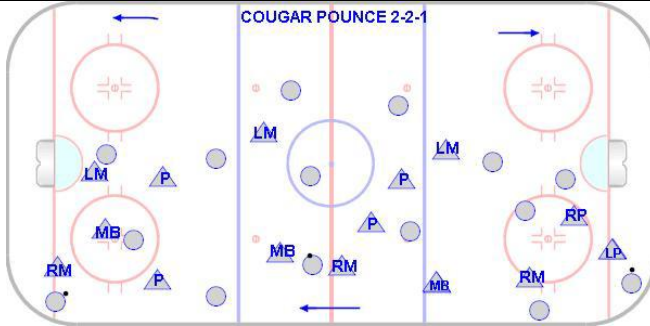
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## 5' D4 Two Second Game

Players can only have the puck for up to 2" ..



## 20' Walk through dzone then sticks upsidie down on defense. 5-5

T2-T4 Cougar Pounce System (2-2-1 or 1-3-1)

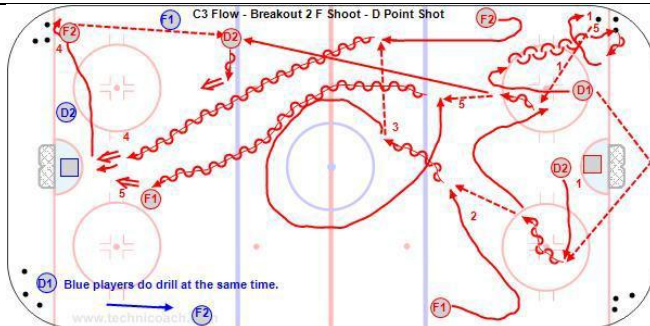
### Key Points:

Constant pressure from the defensive side. Back pressure, Offensive and defensive 2-1's. Man on box behind in Dzone. 2-2-1 forecheck when close pressure or 1-3-1 when offense has total control with skates up ice.

### Description:

This system combines the left wing lock and the torpedo. There are two offensive forwards the C and RW. The left wing plays like a left wing in the offensive end and a left D in the defensive zone and lines up on lw at the faceoff. The LW and RD stay on their side of the ice. The right D plays like a RW in the offensive zone and a RD in our end. The LD is really a middle D and is on the puck side in the offensive end and LW the support player low in the defensive zone, always on the puck side. The RW and C cover the points in the D zone and force the puck on the attack. They can forecheck either in a 2-2-1 or a 1-3-1 formation. There are always 4 players on the attack.

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## 10' Did this after the shooting drills.

## B6-600 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

### Key Points:

Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

### Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.

2 – D2 pass to F1 breaking along the boards.

3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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## 5' players choice

