



Blue

Practice Plan

Date: 17-01-15

Time: 17:30-18:45

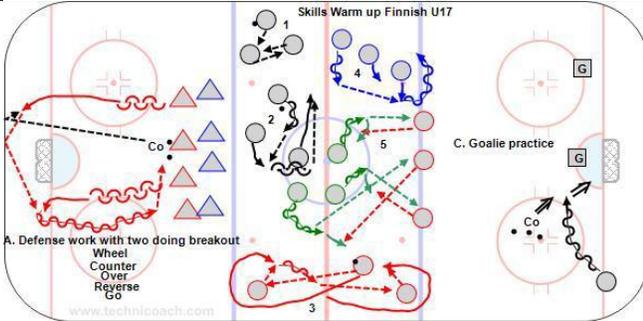
Arena: Southland

Lines:

Compete, games, one net, full ice, transition
D breakout options

Notes:

Battle, tournament, pass, point shots,



15' Alex go thru breakout options and point shots, Jim Skill with F's.

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

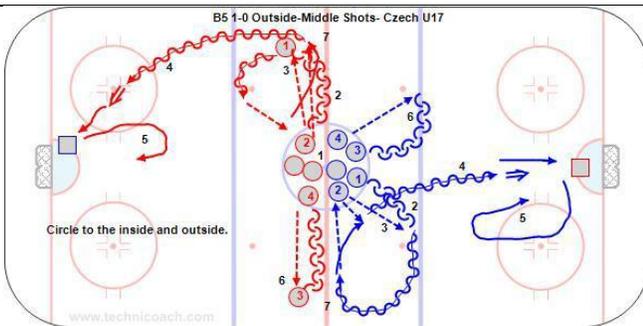
3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to otherlines on the blue line.

6 - Two lines of 3 pass while skating on one side of the nzone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



8'

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.

2. One player leave from each side.

3. Player 2 pass to player 1 who circles between the red and blue line.

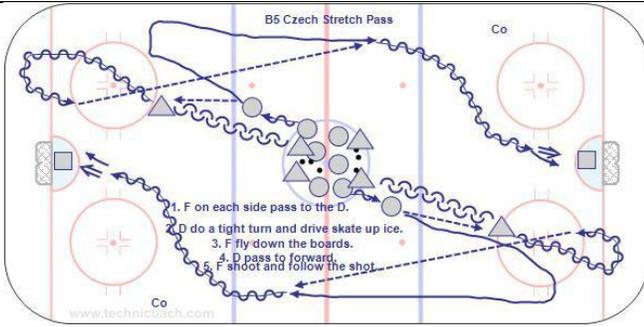
4. Player 1 skate in and shoot after the third pass.

5. After shooting player 1 circle back and rebound for the next shooter.

6. Alternate sides and player 3 leaves after the first pass.

7. Circle left and right so shots come from both in the middle and the outside lanes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>



7'

B5 Czech Stretch Pass

Key Points:

Forward must read the defenseman has good control before stretching. Another F must come across the middle to give an outlet option.

Description:

1. F on each side pass to the D.
2. D do a tight turn and drive skate up ice.
3. F fly down the boards.
4. D pass to forward,
5. F shoot and follow the shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090208152001852>

Tournament: 4 teams of 4 8' Games

Game One

1 vs. 4

2 vs. 3

10'

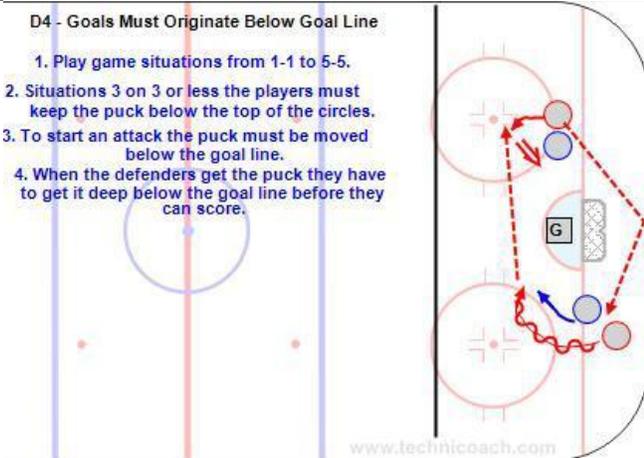
D4 - Goals Must Originate Below Goal Line

Key Points:

Players learn to protect the puck, pass to themselves off the boards or back of the net and use the net for puck protection. Also change the point of attack. Defenders must see the puck and the player they are covering and goalie must look over their shoulder and move side to side.

Description:

1. Play game situations from 1-1 to 5-5.
2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
3. To start an attack the puck must be moved below the goal line.
4. When the defenders get the puck they have to get it deep below the goal line before they can score.



9'

Game Two

2 vs 4

1 vs 3

DT400 Game of Quick Transition

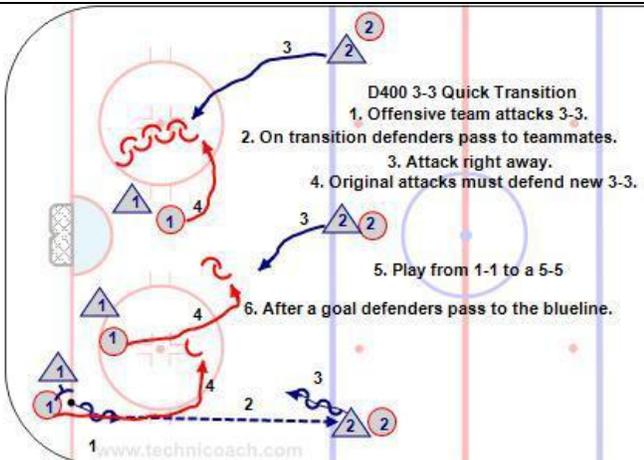
Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

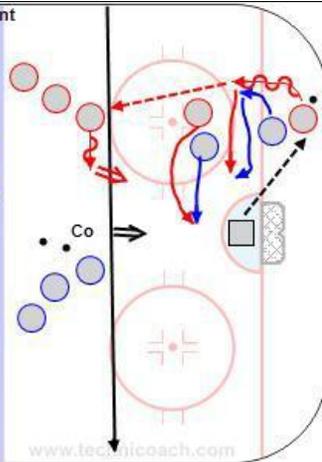
1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120416092419455>



DT400 Low Battles with Jokers at Point

1. The game is played from the top of the circles down.
2. Play from 1-1 to 3-3.
3. Players must pass to the point to go onto offense.
4. Joker at the point must take a wrist or snap shot.



9'

Game Three

3 vs. 4

1 vs. 2

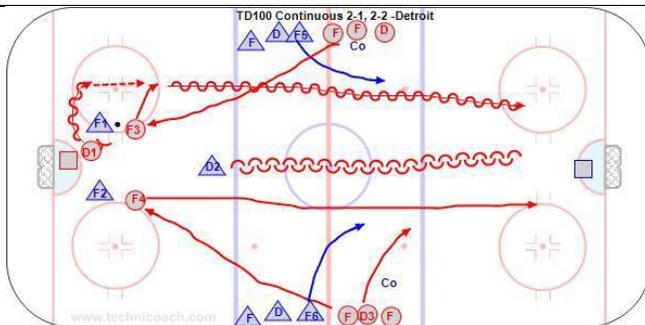
DT400 Low Battles with Jokers at Point

Key Points:

Attackers must go to the net to screen, for rebounds, tips and cycle low. Defenders must talk and stay man on man unless impossible and then switch. Box out, seal sticks to the outside, tie up sticks in the slot.

Description:

1. The game is played from the top of the circles down.
 2. Play from 1-1 to 3-3.
 3. Players must pass to the point to go onto offense.
 4. Joker at the point must take a wrist or snap shot.
- * Keep score and when in the teaching mode stop the play and have player who doesn't cover someone do 5 push-ups and his teammates 1 PU.



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.

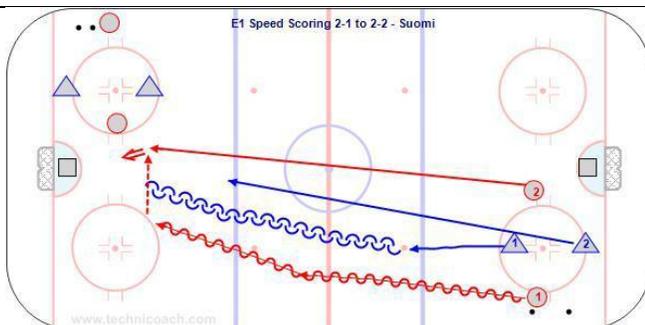
Description:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



8'

E1 Speed Scoring 2-1 to 2-2 – Finland

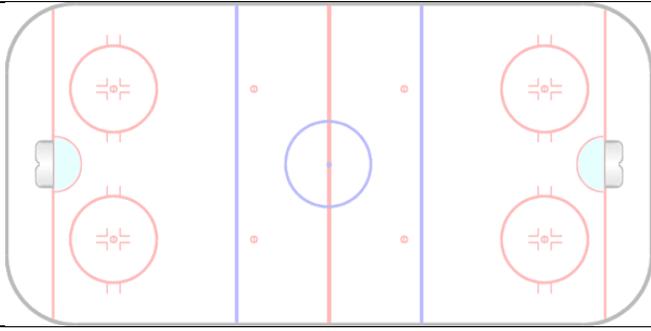
Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



Explanation/Notes:
