



Blue

Practice Plan

Date: 21-01-14

Time: 16:30-17:30

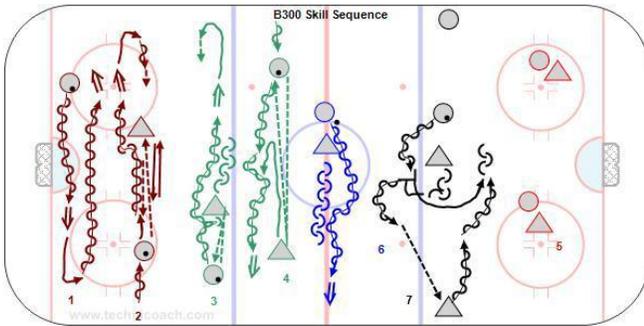
Venue: Shouldice

Lines:

Dzone and forecheck review, 1-1, 2-1,

Notes:

Pass while skating, breakout, regroup



8'

B3 Passing and Partner Practice

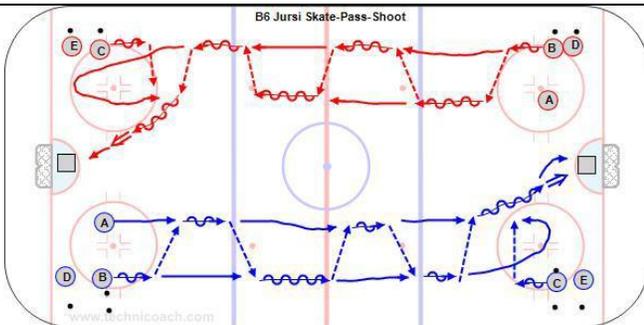
Key Points:

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

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8' Add cross and drop

B6 Jursi Skate-Pass-Shoot

Key Points:

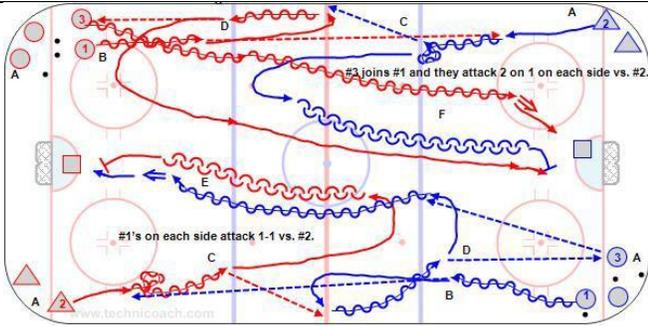
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

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.

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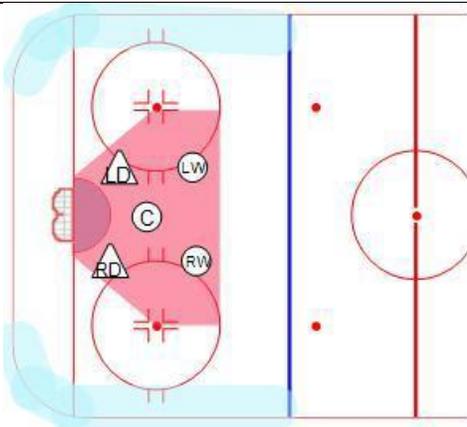
8'
C6 Regroup x 2, 1-1 and 2-1 – Pro
Key Points:

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:

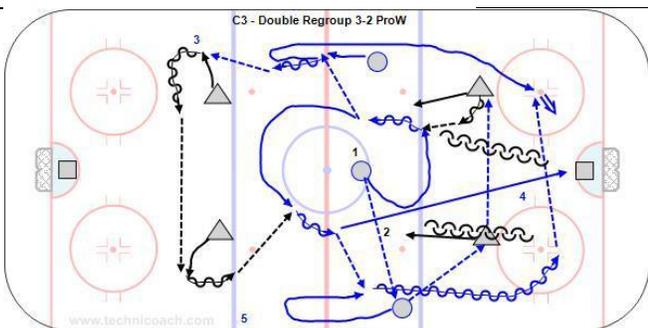
- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
 - B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
 - C. #2 make a deception move and pass to #1 in the neutral zone.
 - D. #1 skate 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.

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15'
Box Plus One – D-Zone Coverage

Walk Through the DT400 with sticks upside down.



9' C3 - Double Regroup 3-2 Pro W
Key Points:

Snap the puck around with hard accurate passes and then regroup with each D. Work on passing to the middle into the 'Big Ice' where there are more options. Practice everything with speed.

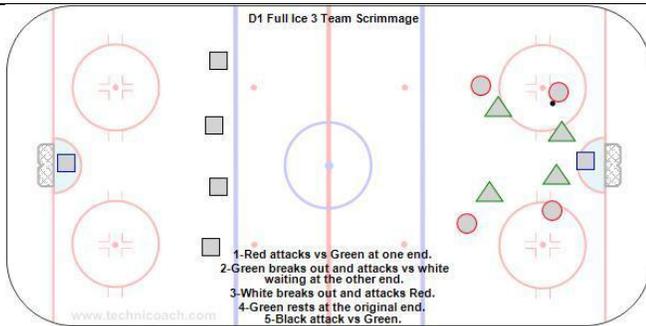
Description:

1. Start with 3 forwards and two sets of D in the neutral zone.
2. Pass the puck between the 3 F and 2 D until the whistle.
3. Regroup with both sets of D.
4. Attack the original D 3 on 2.
5. 3 new F's pass with 2 D who were on the ice while the 2 new D come on.
6. Regroup with original 2 D on the whistle then again with the other D.
7. Focus on passing to the middle to start the attack.
8. Attack with speed and focus on the middle drive and not

the slower trailer play.

9. New group start passing around while the 3 on 2 is played out.

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12' Forecheck Review – one team Red

D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

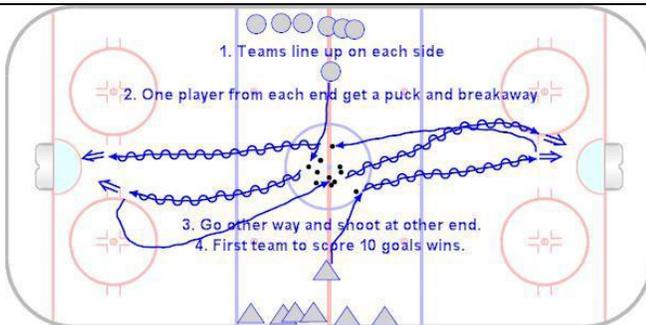
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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E1 Two Shot Shootout

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakout is if the goalie is out far deke and if he backs in shoot.

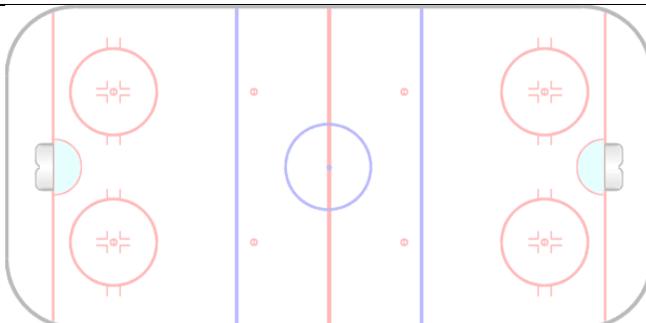
Description:

1. Teams line up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

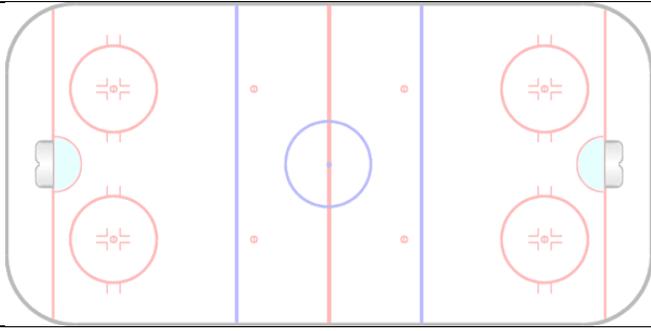
You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>



Explanation/Notes:



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