



Blue

Practice Plan

Date: 25-01-14

Time: 13:45-14:45

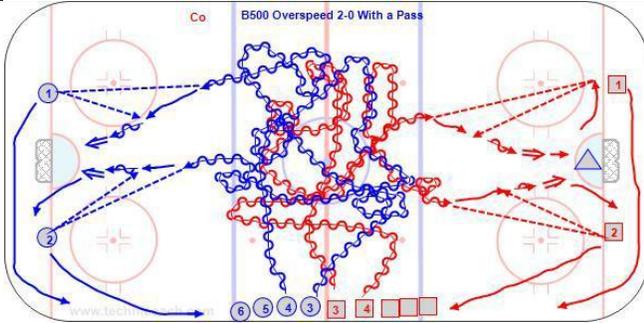
Venue: Southland

Lines:

Defense breakout-shooting review
 Goalies – square to the puck.
 Transition, 1-1, 2-2, Regroup, hinge,

Notes:

Torpedoes – offensive skills
 Condition and agility skate,
 Quick up,



3'

B500 Overspeed 2-0 with a Pass

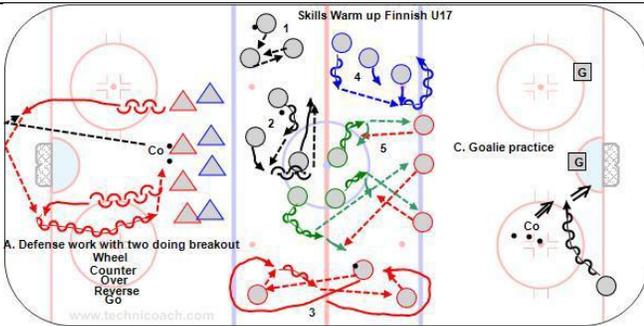
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1-2
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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17' Alex-D, Jim-T, JF-Goalies 10' each

B Skills Warm up Finnish U17

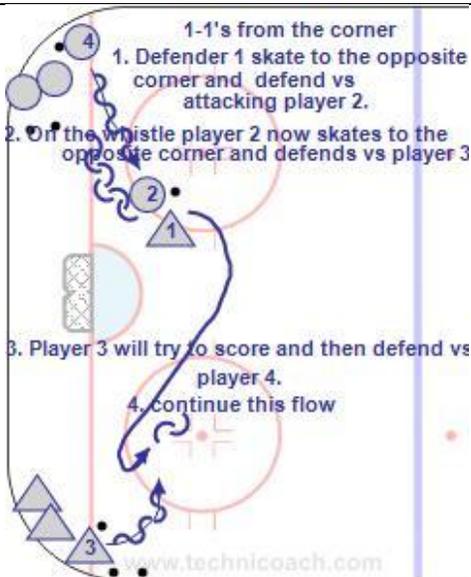
Key Points:

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. Goalie coach work on technique and rebound control.

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 other two lines on the blue line.
 - 6 - Two lines of 3 pass while skating on one side of the neutral zone.
- C. Goalies work with coach at one end.

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6'

C6 1-1's from the Corner

Key Points:

This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

Move the line-up to the top of the circle and start from there.

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10'

DT400 2/3 Ice Games of Attack-Defend-Breakout

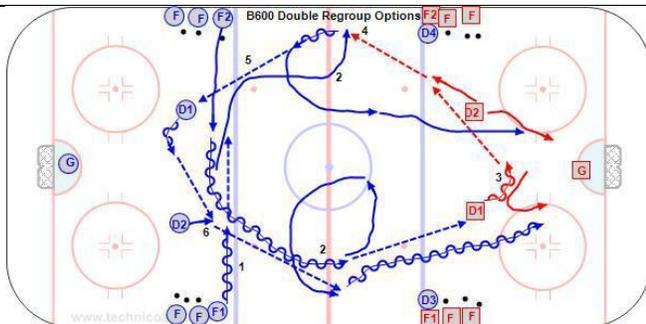
Key Points:

Attacker make quick moves and go to the net. Defender play a tight gap and stay on the defensive side always. Backchecker come hard to create a defensive 2-1 and get open for a breakout pass. Goalie fight to find the puck if there is a screen.

Description:

This is a half or 2/3 ice transition game. It can be played 1-1 or 2-1 or 2-2. The defender gets support from the line in the nzone when the puck crosses the blueline. In this example there are 2 games at one end and one game at the other. It is a college women tryout and there are 3 goalies.

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10'

B600 Double Regroup Options

Key Points:

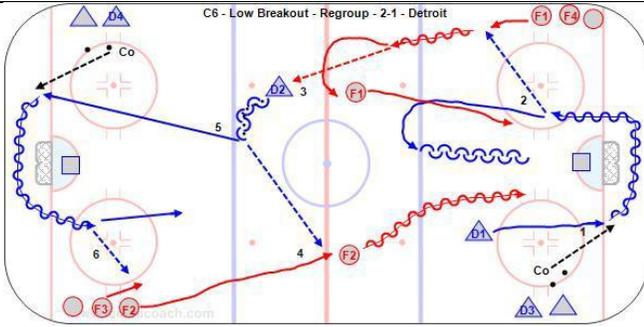
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

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10'
C6 - Low Breakout - Regroup - 2-1, 2-2 – Detroit
Key Points:

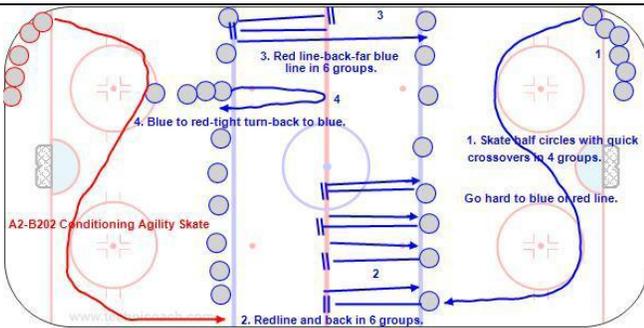
Start with F's dumping the puck in from the blue line instead of coach to the D.

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.

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10'
A2-B202 Conditioning Agility Skate
Key Points:

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

Description:

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

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