



Blue

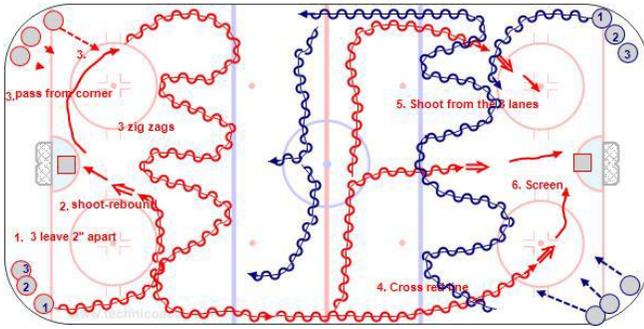
Practice Plan

Date: 27-01-15

Time: 16:15-17:45

Venue: Optimist

<b>Lines:</b>	<b>Notes:</b>
Ind. Offensive skills, shoot, pass, rebound	Angle, Powewr play, penalty kill
Conditioning skate	



10'

**B6 – 3 Shots, 3 Zig zags, 3 Shots**

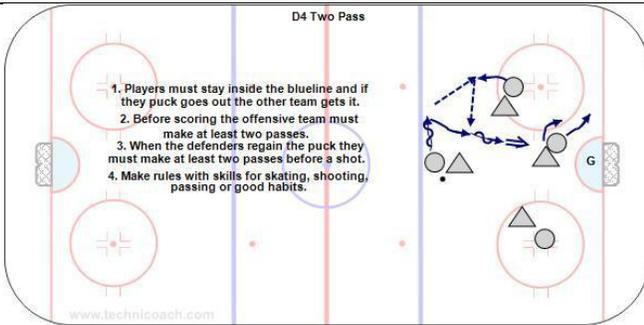
**Key Points:**

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 cricles 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;
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

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10'

**D4 Two Pass Game with only Forehand Passes then Escape Moves**

**Key Points:**

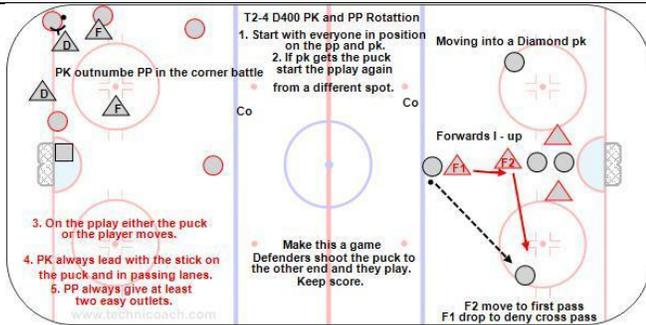
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

**Description:**

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

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**15' 2 groups for 5' each review 4 on 5 Alex at one end and Tom at the other. Rotate active to teaching.**

#### T2-4 D400 PK and PP Rotation-Detroit

##### Key Points:

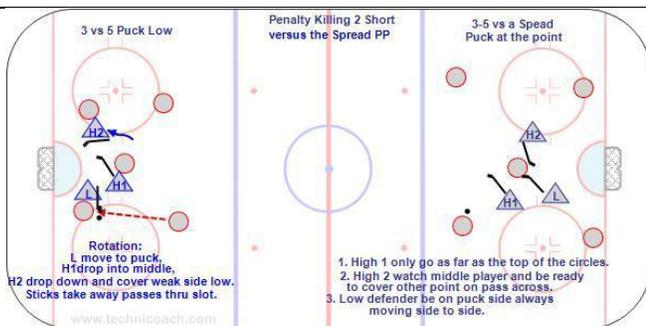
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

##### Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

\*Game situation: defenders shoot puck to other end.

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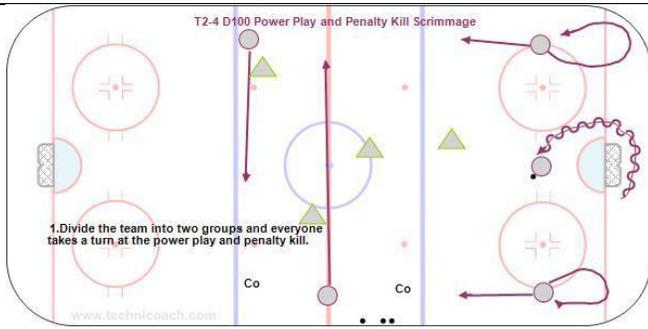


**15' 2 Groups review 3 on 5**

#### T4 D400 - PK 3-5 vs. a Spread PP Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play. Description: 1. When the puck is passed down the D in front moves to that side. 2. Weak side high player drop low to take away back door one timer. 3. Strong side high player drop down and front the middle attacker. 4. Strong side high player get in shooting lane when puck is at the point. 5. Weak side high player cover middle and take away cross ice pass with stick. 6. Low player eliminate tip ins in front but don't get tied up. 7. D to D pass everyone shift. (Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

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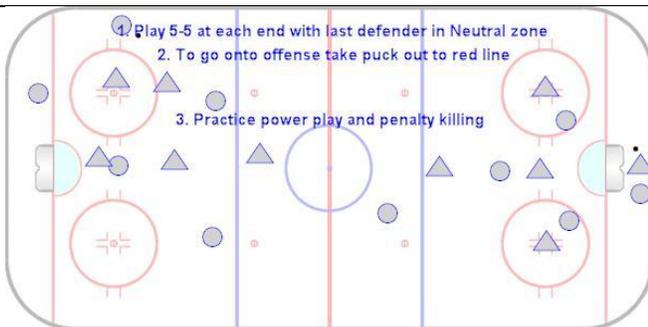
**15'**  
**D100 - T2-4 – Full Ice Specialty Team Practice**  
**Key Points:**

Practice the breakout, neutral zone entry, attack, forecheck and power play set up. The penalty killers practice the forecheck, and defensive zone coverage. It is great if you can get another team to practice with you and take turns with 5 min. power plays each in all situations and have a few minutes between each situation to review your systems with the players.

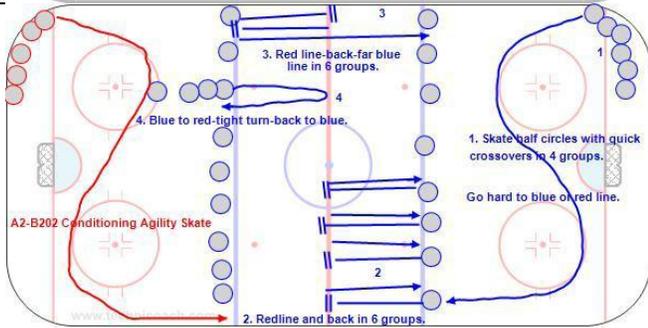
**Description:**

Divide into two teams with the extra players on the bench. If possible have someone run the score clock to make it game like.

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**10'**  
**PP-PK Game**  
**One defender stay in nzone.**



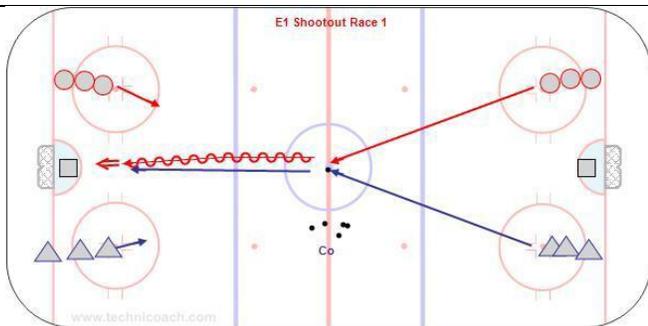
**9'**  
**A2-B202 Conditioning Agility Skate**  
**Key Points:**

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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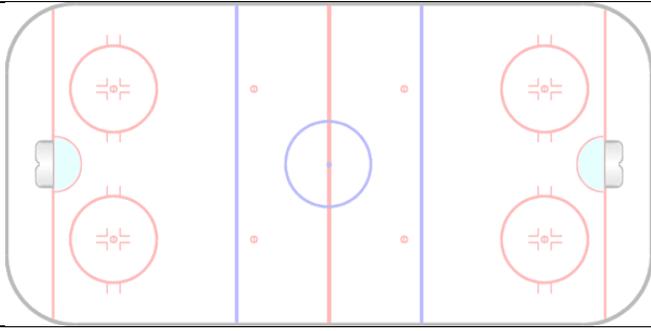
**6'**  
**E1 Shootout Race 1**  
**Key Points**

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck. \*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

**Description**

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

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**Explanation/Notes:**

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