



Blue

Practice Plan

Date: 01-02-15

Time: 13:15-14:30

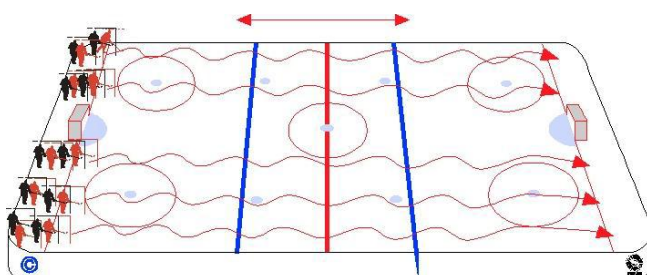
Venue: Henry Viney

Lines:

Pass, overspeed, puck handle, compete  
forecheck

Notes:

Battle, 1-1, 2-2, 4-4, transition, review



7'

### A200 Big Moves \_ Russian Warm-up

#### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

**Description:** - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand. -Put the puck from the stick to inside and outside edges back to the stick.

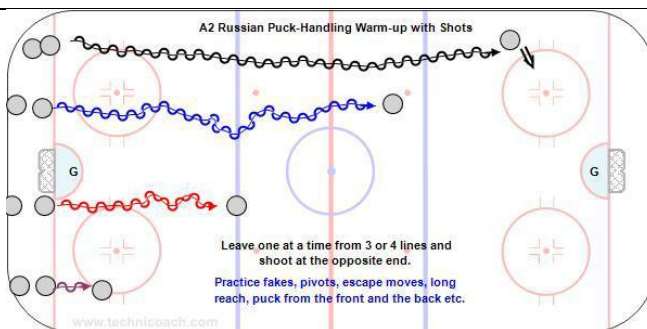
-Move puck from behind to front through skate forehand and backhand.

-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>



8'

### A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

#### Key Points:

The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them.

#### Description:

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

. Practice Faking a slapshot with a hard back swing.

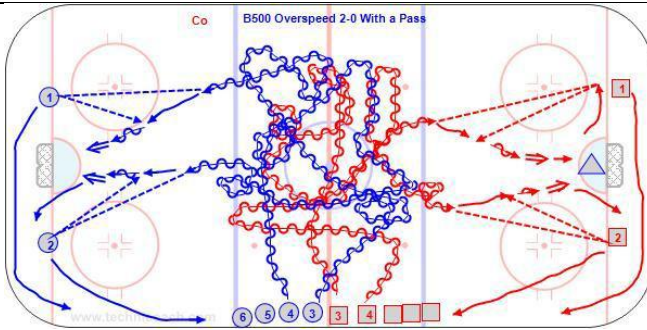
. Fake a slapshot and go around opponent on the backhand side.

. Fake a slapshot and go around opponent on the forehand side.

. Fake a slapshot and then do a backhand tight turn around opponent.

. Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>



7'

### **B500 Overspeed 2-0 with a Pass then Partner Passing**

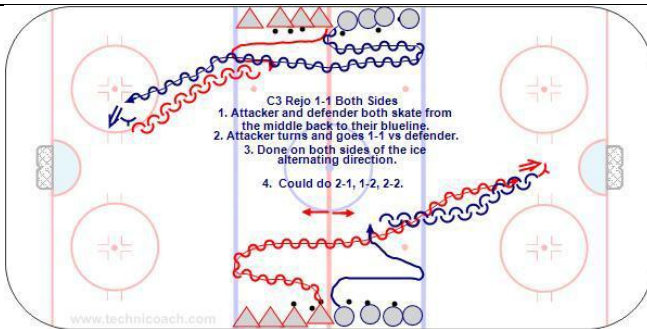
#### **Key Points:**

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 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



8'

### **C3 Rejo 1-1 Both Sides - Gap Control**

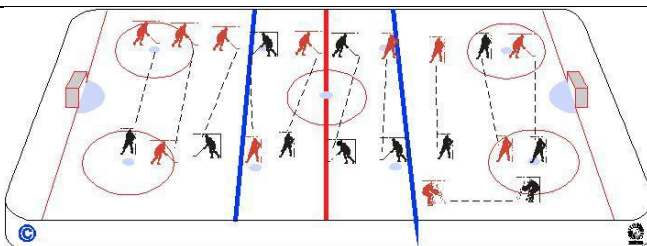
#### **Key Points:**

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

#### **Description:**

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



7'

### **B3 Partner Passing - Saucer Passes**

#### **Key Points:**

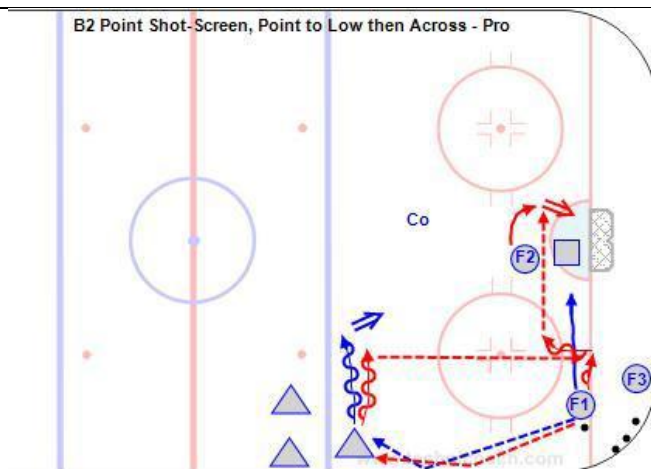
Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

#### **Description:**

Players face each other in two lines skating cross ice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720235041115>

B2 Point Shot-Screen, Point to Low then Across - Pro



20'

**D at one end with Alex. Point shots and 2 on 2 quick transition.**

**B2 Point Shot-Screen, Point to Low then Across – Pro**  
**Key Points:**

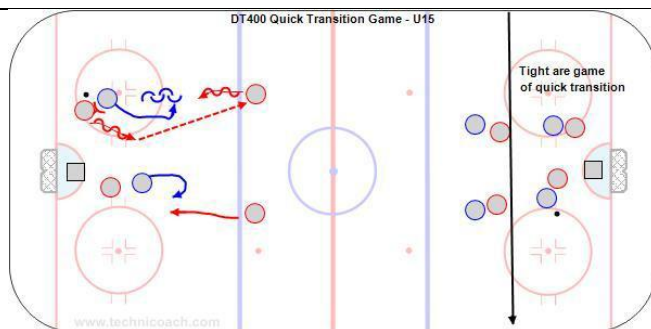
The key is for D1 move between the dots and hit the net. On the second play D1 must freeze the defender with a fake shot and then pass down to F1. F2 must give a target and be strong on his stick to tap a hard pass in.

**Description:**

1. F1 pass to D1 at the point.
2. D1 drag and shoot while F2 screen and F1 go to the net for a tip or rebound.
3. F1 get a new puck and pass to D1.
4. D1 fake a shot and pass straight down to F1.
5. F1 skate at the net to become a threat and pass across to F2 who slides back to the far post.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131223153030902>

DT400 Quick Transition Game - U15



T at one end and D at the other.

**DT400 Quick Transition Game - U15**

**Key Points:**

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

**Description:**

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

*\* Keep score and have tournaments.*

*\* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

*\* Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>

D400 The Best Man Win Game



Torpedoes

**D400 Best Player Wins the Game 1 on 1 on 1**

**Key Points:**

-Battle hard for the puck.

-Protect the puck.

-Get a shot and fight for the Rebound.

**Description:**

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to

score vs the other two.

3. If another player gets the puck he tries to score; including rebounds.

4. On whistle pass back to the coach and race out.

5. 20-30 second shifts.

### Torpedoes

#### DT400 Battle in Front 1-1, 2-2

##### Key Points:

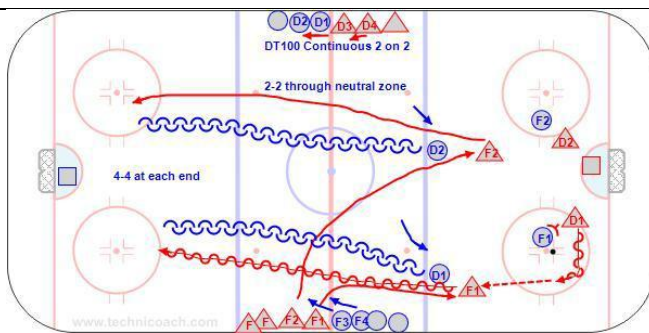
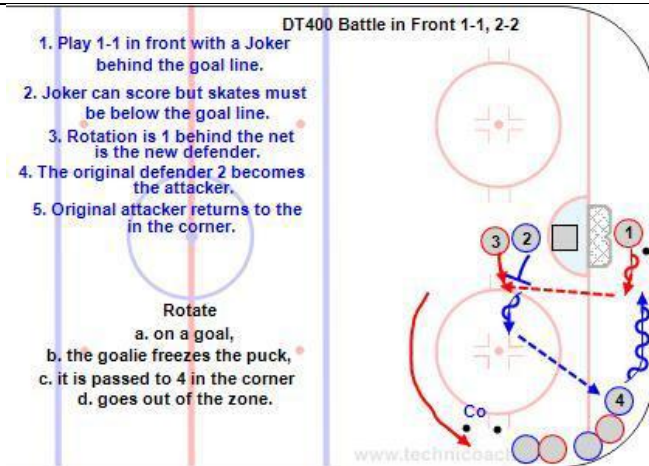
Defender see the puck and his man. Player behind the net must keep his skates below the goal line but can wrap around score. Battle for the net side. Protect the puck, shoot quick, goalie track the puck. \*Alternative is to have 2-2 with either one or two Jokers. Keep score.

##### Description:

1. Play 1-1 in front with a Joker behind the goal line.
2. Joker can score but skates must be below the goal line.
3. Rotation is 1 behind the net is the new defender.
4. The original defender 2 becomes the attacker.
5. Original attacker returns to the line in the corner.

##### Rotation Sequence:

- a. on a goal,
- b. the goalie freezes the puck,
- c. it is passed to 4 in the corner
- d. goes out of the zone.



10'

#### DT100 Continuous 2 on 2

##### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

10 sit-ups when scored on.

##### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141210845>

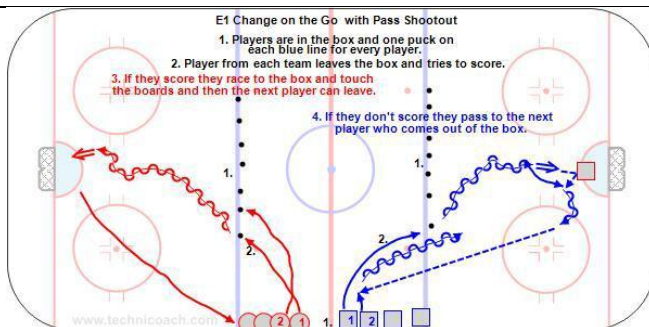
8'

#### E1 Change on the Go with Pass Shootout Key

**Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

**Description:** 1. Players are in the box and one puck on each blue line for every player.  
2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the



---

boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

1 lap for every puck left on losing team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

---