



Blue

Practice Plan

Date: 05-02-15

Time: 16:00-17:15

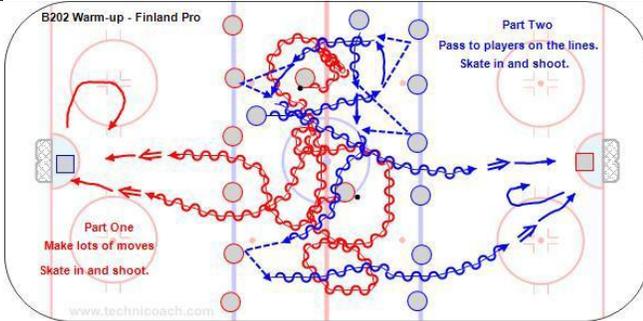
Arena: Blunden

Lines:

Pass, shoot, 2-0, 2-1, 2-2, 3-3, battle,

Notes:

Point shots, box out, take sticks.



7'

B202 Warm-up - Finland Pro

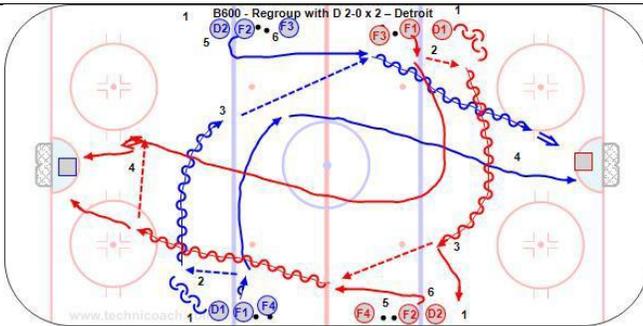
Key Points:

Skate and handle the puck with lots of quick turns and moves. Give a target for a pass. Follow the shot for a rebound then rebound for the next shooter.

Description:

1. Reds on one blue line and blue at the other.
 2. Two reds and two blues handle the puck in the neutral zone for about 10'.
 3. Leave one at a time to shoot at the end they start from.
 4. Players now pass to players on the lines for 10' then skate in and shoot.
 5. Rebound for the next shooter.
- * Players could give and go with the next shooter after they have shot.

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7'

B600 - Regroup with D 2-0 x 2 - Detroit

Key Points:

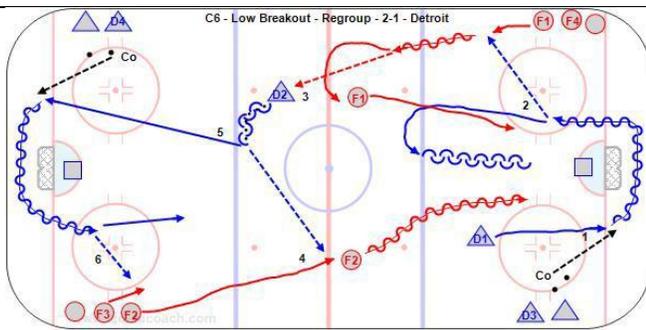
No need for whistles as the players can see when to start. Face the puck, pass hard, give targets, shoot and follow the shot and stop at the net.

Description:

1. Forwards and defense leave from diagonal four blue lines.
2. F1 at each end pass back to D1 and mirror D1.
3. D1 skate across and pass up the far wing to F2.
4. F1 and F2 attack the net from both ends.
5. Start at the other diagonal blue lines and F3 pass to D2.
6. F3 mirror D2 across the ice and attack 2-0 with F4.
7. Keep this rhythm alternating sides.

* Option: Have the D join the rush and get a trailer pass. If there is a group less than 18 you may want to go one group at a time and then the D could join and get a pass from the corner to shoot while F's screen.

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8'

C6 - Low Breakout - Regroup - 2-1 – Detroit

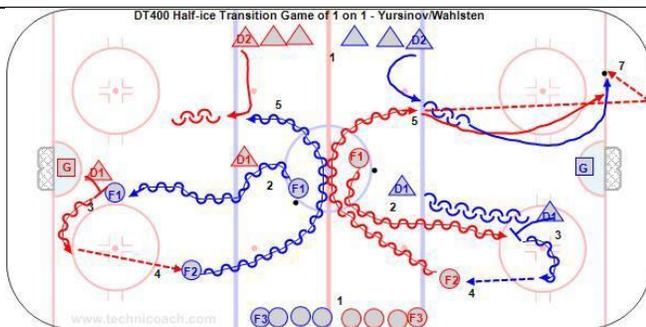
Key Points:

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'

DT400 Transition Game of 1 on 1 and 2-1 - Yursi-Juuso IJHF Symposium

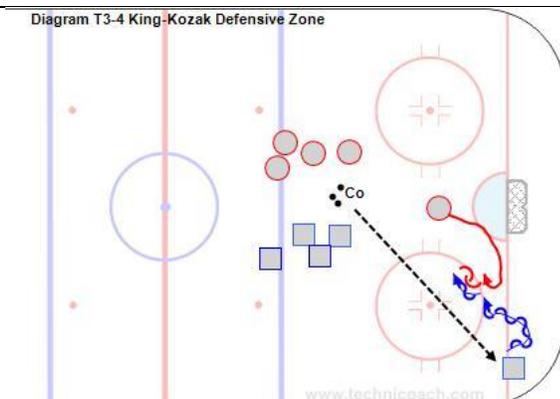
Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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15'

T3-4 King-Kozak Defensive Zone 1-1, 2-2, 3-3

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

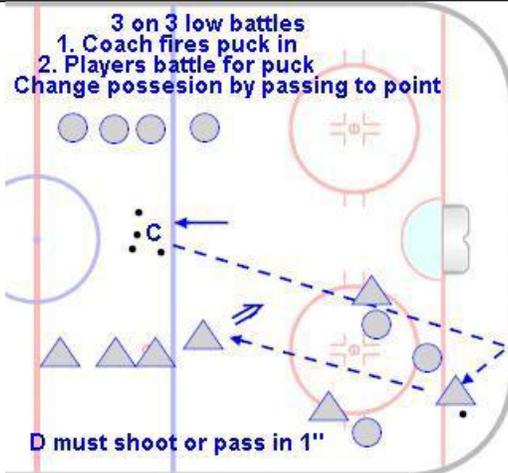
Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.
7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

*Option is to have uneven situations and add attackers and

defenders as you go.

*To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.
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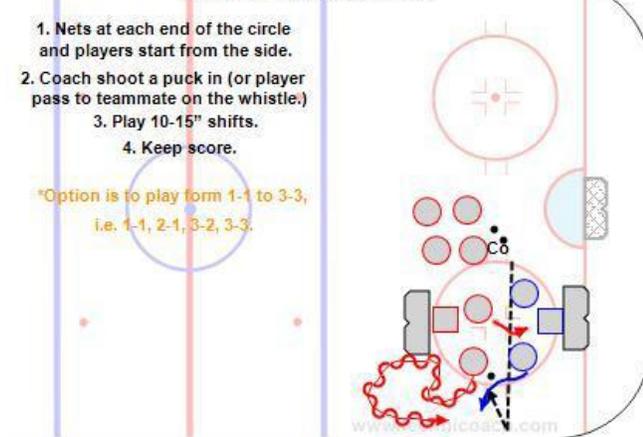


10'

DT400 3-3 Krusel Battling Game - ProW Key Points: Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

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D200 2-2 Tight Area Game - Pro



10'

D200 2-2 Tight Area Game - Pro

Key Points:

Protect the puck, use fakes, escape moves, change of direction, feints, shoot and pass quickly, triple threat position.

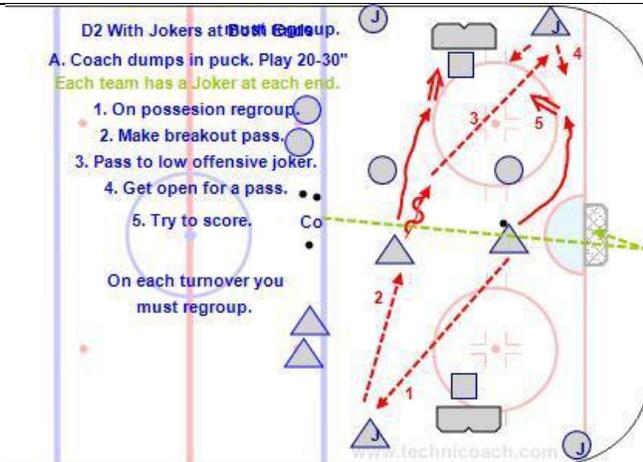
Description:

1. Nets at each end of the circle and players start from the side.
2. Coach shoot a puck in (or player pass to teammate on the whistle.)
3. Play 10-15" shifts.
4. Keep score.

*Option is to play form 1-1 to 3-3, - 1-1, 2-1, 3-2, 3-3.

In this video demo watch Red 53 Gaudreau and 63 Bennet, who have exceptional tight moves. #53 scores a few goals because he does things so quickly.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706173522508>



8'

D200 - Pass to Jokers at Each End - U17 Austria

Key Points:

Players transition from Role 1- puck carrier to Role 2 - puck support to Role 3 - check puck carrier to Role 4 - defend away from the puck. Good habits like giving a target, face the puck, get open, skate to open ice with the puck are practiced.

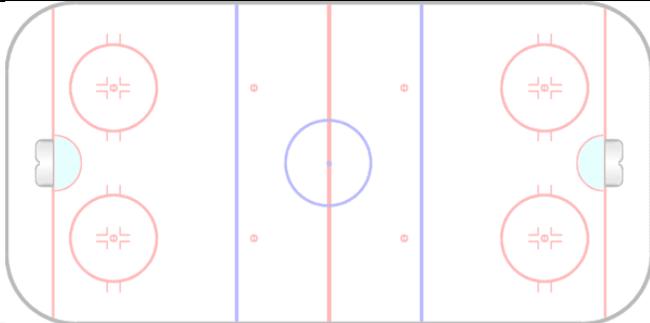
Description:

- 1 - Play 2 on 2 and each team has one Joker behind each net.
- 2 - When you regain the puck you must regroup with the Joker behind the net.
- 3 - Pass to the Joker behind the offensive net before you can shoot. (Joker can pass to Joker)
- 4 - Rotate on the whistle from the line-up on blue line to

play and after playing become the Joker and Jokers to the line-up (you could do it opposite as well)

*Option: Jokers can check Jokers and the players on the sides can be activated to also be eligible for passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817103542544>



Explanation/Notes:
