



Blue

Practice Plan

Date: 09-02-15

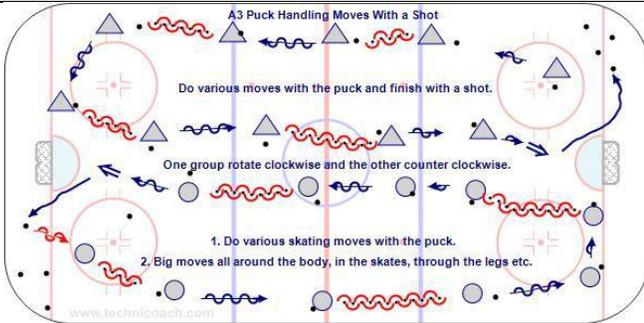
Time: 17:30-18:30

Arena: Stu P

Lines:

Notes:

Edges, dzone review, passing, 3-0, 3-1, 3-2



8'

A300 Edges and Puck Handling with a Shot

Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.

2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.

3. The players skating down the middle finish with a shot and then get a new puck.

4. Exercises are done while zig-zagging in and out.

a. Forward skate and alternate on the front inside edges.

b. Backward skate and alternate on the inside edges.

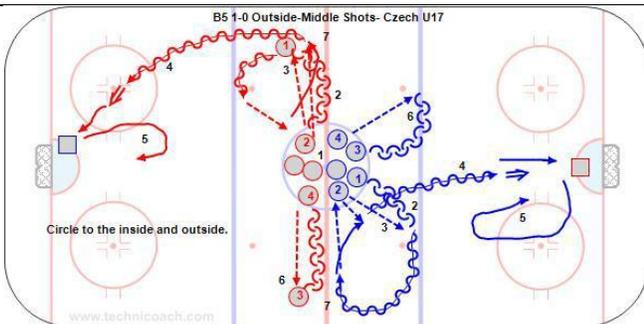
c. Skate forward and cross-over alternating on the outside edges.

d. Skate backward and cross-over alternating on the outside edges.

e. Open hip turn each way.

f. Slalom and reach as far as possible with the puck the opposite way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>



7'

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.

2. One player leave from each side.

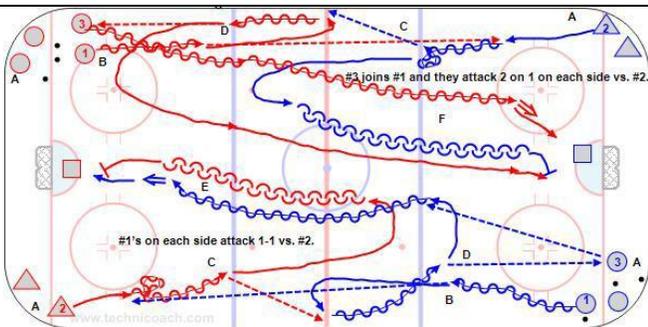
3. Player 2 pass to player 1 who circles between the red and blue line.

4. Player 1 skate in and shoot after the third pass.

5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>



10'

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.

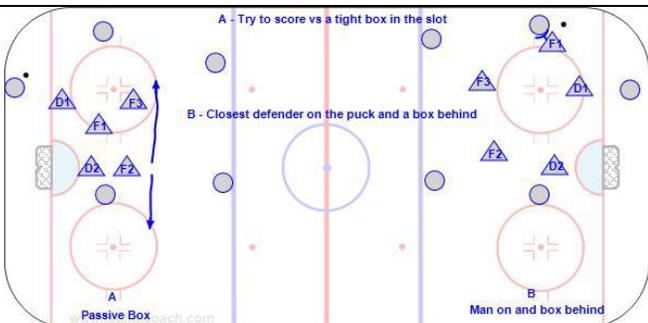
D. #1 skate back and regroup with #3.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



15' review

T4 Teaching Defensive Zone Coverage 2-1-2

Key Points: Sticks upside down

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

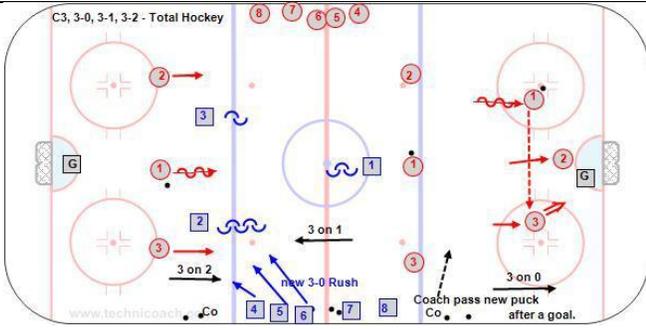
When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

Description:

Teach defensive zone coverage by giving the offense 45 seconds to score.

A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind.



10'

C3, 3-0, 3-1, 3-2 - Total Hockey

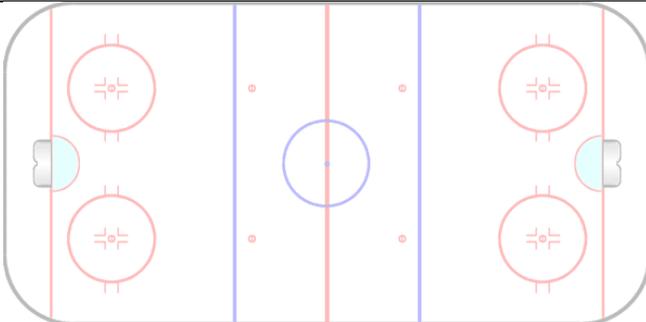
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013012209054791>



10'

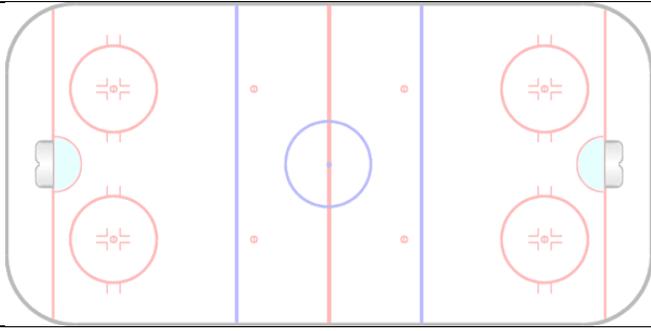
E1 Gambling Shootout

Explanation/Notes:



Explanation/Notes:





Explanation/Notes:
