



Blue

## Practice Plan

Date: 11-02-15

Time: 19:00-20:00

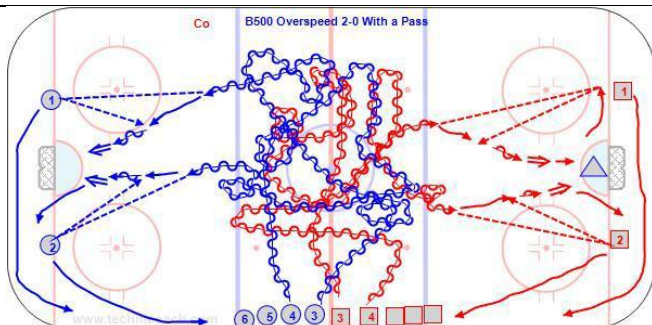
Arena: Stu Peppard

### Lines:

Efficient play, pass quick, shoot quickly,  
Regroups, Hinge, post up.

### Notes:

Pass off the pad and rebound.



10'

### B500 Overspeed 2-0 with a Pass

#### Key Points:

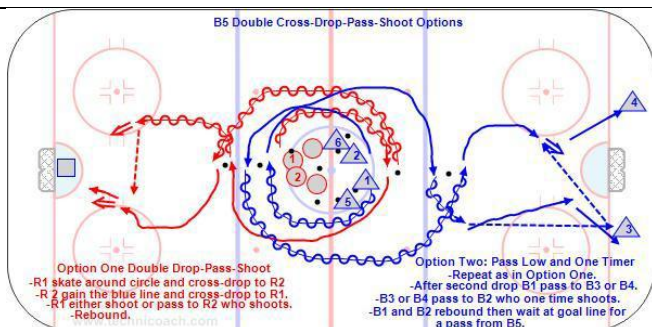
Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

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

\*Add 2-0 passing and and give and go then shoot.

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



10'

### B5 Double Cross-Drop-Pass-Shoot Options

#### Key Points:

Cross over skate, leave the drop pass as still as possible. Pass quickly.

Going to the net for a bang in or practicing a one timer from the high slot is also easy to do.

#### Description:

**Option One: Double Drop-Pass-Shoot**

**Option Two: Pass Low and One Timer**

**Pass off the far pad while #2 goes for a rebound.**

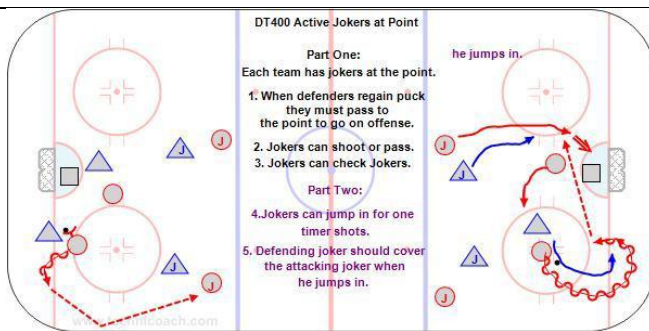
**Goalies no stick.**

-Repeat as in Option One.

-After second drop B1 pass to B3 or B4.

-B3 or B4 pass to B2 who one time shoots.

-B1 and B2 rebound then wait at goal line for a pass from B5.



10'

## DT4 Jokers at the Point Must Shoot

**Focus on passing off the pads.**

### Key Points

Each team has one or two jokers at the point. Introduce the game allowing jokers to check jokers. This is a great game to practice getting the shot through under pressure. The jokers at the point must get open and take a shot. The defender practices covering the point. Low players screen, tip and rebound while defenders box out and take sticks.

### Description:

*Part One:*

*Each team has jokers at the point.*

*1. When defenders regain puck they must pass to the point to go on offense.*

*2. Jokers at the Point Must Shoot*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103152433301>

*3. Point Jokers Check Jokers*

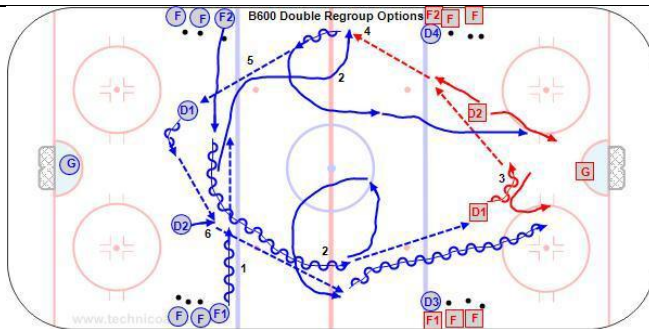
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103160641849>

*Part Two:*

*4. Jokers can jump in for one timer shots.*

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*5. Defending joker should cover the attacking joker when he jumps in.*



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.

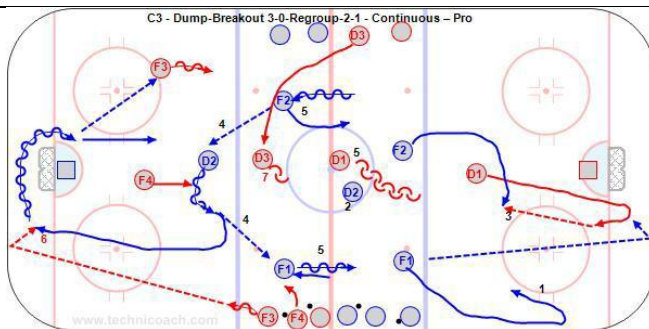
5. Blue F's regroup with Blue D1 or D2.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



10'

## C3 - Dump-Breakout 3-0 Regroup 2-1 - Continuous – Pro

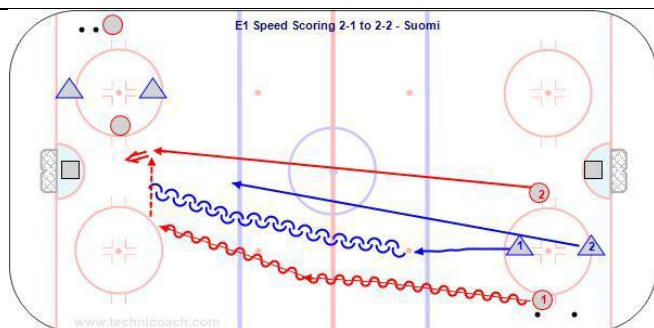
### Key Points:

Defense shoulder check when going back for the puck. One forward support on the boards and the other from the middle. D skate to the big ice between the dots before passing.

### Description:

1. F1 or F2 dump the puck in and D1 skate back for the puck.

2. D2 follow the play.
  3. D1 make a breakout pass to F1 or F2 and follow.
  4. F1 and F2 regroup with D2 in the neutral zone.
  5. F1 and F2 attack 2-1 vs. D1.
  6. F3 or F4 dump the puck into the far end and D2 skate back for the puck-pass to F3-F4.
  7. F3 and F4 regroup with D3 in the neutral zone and attack 2-1 vs. D3.
- 🔄 Continue this flow.
- 🔄 Vary the number of F from 1 to 3 and use either 1 or 2 D to create more game recognition situations.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093348590>



### 10' E1 Speed Scoring 2-1 to 2-2 – Finland

#### **Key Points:**

The purpose is to attack as quickly as possible and pass and shoot while skating.

#### **Description:**

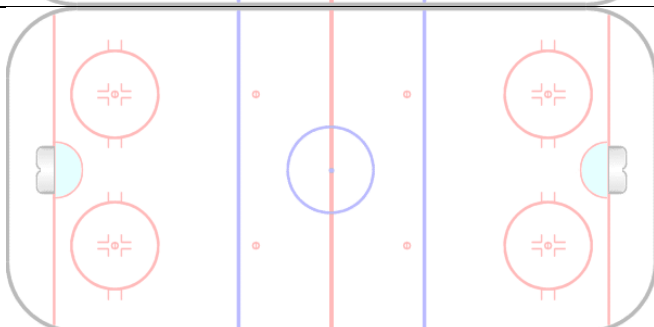
1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>

#### **Explanation/Notes:**



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