



Blue

## Practice Plan

Date: 12-02-15

Time: 16:30-17:30

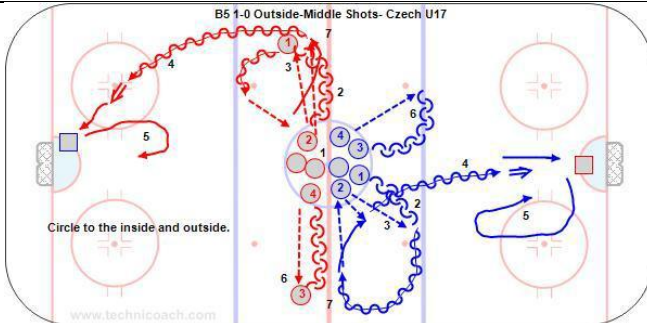
Arena: Max Bell

Lines:

Backcheck, d join rush, dzone attack and

Notes:

Defend. Battle, timing, pass, shoot



**8' Pass off the pad shots and rebound.**

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

**Key Points:**

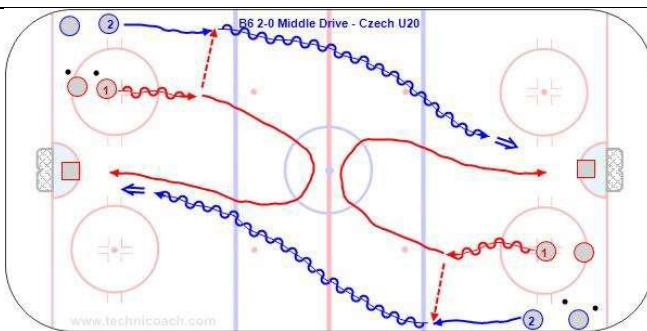
Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

**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>



**10' Pass off the Far Pad**

**B6 2-0 Middle Drive - Czech U20**

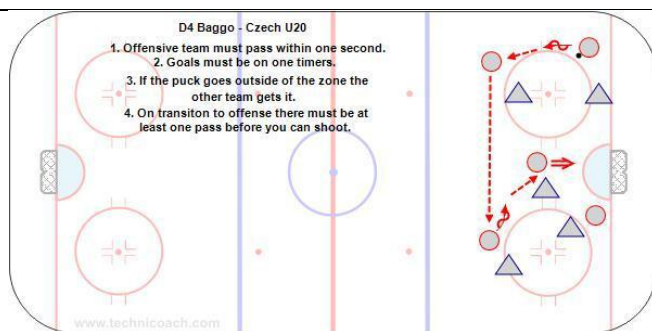
**Key Points:**

Attack with speed and hit the net and the middle player be in good position for a rebound. This is a drill to warm up the goalies.

**Description:**

- 1 and 2 leave from diagonal corners at each end.
- 1 is in the middle and pass wide to 2.
- 1 turn and skate to the other side and turn and middle drive the net.
- 2 continue down the wide lane and shoot then rebound.
- If there is a rebound finish the play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145928587>



10'

## D4 Baggo - Czech U20

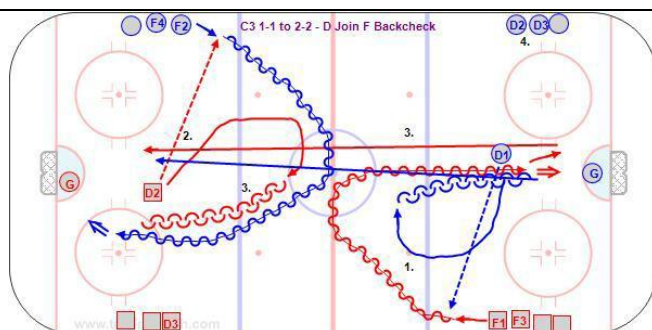
### Key Points:

Face the puck. Get open for a pass and give a target. Goals on one timer shots.

### Description:

1. Offensive team must pass within one second.
2. Goals must be on one timers.
3. If the puck goes outside of the zone the other team gets it.
4. On transition to offense there must be at least one pass before you can shoot.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=83>



10'

## C6 1-1 to 2-2 - D Join F Backcheck – Multiple Examples

### Key Points:

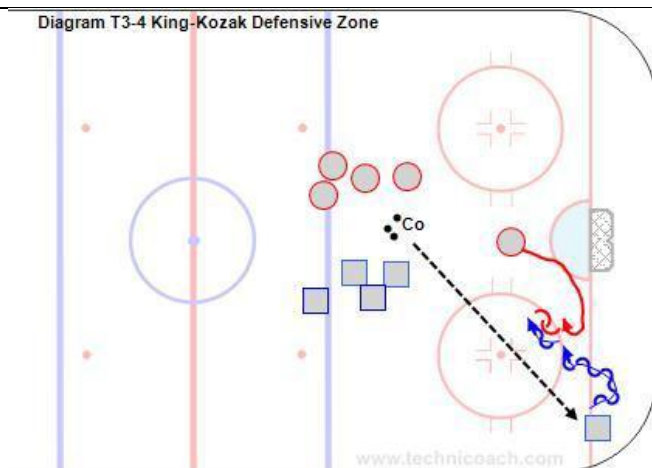
D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

### Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

*\*Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120718110748616>



## 12' Do 3 on 3 4-4, 5-5

### T3-4 King-Kozak Defensive Zone

### Key Points:

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

### Description:

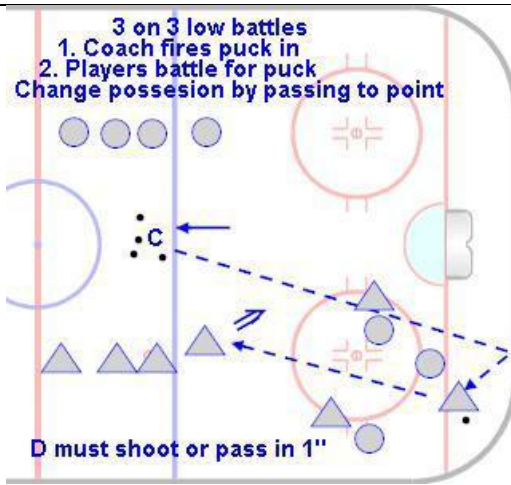
1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.
7. If the puck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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>



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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>

#### Explanation/Notes:



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