



Blue

## Practice Plan

Date: 15-02-15

Time: 15:30-17:00

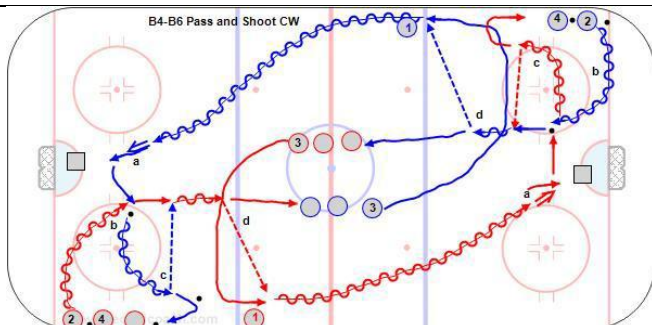
Arena: Stu Peppard

Lines:

Dzone, pp, pk, quick release, pass, shoot,

Notes:

Breakout, support, back check, d join rush,



8'

### B4-B6 Pass and Shoot ProW

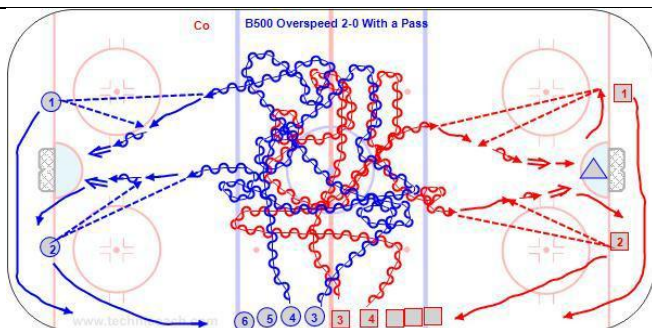
#### Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

#### Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>



8'

### B500 Overspeed 2-0 with a Pass

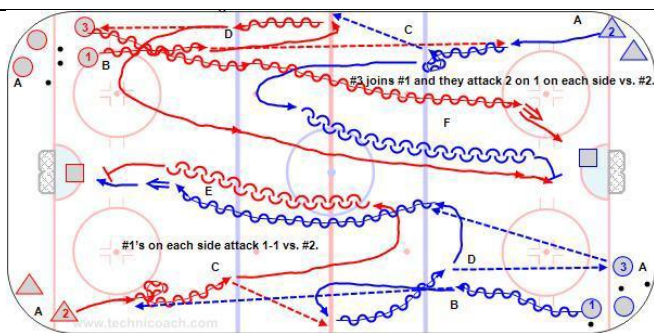
#### Key Points:

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:

- Line up along boards on one side.
- Players 1 and 2 start on the goal line.
- Players 3 and 4 leave and make moves at top speed.
- Coach whistle every 7" and they players attack the net.
- Closest attacker give and go with 1 or 2.
- Second closest do a tight turn then give and go with 1 or 2.
- With only one goalie go one way only.
- After passing return to the back of the line.

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



9'

### 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.

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



### 12' two six minute games

#### D4 Baggio - Czech U20

#### Key Points:

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

#### Description:

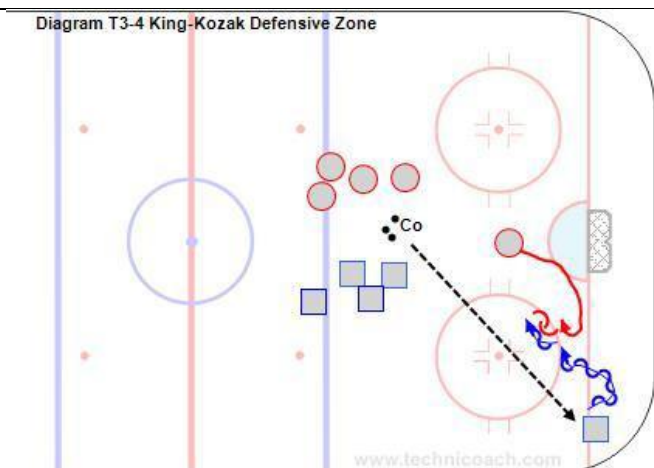
1. Offensive team must pass within one second.

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>



12'

### 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.

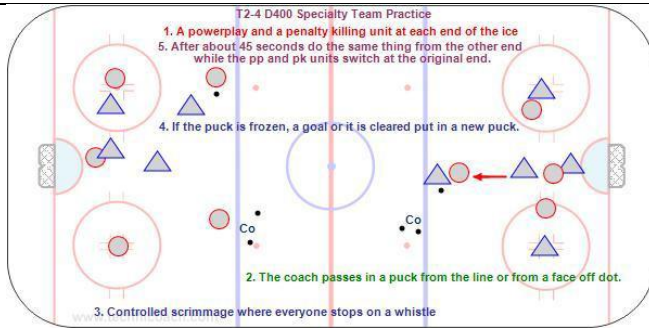
6. Add a third attacker.

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>



## 25' 3 Groups 10' each. 2 at one end with Alex-Jim T2-4 D400 Specialty Team Practice – Pro

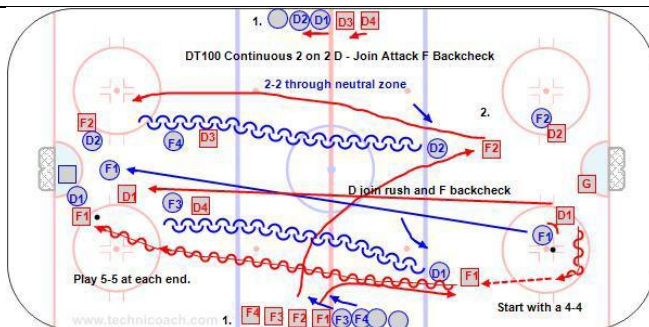
### Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

### Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>



## 8'

## DT100 Continuous 2 on 2 D - Join Attack F Backcheck

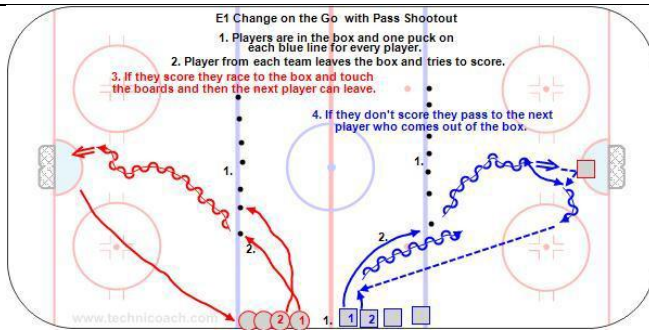
### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck enters the zone defensive Red F1 and F2 support Red D1 and D2 and Blue D1 and D2 support Blue F1 and F2.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-F2-D1 now go 3 on 3 in the other direction vs. Blue D1-D2-F1.
7. Blue F2 - F3 support Blue D1-D2-F1 and Red D3 and D4 support attacking Red F1-F2-D1.
8. This rotation continues with a 5-5 in each zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121026092747403>



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.

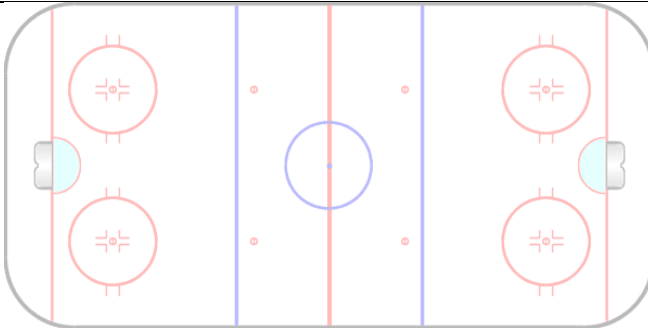
3. If they score they race to the box and touch the boards and then the next player can leave.

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.

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



### Explanation/Notes: