



Blue

Practice Plan

Date: 19-02-15

Time: 17:30-18:30

Arena: Blunden

Lines:

C – Geib, Brunton, Nico, Kaleb

LT – Rylee, Raine, Michael

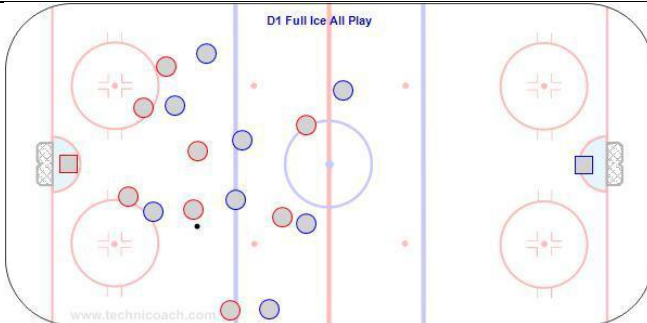
MB – Josh, Noah, Ryker

Notes:

RB Max, Jake, Vern, Toro

LB – Gareth, Robbie, Mitch

Pass, shoot, regroup, breakout, 3-2, 5-0



7'

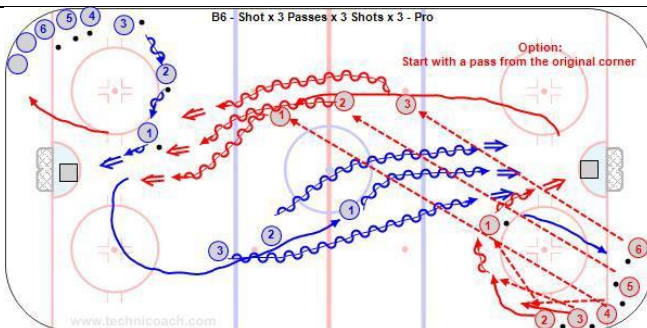
D1 Full Ice All Play – Two Puck Game

Key Points:

Everyone plays shinny style.

Description:

1. All play at the same time. Coach has three pucks.
 2. Use two pucks and throw another on the ice when one is scored.
 3. Leave the pucks in the net. Count pucks when all three are scored.
 4. When the goalie freezes the puck the attackers back up behind the hash marks.
- * Only one shot at a time. If the goalie isn't watching then a goal doesn't count.



6'

B6 - Shot x 3 Passes x 3 Shots x 3 – Pro

Key Points:

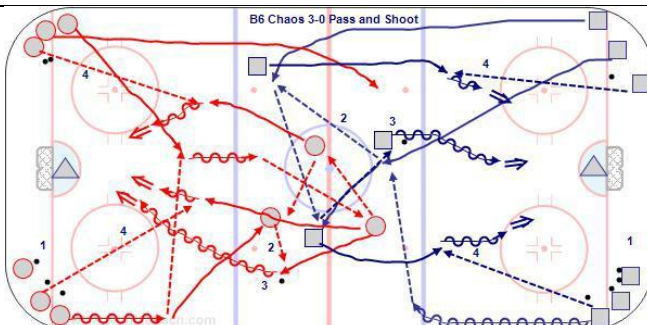
Shoot while skating, head up, give a target, pass hard, lead the player.

Description:

- A. 1-2-3 skate around the top of the circle and shoot.
- B. 1-2-3 break down the ice for a pass from the original corner.
- C. 4 pass to 1, 5 to 2, 6 to 3.
- D. 1-2-3 take shots at each end.

* Option is to get a pass from the next player in line first.

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7'

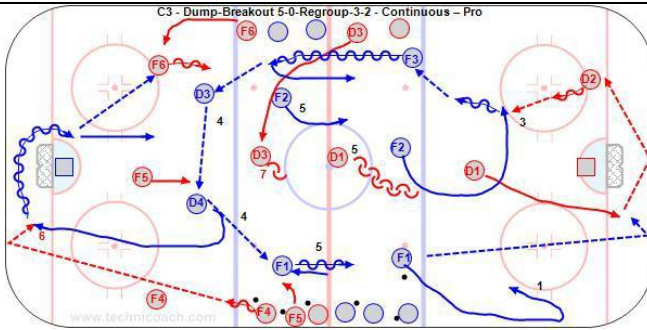
B6 Chaos 3-0 Pass and Shoot

Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in the zone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.



8'

C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous – Pro Key Points:

Defense shoulder check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
2. D3 and D4 follow the play.
3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
4. Forwards regroup with D3 and D4 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2.
6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.

☐ Continue this flow.

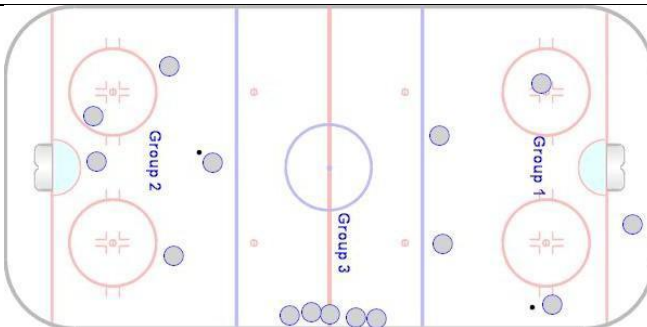
☐ Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 break out again before the regroup and 3-2.

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15' – Team Play

Tom one end dzone skating.

Jim with two groups forecheck review.



10'

TD400 Specialty Team Scrimmage

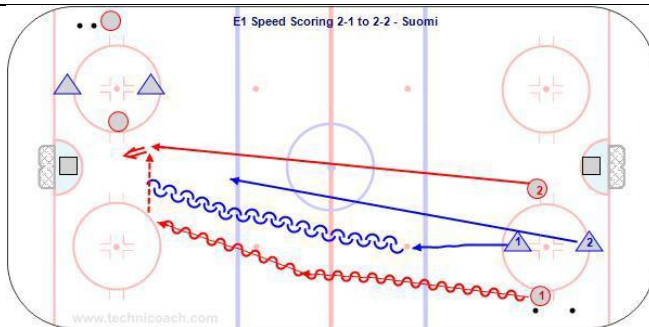
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 Fand 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



7'

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>

1' Team meet in middle circle sticks in cheer.
