



Blue

Practice Plan

Date: 24-02-05

Time: 20:30-21:45

Arena: Southland

Lines:

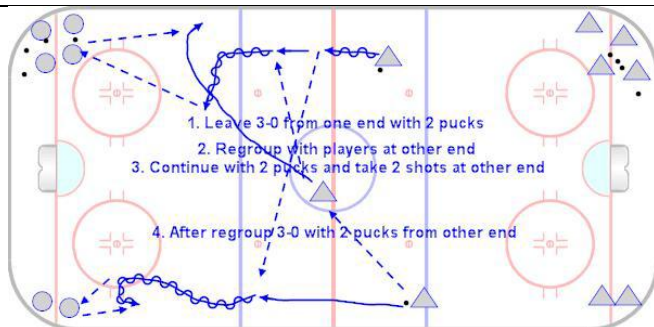
Review 2-1-2 early season forecheck

Shootout, transition

Meet with team about forecheck at 7:25

Notes:

1-1, 2-1, 3-3, 4-4, pass while skating



8'

B6 3-0 With Multiple Pucks

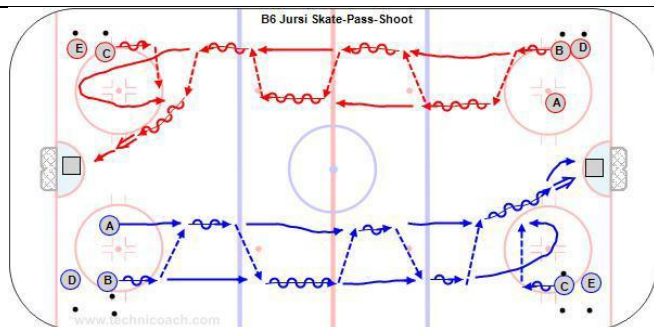
Key Points:

This is an exercise to overload the nervous system. Make eye contact before passing and make good firm passes.

Description:

1. Players are in 3 lines below the goal lines in each end.
- * A good routine is to pass 3 pucks the first turn, then 2 pucks, then a 3 man weave with one puck, then add one defense and regroup with him, then add.

<file:///D:/Daily%20Drill/B6%203-0%20With%20Multiple%20Pucks.htm>



7'

B6 Jursi Skate-Pass-Shoot

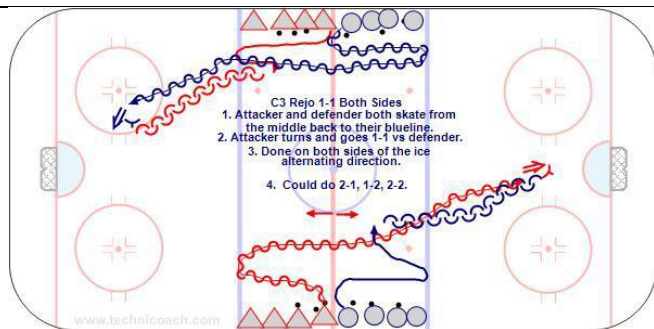
Key Points:

The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



8'

C3 Rejo 1-1 Both Sides - Gap Control

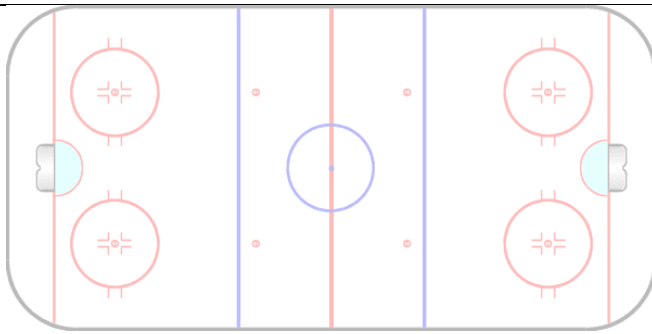
Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



15' Review 2-1-2 Pinch on a Wide Rim

Forecheck in an upside down L

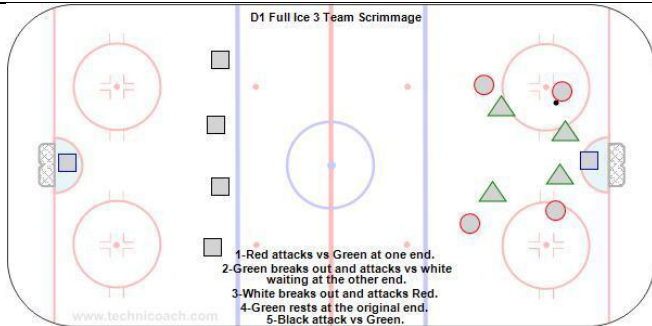
1 on puck

2 on other D

3 mirror puck and force puck on wall. Fill mid point on wide rim

4 support from middle point pinch on wide rim.

5 strong side slide over and support pinch



10'

D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

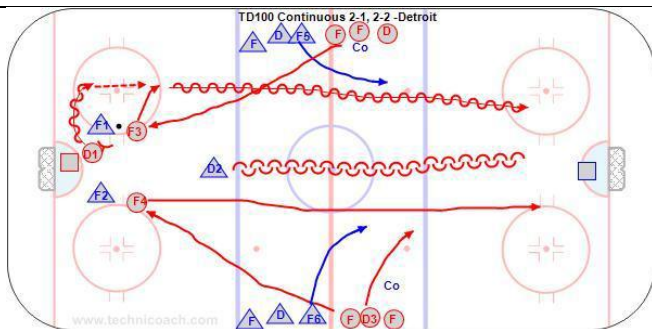
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>



12'

DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.

2. F3 and F4 support D1 as far as the hash marks.

3. D2 support F1 and F2 passively from the point.

4. D1 make a breakout pass to F3 or F4.

5. F3-F4 attack D2 in the other direction.

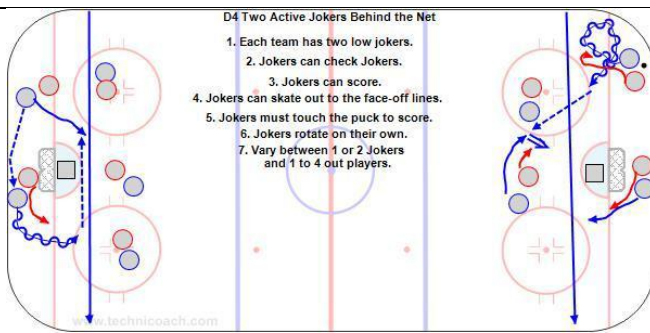
6. F5 and F6 support D2 and D3 support F3 and F4.

7. Continue this flow.

8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



8'

D4 Two Active Jokers Behind the Net

Key Points:

Jokers must learn to protect the puck and make plays on their own or passes. Everyone learns to play low in the zone on offense and defense.

Description:

1. Each team has two low jokers.
2. Jokers can check Jokers.
3. Jokers can score.
4. Jokers can skate out to the face-off lines.
5. Jokers must touch the puck to score.
6. Jokers rotate on their own.
7. Vary between 1 or 2 Jokers and 1 to 4 out players.

7'

E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams line up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>

Explanation/Notes:

