



Blue

## Practice Plan

Date: 26-02-15

Time:

Arena: Stu Peppard

Lines:

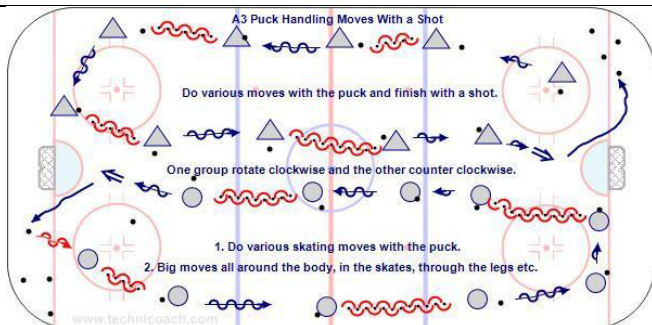
Notes:

3 groups blue, white, red in pp units.

Mitch white and Gareth Blue.

Team play, breakouts, regroup, pp, pk,

Forecheck, dzone, puck handle, shots.



6'

### A300 Edges and Puck Handling with a Shot

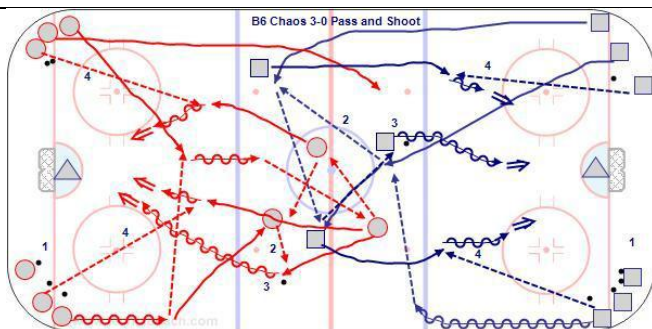
#### Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

#### Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
  - a. Forward skate and alternate on the front inside edges.
  - b. Backward skate and alternate on the inside edges.
  - c. Skate forward and cross-over alternating on the outside edges.
  - d. Skate backward and cross-over alternating on the outside edges.
  - e. Open hip turn each way.
  - f. Slalom and reach as far as possible with the puck the opposite way.

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6'

### B6 Chaos 3-0 Pass and Shoot

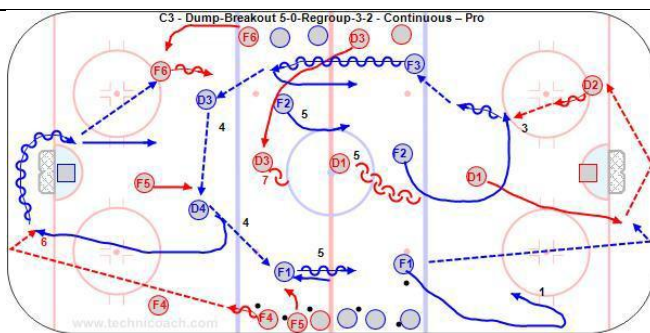
#### Key Points:

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 nzone.
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.

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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:

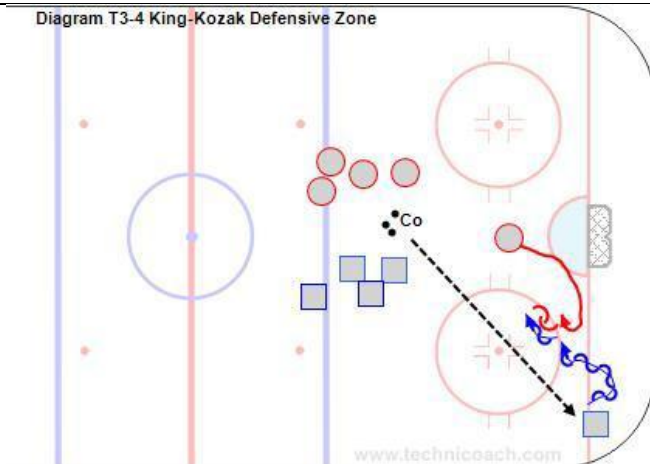
1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
2. D3 and D4 follow the play.
3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
4. Forwards regroup with D3 and D4 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2.
6. F4-F5-F6 dump the puck into the far end 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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Diagram T3-4 King-Kozak Defensive Zone



### 10' Wally run the 3-3

#### 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.

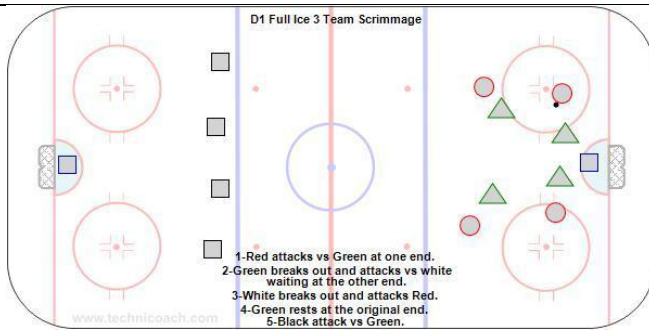
#### Description:

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.

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### 3' Forecheck Review

### 7' Three Team Scrimmage – Defenders sticks upside down.

#### 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.

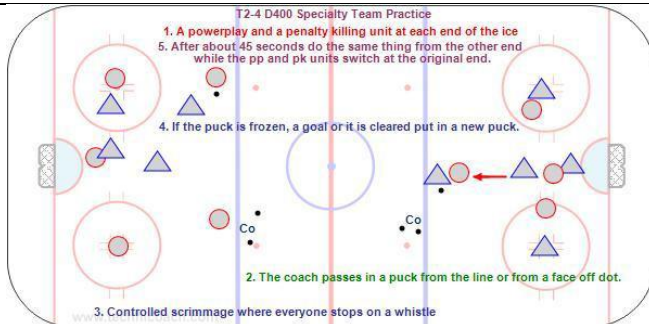
3-Black breaks out and attacks Red.

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.

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Alex and Wally with two groups going over the high press pk at one end and Jim going over the pp at the other.

5' per group and rotate.

#### T2-4 D400 Specialty Team Practice

##### Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

##### Description:

1. A power play and a penalty killing unit at each end of the ice.

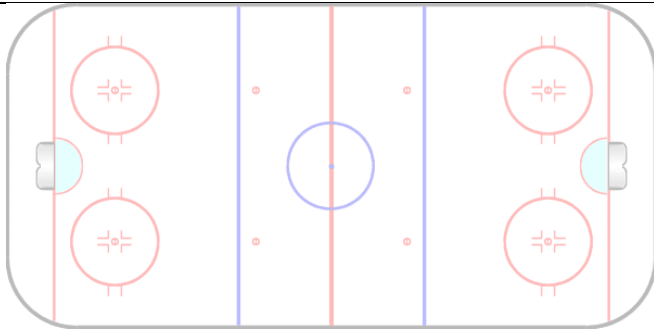
2. The coach passes in a puck from the line or from a face off dot.

3. Controlled scrimmage where everyone stops on a whistle.

4. If the puck is frozen, a goal or it is cleared put in a new puck.

5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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5'

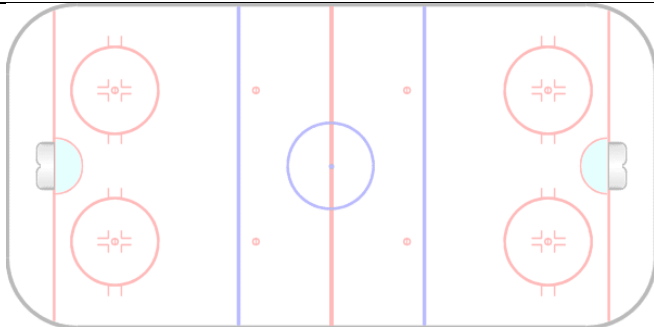
### E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

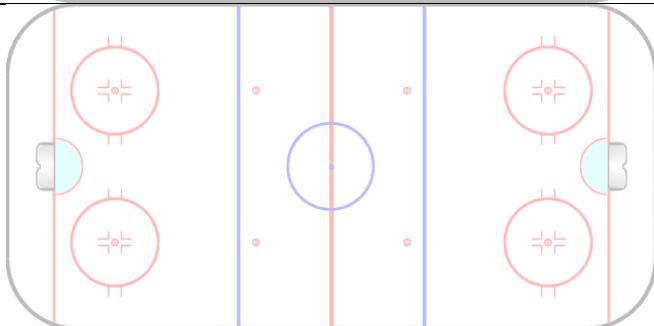
**Key Points:** Make quick shots and one timers and goalie read the play.

**Description:** 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

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**Explanation/Notes:**



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