

## Finnish Practice Planning and Development Philosophy

### T2 - Jalonen Demo - Breakout 3-0 x 2 - D Options - Latvia Youth

Former Finnish National Team Coach Jukka Jalonen explains three drills and then does them on the ice with U18 players at a seminar in Latvia.

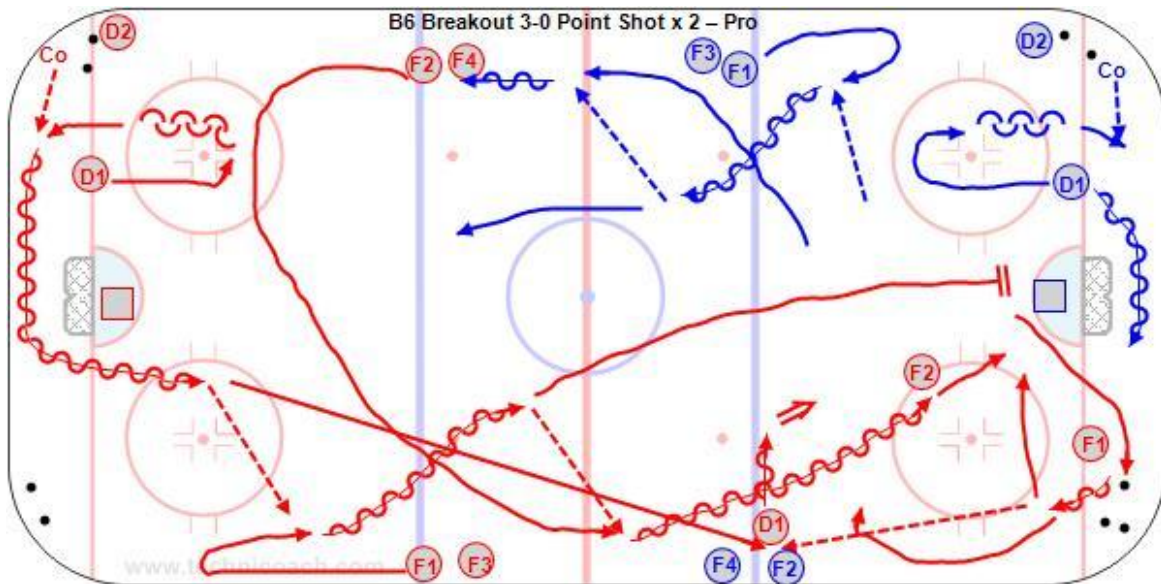
The D goes through three breakout options, go, D to D and reverse and joins the rush. The first two options a point shot is added and the third the D skate down the boards for a pass from the F.

Explanation of the Drills and then the three drills. (video links below)

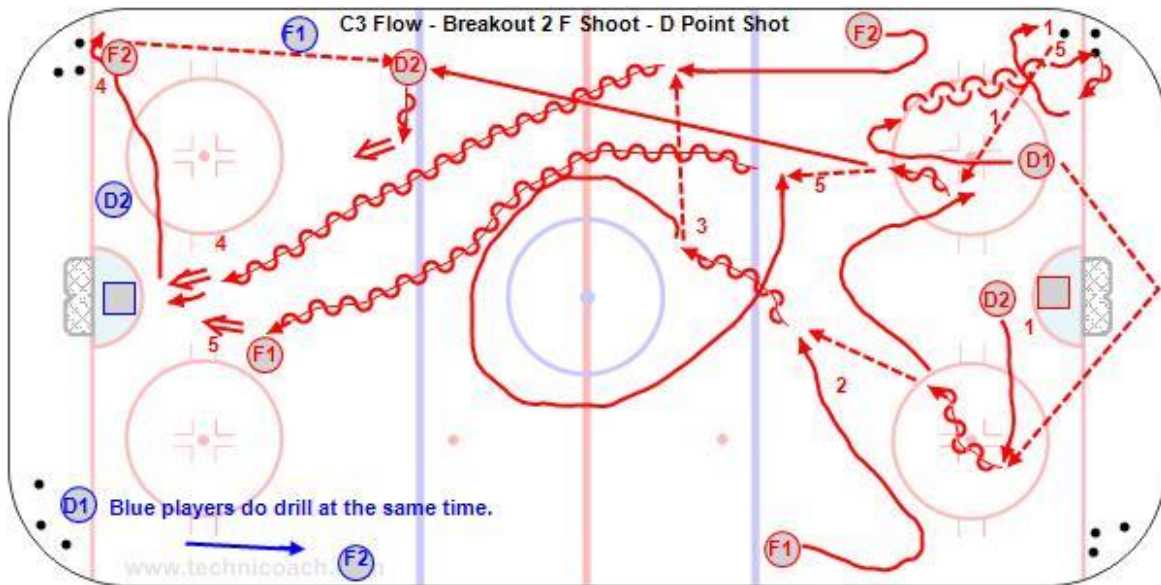
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170416102421261>

[https://1drv.ms/v/s!AukXg5gWoW-932T4fb\\_LFBPofvey](https://1drv.ms/v/s!AukXg5gWoW-932T4fb_LFBPofvey)

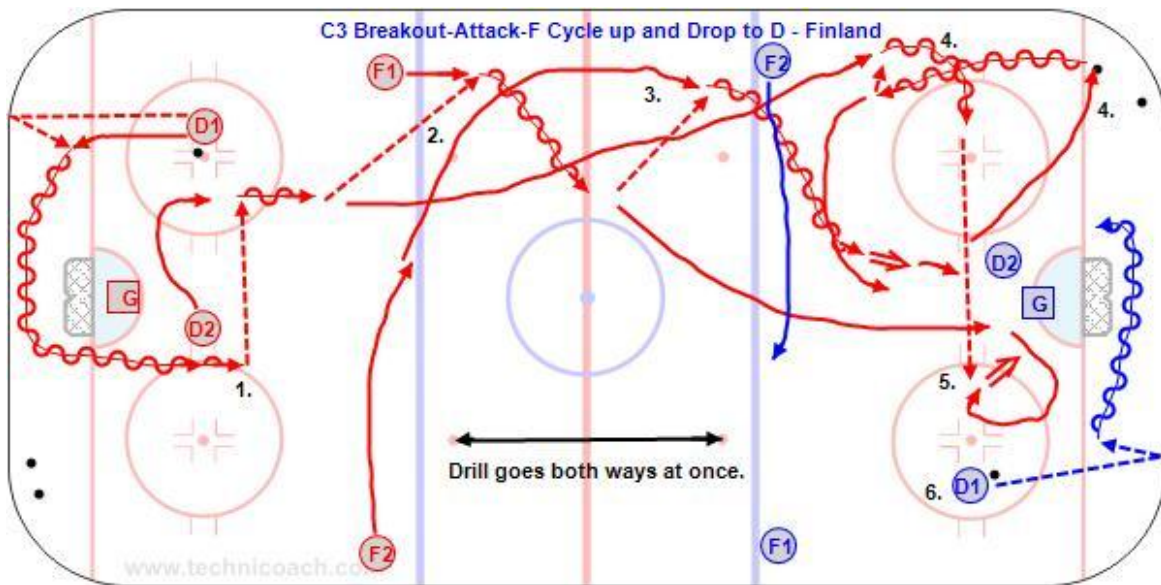
### B6 Breakout 3-0 Point Shot x 2



## B6 Flow - Breakout 2 F Shoot - D Point Shot



## T2 - B6 - 3 Breakout-Attack-F Cycle up and Drop to D



B6 – Double Pass to F x 2 – Point Shot – Latvia Youth – another drill from the practice.

<https://1drv.ms/u/s!AukXg5gWoW-9oCPf0N8T7Vsb1prZ>

***Video of Jukka Jalonen explaining the Finnish philosophy of how to organize a practice then runs a pro practice.***

<https://1drv.ms/v/s!AukXg5gWoW-9oCfSpVlvRH3UNgpE>

*The Finnish view of how to organize practices for every age group is outlined in the ABC's of International Hockey manuals. Juhani Wahlsten an IIHF Hall of Fame coach from Finland simplified system by coding the drills and games.*

[https://1drv.ms/b/s!AukXg5gWoW-9xGoLpsNv\\_J6Znvgn](https://1drv.ms/b/s!AukXg5gWoW-9xGoLpsNv_J6Znvgn)

***Finland Hockey Organization – Presentation given by Kalle Väliäho at a seminar in Calgary.***

<https://1drv.ms/b/s!AukXg5gWoW-932bqpE2bEZ-mFymK>

***Effective Practice Planning – based on the four game playing roles and three game situations.***

[https://1drv.ms/b/s!AukXg5gWoW-932fsWIPiau\\_eyNL8](https://1drv.ms/b/s!AukXg5gWoW-932fsWIPiau_eyNL8)