



B202 Neutral Zone Formation Options

Practice Plan

Date:

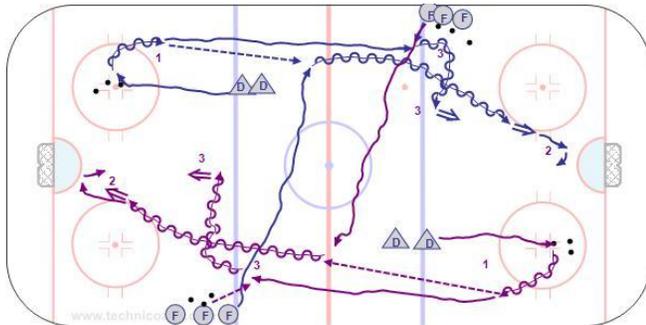
Time:

Venue:

Lines:

Notes:

Skills can be done in the Neutral Zone



B202 Breakout Pass and Shooting Warm up

Key Points:

Make hard passes and the forward give a target.

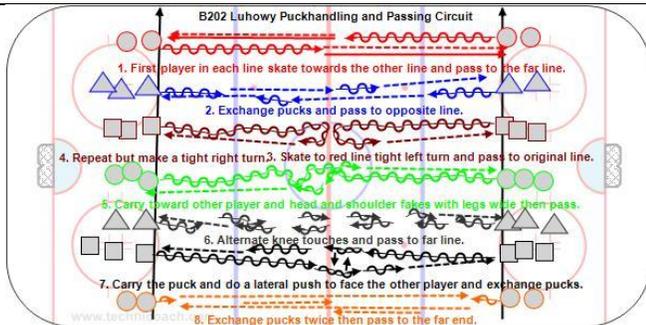
Options: The forward could give and go with the D after the initial pass. F could also rush the D so he has to shoot by the defender.

Description:

Done on both sides of the ice at the same time on the coaches whistle.

1. The D's pass to a F's cutting across the ice.
2. The F attacks and shoots then rebounds then screen for the point shot.
3. The D follows the play gets a pass from the forward and shoots.

Video: <http://hockeycoachingabcs.com/mediagall...1074924530>



B202 Luhowy Puckhandling and Passing Circuit

Key Points:

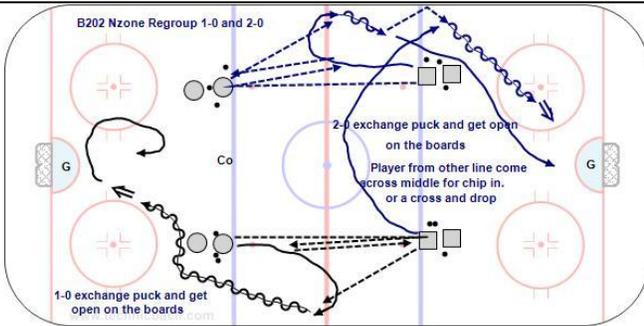
Control the puck and "clock and load" when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.



B202 Nzone Regroup 1-0 and 2-0

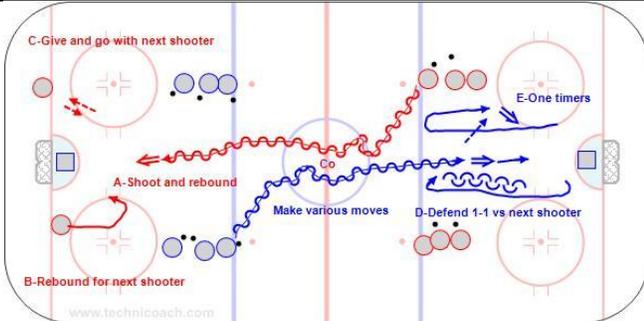
Key Points:

Start by exchanging the puck and always face the puck when pivoting for the return.

Description:

1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout pass.
2. On the 2-0 practice chipping by the D to enter the zone or simply enter 2-0 with crosses.
3. You can add defense by having the shooter go out and defend the next attack.
4. When just shooting follow the rebound then circle back for the rebound from the next shooter.

<http://hockeycoachingabcs.com/mediagall...3080849924>



B202 Puck Handling and Shooting

Key Points:

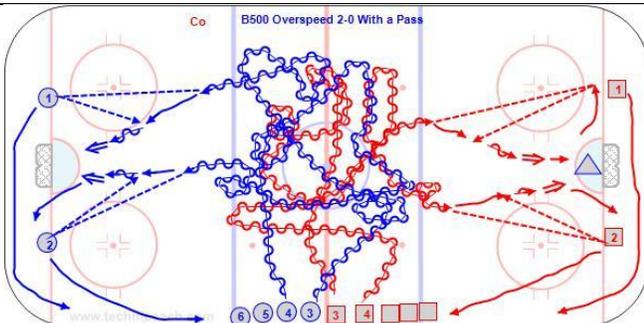
Make hard fakes both ways, fake shots, tight turns. Have quick feet. Cross the blue line and either shoot or pass and shoot. Add variations after shooting.

Description:

1. Players line up behind the blueline; coach in the middle.
2. On the whistle leave from diagonal lines and make hard fakes around the coach.
3. Variations:
 - A- Shoot and rebound.
 - B- Rebound for the next shooter.
 - C- Shoot then give and go with next shooter.
 - D- Defend 1-1 vs. the next shooter.
 - E- Get in position for a one timer shot.

*Add other variations such as a shot pass.

<http://hockeycoachingabcs.com/mediagall...2320511162>



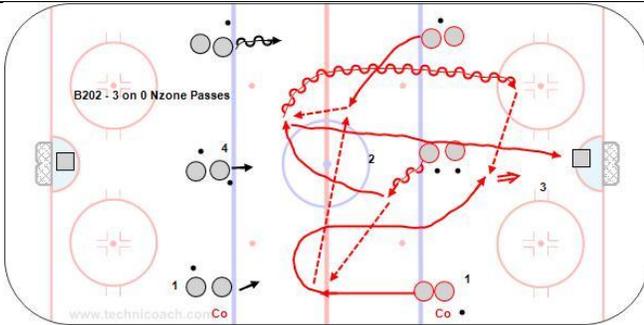
B202 Overspeed 2-0 with a Pass

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:

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



B202 One Touch 2-0 Sweden U20

Key Points:

Face the puck. Attack with speed and follow the shot for a rebound.

Description:

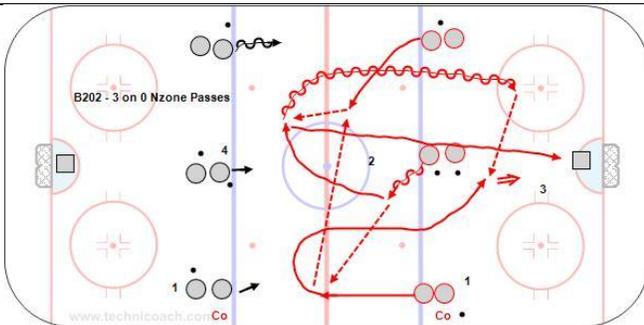
B202 Formation Two groups face each other across the neutral zone.

A. B1 leave and give and go with Y2 then skate around the circle facing the puck and get another pass from Y2. Last shooter circle back and attack 2-0.

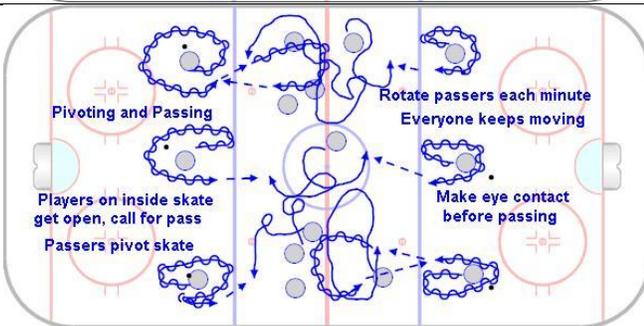
B. Y1 leave and give and go with B2 then give and go with B1 then face the puck on the boards and get an outlet pass from B1. Y3 leave from the back of the other line and attack 2-0.

Options:

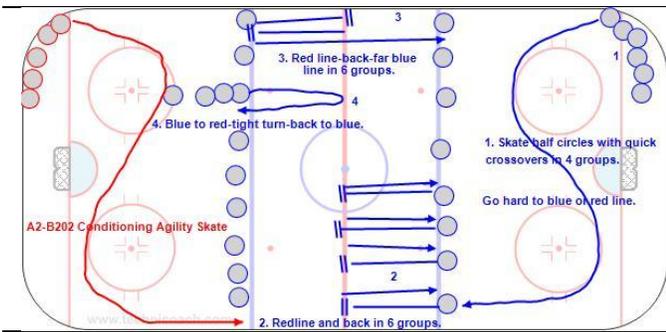
- After attacking one of two players could defend making it a 2-1 or 2-2.
- One Timers
- Use this drill as a Shootout Contest.



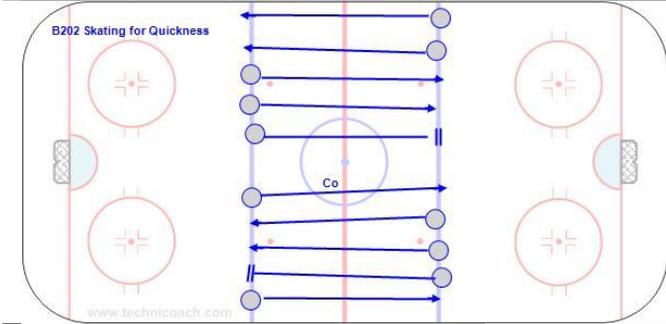
B202 - 3 on 0 Nzone Passes



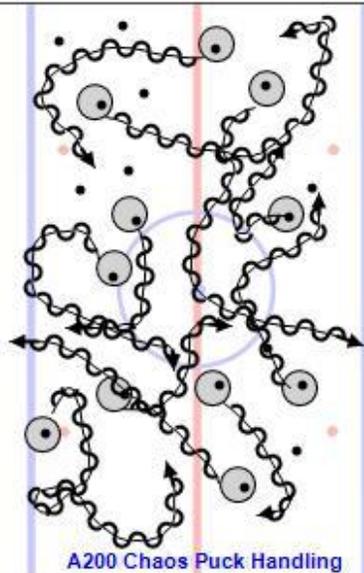
B202 Passing continuously



B202 Conditioning Agility Skate



B202 Skating for Quickness



B202 Chaos Puck Handling