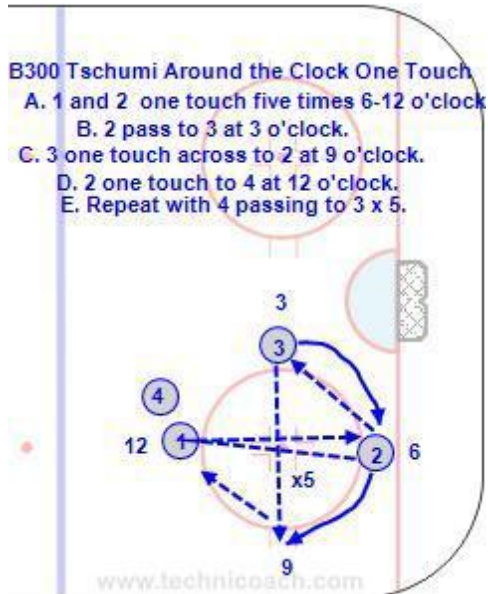




Accel Camp

Practice Plan

Date:	Time: 60 min.	Venue: Winsport A
Lines:	Notes:	
Warm up passes and shots.		
Puck support.		
Transition		
Fast pace		
Game situations		



5 min.

B300 Tschumi Around the Clock One Touch

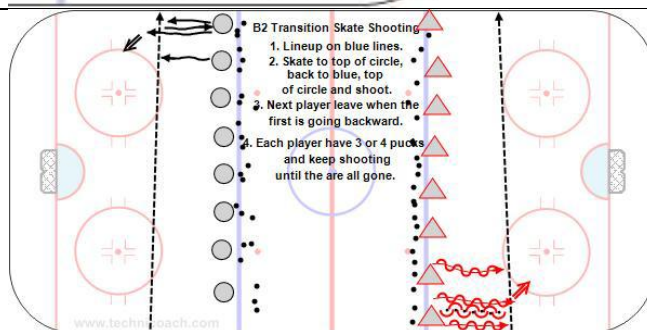
Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

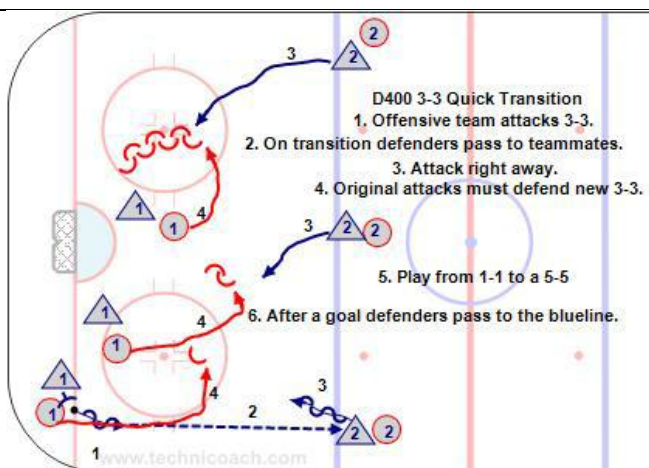
<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>



5 min.

B2 Transition Skate Shooting

- 1. Lineup on blue lines.
- 2. Skate to top of circle, back to blue, top of circle and shoot.
- 3. Next player leave when the first is going backward.
- 4. Each player have 3 or 4 pucks and keep shooting until they are all gone.



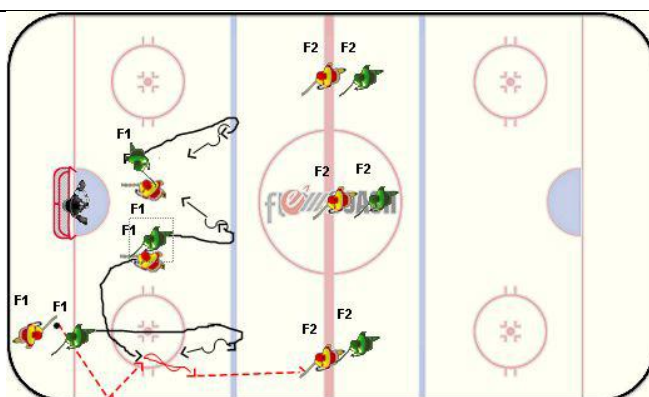
D400 - 3 on 3 Quick Transition Games x 2 (each end)

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 10 min

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get inside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

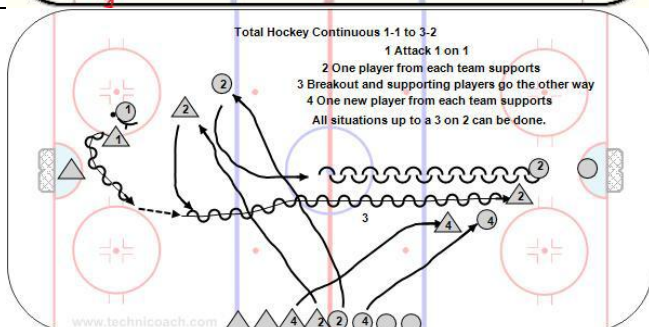


DT400 Perry Pearn Game Rotation

Description: 10 min

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102318992>



D100 Total Hockey 1-1 to a 3-2

Description: 20 min.

D100 formation along the boards in the nzone.

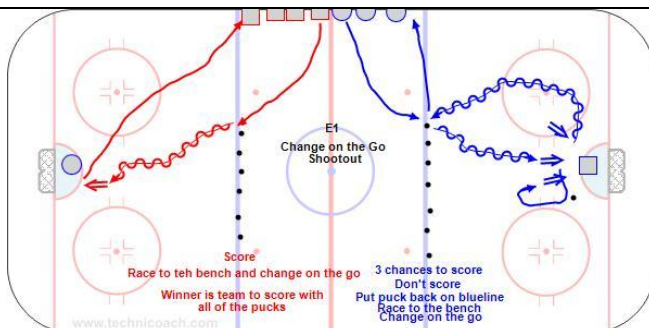
Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.

Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end. Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.

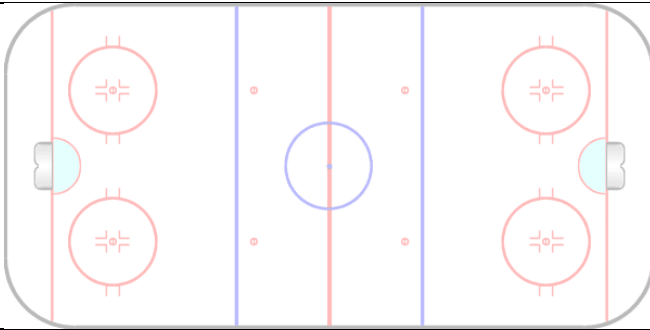
We started with 2-1 then 2-2 and on to 3-2.



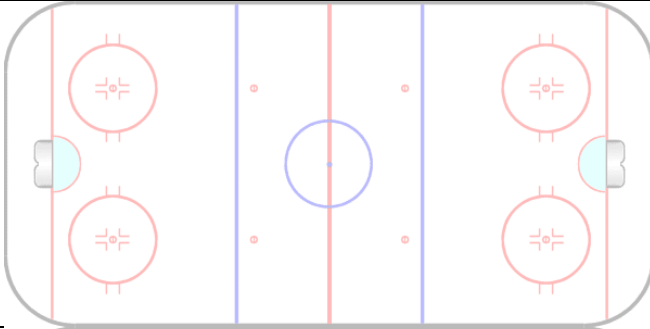
E1 Change on the go Shootout – 10 min.

Description:

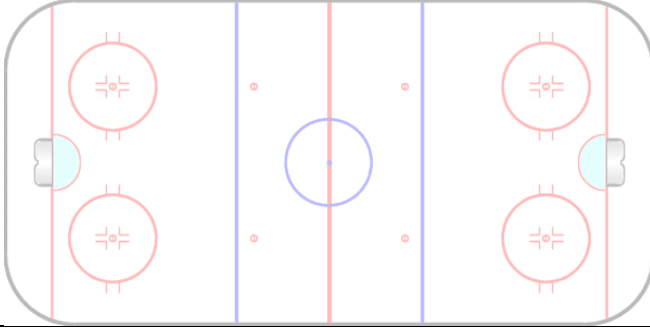
- 12 pucks on each blue line and teams on the bench.
- One player from each team gets a breakaway.
- Goal race to the bench and new player on.
- No goal – pass to a new player.
- Winner is first team to score all goals.
- Losers across and back for every puck on their blue line.



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
