



## Conditioning Camp

## Practice Plan

Date: 18-08-14

Time: 4:15-5:45

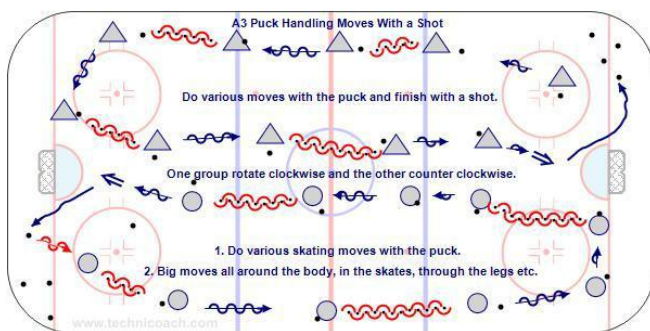
Venue:

Lines:

Edges, balance, pass, shoot, agility, 1-1, 2-1

Notes:

2-2, 3-3, battle,



12'

### 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.

12'

### B202 Luhowy Puckhandling and Passing Circuit

#### Key Points:

Control the puck and "lock 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:

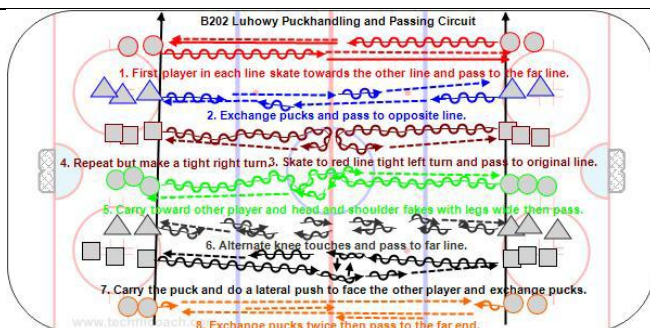
Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.

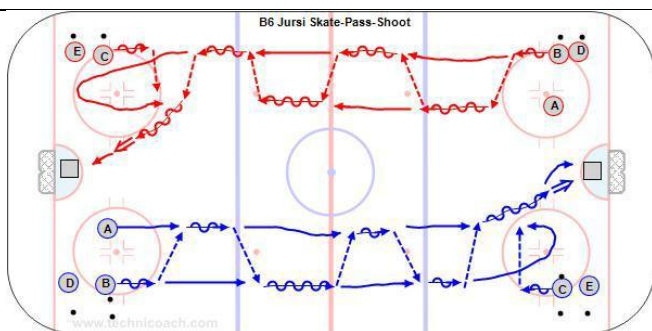
Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

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.

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10'

### B6 Jursi Skate-Pass-Shoot

#### Key Points:

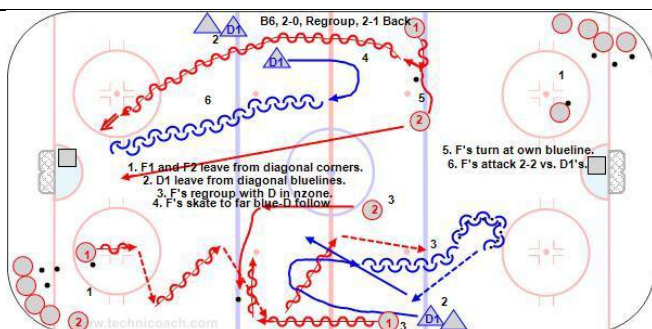
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

#### 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.

# This can be done in tandem on both sides of the ice.

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12'

### B6, 2-0, Regroup, 2-1 Back

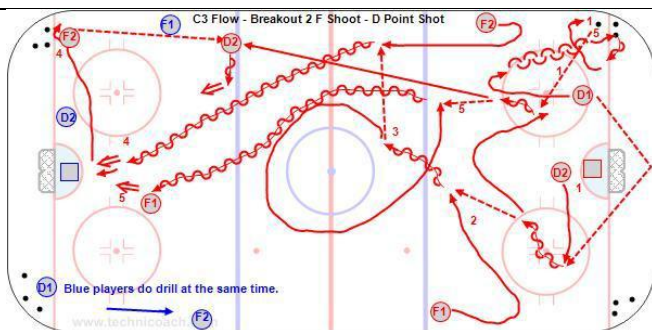
#### Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

#### Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzne.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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12'

### B6-600 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

#### Key Points:

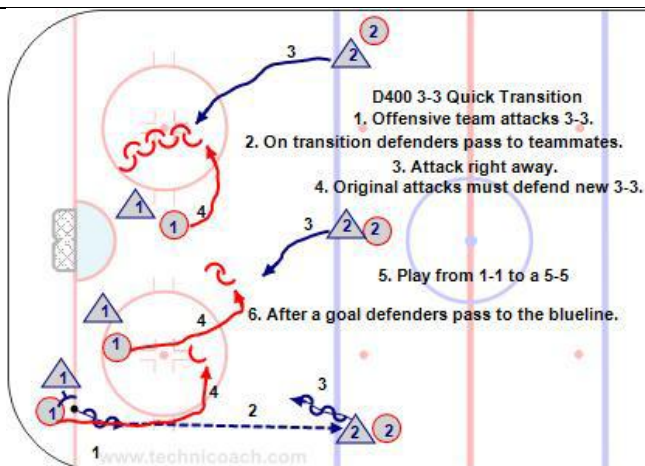
Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

#### Description:

Start at both ends with players on each side of the net and pucks in all four corners.

- 1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.
- 2 – D2 pass to F1 breaking along the boards.
- 3 – F2 skates to the big ice between the dots and pass to F1. D2 follow then circle back to the corner.
- 4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.
- 5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.
- 6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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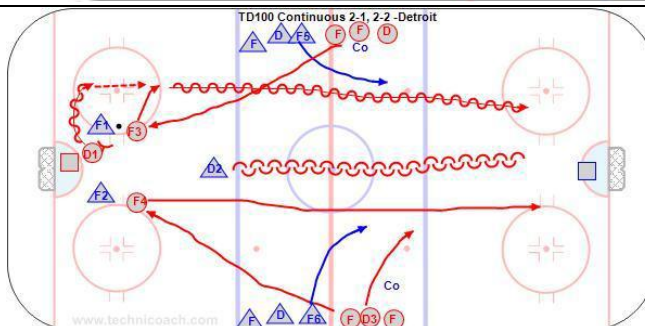
## 12 D400 -2 on 2 or 3 on 3 Quick Transition Game

### 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:

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 onside 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.



## 12'

### DT100 Continuous 2-1, 2-2 – Detroit

### Key Points:

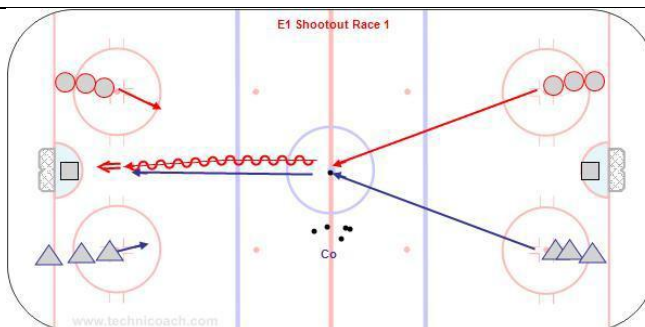
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

### 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.

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## 8'

### E1 Shootout Race 1

### Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

\*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs the other.

### Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723063235226>