



Royals Conditioning

Practice Plan

Date: 22-08-14

Time: 16:15

Southland

Lines:

Use 4 nets the first hour.

26 skaters and 4 goalies.

Pass, shoot, 1-1, 2-1, 2-2, 4-4, 5-5

Notes:

10 min.

B5 1-0 Outside-Middle Shots- Czech U17

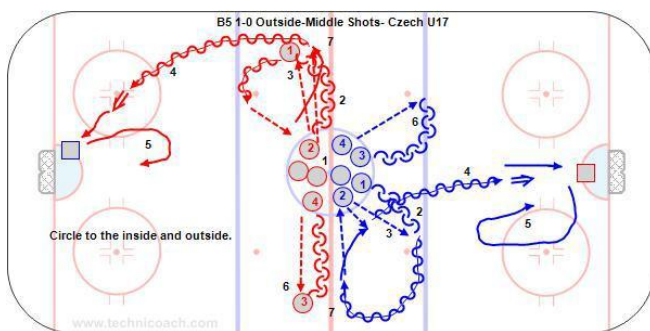
Key Points: = *Shoot at the nets on the same side.*

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

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10 min.

B6 – Wide and Middle x 2 – Pro

Key Points: *Shoot at the nets on the same side.*

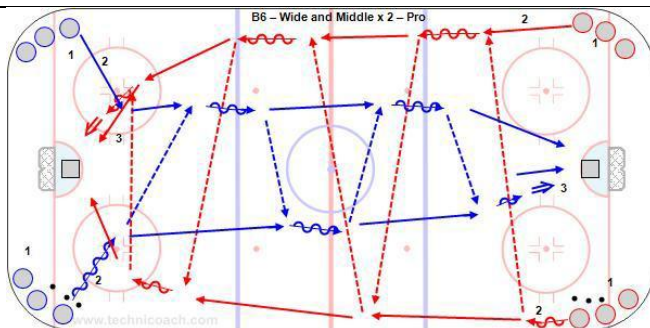
Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

Description:

- 1 – Players in all 4 corners with the pucks on one side.
- 2 – On the whistle one end leave and pass outside of the dots and the other end pass inside the dots.
- 3 – Shoot at each end and follow the shot for a rebound.

NHL Players

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10 min.

C3 Rejo 1-1 Both Sides - Gap Control

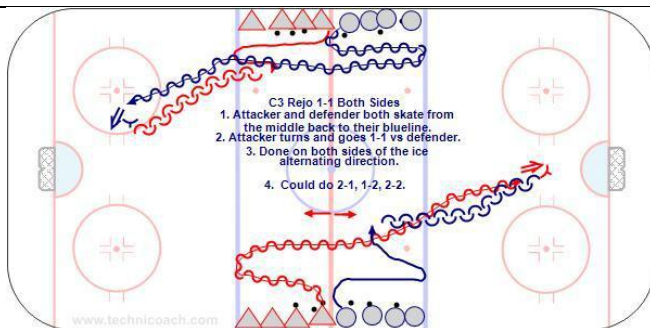
Key Points: *Shoot at the nets on the same side.*

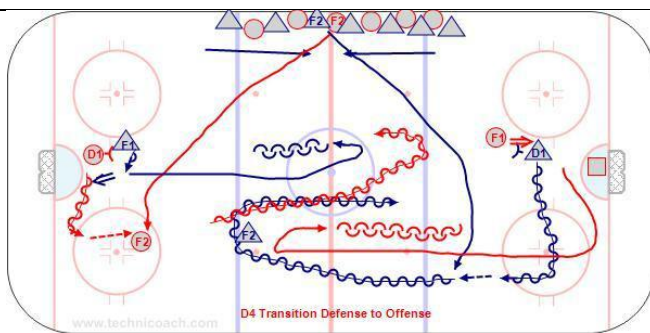
The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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12 min.

DT400 1-1, 2-2, Support-Attack-Defend

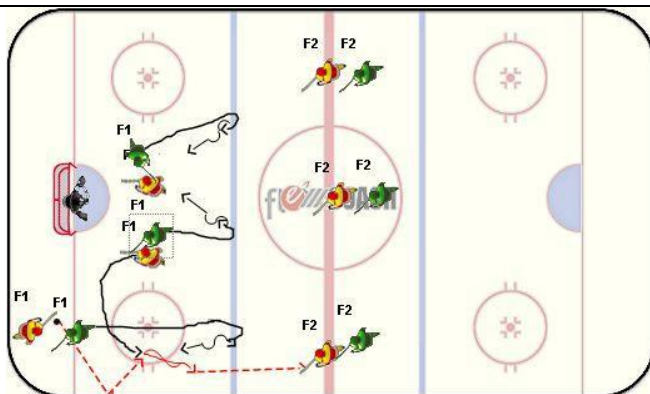
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description: *Shoot at the nets on the same side.*

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2.. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker F1. Practice various situations

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13 min.

DT400 Perry Pearn Game Rotation

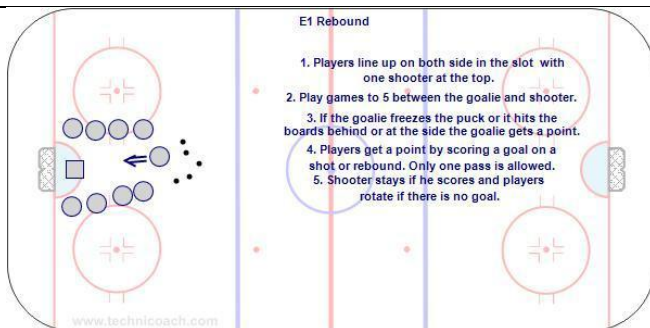
Key Points: *Shoot at the nets on the same side.*

This game allows the coach to focus on the attack or defending deep in the zone. The defenders have to clear the zone with control of the puck.

Description:

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).

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8 min.

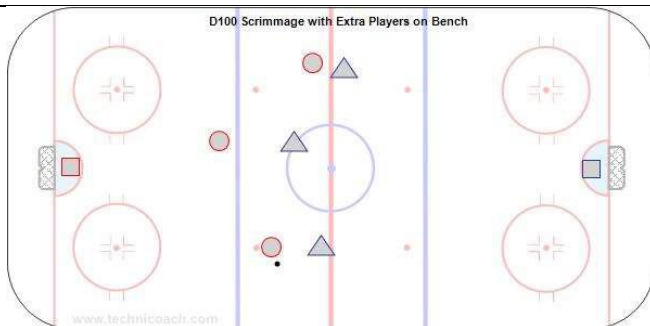
E1 Rebound Game

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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17 min.

D100 Scrimmage with Extra Players on Bench

One net full ice. 4-4 x 2 one shift of 5-5 for 26 skaters

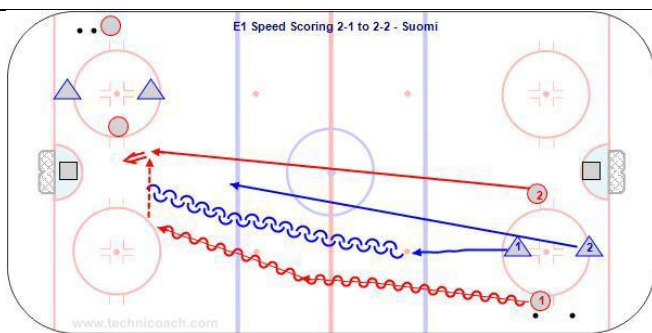
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



10 min.

E1 Speed Scoring 2-1 to 2-2 – Finland

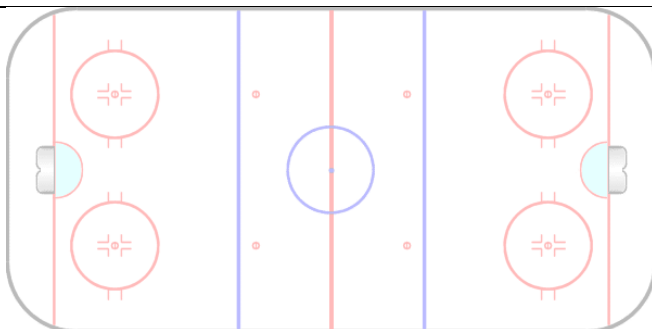
Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



Explanation/Notes: