



Practice Plan

Date: 25-08-14

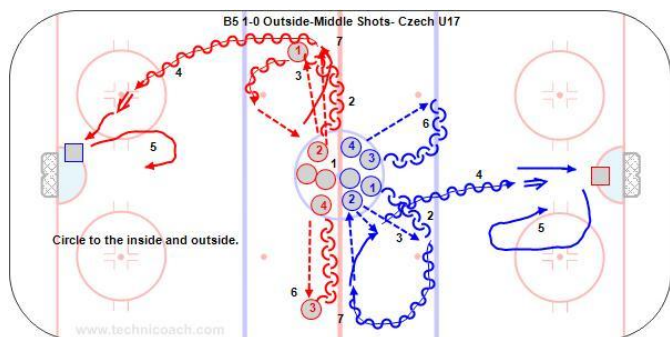
Time: 19:30-21:00

Venue: Southland

Lines:

Notes:

Conditioning camp, Game situations, fitness



10 min. 4 Nets

B5 1-0 Outside-Middle Shots- Czech U17

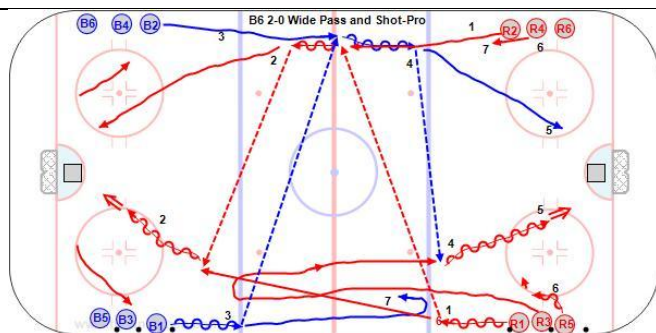
Key Points: = Shoot at the nets on the same side.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>



10 min.

B6 – Wide and Middle x 2 – Pro 4 Nets

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

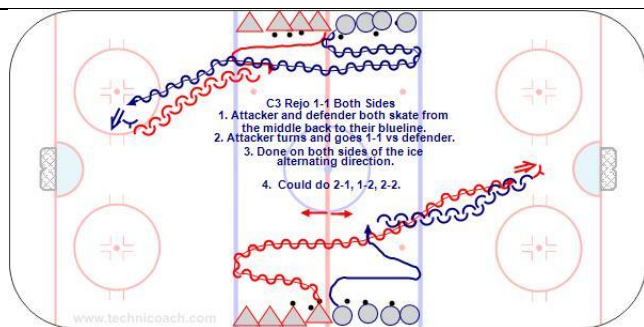
Pass while skating without coasting first. Make firm passes and keep the stick blade square to the puck.

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224430659>



10 min

C3 Rejo 1-1 Both Sides - Gap Control 4 Nets

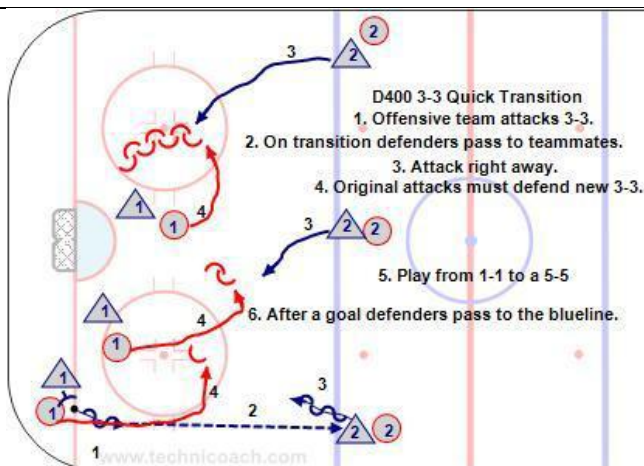
Key Points:

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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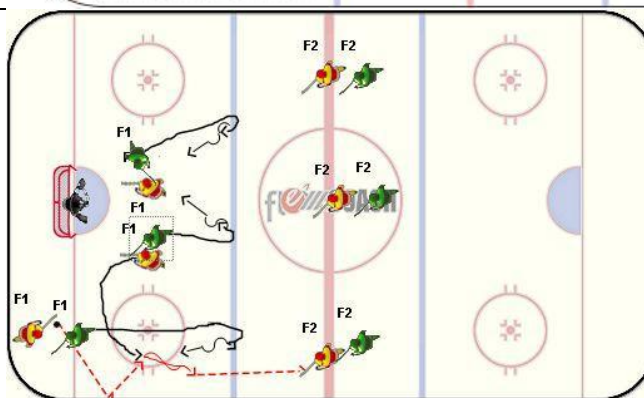
10 min

DT400 Game of Quick Transition x2 4 Nets

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.

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10 min.

DT400 Perry Pearn Game Rotation 4 Nets

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

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).

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



10'

D200 Angling game

Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.

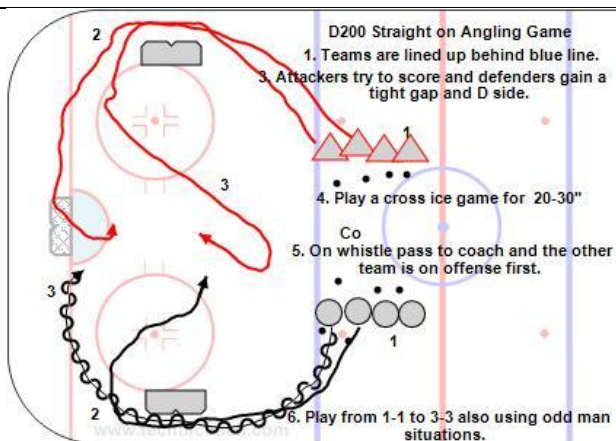
2. On whistle carry the puck behind the net and checkers leave and create good angles.

3. Play 20-30 seconds.

4. Puck carrier can try to come out short side.

5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185904685>



10 min.

D200 Straight on Angling Game

Key Points:

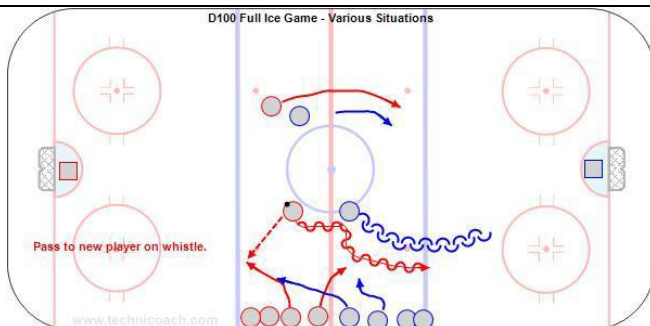
Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



20 min. 45" Shifts

D100 Full Ice Game - Various Situations

Key Points:

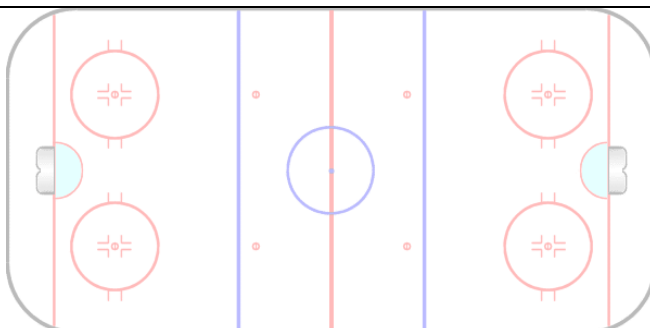
Switch between all four game roles.

- 1-puck carrier.
- 2-puck support.
- 3-check puck carrier.
- 4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

1. Start with the players line up along the boards in the neutral zone.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. Play for 30" and pass to teammate on the whistle.
4. On a goal defenders must touch the red line.
5. Keep score.



Explanation/Notes: