



Royals Blue

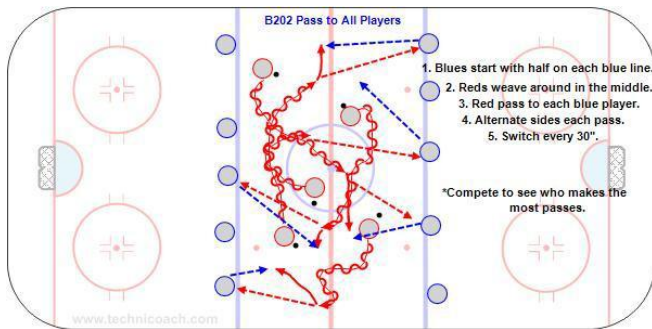
Practice Plan

Date: 05-09-14

Time: 20:45-22:00

Venue: Rose Kohn

Lines:	Notes:
3 goalies and 23 skaters	
Final practice before first ex game and cuts.	
Teach middle drive.	



8'

B202 Pass to All Players

Key Points:

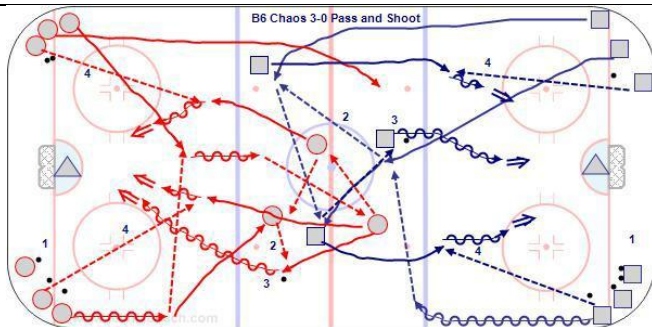
Give and go pass. Give a target and make eye contact before passing. Goalies participate.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

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8'

B6 Chaos 3-0 Pass and Shoot

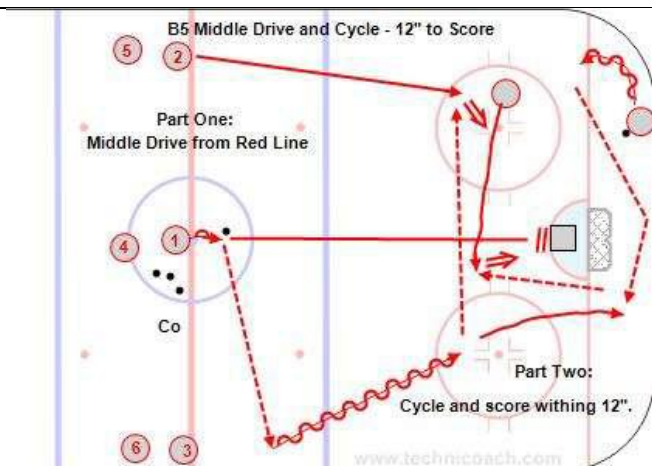
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in the zone.
3. On the whistle, the player with the puck shoots.
4. Other two players save ice and get a pass from the corner and shoot a few seconds apart.

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10'

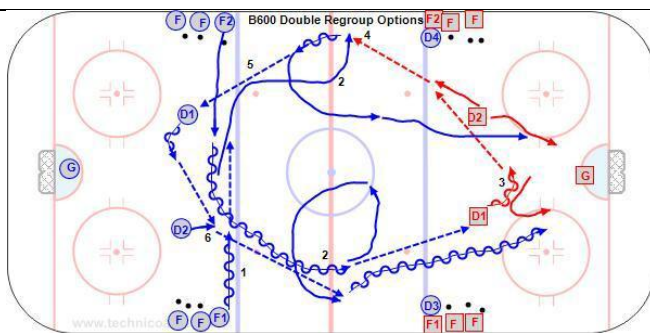
B5 Middle Drive and Cycle - 12 Seconds to Score – Both ends

Key Points:

The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

Description:

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.



10'

B600 Double Regroup Attack 3-0

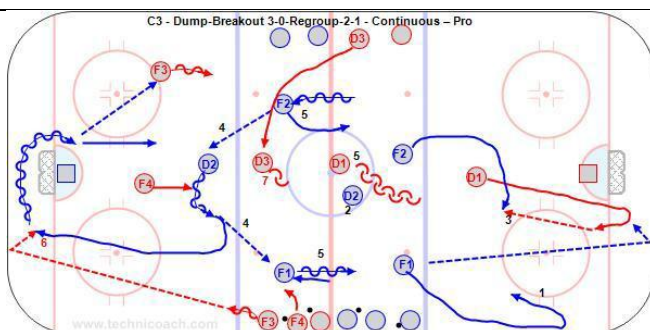
Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
 2. Cross and regroup with Red D1 and D2
 3. Red D1 hinge and Pass to D2.7
 4. Red D2 pass to Blue F1 or F2.
 5. Blue F's regroup with Blue D1 or D2.
 6. Blue D's hinge and pass to Blue F.
 7. Blue F's attack the far net vs either zero, one or two D.
- *Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

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10'

C3 - Dump-Breakout 3-0 Regroup 2-1 - Continuous – Pro

Key Points:

Defense shoulder check when going back for the puck. One forward support on the boards and the other from the middle. D skate to the big ice between the dots before passing.

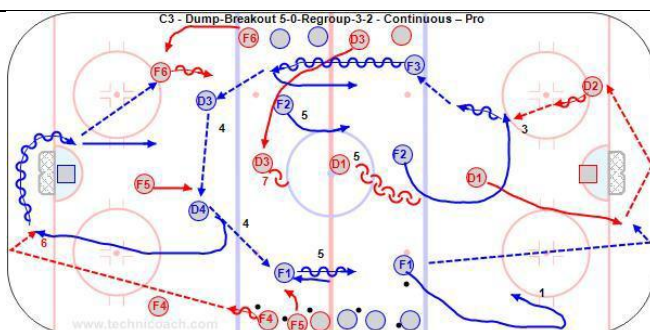
Description:

1. F1 or F2 dump the puck in and D1 skate back for the puck.
2. D2 follow the play.
3. D1 make a breakout pass to F1 or F2 and follow.
4. F1 and F2 regroup with D2 in the neutral zone.
5. F1 and F2 attack 2-1 vs. D1.
6. F3 or F4 dump the puck into the far end and D2 skate back for the puck-pass to F3-F4.
7. F3 and F4 regroup with D3 in the neutral zone and attack 2-1 vs. D3.

☐ Continue this flow.

☐ Vary the number of F from 1 to 3 and use either 1 or 2 D to create more game recognition situations.

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10'

C3 - Dump-Breakout 5-0-Regroup 3-2 - Continuous – Pro

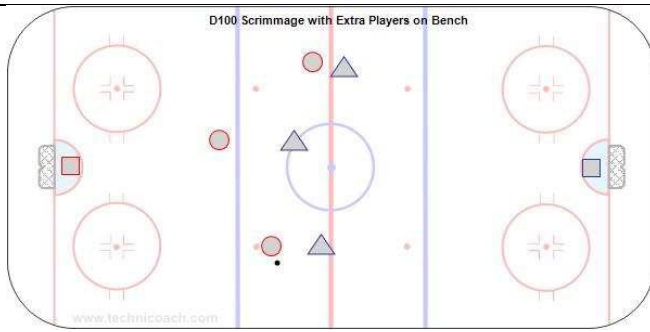
Key Points:

Defense shoulder check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
2. D3 and D4 follow the play.
3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
4. Forwards regroup with D3 and D4 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2.
6. F4-F5-F6 dump in far end and D3-D4 skate back and breakout then repeat flow.

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15'

D100 Scrimmage with Extra Players on Bench 3-3, 4-4

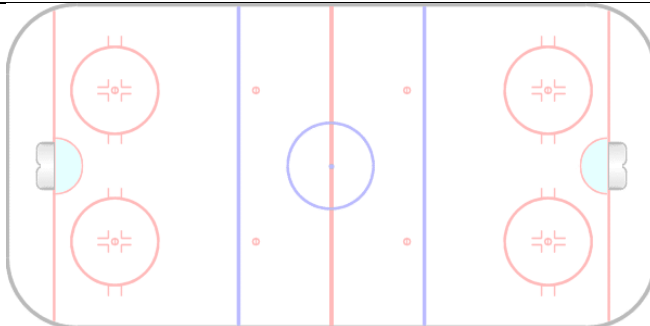
Key Points:

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

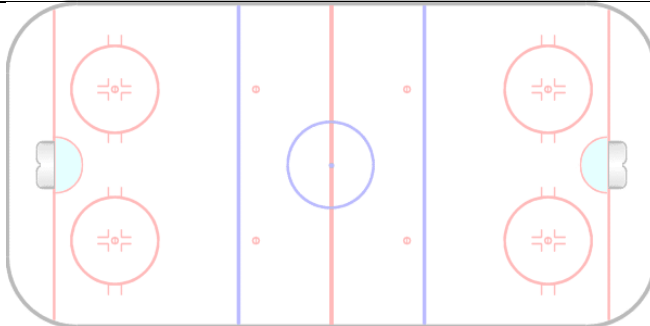
Pass back to the goalie when changing on the whistle.

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.



Explanation/Notes:



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