



## Blues

## Practice Plan

Date: 07-09-14

Time: 13:30-14:45

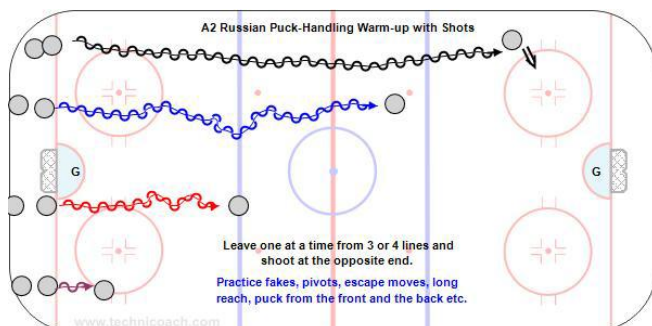
Venue: Stu Peppard

### Lines:

Puck handling, pass and shoot while skating  
Game situations, 2-2, 4-4, 3-3

### Notes:

Battling, screen, cycle, breakout



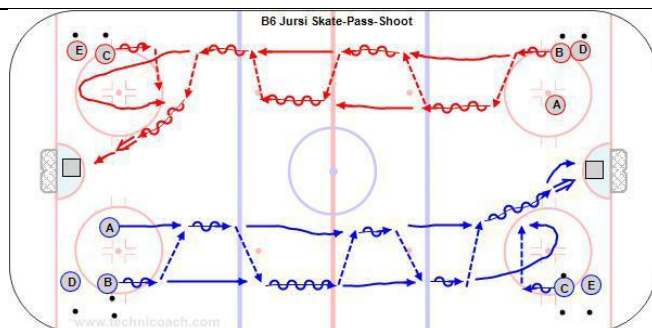
8'A2

**Jim Lead Goalies also do  
Russian Puck-Handling Warm-up with Shots**

#### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.



8'

**B6 Jursi Skate-Pass-Shoot**

#### Key Points:

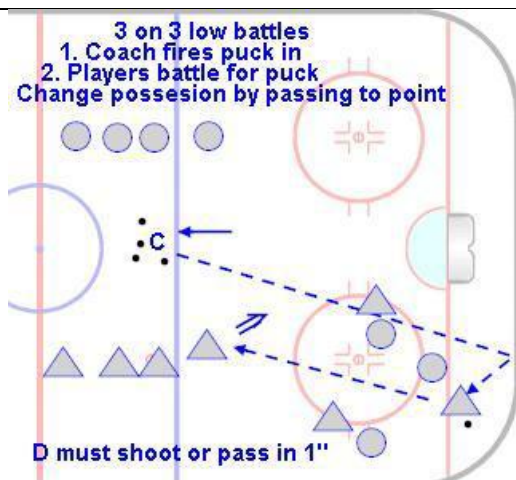
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

#### 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.

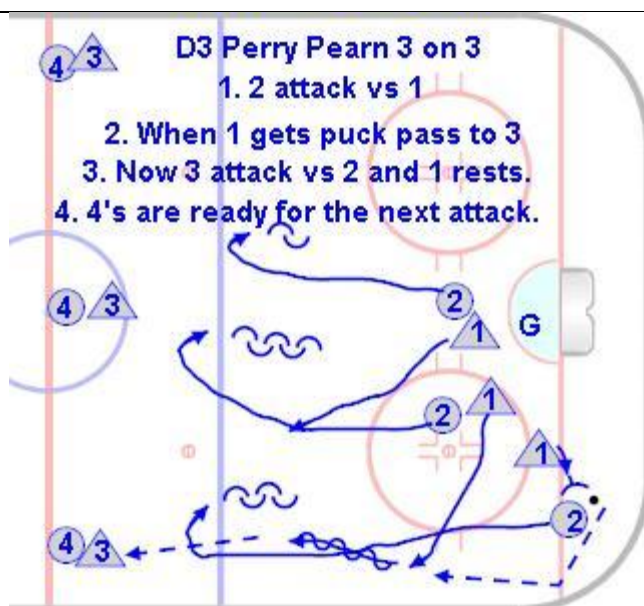
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14'

#### Description:

1. One team is lined up behind each faceoff dot. From one to tree players leave at a time.
  2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
  3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
  4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
  5. If the puck is shot out of the zone the coach passes to the non offending joker.
  6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.
- <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102317243>



## 14' 2 6 min. games

### DT400 3-3 Perry Pearn Game Rotation

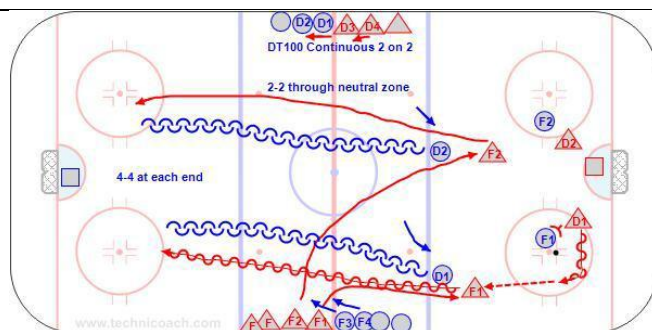
#### Key Points:

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).

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## 11'

### DT100 Continuous 2 on 2

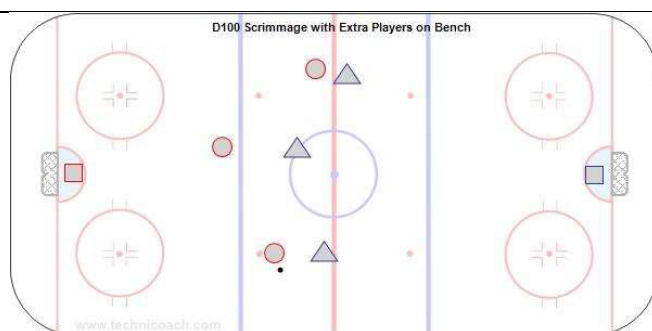
#### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

#### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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### D100 Scrimmage with Extra Players on Bench

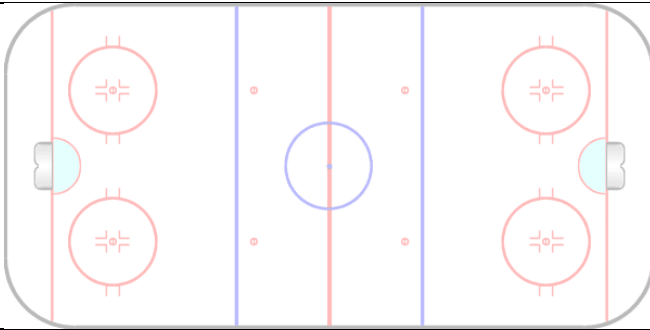
#### Key Points:

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.

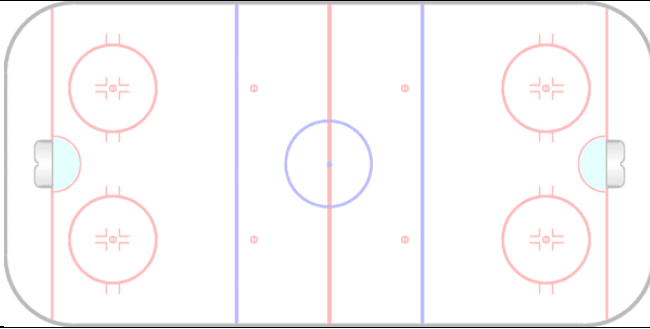
#### Description:

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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