



Blue

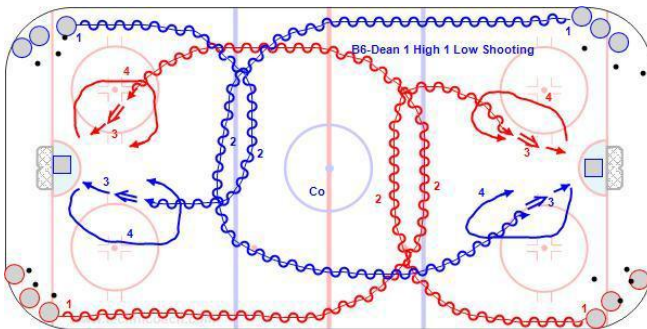
Practice Plan

Date: 08-09-14

Time: 17:45-18:45

Venue: Stew Peppard

Lines:	Notes: Evaluation Practice
Warm-up skate and shoot, 3-0 breakout	3-0 Breakout-Regroup 2-1
6-0 Breakout-Regroup 3-2	30 minute scrimmage
Shoot-out	
<i>Cut 4 skaters and 1 goalie after practice.</i>	



6'

B6 - 1 High 1 x 2 Low Shooting - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

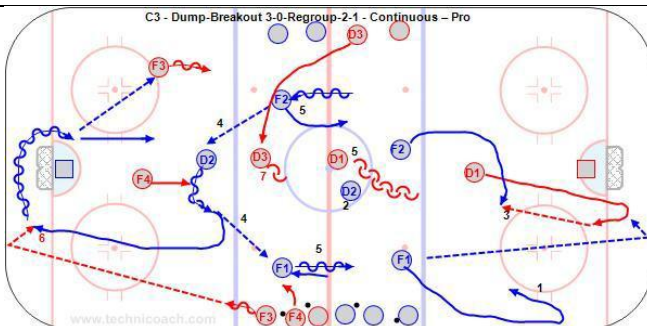
Description:

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

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Same drill with agility skating added.

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5'

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.

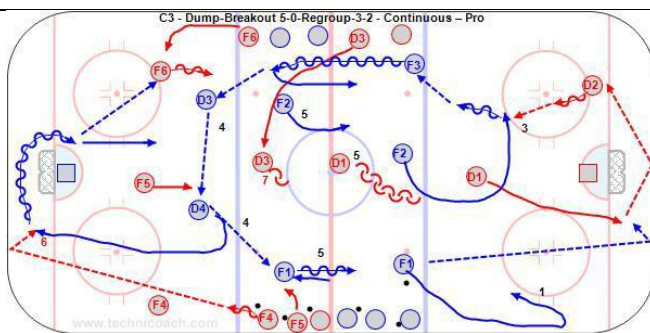
Description:

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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5'

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

Key Points:

Defense should 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.

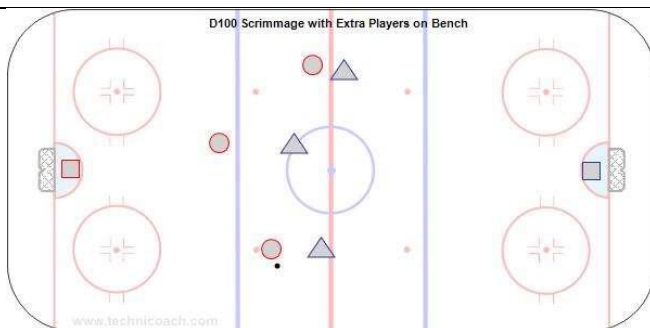
Description:

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 the puck into the far end and D3-D4 skate back for the puck and breakout.
7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.

☐ Continue this flow.

☐ Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 break out again before the regroup and 3-2.

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30'

Players are divided into two teams of Green vs. Various Colours.

D100 Scrimmage with Extra Players on Bench

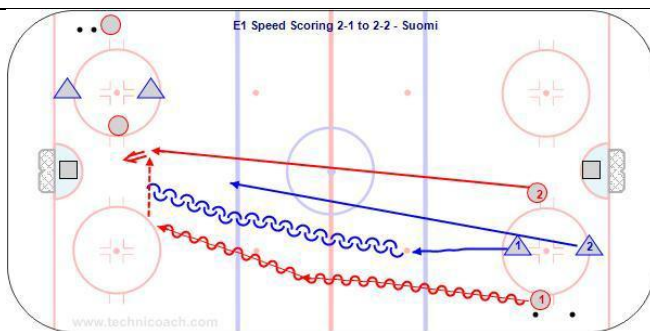
Key Points:

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

Face-offs and review Dzone FO alignment.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.



9'

Watch for Speed and Compete.

E1 Speed Scoring 2-1 to 2-2 – Finland

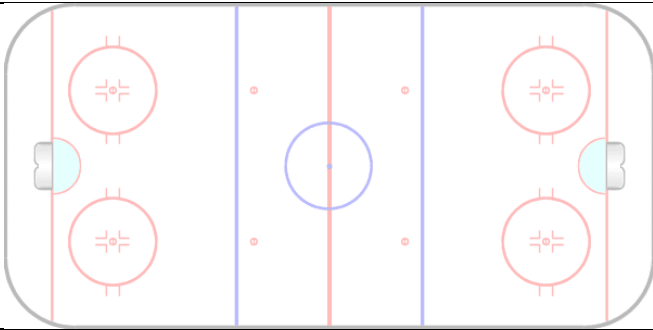
Key Points:

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

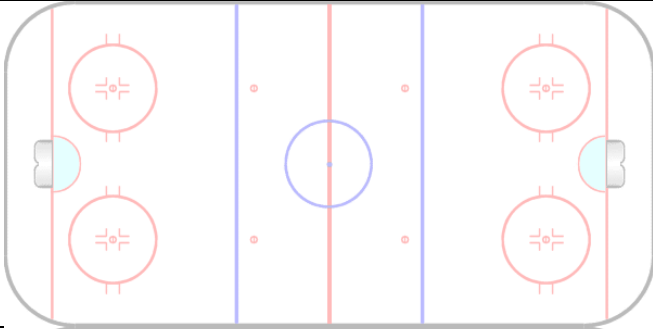
Description:

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:



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