



## Blue

## Practice Plan

Date: 22-09-14

Time: 19:00-20:00

Venue: Stu Peppard

Lines:

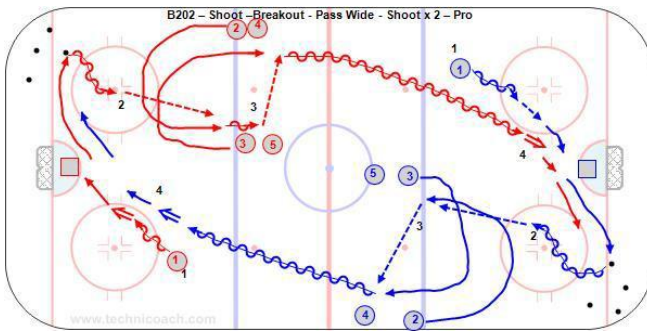
D moving their feet and working together.

Puck support game.

Notes: **Team Play Practice**

Power Play, penalty kill

breakout



8'

**B202 - Shoot - Breakout - Pass Wide - Shoot x 2 - Pro**

### Key Points:

Give a target, face the puck, follow the shot for a rebound before getting a new puck, pass hard.

### Description:

Players line up along the boards and the middle with two lines facing each way.

1. #1's Start with a shot from the far wing.

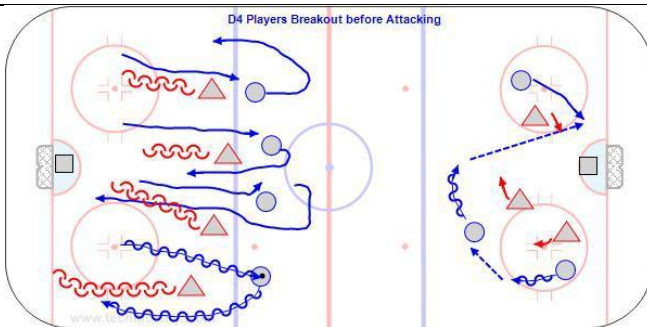
2. Get a new puck from the corner and pass to 2 in the middle.

3. #2 make a quick up to 3 in the wide lane.

4. #3 shoot, follow the shot, get a new puck in the corner and pass to 4.

\*Continue this flow and players rotate shooter to boards and then to the middle. Do this from both sides.

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**7' Rule must be enforced by coaches.**

**D4 Players Breakout before Attacking**

### Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

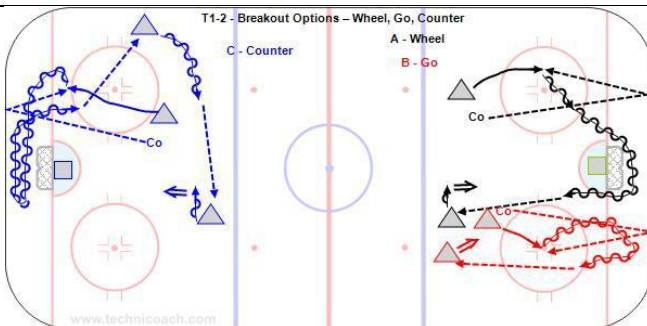
### Description:

1. One team attacks with the puck and tries to score.

2. The defending team must breakout over the blueline and then turn back and attack.

\*Individual skills can be worked on. i.e.

**-Always face the puck give a target, give and go.**



**5' D at one end with Alex F with Jim at other end for 10 minutes.**

**T1-2 - Breakout Options - Wheel, Go, Counter**

**Key Points:** Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman. The key is skating hard to force the checker to commit and then choosing the option.

### Description:

1. Coach shoot the puck in and the D skate to the puck and then at a 45 degree angle to force the checker to cross over.

2. **Wheel** behind the net, cut up near the far post and pass to the point for a shot on net.

3. Critical point is to make the checker do what you want them to. If you skate to where you are going to pass first then the checker can get a good angle and steal the puck.

4. **Go** by skating hard one way and then tight turn away from

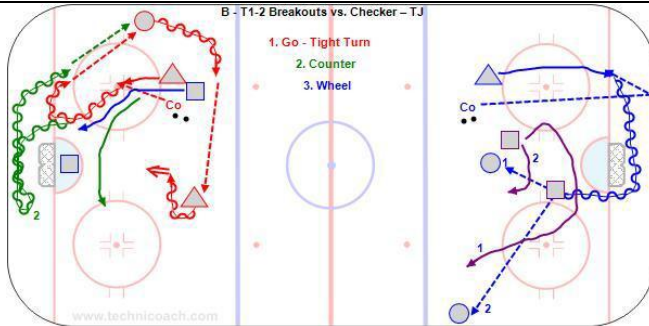
pressure. Pass to the point for a shot.

5. **Counter** when the checker doesn't chase behind the net.

6. Coach shoots the puck in and the player drive skates behind the net and then tight turns to come back the original way.

7. Pass to the wing who skates out and passes across to the point for a shot on net.

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5'

#### B - T1-2 Breakouts vs. Checker – TJ

##### Key Points:

The defender must drive skate when they get the puck and read whether the checker chases behind, goes in front etc. Skate at a 45 degree angle to the net to make the checker cross-over and decide to wheel, go (cut back) or counter.

##### Description:

1. Shoot the puck into the corner and the coach or player gives pressure.
2. Shoulder check and read inside pressure then skate at a 45 degree angle toward the net to make the checker cross-over.
3. Tight turn away from pressure and pass to a player on the boards who passes to another player at the point who shoots.
4. Counter by skating behind the net and out the same way if the checker doesn't chase behind.
5. Read if the checker is taking away the middle or the boards and pass to the open player.
6. Use a backhand pass if you need to miss the defenders stick in the passing lane or to protect the puck from a checker.
7. Quick feet make everything possible. If everyone is covered then carry the puck up the middle.

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5'

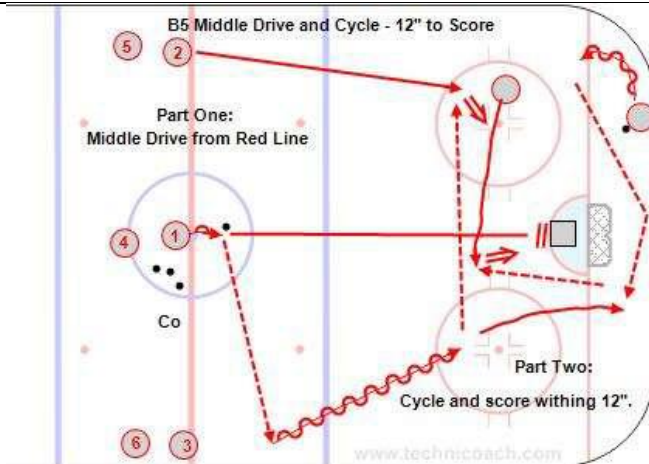
#### B5 Middle Drive and Cycle - 10 Seconds to Score

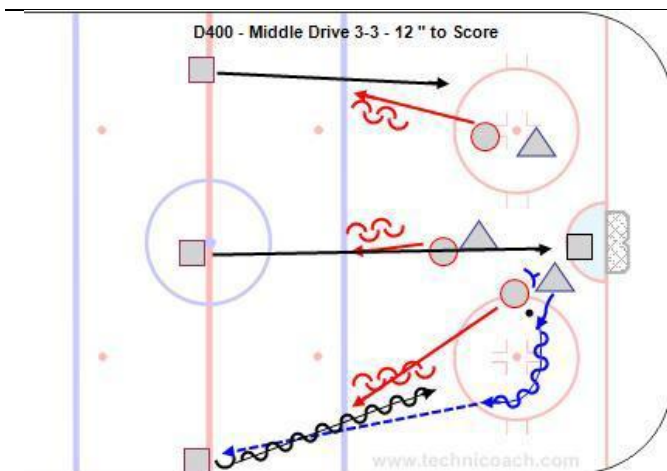
##### Key Points: **Jim with Forwards**

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.





5'

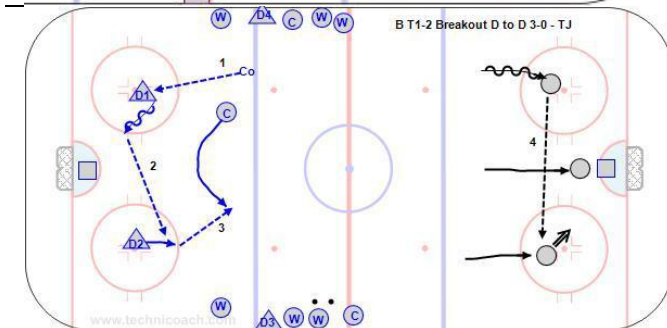
#### **D400 - Middle Drive 3-3 - 10 Seconds to Score**

##### **Key Points:**

Create intensity by only giving 12" for the offense to score. Attacking team uses the middle drive.

##### **Description:**

1. Start from the red line and attack 3 on 3.
2. Offensive team use the middle drive.
3. Attackers get 10 seconds to score.
4. Coach blow whistle if it takes too long.
5. On transition or whistle pass to the players at the blue line.
6. Team who was on offense now skate to the blue line and defend.



10' **F and D together**

#### **B T1-2 Breakout D to D 3-0 – TJ**

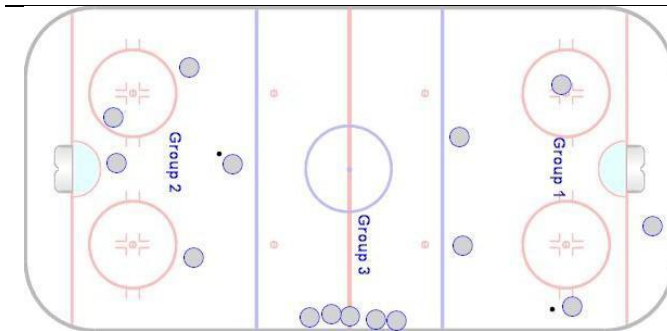
##### **Key Points:**

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

##### **Description:**

1. Coach pass to D1 who drive skates at a 45 degree angle to the net.
2. D1 pass across to D2 who hings up ice.
3. D2 pass to the C.
4. Forwards attack 3-0 at the far end.
5. Add D1 to D2 back to D1.
6. Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

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15' **Each group work on pp and pk for 5'.**

#### **T2 Kingston Power Play and Team Play Rotation**

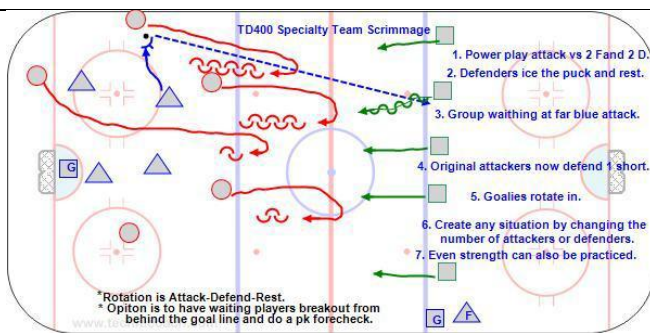
##### **Key Points:**

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

##### **Description:**

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Group 1 will practice the pp with Jim while group 2 is active on the pk and group 3 are the Jokers on the pp.

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10' Use red and green pinnies.

### TD400 Specialty Team Scrimmage

#### Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

#### Description:

1. Power play attack vs 2 Fand 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

\*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.