



Blue

Practice Plan

Date: 24-09-14

Time: 17:45-19:00

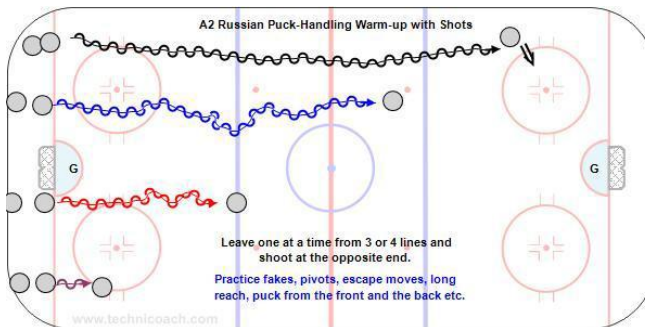
Venue: Stu Peppard

Lines:

Point shots, shot blocking, 2-0 rush options
1-1, 2-1, regroup, D join rush,
Puck Support 2" game, shoot-out

Notes:

Big moves, loosen shoulders
F backcheck, Transition



10' **Jim Demonstrate**

A200 Russian Olympic Coach Teaches Puck Handling

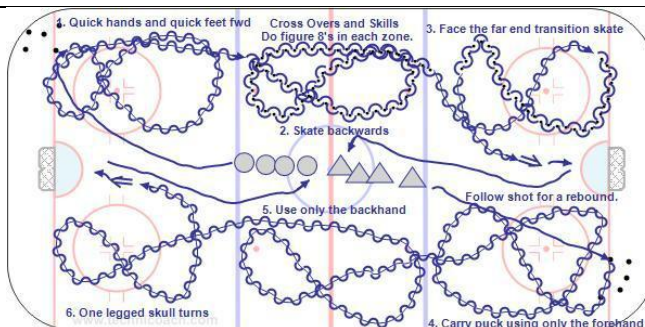
Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
- B. Practice moves and fakes while skating down the ice and finish with a shot on net.
 1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
 2. Fake the slapshot and accelerate around the defender on the forehand.
 3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
 4. Fake a backhand pass or shot and rotate the body in a convincing manner.
 5. Fake the backhand and pull the puck across to the forehand.
 6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
 7. Fake a wrist shot and spin on the backhand.
 8. Fake a wrist shot and spin to the forehand.
 9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
 10. Combine the moves.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>



8'

B6 or B4 Crossover Skating and Puckhandling

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills
Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012041815512444>

Jirri's 2 on 0 / 2 on 1 Drive Drive

The funnel 2-0

1 = shot only shoot for a rebound or to score. Shoot.

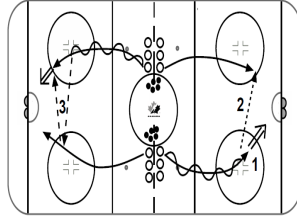
2 = fake shot – pass or fake pass shot

3 = double pass

- Attack with speed, puck carrier must be a threat to score
- Funnel to the net to increase scoring lane and make the goalie bite – be deceptive

2 on 1 Continuous

Progress to 2 – 1 – last F backchecks to the blue line and becomes the 1 defender



9'

Jirri's 2 on 0 / 2 on 1 Drive Drive

The funnel 2-0

1 = shot only shoot for a rebound or to score. Shoot.

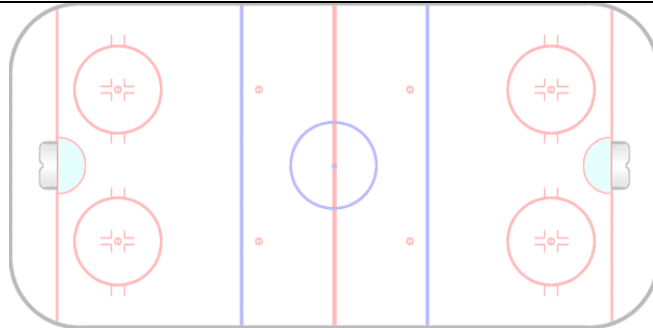
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2 on 1 Continuous

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9' Defense at one end.

B2 - Defense One Timer Shots x 4 – Sw

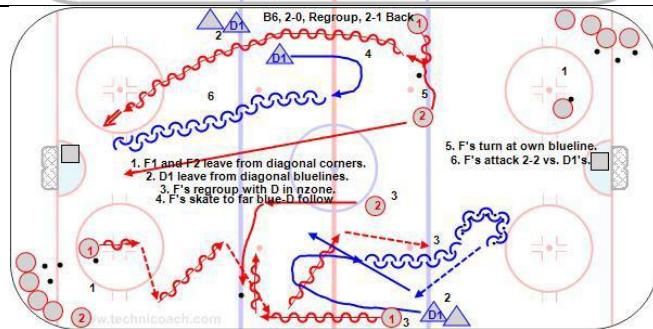
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8'

B6 - F Block Point Shots – Sw

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10'

C6, 2-0, Regroup, 2-1 Back Do 1-1 then 2-1

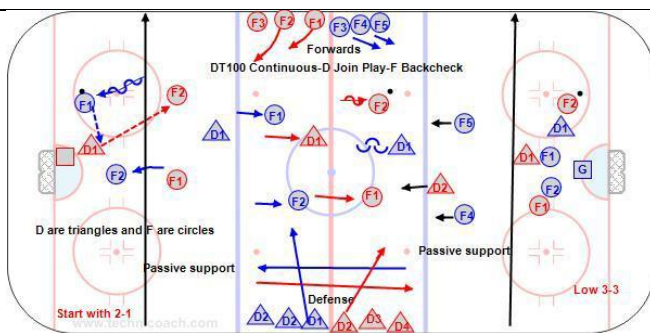
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal corners.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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10'

DT100 Continuous - D Join Play - F Backcheck

Start 1-1 move to 2-1

Key Points:

On transition all the players must go from offense to defense and defense to offense.

Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.

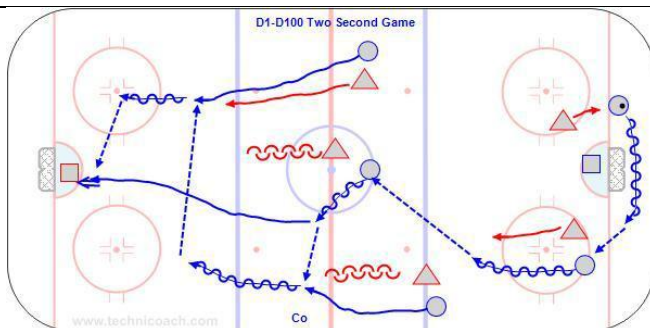
Defense - give passive support - defend - join attack - forecheck - rest.

Description:

In the diagram the F are circles and D are triangles. Positions are labelled.

1. Blue F1 and F2 attack vs Red D1.
2. Red F1 and F2 and Blue D1 give passive support above circles. (as in a Erkka)
3. On transition, after a goal or frozen puck red D1 pass up to red F1 or F2.
4. Red F1 and F2 attack vs Blue D1.
5. Original attackers blue F1 and F2 backcheck and original defender red D1 join the attack.
6. Play 3-3 in the zone
7. Blue F3 and F4 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 and F2 backcheck
8. Red D2 and blue F3 and F4 support from above the circles ready to go the other way. Continue this rotation.

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12'

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

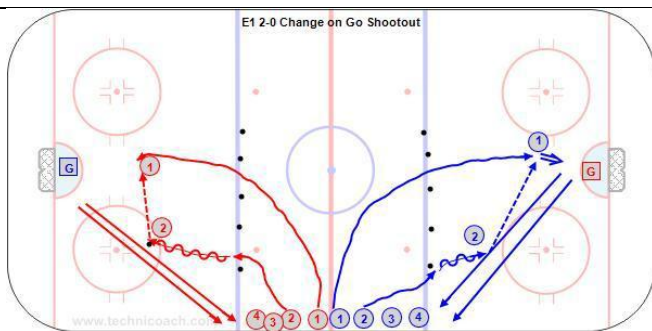
*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:
 - A-Make a play.
 - B-Regroup.
 - C-Gain a zone.
3. When over 2 seconds the other team gets the puck (coach monitor).

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8'

E1 2-0 Change on Go Shootout – 1 Pass Maximum

Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109085854143>