



Blue

Practice Plan

Date: 28-03-14

Time: 10:00-11:15

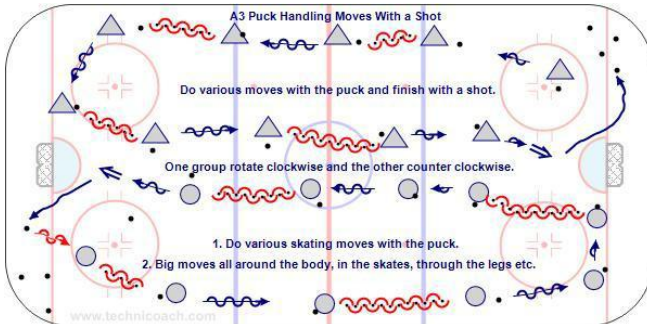
Venue: Stu Peppard

Lines:

Notes:

Focus is on individual offensive skill and Scoring, escape moves, team breakouts.

Team offensive skill. Puck handling, support



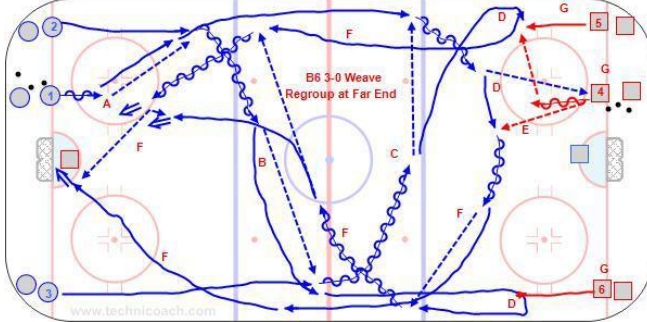
6'

A300 x 2 Skating and Puck Handling Warm-up with Shots

Key Points: Do various moves with the puck and finish with a shot.

Description: One group rotate clockwise and the other counter clockwise. 1. Do various skating moves with the puck. 2. Big moves all around the body, in the skates, through the legs etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>



8'

B6 3-0 Weave-Regroup at Far End – Pro

Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

A. 1 pass to 2 and follow the pass.

B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.

C. 3 pass back to one, follow the pass.

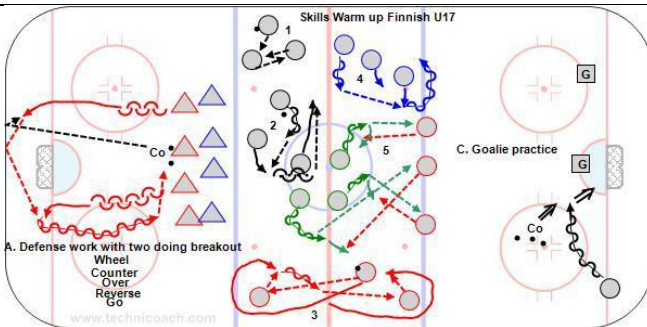
D. 1 regroup with 4 and 1-2-3 fill each lane.

E. 4 pass to 1 or 3 on the strong side.

F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.

G. 4-5-6 follow and repeat the other way.

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30'

Skills Warm up Finnish U17

Key Points:

Alex take the Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards work on puck handling in the middle with Jim. Instead of a goalie coach Tom work on scoring skills.

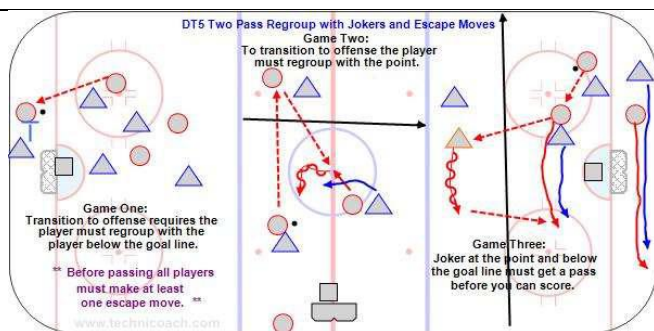
Description

A. Work on breakouts in units of 5,

B. Group in middle do stick handling.

C. third group do scoring.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



Tournament – Keep track of wins. 1 vs 4 2 vs 3

Game one

7' - Play 4-4 at two ends.

DT5 Two Pass Regroup with Jokers and Escape Moves

Key Points:

This transition game requires on ice awareness and constant switching between game playing roles as well as loose puck situations. Escape moves create time and space for the player. The puck carrier must slide backward, sideways, tight turn etc.

Description:

Rules: You must regroup with a Joker to go on offense. Before passing or shooting you must make an escape move. Jokers battle jokers but must stay behind the line. Two passes must be made before scoring.

Game One:

Transition to offense requires the player must regroup with the player below the goal line.

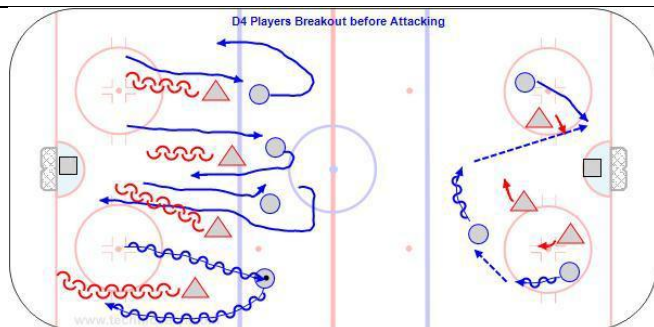
Game Two:

To transition to offense the player must regroup with the point.

Game Three:

Joker at the point and below the goal line must get a pass before you can score.

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7' Game Two – 2 vs 4 and 1 vs 3

D4 – Two second game

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.

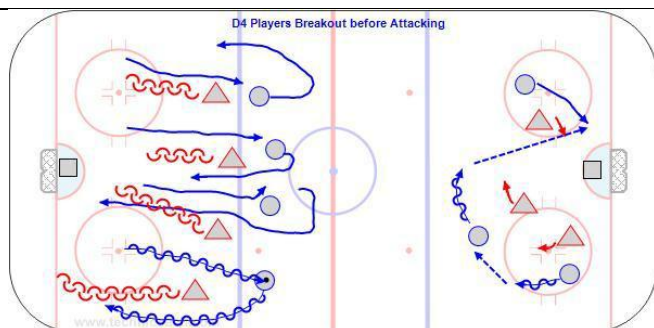
The coach can designate modified rules for the game to work on either individual or team play skills.

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.

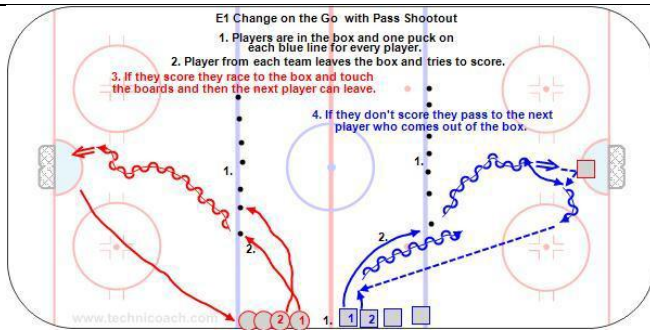
2" only with the puck.

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



7' Game three 3-4 and 1-2

Rule: Only one pass allowed in the offensive zone.



10'

E1 Change on the Go with Pass Shootout **Key Points:**

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes. **Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

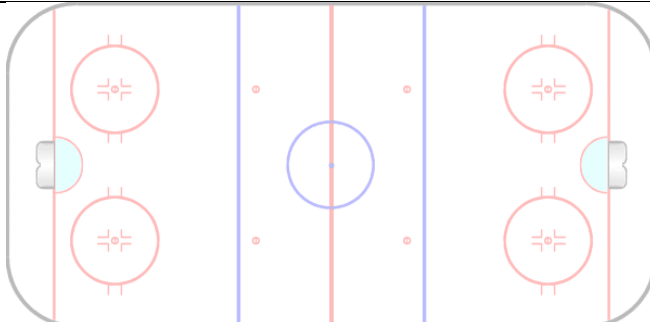
3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

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Explanation/Notes:



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