



Blue

Practice Plan

Date: 26-09-14

Time: 20:15-21:30

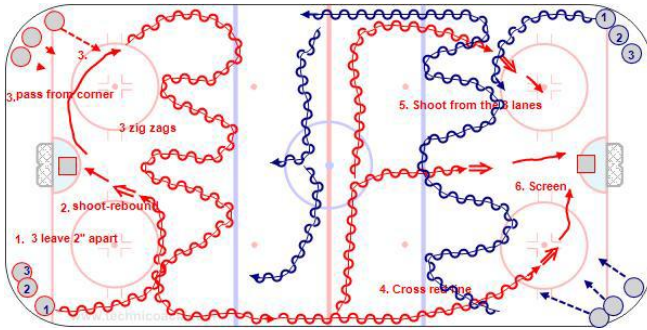
Venue: Stu Peppard

Lines:

Breakout, defensive zone review,
Point shots, screening the goalie, 1-1, 2-1

Notes:

protect puck, escape moves,
Puck support, loose shoulders



8'

B6 – 3 Shots, 3 Zig zags, 3 Shots

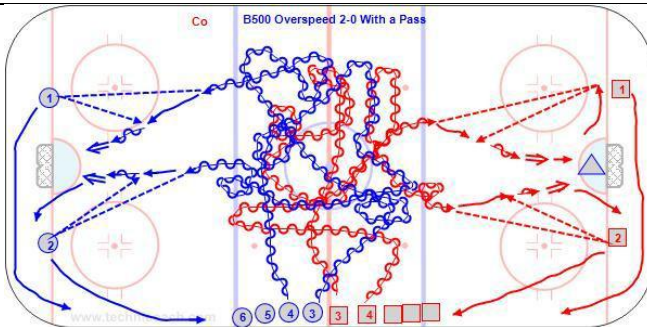
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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7'

B500 Overspeed 2-0 with a Pass

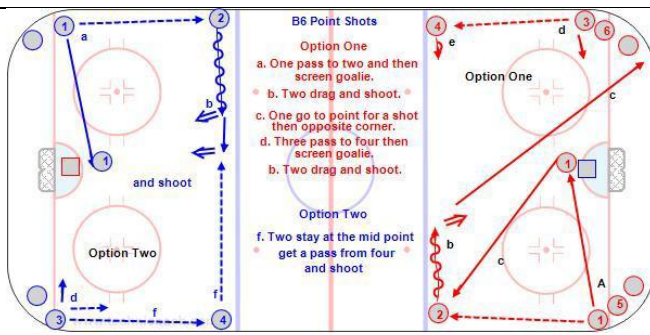
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



7'

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

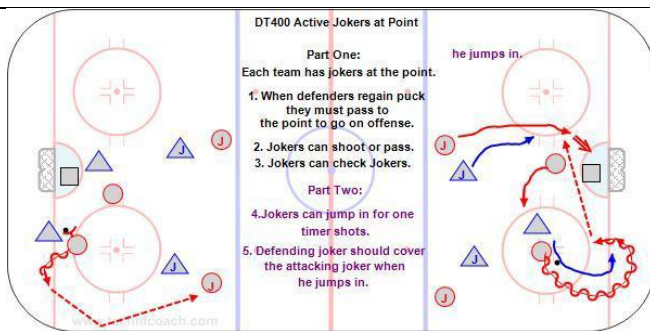
Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

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8'

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

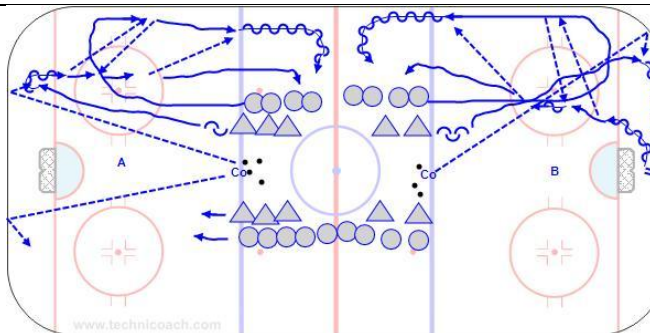
3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.

5. Defending joker should cover the attacking joker when he jumps in.

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5' Pass D to W then D to C

B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.

- D shoulder check on the way to the puck.

- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

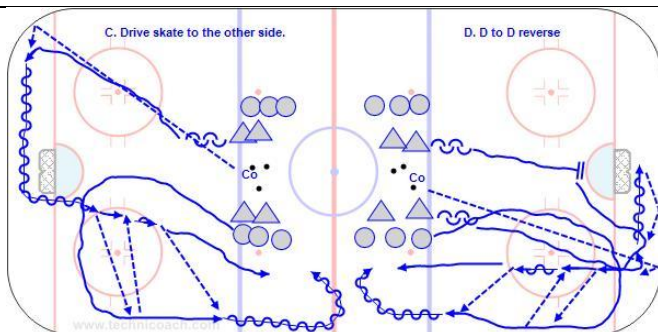
Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

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The D drives the back of the net and stops and goes out the same direction making a counter pass



5'

B5 Murdoch Breakout Routine C and D

Key Points:

Defenseman Shoulder check on the way to read the forechecking pressure.

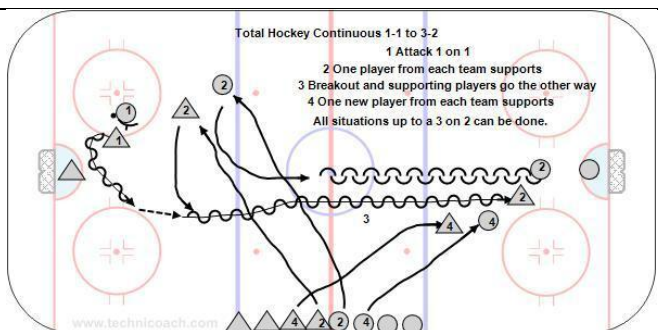
Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to C to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to C to D2 to W and out.

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10'

DT100 Continuous 1-1. 2-1

Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 1-1 with D getting support from 1 F and F from one D.

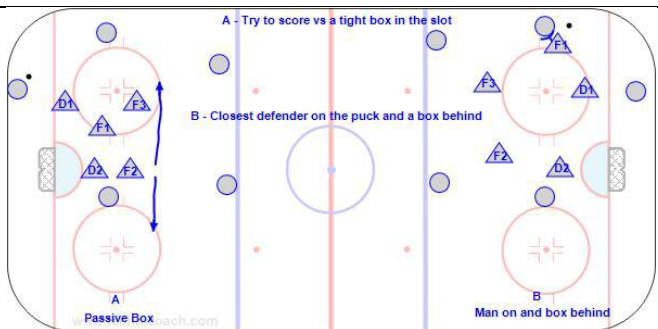
2. Defending F1 cover the point.

3. New offensive D join and play point.

4. On transition attack 1-1 thru nzone.

5. Continue flow with new O and D support. -Continue the flow of 1-1 in nzone and 2-2 at each end. -Dump-ins and regroupings can be added.

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10' Goalies rotate at the other end.

T4 Teaching Defensive Zone Coverage 2-1-2

Key Points:

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

Description:

Teach defensive zone coverage by giving the offense 45 seconds to score.

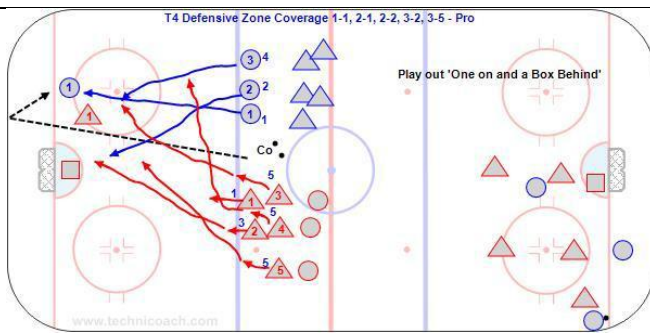
A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind.

When the puck is passed away drop to a corner of the box or take the player to the net.

If the offense has three attackers cycling on one side D2 must move to that side and F2

drops to the hash marks to cover the front of the net.



8' Goalies alternate at far end.

T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

Key Points:

The defenders must read even and outnumber situations and the star and then recognize their responsibility on the 3 on 5.

Description:

Players wait outside the blue line and the coach changes the situation.

1 – Dump the puck in and start with a 1-1.

2 – Add an offensive player for 2-1.

3 – Defenseman comes in for 2-2.

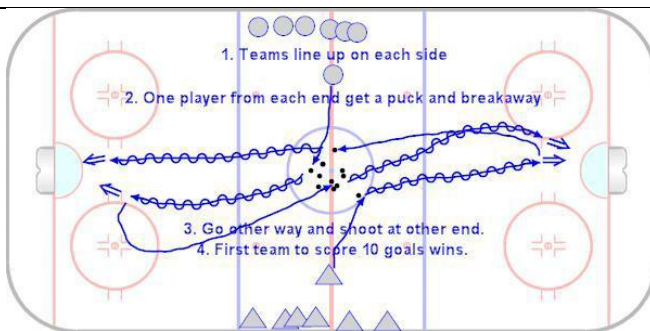
4 – Add a new attacker for a 3-2.

5 – Three defending forwards come in and defend the 3-5.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225546829>

Looking at the same drill thinking about the offensive attack.

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7'

E1 Shootout 2 Shots

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

1. Teams line up across from each other and the pucks are in the middle circle.

2. One player from each team leaves and shoot at opposite ends.

3. The same players turn back and get another puck from the middle and shoot at the other end.

4. Continue until all the players have shot and keep score.

- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100913081621644>