



Blue

Practice Plan

Date: 29-09-14

Time: 20:15-21:30

Venue: Stu Peppard

Lines:

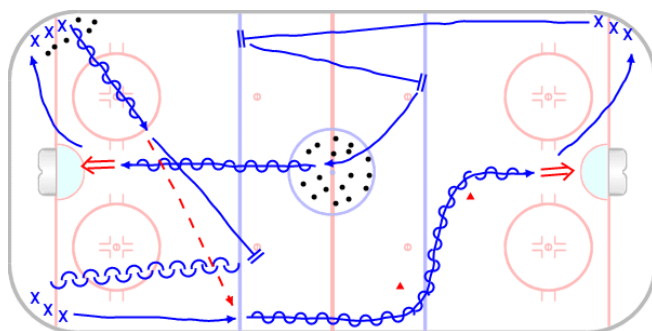
Notes:

Theme of the Practice is 'Good Playing  
3 hard strides with the puck, Face the play  
360 degrees, puck support  
Down.

Habits" Face the puck, stick on the ice,  
With the puck. Escape moves, puck control  
Keeping defensive side with stick upside

Sport Psychologist meet with the team  
Ideas.

Before practice to discuss team building



10' Jim lead.

**A200 Russian Puck Handling – Fake Shots and Finnish with a Shot**  
**Key Points:**

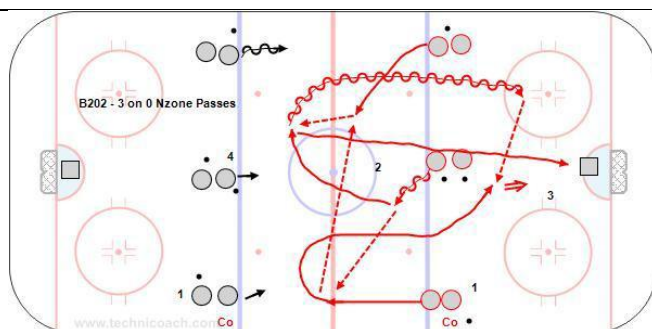
The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. Vladimir Jursinov is probably the most successful skills coach in the world. This Soviet and Russian Olympic coach has helped more than 65 players into the NHL from his teams. He leads a group of 15-20 years olds in a fake shot sequence.

**Description:**

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

- . Practice Faking a slapshot with a hard back swing.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

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8' Focus is to always face the puck – Middle Drive

**B202 - 3 on 0 Neutral Zone Passes - Pro Key Point:** Make one touch pass to each player. Face the puck and give a target.

**Description:**

1. Players line up behind the blue line in 3 lines.
2. On whistle leave and exchange one touch passes in the neutral zone to each player.
3. Attack 3-0 at the original end.
4. Opposite group repeat.

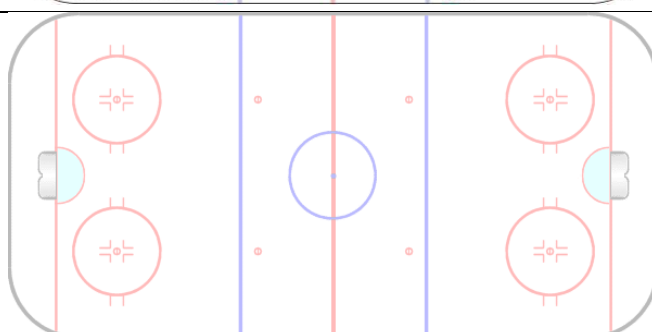
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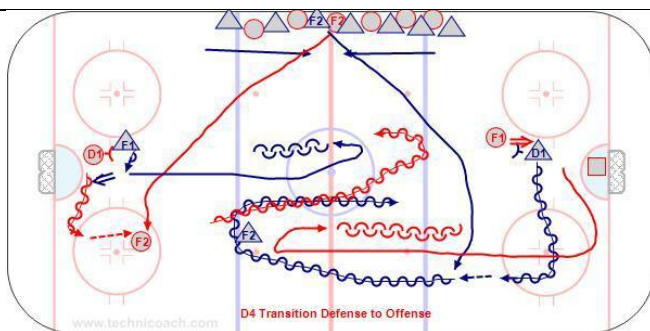
20' 10' x 3

**Two stations. Jim Puckhandling – Tom and Alex DT400 Game**

One end Jim – Puck handle.

JF with one goalie at a time.





10' x 2

### DT400 1-1, 2-2, Support-Attack-Defend

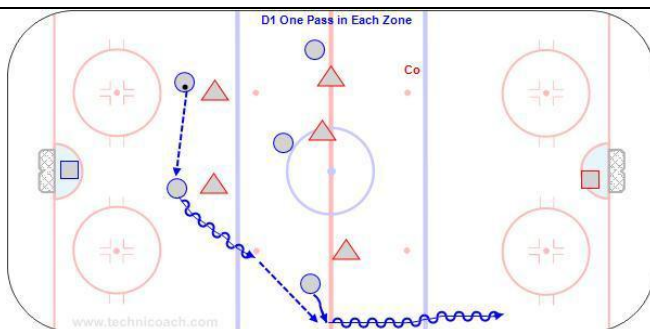
#### Key Points:

Defending player stay on the defensive side.  
Supporting player give a target for the pass and get into an open lane.

**Description:** *Defend with Stick upside Down turn stick upright after the first shot.*

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or **active**.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1. Practice various situations.

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12 ' 45" shifts

### D1 One Pass in Each Zone

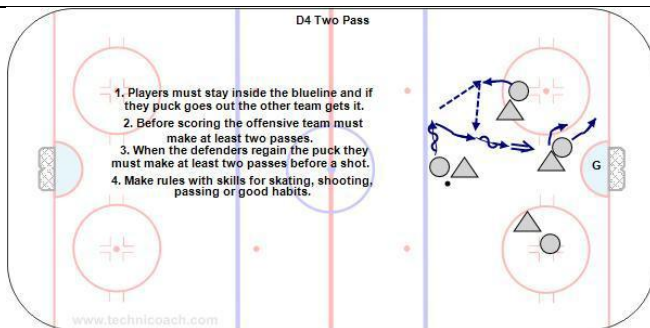
#### Key Points:

Close support, skate to open ice with the puck, give a target.

#### Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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8' **Take 1' to put pinnies on two teams.**

1 vs 4 and 2 vs 3

### D4 Two Pass Game with only Forehand Passes

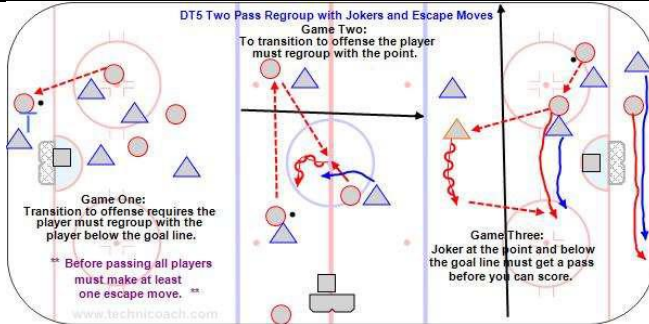
#### Key Points:

This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

#### Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
  2. Before scoring the offensive team must make at least two passes.
  3. When the defenders regain the puck they must make at least two passes before a shot.
  4. Make rules with skills for skating, shooting, passing or good habits.
- In this game the rule is that you can only pass on the

forehand. If a player does a back hand pass the other team gets the puck.  
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8'

2 vs 4 and 1-3

**D4 Two Pass Regroup with Jokers Below the Goal Line and Escape Moves Required before passing.**

**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.

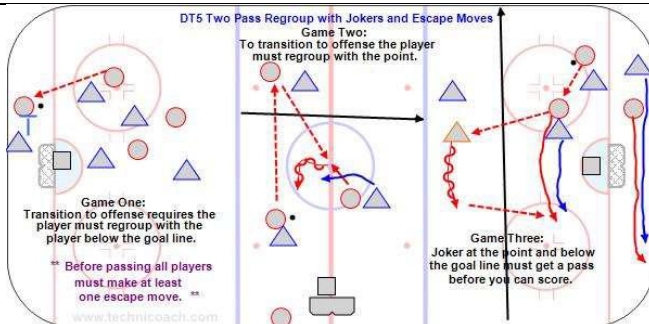
**Description:**

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.

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8'

3 vs 4 and 1 vs 2

**Two second game with goals only on one timers.**

