

Jihlava Hockey Camp 2010-08-04

11 practices for the hockey school and 2 for the U20 team. Each group had 4 goalies.

live time

18.07. Ne	16.00	15.15	14.30	13.45	13.00	12.15	11.30	10.45	10.00	9.15	8.30	7.45	7.00	6.15	5.30	4.45	4.00	3.15	2.30	1.45	1.00	0.15	0.30	0.45	0.60	0.75	0.90	1.05	1.20	1.35	1.50	1.65	1.80	1.95	2.10	2.25	2.40	2.55	3.00	3.15	3.30	3.45	3.60	3.75	3.90	4.05	4.20	4.35	4.50	4.65	4.80	4.95	5.10	5.25	5.40	5.55	6.00	6.15	6.30	6.45	6.60	6.75	6.90	7.05	7.20	7.35	7.50	7.65	7.80	7.95	8.10	8.25	8.40	8.55	8.70	8.85	9.00	9.15	9.30	9.45	9.60	9.75	9.90	10.05	10.20	10.35	10.50	10.65	10.80	10.95	11.10	11.25	11.40	11.55	12.00	12.15	12.30	12.45	12.60	12.75	12.90	13.05	13.20	13.35	13.50	13.65	13.80	13.95	14.10	14.25	14.40	14.55	14.70	14.85	15.00	15.15	15.30	15.45	15.60	15.75	15.90	16.05	16.20	16.35	16.50	16.65	16.80	16.95	17.10	17.25	17.40	17.55	17.70	17.85	18.00	18.15	18.30	18.45	18.60	18.75	18.90	19.05	19.20	19.35	19.50	19.65	19.80	19.95	20.10	20.25	20.40	20.55	20.70	20.85	21.00	21.15	21.30	21.45	21.60	21.75	21.90	22.05	22.20	22.35	22.50	22.65	22.80	22.95	23.10	23.25	23.40	23.55	23.70	23.85	24.00	24.15	24.30	24.45	24.60	24.75	24.90	25.05	25.20	25.35	25.50	25.65	25.80	25.95	26.10	26.25	26.40	26.55	26.70	26.85	27.00	27.15	27.30	27.45	27.60	27.75	27.90	28.05	28.20	28.35	28.50	28.65	28.80	28.95	29.10	29.25	29.40	29.55	29.70	29.85	30.00	30.15	30.30	30.45	30.60	30.75	30.90	31.05	31.20	31.35	31.50	31.65	31.80	31.95	32.10	32.25	32.40	32.55	32.70	32.85	33.00	33.15	33.30	33.45	33.60	33.75	33.90	34.05	34.20	34.35	34.50	34.65	34.80	34.95	35.10	35.25	35.40	35.55	35.70	35.85	36.00	36.15	36.30	36.45	36.60	36.75	36.90	37.05	37.20	37.35	37.50	37.65	37.80	37.95	38.10	38.25	38.40	38.55	38.70	38.85	39.00	39.15	39.30	39.45	39.60	39.75	39.90	40.05	40.20	40.35	40.50	40.65	40.80	40.95	41.10	41.25	41.40	41.55	41.70	41.85	42.00	42.15	42.30	42.45	42.60	42.75	42.90	43.05	43.20	43.35	43.50	43.65	43.80	43.95	44.10	44.25	44.40	44.55	44.70	44.85	45.00	45.15	45.30	45.45	45.60	45.75	45.90	46.05	46.20	46.35	46.50	46.65	46.80	46.95	47.10	47.25	47.40	47.55	47.70	47.85	48.00	48.15	48.30	48.45	48.60	48.75	48.90	49.05	49.20	49.35	49.50	49.65	49.80	49.95	50.10	50.25	50.40	50.55	50.70	50.85	51.00	51.15	51.30	51.45	51.60	51.75	51.90	52.05	52.20	52.35	52.50	52.65	52.80	52.95	53.10	53.25	53.40	53.55	53.70	53.85	54.00	54.15	54.30	54.45	54.60	54.75	54.90	55.05	55.20	55.35	55.50	55.65	55.80	55.95	56.10	56.25	56.40	56.55	56.70	56.85	57.00	57.15	57.30	57.45	57.60	57.75	57.90	58.05	58.20	58.35	58.50	58.65	58.80	58.95	59.10	59.25	59.40	59.55	59.70	59.85	60.00	60.15	60.30	60.45	60.60	60.75	60.90	61.05	61.20	61.35	61.50	61.65	61.80	61.95	62.10	62.25	62.40	62.55	62.70	62.85	63.00	63.15	63.30	63.45	63.60	63.75	63.90	64.05	64.20	64.35	64.50	64.65	64.80	64.95	65.10	65.25	65.40	65.55	65.70	65.85	66.00	66.15	66.30	66.45	66.60	66.75	66.90	67.05	67.20	67.35	67.50	67.65	67.80	67.95	68.10	68.25	68.40	68.55	68.70	68.85	69.00	69.15	69.30	69.45	69.60	69.75	69.90	70.05	70.20	70.35	70.50	70.65	70.80	70.95	71.10	71.25	71.40	71.55	71.70	71.85	72.00	72.15	72.30	72.45	72.60	72.75	72.90	73.05	73.20	73.35	73.50	73.65	73.80	73.95	74.10	74.25	74.40	74.55	74.70	74.85	75.00	75.15	75.30	75.45	75.60	75.75	75.90	76.05	76.20	76.35	76.50	76.65	76.80	76.95	77.10	77.25	77.40	77.55	77.70	77.85	78.00	78.15	78.30	78.45	78.60	78.75	78.90	79.05	79.20	79.35	79.50	79.65	79.80	79.95	80.10	80.25	80.40	80.55	80.70	80.85	81.00	81.15	81.30	81.45	81.60	81.75	81.90	82.05	82.20	82.35	82.50	82.65	82.80	82.95	83.10	83.25	83.40	83.55	83.70	83.85	84.00	84.15	84.30	84.45	84.60	84.75	84.90	85.05	85.20	85.35	85.50	85.65	85.80	85.95	86.10	86.25	86.40	86.55	86.70	86.85	87.00	87.15	87.30	87.45	87.60	87.75	87.90	88.05	88.20	88.35	88.50	88.65	88.80	88.95	89.10	89.25	89.40	89.55	89.70	89.85	90.00	90.15	90.30	90.45	90.60	90.75	90.90	91.05	91.20	91.35	91.50	91.65	91.80	91.95	92.10	92.25	92.40	92.55	92.70	92.85	93.00	93.15	93.30	93.45	93.60	93.75	93.90	94.05	94.20	94.35	94.50	94.65	94.80	94.95	95.10	95.25	95.40	95.55	95.70	95.85	96.00	96.15	96.30	96.45	96.60	96.75	96.90	97.05	97.20	97.35	97.50	97.65	97.80	97.95	98.10	98.25	98.40	98.55	98.70	98.85	99.00	99.15	99.30	99.45	99.60	99.75	99.90	100.05	100.20	100.35	100.50	100.65	100.80	100.95	101.10	101.25	101.40	101.55	101.70	101.85	102.00	102.15	102.30	102.45	102.60	102.75	102.90	103.05	103.20	103.35	103.50	103.65	103.80	103.95	104.10	104.25	104.40	104.55	104.70	104.85	105.00	105.15	105.30	105.45	105.60	105.75	105.90	106.05	106.20	106.35	106.50	106.65	106.80	106.95	107.10	107.25	107.40	107.55	107.70	107.85	108.00	108.15	108.30	108.45	108.60	108.75	108.90	109.05	109.20	109.35	109.50	109.65	109.80	109.95	110.10	110.25	110.40	110.55	110.70	110.85	111.00	111.15	111.30	111.45	111.60	111.75	111.90	112.05	112.20	112.35	112.50	112.65	112.80	112.95	113.10	113.25	113.40	113.55	113.70	113.85	114.00	114.15	114.30	114.45	114.60	114.75	114.90	115.05	115.20	115.35	115.50	115.65	115.80	115.95	116.10	116.25	116.40	116.55	116.70	116.85	117.00	117.15	117.30	117.45	117.60	117.75	117.90	118.05	118.20	118.35	118.50	118.65	118.80	118.95	119.10	119.25	119.40	119.55	119.70	119.85	120.00	120.15	120.30	120.45	120.60	120.75	120.90	121.05	121.20	121.35	121.50	121.65	121.80	121.95	122.10	122.25	122.40	122.55	122.70	122.85	123.00	123.15	123.30	123.45	123.60	123.75	123.90	124.05	124.20	124.35	124.50	124.65	124.80	124.95	125.10	125.25	125.40	125.55	125.70	125.85	126.00	126.15	126.30	126.45	126.60	126.75	126.90	127.05	127.20	127.35	127.50	127.65	127.80	127.95	128.10	128.25	128.40	128.55	128.70	128.85	129.00	129.15	129.30	129.45	129.60	129.75	129.90	130.05	130.20	130.35	130.50	130.65	130.80	130.95	131.10	131.25	131.40	131.55	131.70	131.85	132.00	132.15	132.30	132.45	132.60	132.75	132.90	133.05	133.20	133.35	133.50	133.65	133.80	133.95	134.10	134.25	134.40	134.55	134.70	134.85	135.00	135.15	135.30	135.45	135.60	135.75	135.90	136.05	136.20	136.35	136.50	136.65	136.80	136.95	137.10	137.25	137.40	137.55	137.70	137.85	138.00	138.15	138.30	138.45	138.60	138.75	138.90	139.05	139.20	139.35	139.50	139.65	139.80	139.95	140.10	140.25	140.40	140.55	140.70	140.85	141.00	141.15	141.30	141.45	141.60	141.75	141.90	142.05	142.20	142.35	142.50	142.65	142.80	142.95	143.10	143.25	143.40	143.55	143.70	143.85	144.00	144.15	144.30	144.45	144.60	144.75	144.90	145.05	145.20	145.35	145.50	145.65	145.80	145.95	146.10	146.25	146.40	146.55	146.70	146.85	147.00	147.15	147.30	147.45	147.60	147.75	147.90	148.05	148.20	148.35	148.50	148.65	148.80	148.95	149.10	149.25	149.40	149.55	149.70	149.85	150.00	150.15	150.30	150.45	150.60	150.75	150.90	151.05	151.20	151.35	151.50	151.65	151.80	151.95	152.10	152.25	152.40	152.55	152.70	152.85	153.00	153.15	153.30	153.45	153.60	153.75	153.90	154.05	154.20	154.35	154.50	154.65	154.80	154.95	155.10	155.25	155.40	155.55	155.70	155.85	156.00	156.15	156.30	156.45	156.60	156.75	156.90	157.05	157.20	157.35	157.50	157.65	157.80	157.95	158.10	158.25	158.40	158.55	158.70	158.85	159.00	159.15	159.30	159.45	159.60	159.75	159.90	160.05	160.20	160.35	160.50	160.65	160.80	160.95	161.10	161.25	161.40	161.55	161.70	161.85	162.00	162.15	162.30	162.45	162.60	162.75	162.90	163.05	163.20	163.35	163.50	163.65	163.80	163.95	164.10	164.25	164.40	164.55	164.70	164.85	165.00	165.15	165.30	165.45	165.60	165.75	165.90	166.05	166.20	166.35	166.50	166.65	166.80	166.95	167.10	167.25	167.40	167.55	167.70	167.85	168.00	168.15	168.30	168.45	168.60	168.75	168.90	169.05	169.20	169.35	169.50	169.65	169.80	169.95	170.10	170.25	170.40	170.55	170.70	170.85	171.00	171.15	171.30	171.45	171.60	171.75	171.90	172.05	172.20	172.35	172.50	172.65	172.80	172.95	173.10	173.25	173.40	173.55	173.70	173.85	174.00	174.15	174.30	174.45	174.60	174.75	174.90	175.05	175.20	175.35	175.50	175.65	175.80</
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## Pract 1 - Dukla SH

- 10 min. A3. Handle 2 pucks - return pass - Goalies with coach.
- 10 min. ~~PS~~ 3 games of 2 pass. 

1	2	3
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 6 columns -
- 10 min. B2 shooting - Bothwell shoot.
- 20 min. Big moves.
- Pinnies - 4 teams. 3 on 3 D200
  - 1. x ice 30" shifts
  - 2. x ice Joker <sup>1-1</sup> regroup, 30"
  - 3. x ice - 2 on 2 " + at offensive end.
- 5" Rebound

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## Practice Wed. n.

- 8:30 15 min. 4 groups - Shooting.
- Slapshot - back hand.
- 8:45 10 min. B5 - BH. and slapshot.
- 8:55 - Lindberg drag - shoot - screen.
- 9:10 - D4 - pass to low man to go onto offense. Goals only on point shots.
- 9:20 - Kruel 3-3 older - 2-2 younger.
- 9:35 - Shoot race 2-0. leave from back. one group each side

## Dukla Practice 2 SH.



- ~~15~~ 20 min. review - 4 starts + goalie - Skating & Puck hand
- 15 min - 3 x 8's - Older boys - younger - one end - back. - Fhand, backhand. face one end.
- 15 min - D4 - get on side.
  - ~~3~~ escape moves
    - 1. backward
    - 2. tight turn
    - 3. 3 hard stride
- 15' 1-0, 1-1, small horseshoe 2-0, 2-1 each side
- 10' - Rebound

For Reservations

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### Practice 8

- 2:30 A3 - Big moves shoot.  
 2:40 BS - John - shooting  
~~2:55 - Wally~~  
 2:55 - Circle bumping  
 3:05 - Wally's <sup>protect sk</sup> 1 dump in  
 3:15 - D100 2 on 2 - ~~get~~ support  
 3:25 - Full ice 2-2.30"  
 3:35 - S.O.

tournament - circle bump PM

### Sat Game Day Jihla

#### Practice 11

- 10:30  
 - A3 - Big moves, 2 pack passes  
 10:40 BS - 1-0, 20 shots  
 8:40

8:50 - D4 x 4 - get onside - 10

9:00 - D200 - 2 on 2 30"

9:15 - <sup>pass to goalie</sup> 2 on 2 - 1 joker each net  
 regroup. + pass low.

9:30 - D100 - 60' shifts  
 pass to goalie. All play.

9:50 - 2 shots S.O.

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### Dukla Practice 2 Str.



- ~~15~~ 20 min. review - 4 start  
 + goalie - 10' skating + puck hand  
 - 15 min - 3 x 8's - Older b  
 ways - younger - one end.  
 back - F hand, backhand.  
 face one end.  
 - 15 - D4 - get onside -  
 - ~~15~~ escape moves  
 1 - backward  
 2 - tight turn  
 3 - 3 hard Strides  
 - 15' 1-0, 1-1, Small horse shoe  
 2-0, 2-1 each side  
 - 10' - Rebound.

For Reservations

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### Practice 9 Friday a.m.

- 9:30  
 Young group: - 30 min. skills  
 Older group: -  
 10 min - B600 - moves in middle 1-0 shoot  
 8:40 S. B600 - 3 passes 1-0 alternate  
 S. B300 - sides  
 8:50 15 min - D200 - 3 on 3, 3 pucks  
 - 3 pucks - leave in net on goals  
 9:00 - BS - 2-0 one timers  
 9:10 - D400 Perry Pearn 3 on 3 (coaches play)  
 9:25 / D100 - 25 and full ice scrimmage  
 9:35 - S.O. Jan's choice Rebound  
 D200 - 2 angles  
 D200 - transition skate.



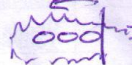
## Practice 4

### Passing 2

- 10' - skating with the puck
- 10' - Lukow passing - 4 gr.
- 10' - small horseshoe  
Young group one side  
older other side
- 10' - D7 - 3 on 3 - only 2" with the puck
- 10' - D400 - Perry Pearn bl.
- 10' - D400 - 1 on 1 on 1
- ~~40' - 3 on 3~~
- 5' - Rebound

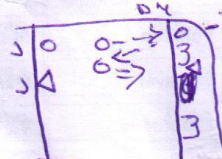
## Practice 5

### 2:00 - Group Shooting

2:15  3 x BS shoot

2:25  exchange  
puck + shot

2:35 

2:45  To go on  
offense  
with D.  
To score  
give + go

3:00 - opposite - regroup with  
low player. Pass to point +  
must shoot. F screen + tip

3:10 - 2 shot shootout.

## Practice 7

### 8:30 - A1 - puckhandle

- 8:40 - A2 - partner contact
- 8:50 - B202 - partner combat
- 9:00 - O + D angling
- 9:10 - C3 - 1 on 1 Rejo drill. Young  
die-fender stick upside down. <sup>closer</sup>  
Keep D side. Take stick + man  
after the shot
- 9:25 - Transition - B1 - A1 - D - P.h.  
Active support. D-stick  
upside down.
- 9:38 - Rebound 2 shot shootout

AM - BS. Protect dot - no stick - lots  
of shots. AM

## Practice 3 - Dukla

### Passing:

- 10 min - Skating in 4 group  
with coach.
- 20 min - Passing Technique
  - wrist - forehand bkt
  - snap - FH. and B. Hand
- 10 min - Keepaway.
- 10 min - cross ice
  - 1- All touch - wrist  
no noise.
  - 2- All touch only FH
- 15 min - Joker at each end  
regroup + give + go
- 10 - S.O. 2 shots



B600 - 3 pass + shoot  
100 each side - second  
release side - second

20

C2-Rejo 1-1

2:20

D400 - transition o gets  
support 1/4 1/2

2:30

D-100 - F gets support

2:40 1-1


D400 - Bon 3

2:50 - Conditioning

4/6 U20

### Practice 10

2:00 - 30' - younger

15'  group -

15' 

older  
2:00-2:15 B3 pass + move - 8'

D4 - Keepaway - 7'

2:15-2:30 - 7' - B5 1 timer drop -  
8" double drop - 1 pass. shoot red


2:30 - D100 - 2nd 2 scrimmage.

2:45 - nets back to back 3E 3O  
sokers around.

3:05 - Shootout.

B200 - Angling Game  
in front + behind net.

### Jr. Practice: 2 times

1:00 - B600 exchange pack in middle  


1:10 - B5 - Cross + drop x2 + 1 pass shot

1:20 - D100 - 1-1 back checking game

1:30 - ~~1 net~~ Continuous 1-1, 2-1 x2

1:40 - 1 net Continuous 2-2, 3-2  
(play positions)

2 colours if possible.

go - continuous 1-1 x 5 min.  
continuous 2-1 x 5 min.  
continuous 2-2 x 5 min.  
continuous 3-2 x 5 min.