

Jihlava Hockey Camp 2010-08-04

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

11 ice times

18.07. 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## Pract 1 - Dukla SH

- 10 AB. handle 2 pucks - patrol pass - Goalies with coach.
  - 10 ~~BS~~ 3 games of 2 pass. 

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 6 columns -
  - 10 B2 sheating - Bothwell shoot.
  - 20 min. Big moves.
  - Pinnies - 4 teams. 3 on 3 D200
  - 5' 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

Manuela Hebel

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## Practice Wed a.n.

- 8:30 15 min. 4 groups. - Shooting:
- Slapshot - back hand.
- 8:45 10 min. BS - 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 Kroual 3-3 older - 2-2 younger.
- 9:35 Shoot race 2-0. leave from hand. one group each side

## Dukla Practice 2 SH



- ~~10~~ 20 min. review - 4 starts + goalie - Skating + Puck hand
- 15 min - 3 x 8's - Older boys - younger - one end - back. - F hand, backhand. face one end.
- 15 D4 - get on side -
  - ~~3~~ 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 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 - <sup>D100</sup> 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 pass  
 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 jockey each set  
 regroup + pass low.  
 9:30 - D100 - 60' shifts  
 pass to goalie. All play.  
 9:50 - 2 shots SO

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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

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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 5. B600 - 3 passes 1-0 alternate  
 8:50 5. B300 - sides  
 one timers  
 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 Penn 3 on 3 (coach's play)  
 9:25 / D100 - 75 and full ice scrimmage  
 9:35 - S.O. Jan's choice Rebound  
 D200 - 2 angles  
 D200 - transition skate

## Practice 4

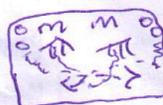
### Passing 2

- 10' - skating with the puck <sup>4gr</sup>
- 10' - Kuhovy passing - 4gr
- 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

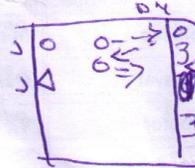
## Practice 5

2:00 - Group Shooting

2:15  3x3 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.

Th.A.M. 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 closer  
defender stick upside down.  
Keep D side. Take stick + man

9:25 - Transition - BV - AH - D - P.h.  
after the shot

Active support. D-stick upside down.

9:38 - Rebound 2 shot shootout

AM - 85. 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 bklt  
- snap - FH, and B. Hand

10 min - Keepaway.

10 min - cross ice

- 1- All touch - wrist no noise.
- 2- All touch only FH

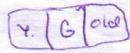
15 min - Joker at each end regroup + give + go

10 - S.O. 2 shots

B600 - 3 pass + 8 shoot  
 700 each side - spread  
 rebound  
 7:00 C2-Rejo 1-1  
 7:20 D400 - transition o gets  
 support 1/4 1<sup>st</sup>  
 2:30 D-100 - F gets support  
 1-1  
 D400 - Bon 3  
 2:50 - Conditioning

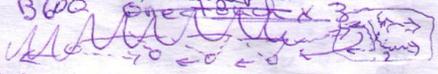
U20

Practice 10

2:00 - 30' - younger  
 15'  groups -  
 15'   
 Older:  
 2:00-2:15 B3 pass + move - 8'  
 D4 - Keepaway - 7'  
 2:15-2:30 - 7' - B5 1 time drop -  
 8" - double drop - 1 pass. shoot rebound  
 2:30 - D100 - 2 or 2 scrimmage  
 2:45 - nets back to back 3E 3O  
 3:05 - Shootout.  
 3:05 - Shootout.

B200 - Angling Game  
 in front + behind net.

Jr. Practice:

1:00 - B600 exchange pack in middle  
  
 1:10 - B5 - Cross + drop x 2 + 1 pass shot  
 1:20 - D100 - 1-1 back checking game  
 1:30 - ~~1 net~~ Continuous 1-1, 2-1 x 2  
 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.