



Practice Tournament

Practice Plan

Date: 03-11-15

Time: 16:15-17:45

Venue: Optimist

Lines:

Pass, receive, get open, skate inside pass

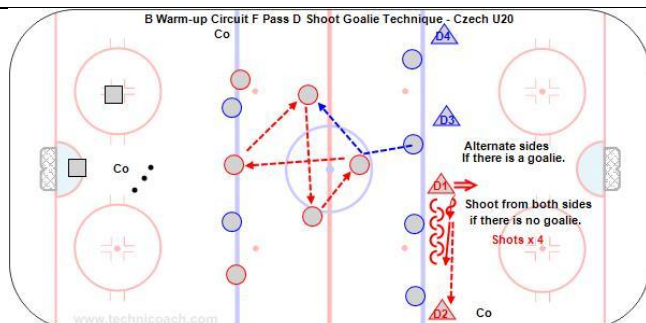
Plays behind the net. Puck support

Tournament

Notes:

Outside, screen, one timers, point shots

Scoring compete



10'

B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

Description:

1. Forwards one touch pass in the neutral zone.
2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the puck.
4. Goalies work on technique with the goalie coach at one end.
5. Defensemen work on one timer and quick shots at the other end.
6. Defensemen take 4 one timer or quick shots at a time.
7. D1 skate toward D2, exchange passes and shoot while skating backward.
8. Alternate sides after 4 shots with D3 shooting and D4 passing.

**Take quick snap shots when on the wrong side for a one timer.*

**Alternate sides on point shots if there is a goalie and shoot from both sides if there isn't a goalie.*

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10'

B6 1-0, 2-0, 3-0 Small Horseshoe

Key Points:

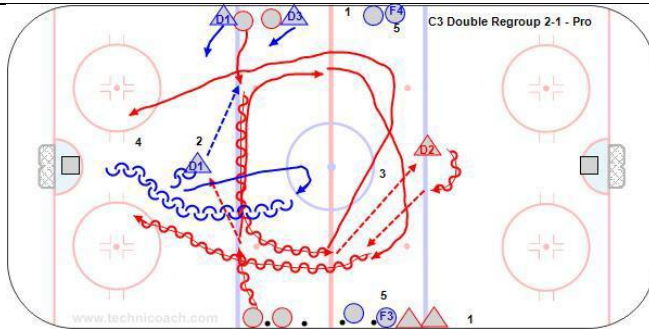
This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.

4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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10'

C3 - Double Regroup-One Touch- 2-1 - Russian U20

Key Points:

Stick square to the puck, hands away from the body and head up. Face the puck and keep the feet moving. Make the first play early on the 2-1. D keep the play to one side so it is a 2-2 with the goalie.

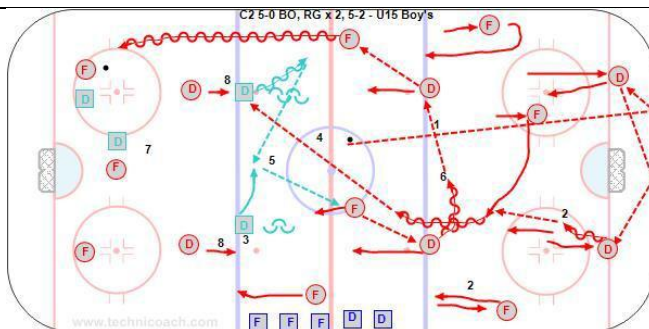
Description:

1. F1-F2 leave and regroup with D1.
2. F1-F2 make a second regroup with D2.
3. F1-F2 attack 2-1 vs. D1.
4. F3-F4 leave and regroup with D2.
5. F3-F4 make a second regroup with D3.
6. F3-F4 attack 2-1 vs. D2.

7. Continue this flow.

*This double regroup organization can be used 1-0, 2-0, 3-0, 1-1, 2-1, 3-1, 2-2, 3-2 or instead of a second regroup dump the puck in and breakout then attack.

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10'

C2 5-0 BO, RG x 2, 5-2 - U15 Boy's

Key Points:

Defense hinge and forwards support from each lane and give a target. One D join the attack. Play 5-2 until the play has ended. Make it a contest and keep score.

Description:

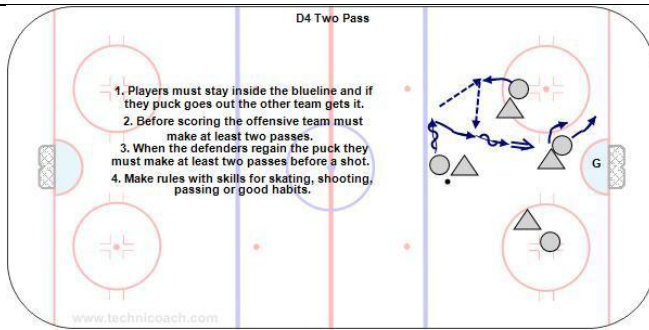
1. Start with the forwards dumping the puck deep in the zone.
2. Breakout 5-0.
3. Two opposition D follow the play and skate backward in the neutral zone.
4. Regroup with the opposition D.
5. D hinge and either pass to the forwards or feign a turn-over by passing to the attacking D.
6. Original D hinge and regroup with their forwards.
7. Attack 5 on 2 until a goal, frozen puck or breakout.
8. Original attacking D defend the next rush.

□ Option is to add a second breakout instead of the regroup.

□ Lloyd Percival called 5 on 2 the 'Magic Drill.'

□ Option two: add a time limit, i.e. 10 seconds to score to create offensive urgency.

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50' Tournament 4 teams of 4, 2 blue 2 white Game One: Record winner after each game.

10 Record winners after each game.'

D4 Two Pass – Goals must come from one touch or one timers.

Key Points:

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce.. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

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.

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10'8'

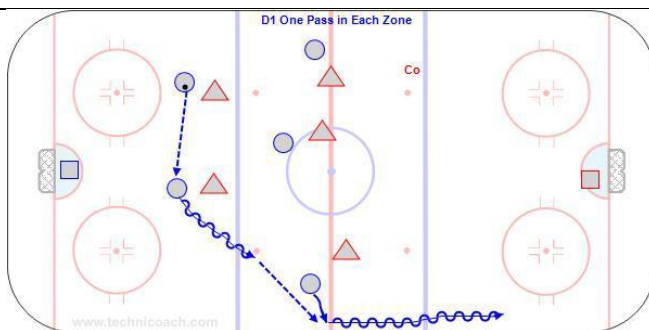
D4 Two Active Jokers Behind the Net

Key Points:

Jokers must learn to protect the puck and make plays on their own or passes. Everyone learns to play low in the zone on offense and defense.

Description:

1. Each team has two low jokers.
2. Jokers can check Jokers.
3. Jokers can score.
4. Jokers can skate out to the face-off lines.
5. Jokers must touch the puck to score.
6. Jokers rotate on their own.
7. Vary between 1 or 2 Jokers and 1 to 4 out players.



10' 10'

D1 One Pass in Each Zone

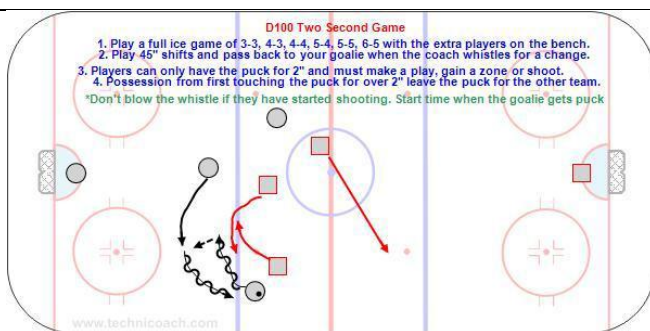
Key Points:

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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10'

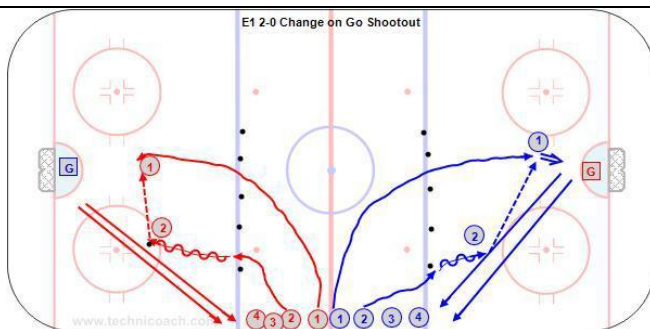
D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
 2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
 3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
 4. Possession from first touching the puck for over 2" leave the puck for the other team.
 5. Encourage talking, facing the puck, always give a target.
- *Don't blow the whistle if they have started shooting. Start time when the goalie gets puck.



10'

E1 2-0 Change on Go Shootout

Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

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Record winner after each game. Win 2 pts.
Total the score at the end of practice and the

Tie 1 pt. Loss 0 pts.
Winning team gets a bag of Halloween candy.