



## Fire White

## Practice Plan

Date: 12-1-16

Time: 16:00-17:45

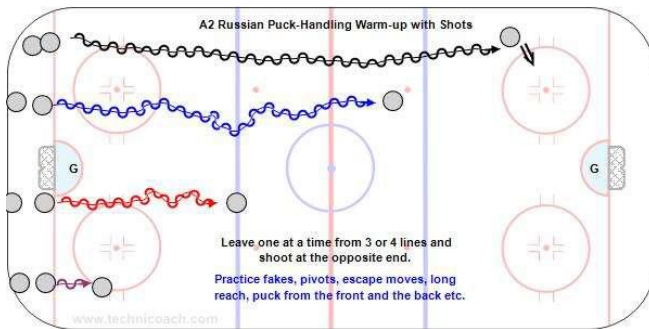
Venue: Henry Viney

### Lines:

Focus on shooting quickly, one touch shots  
Two small nets and two regular nets.

### Notes:

One touch, PP vs. high pressure



20' **First ten minutes individual shooting practice.**

### A200 Skating Warm-up for Edges and Balance with a Puck and Shot

#### Key Points:

Good players can move in all directions efficiently because they and use all edges and have great balance on the ice.

Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

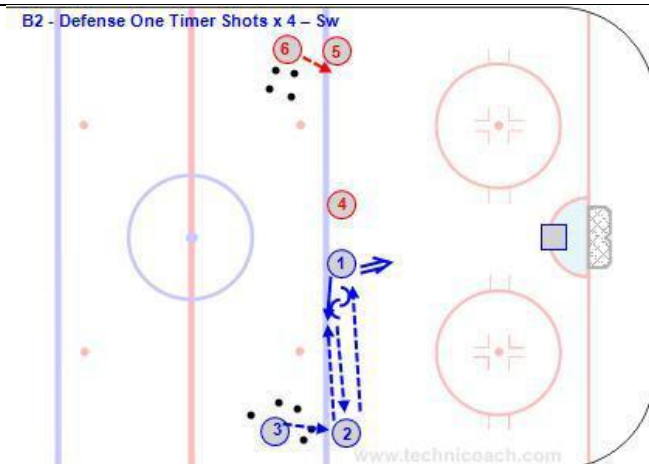
#### Description:

##### A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

#### Repeat the same sequence but skate Backward.

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15' **Rotate shooting on all 4 nets.**

### B2 - Defense One Timer Shots x 4 - Sw

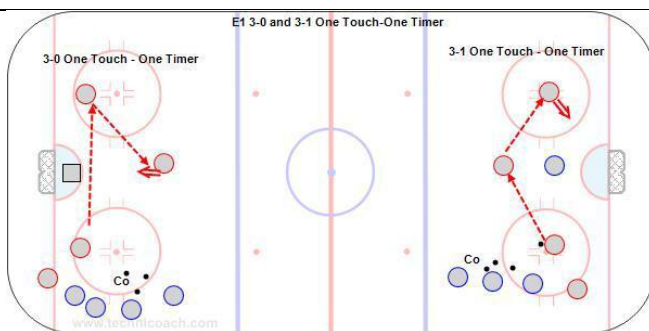
#### Key Points:

Shoot while moving, head up, follow through at the target.

#### Description:

1. Organize the defense into two groups. When one is finished the other starts.
  2. #3 pass new pucks to #2.
  3. #1 skate toward 2 along the blue line and get a pass from 2.
  3. #1 one touch back to 2 who one touches to 1.
  4. #1 takes a one timer shot.
  5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.
- \* Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164755275>



10'

### E1 3-0 and 3-1 One Touch-One Timer

#### Key Points:

Square to the passer and have the stick back and ready. Follow through at the target with the outside knee pointing at the target.

#### Description:

3-0

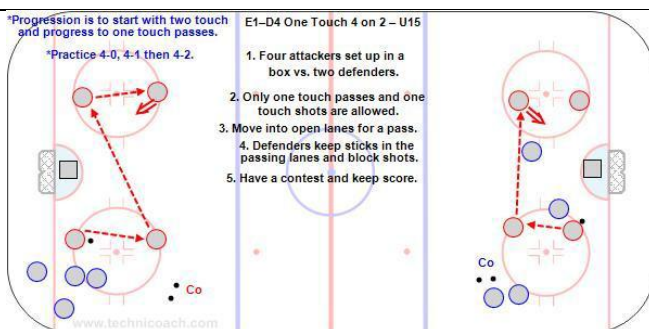
1. Shooters form a umbrella and one touch pass and shoot.
2. New puck when the puck goes out of the playing area, goal or frozen puck.
3. Rotate in and positions each new puck.

3-1

Same as the 3-0 but now there is a defender.

\*Keep score team vs. team and goalie vs. shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141218155413934>



10'

### E1-D4 One Touch 4 on 2 – U15

#### Key Points:

One touch passes only. Give a target and be ready to pass and shoot. Slide into open lanes.

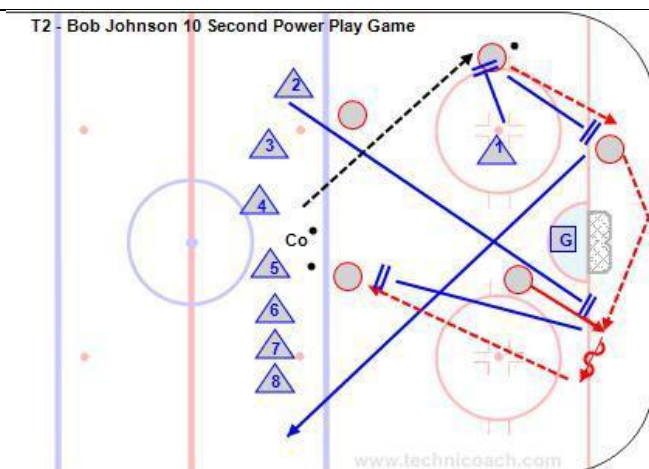
#### Description:

1. Four attackers set up in a box vs. two defenders.
2. Only one touch passes and one touch shots are allowed.
3. Move into open lanes for a pass.
4. Defenders keep sticks in the passing lanes and block shots.
5. Have a contest and keep score.

\*Progression is to start with two touch and progress to one touch passes.

\*Practice 4-0, 4-1 then 4-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141223112820665>



15'

### T2 - Bob Johnson 10 Second Power Play Game

#### Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

#### Description:

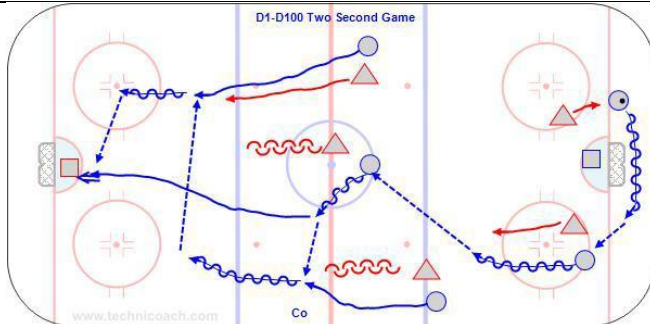
1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

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*\*This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161029103334311>

<https://youtu.be/jOMFSb4as1s>



### **10' Focus on skating into the triple threat position.**

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*\*This game can be played full, cross, half ice.*

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

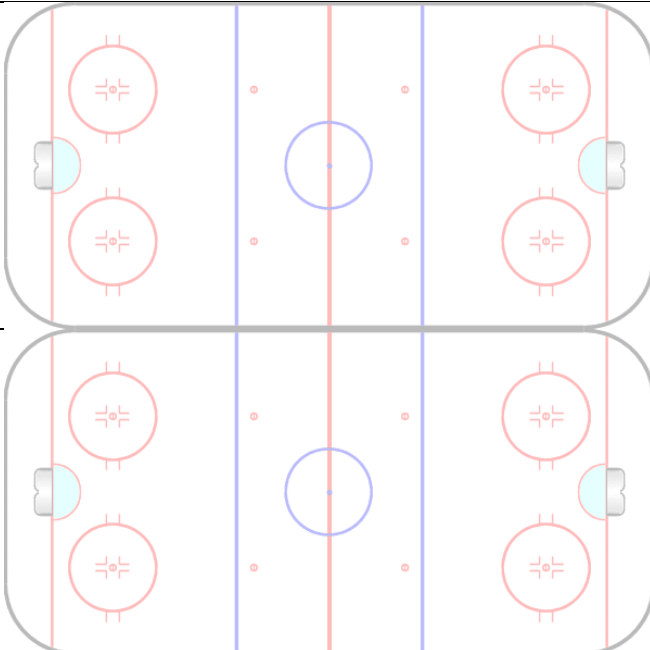
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



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**Explanation/Notes:**

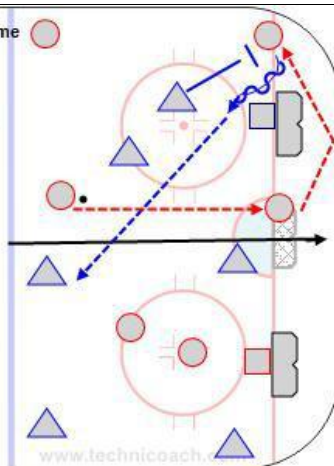
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**Explanation/Notes:**

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#### D400 Ali, Bobbi-Jo Two Net Game

1. Two nets on the goal line
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other to go onto offense.
5. Keep score.
6. Add skill rules such as only forehand passes.



10'

#### DT400, 4-2 x 2 - Pro

##### Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds. I have posted this game with other groups playing. It is one of those universal games played all over the hockey world. This is a pro group playing.

##### Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165330506>