



Fire

Practice Plan

Date: 03-03-16

Time: 17:00-18:30

Arena: Ed Whalen

Lines: Individual and team offensive skill

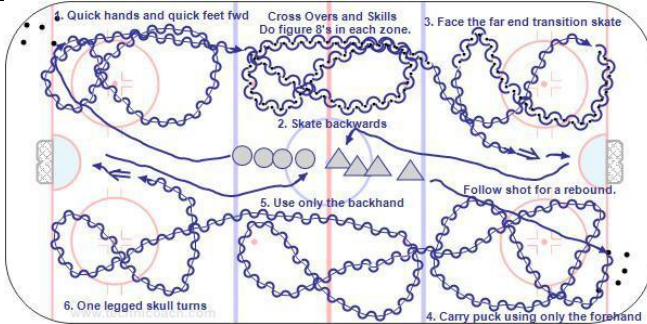
Notes:

Slap shot, one timer no pressure then

Pressure. Loose shoulders with the puck

Middle drive options – no pressure

Then middle drive in 3-3.



10'

B6 or B4 Crossover Skating and Puckhandling

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

Description:

Cross Overs and Puck Handling Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd

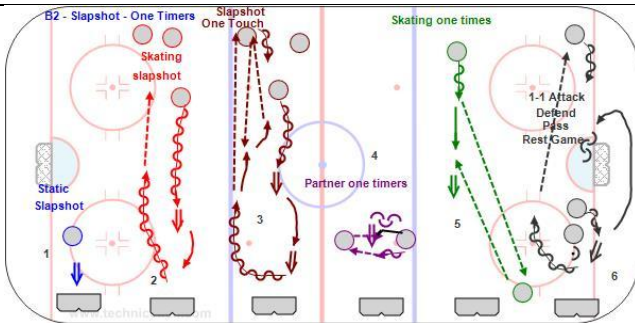
2. Skate backwards

3. Face the far end transition skate

4. Carry puck using only the forehand

5. Use only the backhand.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2012041815512444>



30'

B2 - Slapshot and One Timer Circuit

1. Standing individual slap shot.

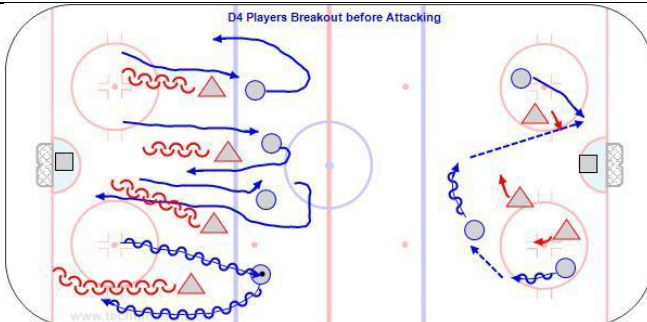
2. Skate, slapshot, rebound, shoot, pass.

3. Skate, slap, rebound, one touch x 2, leave.

4. One timer x 4 - rotate.

5. Skate, pass low, pass, one timer.

6. 1-1 defend, pass, rest game with goals only on slapshots.



18' Tournament - Keep Score

Game One – Goals on Slap shots and one timers only.

Game Two – Add rules-Face puck, stick on ice, offenders 3 pu team 1.

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.

2. The defending team must breakout over the blueline and then turn back and attack.

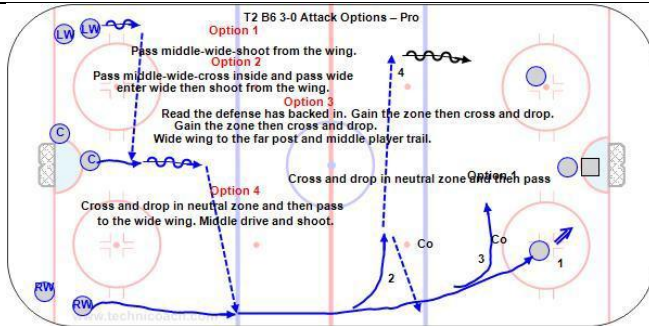
*Individual skills can be worked on. i.e.

-Skating-only backward skating allowed.

-Team Play - goals come only on plays originating below the goal line.

-Individual Offensive skills - an escape move must be made when you get the puck.

- Individual Defense - sticks upside down until one shot is taken.



15'

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.

2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

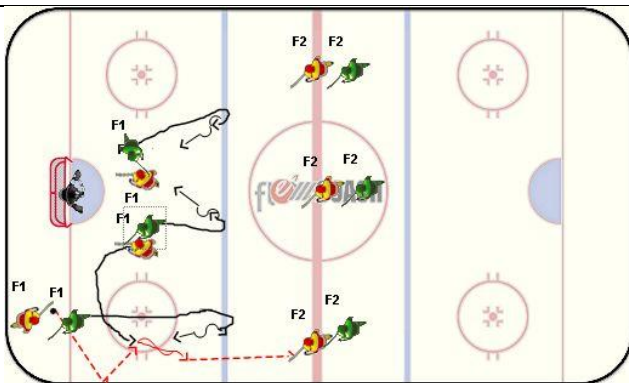
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013092315445066>



10'

DT400 3-3 Perry Pearn Game Rotation

Attack with Middle Drive

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far

blue line.

2. Three players attack three defenders.

3. Defenders must carry the puck out of the zone before passing to team waiting team mates.

4. Three new players attack vs the original offensive players.

5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004080131252>

7'

E1 Rebound Game

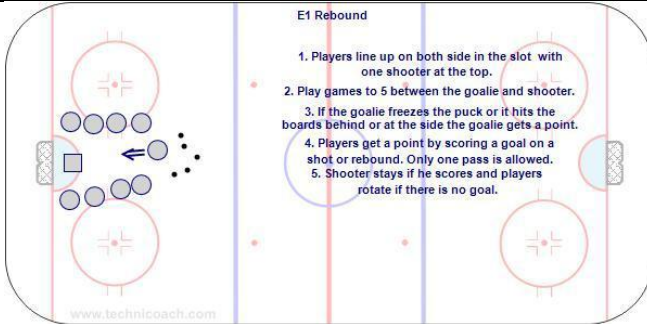
This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

Team meet in middle.



Explanation/Notes:

Explanation/Notes:
