



Fire

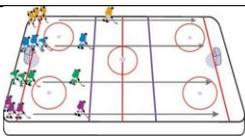
Practice Plan

Date: 8-10-16

Time: 18:45-20:00 20:15-21:45

Arena: Fr. Bauer

Lines:	Notes:
Groups average 28 players in two colours.	Group 1 has 4 goalies
	Group 2 has 3 goalies

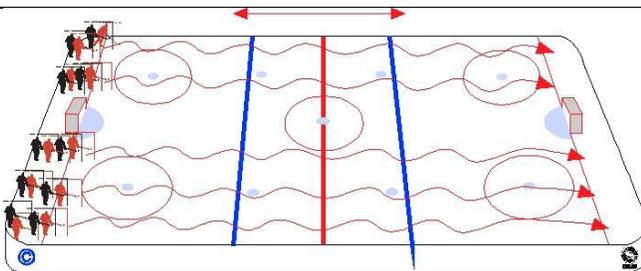


9' Do this until the time is up. Quickly one end to the other.

A2 Skating Warm-up for Edges and Balance – Emma Lead with Jim

Key Points: Good players can move in all directions efficiently because they 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. Description: A2 Formation - Players start at one end and skate to the other end. - 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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9' Jim lead with Emma

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description: - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.

-Put the puck from the stick to inside and outside edges back to the stick.

-Move puck from behind to front through skate forehand and backhand.

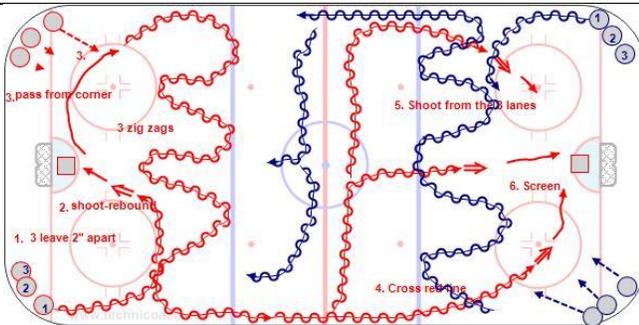
-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. -

Skate fake inside and go outside.

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9' – Tom introduce Emma and Jim demo

B6 – 3 Shots, 3 Zig zags, 3 Shots – add pass from corner

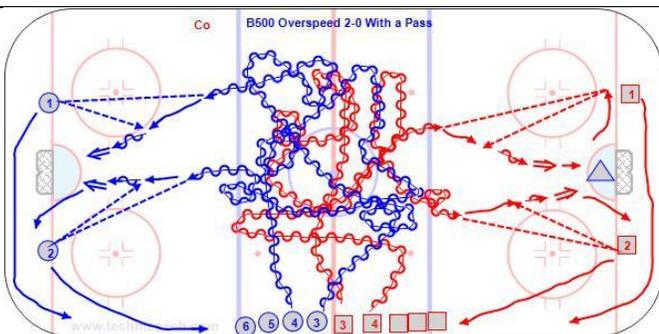
Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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8' – Green one side orange other side. Two leave from each line. One shoot at each net then stay to pass.

B500 Overspeed 2-0 with a Pass

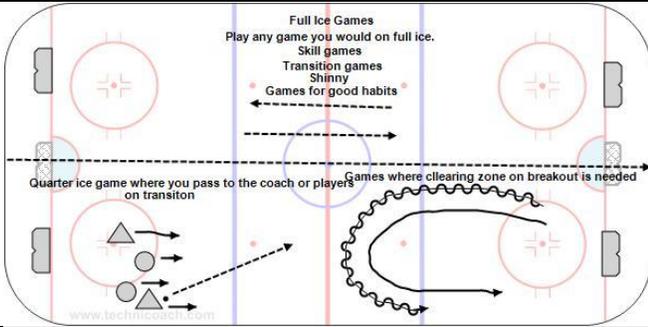
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

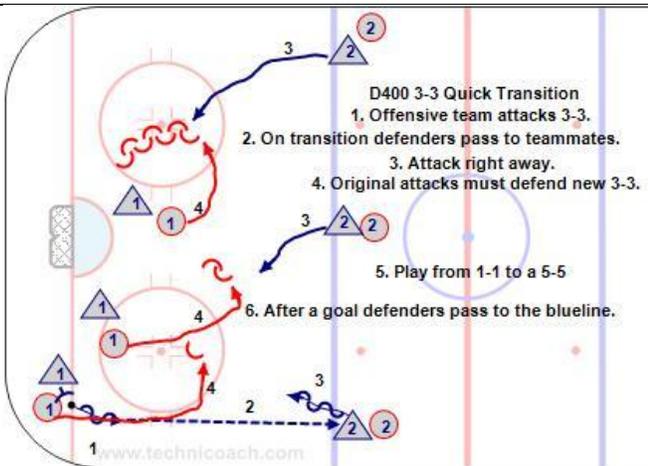
Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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Organize into 4 groups of either 3 green and 3 orange or 4 of each. One group at each net.



Rotate Greens after each game. 4 nets 2 on 2 Keep score and keep track of wins.

8' Game One

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get onside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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3 x 8' Games

D4 - Games of Two Pass Key – 3 or 4 nets

Key Points:

Keep score in all of the games. Change where the jokers are and allow jokers to check jokers. Rotate on goals against. Rotate areas each game.

Description:

1. Play two one goal games and one cross ice game.
2. Require that 2 passes are needed before shooting and the jokers must be passed to.
3. Players don't check jokers but cover a man.
4. Jokers can pass or shoot but can't skate past the line.
5. Use passing rules like only forehand, skating rules as only backward or on one foot, quickness rules like only one second with the puck or good habit rules such as goals must be on one-timers.

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Game Two – Rotate - Two pass. – Goals only count of one timers or one touch shots.

Game Three – Rotate: Pass to Joker at the point to go on offense

Game Four – Pass to Joker below the goal

line to go offense

8' - Skate – 4 groups cross ice – each dot and back.