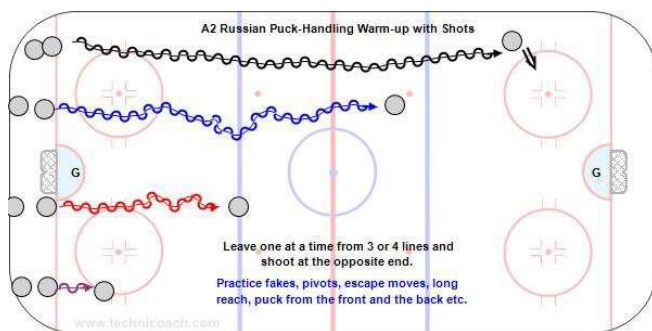




## Fire Conditioning Camp

## Practice Plan

<b>Date:</b> 8-11-16	<b>Time:</b> 18:45-20:00, 20:15-21:00	<b>Venue:</b> Fr. Bauer
<b>Lines:</b> Two groups of 30 players	<b>Notes:</b>	
Practice one has four goalies	Practice two has three goalies	
Shoot, edges, puck handle, pass, breakout	3-2, Game situations	



### 9' Jim and Emma lead

#### 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.

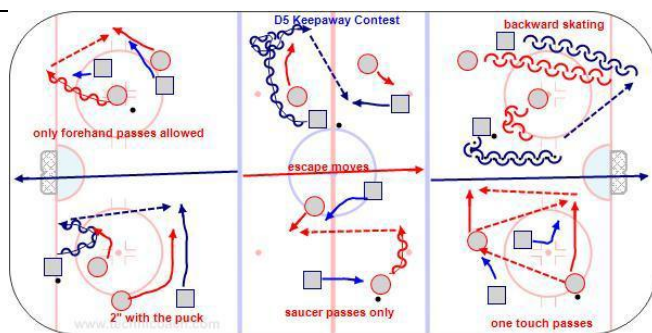
##### Description:

##### 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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### 7'

#### D5 Keepaway Contest

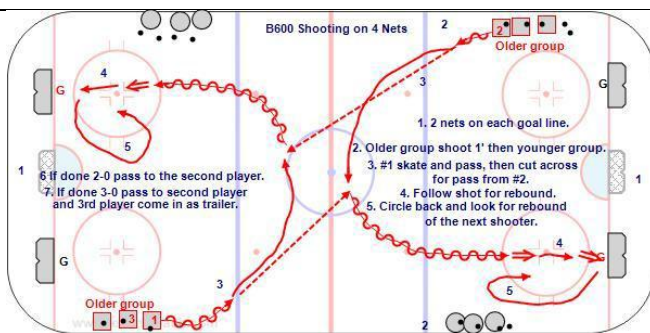
##### Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

##### Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Keep score and switch opponents. 1 point for every 5-7 passes.

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7'

### B600 Small Horseshoe 4 Nets 2 Groups

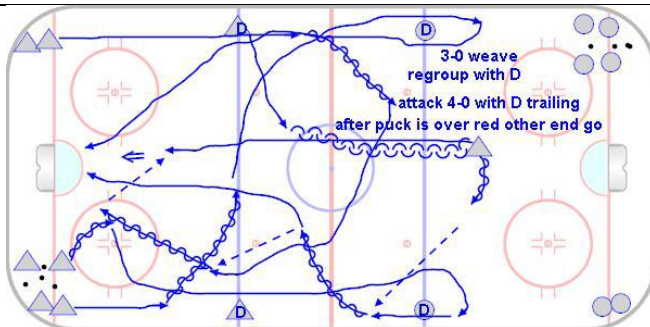
**Key Points:** 2 leave and each get a pass - Player 1 shoot at far net and 2 close net

Skate before you pass. Follow the shot for rebound. Circle back for next rebound. Give a target.

#### Description:

1. 2 nets on each goal line.
2. Older group shoot 1' then younger group.
3. #1 skate and pass, then cut across for pass from #2.
4. Follow shot for rebound.
5. Circle back and look for rebound of the next shooter.
- 6 If done 2-0 pass to the second player who one touches the puck to #1.
7. If done 3-0 pass to second player and 3rd player come in as trailer. (3-0 is better with only one net at each end. The 3rd player stays on the lineup side and skates to the red line then comes in as the trailer.)
8. Options are to shoot and then come out and defend the next attack or to be a deep passing option to give and go for a one timer shot.

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### 10' B6 3-0 Weave With D Regroup

#### B6 3-0 Weave With D Regroup

**Key Points:**

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

#### Description:

1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.

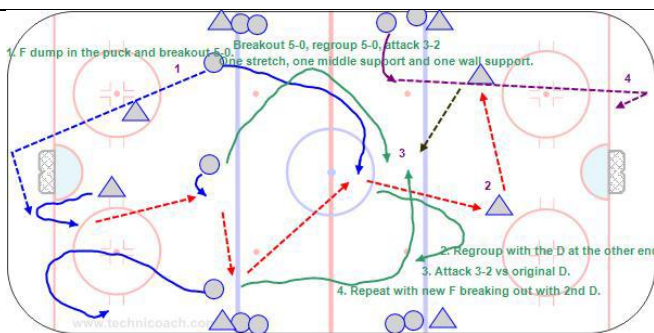
#### Options.

- a. Add another D.

take a shot followed by the D shooting the other puck.

#### B6 3-0 Weave With D Regroup

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10'

### C3 Breakout 5-0, regroup 5-0, attack 3-2

**Key Points:** *Orange F Green D one end GF-OD other.*

One stretch, one middle support and one wall support.

#### Description:

Breakout 5-0, regroup 5-0, attack 3-2

One stretch, one middle support and one wall support.

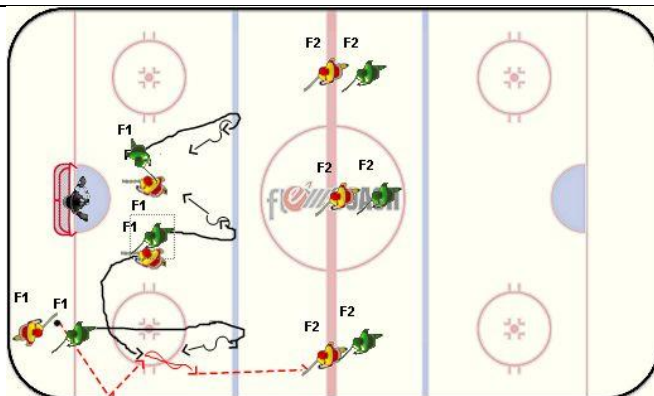
1. F dump in the puck and breakout 5-0.

2. Regroup with the D at the other end.

3. Attack 3-2 vs original D.

4. Repeat with new F breaking out with 2nd D.

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#### Key Points:

This is a great transition game to practice cycling, low zone coverage and use all of the individual offensive and defensive skills of hockey.

Create offense by cycling, crossing etc. and play man to man defense. To add more intensity play a timed game and keep score or play to a certain amount of goals. i.e. first team to 3 wins.

#### Description:

- 3 players attack and 3 defend (it could be any number or odd man situations)

- The attacking team tries to score and the defending team must get it over the blue line in complete possession or the attack continues.

- If the puck is dumped out it is a loose puck and the offense can regain it or defense make the pass.

Offsides are called and the other team gets the puck.

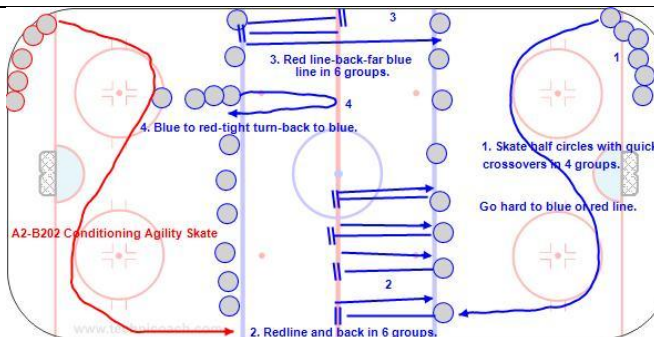
- The players on the defending team wait for the puck in the neutral zone. If there is one game going on wait behind the red line. If two games or a half ice practice then wait within a stick length of the red line.

- \*Rule s – Gm 1 Give and go goals.

Gm 2 – One touch goals

Gm. 3 – 2" only with the puck.

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8'

### A2-B202 Conditioning Agility Skate

#### Key Points:

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

#### Description:

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.

2. Redline and back in 6 groups.

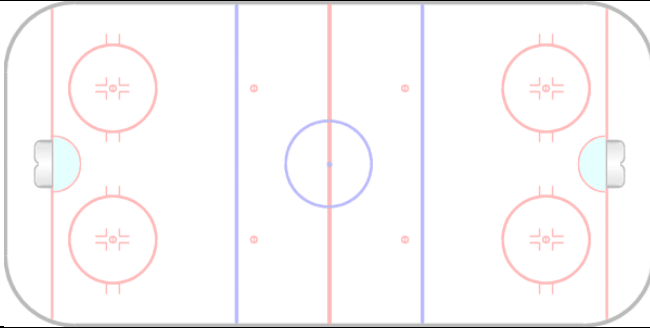
3. Red line-back-far blue line in 6 groups.

4. Blue to red-tight turn-back to blue.

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**Explanation/Notes:**



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