



Fire White

Practice Plan

Date: 8-24-16

Time: 8:15-9: 45

Venue: Southland

Lines:

We have 20 skaters and 2 goalies.

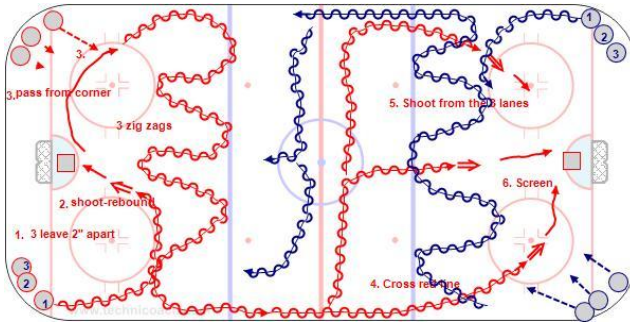
Game situations.

Skills

Notes:

First practice: cuts to be made so good habits

Is the focus.



10'

B6 – 3 Shots, 3 Zig zags, 3 Shots

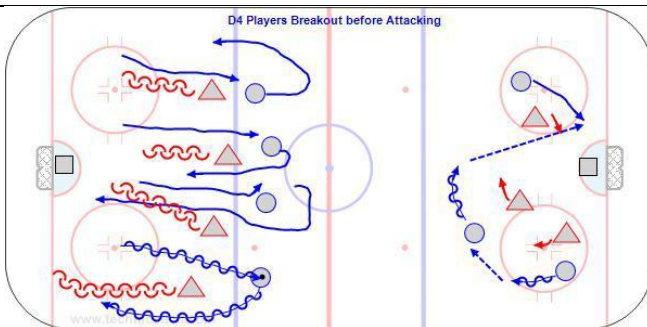
Key Points:

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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9'- Face the puck game. Player not facing the puck 3 push ups, teammates 1. Coach enforce.

D4 Players Breakout before Attacking

Key Points:

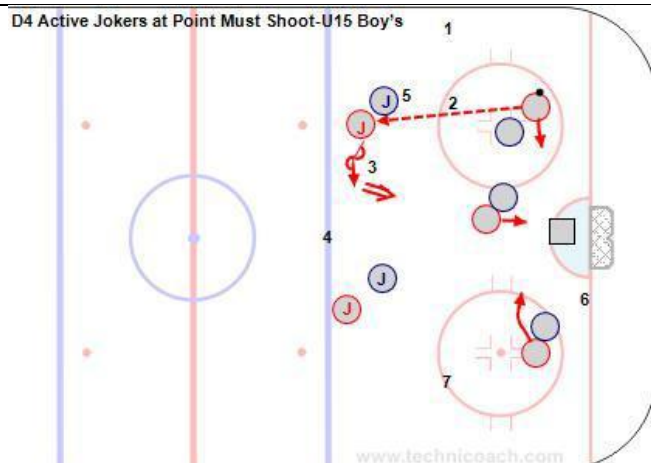
To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

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.

D4 Active Jokers at Point Must Shoot-U15 Boy's



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

9'

D4 Active Jokers at Point Must Shoot-U15 Boy's

Key Points:

One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

Description:

1. Both teams shoot on the same net.
2. Transition from defense to offense by passing to your Joker at the point.
3. Joker must shoot.
4. Teams can have 1 or 2 Jokers at the point.
5. Jokers cannot check Jokers.
6. Play from 1-1 to 3-3 below the top of the circle.
7. Any teammate can be passed to after the Joker shoots.

* Keep score and have a tournament.

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<https://youtu.be/uXesDVFYuDQ>

9'

C3 Rejo 1-1, 2-1 Both Sides - Gap Control

Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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10'

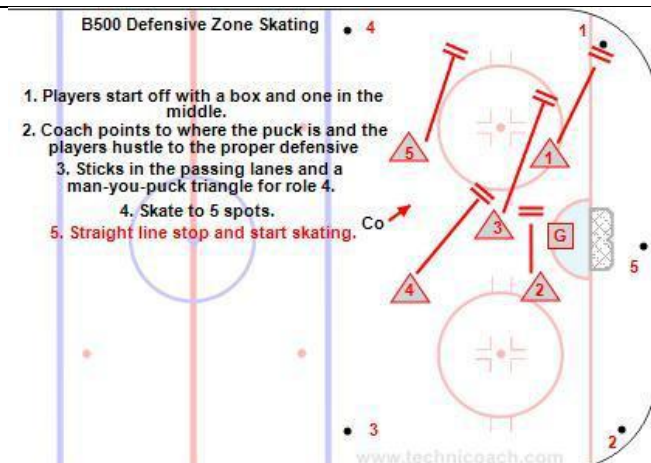
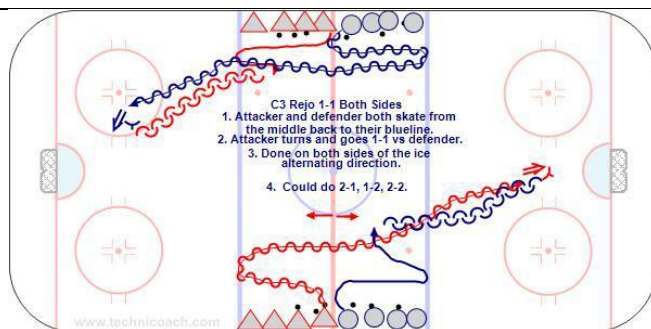
B500 Defensive Zone Skating **Start by Tracking back to the slot then skate.**

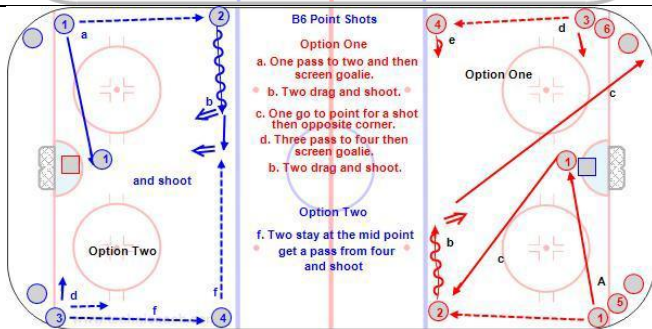
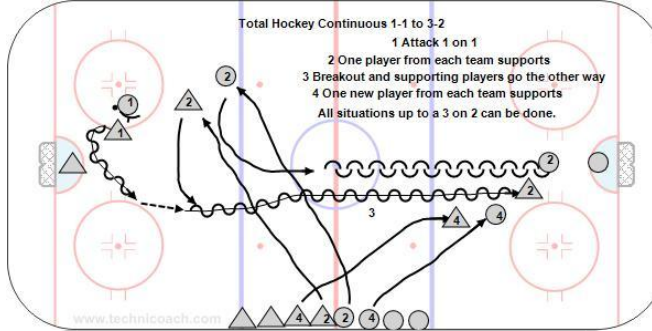
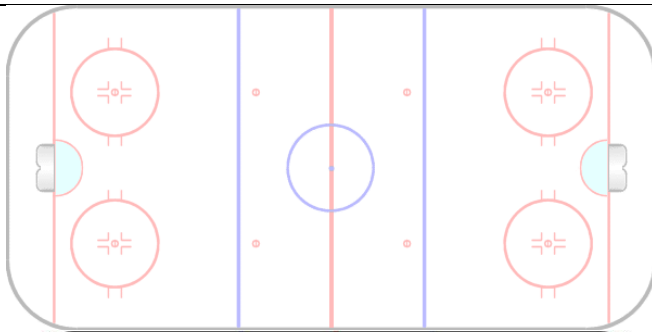
Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the





players hustle to the proper defensive position.

3. Sticks in the passing lanes and a man-you-puck triangle for role 4.

4. Skate to 5 spots.

5. Straight line stop and start skating.

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11'

DT100 Total Hockey: Continuous 2-1, 2-2, 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line, unless a regroup is added.

Description:

1. DT100 formation along the boards in the nzone.

2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.

3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

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8'

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

a. One pass to two and then screen goalie.

b. Two drag and shoot.

c. One go to point for a shot then opposite corner.

d. Three pass to four then screen goalie.

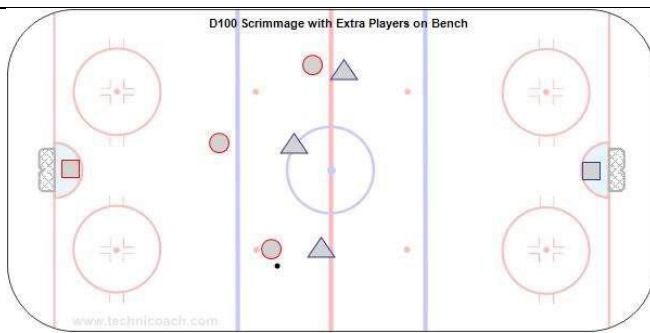
e. Four drag and shoot.

Option Two

f. Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>

The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.



15'

D100 Scrimmage with Extra Players on Bench

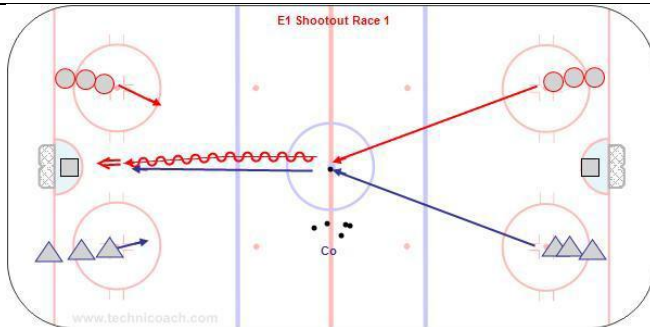
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



8'

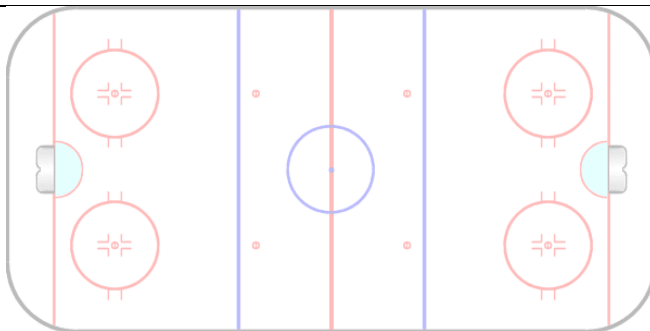
E1 - Shootout Race - U18 Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other. **Description** 1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs. backchecking opponent. 4. Place another puck near the dot and repeat the other way. 5. Allow goals on rebounds that come straight out.

* Backchecker can't hook or hold but must take the stick on a rebound.

* Keep score!!

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151024103934882>



Explanation/Notes: