



## Fire White

## Practice Plan

Date: 8-25-16

Time: 20:45-22:00

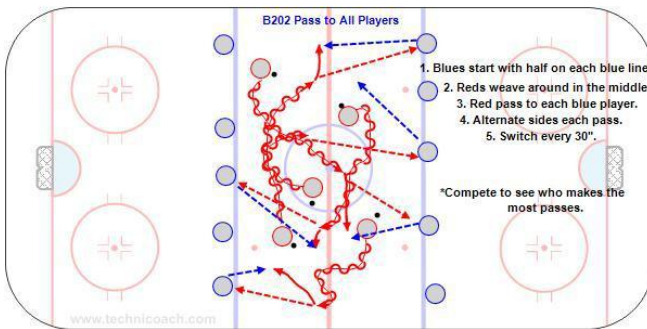
Venue: Fr. Bauer

### Lines:

Divide into white and dark teams.

### Notes:

Angling skills.



10' Jim shoot at goalies.

### B202 Pass to All Players

#### Key Points:

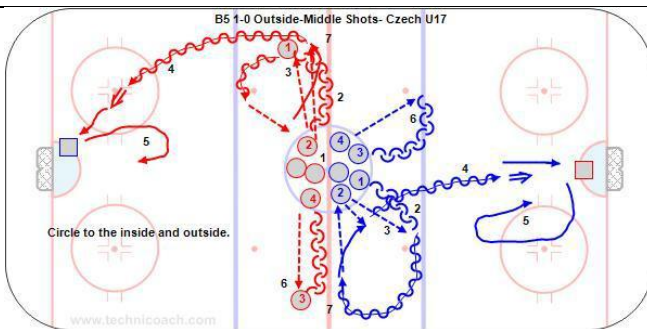
Give and go pass. Give a target and make eye contact before passing.

#### Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

\*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



8'

### B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

#### Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

#### Description:

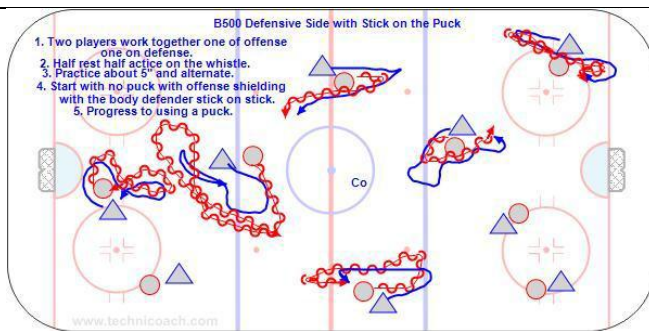
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

\* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

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5'

### B500 Defensive Side with Stick on the Puck

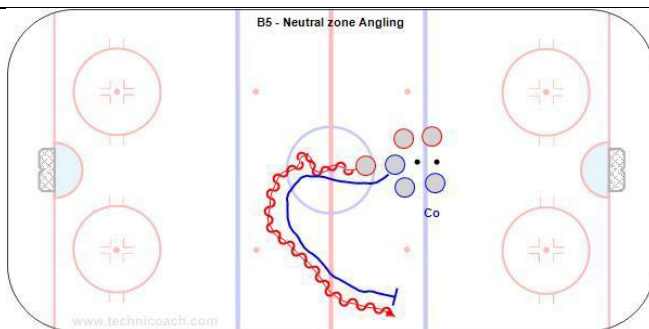
#### Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

#### Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5' and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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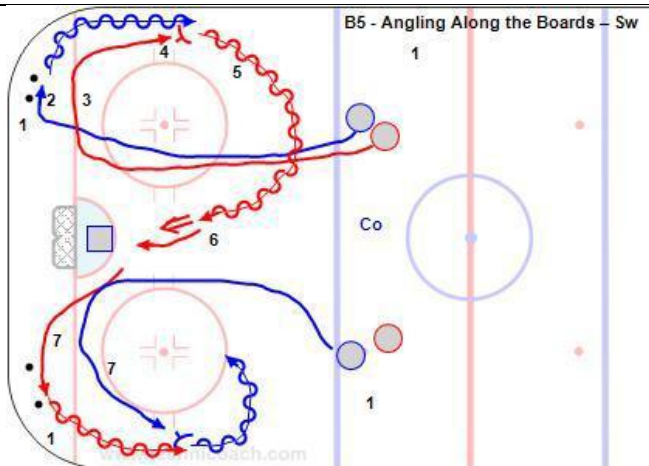
8'

### C1 - Neutral zone Angling - Pro

**Key Points:** Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

**Description:** 1. Line up in the neutral zone with a defender following an offensive player with the puck. 2. Offensive player make moves and dekes and then turn either way to attack. 3. Defender mirror the offensive player and turn staying on the inside. 4. Defender close the gap by approaching from about a half stick behind at the inside shoulder. 5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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10'

### B5 - Angling Along the Boards – Sw

#### Key Points:

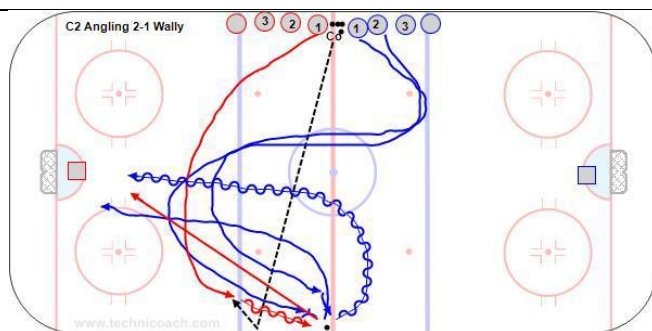
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

#### Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

\* Repeat alternating sides.

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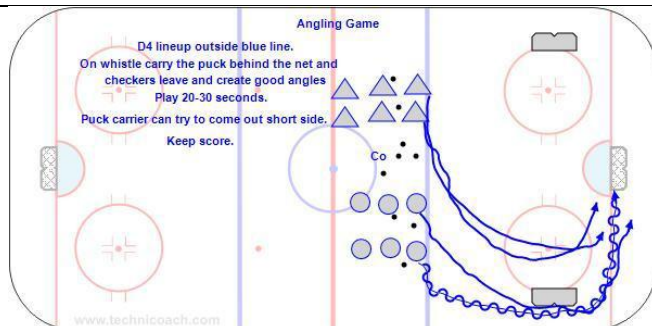
10'

### C2 Angling 2-1 Wally - Pro W

**Key Points:** Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

**Description:** 1. Coach shoot the puck across the ice on the **attacking** teams half or dump it softly. 2. Red 1 race for the puck and attack the Blue net. 3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half. 4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck. 5. Blue 1 rub out Red 1 and Blue 2 pick up the puck. 6. Blue 1 and 2 attack the other way while Red 1 back checks. 7. Repeat with Blue 3 on offense vs. Red 1-2. \* *This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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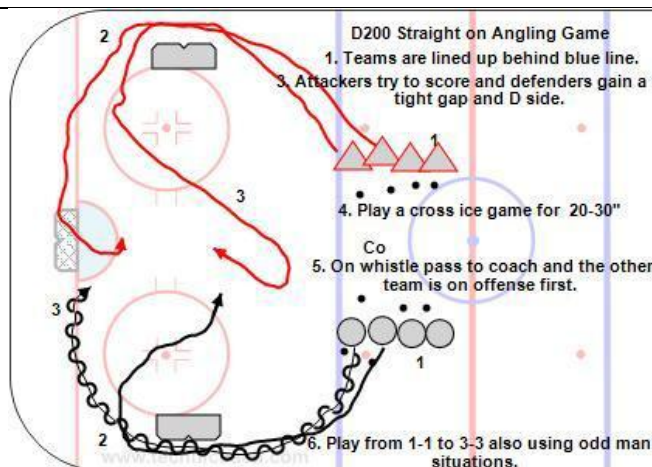
8'

### D200 Angling Game 1-1 to 3-3

**Key Points:** Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

**Description:** 1. D200 lineup outside blue line. 2. On whistle carry the puck behind the net and checkers leave and create good angles. 3. Play 20-30 seconds. 4. Puck carrier can try to come out short side. 5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

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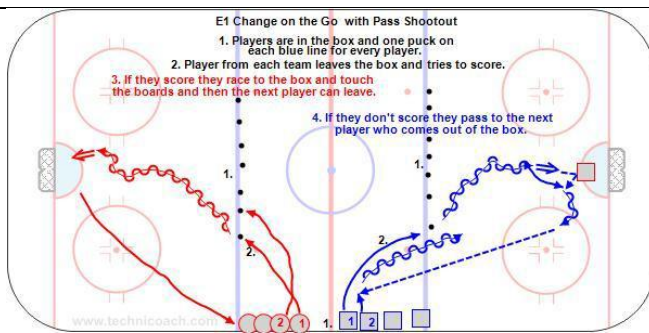
7'

### D200 Straight on Angling Game 1-1 to 3-3

**Key Points:** Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

**Description:** 1. Teams are lined up behind blue line. 2. On the whistle each team skates behind their net. 3. Attackers try to score and defenders gain a tight gap and D side. 4. Play a cross ice game for 20-30". 5. On whistle pass to coach and the other team is on offense first. 6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20140607111112834>



8'

### E1 Change on the Go with Pass Shootout

**Key Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

**Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

Meet in middle for cheer.

Meet in dressing room and take attendance and answer questions.