



## Fire White

## Practice Plan

Date: 8-27-16

Time: 11:15-12:45

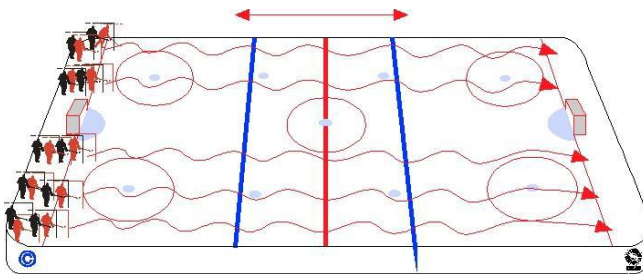
Venue: Fr. Bauer

Lines:

Theme of practice is Puck Handling

Notes:

Competition, overspeed,



15' Jim lead puck handling. Melissa work with goalies.

### A200 Big Moves \_ Russian Warm-up

#### 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.

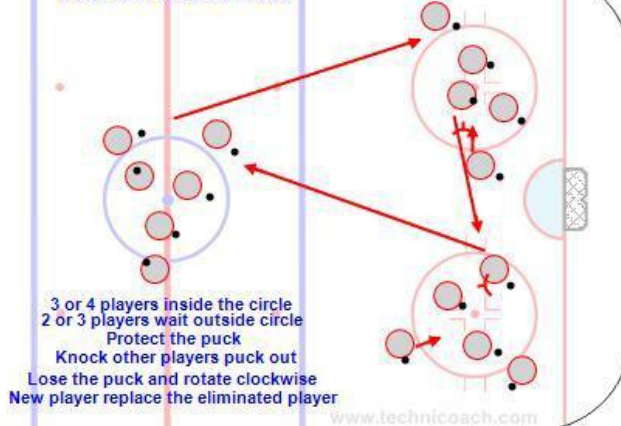
-Escape moves backward with the puck and tight turns each way.

-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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

B500 Puck Protection - Dean



3 or 4 players inside the circle  
2 or 3 players wait outside circle  
Protect the puck  
Knock other players puck out  
Lose the puck and rotate clockwise  
New player replace the eliminated player

7'

### B500 Puck Protection - Dean

#### Key Points:

Shield the puck with your body. Protect the puck before checking another player.

#### Description:

- Faceoff circles are the battle zones.

- 5 or 6 players at each faceoff circle.

- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.

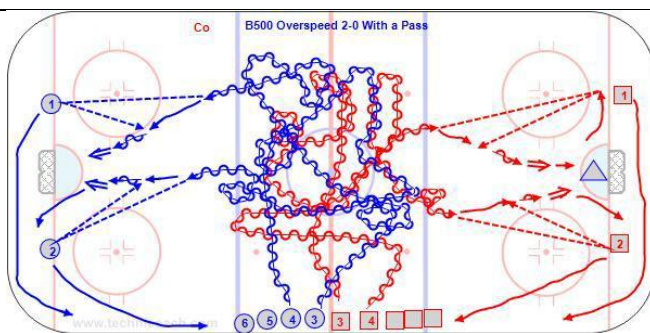
- Protect the puck and also knock the other players puck out of the circle.

- When eliminated rotate to the next clockwise circle to change opponents.

- Waiting player enter the circle when someone is eliminated.

- Put a time limit on the exercise.

-Those who move the fewest times are the winners.



8'

### B500 Overspeed 2-0 with a Pass

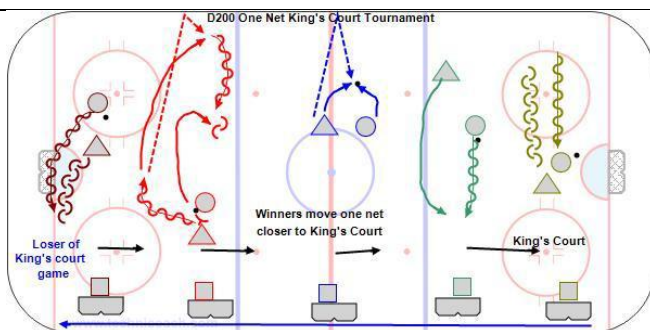
#### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



33'

### D200 One Net King's Court Tournament

#### Key Points:

Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

#### Description:

1. Have nets on one side of the ice with enough room for players to go behind the net.
2. Play from 1-1 to 3-3.
3. To transition to offense the player must bounce the puck off the boards on the other side.
4. Keep score and then rotate after the game.
5. Winner move one net down toward the King's Court.
6. Winner at the 'Kings Court' and loser at the last net stay don't move.
7. Players who lose move one net away from the King's Court.
8. In a tie play 'rock-paper-scissors' to determine a winner.
9. Play at least the number of games so the player starting in the last court can progress to King's Court.

*\*Make passing or puck carrying rules that practice good habits.*



15'

### D200 Multiple Puck Games

#### Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Hustle out of the zone on the whistle and play 20-30 seconds only.

-Leave extra pucks in the zone on the whistle and coach shoot in pucks up to three.

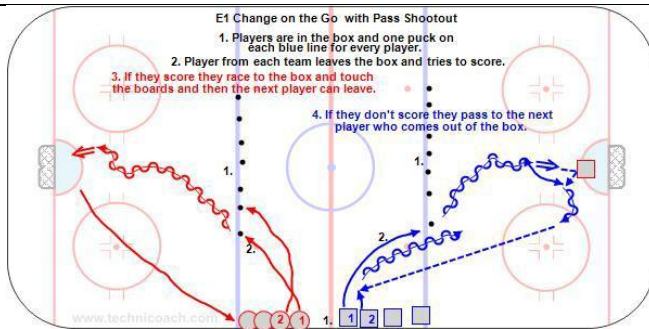
#### Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.

#### Game Variations:

- a. Shoot in a new puck on a goal.
- b. Leave goals in the net and join team mates until only one puck is left.

- c. Players can shoot on either net.  
 d. Send from 1 to 3 players to play. ie. 2 on 3 and coach put 2 pucks into play.  
<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185636266>



10'

### 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.

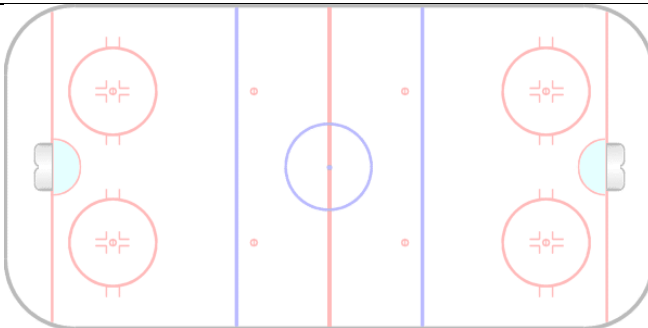
3. If they score they race to the box and touch the boards and then the next player can leave.

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>



2'

**Meet in middle for cheer.**

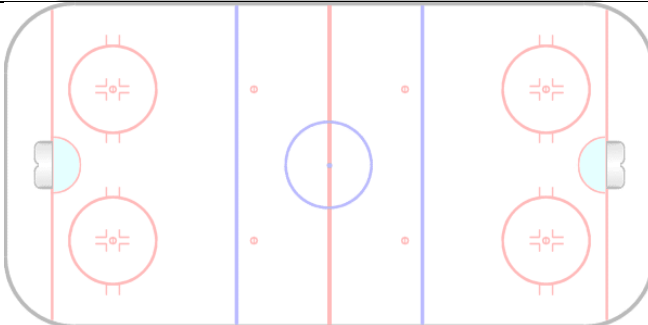
**Meet in dressing room.**

**Introduce Melissa and do one activity.**

**Explanation/Notes:**



**Explanation/Notes:**



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