



Fire White

Practice Plan

Date: 8-28-16

Time: 12:30-14:00

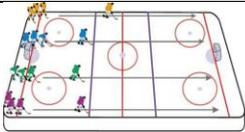
Venue: Fr. Bauer

Lines:

Theme: Puck Protection, Battling

Notes:

Guest coach Rich Preston Anaheim Ducks



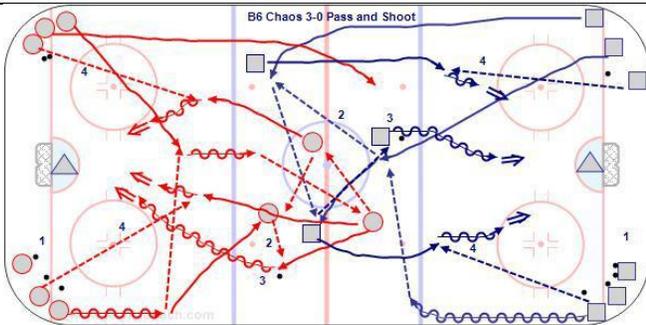
10' Jim Lead – Mel with goalies

A2 Skating Warm-up for Edges and Balance

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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10'

B6 Chaos 3-0 Pass and Shoot

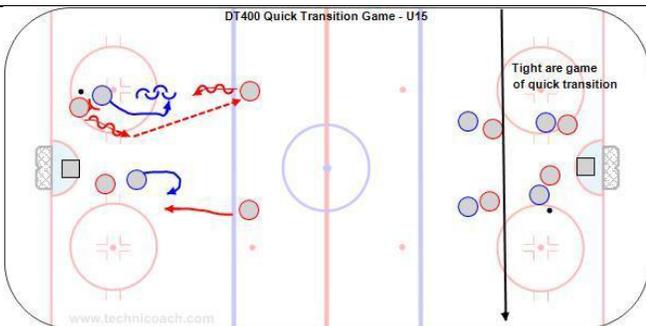
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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10'- 2-2 one end 3-3 other with Jim and Rico Playing the 3-3. Groups of 8 and 12. Add pass to the coach option.

DT400 Quick Transition Game - U15

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

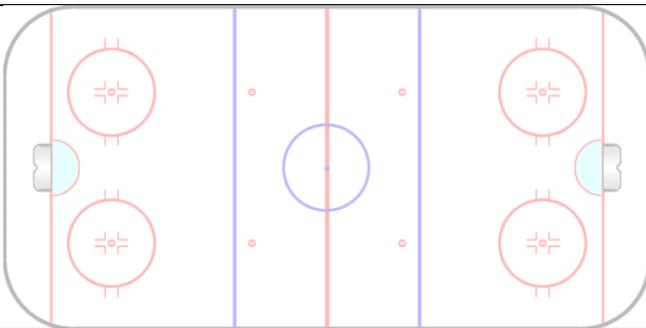
Description:

1. Play 2 on 2 to focus on transition between the four game

- playing roles.
 - 2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
 - 3. Attack and try to score.
 - 4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
 - 5. New offensive players attack vs. the players who lost the puck on offense.
 - 6. Players who passed now rest.
- * Keep score and have tournaments.*
** Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*
** Modified rules can be used to focus on individual or team skill.*

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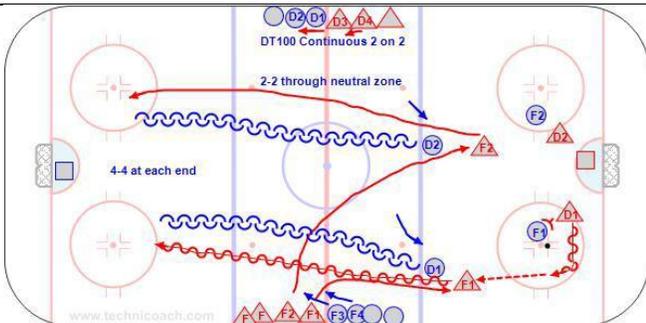
30' – Puck Protection Rico – 18 skaters 2 goalies at practice.



10' – 9 players at each end.
D400 The Best Player Win Game

- Key Points:**
- Battle hard for the puck.
 - Protect the puck.
 - Get a shot and fight for the Rebound.

- Description:**
1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
 2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
 3. If another player gets the puck he tries to score; including rebounds.
 4. On whistle pass back to the coach and race out.
 5. 20-30 second shifts.



10' Everyone play F and D
DT100 Continuous 2 on 2

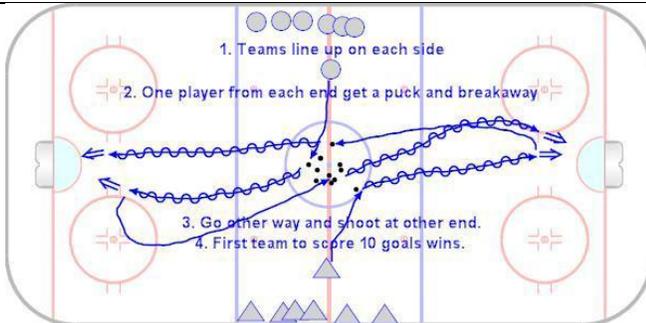
- Key Points:**
- Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

- Description:**
1. Forwards line up on one side and defense on the other.
 2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
 3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
 4. Play 4 on 4 in the zone.
 5. If the puck is dumped out with no possession the offensive team regroup and attack again.

6. The supporting players who joined the play now go 2 on 2 in the other direction.

7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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9'

E1 Shootout 2 Shots

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

1. Teams lines up across from each other and the pucks are in the middle circle.

2. One player from each team leaves and shoot at opposite ends.

3. The same players turn back and get another puck from the middle and shoot at the other end.

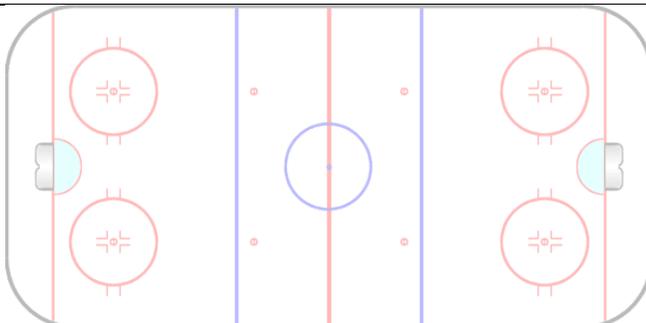
4. Continue until all the players have shot and keep score.

- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

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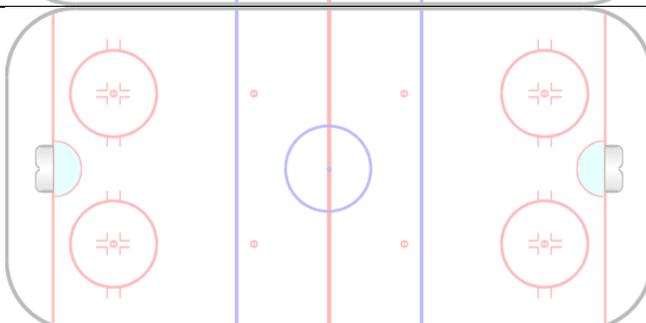
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1'

Meet in middle for team cheer.

Meet in dressing room. Update team on status of AAA numbers.



Explanation/Notes: