



## Fire White

## Practice Plan

Date: 9-12-16

Time: 20:00-21:15

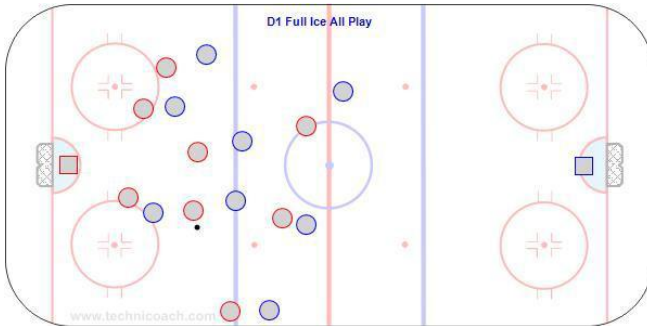
Venue: Bowness

### Lines:

Edges, breakout and attack options  
Compete, evaluation

### Notes:

Good playing habits



10'

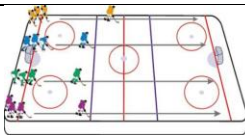
### D1 Full Ice All Play – Two Puck Game

#### Key Points:

Everyone plays shinny style.

#### Description:

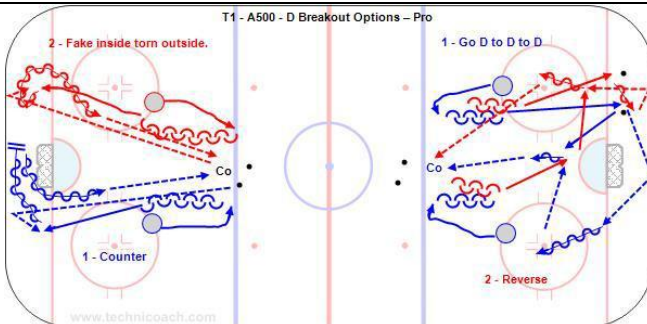
1. All play at the same time. Coach has three pucks.
  2. Use two pucks and throw another on the ice when one is scored.
  3. Leave the pucks in the net. Count pucks when all three are scored.
  4. When the goalie freezes the puck the attackers back up behind the hash marks.
- \* Only one shot at a time. If the goalie isn't watching then a goal doesn't count.



### 20' Randy Lead

### 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.



### 10' Randy D take the D at one end.

### Two goalies crease skate and pass in the middle.

### T1 - A500 - D Breakout Options – Pro

#### Key Points:

D get in the habit of looking over one shoulder to read where the pressure is coming from and fake into then skate away from pressure.

#### Description:

1. Coach dumps the puck in from the blueline and one 2 D start at the top of the circle.
2. D skate up to the blueline and then backward pivot to the inside and get the dump in.
3. Two D alternate at each side going back for the puck and pass to the coach.
4. Turn to forward and shoulder check one way to read the pressure.
5. First dump 'Counter' by driving to the far post at the back of the net then out original way.

6. Second puck fake to the inside and tight turn outside.
7. Skate between the dots before passing to the coach.
8. Progress to two D leave at once.
9. Start with 'Over' D to D behind net then hinge back to D in middle x 2.
10. Next practice the 'Reverse' x 2.
11. Players switch to the original side when the skate up to the blue line.
12. Pass puck hard off the boards so it comes back to partner inside the dots.

*\* A progression for this sequence is to have a player forecheck and D read the best option.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150831100620996>

<https://youtu.be/jsuv9YdKVgk>

### 10' Tom take forwards

### B5 Middle Drive and Cycle - 12 Seconds to Score

**Key Points:**  
The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

#### Description:

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.

### 25' Three nets: Callie regroup at one. 8' Games

**Game one: must make an escape move.**

**Game two: goals only on give and goes.**

**Game three: goals only on one touch shots.**

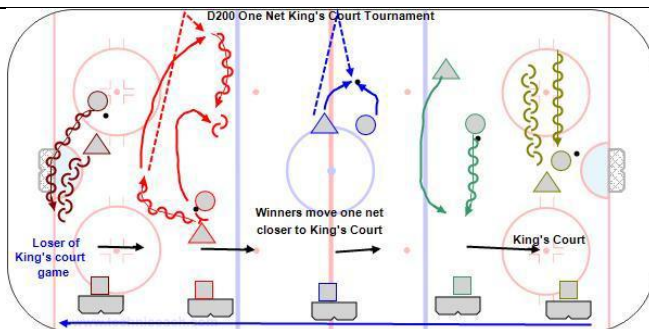
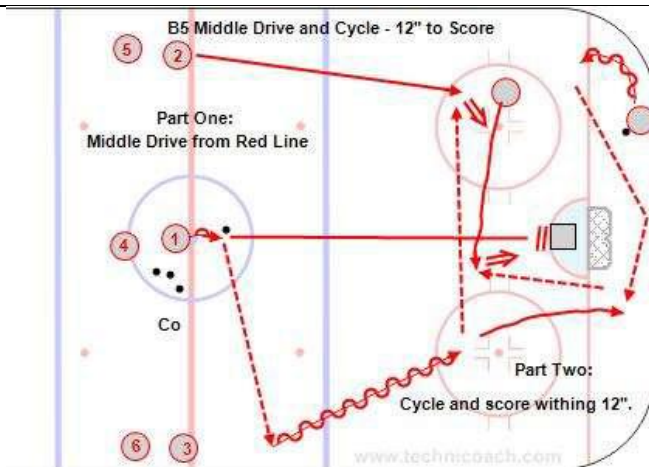
### D200 One Net King's Court Tournament

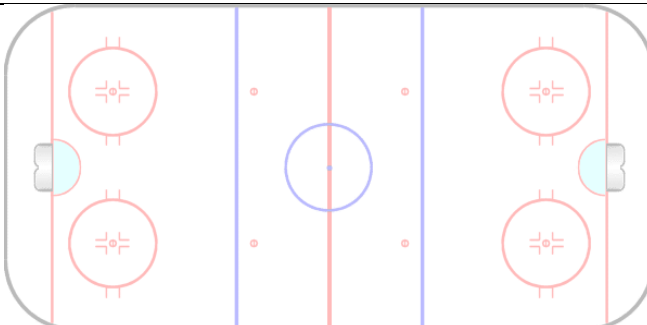
#### Key Points:

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







**Explanation/Notes:**

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