



Fire White

Practice Plan

Date: 9-8-16

Time: 15:00-16:30

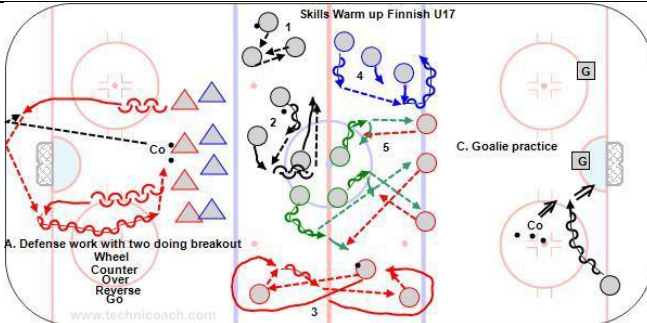
Arena:

Lines:

Breakout options, passing skill,
Evaluate players in game situations.

Notes:

goaltending



15' D and G - Tom F-Jim

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

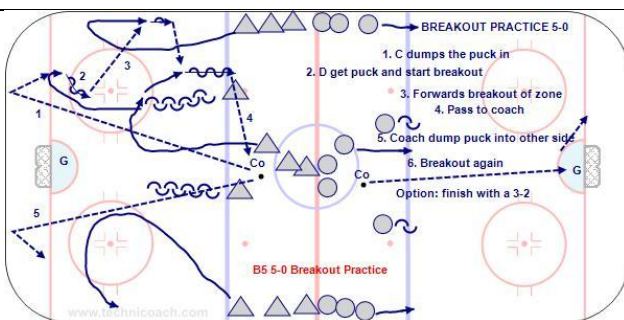
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



10' Jim one group and Tom other.

B5 - T2 5-0 Breakout Practice

Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.

2. D go back and get the puck, move between the dots and pass or go D to D.

3. Forwards break out.

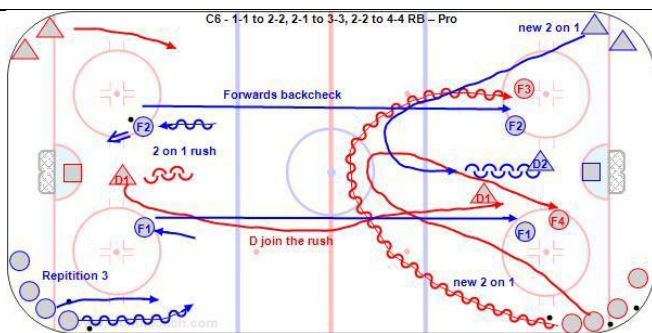
4. Pass the puck to the coach.

5. Coach dumps the puck in the other corner for another breakout.

6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



12'

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4, 3-2 RB – Pro

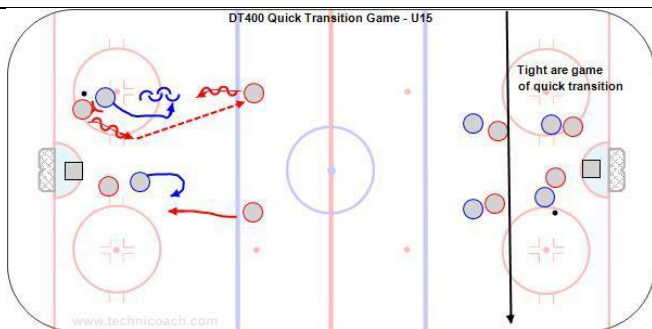
Key Points:

Defenders communicate, attack with speed, O and D fight to control the slot.

Description:

1. D in one corner and F in the other corner at both ends.
2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
4. Keep attacking and defending until the whistle.
5. Add a forward to make it a 2-1 until the whistle when they join to create a 3-3.
6. Players must communicate who to cover on defense.
7. Attack with speed to beat the backchecker on the 2-1.
8. Play with good habits: stop at the net, D tie up sticks, create rebounds.
9. Keep Score to increase intensity.
10. You need at least 8 F and 4 D to do the 2-1.
11. Add another D making it a 2-2 rush and 4-4 at each end.
12. With 2-2 you need at least 8 F and 8 D.
13. You can also do this drill with all the player playing both F and D.
14. If you have 20 skaters you can do a 3-2 rush and 5-5 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015063010505453>



24' Tournament 22 skaters. Three 8' Games. 3 on 3 and 2 on 2

Gm1: 1-4, 2-3, Gm 2: 2-3, 1-2, Gm 3: 3-4, 1-2
One team in red and other in green pinnies.

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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>

20' Jim ref.

5-5 scrimmage with refs.



E1 2-0 Change on Go Shootout

Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

Description:

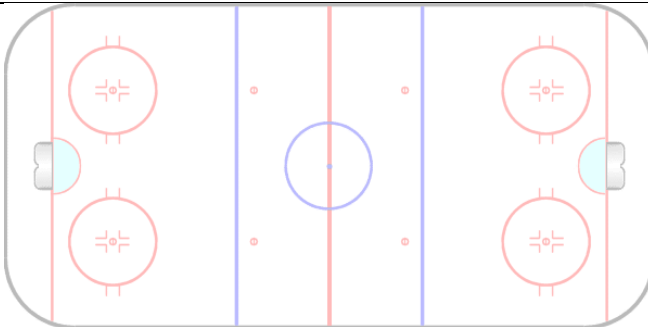
1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109085854143>

5. Keep score and play to either a goal total or a time limit.

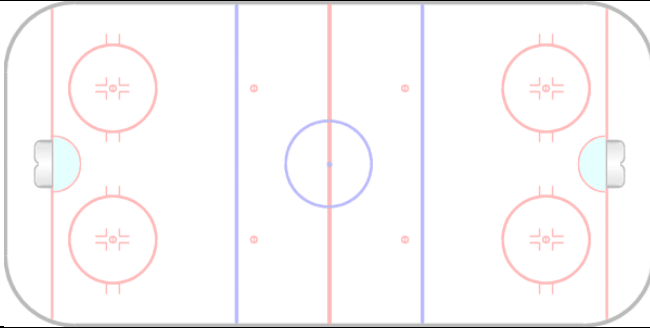
Meet in the middle.

Cut 4 players, call in 6.





Explanation/Notes:



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