



## Fire White

## Practice Plan

Date: 9-13-16

Time: 18:30-10:56

Venue: SAIT

### Lines:

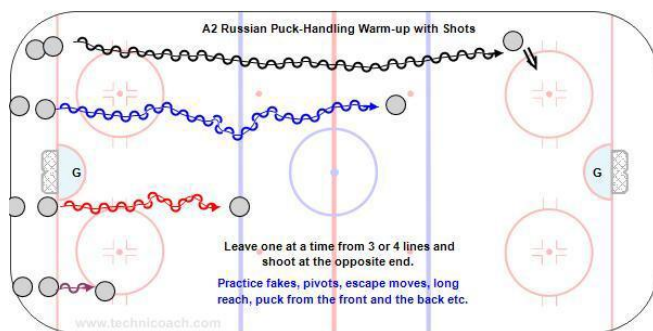
Introduce the power play

Big moves and puck control.

### Notes:

Goalie technique

Rebound.



15' Jim lead

### A2 Russian Puck-Handling Warm-up with Shots

#### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

#### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while

skating like this.

- Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

*Any move can be practiced in this method.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090427151438223>

(Vladimir Jursinov)

**5'**

### **B300 Tschumi Around the Clock One Touch**

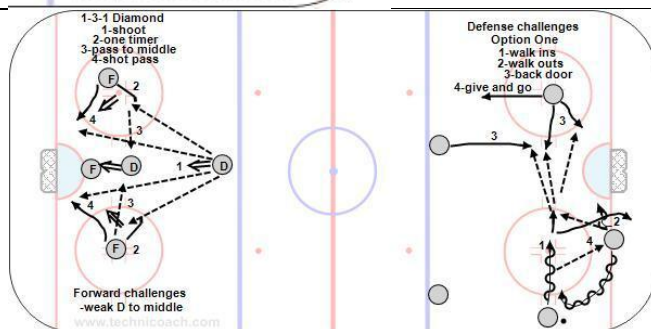
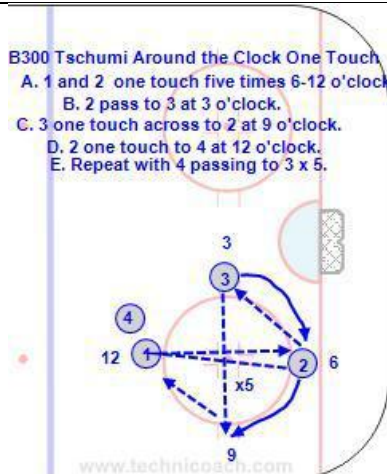
#### **Key Points:**

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

#### **Description:**

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

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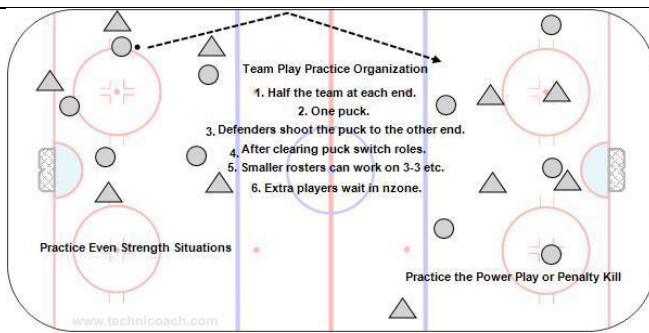
### **20' Mel one goalie in middle Tom one end and Jim the other.**

#### **Power Play Options: Overload to a Diamond**

**Option One:** Set up at the hash and attack the seam between the D and F. -If no one plays you skate thru and shoot or pass back door to the F or the D coming down. -If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option. -Original low player attack the seam again.

**Option Two:** -If the F plays you pass to the point and the low player moves in front to screen. -If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks. -In the Diamond we have 4 triangles for one timers, a middle one timer option. -If the puck is loose always outnumber the defenders and start the same sequence. RULES and READS -When you get the puck either you or the puck moves. No standing still. -If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them. -Create 2 on 1's. -Short passes that only beat one defender. \* Progress to a high cycle.

<https://youtu.be/0yltBBhXAZk>



15'

## T2-4, D4 – Reilly Team Play Rotation

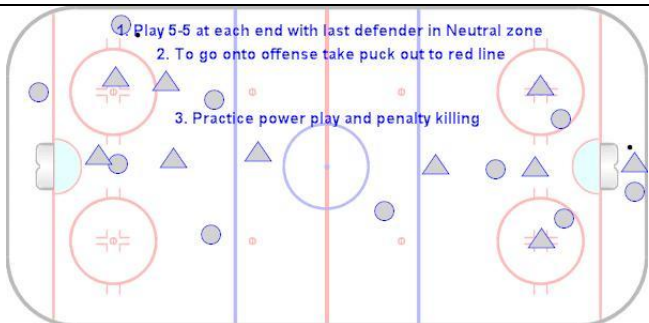
### Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

### Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

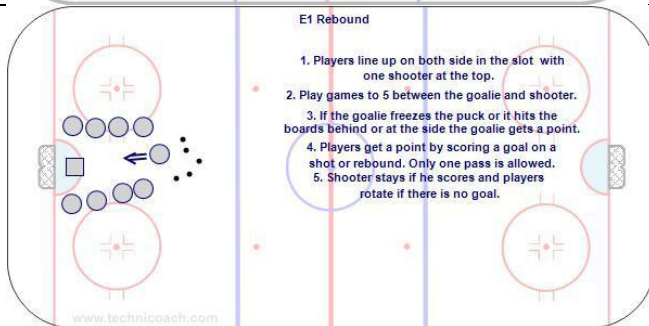
*\*The play rotates from end to end.*



10'

## DT4 - PP and PK half ice

Play 5-5 at each end and when the defenders breakout of the zone they go onto the pp and the other team leave a player in the nzone so they pk 4 on 5.



10'

## E1 Rebound Game on 3 Nets

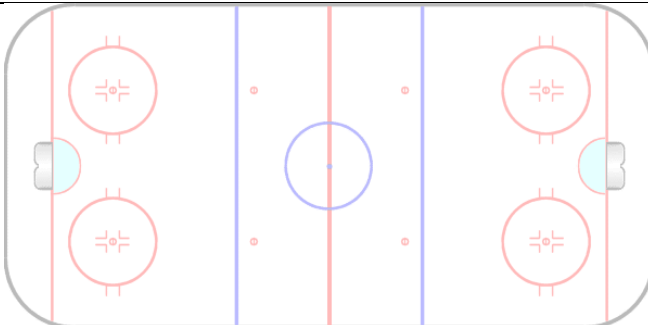
This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

**Key Points:** Make quick shots and one timers and goalie read the play.

**Description:** 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

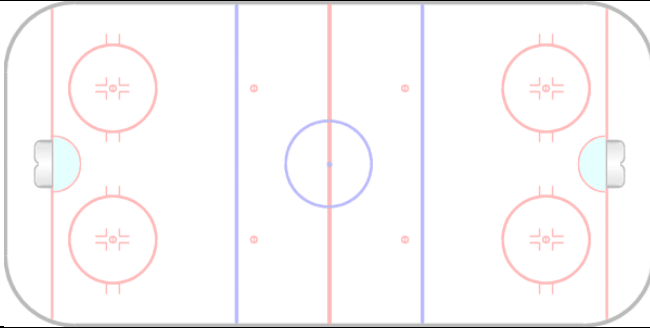
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## Explanation/Notes:





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