



Fire White

Practice Plan

Date: 9-15-16

Time: 18:30-19:45

Venue: SAIT

Lines:

Puck handling with loose shoulders.

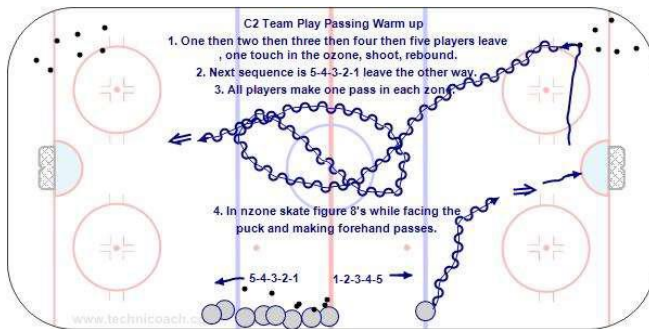
One timers.

Passing in each zone.

Notes:

Slap shot practice and game situation.

Backpressure and backtracking.



10' **Players must take a slap shot.**

C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

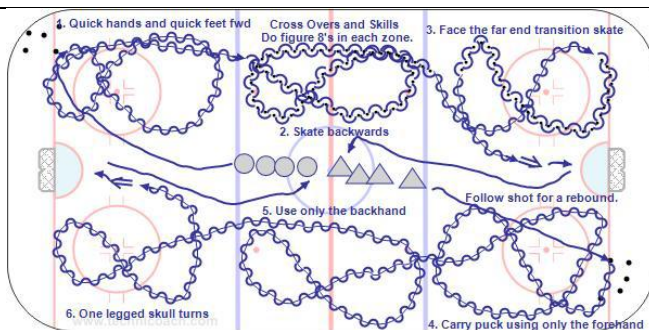
Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
 2. Next sequence is 5-4-3-2-1 leave the other way.
 3. All players make one pass in each zone.
 4. In neutral zone skate figure 8's while facing the puck and making forehand passes.
- *When there is only one player do a figure eight or touch both knees.

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10' **Players must take a slap shot.**

B4 Crossover Skating and Skills

Key Points:

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks. Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

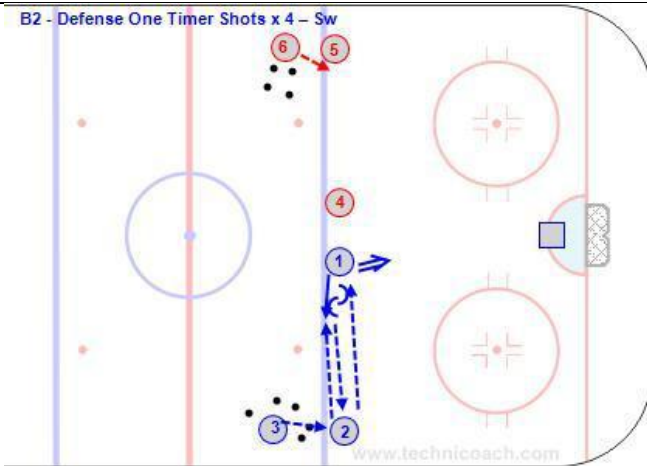
Description:

Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand. Follow shot for a rebound.
6. One legged skull turns

B2 - Defense One Timer Shots x 4 – Sw



15 5' one timers then partners shoot x 4.'

B2 - Defense One Timer Shots x 4 – Sw

Key Points:

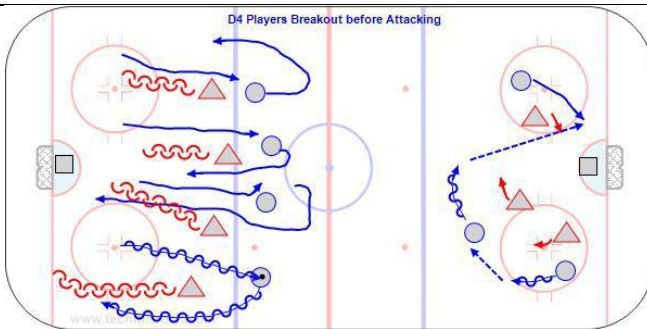
Shoot while moving, head up, follow through at the target.

Description:

1. Organize the defense into two groups. When one is finished the other starts.
 2. #3 pass new pucks to #2.
 3. #1 skate toward 2 along the blue line and get a pass from 2.
 3. #1 one touch back to 2 who one touches to 1.
 4. #1 takes a one timer shot.
 5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.
- * Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.

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D4 Players Breakout before Attacking



10' Goals must be from slap shots or one timers.

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
 2. The defending team must breakout over the blue line and then turn back and attack.
- *Individual skills can be worked on. i.e.
- Skating-only backward skating allowed.
 - Team Play - goals come only on plays originating below the goal line.
 - Individual Offensive skills - an escape move must be made when you get the puck.
 - Individual Defense - sticks upside down until one shot is taken.

20' Everyone walk thru

T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro

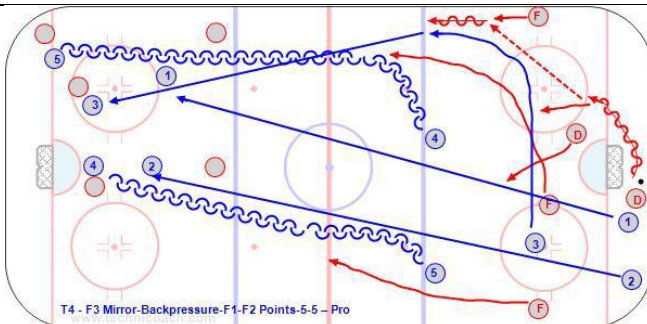
Key Points:

F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

Description:

1. Start with the offensive D skating behind the net and pass to the C or W.
2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.

T4 - F3 Mirror-Backpressure-F1-F2 Points-5-5 – Pro



3. F3 mirror the puck covering their C then backpressure the first pass.

4. F1-F2 back track through the middle lane to the slot and pick up attackers.

5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.

6. D2 skate back through the middle and pick any attacker on the weak side.

7. Defend from the net out with 'one man on and a box behind, combined zone man on man.

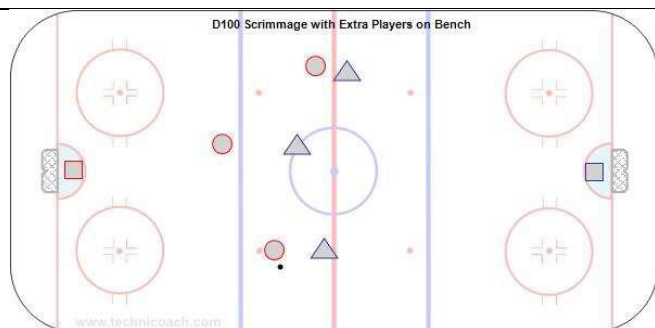
8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.

*D1 pinch on any wide rim and F3 fill behind.

*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160901105531941>

<https://youtu.be/bI-iigJfSdQ>



10' D100 Scrimmage with Extra Players on Bench

Key Points: Goals must be either slap shot or one timers.

Play a full ice game with the extra players on the bench.

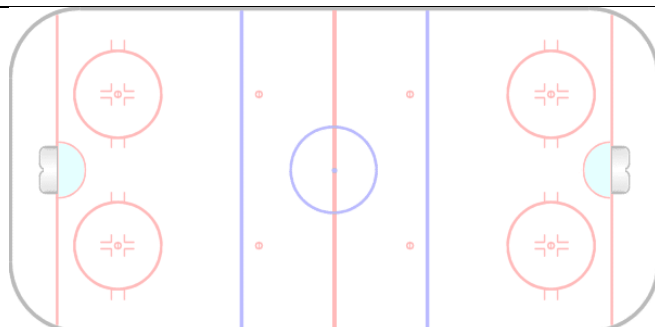
Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.

Explanation/Notes:



Explanation/Notes:





Explanation/Notes:
