



## Fire White

## Practice Plan

Date: 9-18-16

Time: 18:30-19:45

Venue: SAIT

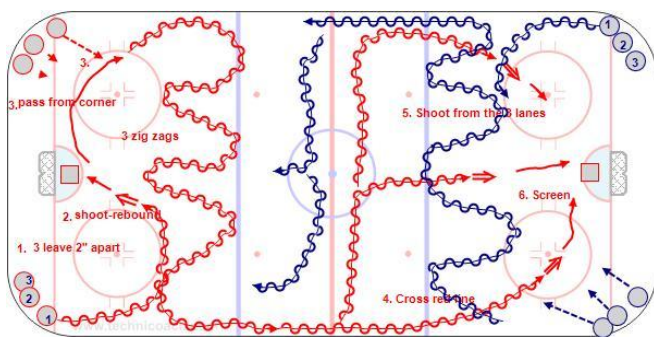
### Lines:

Game situations, 1-1, 2-1, 2-2, 3-2, 3-3, 4-4

Goalie instruction, competition

### Notes:

Passing, breakouts, regroup, skating, shots



10' Start with 2' big moves around the ice.

### B6 – 3 Shots, 3 Zig zags, 3 Shots

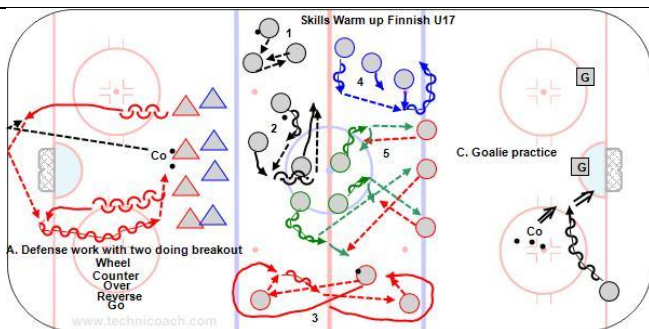
#### Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154513105>



### 15' D-Tom, F-Kailey (view video), G-Mel

#### 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.

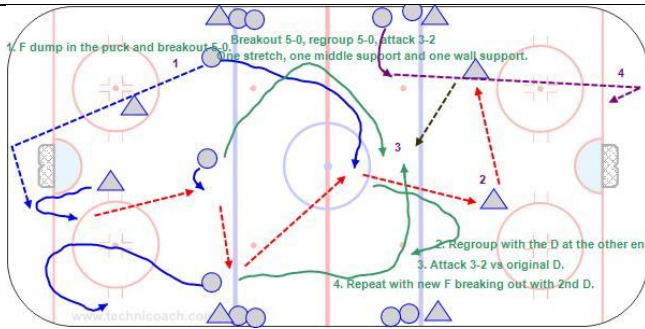
#### Description

- 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'

### C3 Breakout 5-0, Regroup, Attack 3-2- Pro

#### Key Points:

One stretch, one middle support and one wall support.

#### Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

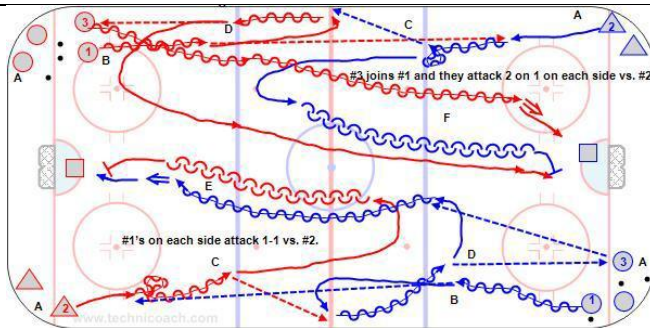
1. F dump in the puck and breakout 5-0.

2. Regroup with the D at the other end.

3. Attack 3-2 vs original D.

4. Repeat with new F breaking out with 2nd D.

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10' **Coaches in each corner, send after first pass at other end.**

### C6 Regroup x 2, 1-1 and 2-1 - Pro

#### Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

#### Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

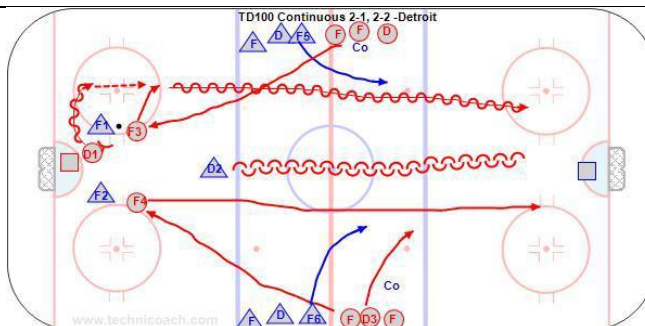
D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

\*With younger players stagger the start so each corner leaves after the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



10' **Kailey with Dark and Mel with W.**

### TD100 Continuous 2-1, 2-2 - Detroit

#### Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

#### Description:

1. F1 and F2 attack vs D1.

2. F3 and F4 support D1 as far as the hash marks.
  3. D2 support F1 and F2 passively from the point.
  4. D1 make a breakout pass to F3 or F4.
  5. F3-F4 attack D2 in the other direction.
  6. F5 and F6 support D2 and D3 support F3 and F4.
  7. Continue this flow.
  8. Add a D to make it a 2 on 2.
- Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

### 10' Mel and Kailey 1 team each.

#### DT400 Two Net Game – Regroup with Jokers - U15

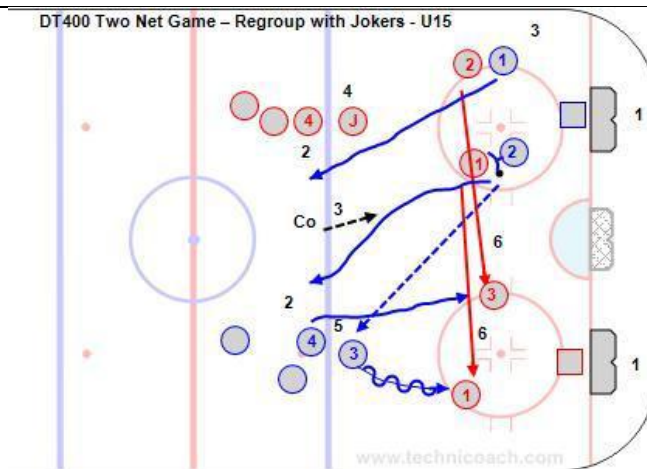
##### **Key Points:**

Quickly transition from offense to defense.  
Communicate coverage. Attack quickly then work cycle and back to net to change the point of attack.  
Screen, tip on offense, box out, seal sticks to the outside on defence.

##### **Description:**

1. Two nets in line with the dots on the goal line.
2. Teams line up facing the net they are attacking.
3. Start with the coach shoot the puck in and play from 1-1 to 3-3.
4. One player is the Joker at each offensive point and can pass or shoot but not skate in.
5. Pass to first player in line for the next group to go onto offense.
6. The team that was attacking and lost the puck must quickly defend the net on the other side of the zone.
7. Rotation is attack, defend, return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141017120508529>



E1 - 2-0 x 2 SO Game - MRU



9'

### E1 - 2-0 x 2 SO Game – MRU

#### **Key Points:**

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

#### **Description:**

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 15" next rep.

F - First team to 20 wins.

Meet in middle.

### **Explanation/Notes:**