



Fire White

Practice Plan

Date: 9-21-16

Time: 18:30-19:45

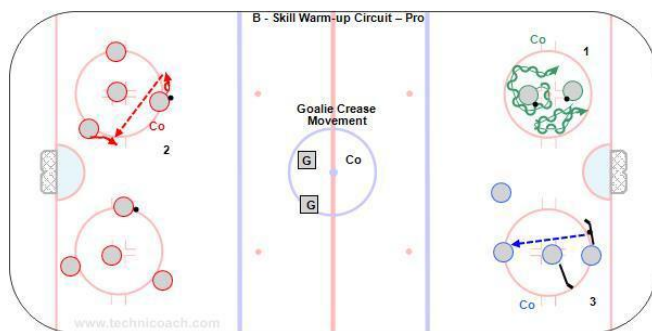
Venue:

Lines:

Stick on stick, angling, pass, puck handle

Notes:

Goalie movement, quick transition



10'

B - Skill Warm-up Circuit – Pro

Key Points:

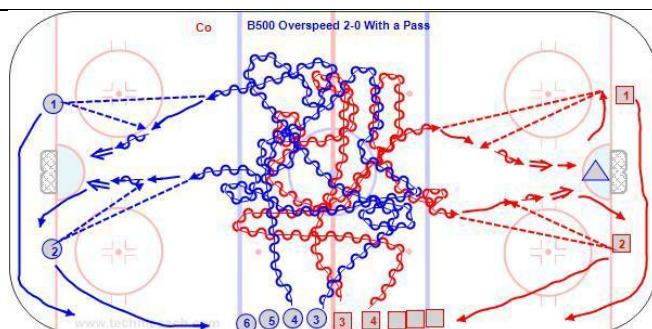
Use deception when passing and move to the open space. Protect the puck with your body and move away from pressure with the puck. Each circle is a station with goalies in the middle doing crease movement exercises.

Description:

1. Two players at a time skate inside the circle with a puck and do moves in all directions 10". Practice tight turns and escape moves. Goalies do crease skating in the middle.
2. Play "Monkey in the middle" switch every 15" or when monkey intercepts a puck. Use fakes and the support players move to open ice.
3. Two players pass across the circle with one defender in the middle. Deception and saucer passes are the tools used. Defender anticipate the pass with his stick.

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<https://youtu.be/6t7p-FFuBnA>



8' – Green one side orange other side. Two leave from each line. One shoot at each net then stay to pass.

B500 Overspeed 2-0 with a Pass

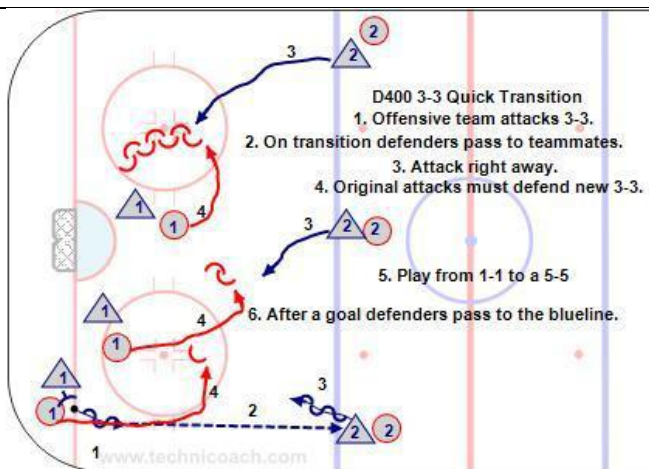
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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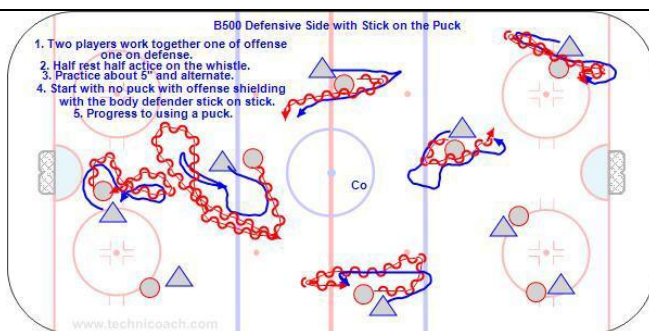


8' Game One – 2 games of 2-2 DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get inside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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6'

B500 Defensive Side with Stick on the Puck

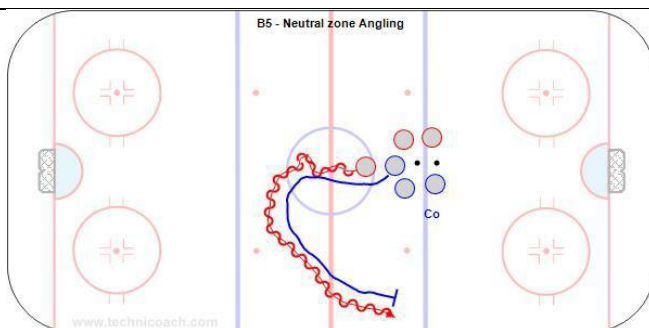
Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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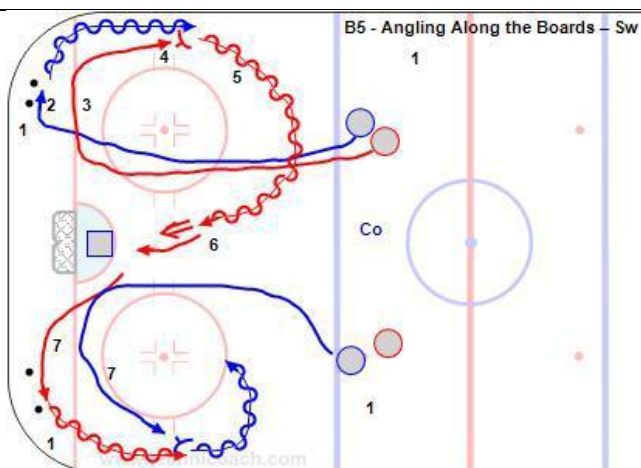
8'

C1 - Neutral zone Angling - Pro

Key Points: Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

Description: 1. Line up in the neutral zone with a defender following an offensive player with the puck. 2. Offensive player make moves and dekes and then turn either way to attack. 3. Defender mirror the offensive player and turn staying on the inside. 4. Defender close the gap by approaching from about a half stick behind at the inside shoulder. 5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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10'

B5 - Angling Along the Boards – Sw

Key Points:

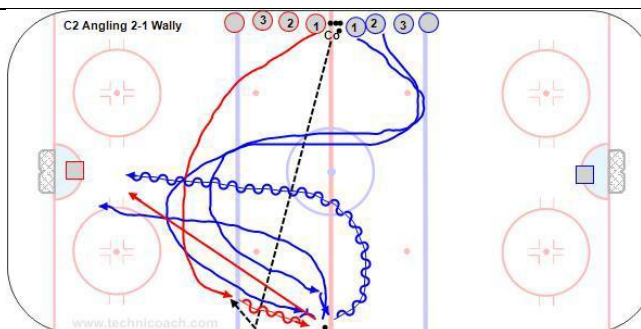
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

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10'

C2 Angling 2-1 Wally - Pro W

Key Points: Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind. Description: 1. Coach shoot the puck across the ice on the **attacking** teams half or dump it softly. 2. Red 1 race for the puck and attack the Blue net. 3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half. 4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck. 5. Blue 1 rub out Red 1 and Blue 2 pick up the puck. 6. Blue 1 and 2 attack the other way while Red 1 back checks. 7. Repeat with Blue 3 on offense vs. Red 1-2. * This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.

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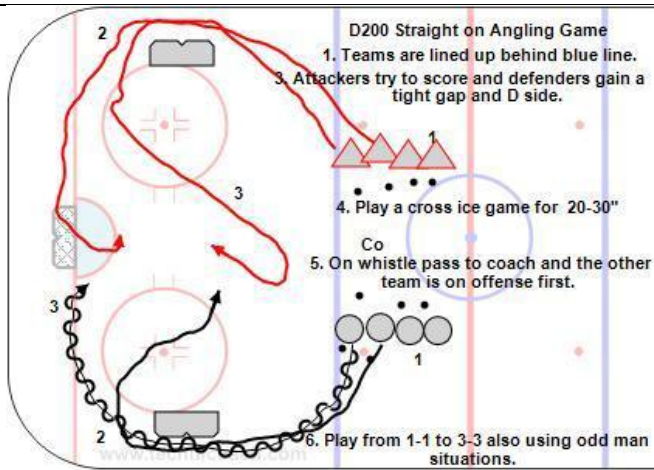
8'

D200 Angling Game 1-1 to 3-3

Key Points: Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description: 1. D200 lineup outside blue line. 2. On whistle carry the puck behind the net and checkers leave and create good angles. 3. Play 20-30 seconds. 4. Puck carrier can try to come out short side. 5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

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7'

D200 Straight on Angling Game 1-1 to 3-3

Key Points: Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

Description: 1. Teams are lined up behind blue line. 2. On the whistle each team skates behind their net. 3. Attackers try to score and defenders gain a tight gap and D side. 4. Play a cross ice game for 20-30" 5. On whistle pass to coach and the other team is on offense first. 6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20140607111112834>