



Fire White

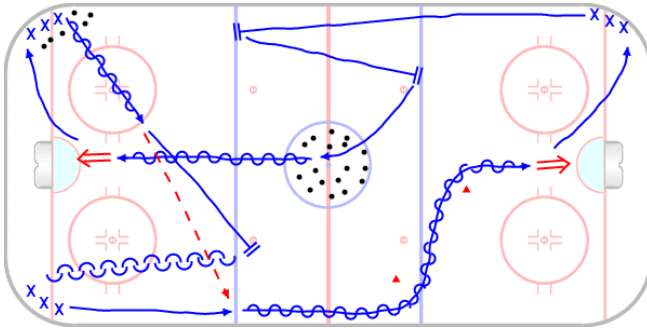
Practice Plan

Date: 9-27-16

Time: 16:30-17:30

Venue: Rose Kohn

Lines:	Notes:
Position specific skating with Gaston	Defense breakout options and point shots
Forwards skating, passing, shooting,	Puck protection
Goalie technique	



10' Gaston Edges

A2 Skating Warm-up for Edges and Balance

Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

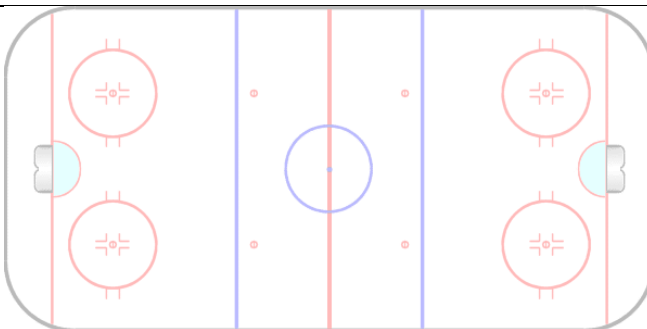
Description:

A2 Formation

- Players start at one end and skate to the other end. - inside edges
- out and in using a snowplow.
- inside edges
- sculling one leg at a time on the inside edges. - outside and inside edges
- slalom with the skates together and a good knee bend.
- Crosby heel to heel slide each way.
- one length of the ice on each leg. Repeat the same sequence but skate Backward.

<https://youtu.be/PKGj99HYAYc>

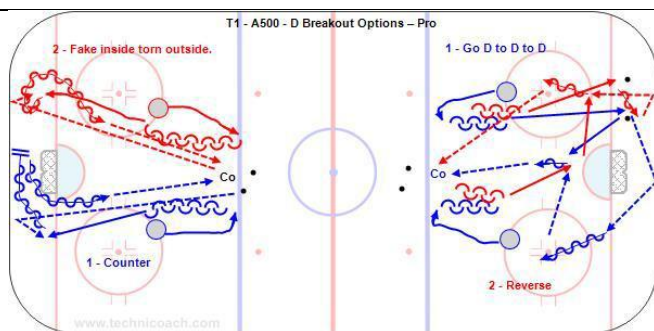
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25' Forwards skate with Gaston

15' Gaston and Kailey in middle with forwards, Tom-Jim one end with D and Mel with goalies.

10' D and G now do shooting drills at one end and Gaston now has 2/3 the ice with the forwards.



15' Defense with Tom – Jim one end – Goalies with Mel other end.

T1 - A500 - D Breakout Options – Pro

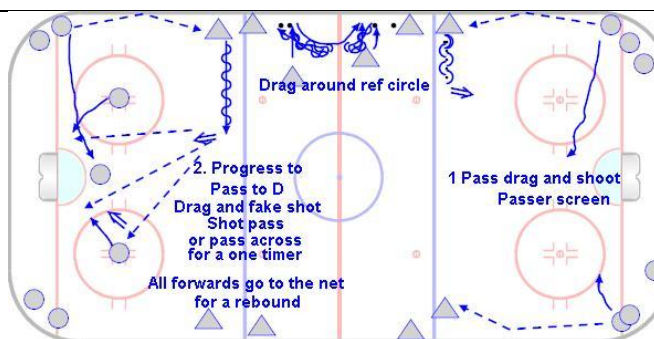
Key Points:

D get in the habit of looking over one shoulder to read where the pressure is coming from and fake into then skate away from pressure.

Description:

1. Coach dumps the puck in from the blueline and one 2 D start at the top of the circle.
2. D skate up to the blueline and then backward pivot to the inside and get the dump in.
3. Two D alternate at each side going back for the puck and pass to the coach.
4. Turn to forward and shoulder check one way to read the pressure.
5. First dump 'Counter' by driving to the far post at the back of the net then out original way.
6. Second puck fake to the inside and tight turn outside.
7. Skate between the dots before passing to the coach.
8. Progress to two D leave at once.
9. Start with 'Over' D to D behind net then hinge back to D in middle x 2.
10. Next practice the 'Reverse' x 2.
11. Players switch to the original side when the skate up to the blue line.
12. Pass puck hard off the boards so it comes back to partner inside the dots.

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10' Two nets and one end-Goalies and D. Gaston now has half the ice with F's.

B6 Defense Drag and Shoot Drills

Key Points:

Defense must skate quickly from the boards to between the dots when they get the puck.

Forwards should bounce the puck off the boards when passing to the D in this drill. Alternate sides.

Forwards in the corners and defense on the point. You could have everyone practice all positions so that forwards can play the point on pplays and be comfortable while covering the point.

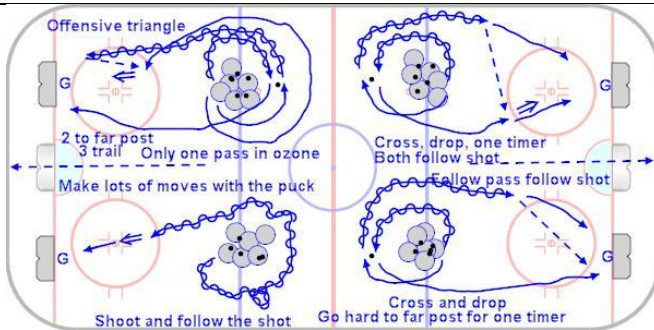
Description:

1. Pass from the corner to the point then screen for the shooter who skates to the inside and shoots. Low shots are easier to tip and produce more rebounds.
2. Low players rotate from being the screener to moving across to the wide dot for a shot pass and staying at that dot for a one timer when the puck goes to the original point. All 3 forwards collapse and look for a rebound after the shot.
3. Practice movement by dragging the puck each way

around the ref circle in the neutral zone.

(skating forward is quicker than backward with the puck.)

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25' D with Gaston half ice F-G in other half. Jim-Kailey

12' – Forwards Shoot.

B5 Options Using One Quarter Ice

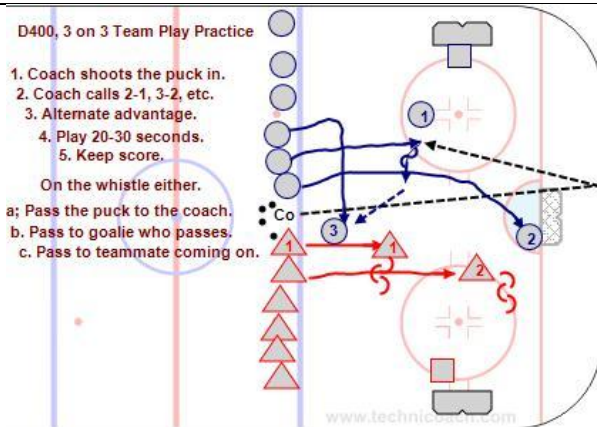
Key Points:

Skating around the circle adds crossovers as well as drop pass options.

Description:

Players line up just outside of the blue line and circle the group skating and doing skills. 1-0, 2-0, 3-0 individual and partner skills can be practiced as well as situations like a 1-1, 2-1, 2-2 are created by having the players go to defense after they have attacked.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100818155314680>



15' Kailey-Jim run this, need a whistle.

D200 Cross Ice Uneven Situations

Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

Description:

1. Coach shoots the puck in.

2. Coach calls 2-1, 3-2, etc.

3. Alternate advantage.

4. Play 20-30 seconds.

5. Keep score.

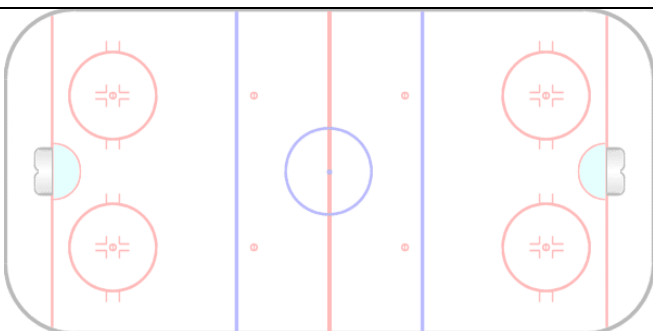
On the whistle either.

a. Pass the puck to the coach.

b. Pass to goalie who passes to a team mate coming on.

c. Pass to team mate coming on. You could also simply leave the puck.

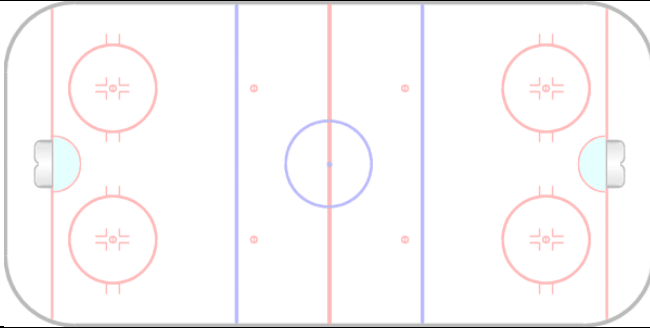
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Explanation/Notes:



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