



Fire White

Practice Plan

Date: 9-28-16

Time: 19:15-20:30

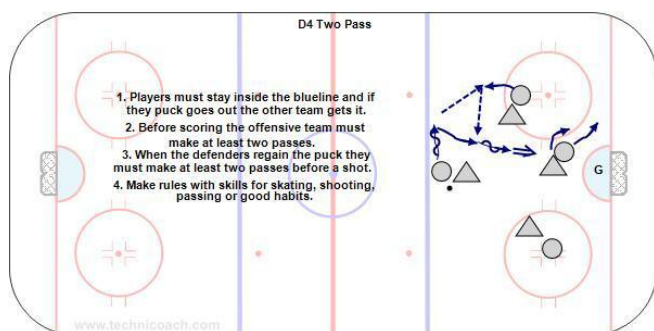
Venue: Rose Kohn

Lines:

Power play, penalty kill, 1-1, 2-1, 2-2, 3-3, 4-4

Notes:

Good habits, puck support

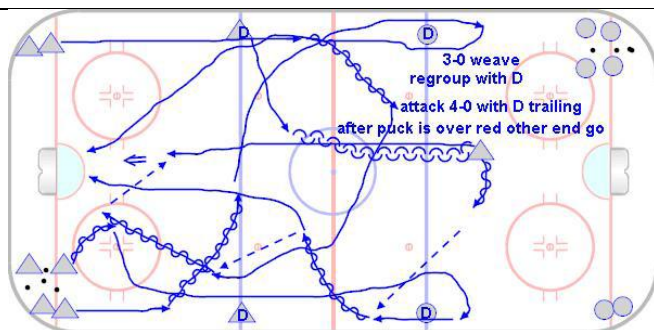


10' Players must make escape move before a pass or shot.

D4 Two Pass

Key Points: My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. **Description:** 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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10' Regroup with Kailey and Jim. Make sure they support properly.

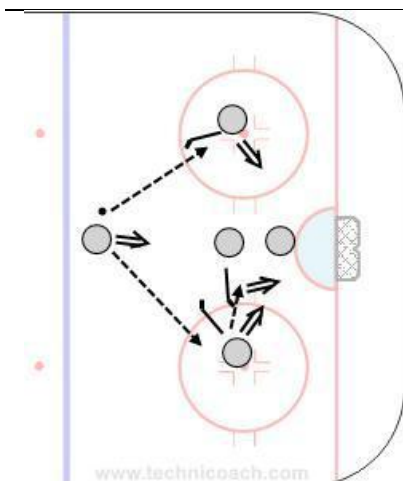
B6 – 3-0 Weave Regroup with Coach

Key Points:

- Skate with the puck to the big ice between the dots and then pass.
- Pass and follow your pass.
- Stay wide until you get the pass.

Description:

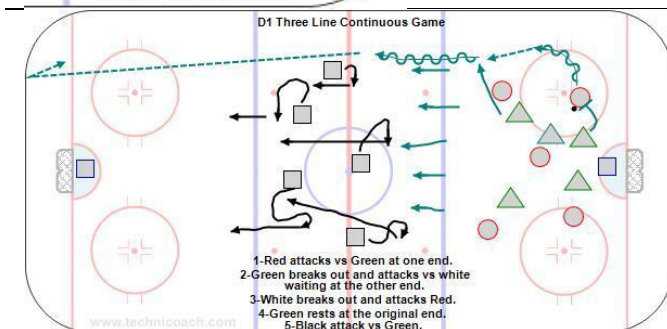
1. Half the forwards at each end in three lines behind the goal line with the D waiting at the bluelines. Whites at one end and Blues at the other.
2. Middle player start by skating toward the strong side and pass to the wing and follow the pass skating behind the new puck carrier.
3. Wing skate to the big ice between the dots and pass to the far wing then follow the pass.
4. Wide wing skate to the big ice and pass to the original centre who is now in the opposite wide lane.
5. The D is skating backwards thru the middle zone and the puck is passed back to him for a regroup the other direction.
6. On regroup one player supports on the strong side boards, one mirrors the puck in the middle lane and one is in the wide lane.
7. D makes the pass and follow the attack into the zone.
8. The group at the other end leaves after the D passes up ice.



25' Jim Kailey one end pp Tom other introduce Low Press pk Mel with one goalie at a time far end.

T2 D400 - Power Play 5-4 - Pro Start with an overload and rotate into a 1-3-1 Diamond. - Move to off-wing shooting positions on the sides. - Low player screen when the puck is high. - Second low player be in a shot pass position on high pucks. - Second low player move to the mid slot when the puck is low or in the middle, he can also stay in the middle as a short passing option, one time shooter, screen and deflect point shots.

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10' One team with green pinnies.

D1 Three Line Continuous Game – U15 Boy's
Key Points:

Give close support to the puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

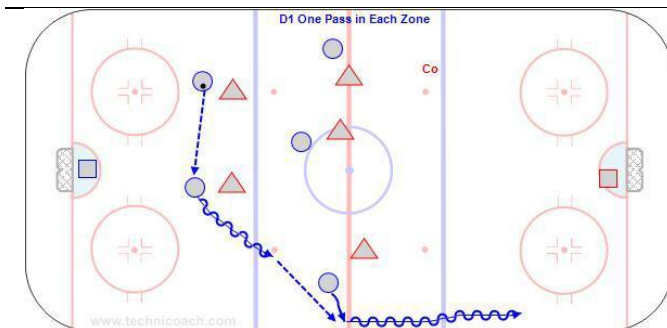
3-Black breaks out and attacks Red.

4-Green rests at the original end.

5-Black attack vs. Green.

They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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10' Everyone Play

D1 One Pass in Each Zone

Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

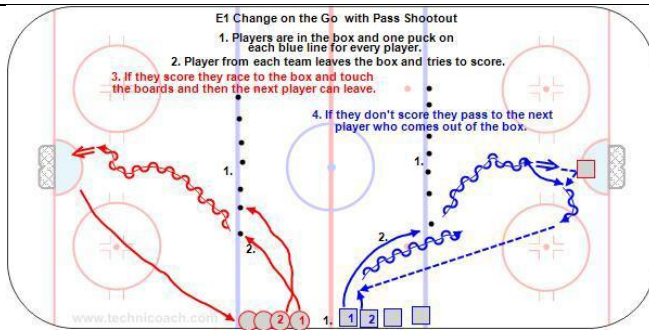
1. Play full ice either in shifts or all on the ice at once.

2. There must be at least one pass made in each zone. If not the other team gets the puck.

3. Controlled scrimmage so everyone stop on the whistle for coach input.

4. With shifts in a D100 game pass back to the goalie on the whistle.

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10'

E1 Change on the Go with Pass Shootout Key

Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

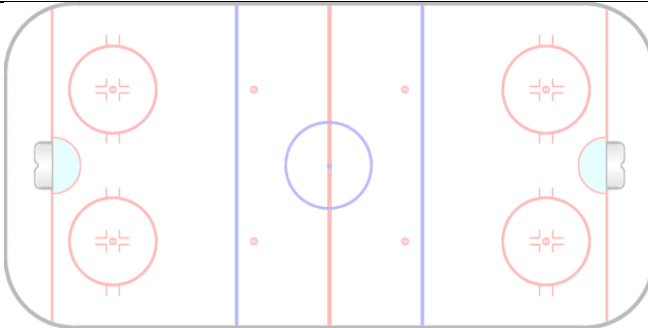
3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

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1' meet in middle.