



## Fire White

## Practice Plan

Date: 9-30-16

Time: 20:15-21:15

Arena: Crowchild

### Lines:

Pass and receive a pass.

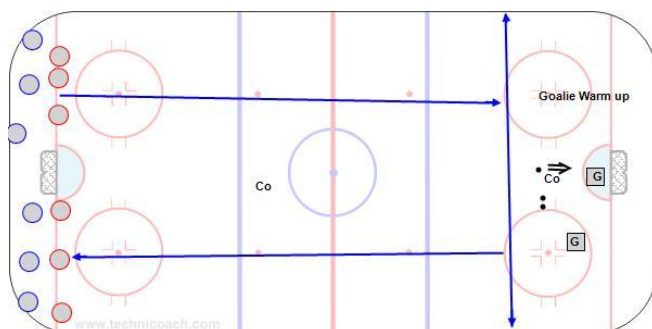
Striding, 1-1, 2-1, breakout under pressure

### Notes:

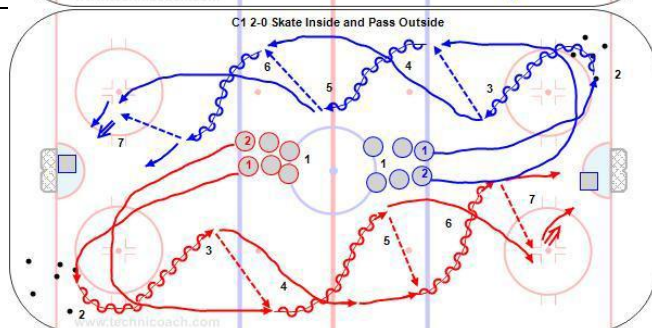
Shoot, skate to the big ice with the puck.

Forecheck, transition, 3-3, 2-2. 4-4

15' Randy 2/3 ice Kailey shoot on goalies.



Randy Skating stride and edges.



10'

### C1 2-0 Skate Inside and Pass Outside

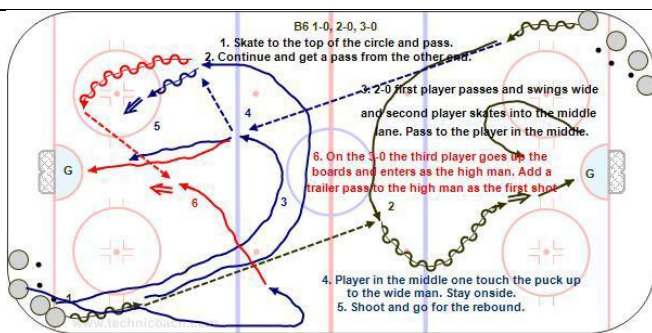
#### Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

#### Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221221695>



10'

### B6 1-0, 2-0, 3-0 Small Horseshoe

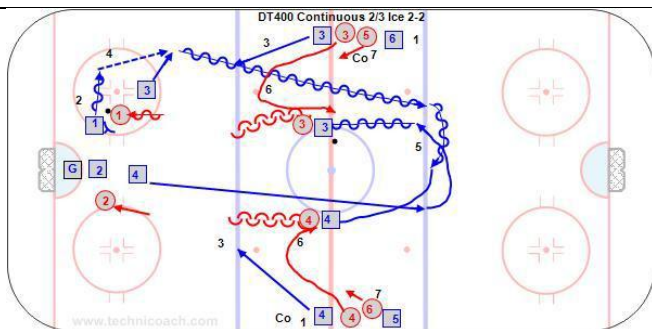
#### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

#### Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



10'

### DT400 Continuous Two Thirds Ice 2-2

#### Key Points:

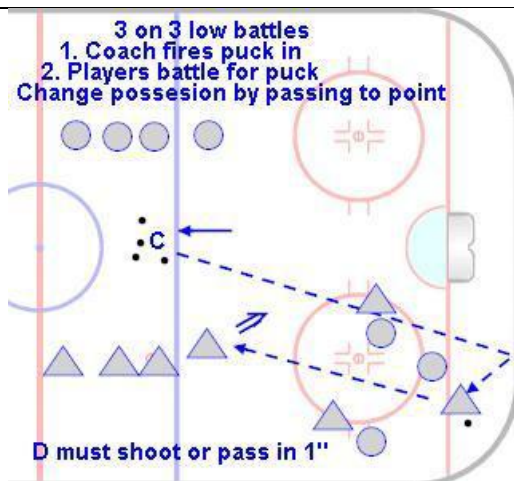
The defenders get passive support above the face-off circles while they play a low 2-2. The next defenders skate over the red line to close the gap on the next attackers. You can play this game position specific or everyone plays on offense and defense.

#### Description:

1. Half the players on each team line up behind the red line on both sides of the ice.
2. Two reds 1-2 start at the far blue line and attack vs. two blues 1-2.
3. Two players 3-4 from the defending red team follow the play inside the circle as wings would in their zone.
4. On a frozen puck, goal or breakout blue 1 or 2 pass to a supporting blue 3 or 4.
5. Blue 3-4 skate to the far blue line and turn back.
6. Red 3-4 skate over the red line and turn back to defend vs. the attacking blue 3-4.
7. Red 5-6 follow the play and give passive support for the breakout.

*\*This transition game can be done from 1-1 to 3-3 and can be done from both ends at once.*

*\*If it is an uneven situation like a 3-2 one supporting player can join the low coverage and the other 2 give passive support.*



15'

## DT400 - 3-3 Krusel Battling Game – Jasper

**Camp Key Points:** Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Pass to the coach on the whistle.

*\*Players must race to get onside before the next puck is shot in.*

*\*Players at the point can pass or shoot but they can't go in.*

*\*Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

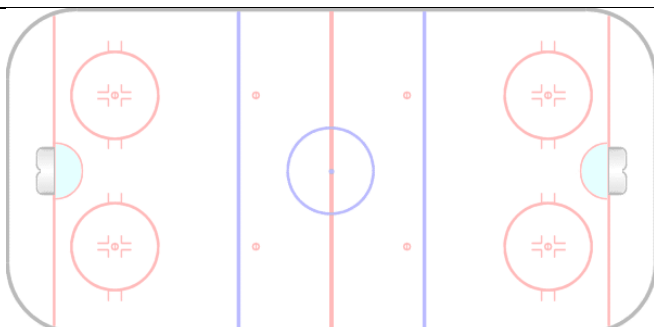
*\*This is the favorite game for some of the pro players I have coached over the years.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160814110908822>

[https://youtu.be/Z8D\\_TEv1OkU](https://youtu.be/Z8D_TEv1OkU)

**Women's Team doing the same game.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>



**Explanation/Notes:**



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