



Fire White

Practice Plan

Date: 10-2-16

Time: 15:15-16:15

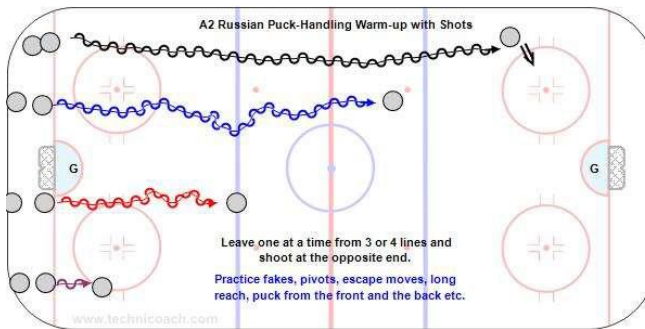
Venue: Village Square

Lines:

Passing, edges, puck support, 2-1, 2-2

Notes:

Transition, back check, regroup



10' First two min. players do big moves.

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they and 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. Do these skating exercises

with a puck.

Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

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10' Add shoot then pass to the next shooter.

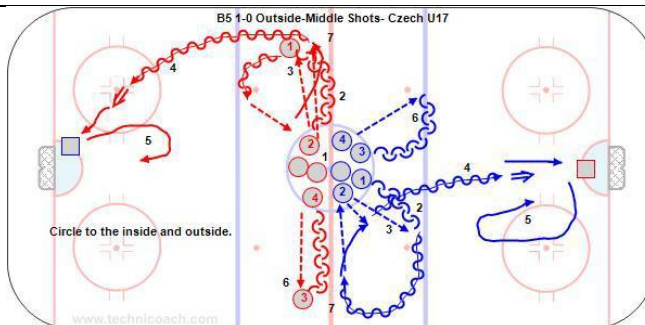
B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.



7. Circle left and right so shots come from both in the middle and the outside lanes.

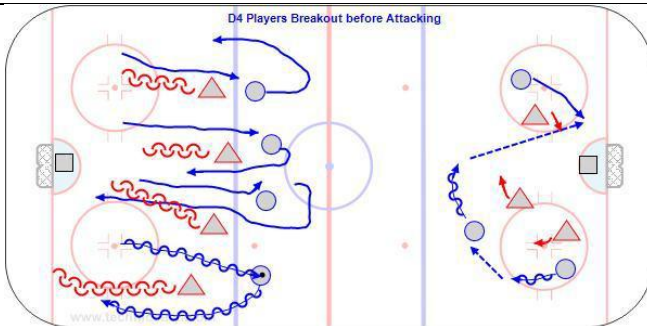
* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>

<https://youtu.be/j0IWhL0ARbw>



10' Play a 2" game and coaches enforce the rule at each end.

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
2. The defending team must breakout over the blueline and then turn back and attack.

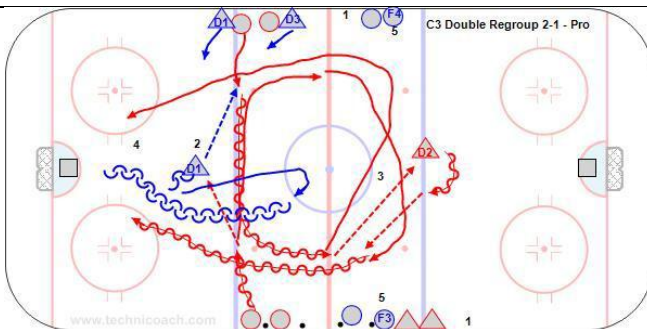
*Individual skills can be worked on. i.e.

-Skating-only backward skating allowed.

-Team Play - goals come only on plays originating below the goal line.

-Individual Offensive skills - an escape move must be made when you get the puck.

- Individual Defense - sticks upside down until one shot is taken.



10'

C3 Double Regroup 2-1 – Pro

Key Points: Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D co-operate with the goalie to make it a 2-2 and don't allow a second play late. Slide outside the post if a pass across is the only play.

Description: 1. Players line up along the boards on both sides in the neutral zone.

2. Start with F1 and F2 one touch passing with D1.

3. F's skate through the neutral zone and regroup with D2.

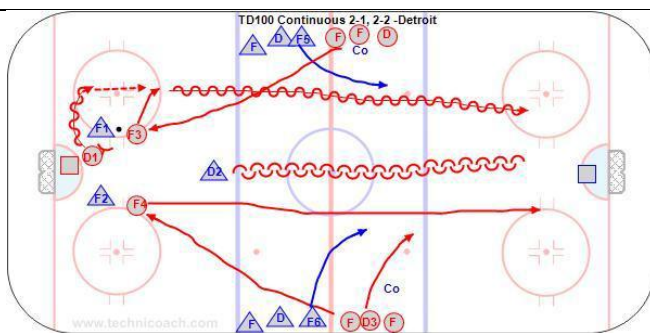
4. F's attack 2 on 1 vs. D1.

5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3.

*If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131025152134950>

<https://youtu.be/IYr16nk-sJc>



15'

DT100 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.

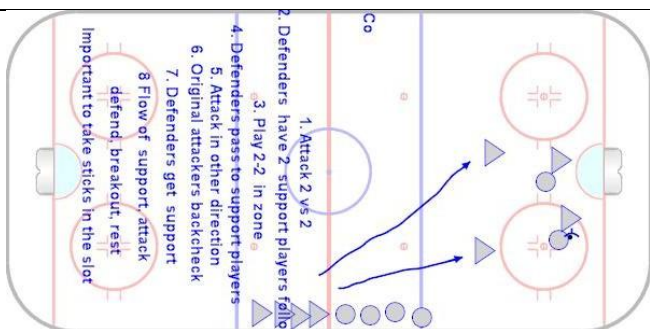
Description:

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.

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<https://youtu.be/r7bt2Jua1uU>



15'

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot.

The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

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<https://youtu.be/xoHj-6vH7d4>

<https://youtu.be/wvYUcpT-6Ek> (Czech team doing two games at once with only F backchecking.)



10'

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

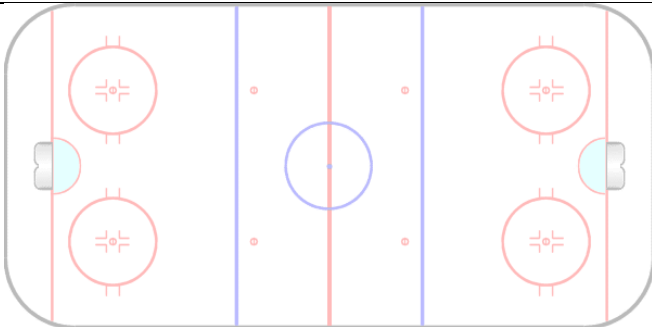
Key Points: Make quick shots and one timers and goalie read the play.

Description:

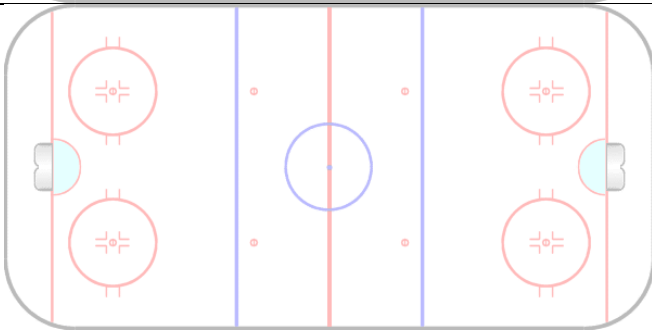
1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there

is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>



Explanation/Notes:



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