



## Fire White

## Practice Plan

Date: 10-6-16

Time: 16:00-17:30

Venue: Henry Viney

### Lines:

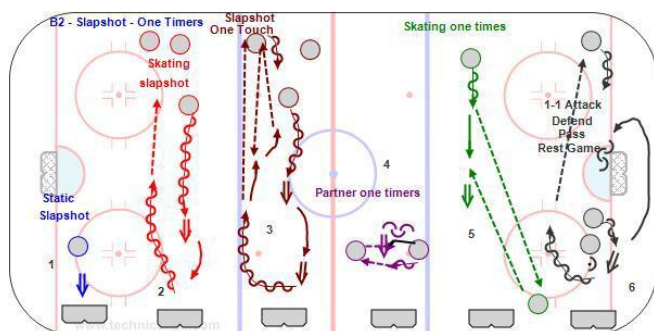
Slap shot, one timer, passing, pp review

Introduce pk with two short

### Notes:

Introduce Low Spread pp

Puck support,



15' We will set up 3 small nets on the side and the big nets with goalies at the ends.

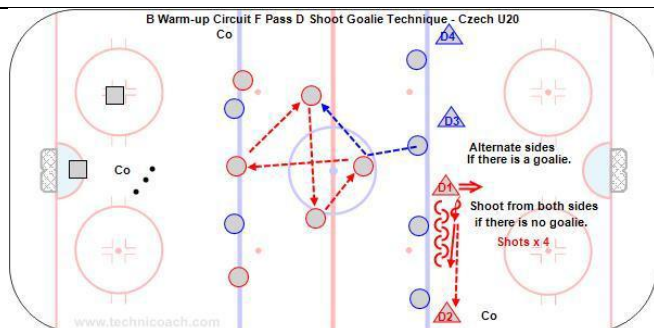
### B2 - Slapshot and One Timer Circuit

#### Key Points:

Work on the slapshot progress from static to dynamic to pressure. Transfer the weight from back to front, follow through at the target and follow the shot for a rebound.

#### Description:

1. Standing individual slap shot.
2. Skate, slapshot, rebound, shoot, pass.
3. Skate, slap, rebound, one touch x 2, leave.
4. One timer x 4 - rotate.
5. Skate, pass low, pass, one timer.
6. 1-1 defend, pass, rest game with goals only on slapshots.



15' Mel with the one goalie at one end.

### B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

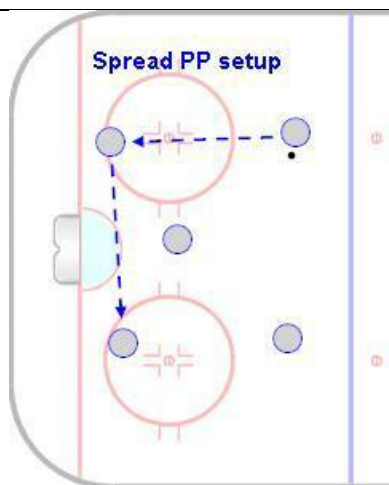
#### Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

#### Description:

1. Forwards one touch pass in the neutral zone.
2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the puck.
4. Goalies work on technique with the goalie coach at one end.
5. Defensemen work on one timer and quick shots at the other end.
6. Defensemen take 4 one timer or quick shots at a time.
7. D1 skate toward D2, exchange passes and shoot while skating backward.
8. Alternate sides after 4 shots with D3 shooting and D4 passing.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151004110338738>



**30'** Jim and Kailey review PP and introduce Spread. 2 group 15' each. Tom walk through pk and Mel one goalie in the middle.

### **T2-D400 Power Play 5-3 - Pro**

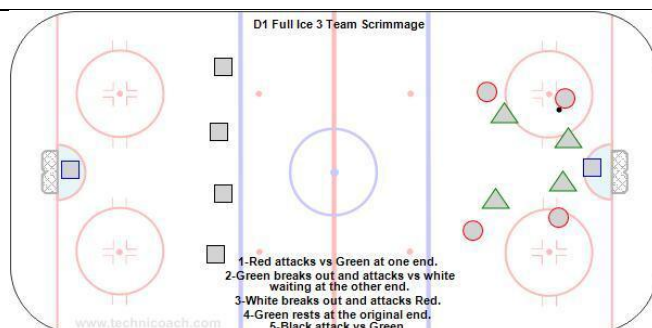
#### **Key Points:**

Move the puck quickly to produce one timer shots and back door plays. Outnumber the pk on rebounds.

#### **Description:**

1. Set up a 5-3 power play at each end and work one end at a time.
2. Coach spot the puck to start.
3. Power play use one touch passes and shots to score.
5. Power play should use rotation, screens, picks.
6. Player in front screen on point shots and kick back when the puck is low on a side.
7. To spread the pk the low players can start below the goal line and pass behind or walk out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201309181814277>



**15'** One team in green pinnies.

### **D1 Full Ice 3 Team Scrimmage 5-4, 5-3**

#### **Key Points:**

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

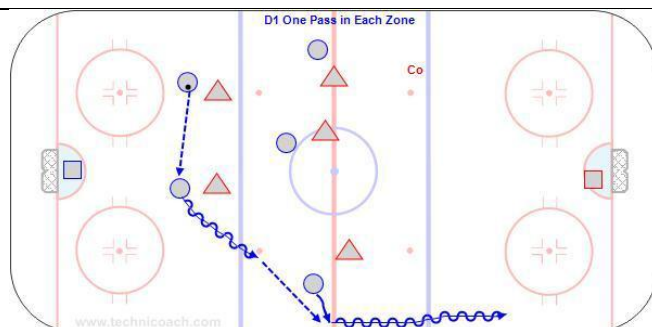
#### **Description:**

Three teams play full court or 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2012013110134174>



**15'** 4 on 4 Coaches join in the play.

### **D1 One Pass in Each Zone Key Points:**

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

#### **Description:**

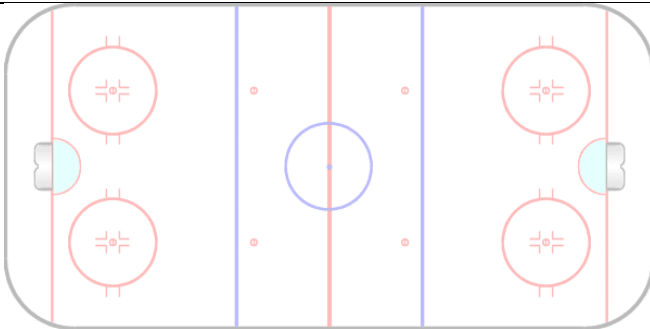
1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the

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whistle.

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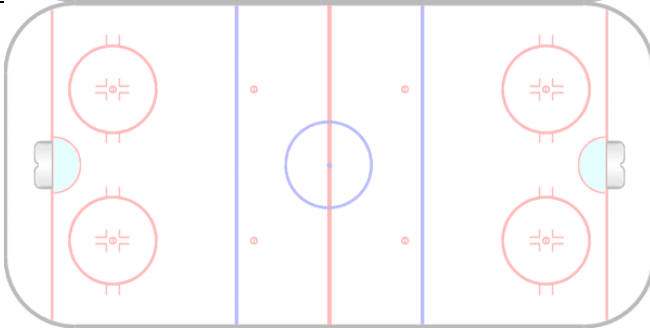
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***Meet in the middle.***

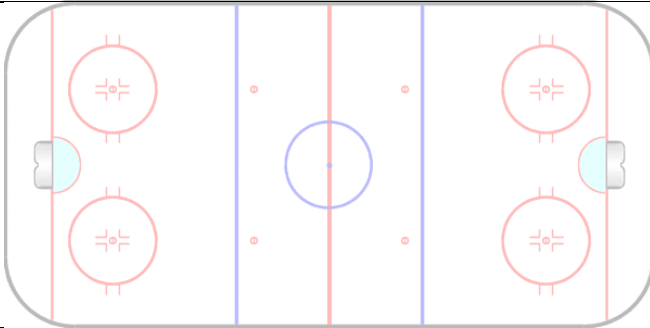
***Cool down and neck isometrics with Randy.***

***Meet in dressing room to organize trip to Banff.***



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**Explanation/Notes:**



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**Explanation/Notes:**

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