



Fire White

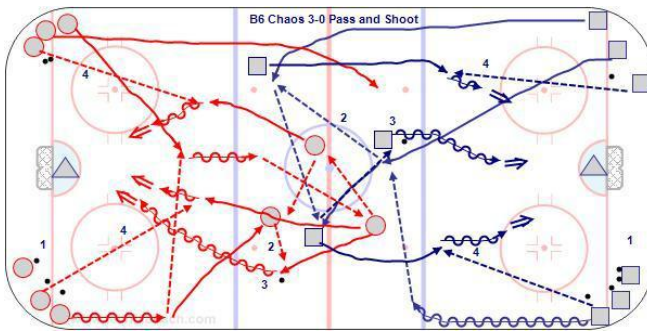
Practice Plan

Date: 10-5-16

Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
1-1, 2-1, 2-2, 3-3, 4-4, Compete	Tight gaps, low defensive zone coverage
Low offensive zone attack	Screen, tip, box out, tie up sticks
Pass, shoot quickly	Score, transition
D join rust, backcheck, puck support	



10'

B6 Chaos 3-0 Pass and Shoot

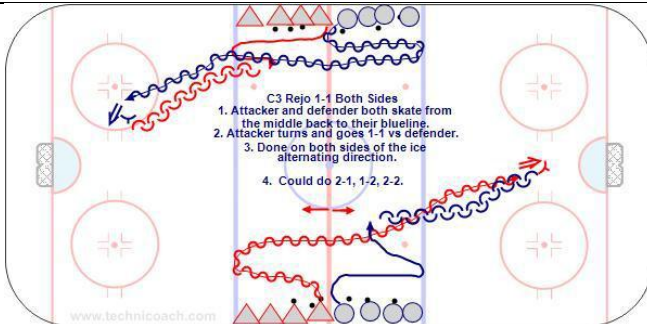
Key Points:

Give a target, pivot to face the puck all the time; use forehand passes and backhand only when passing forward.

Description:

1. Three players leave from each end.
2. Each group passes one puck in nzone.
3. On the whistle player with the puck shoot.
4. Other two players save ice and get a pass from the corner and shoot. a few seconds apart.

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10'

C3 Rejo 1-1 Both Sides - Gap Control

Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

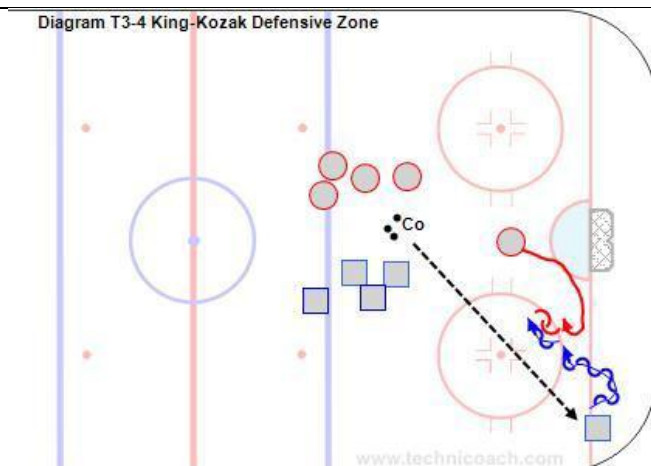
Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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<https://youtu.be/8nzjC2xxlso>

Diagram T3-4 King-Kozak Defensive Zone



20' One goalie with Mel 10' one end 10' both with Kailey and Tom First 10 one goalie with Mel.

T3-4 King-Kozak Defensive Zone

Key Points:

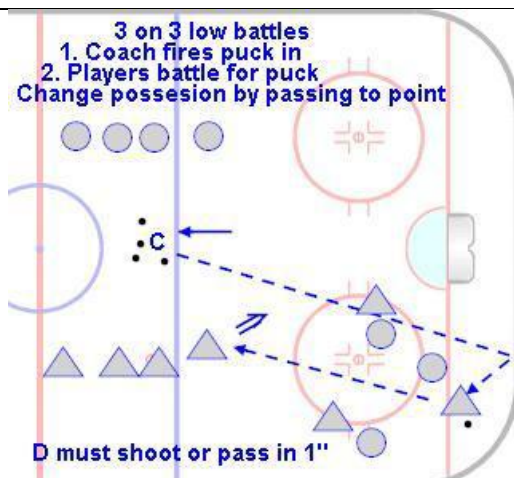
Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

Description:

1. Defender or defenders start on two knees in front of the net.
 2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
 3. Coach passes to the attacker and defender stands and defends.
 4. Add another attacker and defender.
 6. Add a third attacker.
 7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.
- *Option is to have uneven situations and add attackers and defenders as you go.
- *To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>

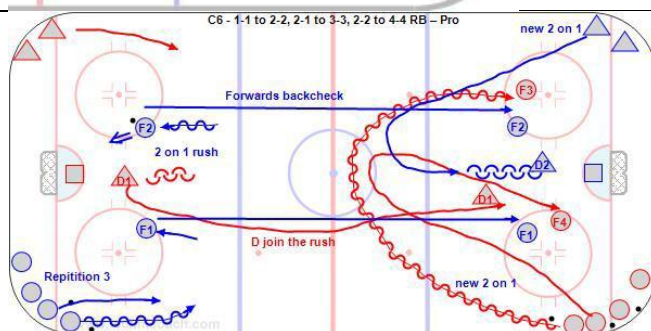
<https://youtu.be/3BOJrO7rjRU>



10' One goalie with Mel

DT400 3-3 Krusel Battling Game - ProW **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 on the whistle. 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. Either leave the puck in the zone or pass to the coach on a whistle.

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



10' Do up to 2 on 2 Red vs White

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 RB - Pro

Key Points:

Defenders communicate, attack with speed, O and D fight to control the slot.

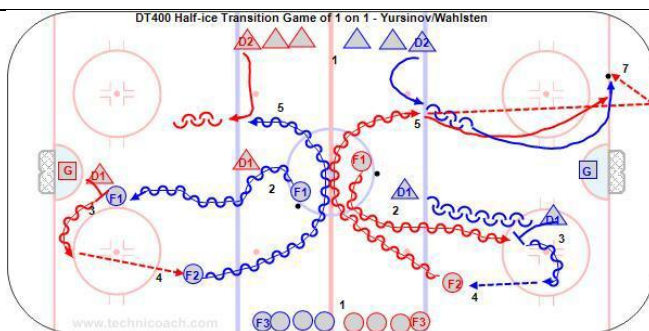
Description:

1. D in one corner and F in the other corner at both ends.
2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
4. Keep attacking and defending until the whistle.
5. Add a forward to make it a 2-1 until the whistle when they join to create a 3-3.

6. Players must communicate who to cover on defense.
7. Attack with speed to beat the backchecker on the 2-1.
8. Play with good habits: stop at the net, D tie up sticks, create rebounds.
9. Keep Score to increase intensity.
10. You need at least 8 F and 4 D to do the 2-1.
11. Add another D making it a 2-2 rush and 4-4 at each end.
12. With 2-2 you need at least 8 F and 8 D.
13. You can also do this drill with all the player playing both F and D.
14. If you have 20 skaters you can do a 3-2 rush and 5-5 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015063010505453>

<https://youtu.be/hXGDa3YHUho>



10'

DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

Key Points:

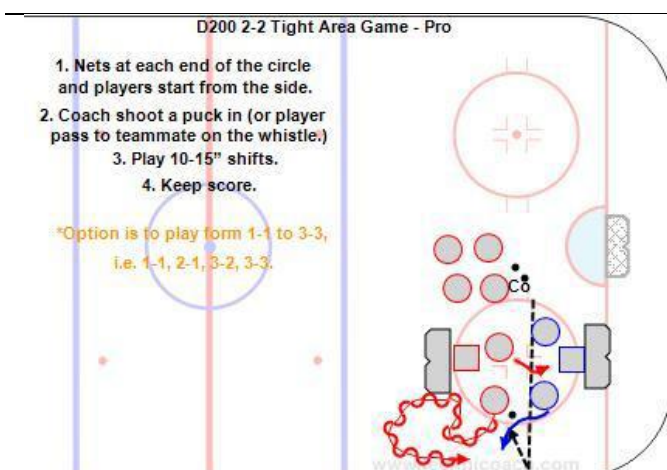
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

<https://youtu.be/I-Uko5pKHkY>



10' Nets face each other across faceoff circle.

D200 2-2 Tight Area Game - Pro

Key Points:

Protect the puck, use fakes, escape moves, change of direction, feints, shoot and pass quickly, triple threat position.

Description:

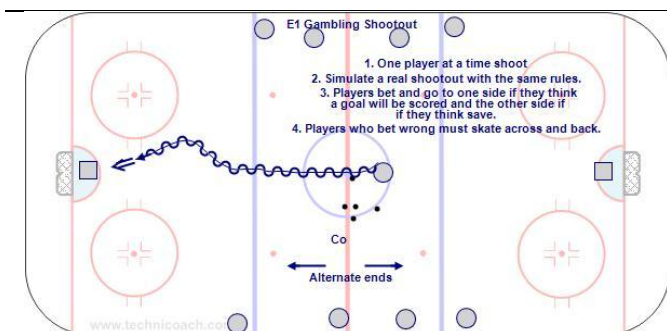
1. Nets at each end of the circle and players start from the side.
2. Coach shoot a puck in (or player pass to teammate on the whistle.)
3. Play 10-15" shifts.
4. Keep score.

**Option is to play form 1-1 to 3-3, i.e. 1-1, 2-1, 3-2, 3-3.*

In this video demo watch Red 53 Gaudreau and 63 Bennet, who have exceptional tight moves. #53 scores a few goals because he does things so quickly.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706173522508>

<https://youtu.be/FfMS7jehue4>



10'

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>