



## Fire White

## Practice Plan

Date: 10-11-16

Time: 20:15-21:45

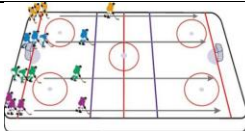
Venue: Norma Bush

### Lines:

Skating, passing technique, puck handling  
One goalie only at practice.

### Notes:

Transition, King's Court tournament



### 10' Tom lead

#### A200 Big Moves \_ Russian Warm-up

##### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

**Description:** - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.

-Put the puck from the stick to inside and outside edges back to the stick.

-Move puck from behind to front through skate forehand and backhand.

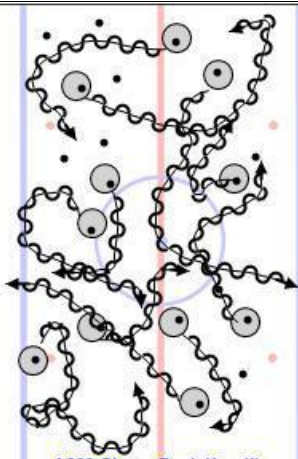
-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

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A200 Chaos Puck Handling

### 7'

#### A200 Chaos Puck Handling

##### Key Points:

Make moves, protect the puck, go hard on the whistle.

Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

##### Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.

2. Go hard for about 5" on the whistle and slow down on the next whistle.

3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.

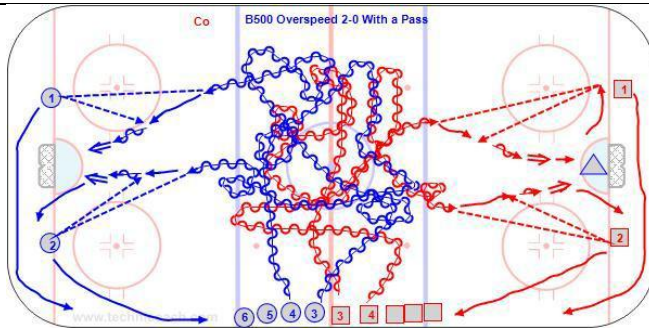
4. Exchange pucks-pass with eye contact.

5. Spread pucks around which also must be avoided.

6.Keepaway-coach take a puck away every 10".

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### 8' Receive pass handle puck and shoot.

#### B500 Overspeed 2-0 with a Pass – One timer at empty net

##### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

##### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



### 10' Focus on catching and throwing the puck

#### B202 Pass to All Players

##### Key Points:

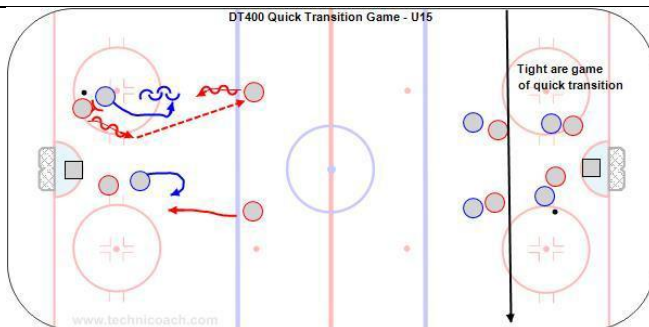
Give and go pass. Give a target and make eye contact before passing.

##### Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

\*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



### 20' Randy Skating 2 x 10 - Kailey Quick Transition

#### DT400 Quick Transition Game - U15

##### Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

##### Description:

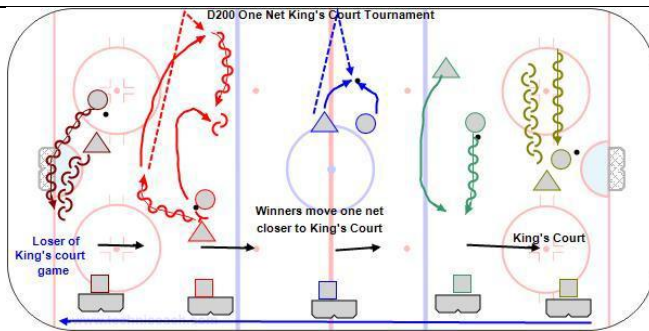
1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.

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6. Players who passed now rest.

\* *Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



**35' 5 games of 6'- 4 at each net.**

### **D200 One Net King's Court Tournament**

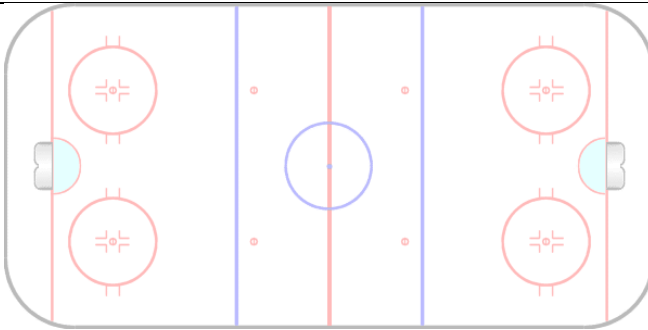
#### **Key Points:**

Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

#### **Description:**

1. Have nets on one side of the ice with enough room for players to go behind the net. 2. Play from 1-1 to 3-3. 3. To transition to offense the player must bounce the puck off the boards on the other side. 4. Keep score and then rotate after the game. 5. Winner move one net down toward the King's Court. 6. Winner at the 'Kings Court' and loser at the last net stay don't move. 7. Players who lose move one net away from the King's Court. 8. In a tie play 'rock-paper-scissors' to determine a winner. 9. Play at least the number of games so the player starting in the last court can progress to King's Court.

\**Make passing or puck carrying rules that practice good habits.*



**Game One – Two pass only forehand.**

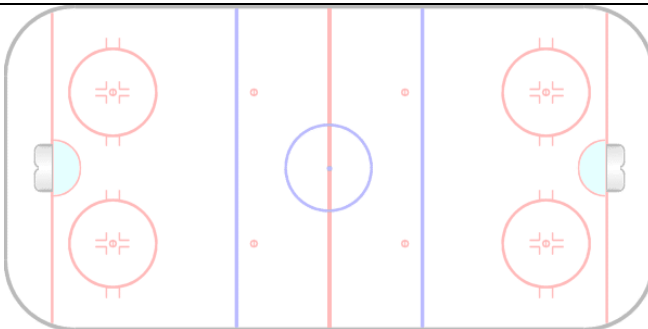
**Game Two – Goals only on one timer.**

**Game Three – Goals on give and goes.**

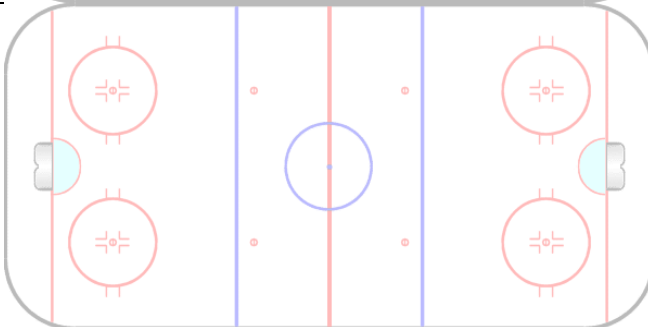
**Game Four – 1-1 Attack-Defend-Pass-Rest**

**Game Five – 2-2 two second game.**

**Explanation/Notes:**



**Explanation/Notes:**



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