



## Fire White

## Practice Plan

Date: 10-13-16

Time: 16:00-17:30

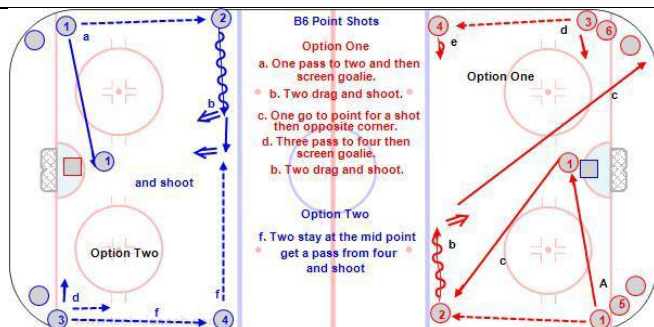
Venue: Henry Viney

### Lines:

Point shots, screen, tip, Passing and  
Defensive zone coverage, power play

### Notes:

Receive, 1-, 2-1, 2-2, transition, goaltending  
Back checking



10' At one end. Mel watch goalie.

### B6 Point Shots

#### Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

#### Description:

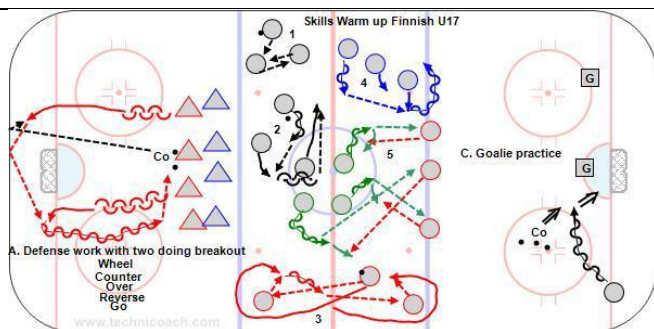
Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>



15' Jim and Kailey F- focus on handling puck then wrist passes, Tom D, Mel G

### B Skills Warm up Finnish U17

#### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

#### Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

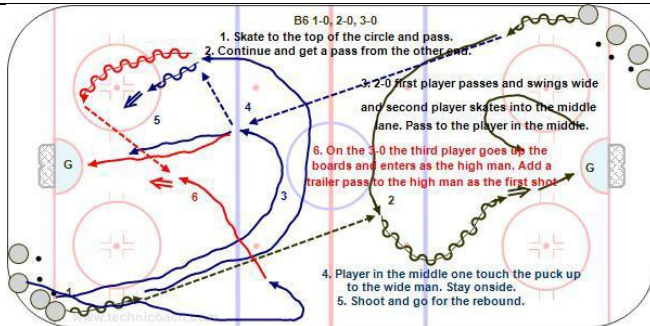
5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>

<https://youtu.be/P0nsIv0zT6w>



10' **Jim and Kailey one line each. Focus is taking the passes and wrist passing.**

### **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 outside.
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>



**30' 3 groups of 5. Jim-Mel review pp options one group, Tom and Kailey Dzone two groups, rotate each 8'.**

### **T2-4 D400 Specialty Team Practice – Pro**

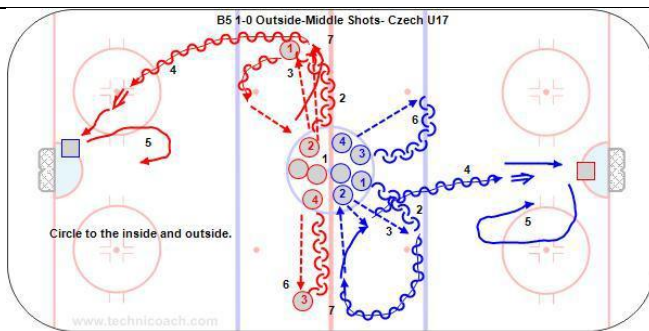
#### **Key Points:**

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

#### **Description:**

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>



6'

## 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:

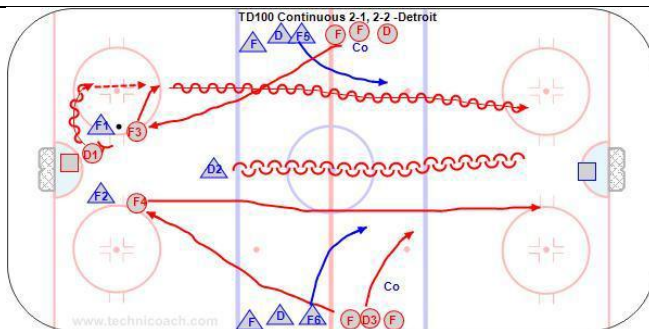
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and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



10' Coaches talk to players when they come back to the line up.

## DT100 Continuous 2-1, 2-2 – Detroit

**\* D follow and Regroup in Nzone.**

### 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:

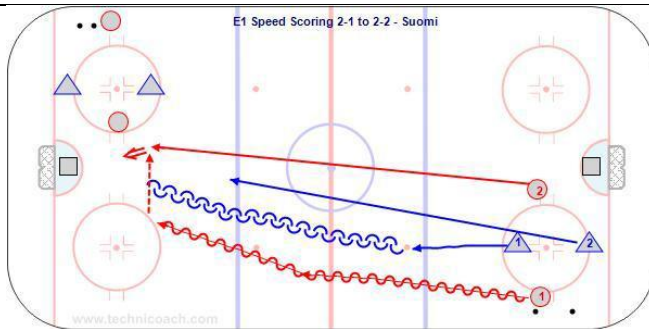
1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make 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.

---

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

<https://youtu.be/r7bt2Jua1uU>



### 10' Coach at each end.

#### E1 Speed Scoring 2-1 to 2-2 – Finland

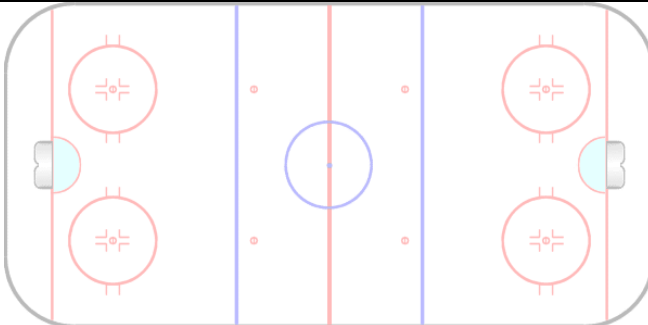
##### Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

##### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



### Explanation/Notes: