



## Fire White Practice

## Practice Plan

Date: 10-19-16

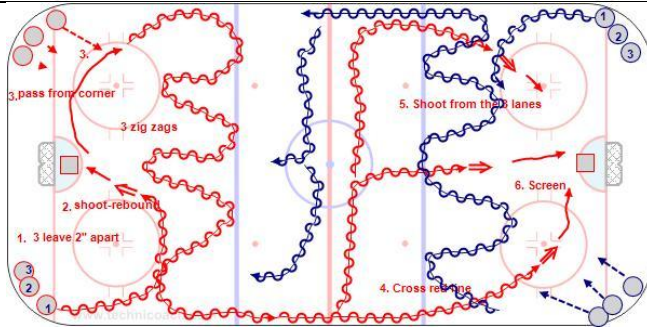
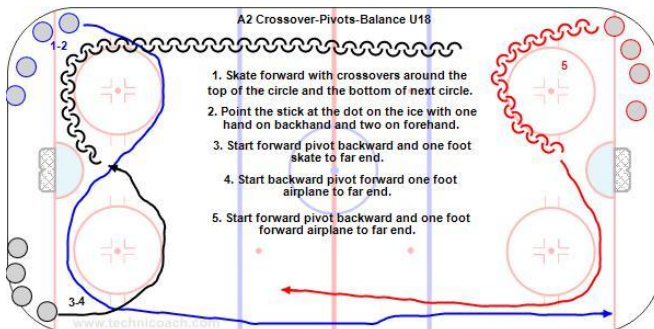
Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
Edges	Compete in game situations
Pass, shoot, compete, puck handle,	Protect puck, shoot, edges, backward skate,
Low plays, escape moves	

15' 2 ' big moves 8' Randy Edge work 2/3 ice

Mel with both goalies.



10'

**B6 – 3 Shots, 3 Zig zags, 3 Shots**

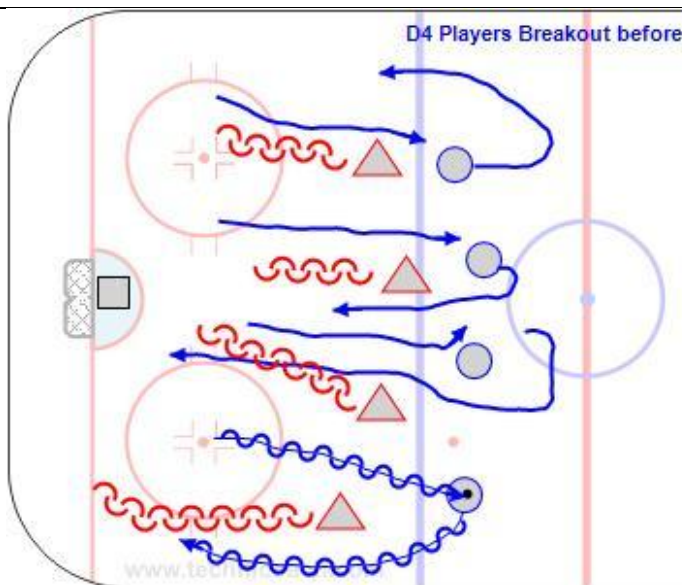
### Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154513105>



## 18' 3 6' games of 6' with modified rules

### 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 blue line and then turn back and attack.

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

Gm 1 -Skating-only backward skating allowed.

Gm 2 -Team Play - goals come only on plays originating below the goal line.

Gm 3 -Individual Offensive skills - an escape move must be made when you get the puck.



## 9' Half the team at each end.

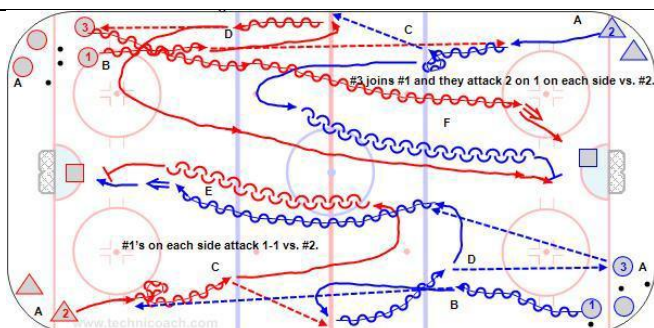
### D400 Best Player Wins the Game 1 on 1 on 1

#### Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

#### Description:

1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



## 10'

### C6 Regroup x 2, 1-1 and 2-1 – Pro

#### Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

#### Description:

A. Defenders line up at each end in diagonal corners

and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

D. #1 skate back and regroup with #3.

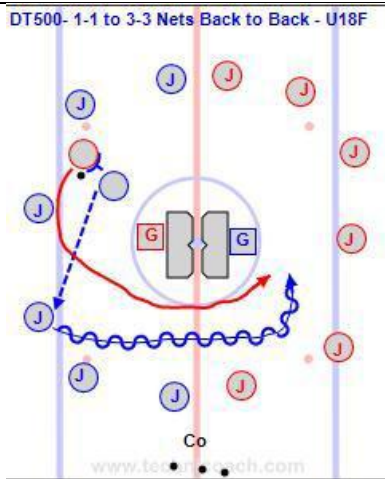
E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

\*With younger players stagger the start so each corner leaves after the first pass.

<https://youtu.be/IBeStMukGQA>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



10'

DT500 - 1-1 to 3-3 Nets Back to Back - U18F

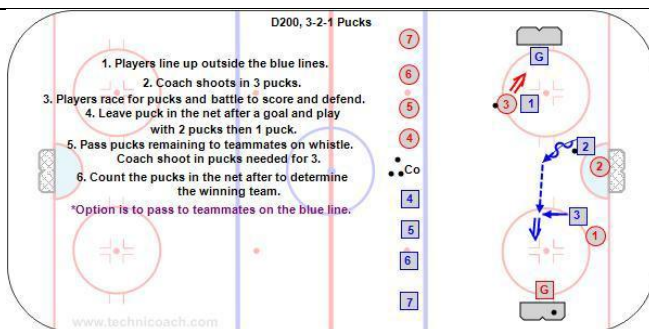
**Key Points:**

Quick transition from offense to defense with puck protection the emphasis on offense and defensive side with the stick on the puck on defense.

**Description:**

1. Nets are back to back in one zone.
2. Extra players are jokers who are around the defensive net ready for a pass to go onto offense.
3. Start with 1-1 and progress up to a 3-3.
4. On transition to offense the defender pass to a joker who attacks the opposite facing net.
5. The offensive player defends when they lose the puck.
6. Keep score.
7. Add the option to pass to jokers.
8. Coach pass to non offending joker is the puck goes out of play or after a goal.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130120110852626>



10'

D200 3-2-1 Pucks

**Key Points:**

- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

**Description:**

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2

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pucks then 1 puck.

5. Pass pucks remaining to teammates on whistle.

4. Hustle out of the zone on the whistle and play 20-30 seconds only.

6. Count the pucks in the net after to determine the winning team.

\*Option is to pass to teammates on the blue line.

Another option is to skate behind the nets to start.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>

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8'

### **E1 D200 Shootout Game**

#### **Key Points:**

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

#### **Description:**

1. Coach dumps the puck in and players race for it.

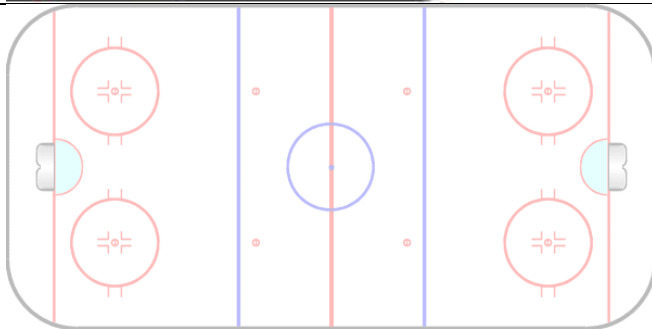
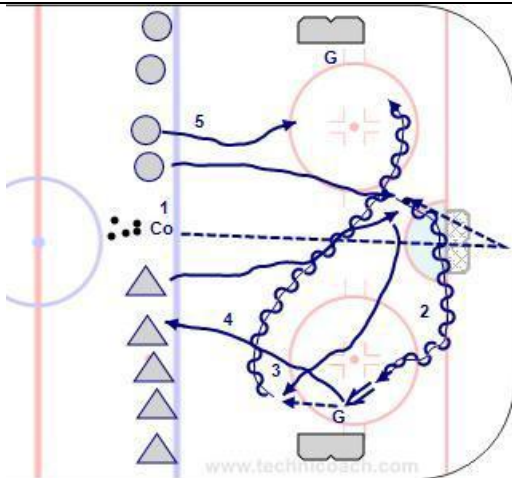
2. Puck carrier try to score defender defend.

3. On rebound or goal defender attack other way.

4. Shooter must get outside of the blue line.

5. When teammate outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>



### **1' meet in the middle**