



Fire White

Practice Plan

Date: 10-20-16

Time: 16:00-17:30

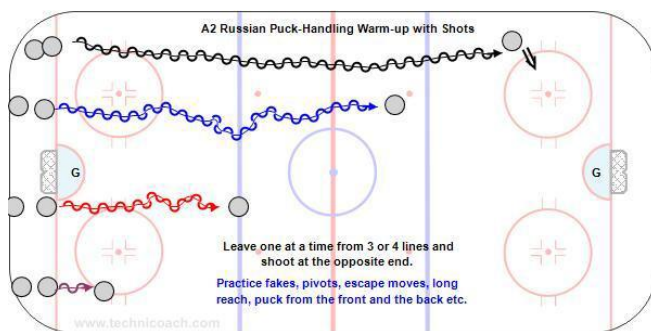
Venue: Henry Viney

Lines:

Skate, puck handle, pass, puck support
Transition

Notes:

Quick decisions, regroup, 1-1, 2-1, 2-2, 4-4



15' Jim Lead, Edges first then big moves.

A2 Russian Puck-Handling Warm-up with Shots

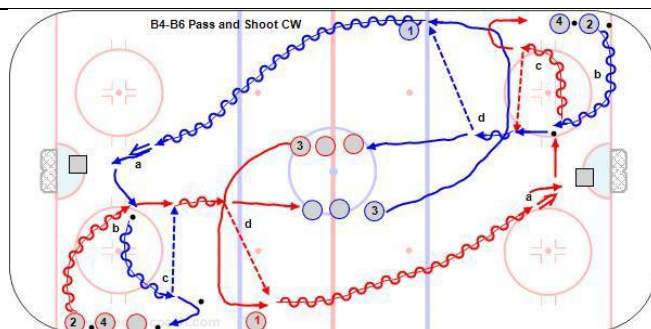
Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.



10' Focus on taking a pass, handle then pass.

B4-B6 Pass and Shoot ProW

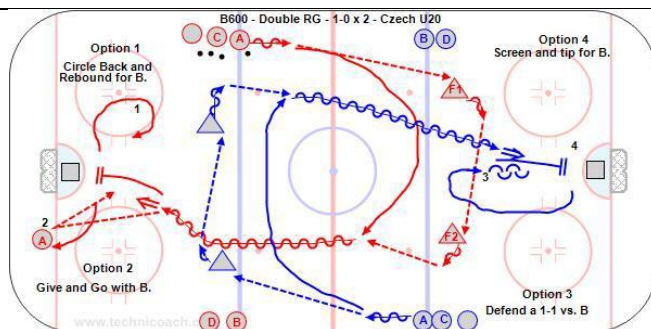
Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>



10' Jim with F and Randy with D

B600 - Double RG - 1-0 x 2 - Czechia U20

Key Points:

Pass and receive while skating, give a target, fake before shooting, follow the shot for a rebound.

Description:

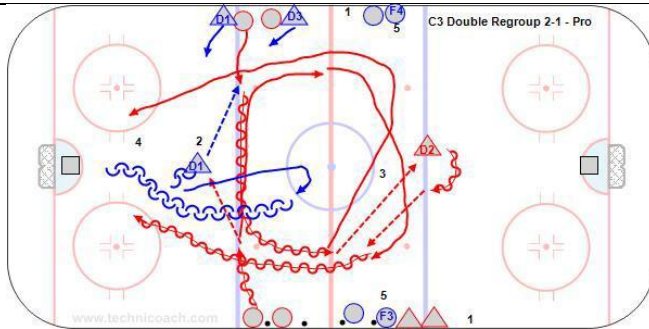
- Shooters line up at diagonal blue lines.
- A from each line leave and pass to D1 and mirror the D's passes.
- D1 hinge and pass to D2.
- D2 pass to A.

5. A skate in and shoot.
6. A circle back and rebound for B the next shooter.
7. B leave from the other diagonal blue lines and pass to D2 to D1 to B's who shoot.

*Options: A could give and go with B. A could defend a 1-1 vs. B. A can screen and tip for B.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816222649647>

<https://youtu.be/HiVKeSeNr4c>



10' Jim with F and Randy with D

C3 - Double Regroup-One Touch- 2-1 - Russian U20

Key Points:

Stick square to the puck, hands away from the body and head up. Face the puck and keep the feet moving. Make the first play early on the 2-1. D keep the play to one side so it is a 2-2 with the goalie.

Description:

1. F1-F2 leave and regroup with D1.
2. F1-F2 make a second regroup with D2.
3. F1-F2 attack 2-1 vs. D1.
4. F3-F4 leave and regroup with D2.
5. F3-F4 make a second regroup with D3.
6. F3-F4 attack 2-1 vs. D2.
7. Continue this flow.

*This double regroup organization can be used 1-0, 2-0, 3-0, 1-1, 2-1, 3-1, 2-2, 3-2 or instead of a second regroup dump the puck in and breakout then attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150803094619367>



10' Keep Score

D100 Two Second Game

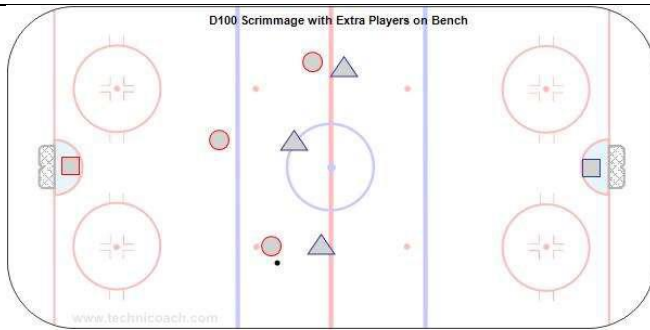
Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



10' 4 on 4

D100 Scrimmage with Extra Players on Bench – Regroup before entering the offensive zone.

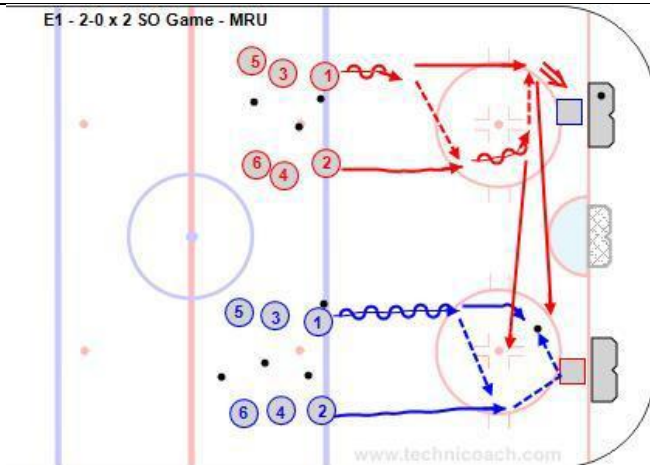
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



13'

E1 - 2-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

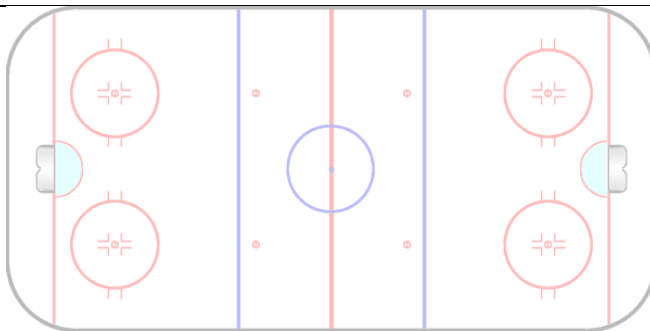
B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 15" next rep.

F - First team to 20 wins.



2' Get pucks and meet in the middle.

Explanation/Notes: