



Fire White

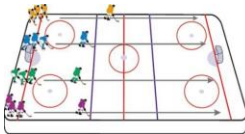
Practice Plan

Date: 10-21-16

Time: 16:15-17:45

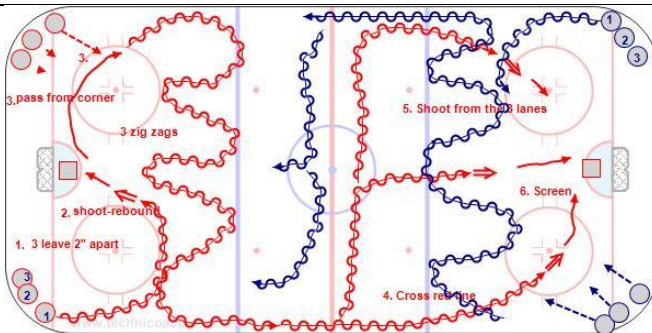
Venue: Fr. Baure

Lines:	Notes:
Skating stride, chocktaw turn, starts	1-1 with gap control



60' Gaston Skating Goalies change at 30' to work with Mel.

A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they and use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.



10' Chocktaw front to back pivots. B6 – 3 Shots, 3 Zig zags, 3 Shots

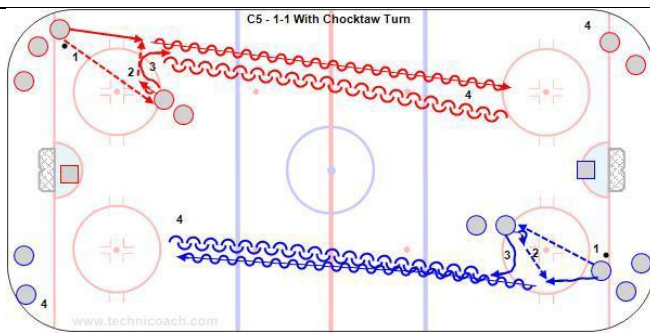
Key Points:

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> .



20'

C5 - 1-1 With Chocktaw Turn

Key Points:

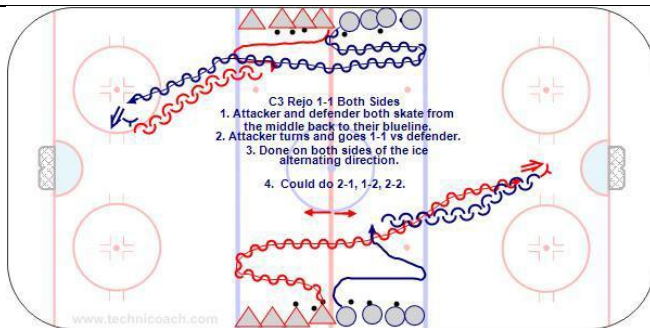
Turn backward. First do this drill without a puck and then with a puck. All players do both parts of the drill. Finish the drill with attacker going for the rebound and defender taking the stick and boxing out.

Description:

1. Attacker pass to defender .
2. Defender skate forward and pass to attacker.
3. Defender make a Chocktaw turn from forward to backward.
4. Attack 1-1 and go to the far corner.
5. When everyone is finished go the other way.

Video of the Chocktaw turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150522112831380>



10'

C3 Rejo 1-1 Both Sides - Gap Control

Key Points:

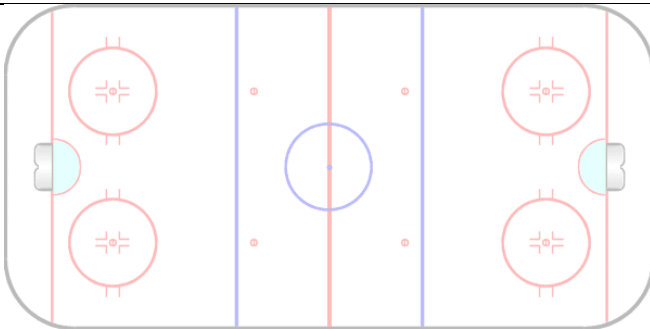
The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

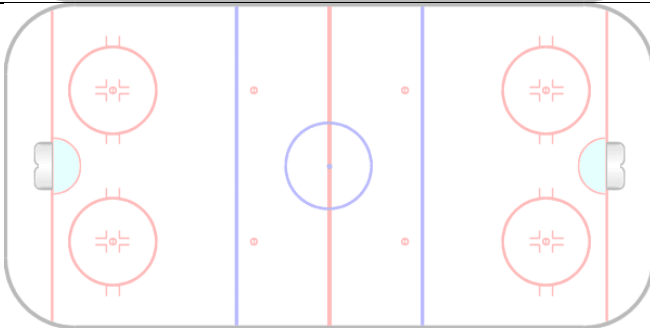
1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

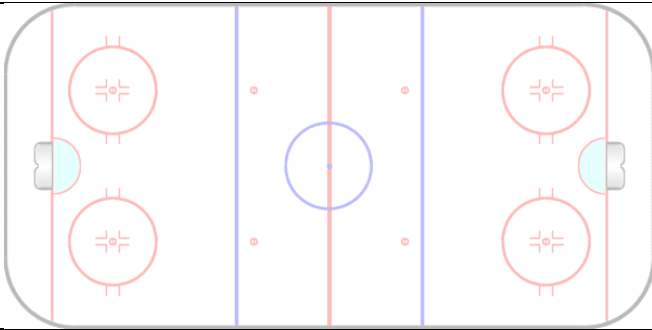
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Explanation/Notes:

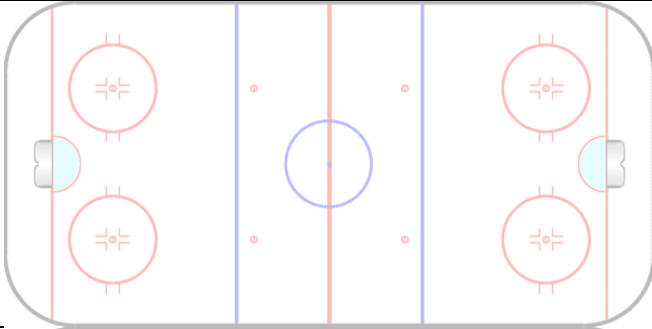


Explanation/Notes:





Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
