



Fire White

Practice Plan

Date: 10-23-16

Time: 19:15-20:45

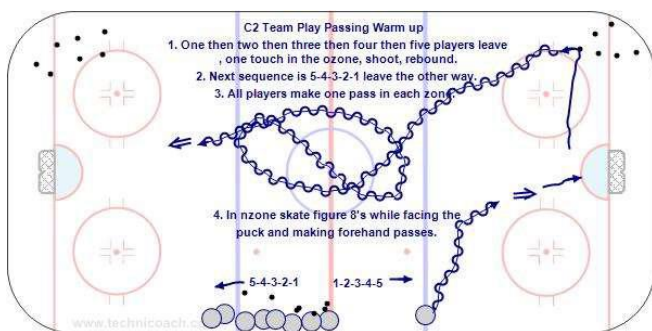
Venue: ECB

Lines:

Missing up to 7 forwards so focus on D.
TIGHT GAPS, puck support

Notes:

Passing, shooting, point shots, angling



10'

C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

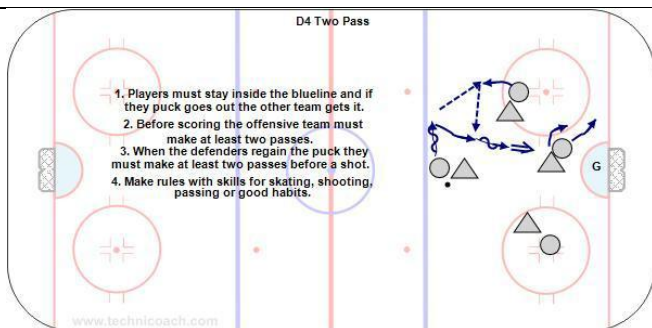
Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
 2. Next sequence is 5-4-3-2-1 leave the other way.
 3. All players make one pass in each zone.
 4. In neutral zone skate figure 8's while facing the puck and making forehand passes.
- *When there is only one player do a figure eight or touch both knees.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>

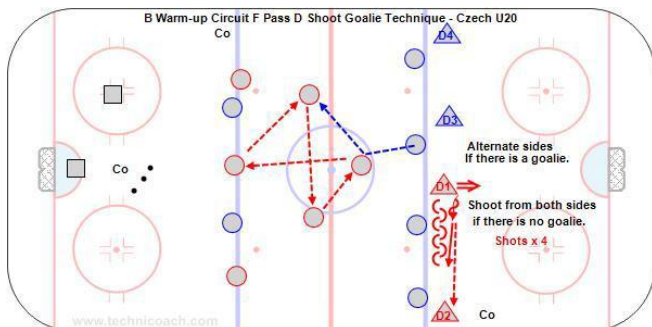


10'

D4 Two Pass

Key Points: **Description:** 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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15'

B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

Description:

1. Forwards one touch pass in the neutral zone.
2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the

puck.

4. Goalies work on technique with the goalie coach at one end.

5. Defensemen work on one timer and quick shots at the other end.

6. Defensemen take 4 one timer or quick shots at a time.

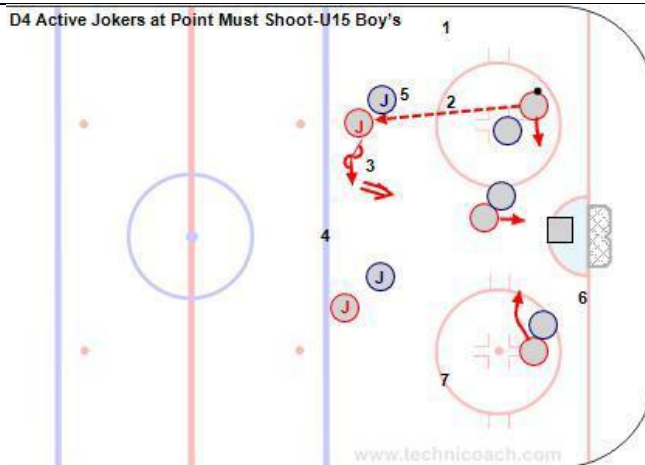
7. D1 skate toward D2, exchange passes and shoot while skating backward.

8. Alternate sides after 4 shots with D3 shooting and D4 passing.

**Take quick snap shots when on the wrong side for a one timer.*

**Alternate sides on point shots if there is a goalie and shoot from both sides if there isn't a goalie.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151004110338738>



15'

D4 Active Jokers at Point Must Shoot-U15 Boy's

Key Points:

One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

Description:

1. Both teams shoot on the same net.

2. Transition from defense to offense by passing to your Joker at the point.

3. Joker must shoot.

4. Teams can have 1 or 2 Jokers at the point.

5. Jokers can check Jokers.

6. Play from 1-1 to 3-3 below the top of the circle.

7. Any teammate can be passed to after the Joker shoots.

** Keep score and have a tournament.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104514143>

<https://youtu.be/uXesDVFYuDQ>



10'

D200 Angling game

Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.

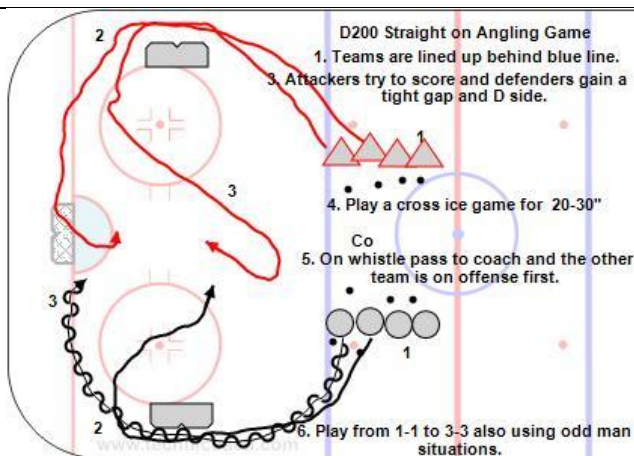
2. On whistle carry the puck behind the net and checkers leave and create good angles.

3. Play 20-30 seconds.

4. Puck carrier can try to come out short side.

5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



10'

D200 Straight on Angling Game

Key Points:

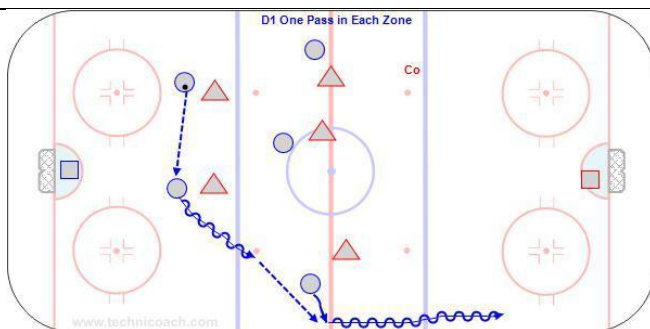
Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



15' 8 on 8 players and coaches all play and all on at once.

D1 One Pass in Each Zone

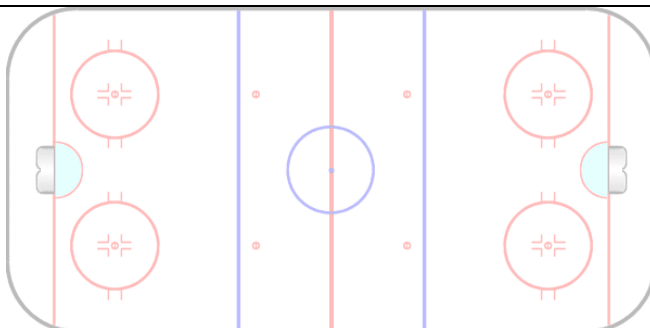
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



Pucks away and meet in the middle.