



Fire White

Practice Plan

Date: 10-26-16

Time: 20:15-21:45

Venue: Norma Bush

Lines:

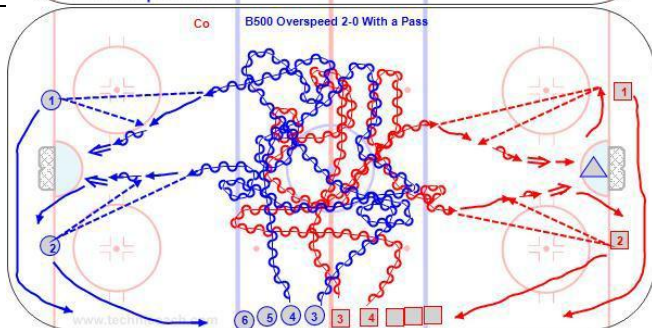
Edges, chocktaw, Mohawk, overspeed,

Notes:

Slap shot, one timers,

15'

- Mel with goalies
- 6' captains lead edges warm up
- 9' Randy do balance and edges.



7'

B500 Overspeed 2-0 with a Pass

Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>

8' Players must slap shot from three lanes to create a 'Need to Know' for the drills on the slap shot and one timers.

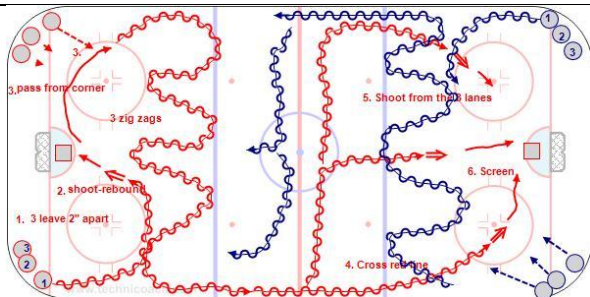
B6 – 3 Shots, 3 Zig zags, 3 Shots

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.

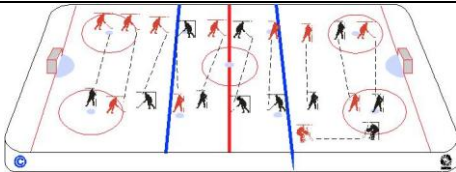
Description:

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>



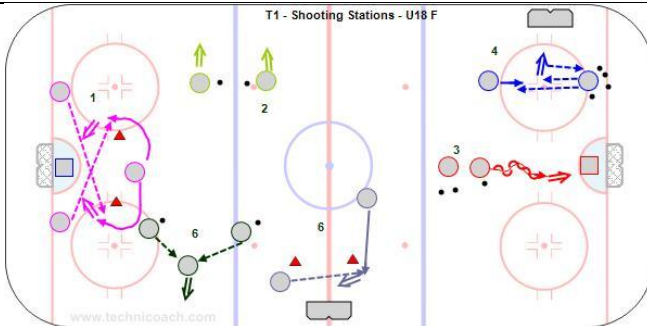
60' Focus on a strong bottom hand for pass receiving, one timers and slap shots.

B300 - Partner Passing - U18 F

<https://youtu.be/gPyHEhYDpgQ>

T1 - Flip Shot Instruction - U18 F

<https://youtu.be/gPyHEhYDpgQ>



40' Global, slap shot and one timers.

T1 - Slap Shot and One Timer Shooting Stations - U18 F

Key Points:

Strong bottom hand. Hit the ice behind the puck.

Description:

1. One touch shoot passes on each side from below the goal line.
2. Slap shot with snow behind the puck.
3. Shootout contest, keep shooting until you miss.
4. One time shot x 4. Skate forward exchange passes, backward on one timer.
5. One time forehand shot.
6. Quick shot after a pass from each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027103129928>

<https://youtu.be/HAuCw1k-Cg>

10'

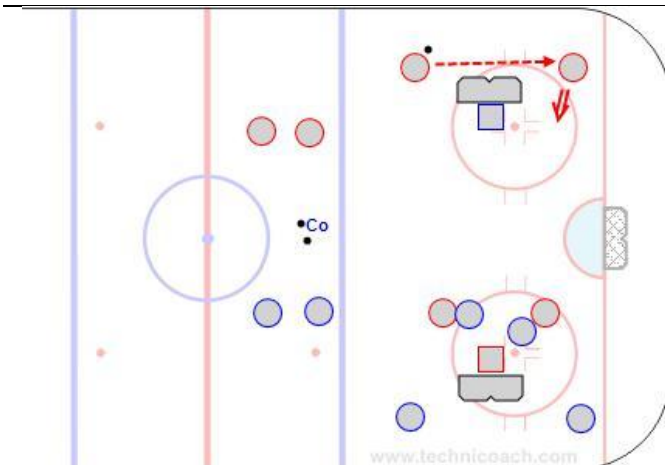
D200 - 2-2 Shooting Jokers Behind Goals - U18 F

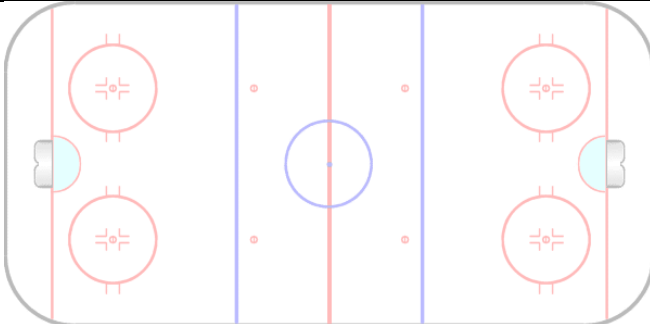
Key Points:

Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

Description:

1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.
4. <http://www.hockeycoachingabcs.com/mediagallery>





Explanation/Notes:



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