



Fire White

Practice Plan

Date: 10-27-16

Time: 16:00-17:30

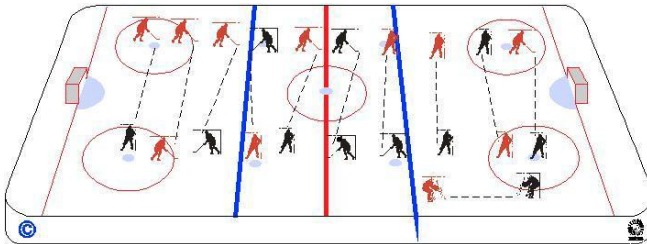
Venue: Henry Viney

Lines:

Tactical skating, 1-1 from corner, point shots
Defensive zone coverage

Notes:

Middle drive, passing, shooting, 3-3,



10'

5' Slap shots against the boards. 5' pass.

B3 Partner Passing

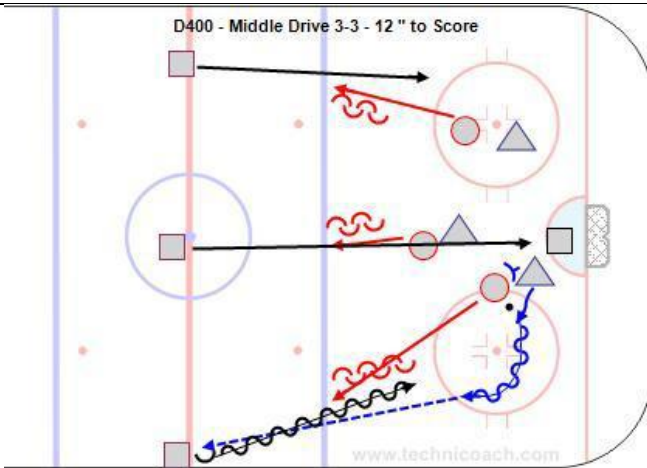
Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

Description:

Players face each other in two lines skating cross ice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720235041115>



10' Jim F middle drive Tom D Point Shots

D400 - Middle Drive 3-3 - 10 Seconds to Score

Key Points:

Create intensity by only giving 12" for the offense to score. Attacking team uses the middle drive.

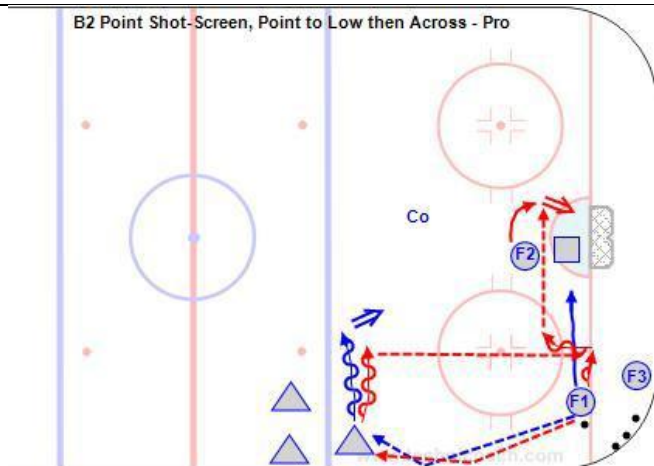
Description:

1. Start from the red line and attack 3 on 3.
2. Offensive team use the middle drive.
3. Attackers get 10 seconds to score.
4. Coach blow whistle if it takes too long.
5. On transition or whistle pass to the players at the blue line.
6. Team who was on offense now skate to the blue line and defend.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160903111521683>

<https://youtu.be/aecP7-WSLPI>

B2 Point Shot-Screen, Point to Low then Across - Pro



Tom point shots one end

B2 Point Shot-Screen, Point to Low then Across – Pro

Key Points:

The key is for D1 move between the dots and hit the net. On the second play D1 must freeze the defender with a fake shot and then pass down to F1. F2 must give a target and be strong on his stick to tap a hard pass in.

Description:

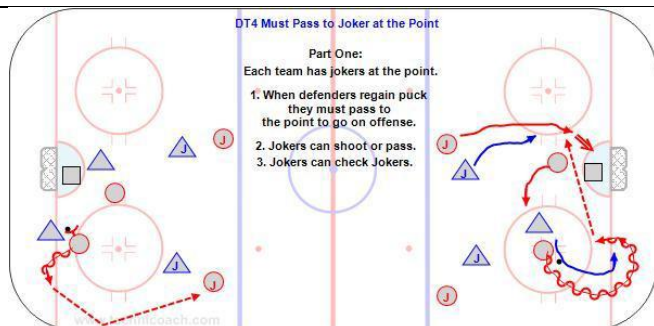
1. F1 pass to D1 at the point.
2. D1 drag and shoot while F2 screen and F1 go to the net for a tip or rebound.
3. F1 get a new puck and pass to D1.
4. D1 fake a shot and pass straight down to F1.
5. F1 skate at the net to become a threat and pass across to F2 who slides back to the far post.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131223153030902>

DT4 Must Pass to Joker at the Point

Part One:
Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check Jokers.



10'

DT4 Must Pass to Joker at the Point

Key Points

Each team has one or two jokers at the point.

Introduce the game allowing jokers to check jokers. This is a great game to practice getting the shot through under pressure.

The jokers at the point must get open and take a shot or make a pass. The defender practices covering the point. Low players get open and defenders cover man to man.

Description:

Each team has one or two jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

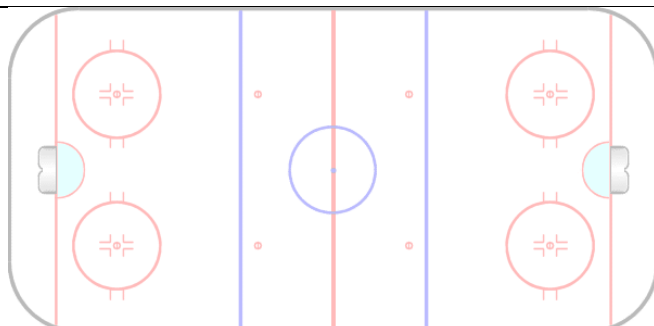
2. Jokers can shoot or pass.

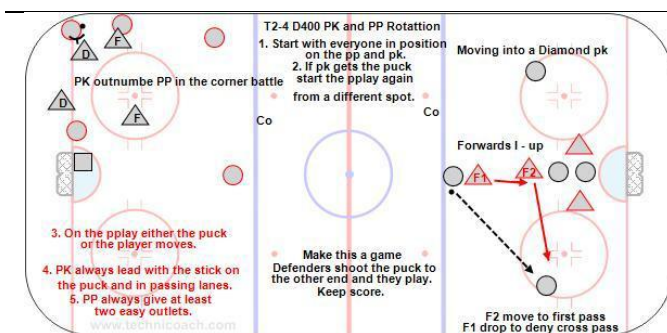
3. Jokers can check the opponents Joker.

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5'

Wally – Tactical Skating with everyone.





15' Jim 5-4 one end, Tom 5-0 with 10" to score at the other end.

T2-4 D400 PK and PP Rotation- Detroit

Key Points:

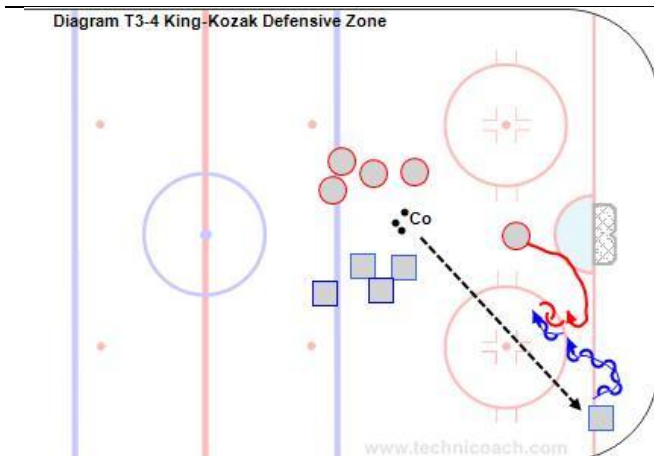
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101206083505234>



17' Wally – Mel with each goalie 10' goalies at other end.

T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gamp and maintain defensive side and with stick on the puck, body on body.

Description:

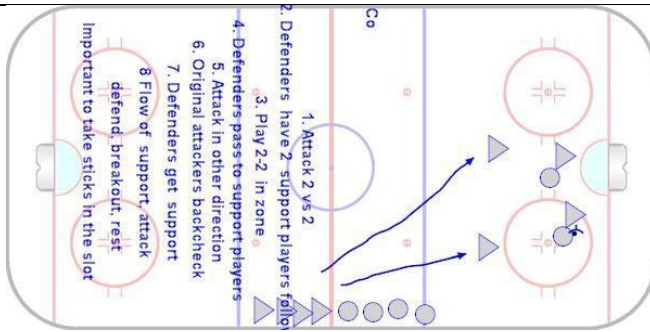
1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.

7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

*Option is to have uneven situations and add attackers and defenders as you go.

*To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>



15' 2 on 2 look for the D zone coverage.

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

1' meet in middle circle.