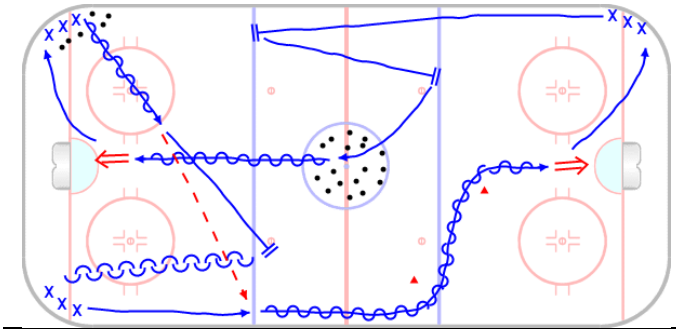
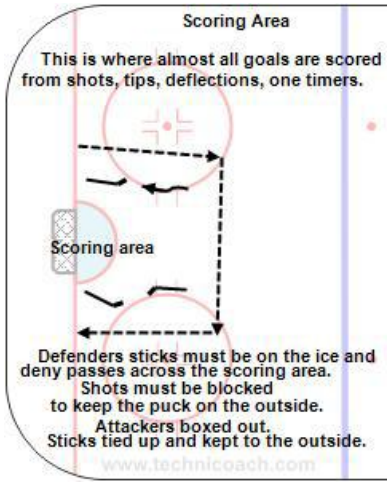
Fire White **Practice Plan**

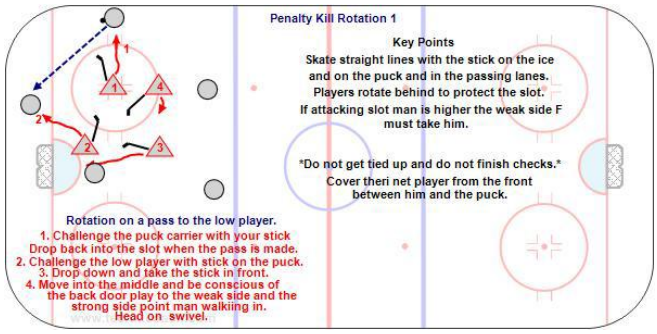
Date: 11-1-16	**Time:**	**Venue: Max Bell 2**

Lines:	**Notes:**
Team Play Scrimmage	



10’ Warm up

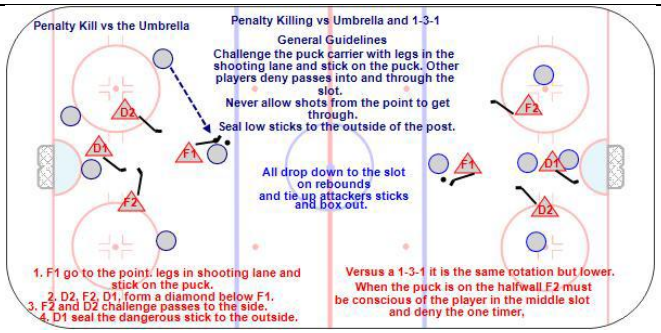


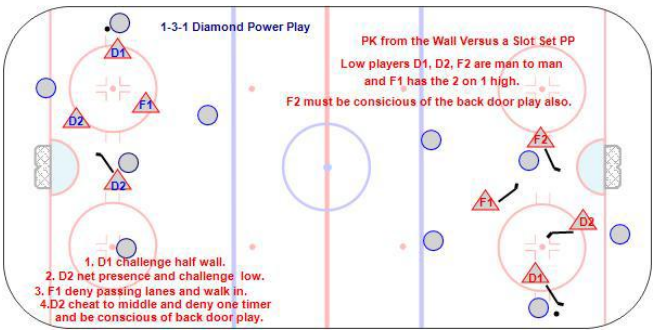


15’ High Press Penalty Kill introduction

A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germ

A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germany if he would discuss his thought on specialty teams with me. Last year I was coaching with Pierre Page and he used a very aggressive PK that they used together as assistants on the Flames. So I wanted to compare their ideas. Mud agreed to meet with me and we went to an empty dressing room after our over 55 morning game and I listened for an hour. http://hockeydb.com/ihdb/stats/pdisplay.php?pid=3847 is his hockey db profile and he played for legends like Fr. Bauer, Scotty Bowman and coached with Bob Johnson who he thing was the best





teacher.

So here are the thoughts that we talked about and drew on the coaching board.

Penalty Killing:

Murdoch has gone away from the ultra aggressive penalty kill rotation that Pierre uses with the Red

Bulls. He thinks it works great if all 4 players move together every time but if they don't rotate or

over rotate then it leave players open in scoring positions.

Scoring Area:

Guidelines:

- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.

- Go to the puck "through the net" in a straight line. Pads denying the shot and stick on the

ice in a dangerous passing lane.

- Be aggressive with the stick on the puck if you can arrive at the same time or before the

puck or if the attackers back is turned and he/she doesn't have complete puck control.

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- The closest player always challenge with the stick on the ice, skating in a straight line

while the other players rotate. Always 1. one player rotate to the front of the net 2. one on the

puck, 3. one denying the slot pass but ready to move to a short passing option. 4. farthest

player with the stick in the dangerous passing lane and usually has the 2-1.

- When they pass away drop down into the scoring area with the stick on the ice denying
passes across or into the scoring area. Prevent passes through the slot.
- Penalty Killing vs the Slot Set Power Play.
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- Don’t get tied up with players, you must be free to rotate. Take their stick when the puck is
coming don’t wrestle them.
- Don’t finish checks on the pk. It takes you out of the play and you can’t rotate.
- Skate in straight lines up and back and Don’t Chase to the Outside.
- D should not go to the point.
- Don’t rotate positions but challenge the puck and then drop back into the slot area.
- Drop back quickly so they can’t pass behind you. It is the most dangerous play.

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Penalty Killing Rotation vs the Umbrella and 1-3-1

Penalty Killing Rotation when the Puck in at the Half Boards in the umbrella, 1-3-1 or the Slot Set.

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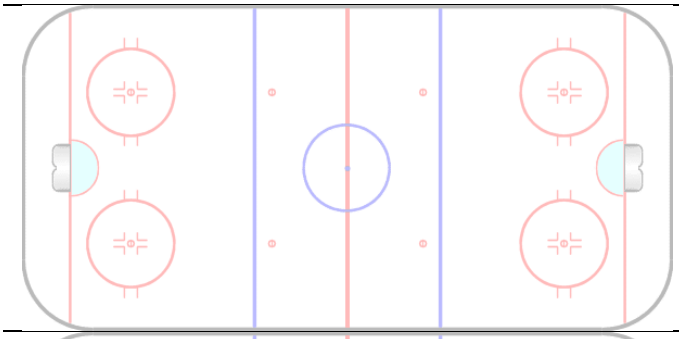
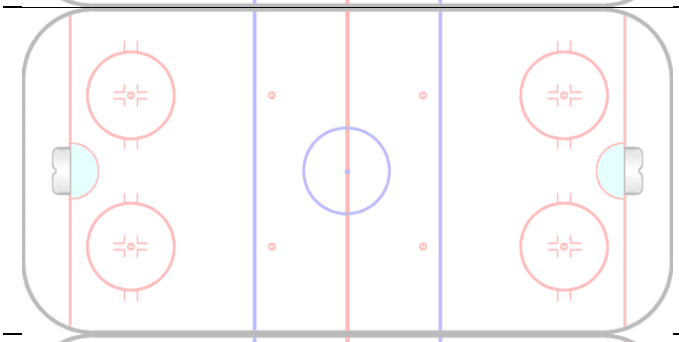
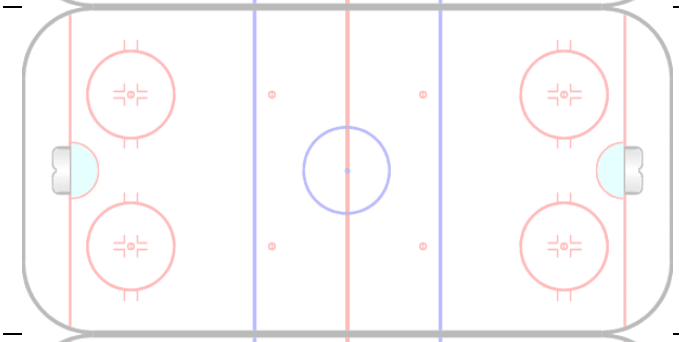
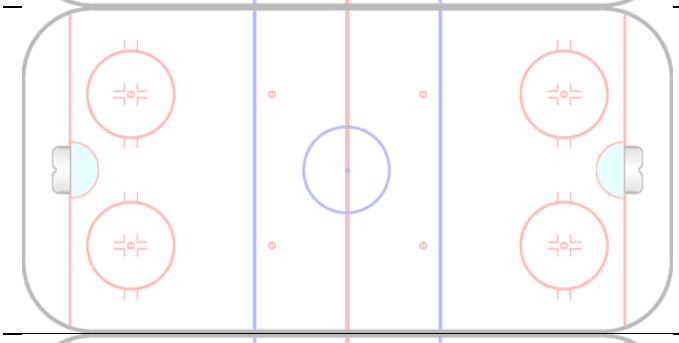
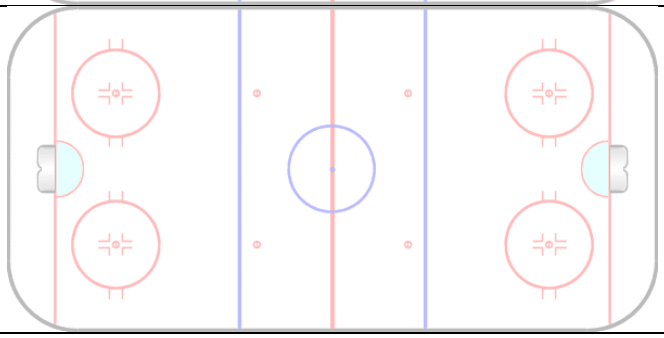
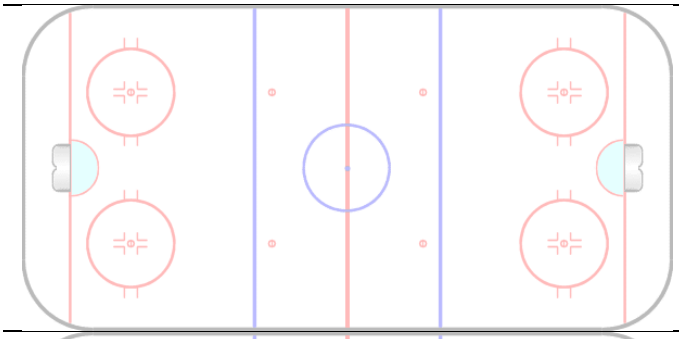
	**Specialty Team Scrimmage vs. Fire AAA** **50’ full ice** **15’ z 2 – each team 5-4 and 4-3** **10’ x 2 – each team 6-5 and 5-6**
	**Explanation/Notes:**
	**Explanation/Notes:**
	**Explanation/Notes:**
	**Explanation/Notes:**



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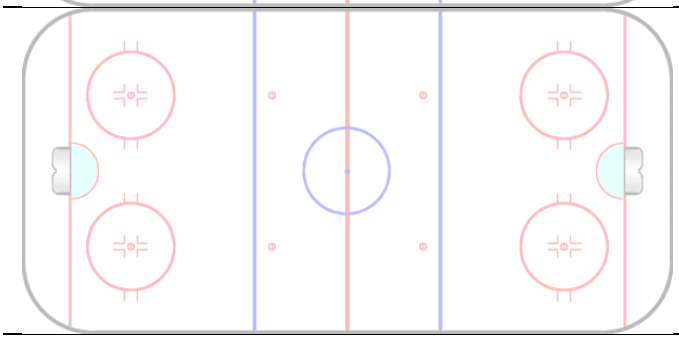

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