



Fire White

Practice Plan

Date: 11-3-16

Time: 16:00-17:30

Venue: Henry Viney

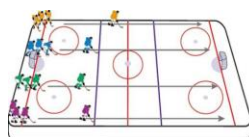
Lines:

Good playing habits, King's Court

Goaltending, edges, puck handling

Notes:

Tournament, angling, defensive side 1-1

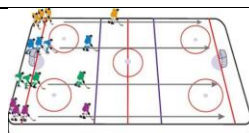


8' Captains lead. Goalies with Mel

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds.

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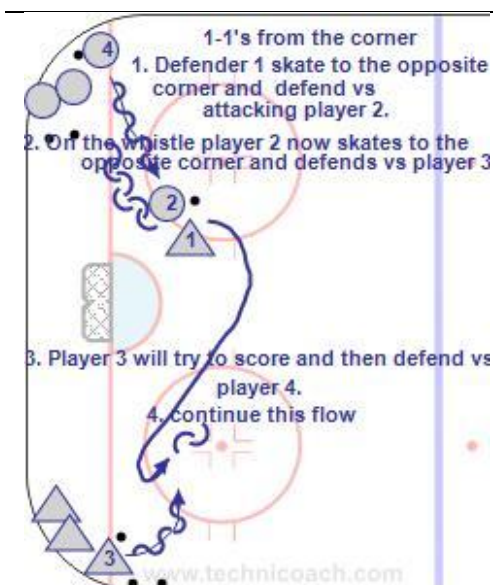
10' Jim lead

RUSSIAN WARM-UP

NARROW & WIDE DRIBBLING
DRIBBLE WHILE ALTERNATING GOING DOWN ON LEFT & RIGHT KNEE (ELBOW UP)
DRIBBLE WITH SKATES (SKATE-TO-SKATE, STICK-TO-SKATES)
GIVE-AND-TAKE, CUP THE PUCK WITH TOE AND PULL BACK
FAKE SHOT /OR/ PASS AND DRAW WIDE
DIAGONAL DRIBBLING
DRIBBLE WHILE SKATING BACKWARD, FORWARD-BACKWARD & BACKWARD-FORWARD
SPINS/ TIGHT TURNS (LEFT & RIGHT), ON KNEES SPIN 360 DEGREES
CROSSOVERS (TWO STEPS LEFT, TWO STEPS RIGHT) OR LEFT AND RIGHT
CHANGE-OF-PACE/ TEMPO (FAST-SLOW OR SLOW-FAST)
STICK FAKE OVER THE PUCK
SURROUND THE PUCK: SKATE AROUND THE PUCK ALWAYS ON THE FOREHAND
JUMP LINES AND CONTROL THE PUCK/ SOMERSAULTS, LOG ROLLS-CONTROL THE PUCK
SHARP HEEL TURNS (PARALLEL SKATES)
ZIG-ZAG SKATING WITH PUCK
STOP AND GO FAKES
ONE HAND CARRY THROUGH NEUTRAL ZONE
ONE SKATE JUMPS (ONE SKATE ON THE ICE, JUMP FROM SKATE-TO-SKATE)
SHOOT-THE-DUCK AND CONTROL THE PUCK (SQUAT DOWN ON ONE SKATE, OTHER SKATE STRAIGHT OUT IN FRONT)
SIDE-STEPPS WITH PUCK (LEFT AND RIGHT)
STICKHANDLE WITH TWO PUCKS (ONE ON STICK AND OTHER WITH SKATES)
UNRHYTHMICAL DRIBBLING (PUCK ON SIDE AWAY FROM SUPPORT LEG)
STICKHANDLE WITH WRONG HAND (LEFT-HANDER DRIBBLES LIKE RIGHTHANDER, VICE-VERSA)
DRIBBLE PUCK IN THE AIR
PUCK THROUGH LEGS AND BEHIND BACK
BODY PART FAKES (HEAD, SHOULDERS, EYES, BODY LEAN, SKATE FAKES)

PASSING IN PAIRS

SIDE-BY-SIDE	FAKE PASS
FORWARD & BACKWARD	TOUCH PASSING
WEAVE	LIFT/ AERIAL PASSING
BOARD PASS	LOOP-DROP PASS-SHOOTING, ETC.
TWO PUCKS AT SAME TIME	LOOK-OFF PASS (LOOK OTHER WAY)



10' one end with Tom and Randy

B6 1-1's from the Corner

Key Points:

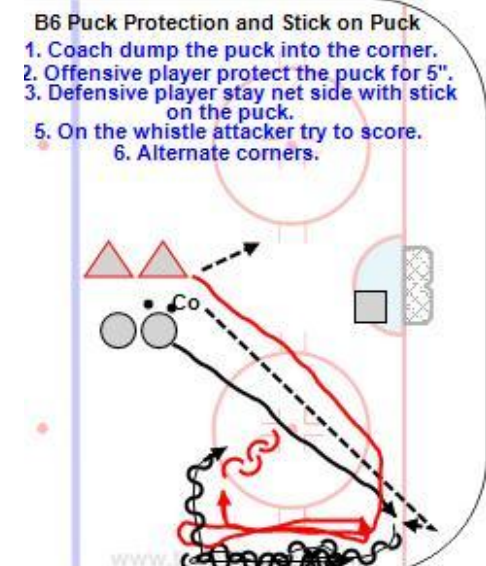
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

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10' One end with Jim and Mel

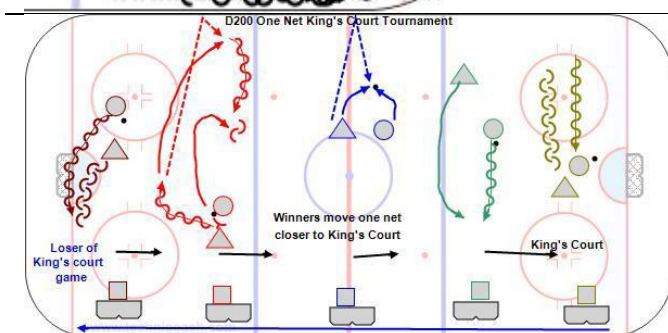
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



50' King's Court Tournament 4 nets.

D200 One Net King's Court Tournament

Key Points:

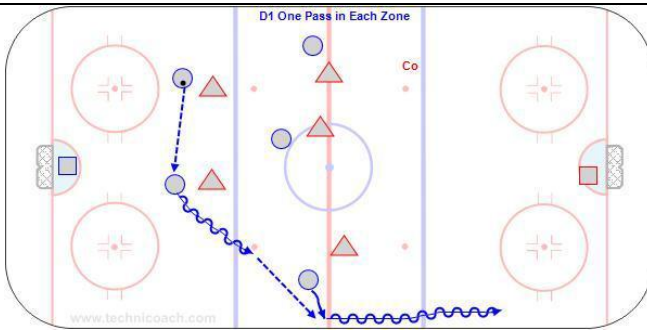
Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

Description:

1. Have nets on one side of the ice with enough room for players to go behind the net.
2. Play from 1-1 to 3-3.
3. To transition to offense the player must bounce the puck off the boards on the other side.
4. Keep score and then rotate after the game.
5. Winner move one net down toward the King's Court.
6. Winner at the 'Kings Court' and loser at the last net stay don't move.
7. Players who lose move one net away from the King's Court.
8. In a tie play 'rock-paper-scissors' to determine a winner.
9. Play at least the number of games so the player starting in the last court can progress to King's Court.

**Make passing or puck carrying rules that practice good habits.*

Team still at the King's Court is the Winner.



10'

D1 One Pass in Each Zone 3-3 then 4-4 Change on the go.

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.

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10'

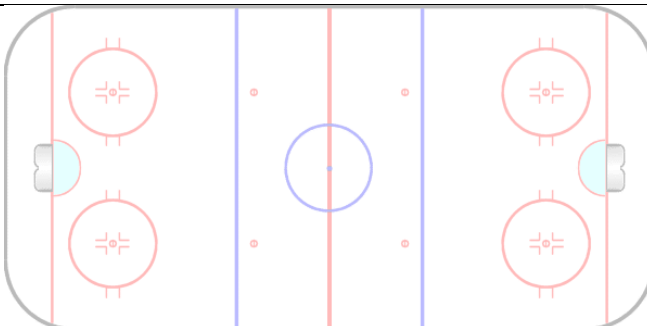
D100 Two Second Game – All play 8 on 8

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
 2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
 3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
 4. Possession from first touching the puck for over 2" leave the puck for the other team.
 5. Encourage talking, facing the puck, always give a target.
- *Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



2'

Meet in the middle for team cheer.

5' meeting in the dressing room to set up the weekend games.



Explanation/Notes:
