



Fire White

Practice Plan

Date: 11-8-16

Time: 20:15-21:30

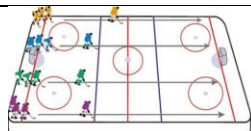
Venue: Crowchild

Lines:

Breakout 5-0 with low C and weak side W
Edges, passing, goalie meeting with coach
Shootout, 4 on 4

Notes:

Across.
Middle drive options, quick transition,



10' – first 2' big moves ind. Warm up – Mel Maia

8' – Randy Edges

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/mediagallery/media.php?f=0&sort=0&s=20110726073836113>

8' Tom, Kailey F – Randy D Shooting – Mel Jenna

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.

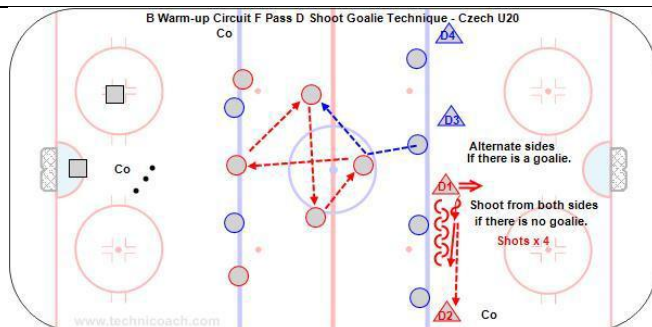
5. Defensemen work on one timer and quick shots at the other end.

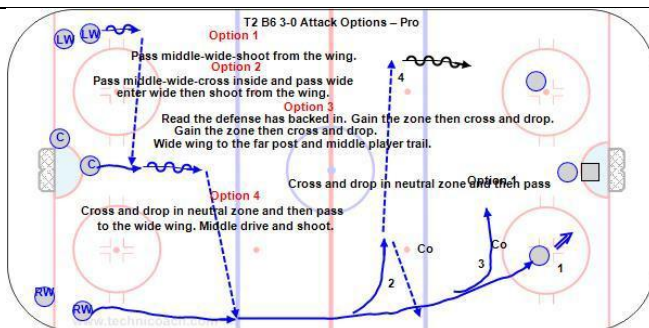
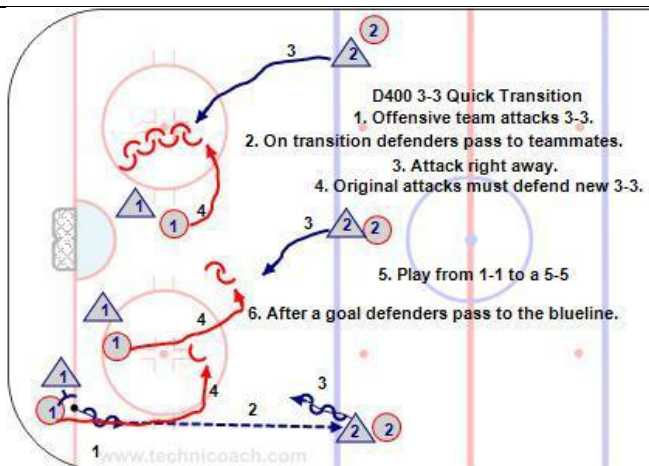
6. Defensemen take 4 one timer or quick shots at a time.

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.

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10' Gm 1 – 2 pass Gm. 2 – Goals on give and goes.

DT400 Game of Quick Transition

Key Points: The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description: 1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible. 2. On transition to offense the defenders pass to their teammates waiting behind the blue line. 3. Attack right away (don't have to wait for teammates to get inside in this game.) 4. Original attackers now defend and communicate with each other on how to stop the attack. 5. After a goal the defenders is allowed to pass to the new attackers.

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10'

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.

2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

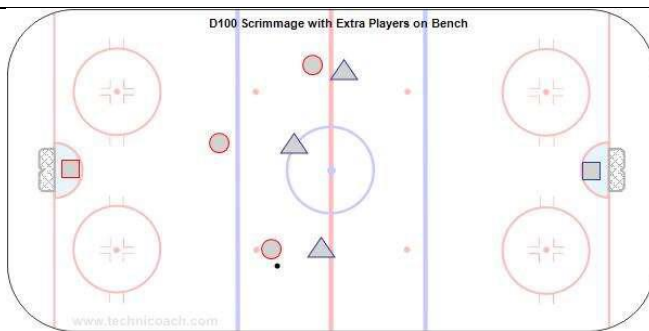
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

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10' - Ten minute 4-4. 2 pts. If the goal scored using a middle drive.

D100 Scrimmage with Extra Players on Bench

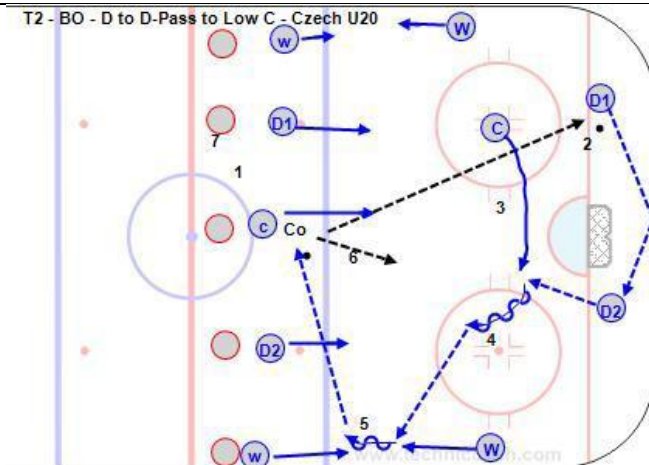
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play from 1-1 to 6-5.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.



10' - Dump in one side then the other with each line.

T2 - BO - D to D-Pass to Low C - Czech U20

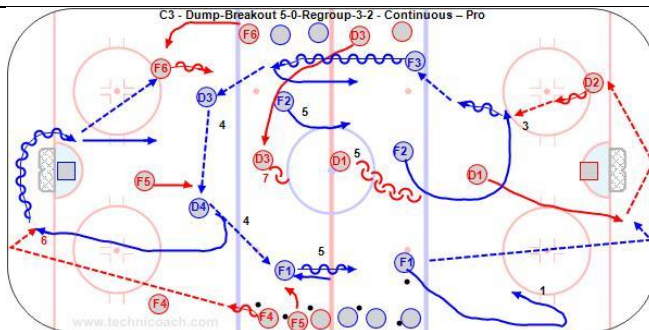
Key Points:

Centre skate flat and mirror the puck from a few stick lengths behind, give a target and swing low just above the top of the crease. This breakout is designed to drive the forecheck back to prevent a pinch.

Description:

1. Five man units of 3 F and 2 D leave from the neutral zone and the coach dump in the puck.
2. D1 go back for the puck and pass behind to D2.
3. Centre mirror the D to D just above the crease.
4. D2 pass to the C who skates up ice and passes to the strong side wing.
5. Wing pass to the coach.
6. Coach shoot the puck on the other side and D2 pass behind to D1.
7. Repeat D1-C-W-Coach.
8. Next 5 man unit repeat. With 4 units this can happen at both ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818221322565>



15' - Attack with the middle drive.

C3 Breakout 5-0, Regroup, Attack 3-2- RB Pro

Key Points:

One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.

2. Regroup with the D at the other end.

3. Attack 3-2 vs original D.

4. Repeat with new F breaking out with 2nd D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155505340>

https://www.youtube.com/watch?v=gJe0h7wU_RY



Get pucks and meet in middle for cheer.
