



Fire White

Practice Plan

Date: 11-13-16

Time: 15:35-16:50

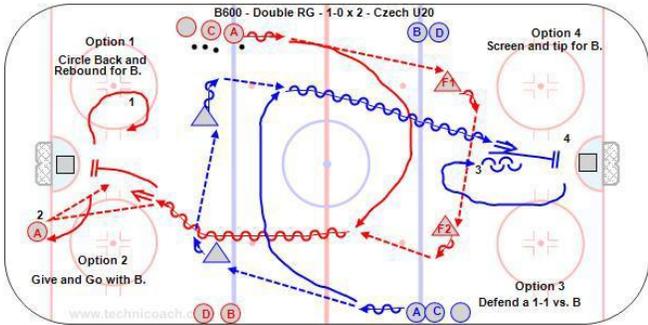
Venue: Great Plains

Lines:

Passing, timing, battles, 1-1, 2-1, 2-2, 3-3, 4-4
Game situations, competition

Notes:

Regroup, angling, backcheck, fitness,



2' Big Moves

10' – circle back 4', change sides and 1-1 after the shot.

B600 - Double RG - 1-0 x 2 - Czechia U20

Key Points:

Pass and receive while skating, give a target, fake before shooting, follow the shot for a rebound.

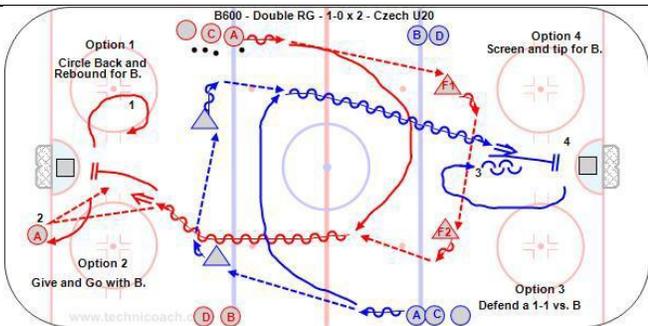
Description:

1. Shooters line up at diagonal blue lines.
2. A from each line leave and pass to D1 and mirror the D's passes.
3. D1 hinge and pass to D2.
4. D2 pass to A.
5. A skate in and shoot.
6. A circle back and rebound for B the next shooter.
7. B leave from the other diagonal blue lines and pass to D2 to D1 to B's who shoot.

*Options: A could give and go with B. A could defend a 1-1 vs. B. A can screen and tip for B.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816222649647>

<https://youtu.be/HiVKeSeNr4c>



10'

C3 - Double Regroup-One Touch- 2-1 - Russian U20

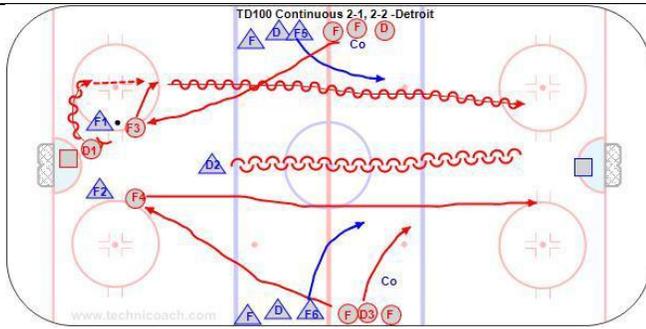
Key Points:

Stick square to the puck, hands away from the body and head up. Face the puck and keep the feet moving. Make the first play early on the 2-1. D keep the play to one side so it is a 2-2 with the goalie.

Description:

1. F1-F2 leave and regroup with D1.
2. F1-F2 make a second regroup with D2.
3. F1-F2 attack 2-1 vs. D1.
4. F3-F4 leave and regroup with D2.
5. F3-F4 make a second regroup with D3.
6. F3-F4 attack 2-1 vs. D2.
7. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150803094619367>



10'
DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



10'
D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

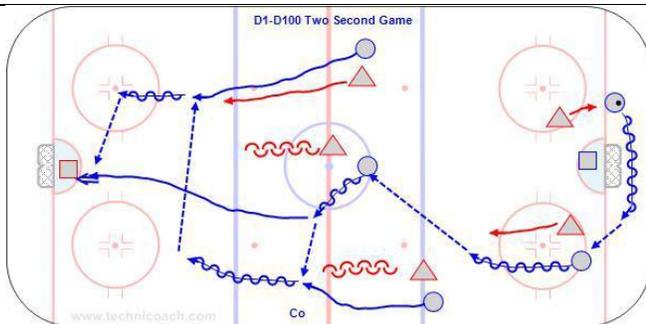
- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201160928093149315>

<https://youtu.be/4fzFD5CiTjs>



13' Play 3-3 and 4-4

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities

should be:

A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



6'

D200 Angling game

Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.

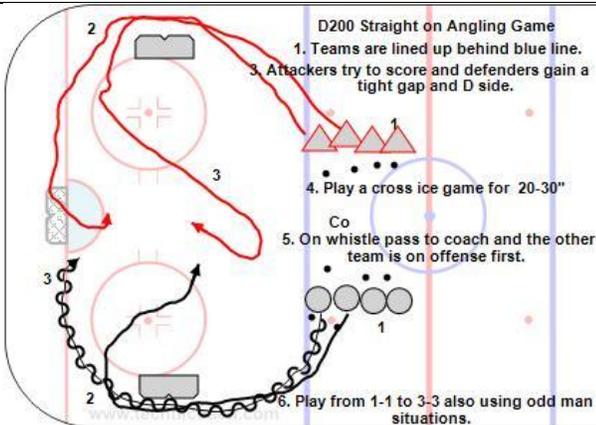
2. On whistle carry the puck behind the net and checkers leave and create good angles.

3. Play 20-30 seconds.

4. Puck carrier can try to come out short side.

5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



6'

D200 Straight on Angling Game

Key Points:

Both teams go behind their net on the whistle.

Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.

2. On the whistle each team skates behind their net.

3. Attackers try to score and defenders gain a tight gap and D side.

4. Play a cross ice game for 20-30"

5. On whistle pass to coach and the other team is on offense first.

6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



8'

D200 - 3-3 Regroup With Jokers to Attack

Key Points:

Jokers move around to get open. Make passes quickly.

Coach can implement modified rules.

Description:

1. Two teams with half playing and half as Jokers.

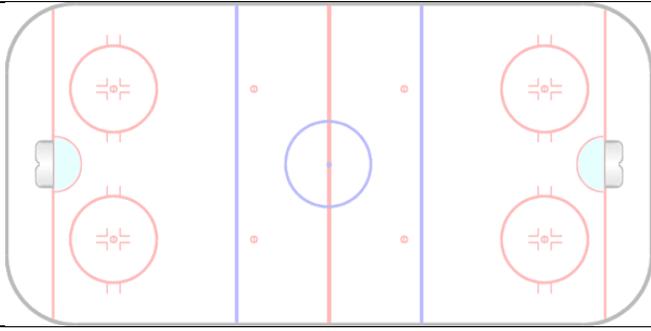
2. Either timed rotation or switch on their own.

3. You must pass to a Joker to get on offense.

4. Jokers can shoot or pass.

5. Jokers can check Jokers.

6. Keep score.



Explanation/Notes:
