



Fire White

Practice Plan

Date: 11-16-16

Time: 20:15-21:45

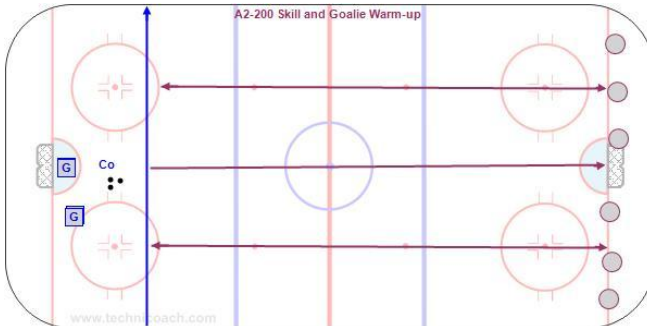
Venue: Norma Bush

Lines:

Edges, balance, goalie technique,
2-1, 2-2, 3-2, 4-4, point shots, 3-0

Notes:

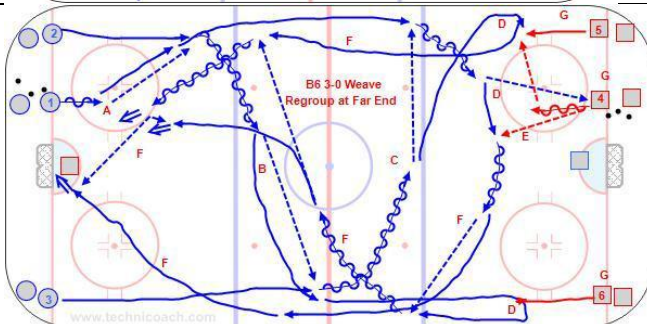
Quick transition, puck support, breakout
BATTLE, 3-3, box out, take sticks



2' Big moves around the body
8' goalies one end captains lead edges
warm up.



10' Randy edges-goalie with Mel.



10'
B6 3-0 Weave-Regroup at Far End – Pro

Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

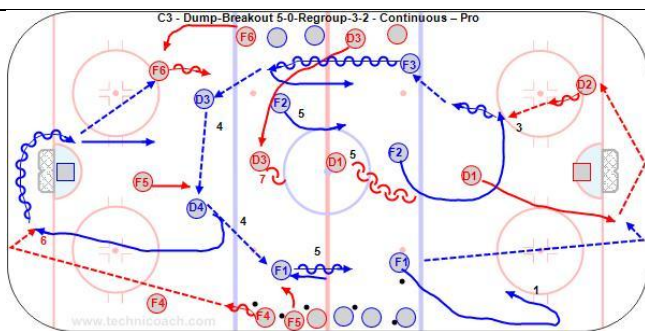
Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130125095322120>

NHL Players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



10'

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.

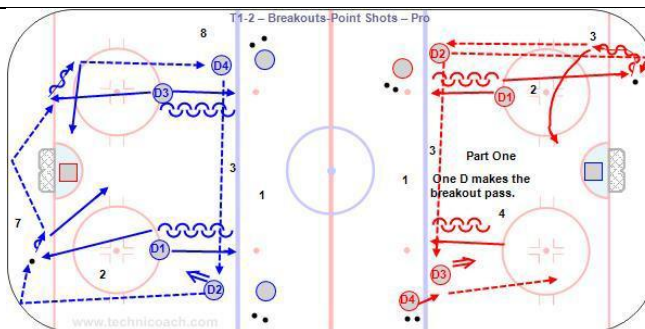
2. Regroup with the D at the other end.

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



10' D at one end F at the other. Randy

T1-2 - Breakouts-Point Shots - Pro

Key Points:

D shoulder check then make a hard fake and pick up the puck. Make crisp passes. Hit the net. Rebound for the shooter after passing to the point.

Description:

1. Defensemen at the blue line.

2. D2 dump the puck in and D1 skate up to the blue line then back and get the puck.

3. D1 pass up to D2 at the point who passes across to D3 who shoots D1 look for a rebound.

4. D2 skate from the top of the circle to the blueline and back then get the next puck D4 shot in.

5. D4 pass across to D2 who shoots and then goes back to make the next breakout.

6. Drill goes side to side, shoot-make the breakout pass-D to D and shot-repeat.

7. Add another D and now make D to D passes, either over or reverse.

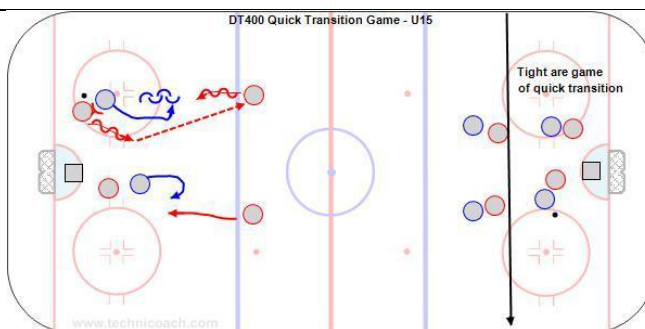
8. After the D to D and point shot the two D at the point do the next breakout.

9. Make a breakout from each side and shot from each point then shooting D breakout.

10. Work on all the breakout options.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161115094413992>

<https://youtu.be/oOB3R0VsxCw>



10' Forwards while D at other end. Kailey

DT400 Quick Transition Game - U15

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.

2. Extra players wait at the blue line or to create a tight

area game at the top of the circles.

3. Attack and try to score.

4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.

5. New offensive players attack vs. the players who lost the puck on offense.

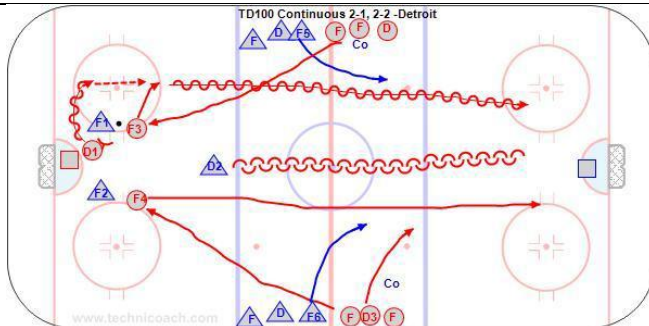
6. Players who passed now rest.

* *Keep score and have tournaments.*

* *Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

* *Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



10'

DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

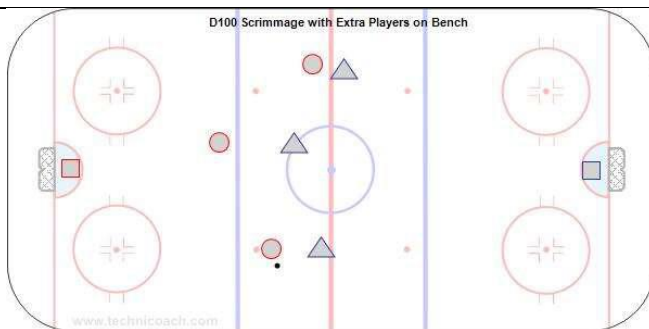
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

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' 4-4 2" Game

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.

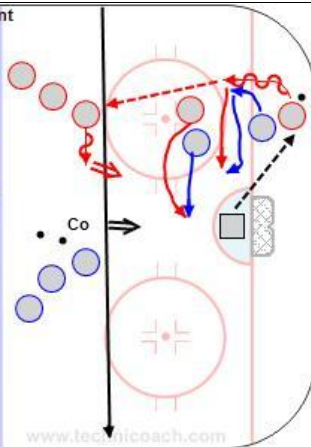
Pass back to the goalie when changing on the whistle.

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.
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DT400 Low Battles with Jokers at Point

1. The game is played from the top of the circles down.
2. Play from 1-1 to 3-3.
3. Players must pass to the point to go onto offense.
4. Joker at the point must take a wrist or snap shot.



10'

DT400 Transition Game of Low Battles with Point Support

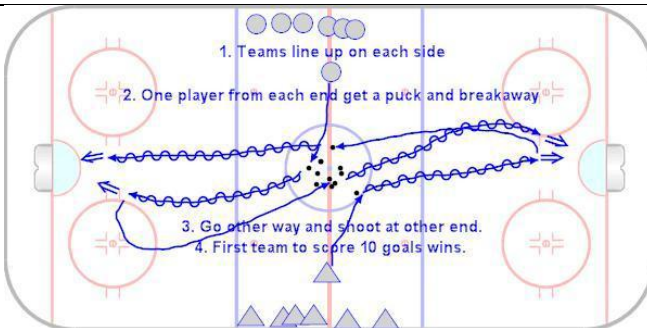
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non-offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090726102317243>



3'

E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams line up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>

1' Meet in middle.