



Fire White

Practice Plan

Date: 11-17-16

Time: 16:00-17:30

Venue: Henry Viney

Lines:

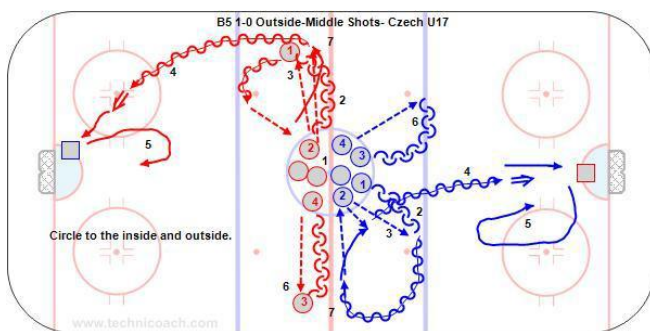
Pass and shoot, good habits, penalty kill

Game situations, compete

Notes:

Power play, defensive zone coverage

5-4, 2-2, 4-4, 3-3



10'

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

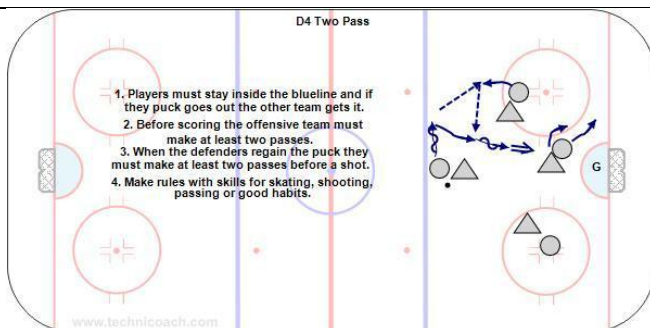
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

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10'

D4 Two Pass Game with only Forehand Passes

Key Points:

This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

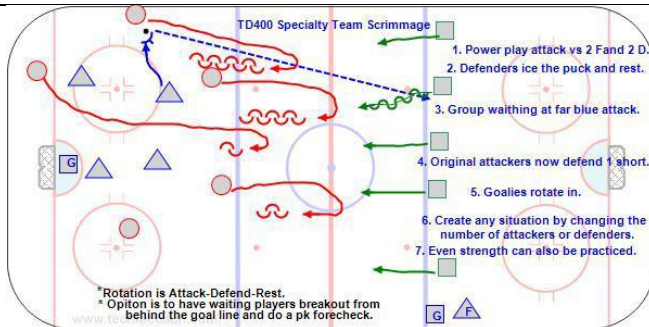
Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing

or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

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15'

TD400 Specialty Team Scrimmage

Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 Fand 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.

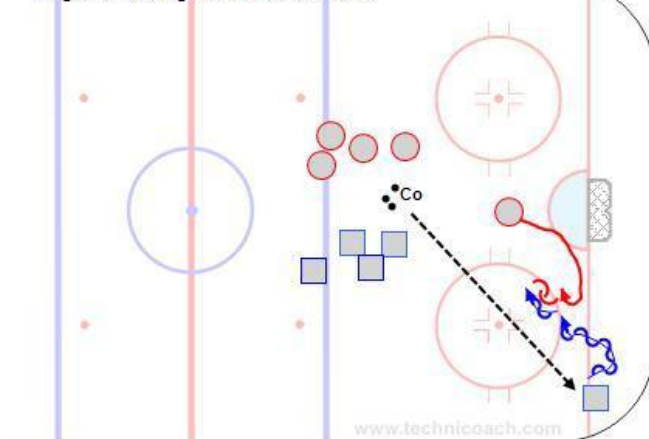
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10'

Defensive controlled skating. Wally Kozak had them use the inside edges with no cross-overs to approach the attacker and change directions. He did this from the goal line and then in partners where the D player mirrors the offensive player with the stick on the puck and hand on the hip.

Diagram T3-4 King-Kozak Defensive Zone



15' Wally start at one end then both ends.

T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.

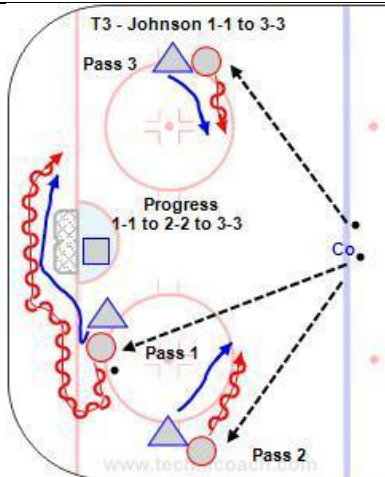
7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

*Option is to have uneven situations and add attackers and defenders as you go.

*To create more space the coach and waiting players move

back to the blue line. You can go up to 5-5 with this drill.

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15'

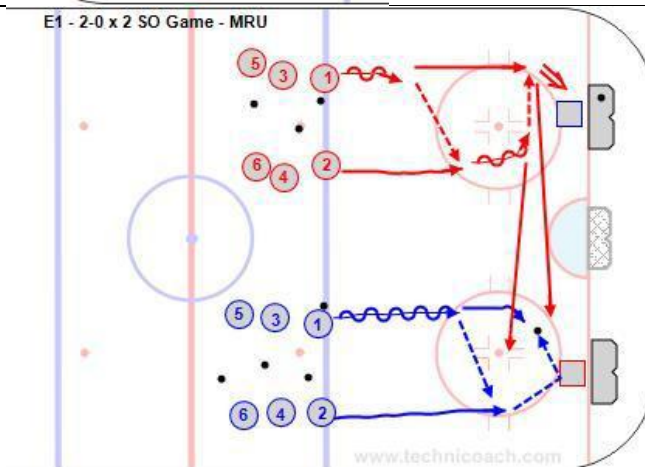
T3-4 - Johnson 1-1 to 3-3

Key Points:

Players must transition to attack and defend in each situation. Communicate on defense and support on the attack. Either pass the original puck to the coach or shoot it out of the zone to avoid injuries.

Description:

1. Three sets of offensive and defensive players spread out in the zone.
2. Coach passes to one offensive player and he attacks 1-1.
3. On whistle pass to the coach and he passes to another player to activate a 2-2.
4. Whistle and pass to the third player to activate a 3-3.



13'

E1 - 2-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".
A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

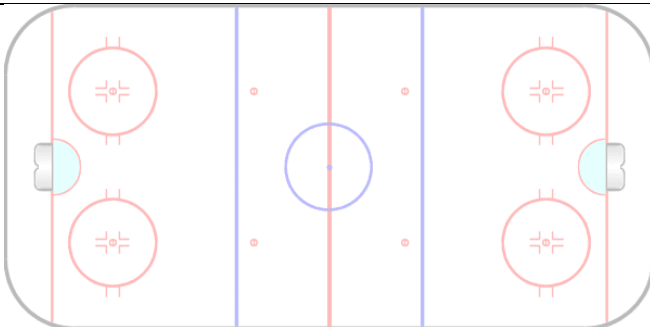
E - 15" next rep.

F - First team to 20 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2016092511071521>

<https://youtu.be/ss-rEHpfr5w>

2' get pucks and meet in middle.





Explanation/Notes:
