



## Fire White

## Practice Plan

Date: 11-22-16

Time: 20:15-21:30

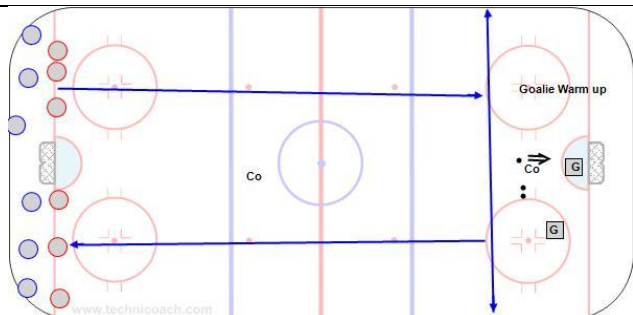
Venue: Crowchild Arena

### Lines:

Skating, puck handling, pass, shoot,  
Breakout under pressure, escape moves,

### Notes:

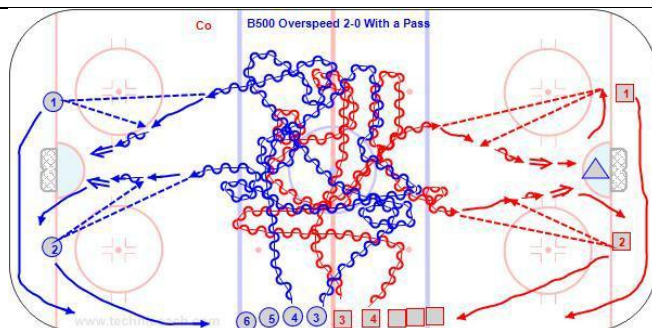
Overspeed, 1-1, 2-1, 1-2, 2-2, 3-3, 4-4  
Angling, skate thru hands



20' Mel with goalies.

10'  
Randy lead skating.

10'  
10' Jim puck handling.'



10'  
B500 Overspeed 2-0 with a Pass

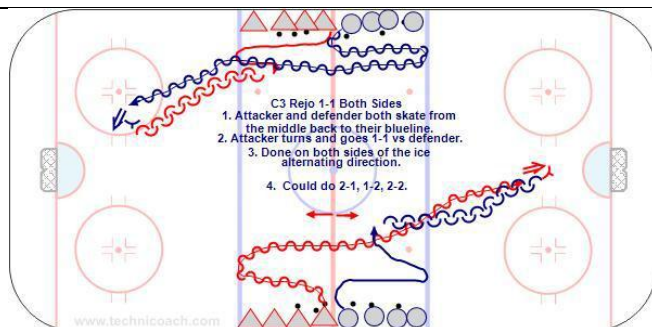
#### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

#### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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10'  
C3 Rejo 1-1 Both Sides - Gap Control

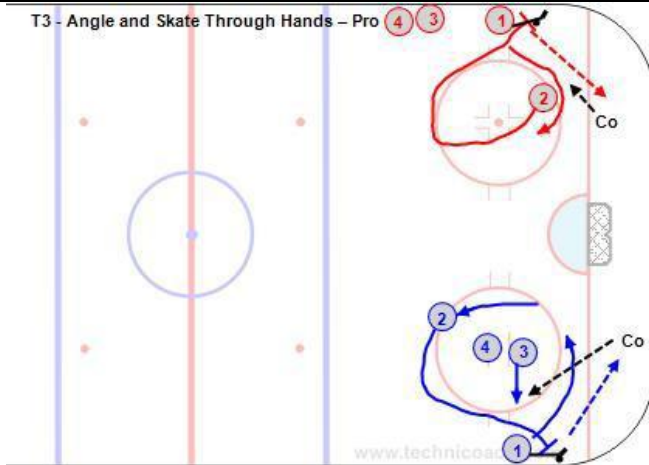
#### Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

#### Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



### 10' Forwards-Jim, Kailey one end

#### T3 - Angle and Skate Through Hands – Pro

##### Key Points:

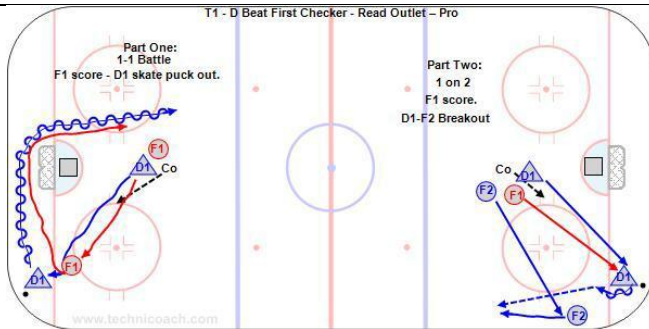
Angle from a little behind at the back outside shoulder, inside leg in front, stick on the puck and skate through the hands, lift the stick and take the puck.

##### Description:

1. Player one stands below the hash mark on the boards and get a pass from coach below goal line.
2. Player two skates around players inside the circle and use controlled skating to approach the puck carrier.
3. Player two skate through the hands and take the puck from player one then pass to the coach.
4. Player one now circle and check player three who moves to the boards and gets a pass from the coach.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016112009432479>

[https://youtu.be/hyNan8h\\_trk](https://youtu.be/hyNan8h_trk)



### 10' Randy Tom one end.

#### T1 - D Beat First Checker - Read Outlet – Pro

##### Key Points:

Always go back for the puck with the intention of beating the first checker. Shoulder check to read where the forechecker is. Communicate where the outlet pass should go. Fake to make the checker commit and then skate away from pressure.

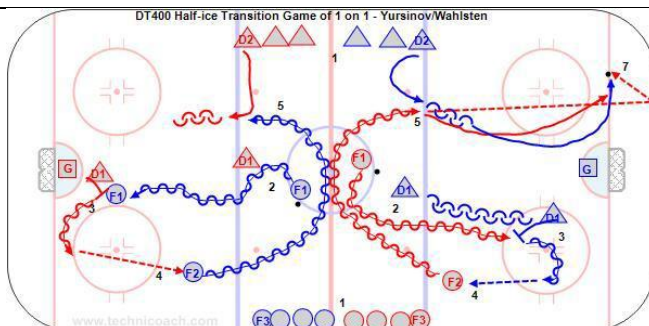
##### Description:

1. Start with one defender vs. one forechecker.
2. Coach dump the puck in from the top of the circles.
3. F1 try to score and D1 to carry the puck out.
4. Add another defender F2 to support for a breakout pass.
5. F2 communicate to D1 where he should pass.
6. Play until the puck is carried out, a goal scored or the puck is frozen.

Option: Progress to a half ice transition game where the defenders pass to a new F who skates through the middle circle, dumps the puck in and forecheck vs. D1 and F2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161122093453914>

<https://youtu.be/Op8qV2bL-aI>



### 10' Do 1-1 then 1-2 with defensive support and D make outlet pass.

#### DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

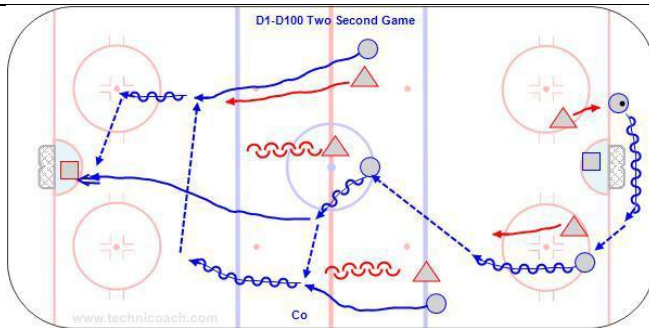
##### Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

##### Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



10'

#### 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.

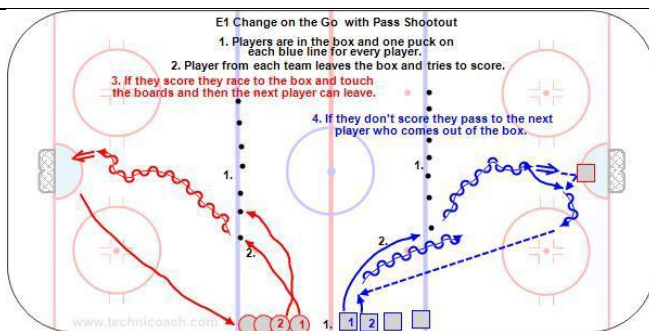
\*This game can be played full, cross, half ice.

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).

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10'

#### E1 Change on the Go with Pass Shootout Key

**Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

**Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

Team cheer in middle.

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