



Fire White

Practice Plan

Date: 11-30-16

Time: 20:15-21:45

Venue: Norms Bush

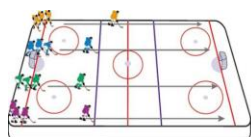
Lines:

Game situations, goalie training, edges
Position, scoring, various game situations
Forehand and backhand

Notes:

And balance, passing, transition, triple threat
Puck protection, wrist pass technique both
2 D, 1 F missing with the flue and one F
Had to sit half the practice with knee cap
Trouble.

75' Mental Training session before practice.

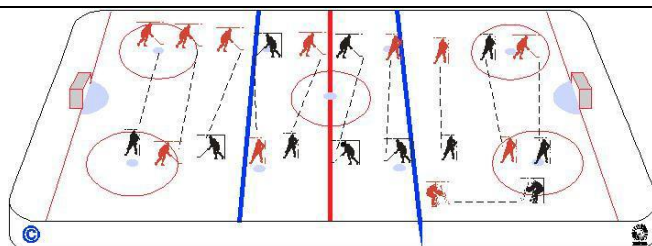


20' Randy lead skating – Goalies work one end. Mel

A2 Skating Warm-up for Edges and Balance

Key Points: Good players can move in all directions efficiently because they 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.



10' We added this after the small horseshoe. Focus on wrist pass and turn away from pressure with the puck. Forehand and backhand.

B3 Partner Passing

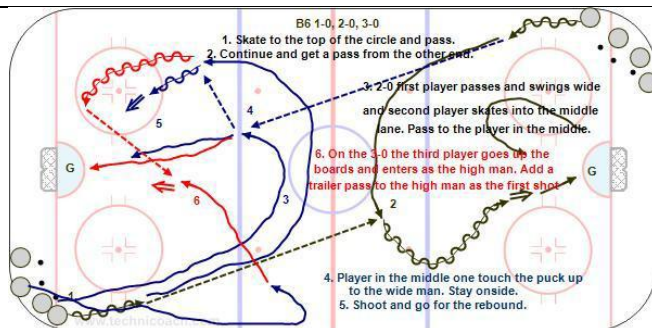
Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

Description:

Players face each other in two lines skating cross ice.

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10'

B6 1-0, 2-0, 3-0 Small Horseshoe

Key Points:

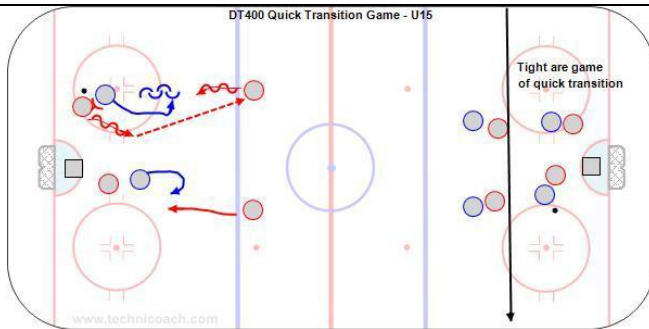
This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.

6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

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10' 3 forward lines against each other. D play 2-2 two pass. 3 lines played each other with the focus of puck support, stay in triangles and work with each other.

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.*

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10'

D100 Two Second Game 3 on 3

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.

2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.

3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.

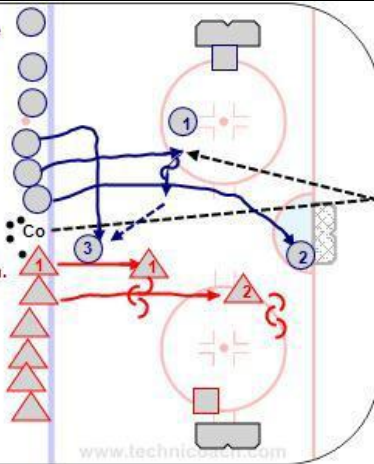
4. Possession from first touching the puck for over 2" leave the puck for the other team.

5. Encourage talking, facing the puck, always give a target.

**Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.*

D400, 3 on 3 Team Play Practice

1. Coach shoots the puck in.
 2. Coach calls 2-1, 3-2, etc.
 3. Alternate advantage.
 4. Play 20-30 seconds.
 5. Keep score.
- On the whistle either.
- a. Pass the puck to the coach.
 - b. Pass to goalie who passes.
 - c. Pass to teammate coming on.



10'

D200 Cross Ice Uneven Situations

Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

Description:

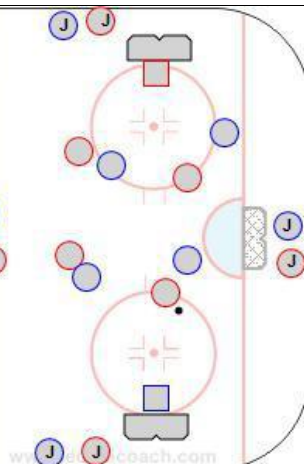
1. Coach shoots the puck in.
2. Coach calls 2-1, 3-2, etc.
3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

- a. Pass the puck to the coach.
- b. Pass to goalie who passes to a team mate coming on.
- c. Pass to team mate coming on. You could also simply leave the puck.

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DT200 Active Jokers - Side and Ends



10'

DT200 Active Jokers - Side and Ends

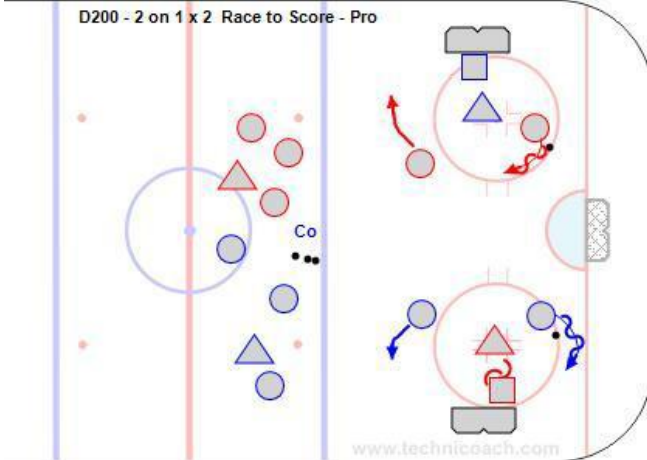
Key Points:

Quick passes and shots are needed. Face the puck in an athletic ready position. Protect the puck.

Description:

1. Half of each colour play and half are jokers.
 2. Each team have a joker behind the net and on each side.
 3. Jokers can shoot or pass but not join the play.
 4. Jokers can check jokers.
 5. Switch every 30" and use the same puck.
 6. To transition to offense the team must pass to a Joker.
- Option: Switch Jokers and Players of the team that is scored on.

D200 - 2 on 1 x 2 Race to Score - Pro



10'

D200 - 2 on 1 x 2 Race to Score – Pro

Key Points:

Two on one contests. The attackers must get open, pick, shoot, pass etc. to score and the defender must realize it is really a 2 on 2 and cover the attack or pass to the most dangerous player and give the other attacker to the goalie. Lots of talking on defense.

Description:

1. Play a 2 on 1 at each end.
2. Blue attack at one end and Red at the other.
3. The first team to score gets one point.
4. Switch the players after a goal is scored.
5. Contest is to see who can score 5 goals first (or some other total)

*Making the 2-1 a game gives urgency to the attackers to score and the defender to battle.

[http://www.hockeycoachingabcs.com/mediagallery/
media.php?f=0&sort=0&s=20130910140300583](http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130910140300583)

Meet in centre.
