



Fire White

Practice Plan

Date: 12-2-16

Time: 16:15-17:45

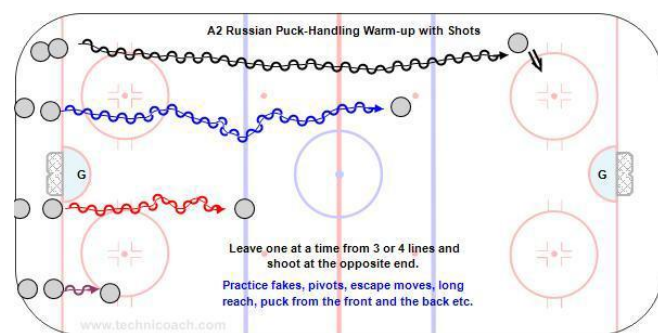
Venue: Fr. Bauer

Lines:

Team play practice, pp, middle lane drive

Notes:

1-1, 2-1, 3-1, 3-2, puck handling skills



15' Jim and Kailey lead

A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

Key Points:

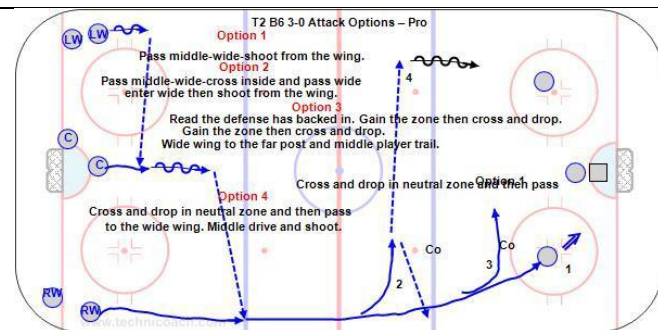
The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. Vladimir Jursinov is probably the most successful skills coach in the world. This Soviet and Russian Olympic coach has helped more than 65 players into the NHL from his teams. He leads a group of 15-20 years olds in a fake shot sequence.

Description:

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

- . Practice Faking a slapshot with a hard back swing.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

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15'

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.

2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

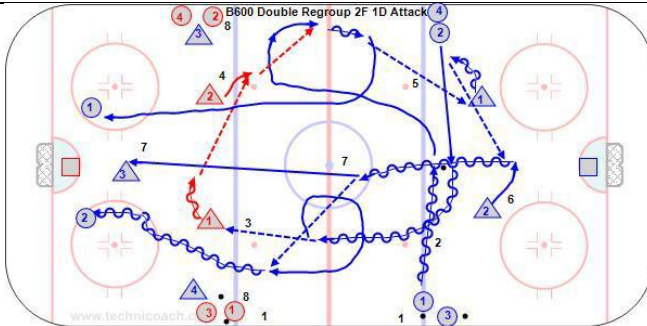
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

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10'

B600 Double Regroup Attack 3-0, 2 F and 1 D

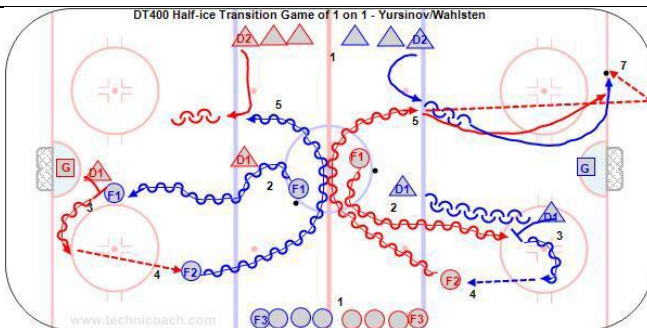
Key Points:

Everyone face the puck all of the time. On the regroup give wall and middle support and not continuous crossing (as you should in a game.) Attack with speed and pursue the first rebound before returning to the line-up.

Description:

1. Line up at each blue line with forwards and D together.
 2. BF1-2 cross and drop.
 3. BF1-2 regroup with RD 1-2.
 4. RD 1-2 hinge and pass up to BF1-2.
 5. BF1-2 regroup with RD 1-2.
 6. RD 1-2 hinge and pass up to BF1-2.
 7. BF 1-2 attack along with the BD who passed up ice making it 3-0.
 8. Repeat the other way with RF 1-2 regrouping.
- *This flow can turn into 2-1, 2-2 or have 3 F's.

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10'

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

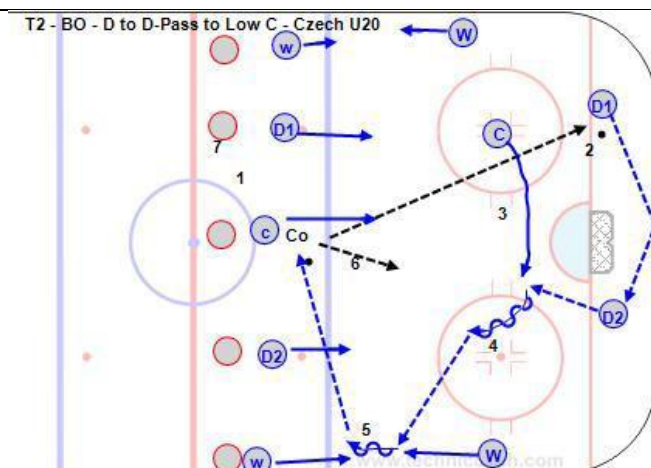
Key Points:

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.

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15' Add pass to W and tap back to C

T2 - BO - D to D-Pass to Low C - Czech U20

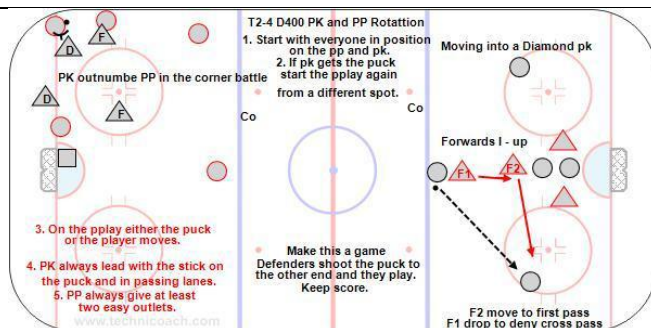
Key Points:

Centre skate flat and mirror the puck from a few stick lengths behind, give a target and swing low just above the top of the crease. This breakout is designed to drive the forecheck back to prevent a pinch.

Description:

1. Five man units of 3 F and 2 D leave from the neutral zone and the coach dump in the puck.
2. D1 go back for the puck and pass behind to D2.
3. Centre mirror the D to D just above the crease.
4. D2 pass to the C who skates up ice and passes to the strong side wing.
5. Wing pass to the coach.
6. Coach shoot the puck on the other side and D2 pass behind to D1.
7. Repeat D1-C-W-Coach.
8. Next 5 man unit repeat. With 4 units this can happen at both ends.

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15' Jim each group on pp for 5' Kailey with other line at the far end.

T2-4 D400 PK and PP Rotation-Detroit

Key Points:

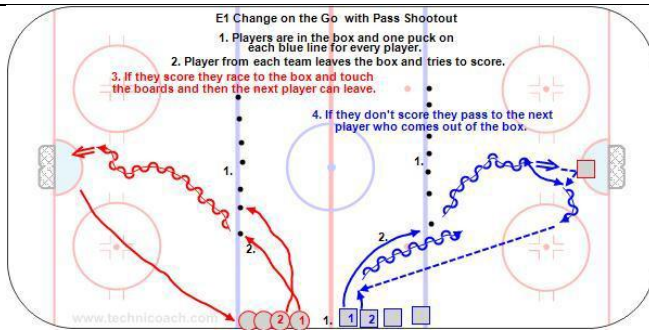
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

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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.

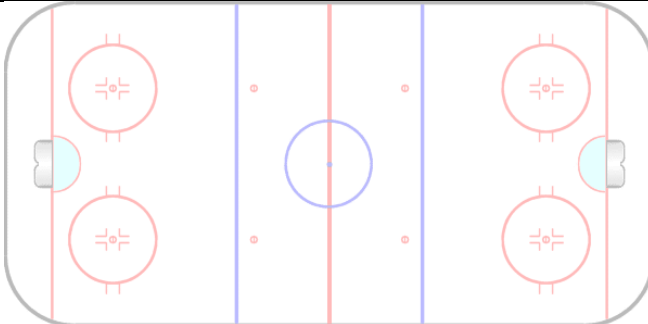
Description:

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.

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Explanation/Notes:



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