



Fire White

Practice Plan

Date: 12-7-16

Time: 20:15-21:45

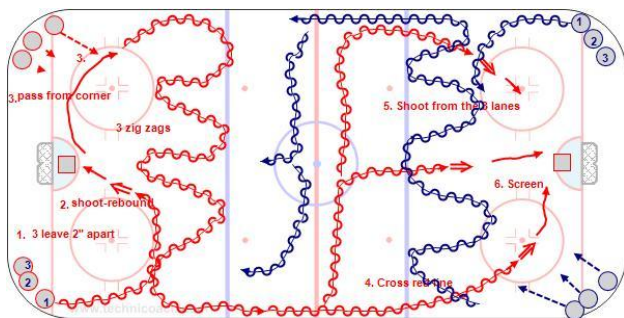
Venue: Norma Bush

Lines:

Transition, point shots, defend-attack

Notes:

1-1, 2-1, double regroup, puck support,



10' Ind. Warm up then this drill.

B6 – 3 Shots, 3 Zig zags, 3 Shots

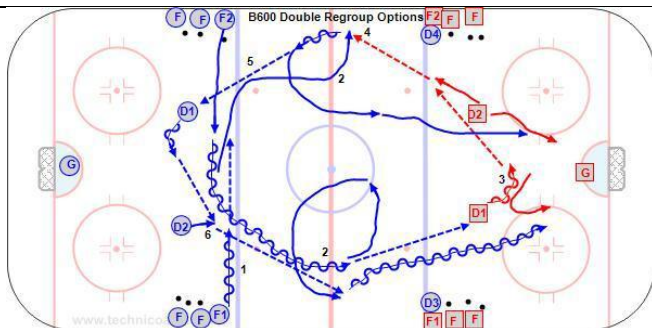
Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154513105>



10" D to d o d

B600 Double Regroup Options

Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

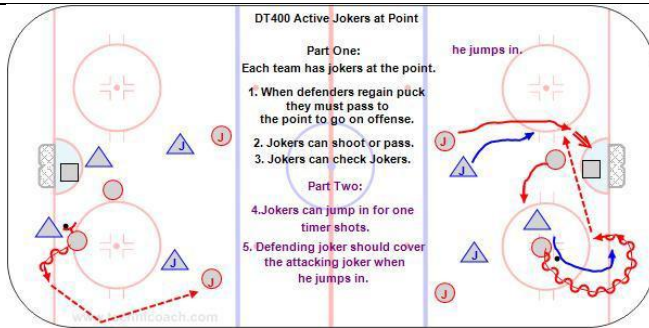
Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a

dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



10'

DT4 Jokers at the Point Must Shoot

Key Points

Each team has one or two jokers at the point. Introduce the game allowing jokers to check jokers. This is a great game to practice getting the shot through under pressure. The jokers at the point must get open and take a shot. The defender practices covering the point. Low players screen, tip and rebound while defenders box out and take sticks.

Description:

Part One:

Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers at the Point Must Shoot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103152433301>

3. Point Jokers Check Jokers

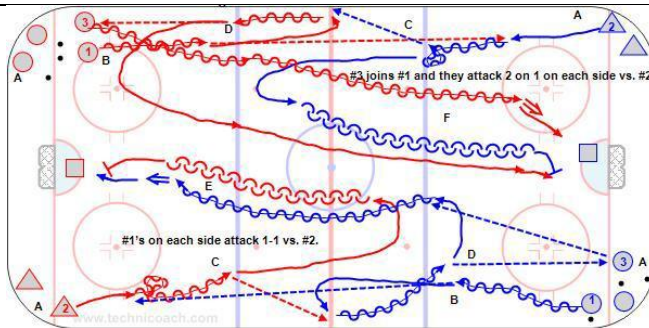
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103160641849>

Part Two:

4. Jokers can jump in for one timer shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103160640456>

5. Defending joker should cover the attacking joker when he jumps in.



10'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

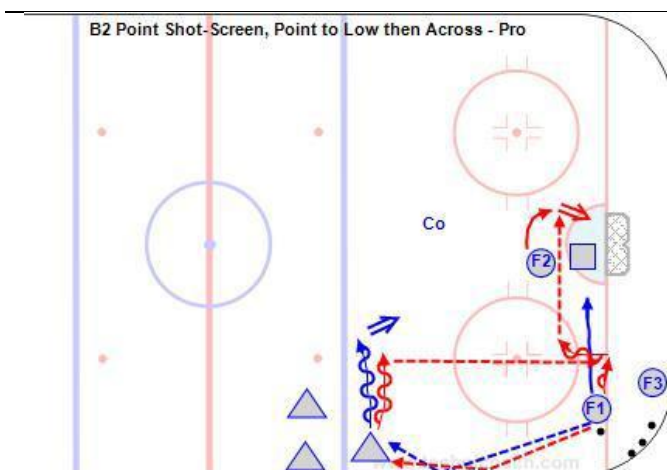
D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



10'

B2 Point Shot-Screen, Point to Low then Across – Pro

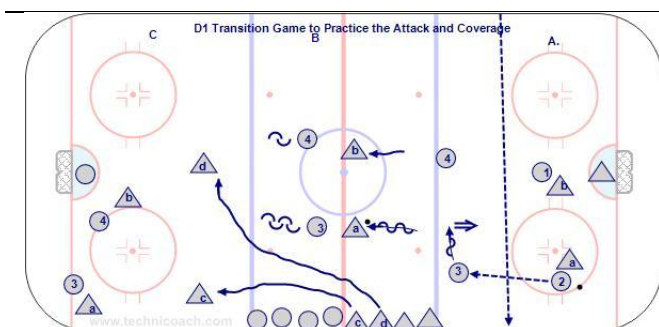
Key Points:

The key is for D1 move between the dots and hit the net. On the second play D1 must freeze the defender with a fake shot and then pass down to F1. F2 must give a target and be strong on his stick to tap a hard pass in.

Description:

1. F1 pass to D1 at the point.
2. D1 drag and shoot while F2 screen and F1 go to the net for a tip or rebound.
3. F1 get a new puck and pass to D1.
4. D1 fake a shot and pass straight down to F1.
5. F1 skate at the net to become a threat and pass across to F2 who slides back to the far post.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131223153030902>



10'

DT100 Transition Game of Support, Defend, Attack, Rest

Key Points:

This is a great full ice transition game to practice offense and defense in all three zones. I have done this the last 2 practices with my team and my skills group. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date. Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

Description:

A. 1 and 2 attack vs a and b and are supported on the blueline by 3 and 4 The pointmen cannot go farther than the top of the circle. When the puck goes to the point a and b control the sticks of 1 and 2.

Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blueline 1 and 2 are finished and there is a 2 on 2 in the nzone with a and b attacking 3 and 4.

C. After the puck crosses the blueline c and d support a and b from the point.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111028075900881>



10'

D100 Two Second Game

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.



10'

DT400, 4-2 x 2 - Pro

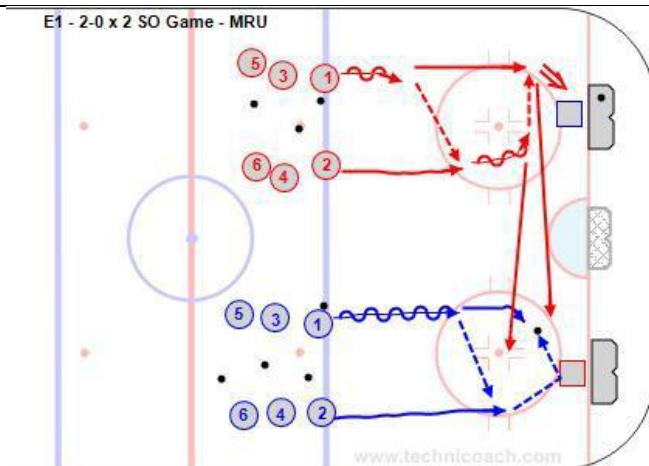
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds. I have posted this game with other groups playing. It is one of those universal games played all over the hockey world. This is a pro group playing.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165330506>



10'

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.