



## Fire White

## Practice Plan

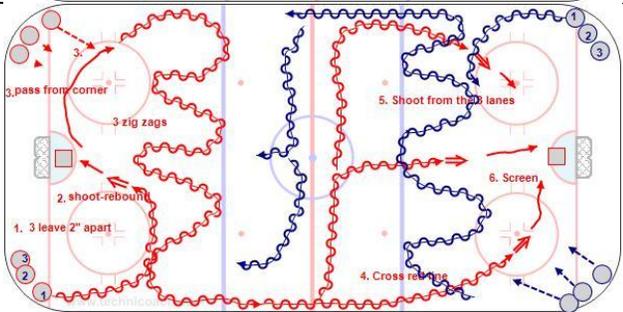
Date: 12-15-16

Time: 16:00-17:30

Venue: Henry Viney

Lines: <b>Focus on Team Play</b>	Notes:
9-17-11	Middle drive, breakout, 1-1, 2-1, 3-2, goalie
5-6-10	Technique, puck handling, agility, C low and
22-8-7	Slow, touch back to C, chip out. D hinge,
19	F passing
6-8-17 rotate one period each on D.	<b>Kailey work with Danielle on good habits.</b>

10' **Jim big moves Mel with goalies.**



**10' Chocktaw and Mohawk – shoot from lanes.**

**B6 – 3 Shots, 3 Zig zags, 3 Shots**

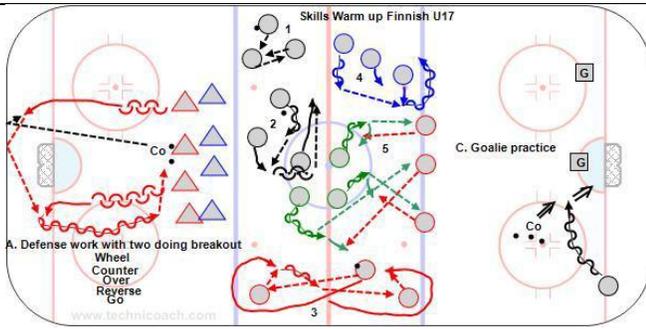
**Key Points:**

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.

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## 12' F- Jim, D-Randy, G-Mel, Kailey with Danielle

### B Skills Warm up Finnish U17

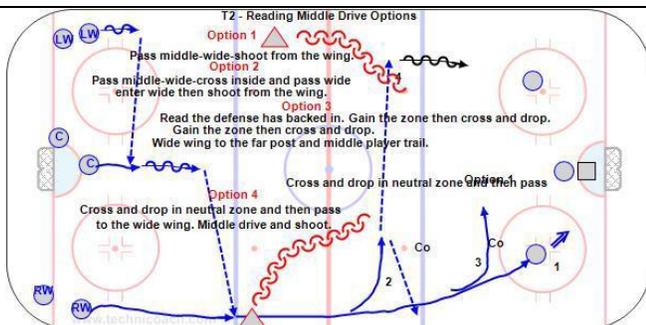
#### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

#### Description

- A. Defense work with two doing breakout options vs one forechecker.
- B. Forwards lines of 3 work in the neutral zone.
- 1 - Stationary pass with eye contact.
  - 2 - Pass while moving always face puck.
  - 3 - #8 around partners give and go.
  - 4 - Keepaway 2-1 in four areas.
  - 5 - Two lines move and pass to other two lines on the blue line.
  - 6 - Two lines of 3 pass while skating on one side of the neutral zone.
- C. Goalies work with coach at one end.

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10'

### 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.

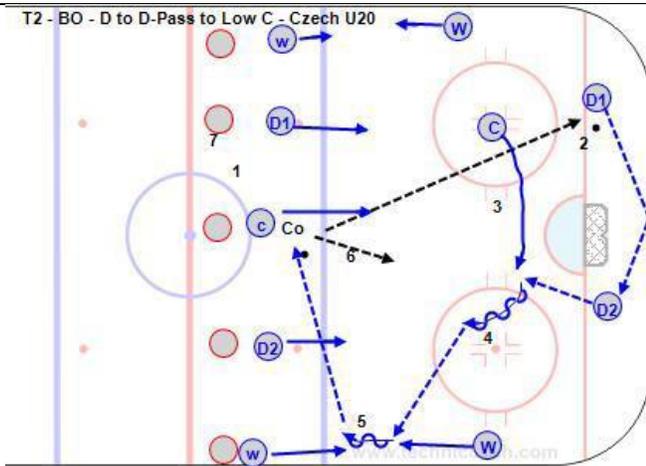
#### Option 3

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' Centre low and slow. Then touch back W-C

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

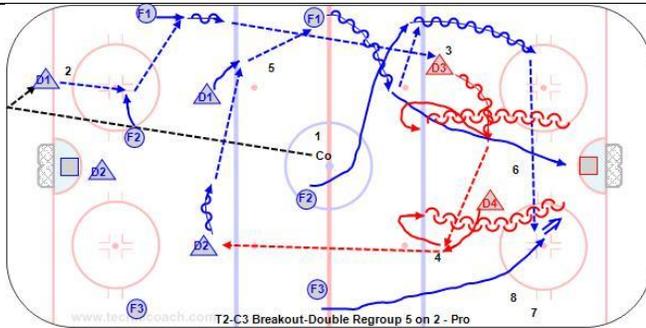
#### Key Points:

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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## 10' C's rotate with Danielle and D

### C3 Breakout 5-0, Regroup, Attack 3-2- RB Pro

#### Key Points:

One stretch, one middle support and one wall support.

#### Description:

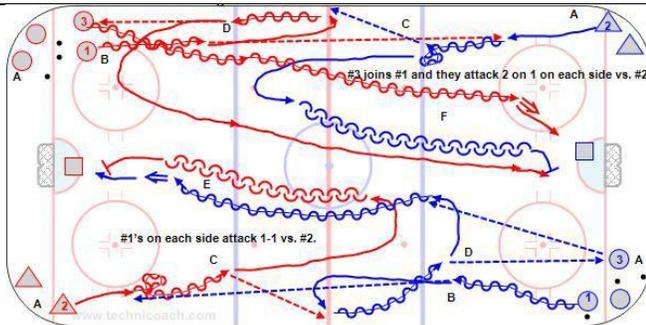
Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

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[https://www.youtube.com/watch?v=gJe0h7wU\\_RY](https://www.youtube.com/watch?v=gJe0h7wU_RY)



## 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:

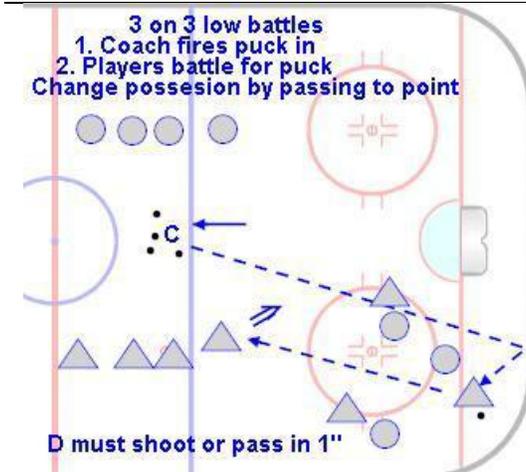
- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back 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 so each corner leaves after the first pass.

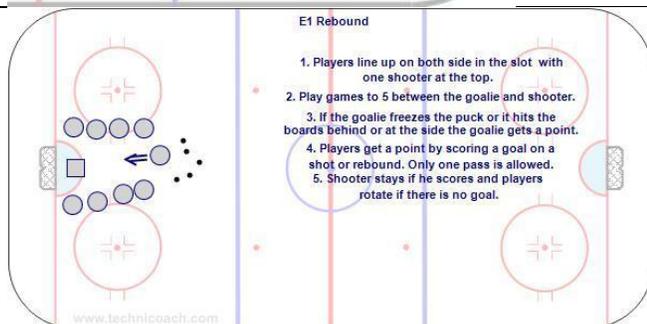
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10'

**DT400 3-3 Krusel Battling Game - ProW Key Points:** Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>



8'

### E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

**Key Points:** Make quick shots and one timers and goalie read the play.

**Description:** 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

1' meet in middle