



Fire White

Practice Plan

Date: 12-8-16

Time: 16:00-17:30

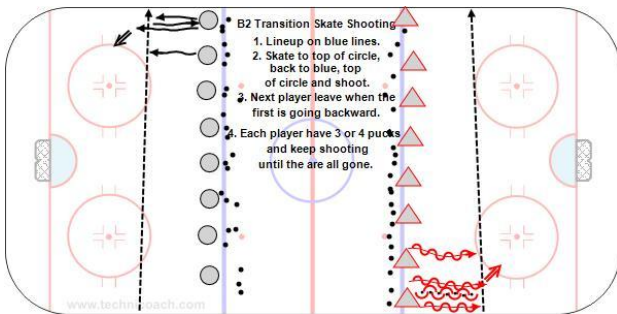
Venue: Henry Viney

Lines:

Individual shooting practice. Edges
Escape moves, 3-0, 3-1, 3-2

Notes:

Angling, breakouts at each end



9'

B2 Transition Skate Shooting – U15 Boy's

Key Points:

Keep 2 hands on the stick and keep the feet moving.
Hit the net.

Description:

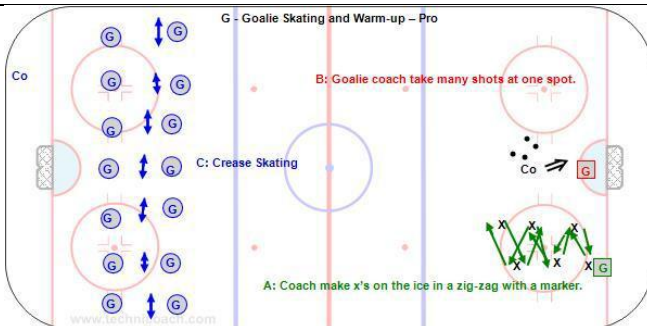
B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080722235628950>

6'D4 – Two games of 4-4 first with only backward skating and second 3' with only flat footed skating.



15' Randy lead skating-Mel goalies.

G - Goalie Skating and Warm-up – Pro

Key Points:

Goalies must be able to skate in all directions using their edges and slide and get back up in a balanced position.

Description:

A: Coach make x's on the ice in a zig-zag with a marker.

1. Goalie push with the inside edge and glide to the x's.
2. Goalie push and slide with the inside pad into a butterfly; forward then backwards.
3. Goalie push side to side get square and drop into a butterfly.

4. Goalie stay in the butterfly and push off side to side with the inside edge.

B: Goalie coach take many shots at one spot.

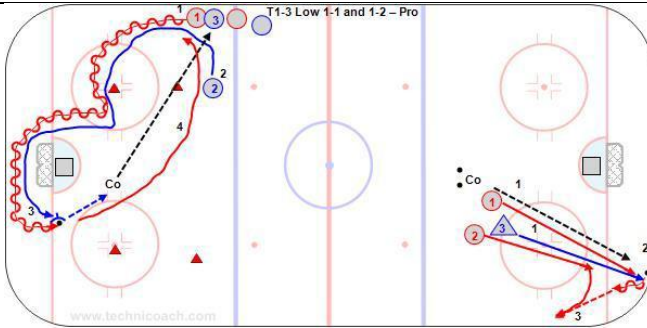
1. Glove side.
2. Blocker side.
3. Sliding post to post.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150425102518122>

C: Crease Skating Video – 42 goalies at once.

<http://www.hockeycoachingabcs.com/mediagallery/media.p>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150425103536158>



15' Randy with D Kailey F's.

T1-3 Low 1-1 and 1-2 – Pro

Key Points:

Fight on offense to gain net side and on defense to defend from the net side. On the breakout vs. a forechecker the first one back must un-weight the checker with a fake and the supporting player must get open for the best outlet pass.

Description:

One End

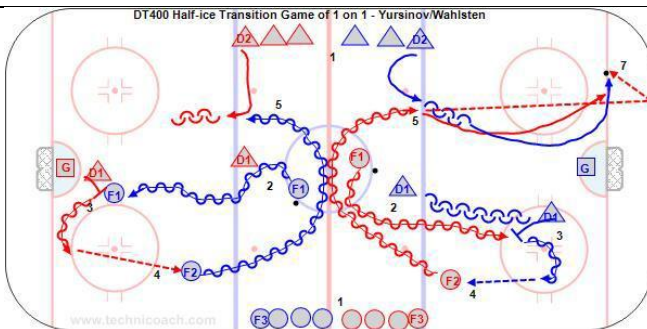
1. Coach pass the puck to player 1 near the blue line on the boards.
2. Player 2 comes out around the pylon and defends
3. Player 1 try to score while player 2 defends and try to pass to the coach.
4. When the play ends player 1 now defends vs. player 3 who gets a pass from the coach.

Other End

1. Player 1 and 2 break out vs. 3.
2. Coach spots a puck and 3 retrieves it vs. pressure from 1-2.
3. Player 2 support in a board battle or get open for an outlet pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161206133955976>

<https://youtu.be/JPQkMk5O1uM>



10'

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

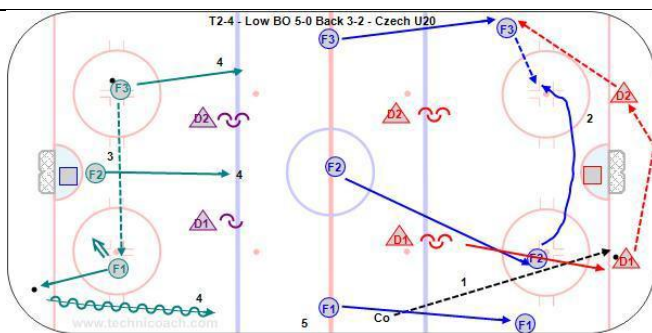
Key Points:

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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12'

T2-4 - Low BO 5-0 Back 3-2 - Czech U20

Key Points:

Centre swing low below the hash marks and mirror the movement of the puck and support a pass to the wing from below the puck for a tip back.

Description:

1. Either dump the puck in or shoot so the goalie must handle the puck.

2. D1 to D2 with the centre mirroring the puck below the hash marks.

3. Attack 5-0 with the middle drive.

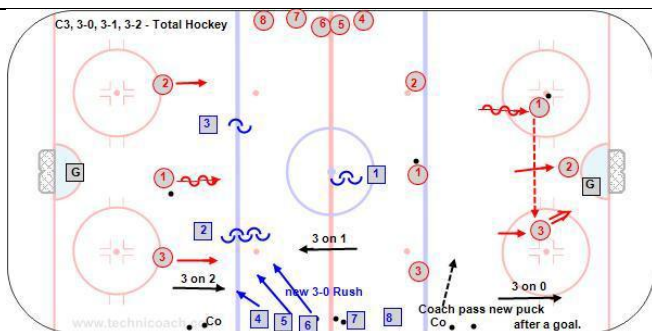
4. F1-F2-F3 turn back and attack 3-2.

5. Repeat with D3-D4-F4-F5-F6 starting at the other end.

* Attack with speed and create a 2-1 vs. one defender.

* Add the D joining the 5-0 as the 4th attacker.

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13' **Keep score W vs. R**

C3, 3-0, 3-1, 3-2 - Total Hockey

Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.

2. Everyone attacks and defends.

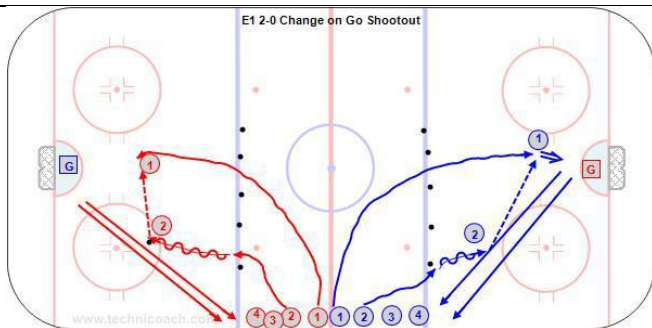
3. Play rebounds until a goal or the puck is behind the net or outside the dots.

4. Coach pass new puck if a goal is scored.

5. One defender follow the rush on 3-0 and two follow the 3-1 rush.

6. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013012209054791>



8'

E1 2-0 Change on Go Shootout

Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.

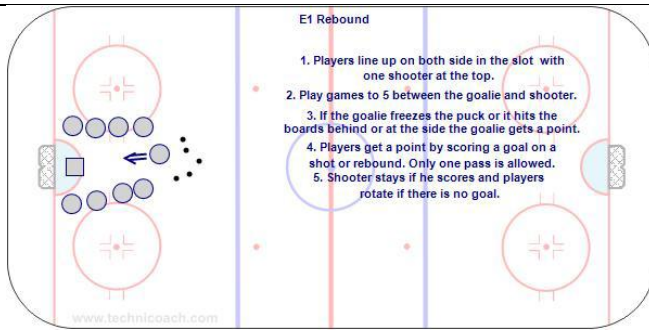
2. Two players leave from the box, get a puck from the blue line and shoot until they score.

3. After scoring race back and touch the player box gate so the next two can leave.

4. First team to score all the pucks wins.

5. Losers do a chore or exercise.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109085854143>



6' E1 Rebound

E1 Rebound

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.

<file:///D:/Daily%20Drill/E1%20Rebound.htm>



Meet in middle.