



## Fire White

## Practice Plan

Date: 12-14-16

Time: 20:15-21:45

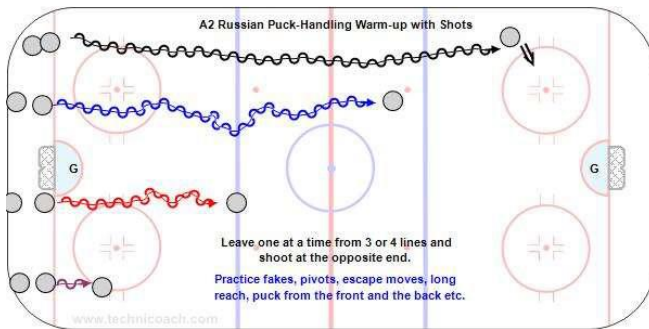
Venue: Norma Bush

### Lines:

Compete, support puck, quick shot,  
Pass, good habits, battle, transition,

### Notes:

Game situations, sprint, edges and balance,  
Drive skate with the puck, transition



### 10' Player led

#### A200 Skating Warm-up for Edges and Balance with a Puck and Shot

##### Key Points:

Good players can move in all directions efficiently because they and 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. Do these skating exercises with a puck.

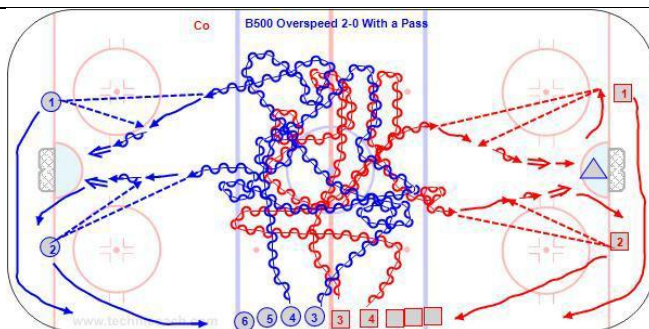
##### Description:

##### A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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 each leg.

##### Repeat the same sequence but skate Backward.

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### 10'

#### B500 Overspeed 2-0 with a Pass

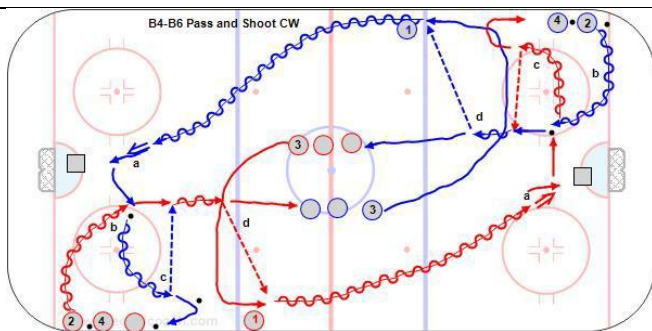
##### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

##### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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10'

### B4-B6 Pass and Shoot ProW

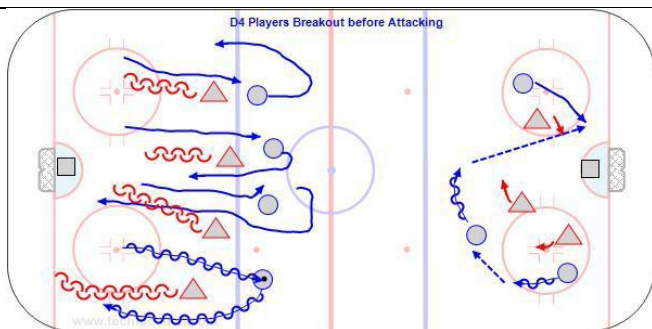
#### Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

#### Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.
- d. 2 pass wide to 3.
- e. 3 shoot and cross with 4.
- f. After passing 1 go to corner, 2 to the center circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>



### 15' Two 7' Games 1 – face puck, 2 – escape moves before passing. 3 pu 1 pu.

#### D4 Players Breakout before Attacking

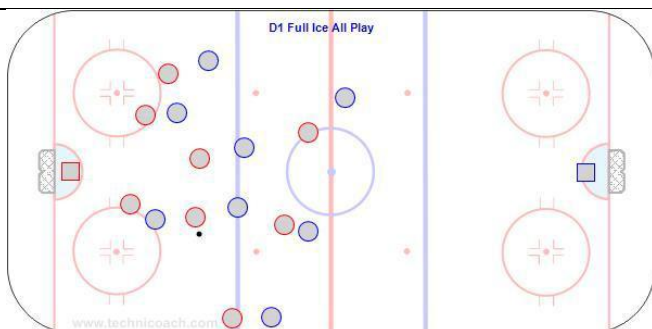
#### Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

#### Description:

1. One team attacks with the puck and tries to score.
  2. The defending team must breakout over the blue line and then turn back and attack.
- \*Individual skills can be worked on. i.e.
- Skating-only backward skating allowed.
  - Team Play - goals come only on plays originating below the goal line.
  - Individual Offensive skills - an escape move must be made when you get the puck.
  - Individual Defense - sticks upside down until one shot is taken.



### 15' Must gain a blue line before passing. Rignette, 2' game.

#### D1 Full Ice All Play

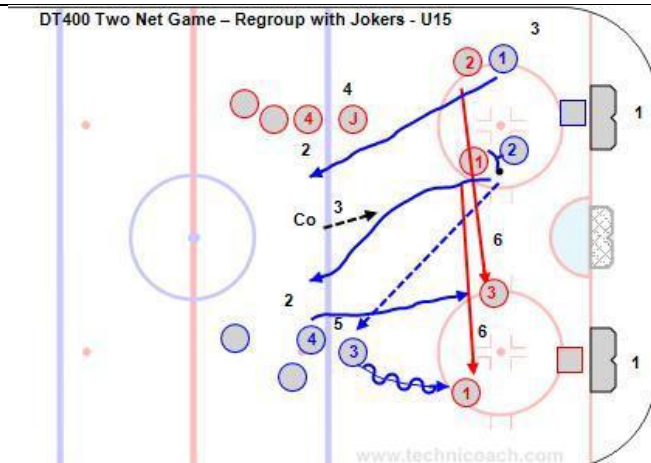
#### Key Points:

Everyone plays shinny style.

#### Description:

1. All play at the same time.
2. Use a puck or multiple pucks, ball or balls.
3. When the goalie freezes the puck the attackers back up behind the hash marks.
4. When a team scores they must touch the red line before checking.

# DT400 Two Net Game – Regroup with Jokers - U15



15'

## DT400 Two Net Game – Regroup with Jokers - U15

### Key Points:

Quickly transition from offense to defense. Communicate coverage. Attack quickly then work cycle and back to net to change the point of attack. Screen, tip on offense, box out, seal sticks to the outside on defence.

### Description:

1. Two nets in line with the dots on the goal line.
2. Teams line up facing the net they are attacking.
3. Start with the coach shoot the puck in and play from 1-1 to 3-3.
4. One player is the Joker at each offensive point and can pass or shoot but not skate in.
5. Pass to first player in line for the next group to go onto offense.
6. The team that was attacking and lost the puck must quickly defend the net on the other side of the zone.
7. Rotation is attack, defend, return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141017120508529>

10'

## E1 - Relay Race Shootout 1-0, 2-0

### Key Points:

Make a hard fake to get the goalie to lean and then 'shoot where the goalie ain't', shoot where he is coming from and not where he is going. If the goalie comes out deke and if he is deep shoot.

### Description:

1. Players leave from the far blue line.
2. On a goal race to the red line before the next player can leave.
3. No goal get the rebound then skate to the blue line before passing to the front of the line.
4. When 2-0 only one pass is allowed in the attacking zone - other rules are the same.
5. Keep score and play to either a goal total or a time limit.

## 1' meet in centre

