



Fire White

Practice Plan

Date: 12-22-16

Time: 19:00- 29:30

Venue: ECTAS

Lines:

Skate, pass, shoot, shoot off pass,

Notes:

Skate while passing, quick support



10' Players lead.

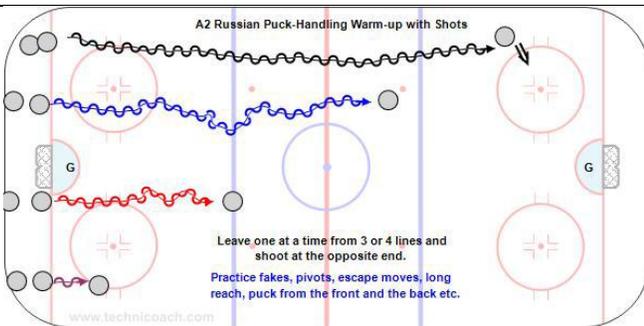
A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they and use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation - Players start at one end and skate to the other end. - 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 on each leg.

Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113> The same warm up with 12-14 year olds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



10' A2 Russian Puck-Handling Warm-up with Shots

Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

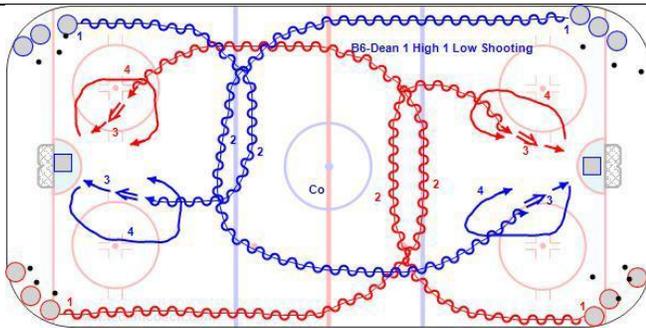
This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks. . Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your

body.

- Do high step-overs, when you step with your right foot to



10'

B6 - 1 High 1 x 2 Low Shooting - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

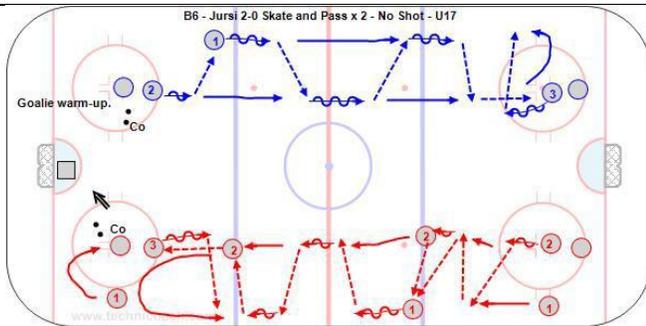
Description:

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101003085932985>

Same drill with agility skating added.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231537950>



10'

B6 - Jursi 2-0 Skate and Pass x 2 - No Shot - U17

Key Points:

Give a target and keep skating while you pass and receive. Face the puck on the turn.

Description:

1. Two groups of players line up at far dots and the top of the circle.
2. Two players start down the wing passing.
3. The skill is to pass and receive while skating and not having to coast before making a pass.
4. Use wrist and not slap passes.
5. Give a target and absorb the pass then conceal the next pass within the stickhandling motion.
6. Pass to the first player in line at each end and the middle player swing to the wide lane.
7. Repeat up and down the ice.
8. Coaches work with the goalie at one end.

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10'

D100 Two Second Game

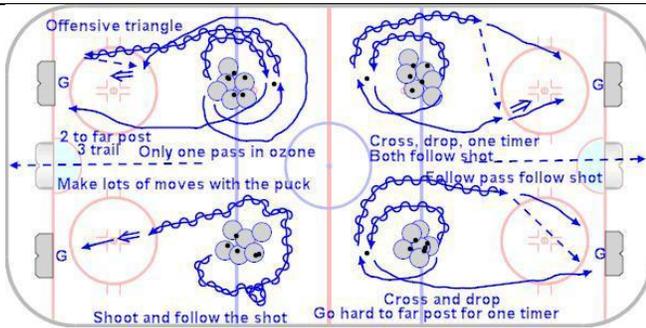
Key Points:

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'

B202 - Circle and Shoot 1-0 x 2 x 2 - Czech U20

Key Points:

Make lots of moves and shoot while skating then follow the shot. Shoot to score. Rebound for the next shooter.

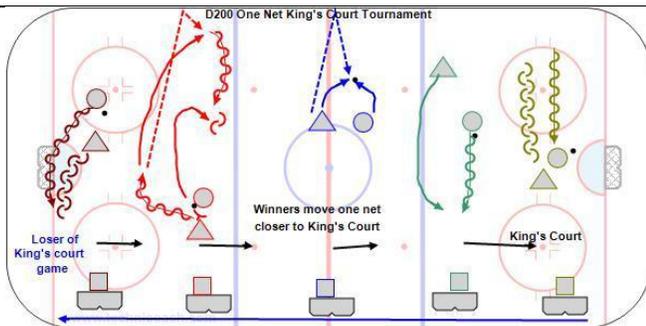
Description:

1. Players line up in four groups behind the blue line.
2. The first player from one side leaves with a puck and circle the other players.
3. Skate to the net and shoot to score.
4. Follow the shot for a rebound.
5. Circle back and rebound for the next player.
6. Skate outside first to shoot from the middle and inside to shoot from the wing.

* With large groups two nets at each end can be used.

* This formation can be used for 1-0, 2-0, 3-0, 1-1, 2-1, 2-2 drills or a quick transition game.

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30'

D200 One Net King's Court Tournament

Key Points:

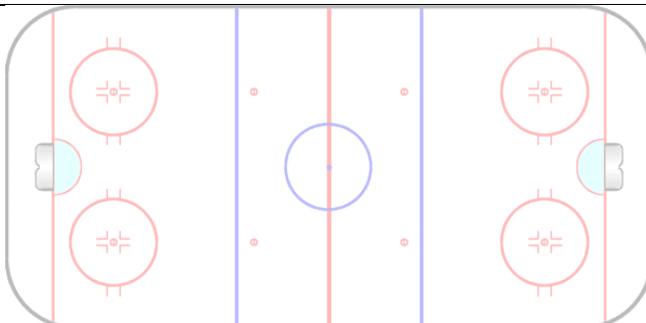
Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

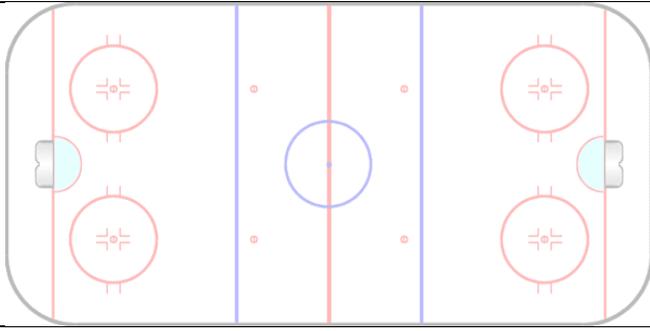
Description:

1. Have nets on one side of the ice with enough room for players to go behind the net.
2. Play from 1-1 to 3-3.
3. To transition to offense the player must bounce the puck off the boards on the other side.
4. Keep score and then rotate after the game.
5. Winner move one net down toward the King's Court.
6. Winner at the 'Kings Court' and loser at the last net stay don't move.
7. Players who lose move one net away from the King's Court.
8. In a tie play 'rock-paper-scissors' to determine a winner.
9. Play at least the number of games so the player starting in the last court can progress to King's Court.

*Make passing or puck carrying rules that practice good habits.

Explanation/Notes:





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