



Fire White

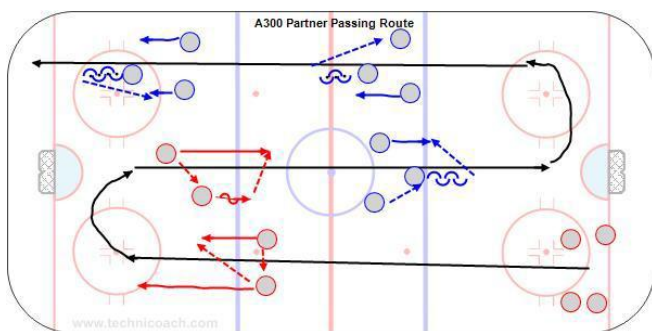
Practice Plan

Date: 12-28-16

Time: 19:45-21:00

Venue: Crowchild

Lines:	Notes:
Jim planned and ran the practice.	Game situations for passing and driving to
Net to score. Puck protection, passing,	Puck support, puck handling, skating
Backward skating	



10' First 3' individual puck handling

Mel work with goalies the first 20'

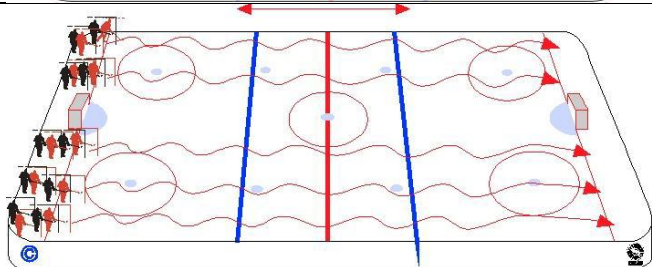
A300 Partner Passing Route

Key Points:

Pass while skating. Give a target and use wrist passes.

Description:

1. Two players pass together.
2. Three players pass with one skating backwards.



10'

A200 Big Moves _ Russian Warm-up

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

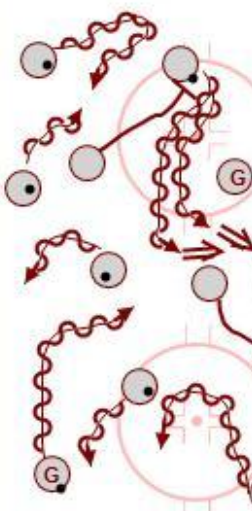
- Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

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D4 Keepaway and Score

1. All the players are in one zone.
 2. Everyone but one or two players has a puck.
 3. Players without a puck steal one and shoot it in the net.
 4. When you don't have a puck steal one and shoot it in the net.
4. Last player with a puck wins else the player who scores the most goals wins.

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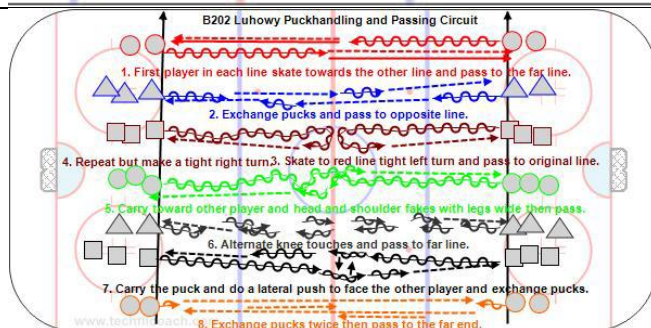


10"

D4 Keepaway with Diminishing Pucks

Description:

Start with one player without a puck. Play 30" and players without a puck do a push up. Take away one or two more pucks and keep going until only one puck is left. Players must stay in the zone.



10"

B202 Luhowy Puckhandling and Passing Circuit

Key Points:

Control the puck and "lock and load" when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

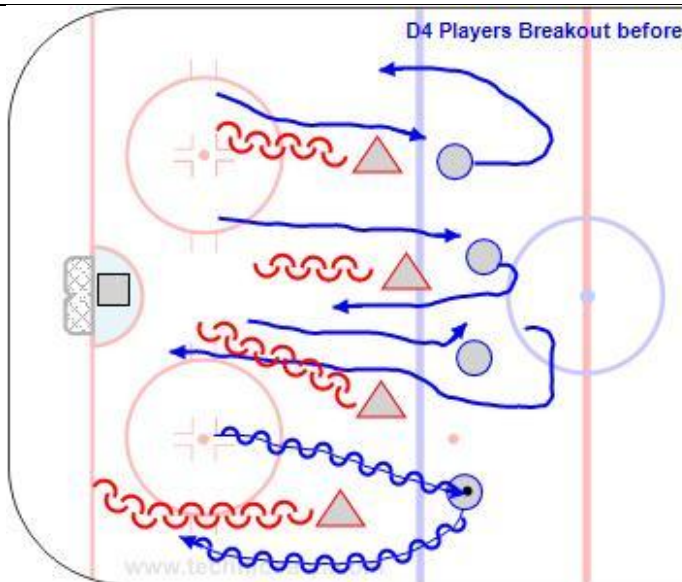
Description:

- Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.
1. First player in each line skate towards the other line and pass to the far line.
 2. Exchange pucks and pass to opposite line.
 3. Skate to red line tight left turn and pass to original line.
 4. Repeat but make a tight right turn.
 5. Carry toward other player and head and shoulder fakes with legs wide then pass.
 6. Alternate knee touches and pass to far line.
 7. Carry the puck and do a lateral push to face the other player and exchange pucks.
 8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

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5'

D4 x 2 Game With Backward Skating Only

Description:

Play at each end with two rules.

1. Only backward skating.
2. Two passes before you can score.

B300 Tschumi Around the Clock One Touch
 A. 1 and 2 one touch five times 6-12 o'clock.
 B. 2 pass to 3 at 3 o'clock.
 C. 3 one touch across to 2 at 9 o'clock.
 D. 2 one touch to 4 at 12 o'clock.
 E. Repeat with 4 passing to 3 x 5.



10'

B300 Tschumi Around the Clock One Touch

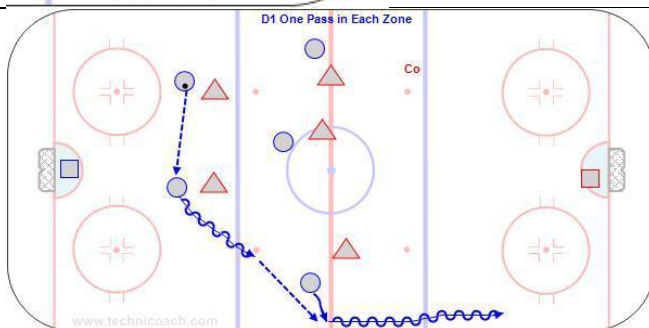
Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

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10'

D1 Only One Pass in Each End

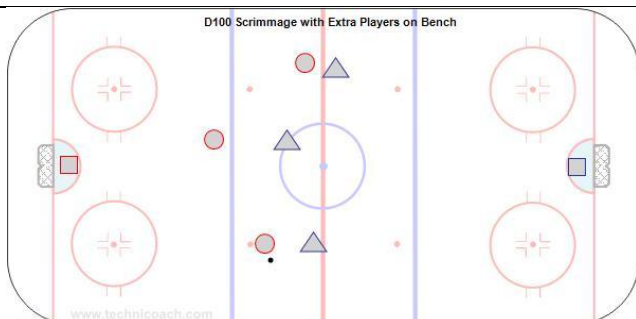
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

Players are only allowed to make one pass at each end of the ice. If you get a pass in your end you must gain the red line before passing and in the offensive end you must go to the net to score.

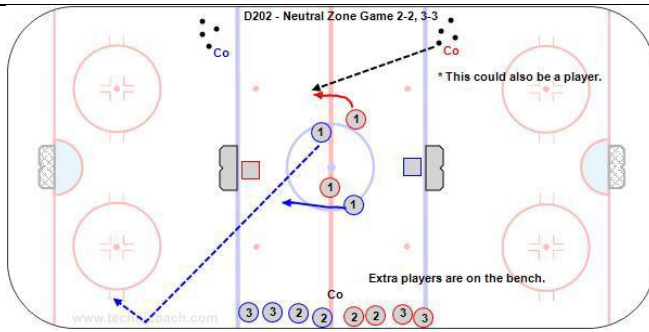
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D100 – Pass to All players 4 on 4

Every player must handle the puck before you can score.



10'

E1 - D202 - Neutral Zone Game 2-2, 3-3

Key Points:

Be ready for a new puck after a goal, frozen puck or wide shot.

Description:

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.
3. Coach pass new puck to his defending team when the puck is out of play.
4. 20-30 second shifts.
5. Keep score and the losing team skate or some other punishment.