



Fire White

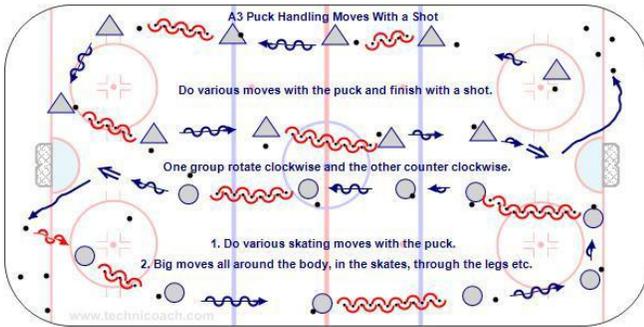
Practice Plan

Date: 1-4-17

Time: 20:15-21:45

Venue: Norma Bust

Lines:	Notes:
Edges, point shots, high cycle, 2-1, 3-3	Backward skate, Crosby, passing, shots
Puck handle, breakout options, 4-2, 2-0	



10' Wet ice so changed to A200 with goalie technique at one end with Mel.

A300 Edges and Puck Handling with a Shot

Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.

2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.

3. The players skating down the middle finish with a shot and then get a new puck.

4. Exercises are done while zig-zagging in and out.

a. Forward skate and alternate on the front inside edges.

b. Backward skate and alternate on the inside edges.

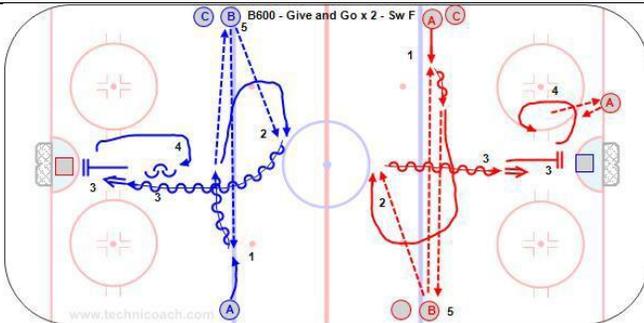
c. Skate forward and cross-over alternating on the outside edges.

d. Skate backward and cross-over alternating on the outside edges.

e. Open hip turn each way.

f. Slalom and reach as far as possible with the puck the opposite way.

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10' Added another pass to the last shooter.

B600 - Give and Go x 2 - Sw F

Key Points:

Always face the puck and give a target. Make quick wrist or one touch passes. Keep the top hand away from the body. Follow the shot. Rebound, one touch or defend the next shooter.

Description:

1. A leave and exchange passes with B on the other side.

2. B skate and give a return pass to A who skates back into the neutral zone.

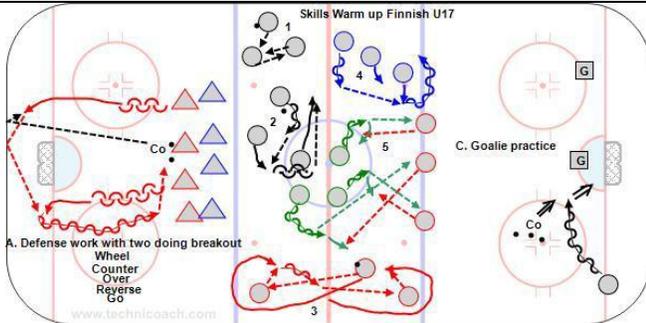
3. A skate in and shoot and follow the shot for a rebound.

4. A either:

- a- Rebound for the next shooter.
- b- Give and go with the next shooter.
- c- Defend 1-1 vs. the next shooter.

5. B repeat exchanging passes across the ice with C.

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<https://youtu.be/0Dw8Czycd9U>



15'

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>

15' – backwards, Crosby before pass or shot and plays must start from below the goal line.

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 blueline and then turn back and attack.

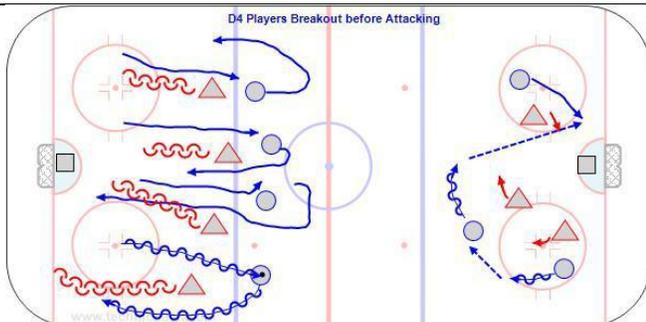
*Individual skills can be worked on. i.e.

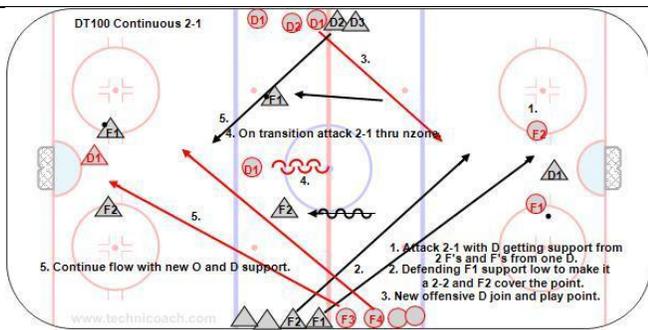
-Skating-only backward skating allowed.

-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.





10'
DT100 Continuous 2-1 with 85ers.

Key Points:

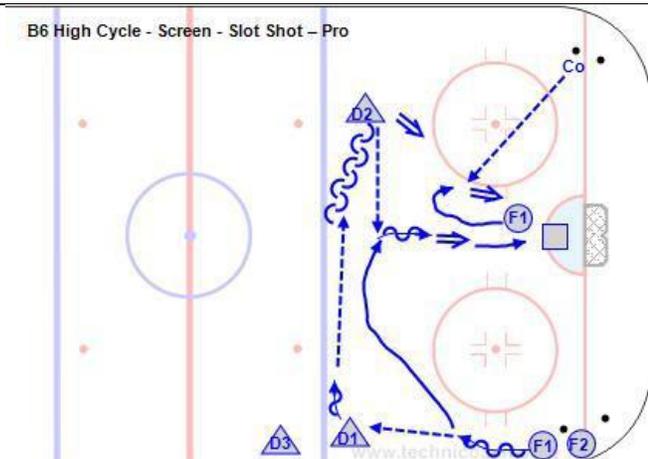
New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
 2. Defending F1 support low to make it a 2-2 and F2 cover the point.
 3. New offensive D join and play point.
 4. On transition attack 2-1 thru nzone.
 5. Continue flow with new O and D support.
- Continue the flow of 2-1 in nzone and 3-3 at each end.

-Dump-ins and regroupings can be added.

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10' first 5' D shoot and second 5' high cycle.

B6 High Cycle - Screen - Slot Shot – Pro

Key Points:

Hit the net and make plays while skating. Face the puck and screen and square up for the one timer.

Description:

1. Forwards in the corner and D at the point.
2. F1 pass to D1 and cycle high.
3. D1 skate into the middle and pass to D2 who slides wide.
4. D2 pass to F1 skating in the high slot.
5. F1 either one time shot or skate down the middle and shoot.
6. F1 screen and F2 pass to D1 to D2 who shoots.
7. F1 kick back and one time a pass from the coach in the corner.
8. Repeat with F2.

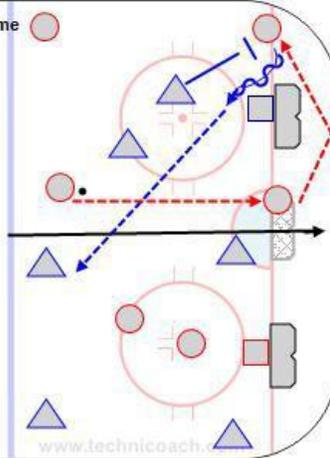
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The same drill and the F skates down the middle to deflect a shot pass.

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D400 Ali, Bobbi-Jo Two Net Game

1. Two nets on the goal line
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other to go onto offense.
5. Keep score.
6. Add skill rules such as only forehand passes.



10'
DT400, 4-2 x 2 - Pro

Key Points:

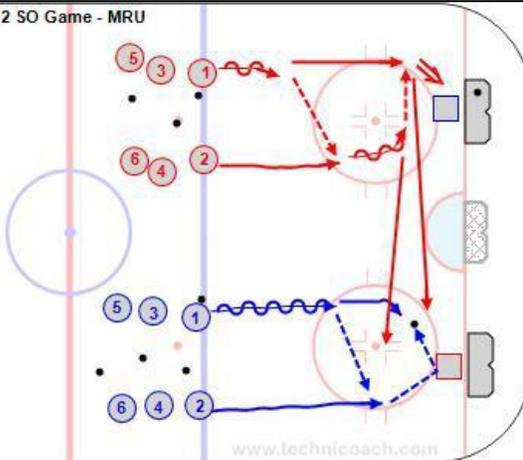
Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds. I have posted this game with other groups playing. It is one of those universal games played all over the hockey world. This is a pro group playing.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165330506>

E1 - 2-0 x 2 SO Game - MRU



10'

E1 - 2-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

- There is one point for every goal and each contest gets 15".
- A - 1 and 2 attack 2-0 from each line-up.
- B - If both teams score each team gets a point and 3-4 go on the next whistle.
- C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.
- D - Scoring team gets a point.
- E - 15" next rep.
- F - First team to 20 wins.

Meet in the middle.

