



Fire White

Practice Plan

Date: 1-5-17

Time: 16:00-17:30

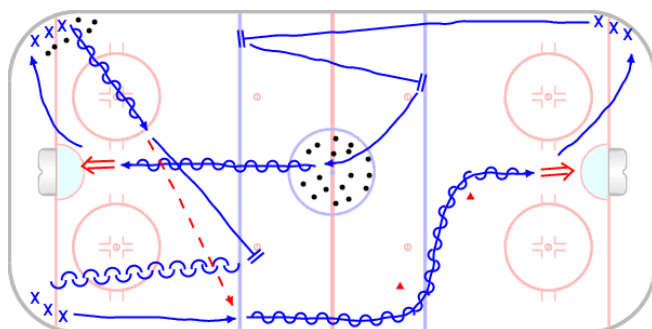
Venue: Henry Viney

Lines:

Shoot, pass, skate, puck support

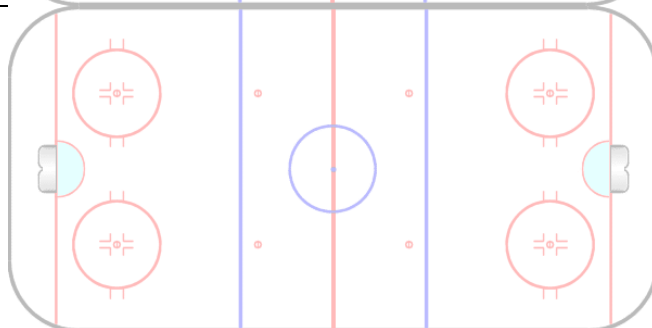
Notes:

1-1



10'

Kailey, shooting



10'

Kailey passing drill



10'

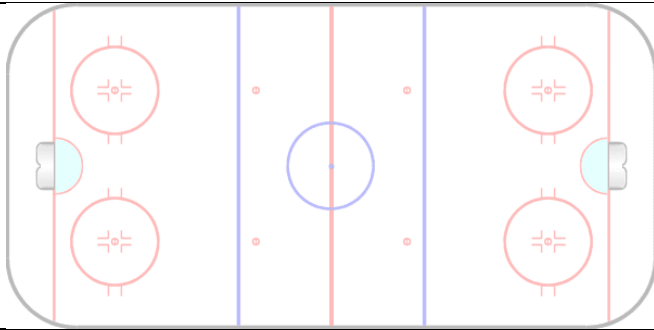
D100 Two Second Game

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.



60'

Skating with Gaston.

Gaston Skating

[https://www.youtube.com/watch?v=eLK4nVndB
Y](https://www.youtube.com/watch?v=eLK4nVndBY)



Explanation/Notes:



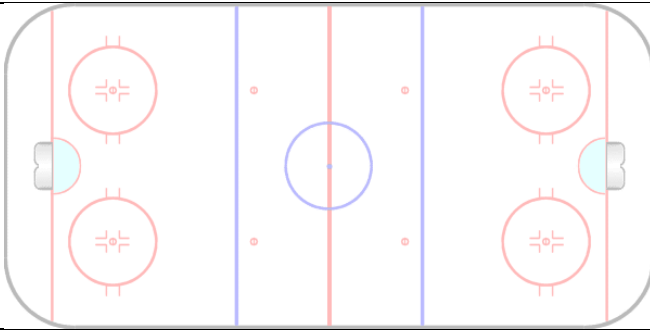
Explanation/Notes:



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