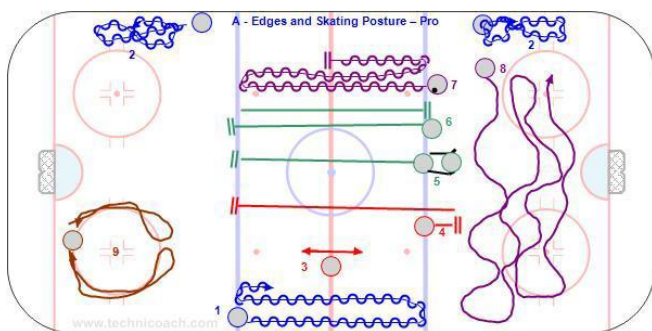




## Fire White

## Practice Plan

<b>Date:</b> 1-12-17	<b>Time:</b> 16:00-17:30	<b>Venue:</b> Henry Viney
<b>Lines:</b>	<b>Notes:</b>	
Skate, pass, shoot, quick decisions, compete	Score, support, good habits, game situations	
Low plays, fitness		



### 15' Randy Skating Balance and Edges

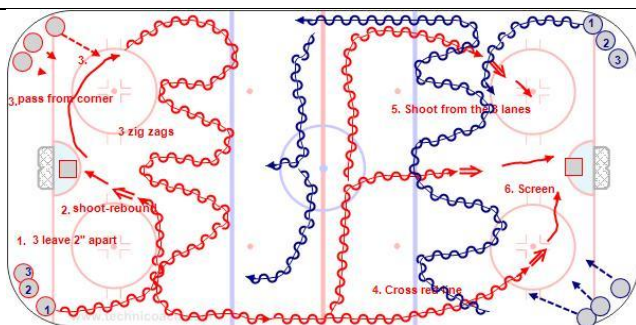
A2 – Skating Agility and Balance-Randy – U18 F

<https://1drv.ms/v/s!AukXg5gWoW-920sO4E7Y78gYtNk>

**Mel goalies.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170113100738673>

<https://youtu.be/RS51Ngcyw5g>



**10' – puck only on forehand of blade, Crosby turns, backward skating, fast hands and fast feet.**

### B6 – 3 Shots, 3 Zig zags, 3 Shots

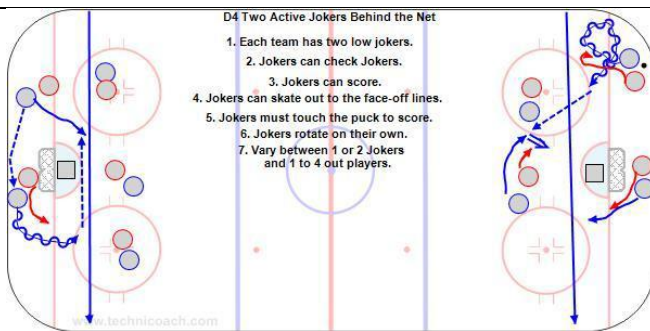
#### Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154513105>



10' 4-

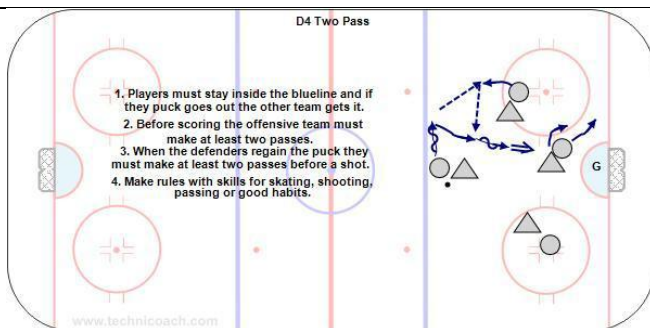
## D4 Two Active Jokers Behind the Net

### Key Points:

Jokers must learn to protect the puck and make plays on their own or passes. Everyone learns to play low in the zone on offense and defense.

### Description:

1. Each team has two low jokers.
2. Jokers can check Jokers.
3. Jokers can score.
4. Jokers can skate out to the face-off lines.
5. Jokers must touch the puck to score.
6. Jokers rotate on their own.
7. Vary between 1 or 2 Jokers and 1 to 4 out players.



10' 4-4

## D4 Two Pass Game with only Forehand Passes

### Key Points:

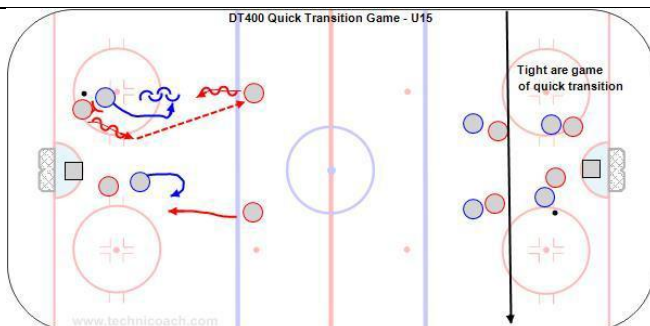
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

### Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



10'

## DT400 Quick Transition Game - U15

### Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

### Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the

---

puck on offense.

6. Players who passed now rest.

*\* Keep score and have tournaments.*

*\* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

*\* Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



## 10' 4-4

### 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'

### D400 Close Battles

#### Key Points:

- Coach shoots in a new puck whenever one goes out of play.
- Players battle to keep sticks free and get shots.

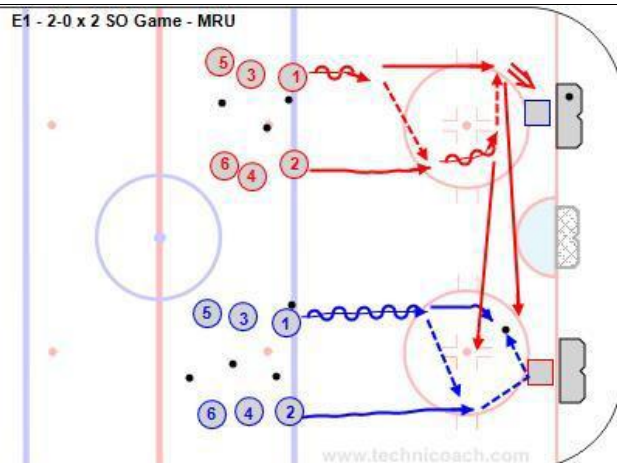
#### Description:

1. Nets are close together.
2. Players race for the shoot in.
3. Play about 20".
4. Keep score.
5. Vary situations 1-1, 2-2, 2-1,3-2, 3-3.
6. Coach call out the situation for variations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720174241795>

---

E1 - 2-0 x 2 SO Game - MRU



14'

### 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.

#### **Explanation/Notes:**

