



Fire White

Practice Plan

Date: 1-13-17

Time: 16:15-17:30

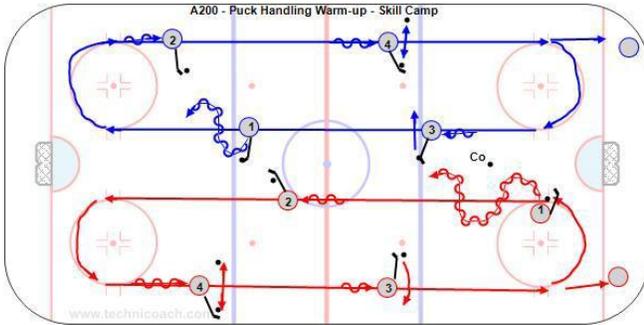
Venue: Fr. Bauer

Lines:

Pass, skate, score, transition
Support, puck handle, score

Notes:

Games for skill. Read situation, puck handle



10'

A200 - Puck Handling Warm-up - Skill Camp

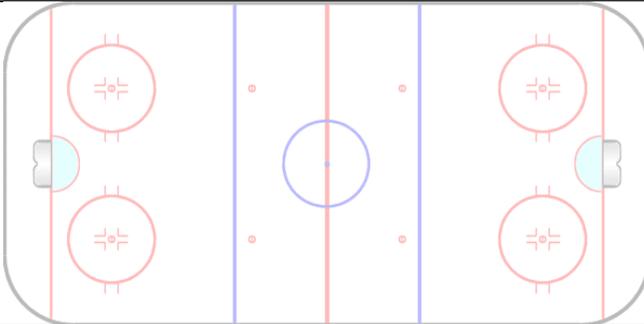
Key Points:

Loosen the shoulders and use big moves. Keep the hands away from the body. Make hard fakes. Puck handle quietly. Use this flow to practice many more moves and fakes.

Key Points:

1. Zig-zag down the ice and keep the puck only on the forehand of the blade. Add doing this with the puck only on the backhand.
2. Fake a shot by dropping the shoulder as if you were shooting, do this on the forehand and backhand.
3. Fake a backhand pass and pull the puck across.
4. Handle two pucks with one on the backhand and the other on the forehand.
5. Handle three pucks at once.

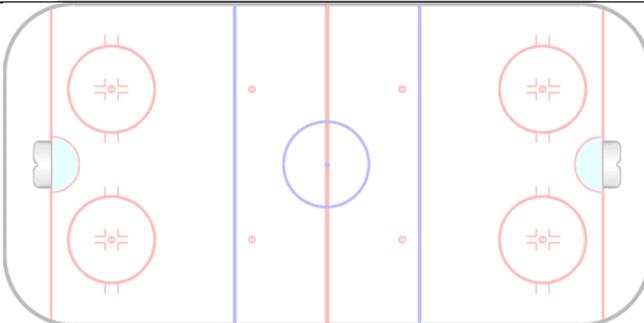
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170111101903882>
https://youtu.be/wJelOpJ_hPY



10' Kailey

B6-600 – Point Shot-Screen-Stretch Pass – U18 F

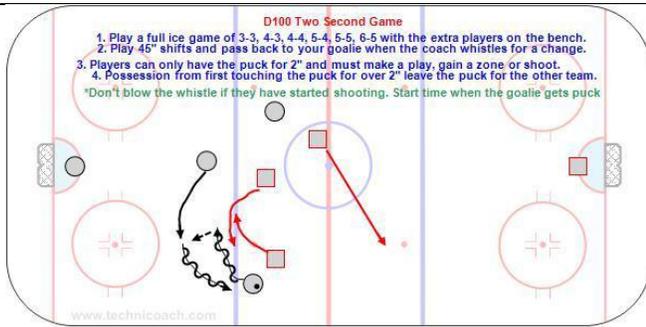
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10' Kailey

B600 – Stretch Pass-Shot Flow – U18 F

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10'

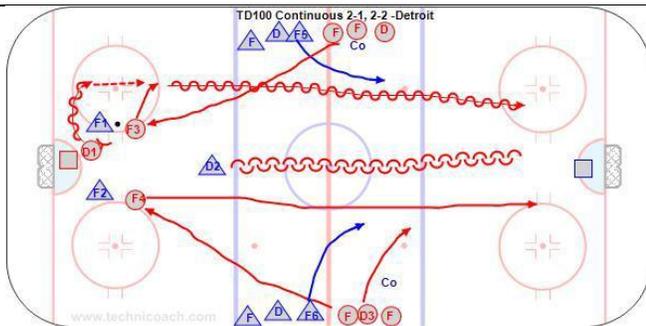
D100 Two Second Game

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'

DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

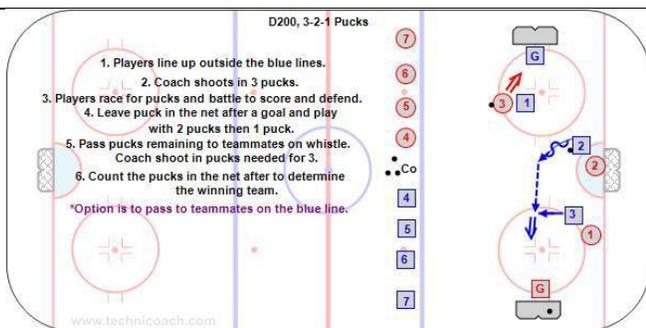
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



10'

D200, 3-2-1 Pucks

Key Points:

-Players can only shoot when the goalie is ready.

-No empty net goals.

-Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

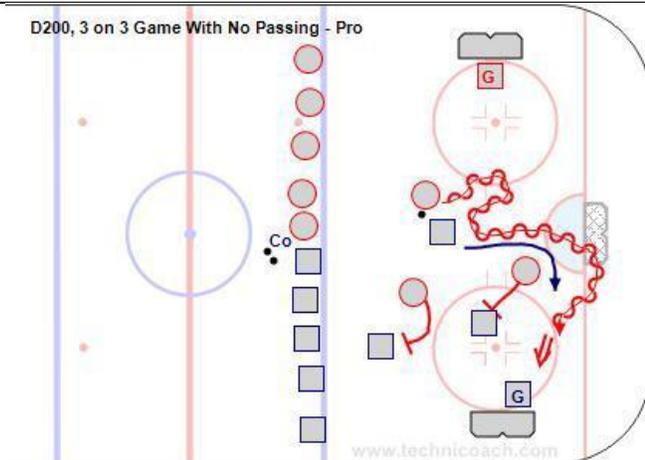
1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.

4. Hustle out of the zone on the whistle and play 20-30 seconds only.

6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>



8'

D200, 3 on 3 Game With No Passing then One Pass Only

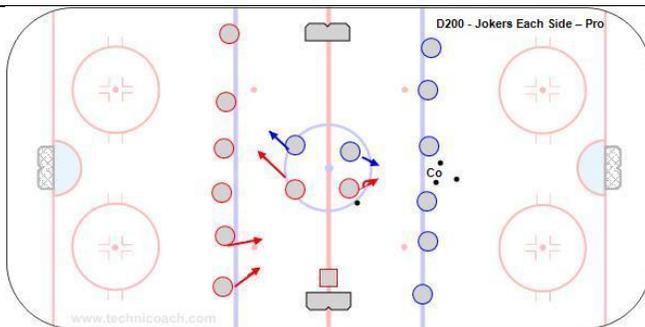
Key Points:

This game demands that the puck carrier dangle and beat the opponents with dekes, fakes, change of pace, pivots while teammates screen, pick and go for rebounds.

Description:

1. Play a cross ice game of 2-2 to 5-5.
2. Extra players line up along the blue line.
3. Shifts 20-30" and pass to teammate coming on the whistle.
4. Coach put in a new puck on a goal.
5. Rule is NO PASSING.
6. Line mates support by setting screens and picks and going for rebounds.
7. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180047556>



8'

D200 - Jokers Each Side - Pro

Key Points:

Play short shifts of 20-30'. Everyone keep their sticks on the ice. Pass to Jokers is allowed. You can play either Jokers must pass or also allow them to shoot.

Description:

1. Start with the red players on one blue line and white on the other and play cross-ice.
2. Coach spots a puck and players leave from their net end of the line-up.
3. Coach put in a new puck after a goal or the puck is out of play.
4. Modified rules can be added. i.e. one touch goals only.
5. Any even or odd combination of 1 vs. 1 to 5 vs. 5 can be played.

* On the whistle either pass to the coach who spots the puck or pass to your team mate coming on.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161005144903456>

<https://youtu.be/BunLqAxVjiQ>

D200 Game Nets back to back with Joker

1. D400 Cross Ice game extra players wait
2. Play 20-30" shifts
3. Either coaches or players be the joker.

4. Pass to the joker when you regain the puck

-you can vary joker rules

5. On whistle either pass to side coach or the joker coach.

"Have some fun playing and improving"

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8' D200 – Nets Back to Back with Various Numbers – U18 F

Even and Odd Number Situations up to 4-4

D200 Game with Various Situations

Key Points:

Players must be alert to the changing situations from one to four opponents and communicate with each other. Only use one puck and pass to team mates on the whistle. Extra pucks can be dangerous when stepped on and hockey is played with one puck.

Description:

1. Teams line up near the dots outside of the blue line.
2. Coaches tell each team how many will go on the whistle.
3. Send from one to five, depending on how many are at the practice.
4. Shifts of 20".
5. Keep score.

<https://1drv.ms/v/s!AukXg5gWoW-920dvocZ2GeUiRZ4y>