



Fire Conditioning Camp

Practice Plan

Date: 8-26-17

Time: 2 5:45 and 7:15

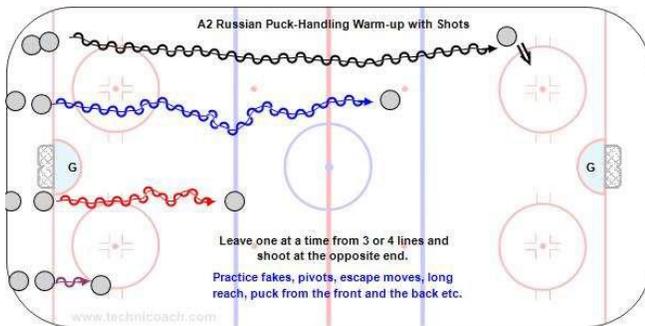
Great Plains

Lines: Two groups of 30 players

Notes:

Shoot, edges, puck handle, pass, breakout

3-2, Game situations



10' Tom

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they and use all edges and have great balance on the ice.

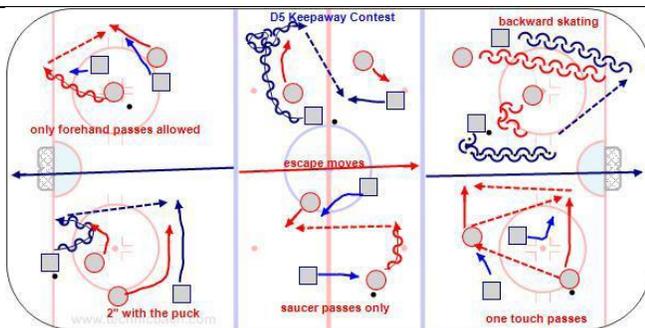
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

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10' Tom TJ Kailey move around.

D5 Keepaway Contest

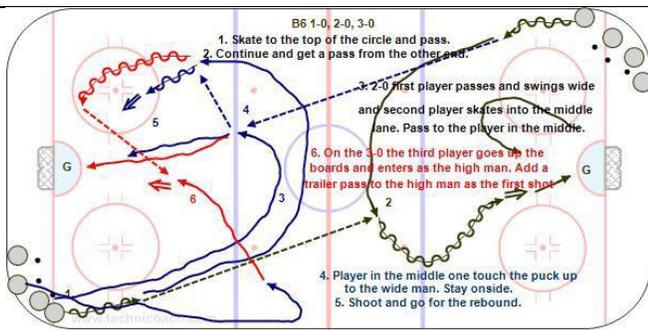
Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Keep score and switch opponents. 1 point for every 5-7 passes.

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10' Tom

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

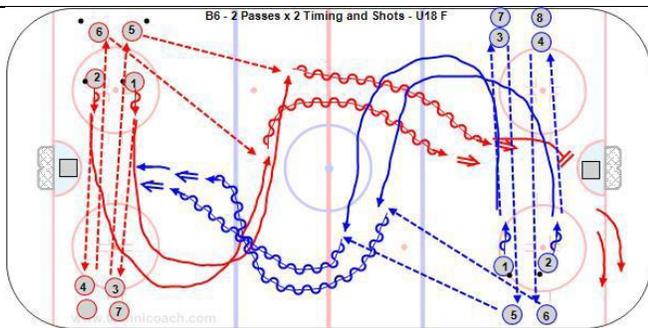
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



10' Kailey introduce and run.

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

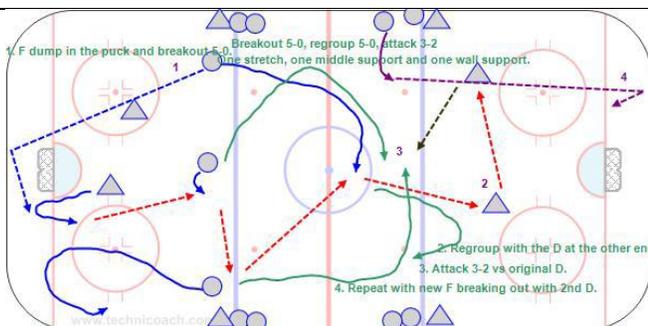
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 3 and 4 repeat in the other direction.

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<https://youtu.be/WmpASHh7uL4>



10' TJ introduce and run.

C3 Breakout 5-0, regroup 5-0, attack 3-2

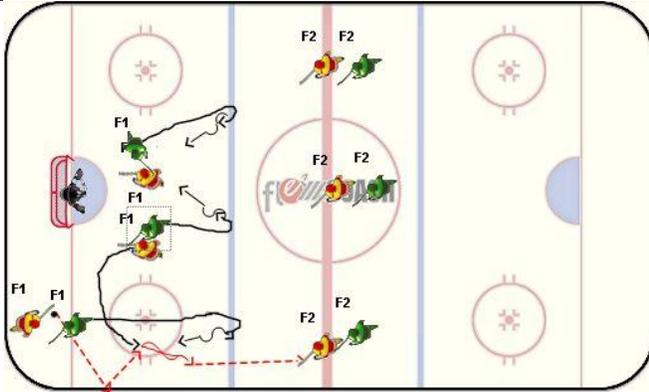
Key Points: Orange F Green D one end GF-OD other.

One stretch, one middle support and one wall support.

Description:

- Breakout 5-0, regroup 5-0, attack 3-2
- One stretch, one middle support and one wall support.
1. F dump in the puck and breakout 5-0.
 2. Regroup with the D at the other end.
 3. Attack 3-2 vs original D.
 4. Repeat with new F breaking out with 2nd D.

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15' Tom introduce: Kailey TJ one end each DT400 3-3 Perry Pearn - Transition Game of Attack-Defend-Breakout-Rest

Key Points:

This is a great transition game to practice cycling, low zone coverage and use all of the individual offensive and defensive skills of hockey. Create offense by cycling, crossing etc. and play man to man defense. To add more intensity play a timed game and keep score or play to a certain amount of goals. i.e. first team to 3 wins.

Description:

- 3 players attack and 3 defend (it could be any number or odd man situations)
- The attacking team tries to score and the defending team must get it over the blue line in complete possession or the attack continues.
- If the puck is dumped out it is a loose puck and the offense can regain it or defense make the pass.

Offsides are called and the other team gets the puck.

- The players on the defending team wait for the puck in the neutral .zone. If there is one game going on wait behind the red line. If two games or a half ice practice then wait within a stick length of the red line.

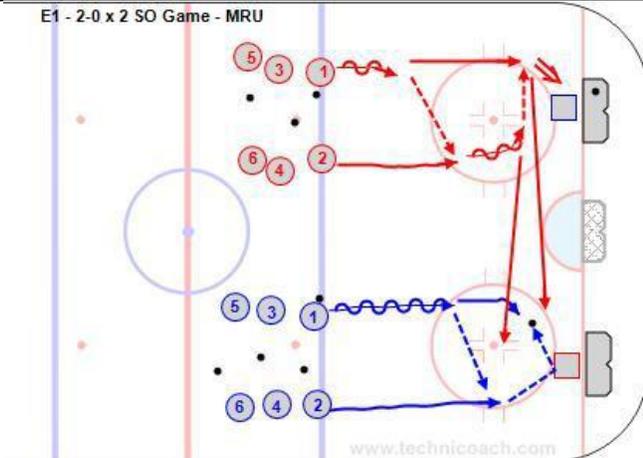
- *Rule s – Gm 1 Give and go goals.

Gm 2 – One touch goals

Gm. 3 – 2" only with the puck.

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E1 - 2-0 x 2 SO Game - MRU



10'

E1 - 3-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0 or 3-0. 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.

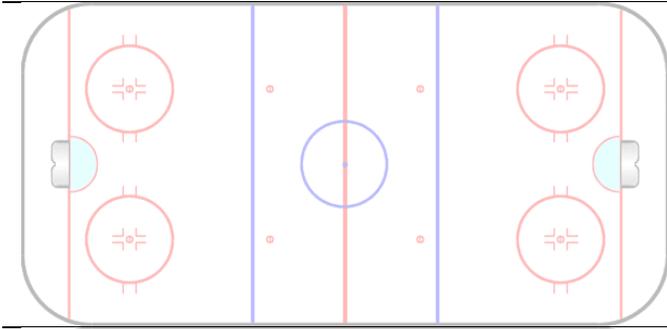
D - Scoring team gets a point for every goal.

E - 20" next rep.

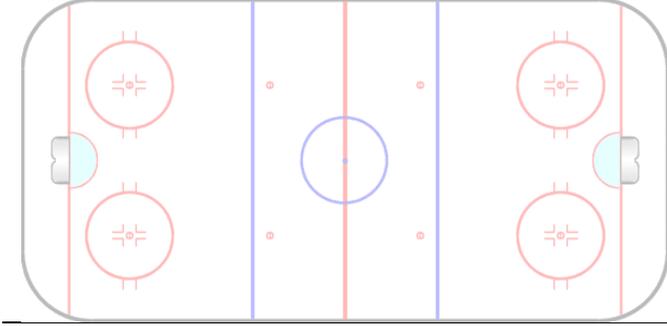
F - First team to 20 wins.

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<https://youtu.be/ss-rEHpfr5w>



Explanation/Notes:



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