



# Fire White

# Practice Plan

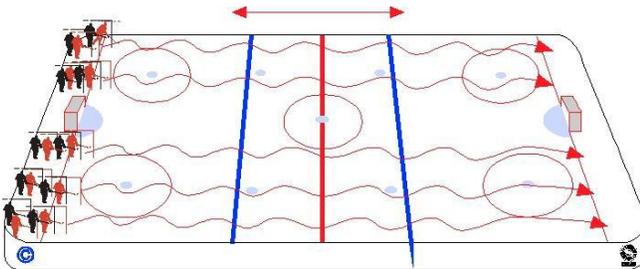
Date: 9-9-17

Time: 19:30-20:30

Venue: Bowness

Lines:	Notes:
Practice them is angling. Goalie instruction	Stick on stick, creating a checking angle
Angling, straight on angling	overspeed

10' Jim lead Goalies at one end. Handle puck to far rignuette line and back.



### A200 Big Moves \_ Russian Warm-up

#### Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

**Description:** - Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.

-Put the puck from the stick to inside and outside edges back to the stick.

-Move puck from behind to front through skate forehand and backhand.

-Escape moves backward with the puck and tight turns each way.

-Fake a shot and go left then right. Spin on backhand.

-Touch each knee while skating. - Yo-yo the puck give it

and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to

in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. -

Skate fake inside and go outside.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>

9' Tom lead Jim and Kailey at each end.

### B500 Overspeed 2-0 with a Pass

#### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

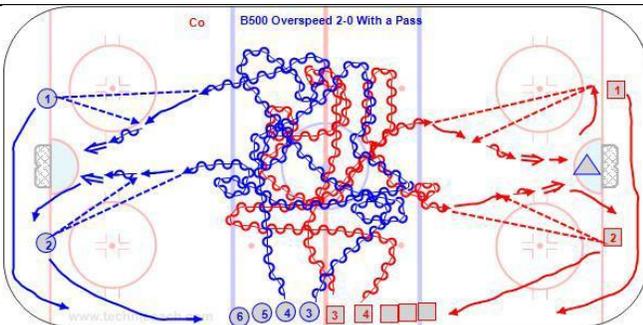
#### Description:

1. Line up along boards on one side.

2. Players 1 and 2 start on the goal line.

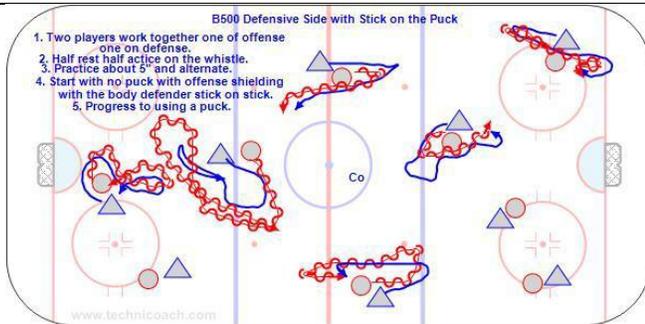
3. Players 3 and 4 leave and make moves at top speed.

4. Coach whistle every 7" and they players attack the net.



5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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**8'** Tom lead Kailey Jim move around. Goalies with Mel  
**B500 Defensive Side with Stick on the Puck**

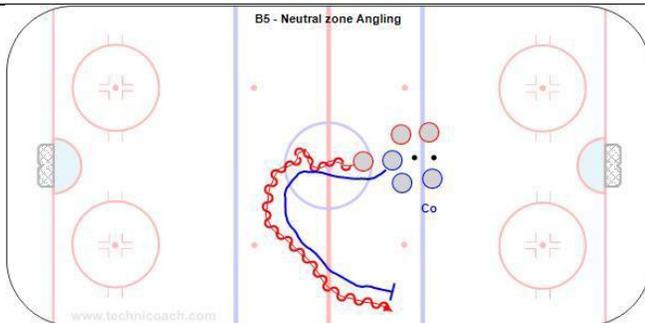
**Key Points:**

Player checks from the defensive side with the stick always on the attacker's stick. Keep the stick on the ice when going side to side.

**Description:**

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5' and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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**8'** Jim and Kailey one group each. Goalies at one end.  
**B5 - Neutral zone Angling**

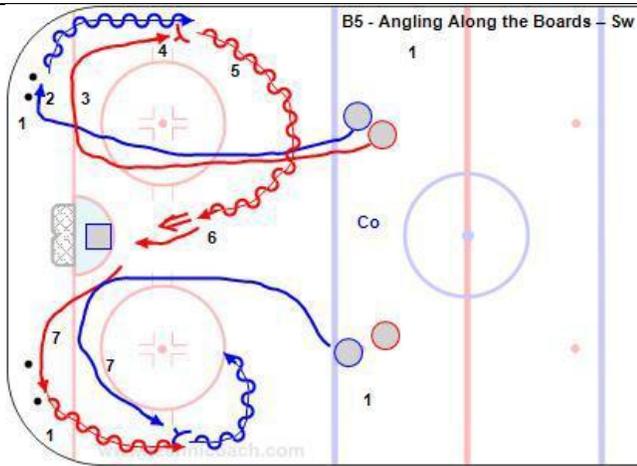
**Key Points:**

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

**Description:**

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131101142929311>



**8' Jim and Kailey run one each. One G in Nzone**  
**B5 - Angling Along the Boards – Sw**

**Key Points:**

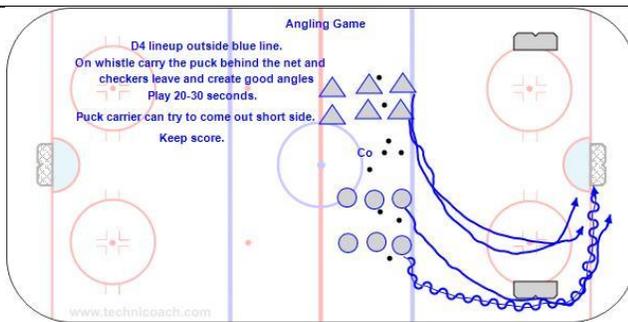
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

**Description:**

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

\* Repeat alternating sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>



**8' Jim and Kailey one team each. Keep score.**  
**D200 Angling game**

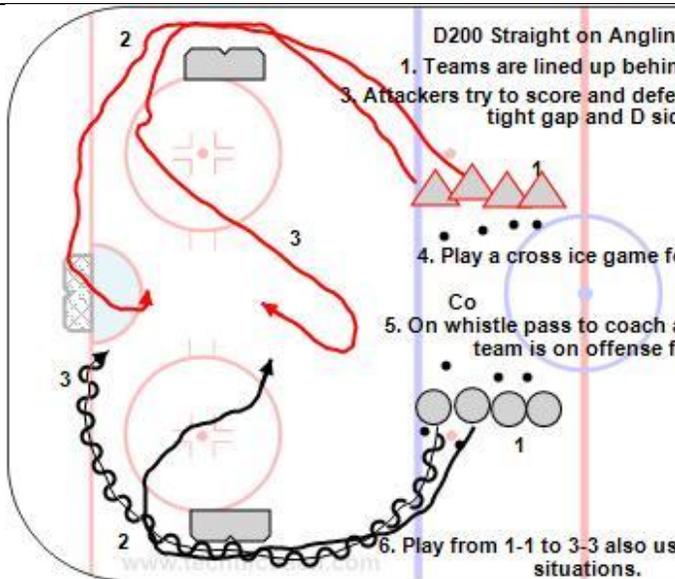
**Key Points:**

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

**Description:**

1. D200 lineup outside blue line.  
 2. On whistle carry the puck behind the net and checkers leave and create good angles.  
 3. Play 20-30 seconds.  
 4. Puck carrier can try to come out short side.  
 5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



## 8' D200 Straight on Angling Game

### Key Points:

Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

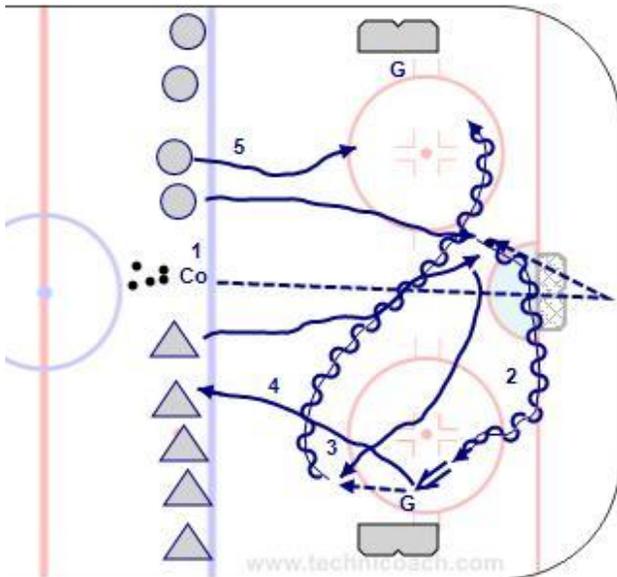
### Description:

#### D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>

1'



1' pick up pucks and cheer in middle

## E1 D200 Shootout Game

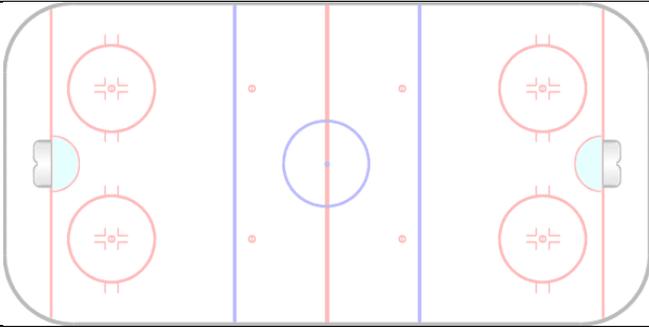
### Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

### Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate onside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>



**8:45 Parents and players meet coaches in the lobby.**

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