



## Fire White

## Practice Plan

Date: 9-18-17

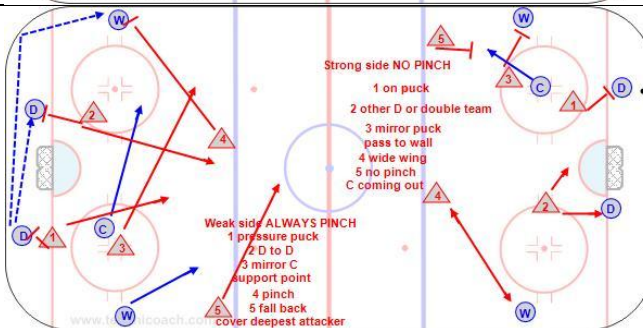
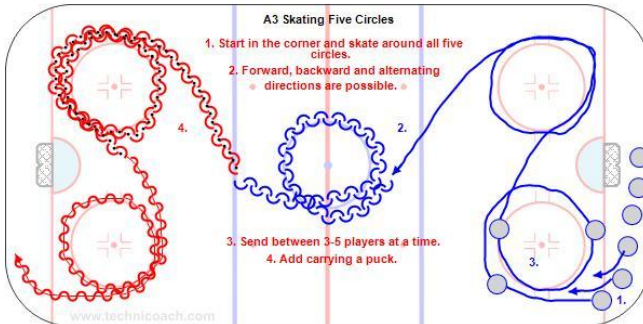
Time: 10:00-12:30

Venue: ECTAS

Lines:	Notes:
60' Skating stride front and back and	Cross-overs Gaston Schaeffer
Team play on magnetic board – review	Fire Alarm forecheck-back pressure, back
tracking	Passing and timing
Transition, play in triple threat position,	Make moves with the puck,
Full ice transition	

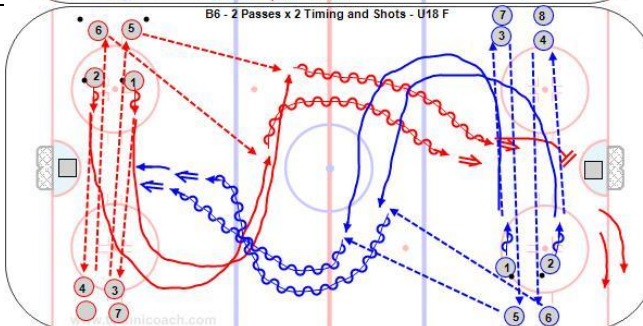
60'

**Dr. Gaston Schaeffer** – review the front and backward stride and teach cross-overs front and back.



15' **Team play Tom**

In dressing room during the flood review the forecheck and introduce back pressure and back tracking using the magnetic board.



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:

A. 1 and 2 leave from each end and pass across to 3 and 4.  
B. 3 and 4 pass across to 5 and 6.  
C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

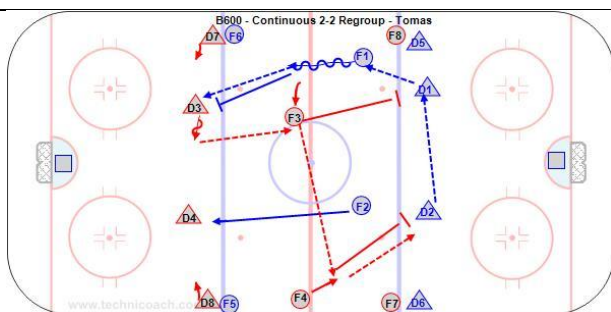
D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



## 15' Tom – start with 2 then 4 forwards – Goalies Mel

### B600 - Continuous 2-2 Regroup – Tomas

#### Key Points:

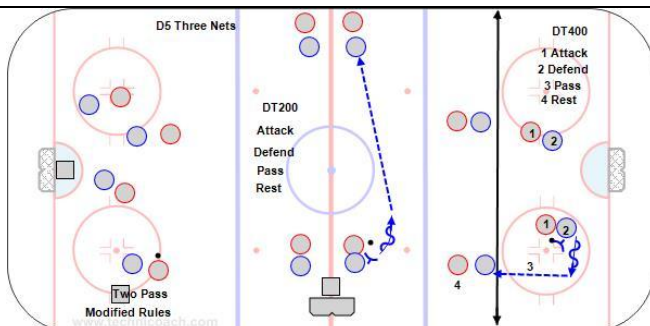
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

#### Description:

1. D1-D2 pass to F1-F2.
  2. F1-F2 regroup with D3-D4.
  3. F1-F2 forecheck vx. D3-D4.
  4. F3-F4 support D3-D4.
  5. D3-D4 make a regroup pass to F3-F4.
  6. F3-F4 now regroup with D5-D6 and forecheck.
  7. Continue the regroup and forecheck sequence.
- \* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.

\* Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>  
<https://youtu.be/dB6DPGuHn3s>



## 30' Rotate nets and opponents every 5'

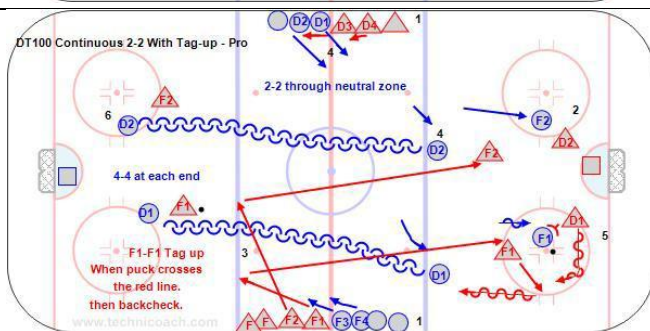
### Games on three nets.

#### Two Pass – F4

Game one - pass in triple threat position,  
Game Two - must make and escape move.

### DT200 and DT400 Game Formations

Play 2-2 with a attack-defend-rest rotation.



## 20'

### DT100 Continuous 3-2 With Tag-up – Pro

#### Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

#### Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

\* Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.

\* You can play this transition game from 1-1 to 3-2, i.e. 1-1

---

*gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

<https://youtu.be/pBE2B41Zklc>

---

**1' get pucks and meet in middle**



---

**Explanation/Notes:**



---

**Explanation/Notes:**



---

---

---

---