



Fire White

Practice Plan

Date: 9-18-17

Time: 18:30-19:45

Venue: SAIT

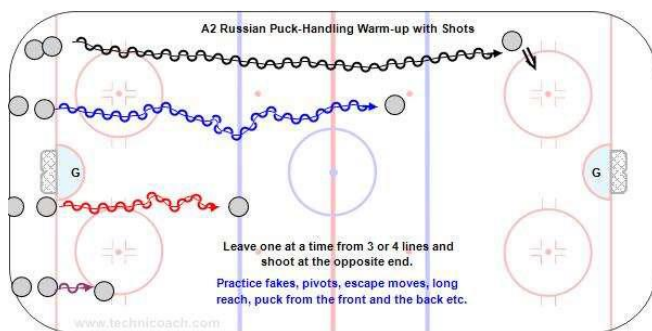
Lines:

Skating, puck handling, passing, shots

Defense read rush, scoring race

Notes:

1-1, 2-1, 3-2, 5-5, transition,



10' **Players lead – Goalies with Mel.**

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

Key Points:

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

Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the

foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

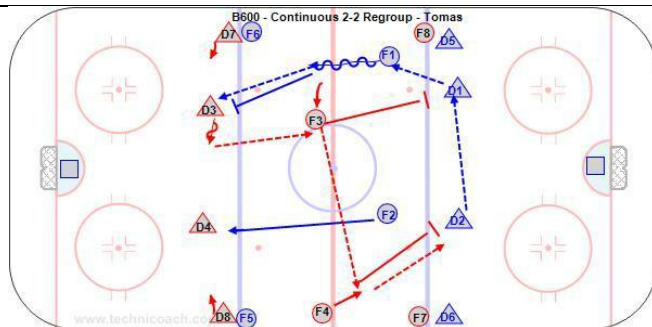
Description:

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' – **Mel stay with goalies**

B600 - Continuous 2-2, 3-2, Regroup – Tomas – Dump puck in one end and nzone regroup the other.

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.

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<https://youtu.be/dB6DPGuHn3s>

10' Kailey

B600 - Multiple One Touch Passes – Pro

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot.
- F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160824111234134>

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10' Tom

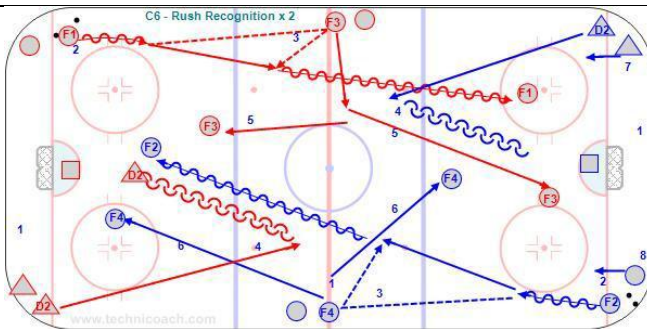
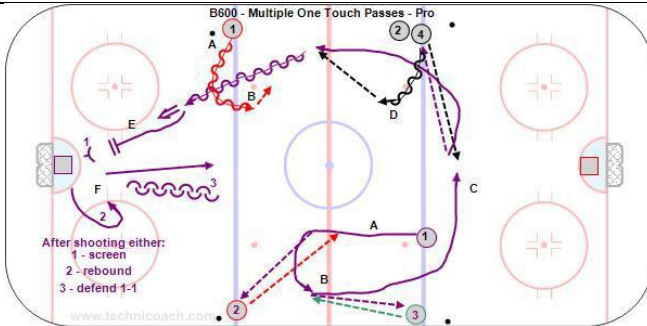
C6 - Rush Recognition x 2

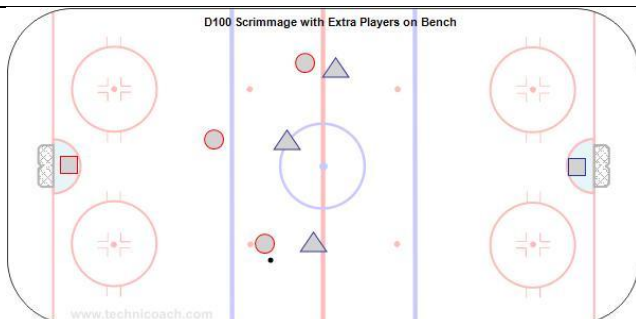
Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side.

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
 2. Start with F1 leaving from one corner and F2 from the other with a puck.
 3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
 4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
 5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
 6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
 7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
 8. You can also send more than one forward to start the rush or alternate one then two D or F.
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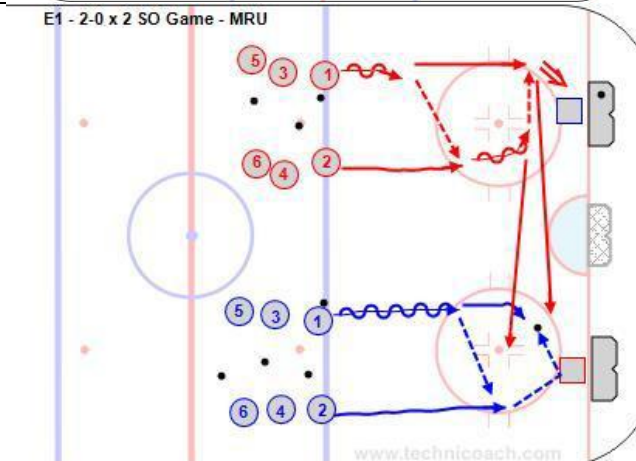
20'

5' Full ice 3-3, change on the go

5' 4 on 4

10' 5 on 5 – use our forecheck.

E1 - 2-0 x 2 SO Game - MRU



9' Mel lead

E1 - 2-0, 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016092511071521>

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Explanation/Notes:



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