



Fire White

Practice Plan

Date: 9-20-17

Time: 17:30-18:30

Venue: ECTAS

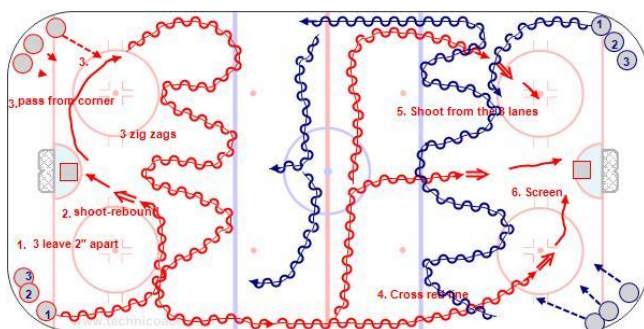
Lines:

Agility, shots, regroup, breakout options

Tight battles, Transition

Notes:

Forecheck, 1-1, 2-1, 2-2, 3-2, 3-1



10' Kailey

B6 – 3 Shots, 3 Zig zags, 3 Shots – U17-20 RB

Key Points:

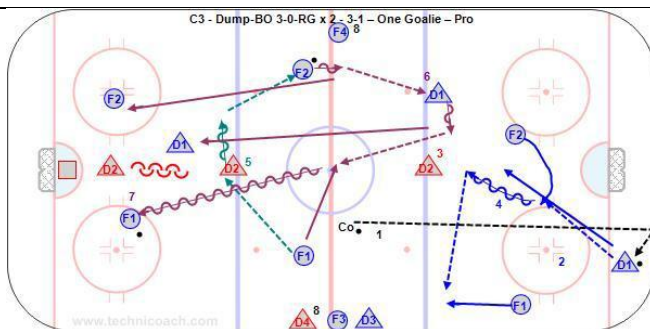
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. First player leave and get a pass from two who then leaves.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. Crosby
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.

https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0_6GmY2ieG

<https://youtu.be/AfPDToEnXdc>



10' Jim – Add - all players must touch puck up ice – goalie handle puck.

T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

Description:

1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. D3-D4-F4-F5-F6 breakout and everyone must touch the

puck up ice.

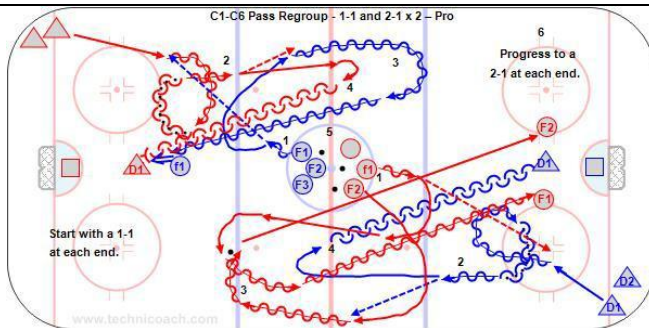
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.

8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.

9. Continue this flow end to end.

In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>
<https://youtu.be/8ul6AQPQRY8>



10 – Tom

C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

Key Points:

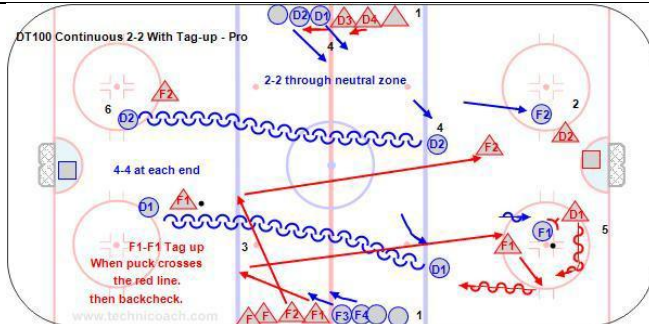
Attack with speed and go hard to the net. On the 2-1 make the first play early so there is a second play. Defend with a tight gap and ox the shooter out on the 1-1. On the 2-1 keep the puck to one side and take the stick of the wide player after the shot.

Description:

1. F1 at each end pass to D1 coming out of the corner.
2. D1 make a pivot and pass to F1 and follow the play.
3. F1 turn back at the far blue line and attack 1-1 vs. D1.
4. D1 mirror F1 and skate backwards to defend the rush.
5. F2 and D2 at repeat at each end.
6. Change the drill to a 2-1 with F1-F2 attacking vs. D1 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017062811080981>

https://youtu.be/DbvCmK_M5wc



10' Tom

DT100 Continuous 2-2 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.

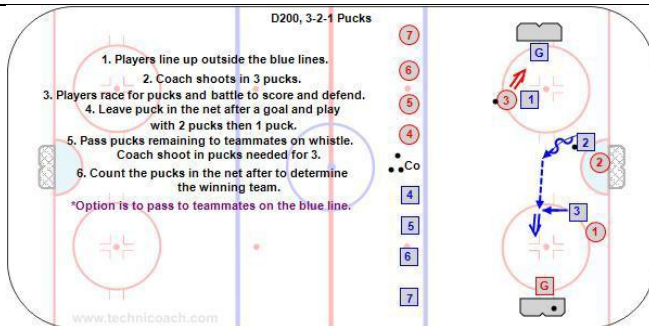
Description:

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>



10' Kailey introduce – Jim shoot in pucks. D200 3-3 with 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.

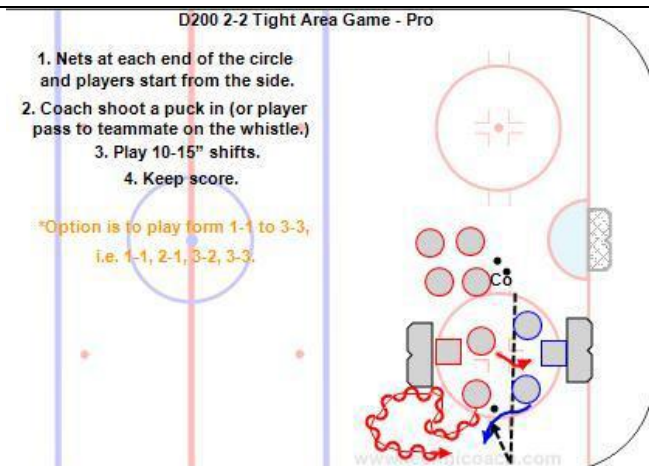
Description:

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>



9' Kailey put pucks in.

D200 2-2 Tight Area Game - Pro

Key Points:

Protect the puck, use fakes, escape moves, change of direction, feints, shoot and pass quickly, triple threat position.

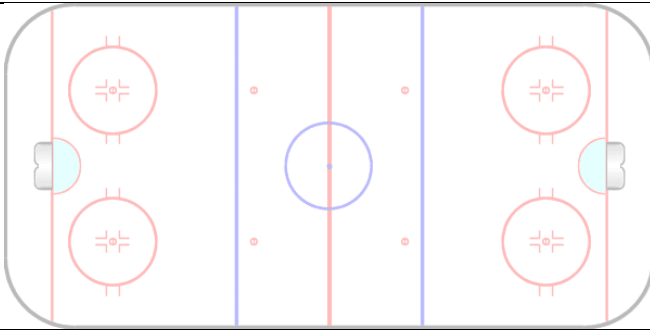
Description:

1. Nets at each end of the circle and players start from the side.
2. Coach shoot a puck in (or player pass to teammate on the whistle.)
3. Play 10-15" shifts.
4. Keep score.

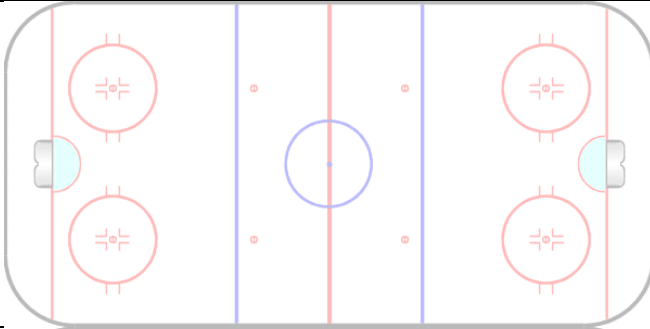
D200 - Tight 2 on 2 - Pro

<https://youtu.be/FfMS7jehue4>

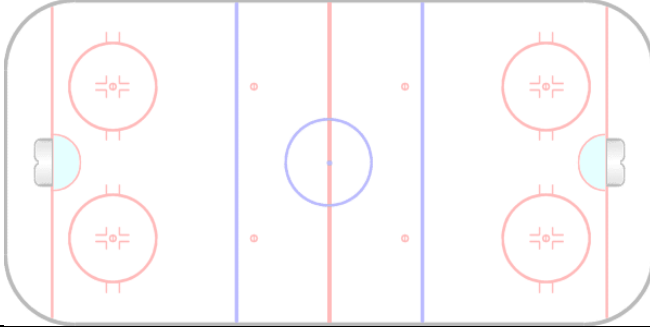
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706173522508>



1' meet in middle – meet in room to tell them about the tournament.



Explanation/Notes:



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