



Fire White

Practice Plan

Date: 9-26-17

Time: 19:45:20:45

Venue: ECTAS

Lines:

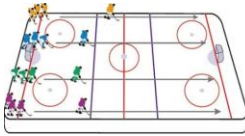
2 G 12 F 6 D

Quick ups

Notes:

Focus on D joining the rush and moving puck

Triple threat position – face the play with puck



8' Players lead – Mel at one end with goalies

A2 Skating Warm-up With a Puck

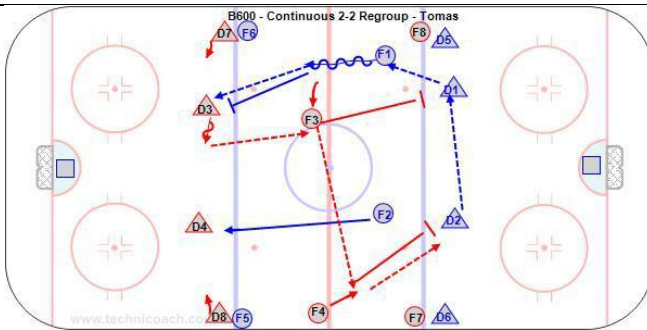
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description:

A200 Formation - Players start at one end and skate to the other end. - 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.

<https://youtu.be/PKGj99HYAYc>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113>



7' Mel with goalies.

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

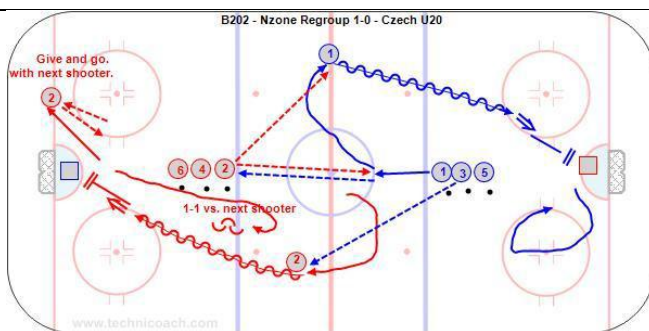
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

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.

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

<https://youtu.be/dB6DPGuHn3s>



7' Tom

B202 - Nzone Regroup 1-0 - Czech U20

Key Points:

Face the puck and give a target, shoot while skating, make a feint before shooting.

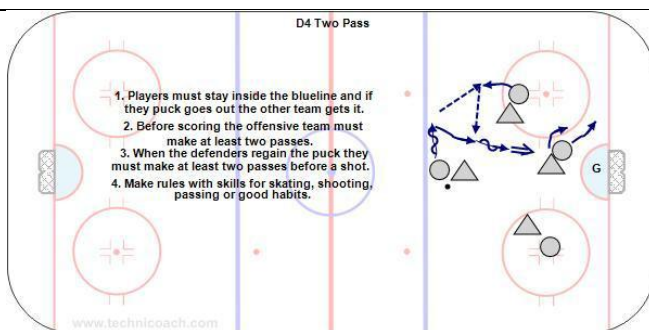
Description:

1. Players are in two lines at opposite blue lines facing each other.
2. Player one leave and get a pass from two and one touch pass back.
3. Player one swing to the wide lane and get a second pass from player two.
4. Player three repeats with player four in the opposite direction.
5. Player one shoot, follow the shot for a rebound.
6. After the shot circle back and rebound for the next shooter.

* The original shooter could also screen one touch pass or play a 1-1 vs. the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816221506836>

<https://youtu.be/Wf9AnDpfFtk>



12' Mel-Tom at one end each enforce rule.

D4 Two Pass Game with only Forehand Passes x 2

Key Points:

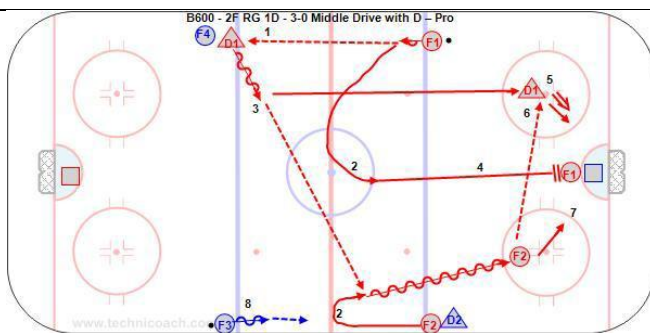
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blue line and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

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8'

B600 - 2F RG 1D - 3-0 Middle Drive with D – Pro

Key Points:

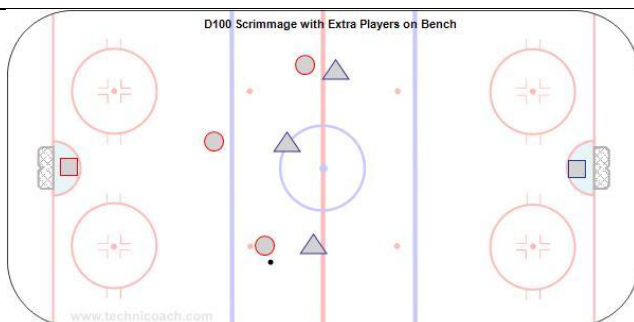
Hard passes and defenseman jump into the rush as the third man on the middle lane drive. Pass and shoot on the forehand when possible.

Description:

1. F2 pass up to D1 at the far blue line.
2. F1 skate into the middle lane and F2 support from the wide lane.
3. D1 skate between dots and pass wide to F2.
4. F1 drive to the net in the middle lane.
5. D1 join the rush in the wide lane.
6. F2 pass across to D1 who shoots.
7. All three crash the net for a rebound.
8. F3-F4-D2 repeat the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170926122448127>

<https://youtu.be/SbV4ylcLdMA>



10'

D100 - 3 on 3 Change on Fly – Pro

2 F and one D each change

<https://1drv.ms/v/s!AukXg5gWoW-98C1dPGaoMK02ucD>

<https://1drv.ms/v/s!AukXg5gWoW-98CtKqybsqKd3AOFI>



7'

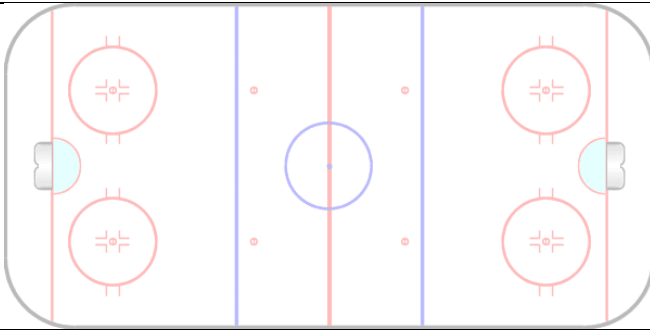
E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

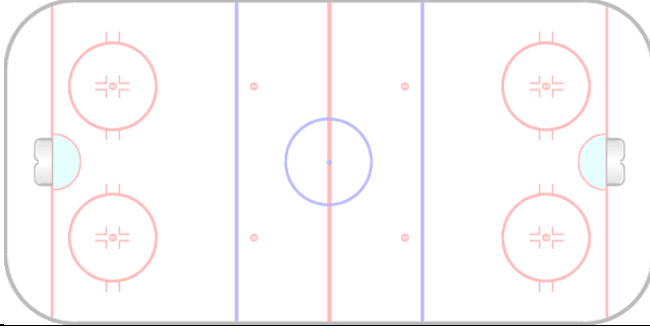
Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>



1' Get pucks meet in middle.

**Give out bags.
Go over rules and vision.**



Explanation/Notes:
