



Fire White

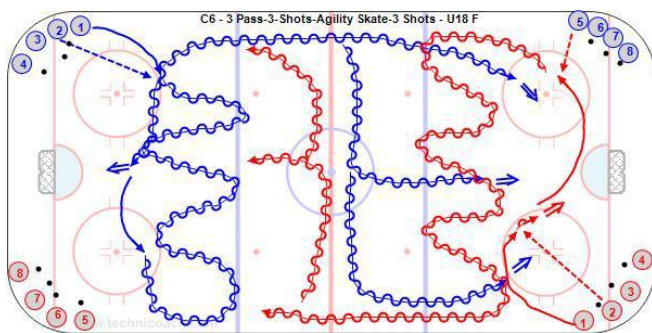
## Practice Plan

Date: 9-28-17

Time: 20:15-21:30

Venue: WMP

Lines:	Notes:
Skating, loose shoulders with the puck	Shoot, pass and take passes while skating
Power Play	
Forecheck and back pressure	



10' Tom introduce the first 3 drills

### B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

#### Key Points:

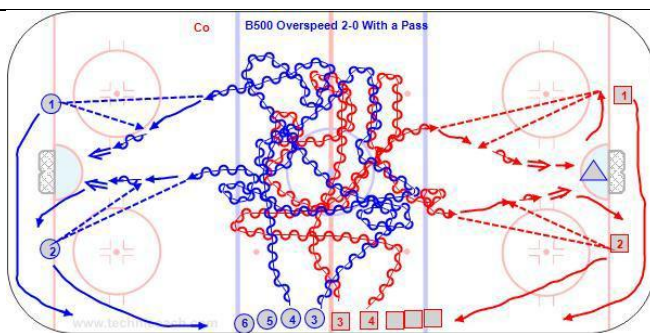
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

#### Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQValiwwA>



8'

### B500 Overspeed 2-0 with a Pass

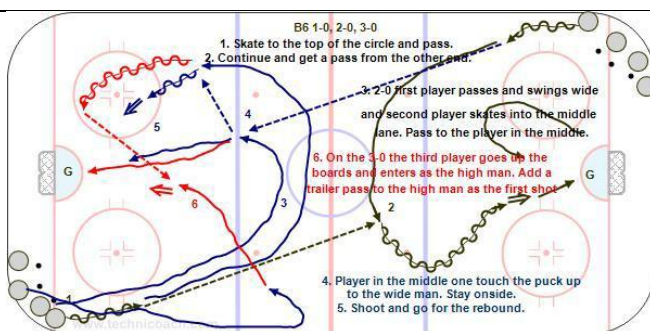
#### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



### 7' Do 1-0 and 2-0 each side

### B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

#### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

#### Description:

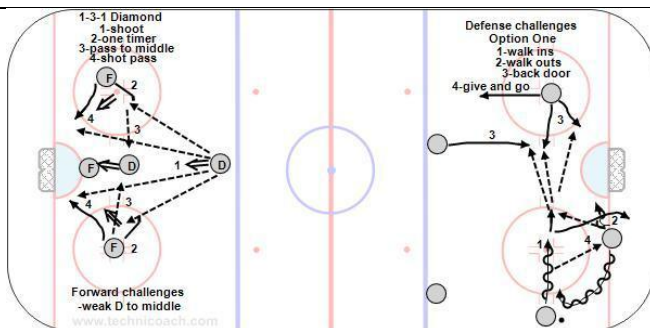
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>

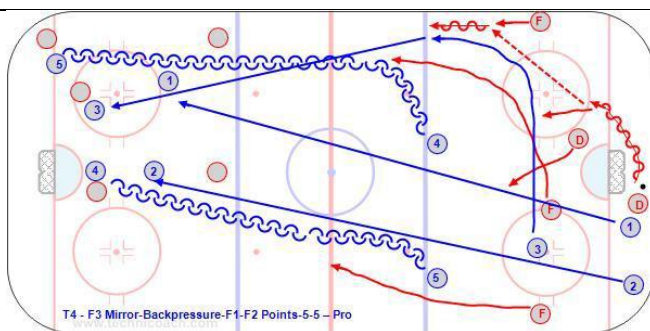


### 30' Power play. Jim-Kailey

3 groups 6 Red, 6 White, 5 Green

Introduce the overload power play. Each group be in the zone 10'

Red  
Green  
White



**30' each group walk through 10'**

**White-green-red**

**T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro**

**Key Points:**

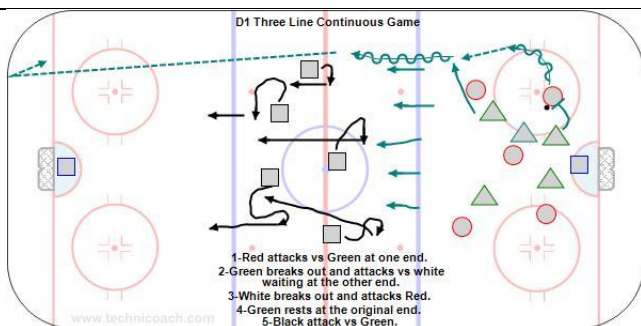
F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

**Description:**

1. Start with the offensive D skating behind the net and pass to the C or W.
  2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.
  3. F3 mirror the puck covering their C then backpressure the first pass.
  4. F1-F2 back track through the middle lane to the slot and pick up attackers.
  5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.
  6. D2 skate back through the middle and pick any attacker on the weak side.
  7. Defend from the net out with 'one man on and a box behind, combined zone man on man.
  8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.
- \*D1 pinch on any wide rim and F3 fill behind.  
\*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160901105531941>

<https://youtu.be/bl-iigJfSdQ>



**19' Power PLay**

**D1 Three Line Continuous Game – U15 Boy's**

**Key Points:**

Give close support to the puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

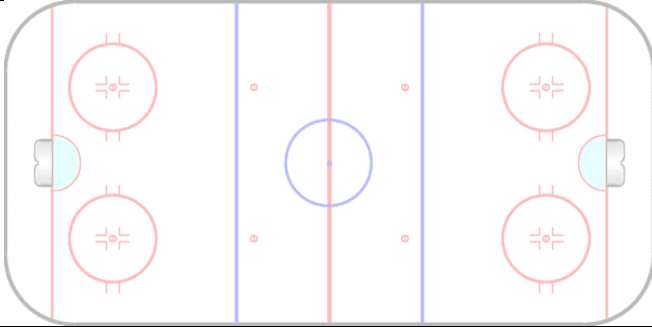
**Description:**

*Three teams play full ice.*

- 1-Red attacks vs Green at one end.
- 2-Green breaks out and attacks vs. Black waiting at the other end.
- 3-Black breaks out and attacks Red.
- 4-Green rests at the original end.
- 5-Black attack vs. Green.

*They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play*

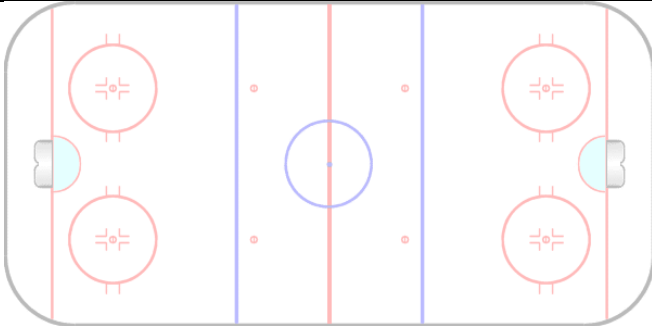
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150309090327205>



1' get puck – in middle

<https://www.youtube.com/watch?v=S9IJatAFY-Q>

Hitchcock on system focus on the forecheck principles.



Explanation/Notes:

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