

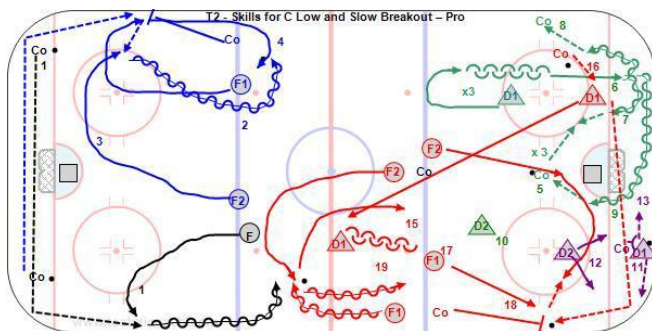


Fire White

Practice Plan

Date: 9-29-17	Time: 20:15-21:15	Venue: Crowchild
Lines:	Notes:	
2 G 6 D 10 F	C low and slow and w touch back	
Battle, 3-3, 2-1, 2-0		
Transition game 2-2 to 4-4		
Parent meeting, players, coaches 19:15		

20' Mel with goalies at one end. Tom one half of other end with the D. Jim, Kailey week with F taking rims, 1-0 the 2-0 with touch back then both groups together at each end breakout and 2-1 back.



T1 - Skills for C Low and Slow Breakout – Pro

Key Points:

Centre or low forward has to swing low and slow to support the wing on the boards for a one touch redirect pass. This is effective against a team pressures the pass to the boards. A pass to the centre is the most effective because he is between the dots and has a lot of options with the puck. Players have to help each other by communicating on the ice.

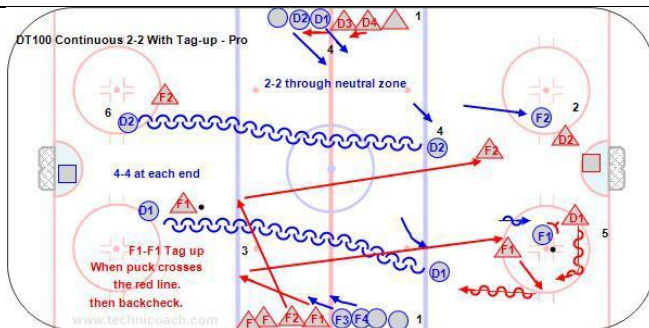
Description:

1. Forwards at dots outside the blue line pick up wide rims from the coach on both sides, switch.
2. F1 and F2 leave. F1 pick up the rim and coach pressures down the wall.
3. F2 swing low and slow for the touch back from F1.
4. F1-F2 cross and drop in the neutral zone, turn back and attack 2-0.
5. Coach in front of the net spots a puck below the goal line three times for the defense.
6. D1 skate up to the blue line and back, shoulder check to read coach pressure from behind.
7. Puck one D1 fake-turn inside and pass to the coach in front then skate out to the blue line.
8. D1 shoulder check, fake, tight turn outside and pass to the coach on the wing.
9. D1 shoulder check and drive the back of the net then cut tight to the net up the middle and pass.
10. D2 repeat on the other side and D1 switch sides.

11. D1 go back for the puck in the corner under close pressure from the coach and D2 support.
12. D1 has the option of passing to the wing or behind while facing the glass.
13. D1 shoulder check and D2 support the outlet either behind the net or in the corner.
14. D1-D2 skate out to the blue line then back for the puck once in each corner.
15. Half the D and half the F at each end now combine the breakout skills 3-0 BO, 2-1.
16. Coach spot a puck for D1 to rim.
17. F1-F2 come into the zone from the blue line.
18. Coach pressure down the boards, F1 take rim and touch back to F2 who swings 'low and slow'.
19. F1-F2 skate out to the far blue line then cross and drop and attack 2-1 vs. D1 at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170928143329822>

<https://youtu.be/NCjzZJ0BIRs>



15' using the touch back first with passive resistance and then full out.

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:

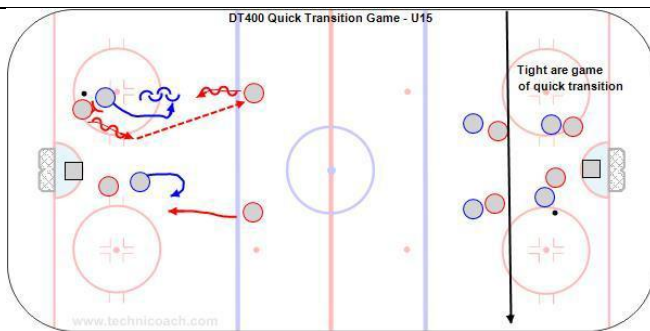
1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

* 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.

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13'

DT400 Quick Transition Game - U15

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

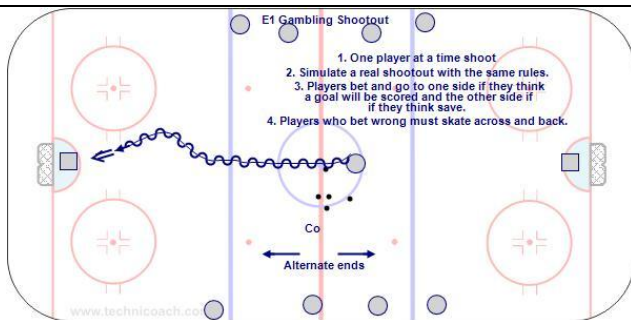
1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

** Keep score and have tournaments.*

** Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

** Modified rules can be used to focus on individual or team skill.*

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11'

E1 Gambling Shootout

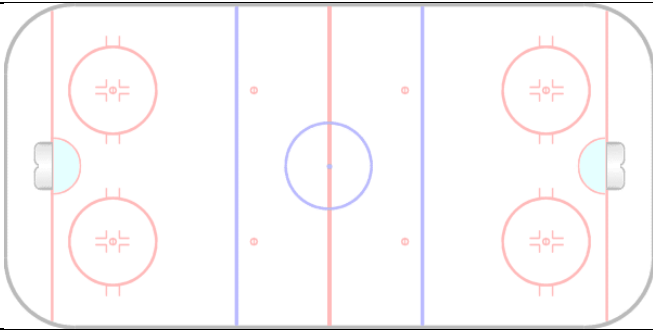
Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

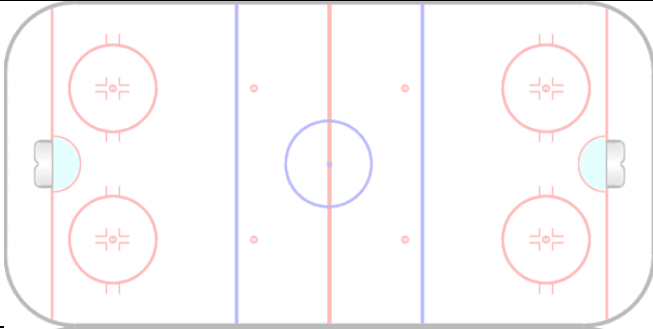
Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>



1' pucks and cheer in the middle.



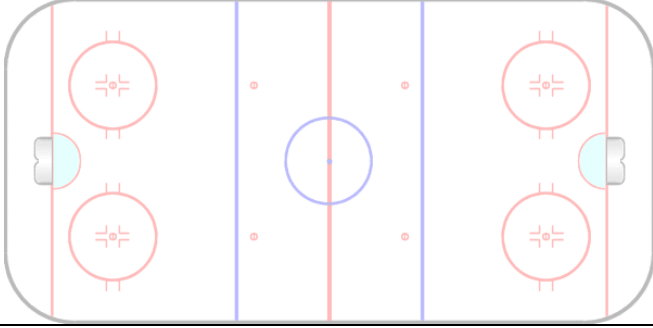
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
