



Fire White

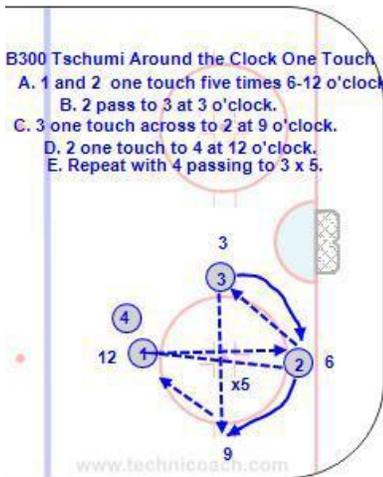
Practice Plan

Date: 10-4-17

Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
Middle lane drive sequence	Dzone sequence
Puck support and looking around.	regroups
	One touch pass and shot



10' Goalies with Mel.

Skate 3' doing big moves.

B300 Tschumi Around the Clock One Touch

Key Points:

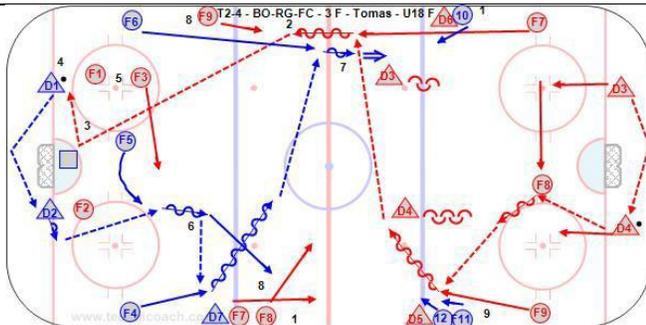
One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>

<https://www.youtube.com/watch?v=hW741n4yGLQ&feature=youtu.be>



10' Mel goalies – Dump in one end nzone rg other.

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:

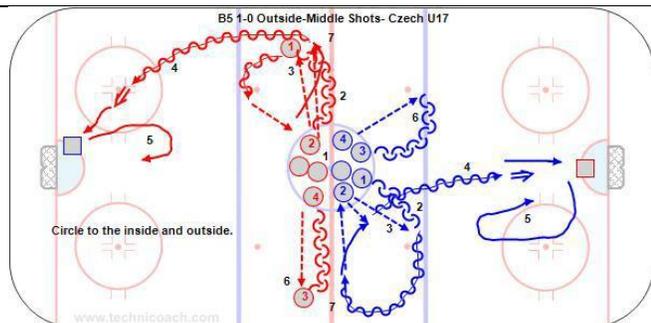
1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.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

Pro's doing the flow. <https://1drv.ms/v/s!AukXg5gWoW-98EX8pPJZB2DQGBzk>



10'

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

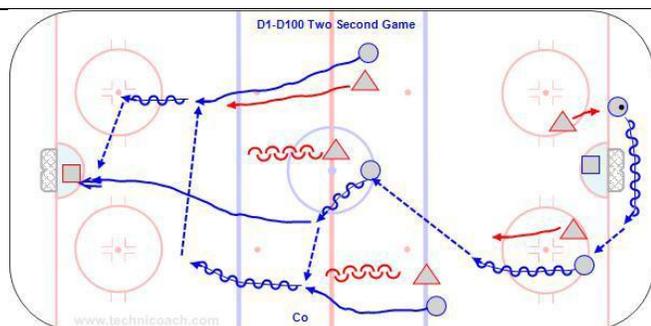
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>



10' 5-5 extra players on bench

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>

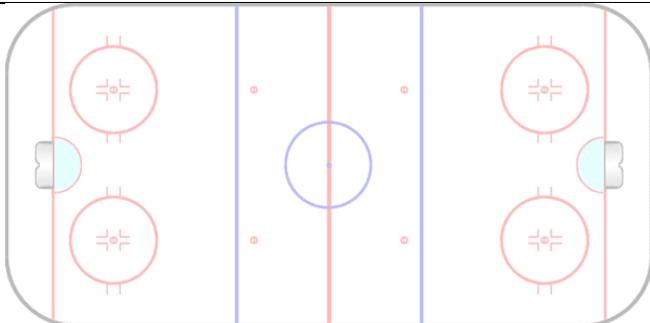


10'

T4 – Defensive Zone Walk Through

5 defenders rotate as puck is moved from corner to corner – RG out and start on other side.

https://1drv.ms/v/s!AukXg5gWoW-98T_ceOHBUxd5ZRed

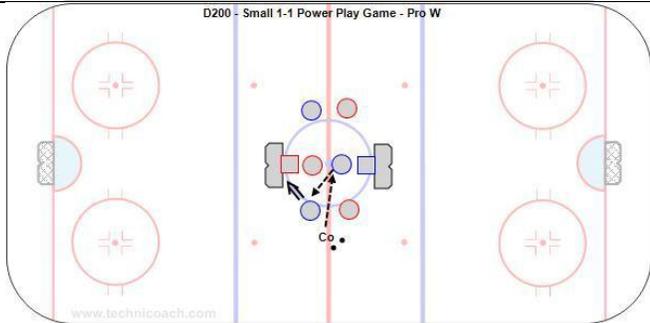


10'

Dzone Walk Through RG – 5-5

<https://1drv.ms/v/s!AukXg5gWoW-98UIfkFWe6TFXLKVW>

D200 - Small 1-1 Power Play Game - Pro W



10'

D200 - Small Power Play Game – U22 W

Key Points:

All passes and shots are one timers. Follow through at the target and you will hit the net. Play 30-45”.

Description:

1. Nets are on the outside of the middle circle.
2. Each team has one player in front to their net and a player on each side.
3. Coach pass in a puck and try to score with one touch shots and passes.
4. Play 45” and rotate players.

** Move into open passing lanes and have the stick back ready to shoot or pass.*

** Keep score.*

U22 Women

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103083859374>

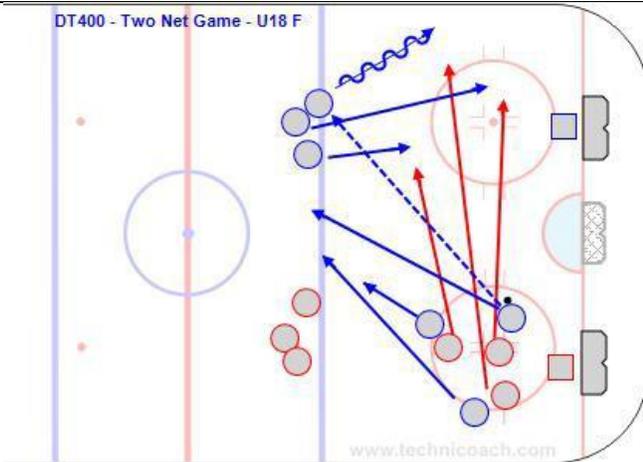
https://www.youtube.com/watch?v=KsJogTcmx6I&index=90&list=PLDa1vWFCs0KAFFABbQh_GTnbjoy4vkX6

Pro Women

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015051811084039>

<https://youtu.be/skBgRY3xcf0>

DT400 - Two Net Game - U18 F



10'
DT400 - Two Net Game - U18 F

Key Points:

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

Description:

1. Start with one to five whites attacking one net vs. one to five darks.
2. On a goal, frozen puck or transition the dark pass to their players at the blue line.
3. New darks attack the net on the other side and the original whites skate hard across and defend.

**This game requires quick transition and communication about who to cover on defense.*

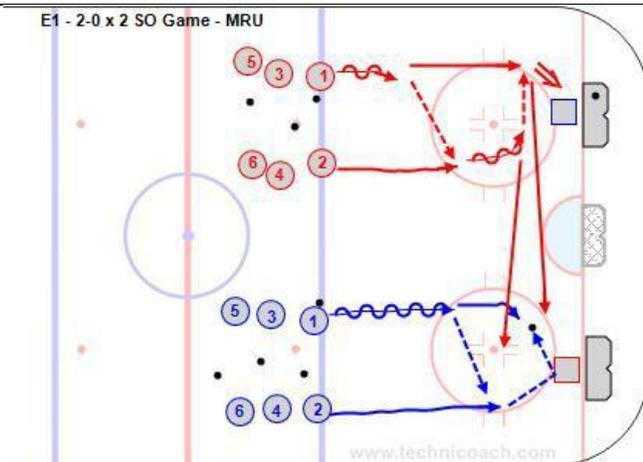
**Attack quickly to take advantage of the unorganized defense.*

** Keep score and implement rules for good habits, team play or technique.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160927102405140>

<https://youtu.be/2GPpC0B99jw>

E1 - 2-0 x 2 SO Game - MRU



10'
E1 - 2-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0. 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.

E - 15" next rep.

F - First team to 20 wins.

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

<https://youtu.be/ss-rEHpfr5w>