



Fire White

Practice Plan

Date: 10-5-17

Time: 16:00-17:30

Venue: Henry Viney

Lines:	Notes:
2 G, 6 D, 11 F	One goalie has to leave after 65'
Individual defensive skills, D side, tight gaps	Take sticks in slot,
1-1, 2-1 transition	Goalie skills, pass while skating and take a
Pass skating,	4-4, skate inside dots and pass wide
Pass off the pads	



10' Mel goalies at ibe end

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

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. Do these skating exercises

with a puck.

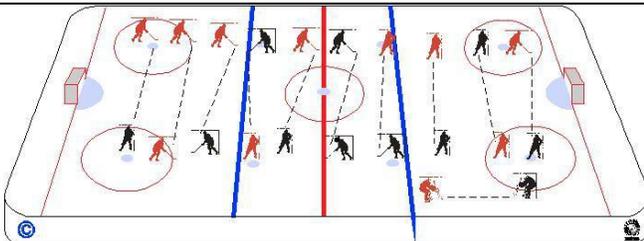
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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.

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10' Mel goalies

B3 Partner Passing

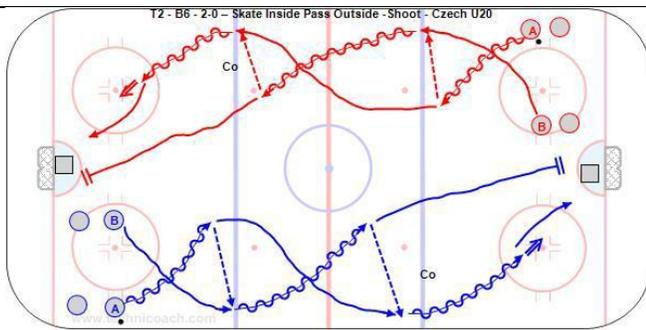
Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

Description:

Players face each other in two lines skating cross ice.

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9' Shoot with a pass off the pads.

T2 - B6 - 2-0 – Skate Inside Pass Outside -Shoot - Czech U20

Key Points:

Get the puck over the blue line and isolate the widest defender to break out and enter the offensive zone. Skate between the dots to the 'big ice' with the puck and pass wide to create space for a wide entry.

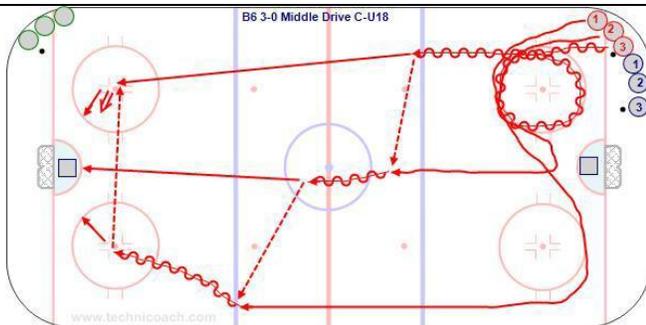
Description:

1. Line up in pairs in diagonal corners.
2. Outside player A skate between the dots and pass wide to the inside player B who crosses to 'take the ice behind.'
3. Player B skate between the dots and pass wide to A who crosses to take the ice behind.
4. Player A enters the zone wide.
5. Player A shoot and both follow the shot for a rebound.

** Create 2-1 situations vs. the widest defender who will always protect the middle and give the outside*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015081621450759>

<https://youtu.be/fEGvyD6MldA>



9' one pass per zone

B6 3-0 Middle Drive C-U18

Key Points:

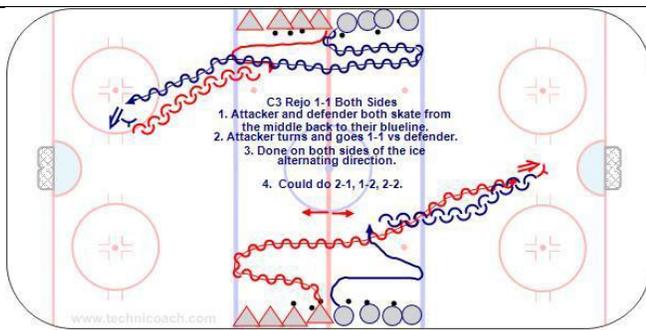
The first player over the attacking blue line without the puck skate hard through the middle lane to the top of the goal crease. Player with puck and third player skate hard toward the dots. Force defenders to cover each player.

Description:

1. Leave from the corner.
 2. Player 1 skate around top of the circle and the bottom of the next circle and up the lane.
 3. Player 2 skate top of the circle to below the hash and up the middle.
- *Repeat in the other direction.*
4. Player 3 carry a puck around the circle and up the near lane.
 5. Player 3 pass to 2 to 1 and do a middle drive.
 6. Ideal play is a pass across from 1 to 3 about at the hash marks for a one timer shot.
 7. Wide shot or a pass to the middle are also options.
- Read the play.

**Repeat in the other direction.*

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10' Sticks upside down on defense.

C3 Rejo 1-1 Both Sides - Gap Control

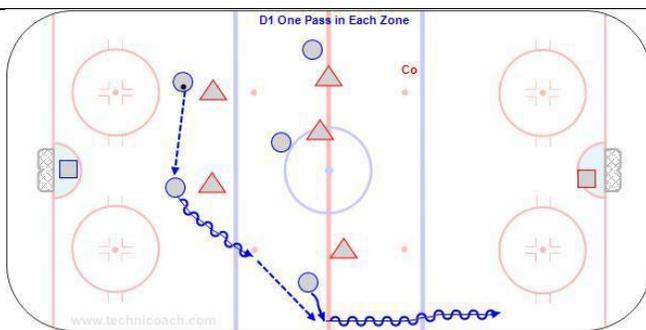
Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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10'

D1 One Pass in Each Zone

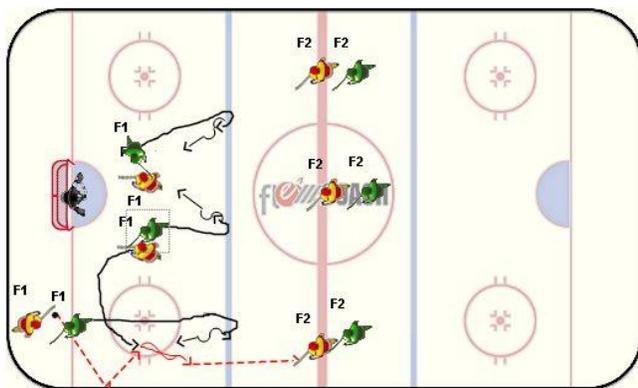
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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25' One goalie leaves to concer. Move back to behind the far blueline.

DT400 4-4 Perry Pearn Game Rotation

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive

players.

5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004080131252>

1' pucks and meet in middle
