



Fire White

Practice Plan

Date: 10-9-17

Time: 20:30-21:45

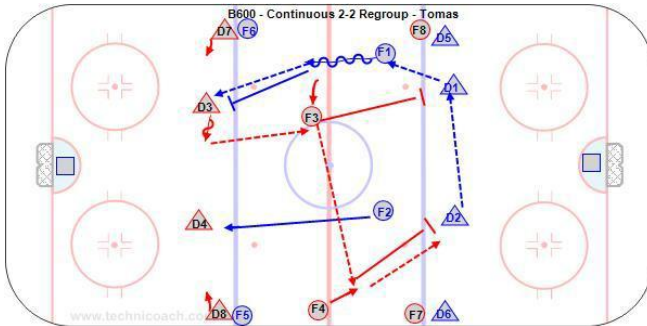
Arena: ECTAS

Lines:

Defense read rush, power play, penalty kill

Notes:

Skate, shoot, pass, 1-1, 2-1, 2-2,



10' 3' **big moves around the rink Jim lead.**

6'

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

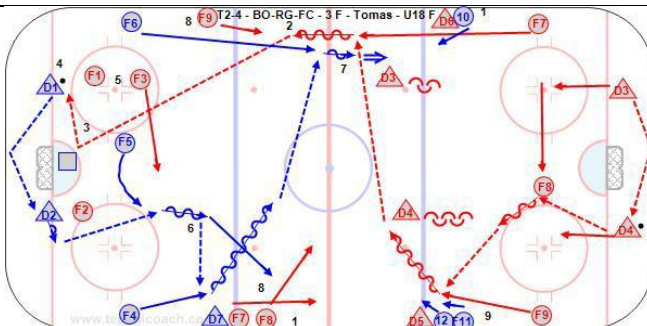
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

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.
- * Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.
- * Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

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

<https://youtu.be/dB6DPGuHn3s>



6'

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.

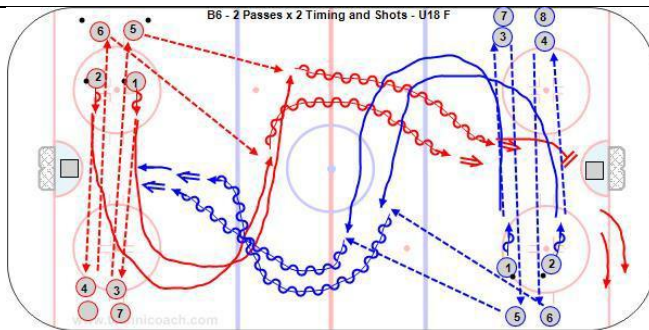
6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

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' Kailey

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

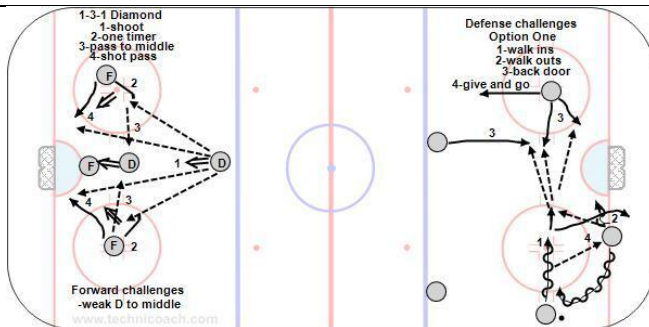
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

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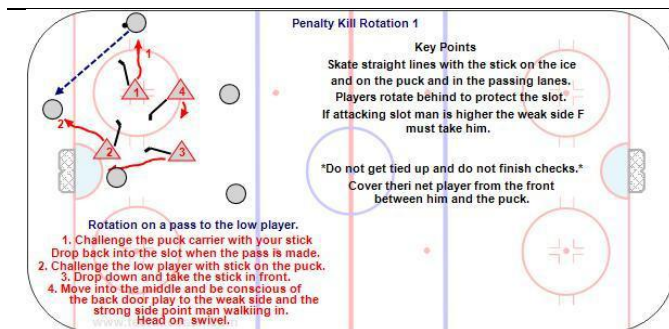


30' Jim-Kailey 5-0 x 2 - 10' each

Power Play Options: Overload to a Diamond

Option One: Set up at the hash and attack the seam between the D and F. -If no one plays you skate thru and shoot or pass back door to the F or the D coming down. -If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option. -Original low player attack the seam again.

Option Two: -If the F plays you pass to the point and the low player moves in front to screen. -If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks. -In the Diamond we have 4 triangles for one timers, a middle one timer option. -If the puck is loose always outnumber the defenders and start the same sequence. RULES and READS -When you get the puck either you or the puck moves. No standing still. -If the weak side D comes down to back door the weak side F slide back. Look for



defenders staring at the puck and move into the passing seams behind them. -Create 2 on 1's. -Short passes that only beat one defender. * Progress to a high cycle.

30' Tom at other end Penalty Kill 10 players

Penalty Killing:

Scoring Area:

Guidelines:

- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.

- Go to the puck "through the net" in a straight line. Pads denying the shot and stick on the ice in a dangerous passing lane.

- Be aggressive with the stick on the puck if you can arrive at the same time or before the puck or if the attackers back is turned and he/she doesn't have complete puck control.

- The closest player always challenge with the stick on the ice, skating in a straight line while the other players rotate. Always

1. one player rotate to the front of the net

2. one on the puck,

3. one denying the slot pass but ready to move to a short passing option.

4. farthest player with the stick in the dangerous passing lane and usually has the 2-1.

- When they pass away drop down into the scoring area with the stick on the ice denying passes across or into the scoring area. Prevent passes through the slot.

- Penalty Killing vs the Slot Set Power Play.

- Don't get tied up with players, you must be free to rotate. Take their stick when the puck is coming don't wrestle them.

- Don't finish checks on the pk. It takes you out of the play and you can't rotate.

- Skate in straight lines up and back and Don't Chase to the Outside.

- D should not go to the point.

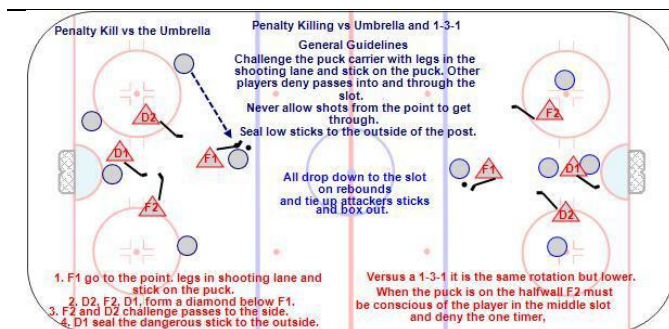
- Don't rotate positions but challenge the puck and then drop back into the slot area.

- Drop back quickly so they can't pass behind you. It is the most dangerous play.

Penalty Killing Rotation vs the Umbrella and 1-3-1

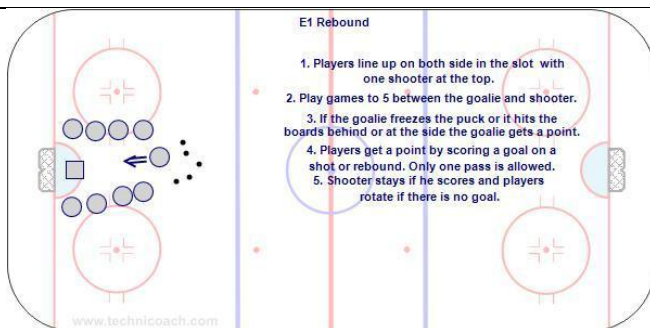
Penalty Killing Rotation when the Puck in at the Half

Boards in the umbrella, 1-3-1 or the Slot Set.





Explanation/Notes:



10'

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>