



Fire White

Practice Plan

Date: 10-11-17

Time: 20:15-21:45

Arena: Norma Bush

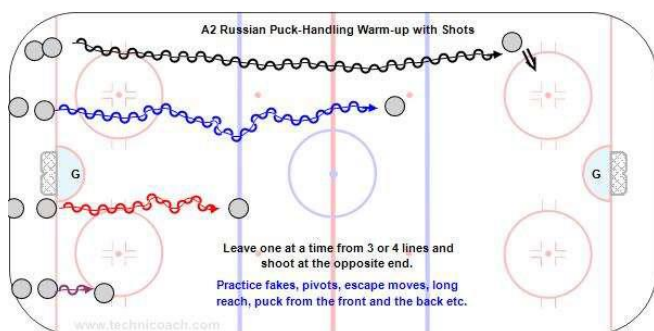
Lines:

PP 5-3, PK 3-5, PP breakout, PK forecheck

Passing, 1-1, 2-1, 2-2, 3-3

Notes:

Loose shoulders with the puck, agility



2' Big Moves Mel with goalies

Announce the Captains and they lead the warm-up.

7" Edges with a pUck – Players lead

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.

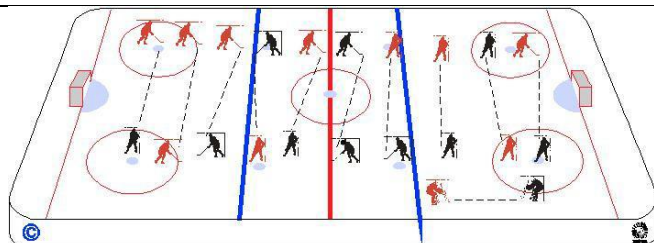
Description:

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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6" Mel with goalies

B3 Partner Passing

Key Points:

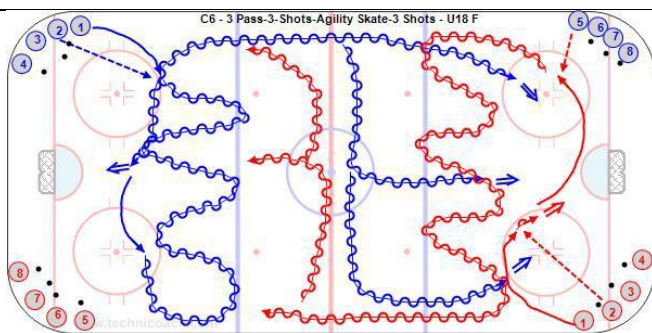
Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

Description:

Players face each other in two lines skating cross ice.

Start with taking bad passes with the skates and then play 2-2 x 4 keepaway games.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720235041115>



10' Kailey start

B6 – 3 Shots, 3 Zig zags, 3 Shots – U17-20 RB

Key Points:

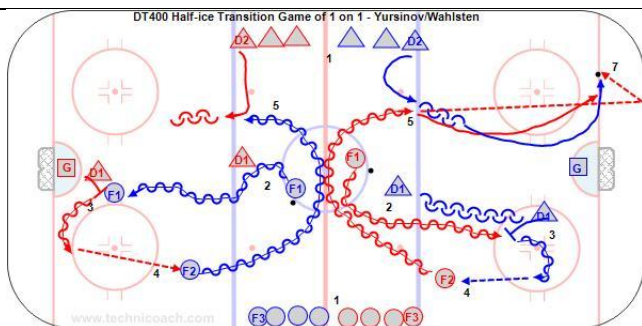
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0_6GmY2ieG

<https://youtu.be/AfPDTtoEnXdc>



10' Tom explain – Mel and Kailey at one end each.

DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

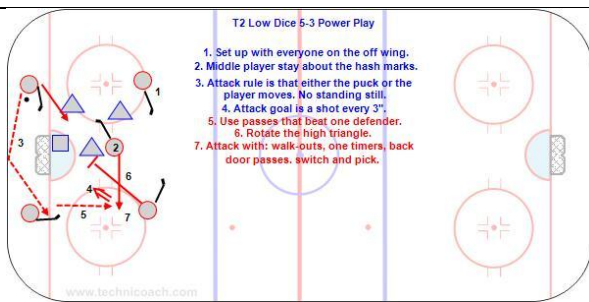
1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

When we switch to the 2-1 supporting F1 play the low 2-2 with the D and F2 give passive support for the breakout from the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

1-1, 2-1

<https://youtu.be/I-Uko5pKHkY>



35' Kailey and Mel PP Tom PK rotate three goups T2 Low Dice 5-3 Power Play

Key Points:

Right shooters play on the left side and left on the right to enable quick shots and forehand passing. Quick passes and attacks spread the defensive triangle.

Description:

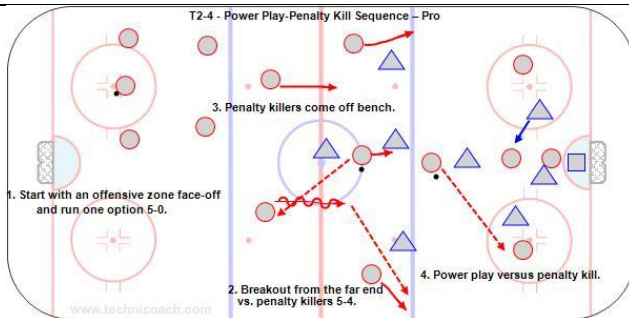
1. Set up with everyone on the off wing.
2. Middle player stay about the hash marks.
3. Attack rule is that either the puck or the player moves. No standing still.
4. Attack goal is a shot every 3".
5. Use passes that beat one defender.
6. Rotate the high triangle.
7. Attack with: walk-outs, one timers, back door passes. switch and pick.

T2-4 - PP 5-3 Diamond vs. PK - Pro

<https://youtu.be/tJmOFDOP4RU>

T4 D400 - PK 3 on 5 vs a Spread PP - Pro

<https://youtu.be/g-5ouFQCAU0>



20' Tom

T2-4 - Power Play-Penalty Kill Sequence - Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.
 - * Breakout with a double swing and five attack.
 - * Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.
 - * Aggressive penalty kill when the puck is loose or the attackers back is turned.
 - * Option one is to have the wide players on their forehand side for one timers.
 - * Option two is to have a passing PP with right and left handed shots on the right and left sides.
 - * Rotate positions and keep moving.
 - * Defender stay with the puck carrier but do not chase passes.
 - * Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.
 - * Many teams give the goalie the walk out player jam and cover the other four.

** Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*
** A coach can use this sequence to practice from 3-3 to 5-5.*
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkB4I>



Explanation/Notes:



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