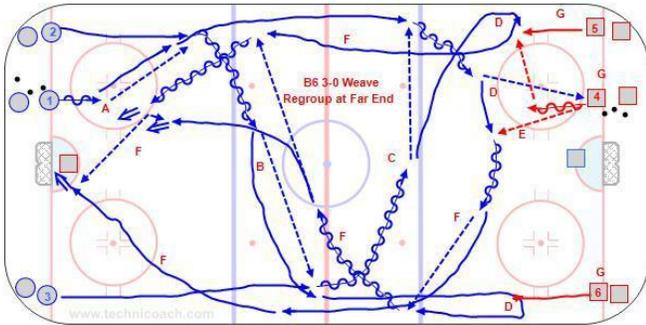




# Fire White

## Practice Plan

<b>Date:</b> 10-12-17	<b>Time:</b> 16:00-17:30	<b>Arena:</b> Henry Viney
<b>Lines:</b> 2 G, 5 D, 10 F	<b>Notes:</b>	
Transition, 2-2, 3-3, 4-4, pass in each zone	Focus on playing with speed.	
Overspeed, neutral zone regroup, Play in triple threat position.	D pas under pressure,	
Goalie practice	Pass and follow your pass, fill three lanes	
	2-2 to practice all 4 game playing roles.	



### 2' Mel with goalies. Big moves with puck. 7'

#### B6 3-0 Weave-Regroup at Far End – Pro – No Shot

##### Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

##### Description:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- G. 4-5-6 follow and repeat the other way.

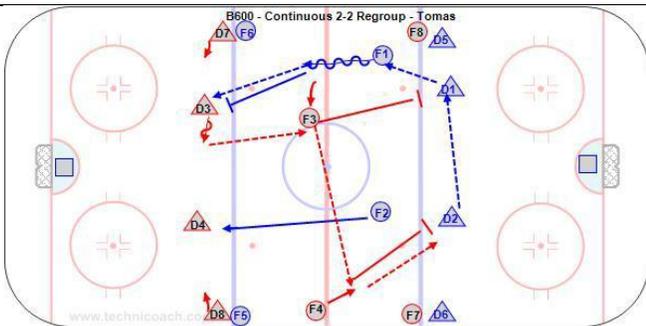
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130125095322120>

NHL Players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>

#### B6 3-0 Weave-Regroup at Far End – U17

[https://youtu.be/rw\\_rL0vH8OI](https://youtu.be/rw_rL0vH8OI)



### 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.

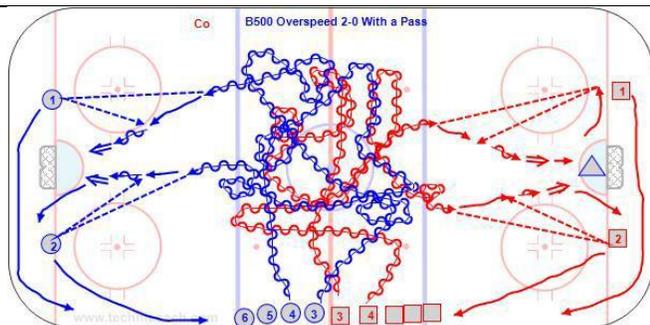
\* Use one or two D and from one to three F. A great way to

practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

Goalies work at one end so do a nzone regroup inside the blue line at that end and dump the puck in the other end and D do various breakout options.

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

<https://youtu.be/dB6DPGuHn3s>



8'

### B500 Overspeed 2-0 with a Pass

#### Key Points:

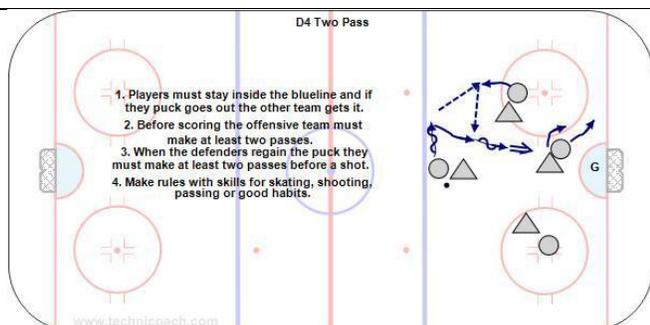
Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

#### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

*\* Forwards give and go with the player on the blue line and shoot with a 'catch and release.; Defensemen pass from the blue line down and get the puck back then take a point shot while the forward screens.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



### 7' Dan at one end Mel at other-enforce rule. Join the game if you can.

### D4 Two Pass Game with only Forehand Passes

#### Key Points:

This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

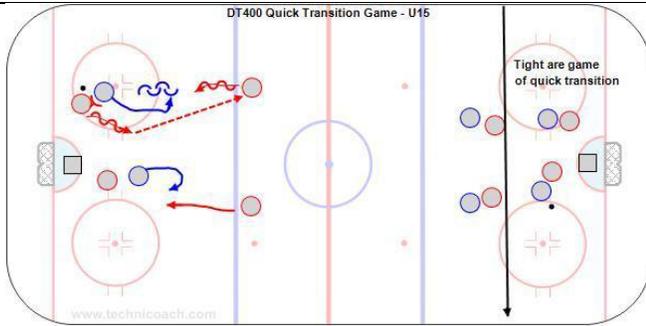
#### Description:

1. Players must stay inside the blue line and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

*\* In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.*

<http://www.hockeycoachingabcs.com/mediagallery/me>

[dia.php?s=20111005184904487](http://www.technicoach.com/dia.php?s=20111005184904487)



### 10' Mel at Dan one game each.

#### 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>

### 10' Dan talk to D when they come back to lineup. Tom F.

#### DT100 Continuous 2-1, 2-2 –Detroit

##### Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

##### Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

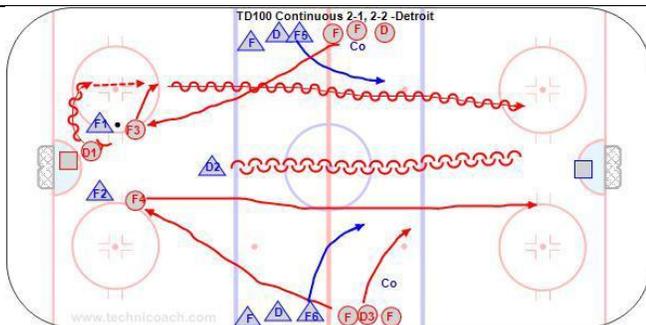
Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

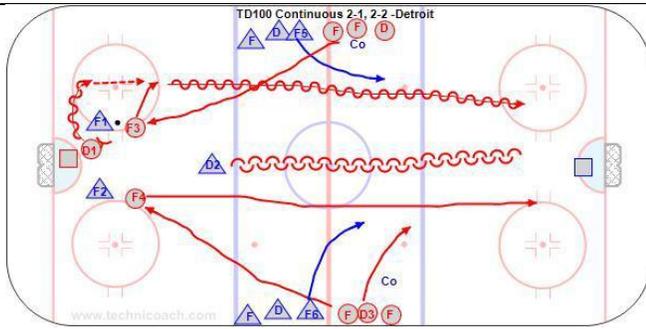
- **Three forwards have to play D on the 2-2 to give us 8 D.**

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

DT100 - Continuous 2-1 and 2-2 - Detroit

[https://youtu.be/eUVJXyP\\_cSA](https://youtu.be/eUVJXyP_cSA)





**10'** 4-4 Change on the go. D play D and F play F. Tom blow whistle when no pass is made. Keep score.

**D1 One Pass in Each Zone**

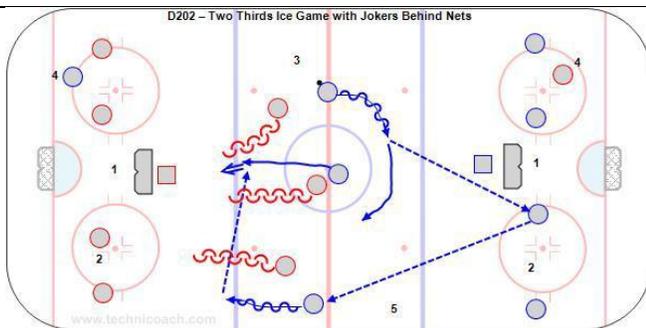
**Key Points:**

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



**10'** Play option two with two Jokers from each team behind each net. 4-4.

**D202 - Two Thirds Ice Game with Jokers Behind Nets**

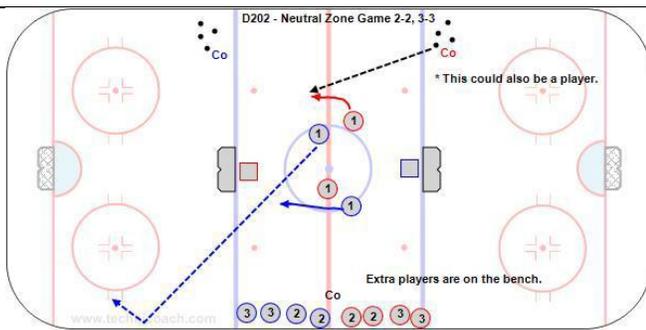
**Key Points:**

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on.

**Description:**

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. An option is to have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

*\* Play 4-4 with 4 playing and each team has two Jokers behind each net. Jokers can shoot or pass but only have the puck for 2" and must stay below the goal line.*



**9'** Dan pass to one team and Mel the other but only after the puck naturally goes out of play, a goal or the goalie freezes it. Keep score.

**E1 - D202 - Neutral Zone Game 2-2, 3-3**

**Key Points:**

Be ready for a new puck after a goal, frozen puck or wide shot. Be ready for a new puck after a goal, frozen puck or wide shot.

*\*Only legitimate pucks out of play and not shooting pucks out like in the video. That makes no sense.*

**Description:**

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.

---

3. Coach pass new puck to his defending team when the puck is out of play.

4. 20-30 second shifts.

5. Keep score and the losing team skate or some other punishment.

*\* Important to face the play with and without the puck in the 'Triple Threat' position.*

*\* Create space by making fakes and escape moves.*

*\* Play situations from 1-1, 1-2, 2-2, 2-3, 3-3 and add passing to the Jokers.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170108112645205>

<https://youtu.be/yRfv5kNr0IE>

---

1' Get pucks and players do cheer in middle.

***Team meet to develop the team covenant led by the captains.***

---