



Fire White

Practice Plan

Date: 10-19-17

Time: 16:00-17:30

Arena: Henry Viney

Lines:

Goalie practice, passing, defensive skating

Transition, speed

Notes:

1-1, 2-1, 2-2, compete

Defensive side, edges, backward skating

3' A300 Big moves with puck – all players.

Goalies go with Mel.

7'

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>

10' **Mel work with goalies. Dump in one end and regroup at the other.**

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.

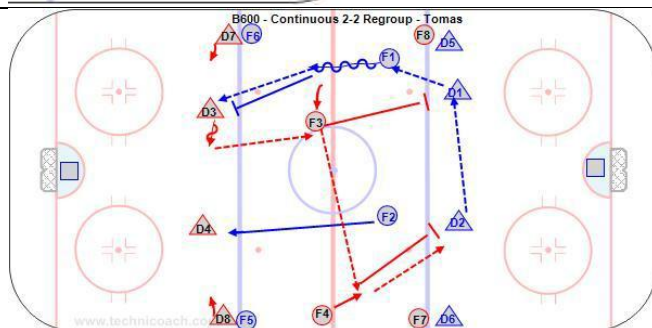
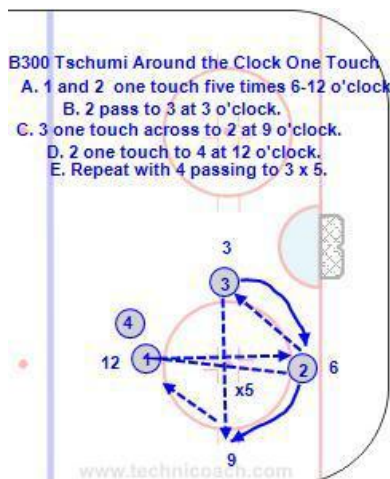
7. Continue the regroup and forecheck sequence.

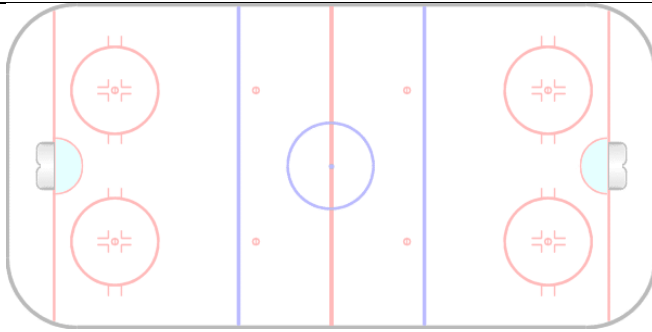
* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.

* Use one or two D and from one to three F. A great way to practice quick regroups 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>





30' Mel Goalies Wally Defensive Skating

Defensive Skating Principles:

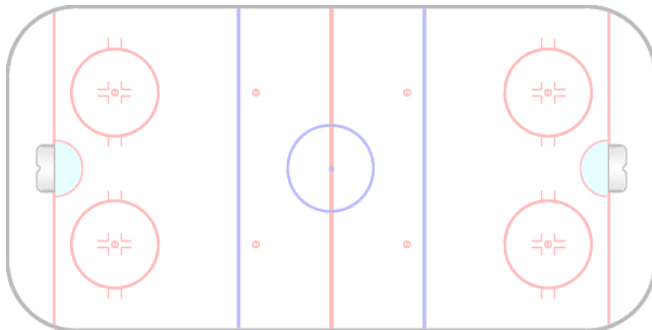
Wally Kozak review the mechanics of skating and then focuses on deliberate practice for Tactical Defensive Skating.

10'

T1 – Efficient Skating to Maintain the Defensive Side

https://www.youtube.com/watch?v=Rkh88y3S_P8

The 2 foot stop and cross over start are good conditioning exercises that have little value during the game. When a player has to put the brakes on at full speed they likely over skated the situation. To Skate the game defensively the player has to control their inside edges to control their speed and direction according to the game situation. Practicing snowplow stops and using a front foot stop and T start will improve game skating, helping players to always face the puck carrier and maintain D side. Dave King's Teaching cue was "toe caps square " to the puck carrier.



10'

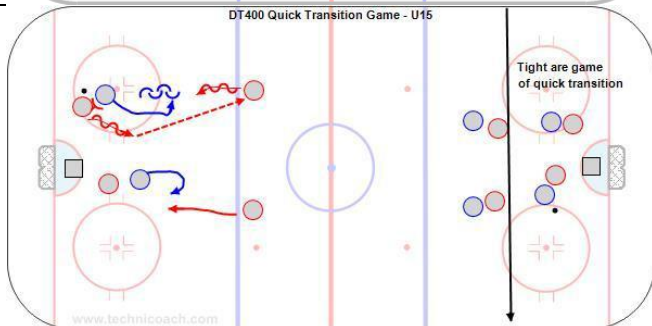
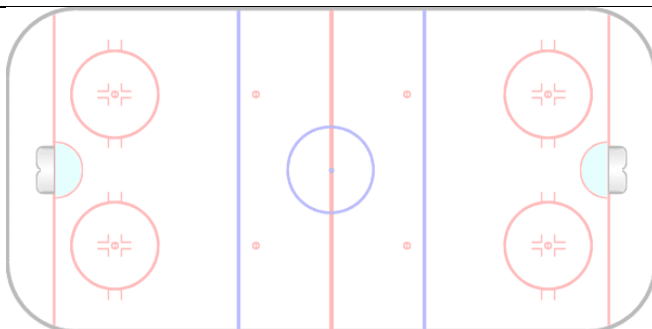
Defensive Tactical Skating U18 F

<https://www.youtube.com/watch?v=2vWAOcm2vwE>

The importance of Defensive tactical skating is demonstrated by a number of breakdowns i Defensive 1 on 1 play. Progressive Deliberate practice in this video will help coaches of ALL levels to develop Tactical Skating Skills important in Defensive hockey.

Wally 1-1., 2-2, 3-3

<https://www.youtube.com/watch?v=2vWAOcm2vwE>



10'

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.

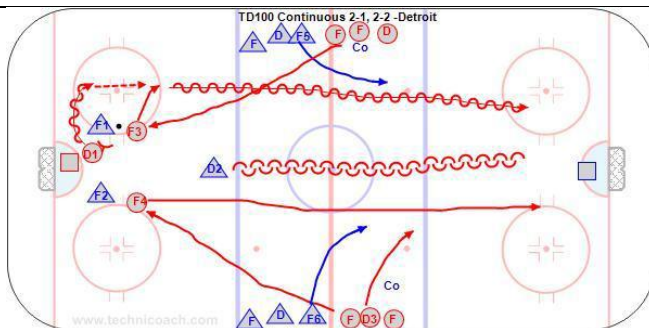
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who 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'

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.

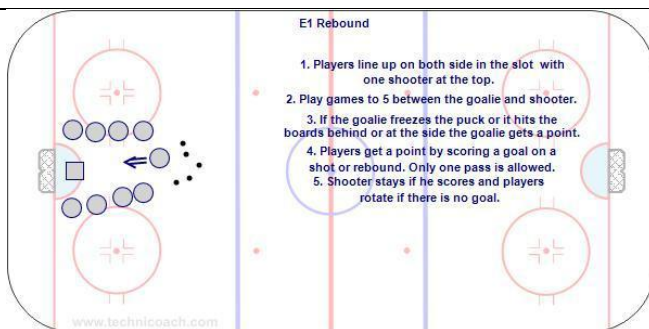
Description:

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.

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

<https://youtu.be/r7bt2Jua1uU>



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>
