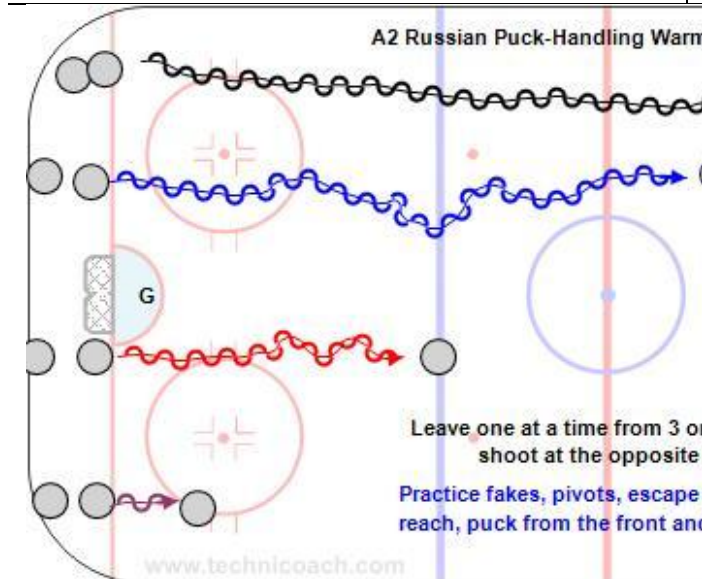




Fire White

## Practice Plan

<b>Date:</b> 10-22-17	<b>Time:</b> 13:30-15:00	<b>Arena:</b> Norma Bush
<b>Lines:</b> 6 D, 10 F, 2 G	<b>Notes:</b>	
PP, PK, PP breakout, forecheck	Point shots, middle drive	
Tactical skating. Pass, shoot, screen	1-1, 2-2, 4-5, 5-4, 4-4	
Point shots		



10'

5' Tom – Jim and Kailey shoot on goalies at each end.

### 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.

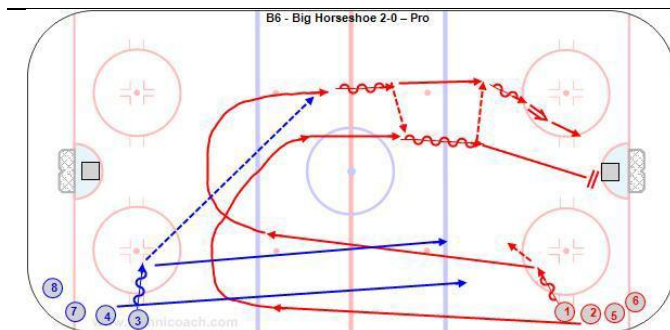
### 5' big moves Jim lead

### A2 Russian Puck-Handling Warm-up with Shots

#### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks  
<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090427151438223>



### 10' Jim lead

### B6 - Big Horseshoe 2-0 – Pro

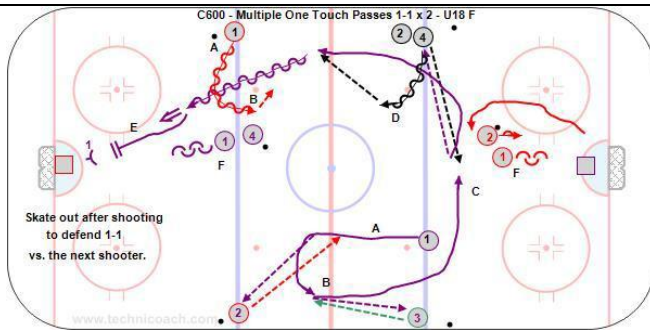
#### Key Points:

Pass and shoot with the feet moving. Face the puck, follow the shot for a rebound, give a target. Player who passes skate inside the dots before passing.

#### Description:

1. Players line up in opposite corners at each end of the rink.
2. Player 1 and 2 skate down the wide lane and cut across the ice inside the far blue line.
3. Player 3 and 4 leave from the other end and player 3 pass to 2 in the middle lane.
4. Players 1-2 exchange passes and shoot.
5. Players 3-4 skate to the far end and player 4 gets a pass from player 5.
6. Continue this end to end flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171018085742208>



<https://youtu.be/WNikZX6zYWI>

10' **Kailey lead -**

**C600 - Multiple One Touch Passes 1-1 x 2 – U18 F**

**Key Points:**

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

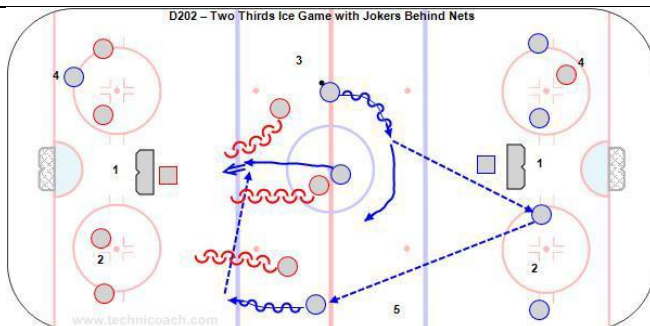
**Description:**

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

**F. Defend a 1-1 vs. the next shooter. – Do this**

*\*1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>



<https://youtu.be/7sdcZtyS6VY>

10' – **Goals count on one touch shots.**

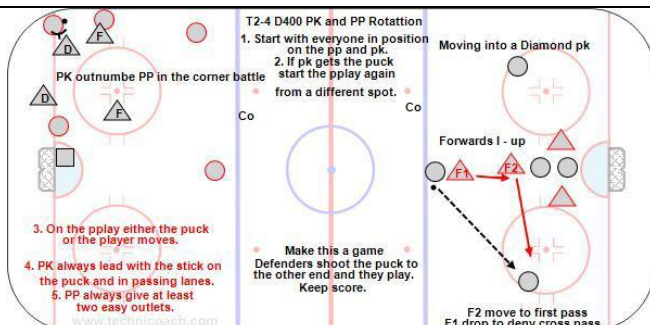
**D202 – Two Thirds Ice Game with Jokers Behind Nets**

**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,



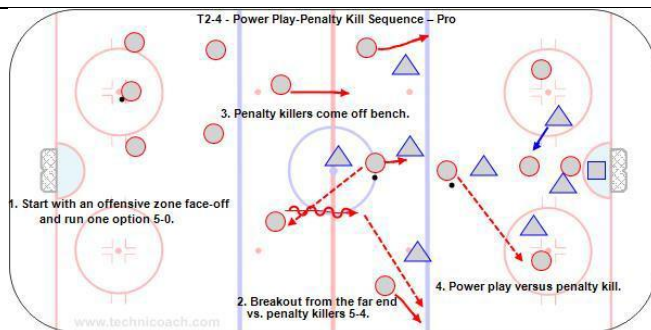
15' **Each group 5'pp review with Jim and Kailey Tom one group other end.**

**T2-4 D400 PK and PP Rotation-Detroit**

**Key Points:**

PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

**Description:**



1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

\*Game situation: defenders shoot puck to other end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20101206083505234>

### **15' Breakout C swing to forehand W in nzone far blue and middle.**

#### **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, crash for 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=2017042811121395>

3

<https://youtu.be/VadXPVkB4I>

### 10' D one end with Tom

#### B2 Alternate Point Shots-HC Dukla Jihlava

##### Key Points:

Move when you get the puck and shoot. Make hard passes. Good goalie warm up.

##### Description:

1. Start with a shot from the point and follow shot.
2. Original shooter get pass from original line.
3. Skate deep arc and pass to opposite point.
4. Repeat from opposite side.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830105454967>

### 10' F 2/3 ice - other end Jim-Kailey

#### T2 B6 3-0 Attack Options – Pro

##### Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

##### Description:

1. Line up in three rows at the goal like and start with a puck from one side.
2. Pass to the middle then the far wing.

##### Option 1

Pass middle-wide-shoot from the wing.

##### Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

##### Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

##### Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013092315445066>

<https://youtu.be/iczxajmzhNY>

#### B2 Alternate Point Shots-Dukla

1. Start with a shot from the point and follow shot.
2. Original shooter get pass from original line.
3. Skate deep arc and pass to opposite point.
4. Repeat from opposite side.

www.technicoach.com

#### T2 B6 3-0 Attack Options – Pro

##### Option 1

Pass middle-wide-shoot from the wing.

##### Option 2

Pass middle-wide-cross inside and pass wide

enter wide then shoot from the wing.

##### Option 3

Read the defense has backed in. Gain the zone then cross and drop.

Wide wing to the far post and middle player trail.

##### Option 4

Cross and drop in neutral zone and then pass

to the wide wing. Middle drive and shoot.

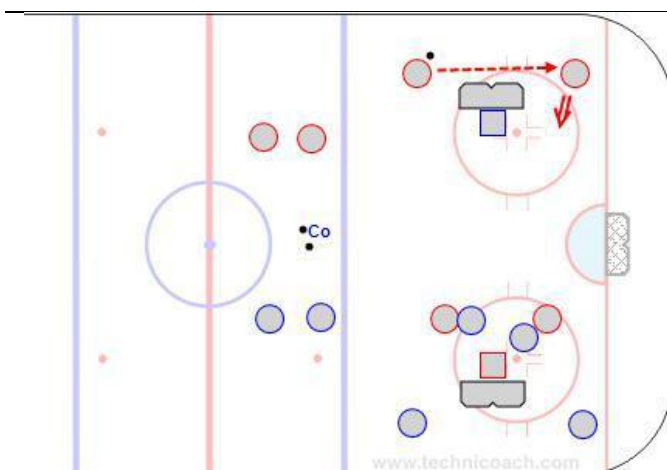
Cross and drop in neutral zone

then pass

to the wide wing

Middle drive and shoot

www.technicoach.com



**10'** D are the shooters and F rotate in playing 2-2

**D200 - 2-2 Shooting Jokers Behind Goals - U18 F**

**Key Points:**

Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

**Description:**

1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027110515204>

<https://youtu.be/i72Q8IXaUBo>

Pucks and meet in middle.