



Fire White

Practice Plan

Date: 10-26-17

Time: 16:00-17:30

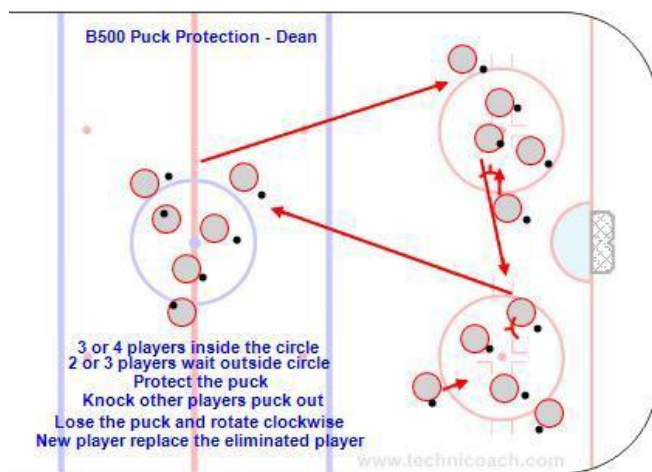
Arena: Henry Viney

Lines:

Puck handling, pass, shoot, 1-1
Puck support, on ice awareness

Notes:

Individual defensive skills – backward skating
Give and go, one touch shot, escape moves



2' Big Moves – individual puck handling.

4'

B500 Puck Protection - Dean

Key Points:

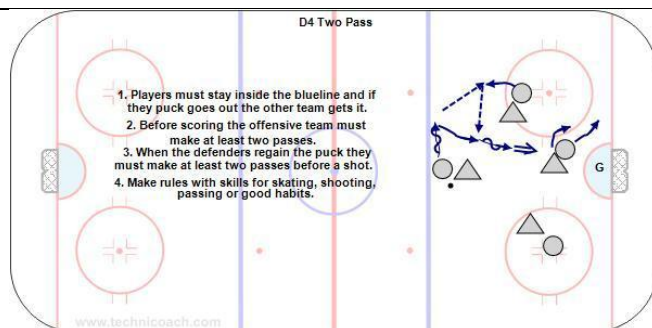
Shield the puck with your body. Protect the puck before checking another player.

Description:

- Faceoff circles are the battle zones.
- 5 or 6 players at each faceoff circle.
- 3 or 4 players handle a puck inside the circle while 2 or 3 wait outside the circle.
- Protect the puck and also knock the other players puck out of the circle.
- When eliminated rotate to the next clockwise circle to change opponents.
- Waiting player enter the circle when someone is eliminated.
- Put a time limit on the exercise.
- Those who move the fewest times are the winners.

3'

2 on 2 Keepaway – 1 pt for 5 passes in a row.



10'

D4 Two Pass – U15 Boy's

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline 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.

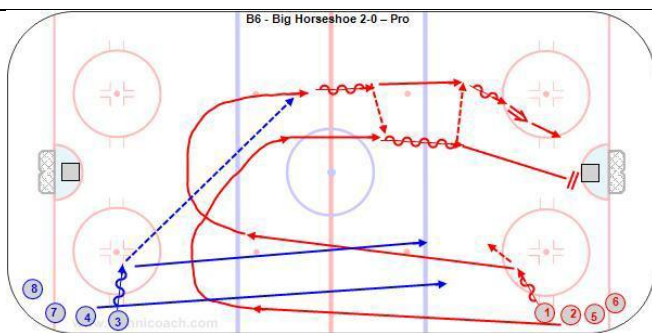
4. Make rules with skills for skating, shooting, passing or good habits.

Escape move

Goals on give and go

Goals on one touch shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104513276>



10'

B6 - Big Horseshoe 2-0 – Pro

Key Points:

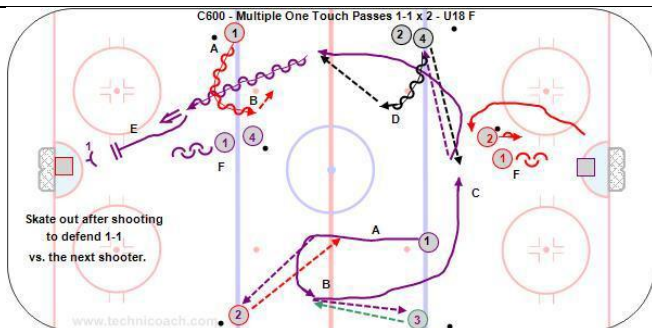
Pass and shoot with the feet moving. Face the puck, follow the shot for a rebound, give a target. Player who passes skate inside the dots before passing.

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'

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:

- 1 exchange passes with 2.
- 1 turn out and exchange passes with 3.
- 1 skate across and exchange passes with 4.
- 4 skate to the inside and pass to 1 skating wide up the ice.
- 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- Defend a 1-1 vs. the next shooter.

**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' Wally

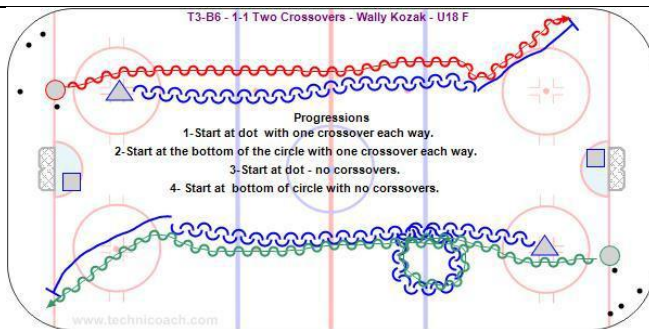
Edge Prep - Backward Stride Progressions

<https://www.youtube.com/watch?v=gPzAL0Z-0xM>

Highly Skilled players focus on Progressive drills to master their back ward stride. Progressive Deliberate practice focuses on proper technique. Players learn as they progress from slow to game speed. Developing Individual Tactical Skills is a primary focus for a Hockey Academy. This ice session will provide coaches and players some ideas that

will translate into improved game execution.

<https://www.youtube.com/watch?v=gPzAL0Z-0xM&t=50s>



10' Wally

T3-B6 - 1-1 Two Crossovers - Wally Kozak - U18 F

Key Points:

Defender maintain a vertical gap of one stick length and a horizontal gap lining up between the outside shoulder and the middle of the body. If beat wide the defender turn inside and race to the near post to cut off the attacker and don't allow any goals on rebounds. Pivot to the outside by flaring back and skate forward with the belly button facing the attacker. Use the Choctaw front to back pivot.

Description:

1. Attacker start on the goal line and defender on the face-off dot.
2. Defender is allowed a maximum of two cross-overs.
3. Defender protect the middle by keeping the attacker on the outside shoulder.
4. Defender maintain a gap of one stick length.
5. Add the attacker circles inside the first blue line and defender mirror.
6. Finish by allowing the attacker to either circle or go straight.
7. Defender deny a rebound by boxing out the attacker and control the stick after a shot.

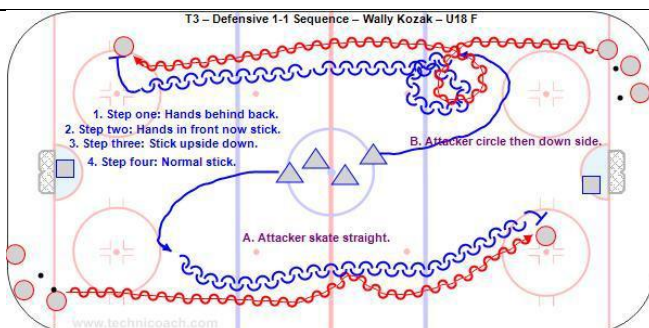
* Advanced stage is allow no crossovers but start facing the side boards half turn and stride backwards.

* Progressions: Defender start at dot one crossover each way, then move to the bottom of the circle.

*Next start at the dot with no crossovers and progress to the bottom of the circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170306120612908>

<https://youtu.be/GN2CsZ-fa2k>



15'

T3 - Defensive 1-2-2, 3-2 Sequence - Wally Kozak - U18 F

Key Points:

Defender maintain a tight vertical and horizontal gap, protect the middle and maintain D side.

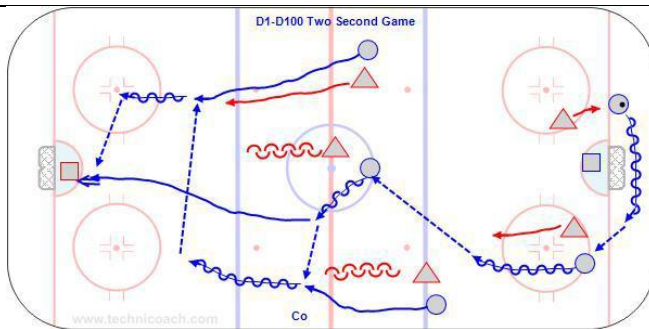
Description:

1. Start with D in the middle and F in diagonal corners.
2. D leave and transition skate forward to backward at the top of the circle.
3. First the D skates back with hands behind their back.
4. Protect the middle, control speed to keep a tight gap, stay D side.
5. Vertical gap about a stick length and horizontal gap line up at the inside of attackers shoulder.
6. Forward can also start from the knees.

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7. Flare back facing the attacker then forward when finishing the check.
 8. Defenders now keep hands in front and pivot when they chose.
 9. Finish the play and don't allow the attacker to score on the rebound.
 10. Defender progress to using a stick 'upside down.'
 11. Forward turn inside the blue line and defender skate to maintain a tight gap.
 12. When F beats D wide turn to the inside and race to the inside post to cut them off.
 13. D progress to stick held in the normal position.
 14. Forwards can now either skate straight or circle in the zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170304114707257>

<https://youtu.be/2xPYgPsIp24>



15' 4-4 change on their own.

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>

Get pucks and meet in middle.
