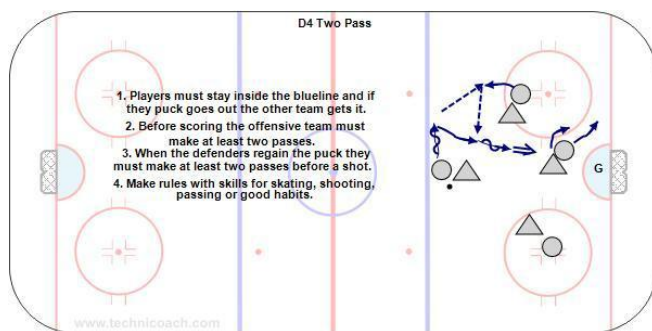




Fire White

Practice Plan

Date: 10-25-17	Time:	Arena:
Lines:	Notes:	
Skate, goaltending, competition, Passing, fitness	1-1, 2-1, angling, speed, breakout 5-0	
Team picture		



2' Big moves.

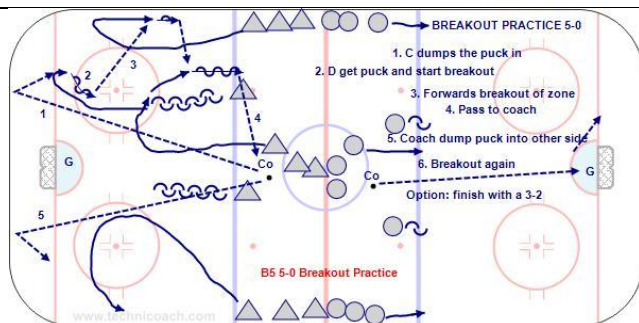
7'

D4 Two Pass Backward skating, wrong handled, scootering.

Key Points: My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huat as they prepare to go to Europe for the World Championships. 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 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



10' Mel with goalies – Do this in one end.

T2 B5 5-0 Breakout Practice – U18

Key Points:

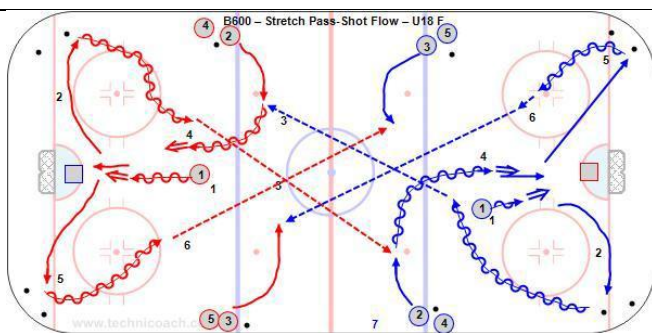
Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards break out.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20121101085219680>



10' Kailey's choice.

B600 – Stretch Pass-Shot Flow x 2 – U18 F

Key Points:

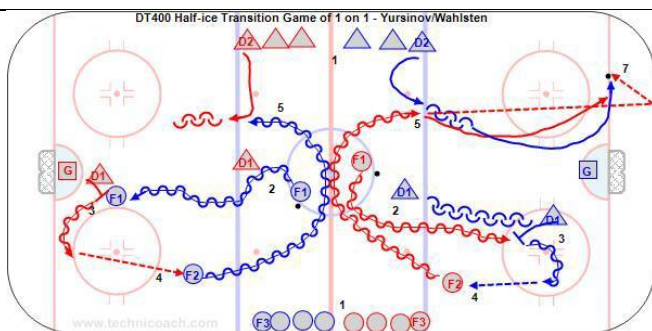
Pass, take the pass and shoot while skating. Keep the stick blade square to the puck to receive passes.

Description:

1. Shoot at each end then Second player shoot and go to opposite corner.
2. Skate to the corner for a new puck.
3. Make a diagonal pass to 2 who comes off the boards from the blue line.
4. Player 2 skate in and shoot.
5. Player 2 get a puck from the other corner.
6. Player 2 pass up to 3 who cuts across from the diagonal far blue line.
7. Continue this flow

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171026105424114>

https://youtu.be/zRdEsL_6qnA



10' Red vs. Black

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

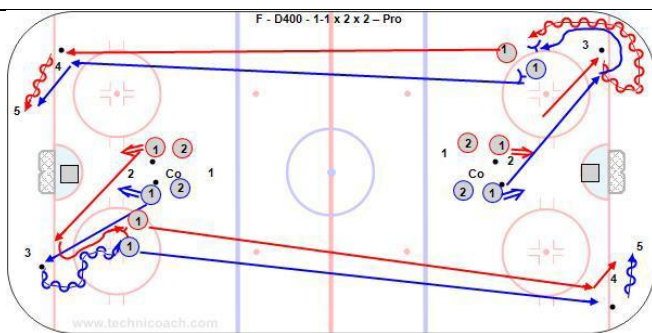
Key Points:

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.

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



12'

F - D400 - 1-1 x 2 x 2 – Pro

Key Points:

Play 20" at each to simulate a 40" shift. Protect the puck and go to the net. Could be done 2-2 with a large group or 1-1 at one end and 2-2 at the other so 6 players are going at once so they have a proper work/rest ratio. Simulate your teams w/r in games. If you have 4 lines then 1/3 and if you have 3 lines then 1 time work and 2 times rest.

Description:

1. Players line up at each end in two lines at the top of the slot.
2. Start with each player taking a shot.
3. Race for a loose puck and play 1-1 with both players trying to score.
4. Coach blow whistle after 20" and players switch end and race for a loose puck.
5. Battle to score at the other end.

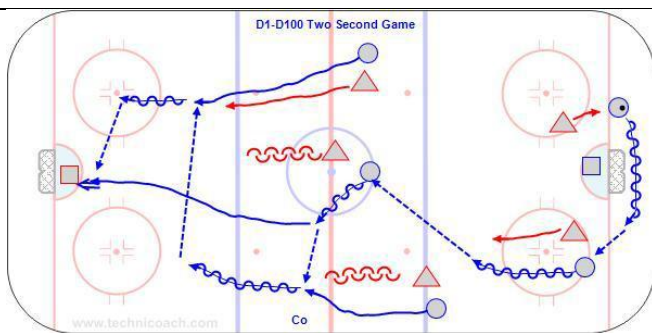
**Defend with toe caps facing the attacker from the defensive side and stick on the puck.*

**Attacker must go to the net and create space with quick stick and body fakes.*

**Great game like battle for fitness and individual offensive and defensive skills.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171020110115622>

<https://youtu.be/pjVZghcNHjc>



13'

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.

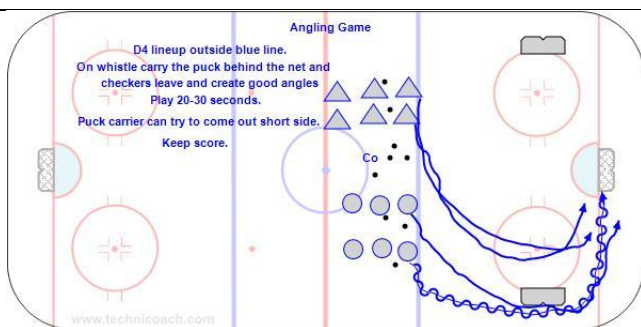
**This game can be played full, cross, half ice.*

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>



7'

D200 Angling game

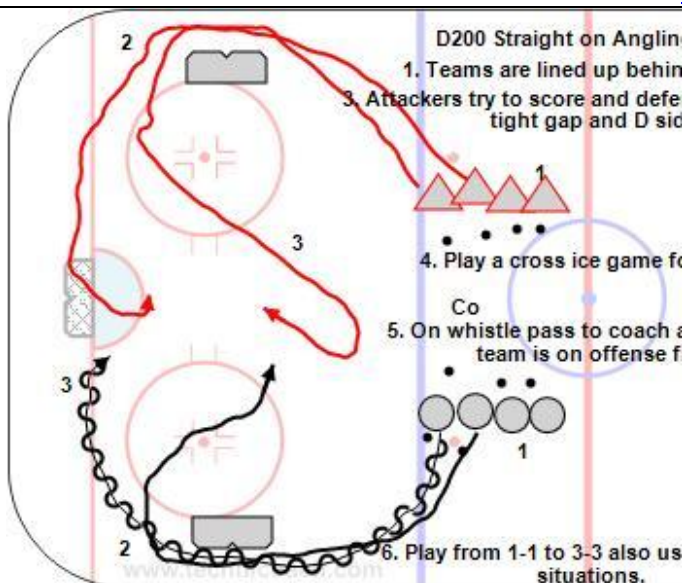
Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



8'

D200 Straight on Angling Game

Key Points:

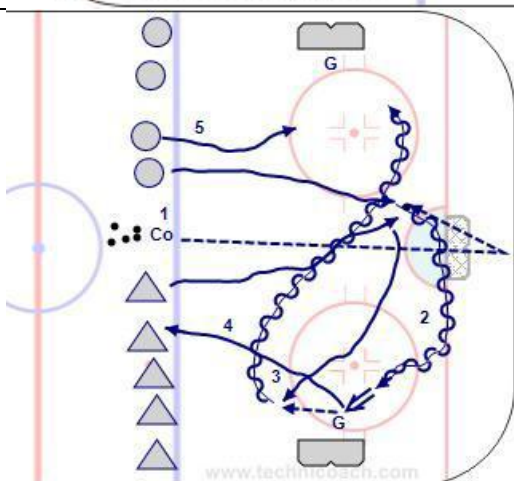
Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



9'

E1 D200 Shootout Game

Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>

1' pucks and meet in middle

