



Fire White

Practice Plan

Date: 11-2-17

Time: 16:00-17:30

Arena: Henry Viney

Lines:

6 D, 2 G, 11 F

Defensive technique, agility, puck control

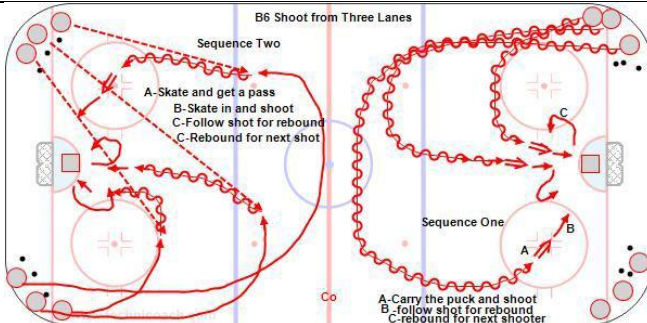
1-1, 2-1, 2-2, 4-4, 3-1,

Back pressure, contest

Notes:

Shooting, screen, point shots,

Rush recognition



5' Individual Shooting Practice

5'

B6 Shoot from Three Lanes

Key Points:

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

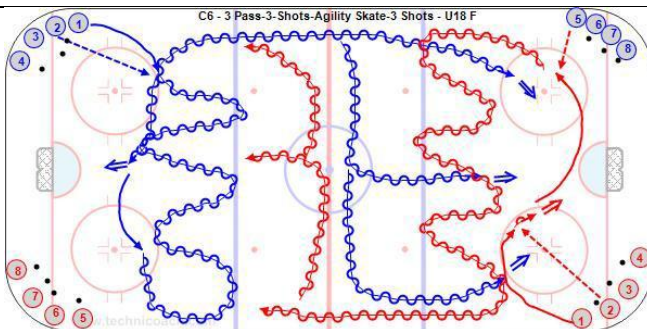
Players can all be in one corner or in both. After shooting switch corners.

Sequence One

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

Sequence Two

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.'



10'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.

6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.

7. 5-6-7 repeat from the other diagonal corners.

8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQValiwwA>

10'

D4 Active Jokers at Point Must Shoot-U15 Boy's

Key Points:

One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

Description:

1. Both teams shoot on the same net.
 2. Transition from defense to offense by passing to your Joker at the point.
 3. Joker must shoot.
 4. Teams can have 1 or 2 Jokers at the point.
 5. Jokers can check Jokers.
 6. Play from 1-1 to 3-3 below the top of the circle.
 7. Any teammate can be passed to after the Joker shoots.
- * Keep score and have a tournament.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104514143>

<https://youtu.be/uXesDVFYuDQ>

30'

A - Skating and Playing With Speed - Wally Kozak - U18 F

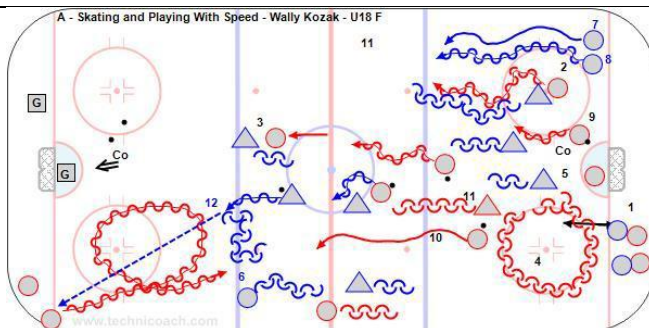
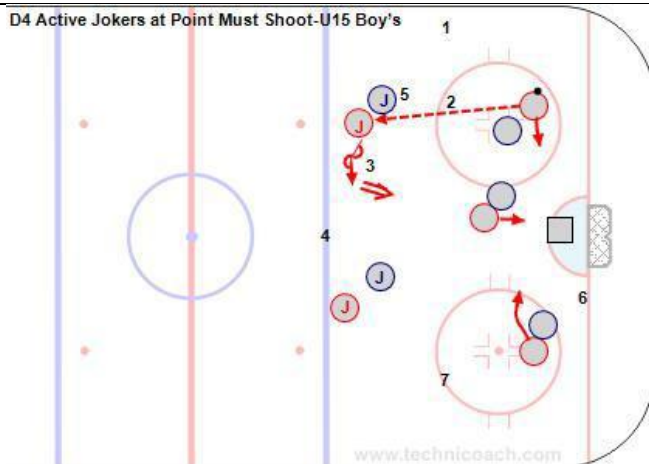
Key Points:

Wally is a former Olympic Women's Team assistant coach. Before that he played for Canada's National Men's Team and then was assistant coach to Dave King. He did this sequence with my U18 Female team with the focus on playing with speed.

Play at top speed both going forward and backward Skating in straight lines, turning and with quick cross-overs. Everyone takes turns going forward and backward. Look over your shoulder to the inside when skating backwards.

Description:

1. Players line up at one end of the ice and skate down the middle to the far blue line and back down the side.
2. Work in pairs. Forward skater can cross-over up to three



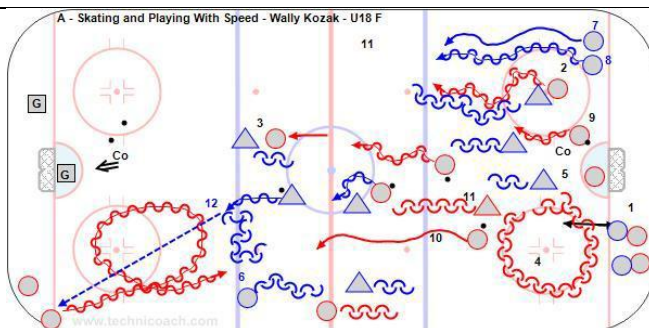
times and backward skater must mirror.

3. Puck carrier try to get behind the backward skater either striding or crossing over.
4. Skate backward around two circle and reach in with the inside skate.
5. Backward skater mirror partner using only one cross-over each way.
6. Skate backward down the side and back making two strides each way.
7. Make linear cross-overs forward to gain speed.
8. McDavid and Eichel using linear cross-overs. First without the puck and second with the puck down and back.
<https://www.youtube.com/watch?v=9shcAqsCmIM&feature=youtu.be>
9. 1-1 attacker start from the crease and defender from the hash marks. Defender no cross-overs; stride only, start back facing the side boards.
10. Focus on speed and use linear cross-overs forward.
11. Backward stride down the middle and focus on using the arms North/South only.
12. Defense in middle and forward leave from the corner. Forward skate to the blue line then back below the dot. Defender mirror to maintain the gap and defend 1-1. Forward skate using linear cross-overs to accelerate.

**Team did a Continuous 2-1 Transition Game after this with the focus on speed.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171104114129333>

<https://youtu.be/6p1Tve5An94>



10'

B4-B600 - Neutral Zone Pass x 2 – Shot - U18 F

Key Points:

Forwards face the puck and give a target. Defense make crisp wrist or snap passes while skating. Forwards focus on keeping the stick blade square to the pass, especially on the backhand.

Description:

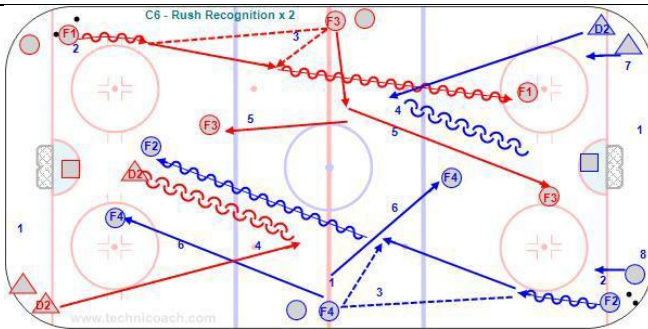
1. Forwards at the blue lines and defense in the middle.
 2. Defense at each blue line skate forward - get a puck.
 3. Forwards from diagonal side skate up to the red line and pivot for a pass.
 4. Defense each pass to a forward on the opposite wing.
 5. Defense repeat by skating back to the blue line and up to get a new puck.
 6. Defense now pass to a second forward who pivots for a pass on the other wing.
 7. Forwards skate in and take a shot then follow the shot for a rebound.
 8. Defense get a third puck, pivot at the blue line then skate
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to far blue line and take a point shot.

9. First forward screen and second circle back to rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171102112044347>

<https://youtu.be/-N4f0S3tNVk>



10'

C6 - Rush Recognition x 2 – U18 F

Key Points:

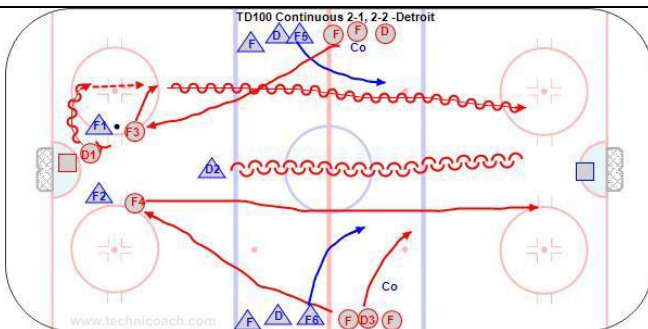
Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170924100021496>

<https://youtu.be/0VnlOFNtoN0>



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>

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