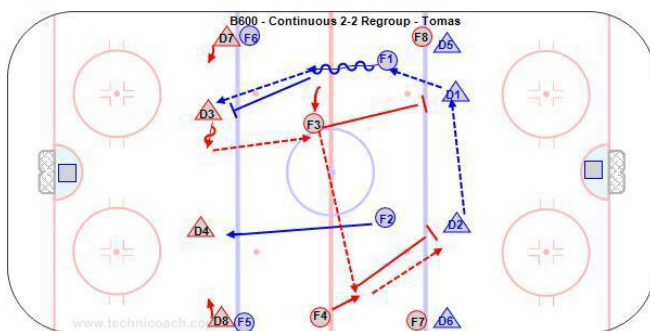




Fire White

## Practice Plan

<b>Date:</b> 11-5-17	<b>Time:</b> 17:20-18:35	<b>Arena:</b> Great Plains
<b>Lines:</b>	<b>Notes:</b>	
Speed in everything we do.	Keep score of all games and losers skate at	
End.		
Breakouts, neutral zone regroup	1-1, 2-1, 2-2, 3-0, 3-1, 3-2, 4-4	
Compete, Rebounds		



### 3' Individual Big Moves

#### 6' Warm up goalies

#### B600 - Continuous 2-2 Regroup – Tomas

##### Key Points:

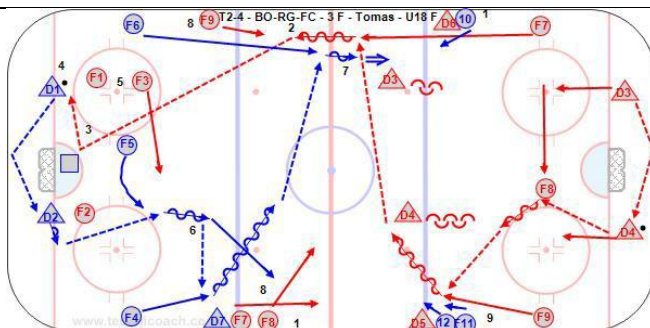
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

##### 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>



### 6' Do this in 4 forward lines.

#### T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

##### Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

##### Description:

1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3

mirror.

6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.

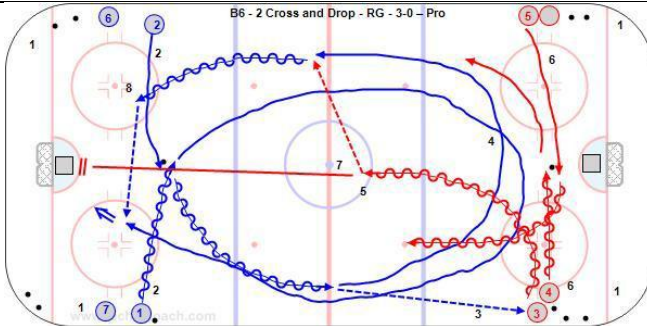
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.

8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.

9. Continue this flow end to end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRy8>



### 10' Kailey lead **Speed**

#### **B6 - 2 Cross and Drop - Regroup - 3-0 – Pro**

##### **Key Points:**

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

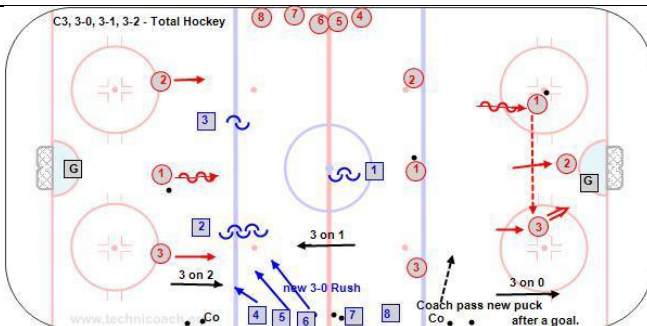
##### **Description:**

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

*\* This is a core drill for warm up done by the same team in another arena.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171029105815152>

<https://youtu.be/IcaEbVO51MQ>



### 10' **Ten Minute Game – Keep Score**

#### **C3, 3-0, 3-1, 3-2 - Total Hockey**

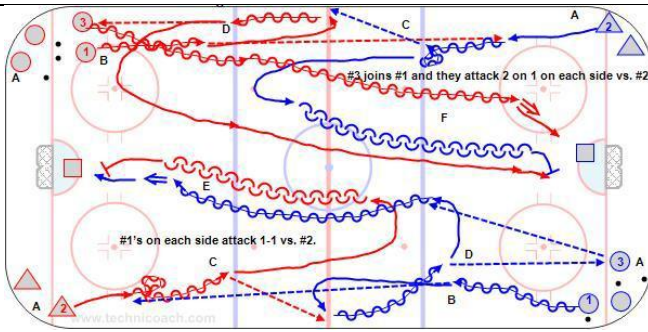
##### **Key Points:**

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

##### **Description:**

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

<https://youtu.be/9MTh5t8o1y8>



10'

### C6 Regroup x 2, 1-1 and 2-1 – Pro

#### Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

#### Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

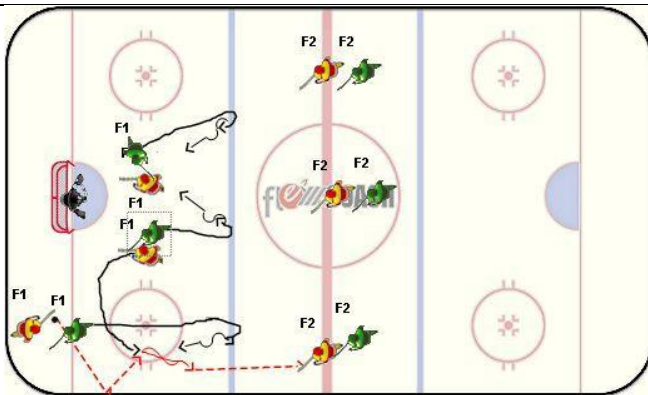
C. #2 make a deception move and pass to #1 in the neutral zone.

D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



### 13' Perry Pearn. 2 x 6' games. Rotate – Keep score.

#### DT400 Perry Pearn Game Rotation 2 on 2

#### Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

#### Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102318992>



## 10' – Keep Score

### D100 Two Second Game

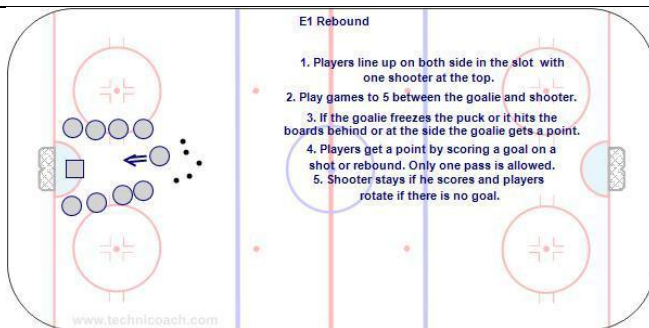
#### Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

#### Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

\*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



## 7' Rebound

### 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>

## Get Pucks and meet in middle.

### Team meet in empty dressing room 15'

