



Fire White

Practice Plan

Date: 11-15-17

Time: 20:15-21:45

Arena: Norma Bush

Lines:

Pass, skate to big ice, power play

Edges, agility, puck protection

And coverage, Transition,

Notes:

Game, shootout game, absorb puck - pass

Timing, pass receiving, low Dzone attack

D breakout vs pressure, F forecheck



2' Ind. Moves **Kailey Jim shoot on nets.**

8' Agility and balance with puck – Players

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice.

Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

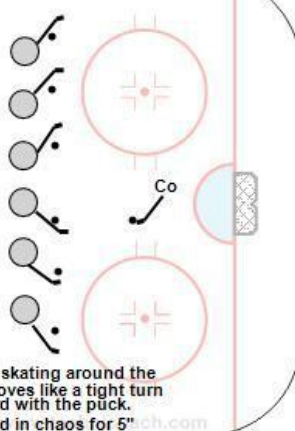
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1' transition skate back to forward with the puck

B3 Puck Handling Moves

Players mirror the coach.

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in shift weight.
4. Circle in and out on the forehand.
5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.



10' Jim lead then play keepaway in one zone.

B3 Puck Handling Moves All Around the Body

Key Points:

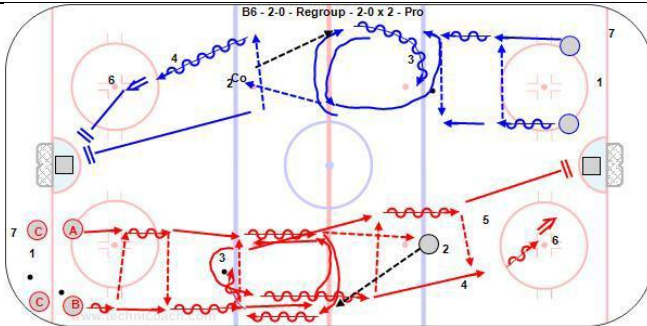
Make big moves, use fakes, keep your hands away from your body. The top hand does the finer moves and bottom hand slides up and down the stick in unison. Use all of the stick blade backhand and forehand. Hold the stick with the fingers and the little finger of the top hand makes small adjustments. Players mirror the moves the coach makes.

Description:

1. Yo-yo puck on the forehand and stick toe.
2. Toe drag puck across on the forehand.
3. Forehand toe drag + pull in, shift weight.
4. Circle in and out on the forehand.

5. Stick to skate and back all around body.
6. Back toe drag yo-yo then across body.
7. Circle the body with the puck and the stick.
8. Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.
9. Players go full speed in chaos for 5".

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10' **Jim and Kailey at each blue line.**

B6 - 2-0 - Regroup - 2-0 x 2 – Pro

Key Points:

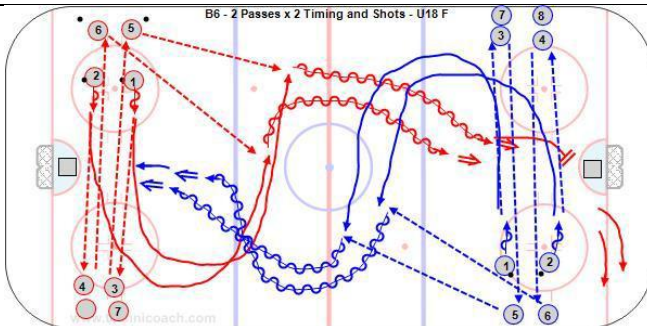
Face the puck, give a target, handle the puck and then wrist pass and cross the blue line in the wide lane. Option are to exchange passes with the next attackers or defend 1-2 or 2-2. Another option is to shoot from the wide lane and practice passing off the pads

Description:

1. A and B leave from diagonal corners making wrist passes.
2. Regroup with a coach or player at the far blue line.
3. Continue exchanging passes and turn back at the blue line.
4. Exchange passes and enter the offensive zone in the wide lane.
5. Maximum of one pass in the offensive zone.
6. Shoot follow the shot and stop at the net for a rebound.
7. Go to the end of the other lane.

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10' **Kailey machine gun**

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

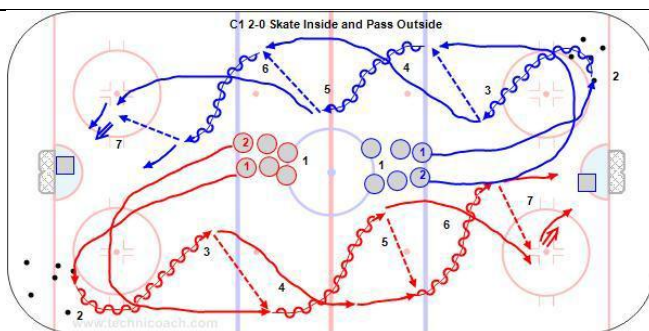
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

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10' Jim skate inside pass outside

B4 2-0 Skate Inside and Pass Outside

Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

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10' Add 1 Crosby behind net and stuff, 2 behind net and pass to 1 for a shot, 3 both 1-2 screen

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

Key Points:

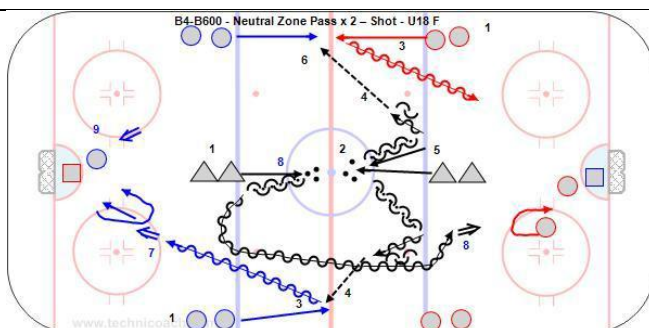
Forwards face the puck and give a target. Defense make crisp wrist or snap passes while skating. Forwards focus on keeping the stick blade square to the pass, especially on the backhand.

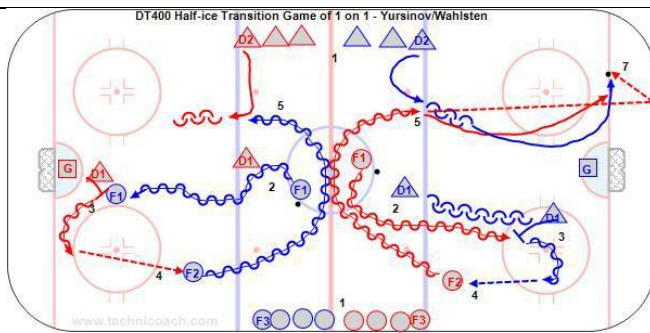
Description:

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 to far blue line and take a point shot.
9. First forward screen and second circle back to rebound for the next shooter.

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10' Dump in and D must make escape moves. 1-1, 2-1, 2-2

DT400 Transition Game of 1 on 1 - Yursi-Juuso

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.

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DT400 - 2 on 1 Yursi-Juuso IIHF

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10' Goals from Crosby skating the pass from below the goal line.

D4 Players Breakout before Attacking

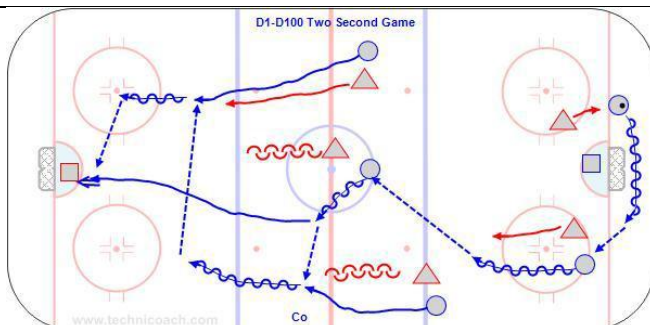
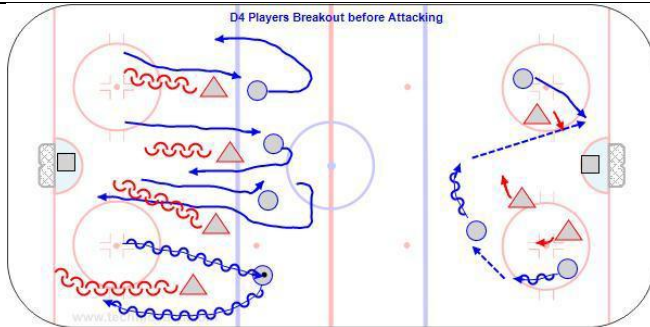
Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
 2. The defending team must breakout over the blue line and then turn back and attack.
- *Individual skills can be worked on. i.e.
 - Skating-only backward skating allowed.
 - Team Play - goals come only on plays originating below the goal line.
 - Individual Offensive skills - an escape move must be made when you get the puck.
 - Individual Defense - sticks upside down until one shot is taken.



10'

D1-D100 Two Second Game

Key Points:

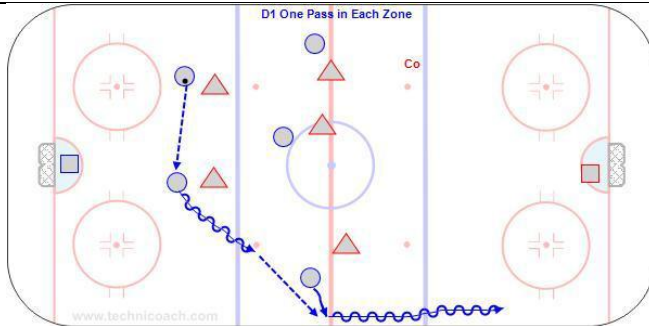
Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice. Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

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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).

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10' 5 on 5 – Change on the go.

D1 One Pass in Each Zone

Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>
