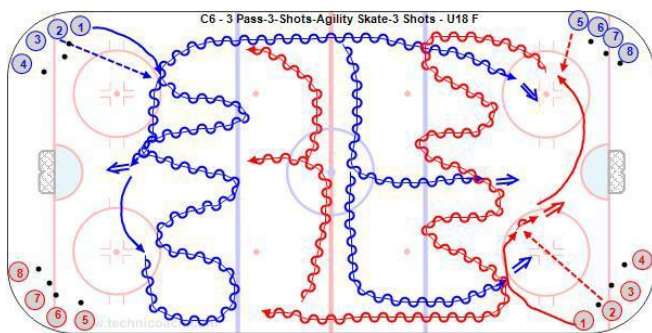




Fire White

Practice Plan

Date: 11-16-17	Time: 16:00-17:30	Venue: Henry Viney
Lines:	Notes:	
Edges, agility, pass, 1-1, 2-2	Defensive zone coverage, quick transition	
Back pressure, 4-4, puck handling		



2' indiv. Big moves

5' one timers

5'

Saucer passes from blue line and have to land on red line. Static and then skating.

10'

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

Key Points:

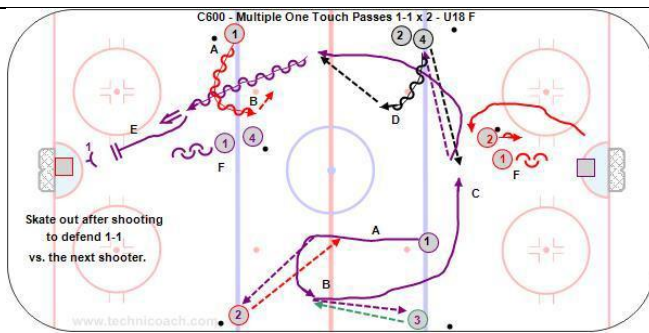
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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/JqCQVa1iwwA>



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.

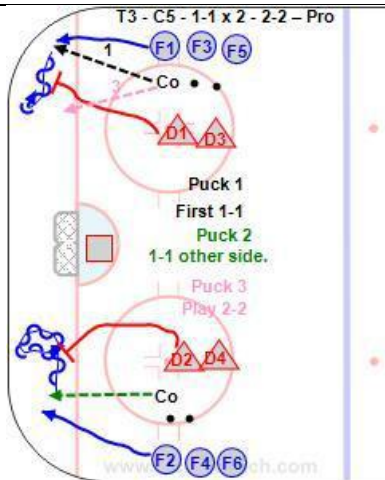
Description:

- 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'

T3 - C5 - 1-1 x 2 - 2-2 – Pro

Key Points:

Defend from the defensive side with stick on the puck and one hand on the attackers hip. Attackers protect the puck with the body and make fakes and tight turns to get a shot on net. On the 2-2 defenders cover one attacker each from the defensive side. Attackers use picks, give and goes to create scoring chances.

Description:

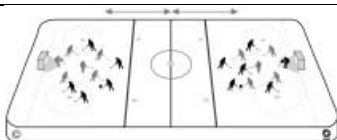
- Defenders line up behind each dot and attackers against the boards and behind the hash marks on each side.
 - Coach spot a puck in the corner and F1 go and try to score while D1 defends.
 - Start with a 1-1 on one side and then a 1-1 on the other side with F2-D2.
 - F1-D1 be ready for a new puck as F2-D2 are competing.
 - Coach spot a new puck and now F1-F2 attack 2-2 vs. D1-D2.
 - Switch lines so everyone take turns to attack and defend.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413142810923>

<https://youtu.be/sceHfKMgKr8>

40' Wally dzone coverage.

DEFENDING THE SLOT WITH A PASSIVE BOX AND 1

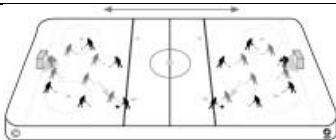
- Play a game inside the blue line. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with 1 forward in the middle. The defenders are only allowed to take 1 stride.
- If the puck is coming out of the corner the



defenseman takes 1 step toward the puck and the forward in the middle fills the corner of the box. The weak-side forward sags into the slot and the strong-side forward collapses down 1 stride.

- The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes, play the body, control the attackers' sticks in the slot and fight for rebounds. Have the same thing going on at both ends. The offense gets 1 minute to score, then switch and allow the defense to attack.
- The main principle of defending is simple; it is to control the slot area in front of your goal.
- When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area.
- Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man-to-man coverage is used on players without the puck. The slot area is where the defenders skate to on defense, trying to force the puck to the outside and up the boards. (Bob Murdoch)

D-4028



ONE-THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with 1 forward in the middle. The description of the 1 checker pressure and a box behind follows:

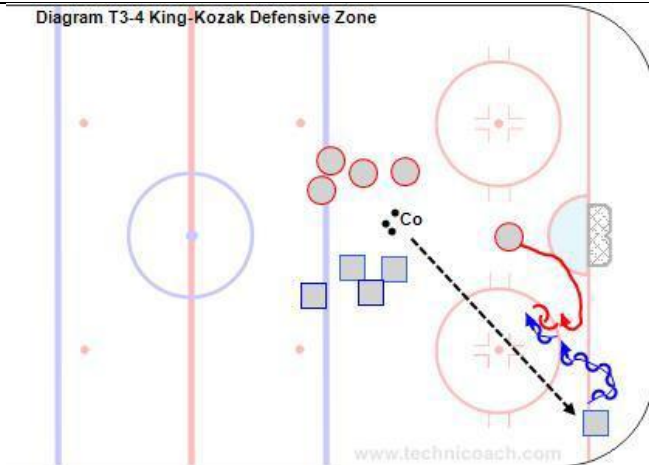
- The offense starts with the puck at the blue line.
- The closest defensive player pressures the puck from the inside out and makes contact with the attacker.

- When the defender does this the middle forward rotates to his or her place at the puck-side corner of the box and all the defenders move to the strong (puck) side of the ice. Deep in the zone, usually 1 defenseman checks the puck carrier; 1 defenseman covers

the attacker in front of the net; the first backchecker backs up the defender in the corner; the second backchecker covers the mid slot and weak-side point and the last backchecker covers the strong-side point. If the first forward back is checking the puck carrier, then the strong-side defenseman is in a low support position.

- The remaining 4 players have sticks in the passing lanes and are on the defensive side of the offensive players.
 - When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2-on-1 attack from the inside of the box, always in a position to maintain the defensive side of the check while supporting the first checker. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover 1 attacker and defend a 2-on-1 if a teammate is beaten.
 - If the defenders maintain this tight box and create immediate pressure by the closest defender on the attackers, they will be able to control the slot area in front of their net.
- (Bob Murdoch)
D-4029

Diagram T3-4 King-Kozak Defensive Zone



20' Do 1-1, 2-2, 3-3

T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

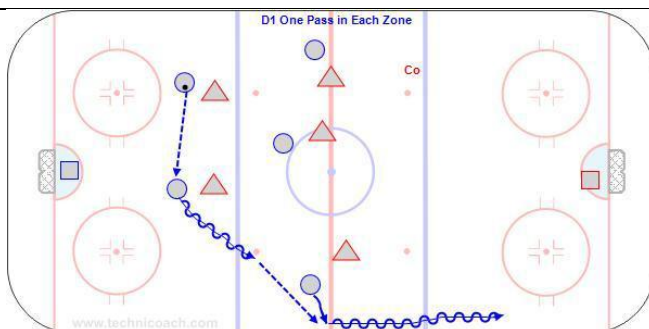
Description:

1. Defender or defenders start on two knees in front of the net.
 2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
 3. Coach passes to the attacker and defender stands and defends.
 4. Add another attacker and defender.
 6. Add a third attacker.
 7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.
- *Option is to have uneven situations and add attackers and defenders as you go.

*To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>

<https://youtu.be/3BOJrO7rjRU>



15'

D1 One Pass in Each Zone

Key Points:

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

Description:

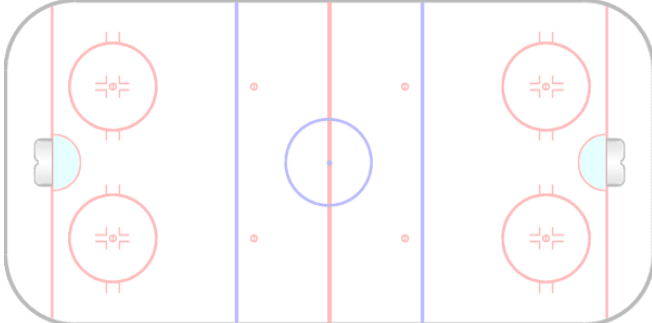
1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.

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>

Explanation/Notes:



Explanation/Notes:

