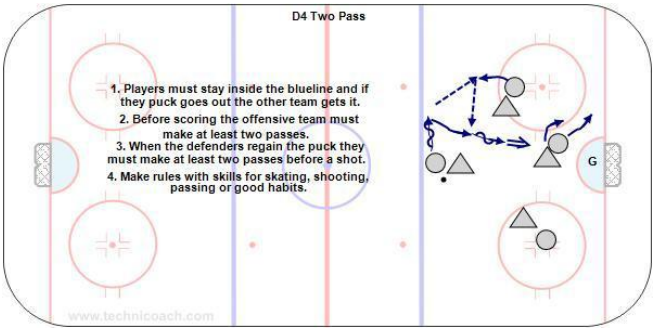
Fire White **Practice Plan**

Date: 11-22-17	**Time: 20:15-21:34**	**Venue: Norma Bush**

Lines:	**Notes:**
Power play, offensive swarming,	Edges and balance, stretch pass,
Slap shots, penalty kill, pp breakout	Pk forecheck, 5-5 2/3 ice game with Jokers
Team meet 6:45-7:30 team play review.	



10'' Skating rules.

D4 Two Pass Game with Skating Rules

Key Points:

This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline 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.

Various kinds of skating..

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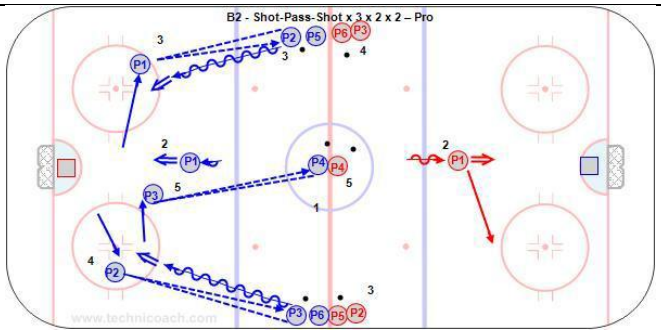

10' Jim Introduce

B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.

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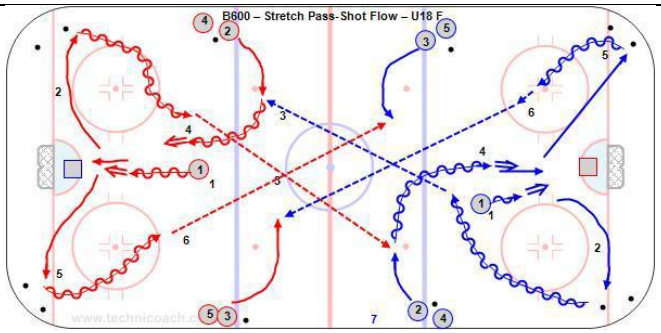

10' Kailey

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

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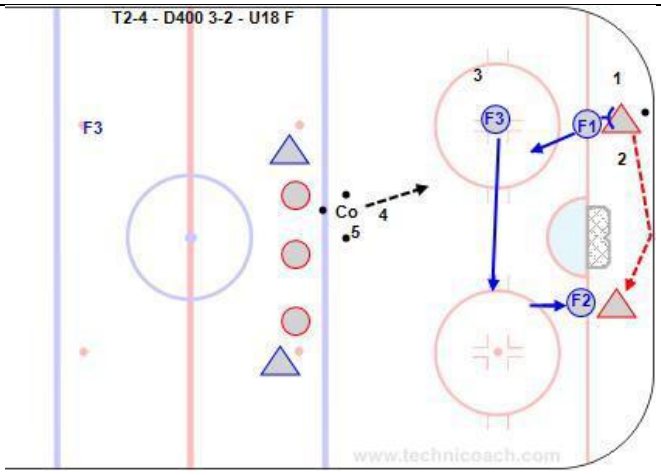

10' Jim Kailey one end Mel Tom other half team each Focus on offensive swarm.

T2-4 - D400 3-2 – Wally Kozak - U18 F

Key Points:

Forwards have to get on the puck hard. Two in deep. F1 make contact, F2 double team D1 or pressure D2 on a D to D. F3 mirror from about the hash marks. Rotate who is F1-F2-F3 according to who is closest to the puck. Make eye contact before passing and avoid 'hope passes' that result in turnovers.

Description:

1. Play the low 3-2.
2. Two D go back for the puck vs. three forwards.
3. Forwards try to score and defense to break out.
4. Coach dump the puck in.
5. Coach shoot in a new puck if original puck is out of play.
6. Go about 30".

I sent the Team Play video to one of my friends who is coaching in the NHL and this is his comment. … *'that was good. Basically how most teams F/C now. F1 and F2 mark the D and F3 surfs east/west in surf zone (around hash marks) and gets to strong side wall or to bump to middle. Off a share - which a lot of teams do now and wide rim is D pinch down. F2 quicker than old days and D up and pinch quicker. Basically it is 5 man forecheck now, and 5 man neutral zone aggressive once the Opposition gets there and 5 quick back and tight(swarm) in defensive zone coverage.'*

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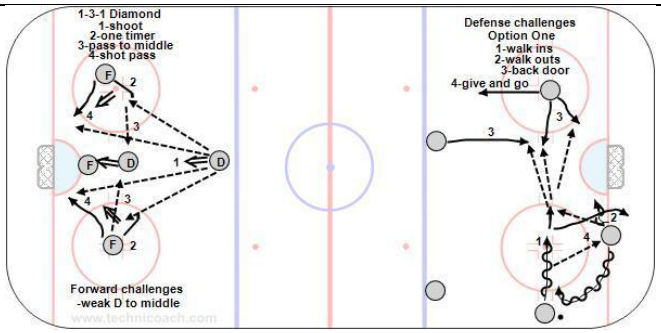


40' Power Play – Jim and Kailey – Mel one goalie at a time.

Power Play Options: Overload to a Diamond

Option One:

Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down.

-If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.

-Original low player attack the seam again.

Option Two:

-If the F plays you pass to the point and the low player moves in front to screen.

-If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks.

-In the Diamond we have 4 triangles for one timers, a middle one timer opition.

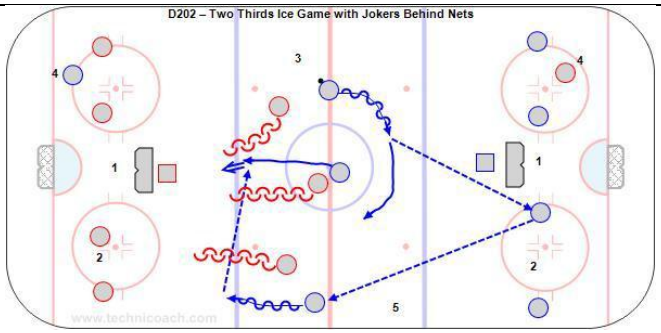
-If the puck is loose always outnumber the defenders and start the same sequence. RULES and READS

-When you get the puck either you or the puck moves. No standing still.

-If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them.

-Create 2 on 1's.

-Short passes that only beat one defender. * Progress to a high cycle.



15'

D202 – Two Thirds Ice Game with Jokers Behind Nets

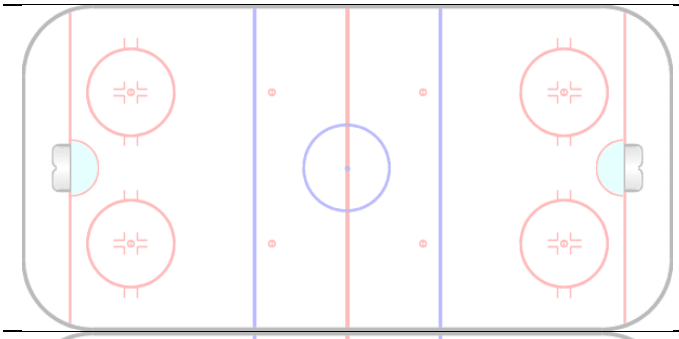
Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on.

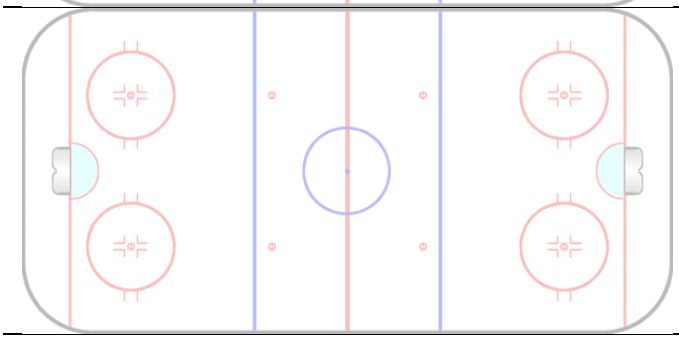
Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. An option is to have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

1' meet in middle



Explanation/Notes:



Explanation/Notes: