



## Fire White

## Practice Plan

Date: 11-23-17

Time: 16:00-17:30

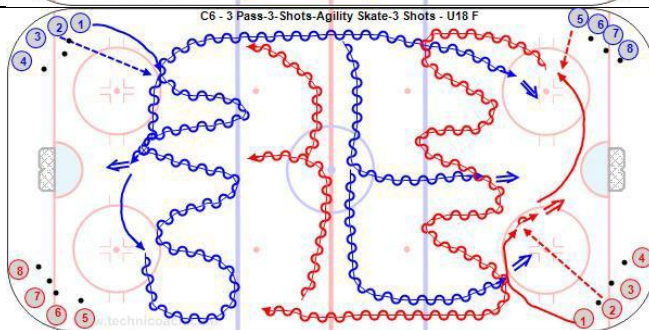
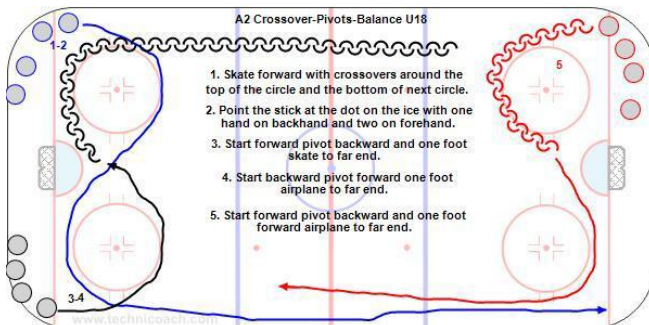
Venue: Henry Viney

Lines:	Notes:
Defensive zone review, skating edges	Middle lane drive, 5-0 breakouts
3-3, 4-2, 2-0, 2-2	Game situations

### 5' Individual Shooting

### 20' Edges and Balance – Randy

Mel with goalies.



### 10'

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

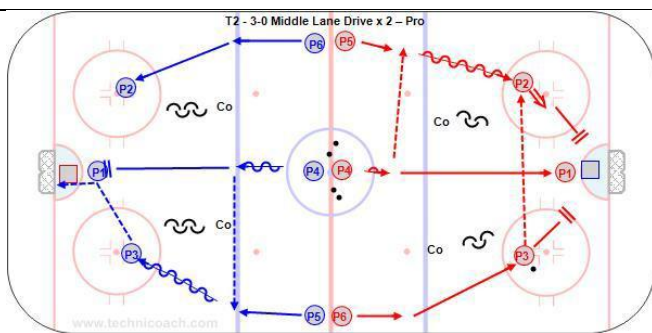
#### Key Points:

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; **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>



8'

### T2 - 3-0 Middle Lane Drive x 2 – Pro

#### Key Points:

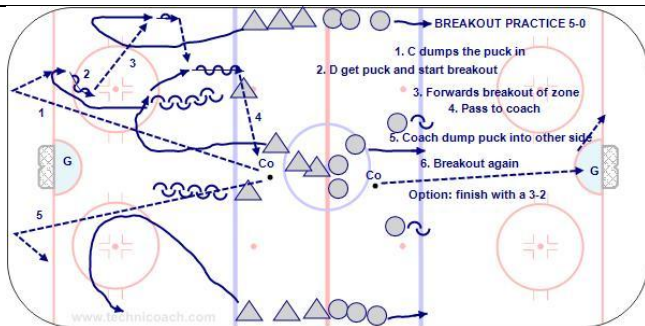
First player over the blue line without the pick drive hard to the net trough the middle lane. Be ready for a pass and stop in front to put in a rebound.

#### Description:

1. Half the team on each side of the red line up in middle and each wing.
2. Coaches give passive resistance from the blue line to the top of the circles.
3. P1 leave from the middle lane with a puck.
4. P1 pass to either P2 on the left or P3 on the right.
5. P1 skate hard to the net.
6. P2 skate with the puck and choose: A. Shoot B. pass across to P3 who shoots. C. Pass to P1.
7. Everyone crash the net for a rebound.
8. Skate hard back to the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171121114101689>

[https://youtu.be/0\\_F54MI3p-s](https://youtu.be/0_F54MI3p-s)



### 7' Mel go with one line. Tom Randy shoot in.

### B5 - T2 5-0 Breakout Practice

#### Key Points:

Breakout from both sides and practice all the options including D to D passes.

#### Description:

1. Coach dumps the puck in.
  2. D go back and get the puck, move between the dots and pass or go D to D.
  3. Forwards break out.
  4. Pass the puck to the coach.
  5. Coach dumps the puck in the other corner for another breakout.
  6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20121101085219680>



### 10' Each line go through once – alternate black red.

### T4 – Defensive Zone Walk Through - RG 5-5 – Pro

#### Key Points:

Review defensive zone rotation. Lots of communication helps everyone to make good decisions. Use controlled skating towards the puck carrier. Always defend from the net side. Stick on the ice in the passing lane and closest checker play with 'body on body and stick on the puck.' Goalie can see everyone so it is important he communicates loudly.

#### Description:

1. Players start from the neutral zone with a coach in each

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corner.

2. Coach one pass to coach two in corner and 5 players defend.

3. Coach two pass to coach three in other corner and 5 defenders rotate.

4. Defending 5 skate out and pass to 5 players waiting in the neutral zone.

5. Play 5 on 5.

6. Coach one spot a new puck if the play ends quickly and continue playing 5-5.

7. Rotate so the other 5 players walk through the defensive zone coverage.

8. Walk through the contain 'box plus one' and the pressure 'swarm.'

9. Do this at both ends if you have 20 skaters for 5-5 or 16 for 4-4.

10. If you have less skaters you can do it at one end with a defend-attack-rest rotation.

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<https://youtu.be/ZTFMo9YjWd4>

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10'

#### **DT400 - Two Net Game - U18 F**

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

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

##### **Description:**

1. Start with one to five whites attacking one net vs. one to five darks.

2. On a goal, frozen puck or transition the dark pass to their players at the blue line.

3. New darks attack the net on the other side and the original whites skate hard across and defend.

*\*This game requires quick transition and communication about who to cover on defense.*

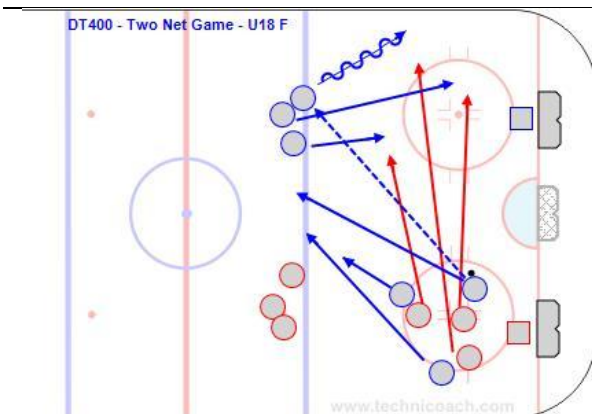
*\*Attack quickly to take advantage of the unorganized defense.*

*\* Keep score and implement rules for good habits, team play or technique.*

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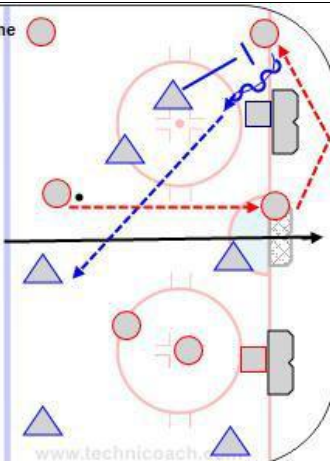
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#### D400 Ali, Bobbi-Jo Two Net Game

1. Two nets on the goal line
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other to go onto offense.
5. Keep score.
6. Add skill rules such as only forehand passes.



10'

#### DT400 Ali, Bobbi-Jo Two Net Game

##### Key Points:

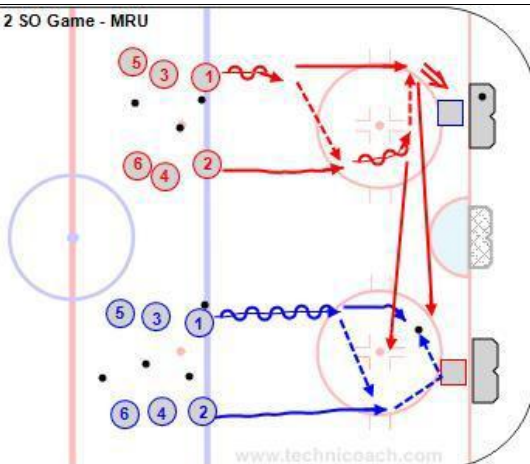
Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

##### Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

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#### E1 - 2-0 x 2 SO Game - MRU



10'

#### E1 - 2-0, 3-0 x 2 SO Game – MRU

##### Key Points:

Use many variations on the 2-0 or 3-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

##### Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point for every goal.

E - 20" next rep.

F - First team to 20 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016092511071521>

<https://youtu.be/ss-rEHpfr5w>

#### Explanation/Notes:

