



Fire White

Practice Plan

Date: 11-29-17

Time: 20:15-21:45

Venue: Norma Bush

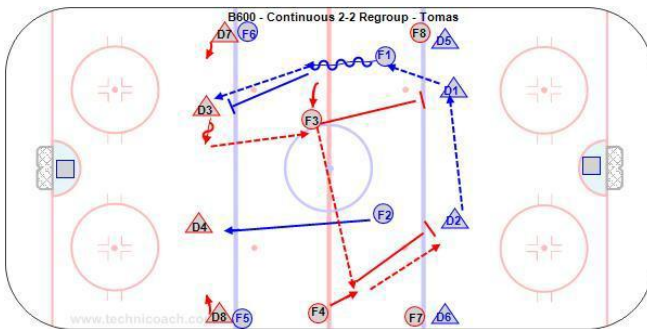
Lines:

Video session at 6:45 Game video

Pass, receive, puck protection,

Notes:

1-1, regroup, puck support, tight gap



3' Individual Puck Handling

7'

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

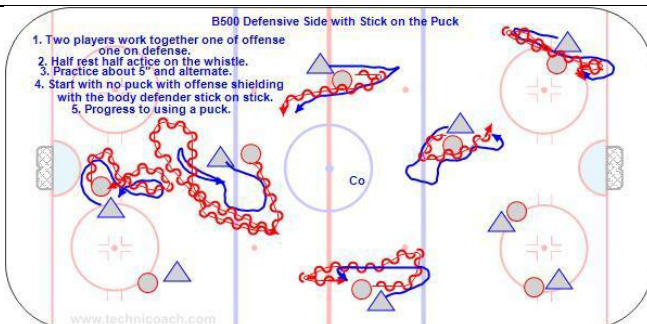
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

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.

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7'

B500 Defensive Side with Stick on the Puck

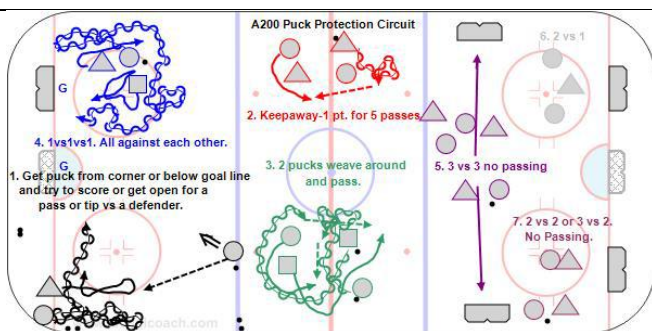
Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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8'

A200 Puck Protection Circuit

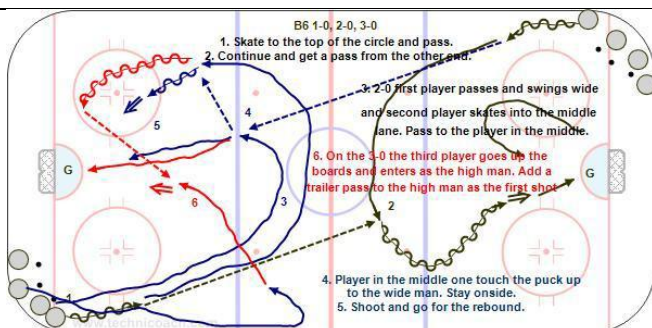
Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

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10'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

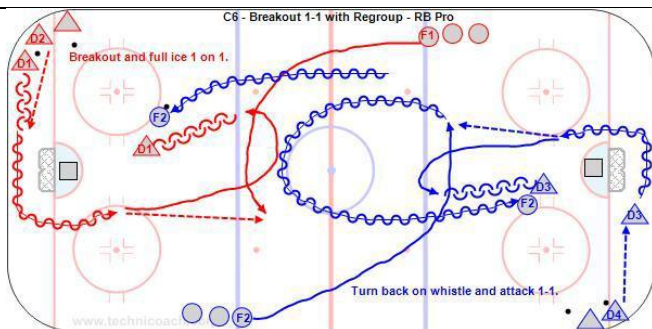
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

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<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



10' Kailey introduce drill.

C6 - Breakout 1-1 with Regroup - RB Pro

Key Points:

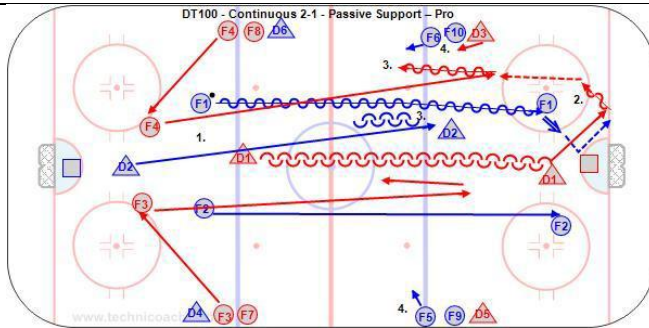
Do this drill from both ends. Defense leave from diagonal corners and forwards from the blue lines. Attack with speed. Defenseman has to skate to tighten the gap, especially when there is a regroup.

Description:

1. On whistle D1 get a pass from D2.
 2. D1 Pass to F1 cutting across the middle.
 3. F1 attack 1-1 vs. D3.
 4. D1 defend 1-1 vs. F2.
- Add Regroup:
5. On the whistle F2 turn back and attack 1-1 vs. D3.

* This can also be done 2-1.

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10' F1 support D low to make a 2-2.

DT100 - Continuous 2-1 - Passive Support – Pro

Key Points:

One puck with no whistles. Go for the rebound but defenders allow transition after the puck is out of the scoring area. Move the puck quickly and make the first pass early in the offensive zone. Extra players rotate in from the boards in the neutral zone. This is a great template either active or passive to work on situations up to 3-2. i.e. Have D1 join the rush, F1 back pressure, D1 and F1 join the rush etc. to create many situations.

Description:

1. Start with a 2-1, F1-F2 attacking D1. F3-F4 and D2 follow the play into the zone.
2. After the puck is out of the scoring area F1-F2 allow D1 to make a breakout pass to F3-F4.
3. F3-F4 attack the other way 2-1 vs. D1.
4. F5-F6 and D3 follow ready for a new 2-1.

*This can be made into an active 3-3 at each end by finishing the play.

*Keep score and create a game and play situations 1-1 to 3-2.

*Regroups in the neutral zone and dump-ins create opportunity to work on breakouts and forechecking.

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<https://youtu.be/CoUI2PxuCLQ>

10' Kailey run.

D100 - Two Thirds Ice 2-2 – Pro

Key Points:

Create 2-1's on one defender. Protect the puck, get open for a pass. In a 2-2 there are all 4 game playing roles.

1. Puckcarrier.
2. Support the puck carrier.
3. Check the puck carrier.
4. Cover players away from the puck.

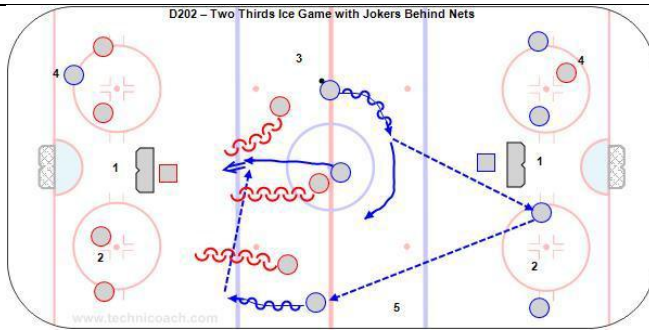
Description:

1. Move the nets up to the top of the circles.
2. Blue F1-F2 start vs. Red F1-F2.
3. Coach shoot the puck in to start.
4. Coaches spot new pucks on goals or if the puck is out.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

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15'

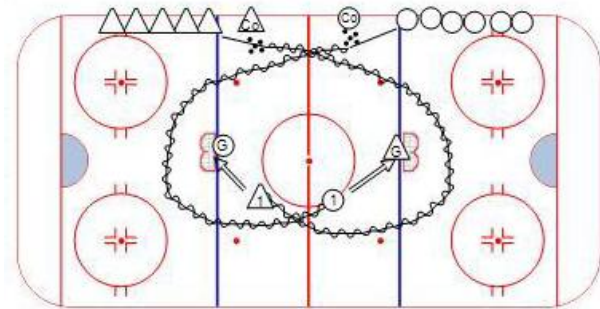
D202 – Two Thirds Ice Game with Jokers Behind Nets

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,



10' Mel run.

10 Puck Relay:

- Coaches have 10 pucks each
- Players skate around opposite net and come back to goal nearest their line.
- Both sides go at same time
- Players shoot, rebound, then pass to their line.
- Shots that miss net must be retrieved.
- New pucks handed out only after a goal
- First team to score 10 goals wins
- Can also be done 2 v 0

Meet in middle.