



# Fire White

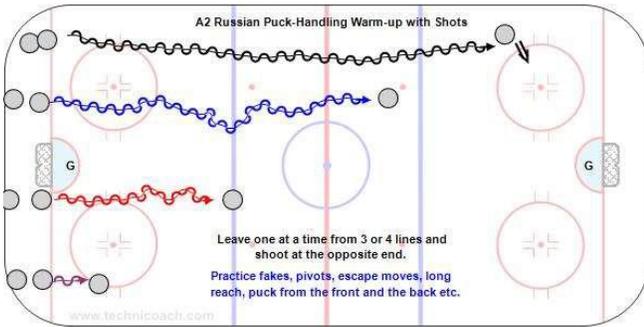
# Practice Plan

Date: 11-30-17

Time: 16:00-17:30

Venue: Henry Viney

Lines:	Notes:
2 G, 8 F, 4 D 6 injuries	
Pass, shoot, 2-2, scoring, overspeed	Catch and release, low battles
Point shots	



3' Individual puck handle

7' Big moves **Tom Lead**

## 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.

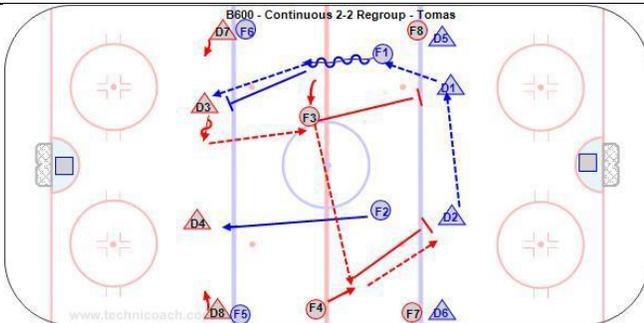
### Description:

#### 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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## 10' Mel with goalies

### 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 regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>

## 10' 2-2 with offensive Joker

### D5 Keepaway Contest

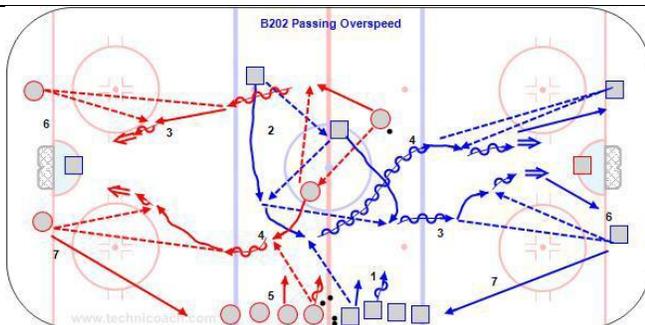
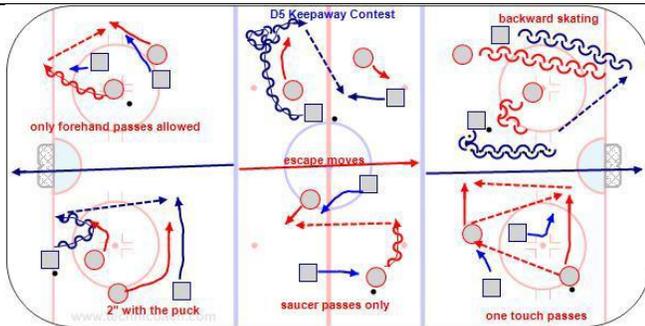
#### Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

#### Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Keep score and switch opponents. 1 point for every 5-7 passes.

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## 10'

### B202 Passing Overspeed

#### Key Points:

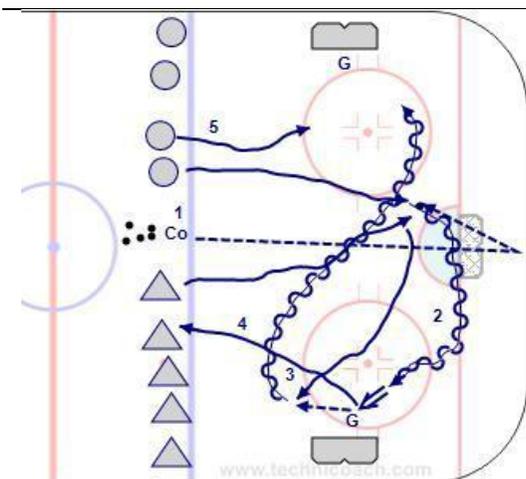
Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

#### Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

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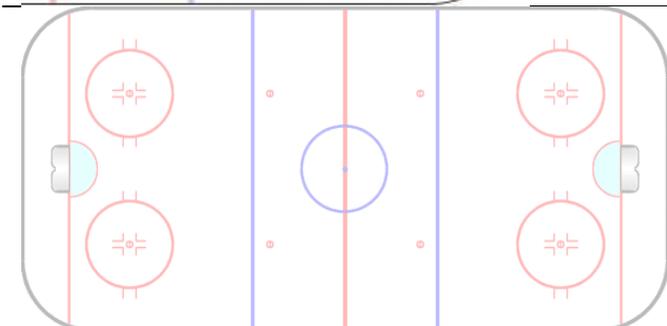
**10' Mel run**  
**E1 D200 Shootout Game**  
**Key Points:**

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

**Description:**

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>



**Explanation/Notes:**

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