



Fire White

Practice Plan

Date: 11-30-17

Time: 16:00-17:30

Venue: Henry Viney

Lines:

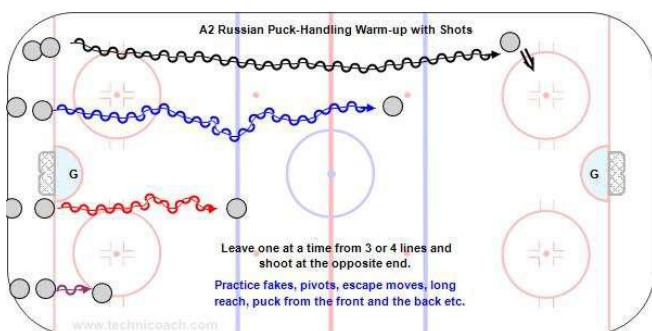
2 G, 8 F, 4 D 6 injuries

Pass, shoot, 2-2, scoring, overspeed

Point shots

Notes:

Catch and release, low battles



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.

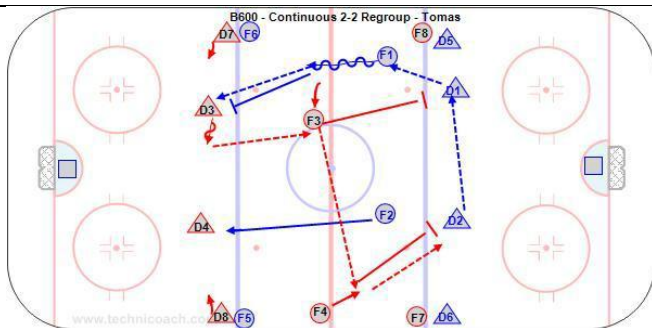
Description:

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:

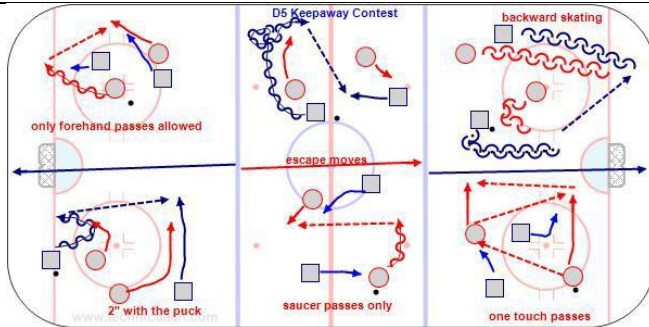
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

* 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.

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10' 2-2 with offensive Joker

D5 Keepaway Contest

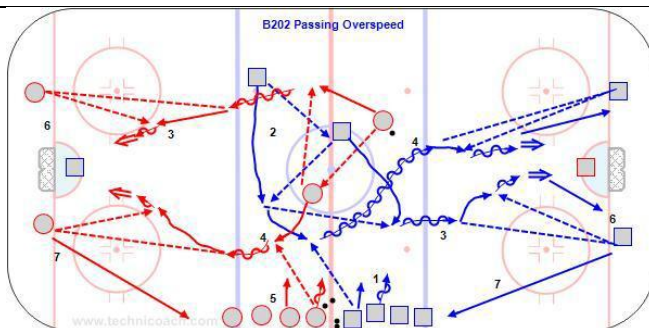
Key Points:

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 only, one touch 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

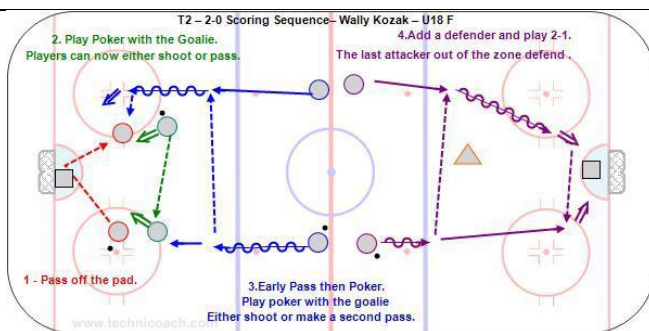
Key Points:

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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30' Wally Scoring

T2 – 2-0, 2-1 Scoring Sequence– Wally Kozak – U18 F

Key Points:

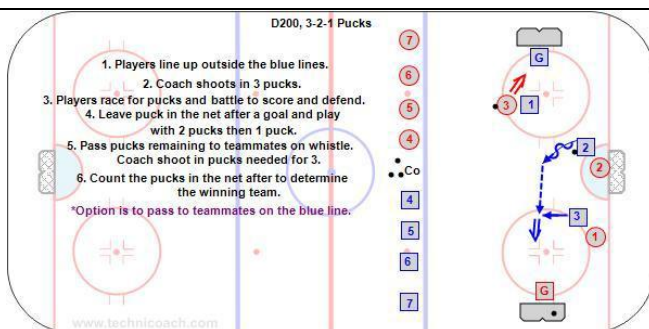
Use all of the options. Shoot to score, shoot for a rebound, one pass, two passes and learn to be a threat. Make the first pass early so there is a second play. Shoot to score and follow the shot for a rebound. Player without the puck go hard to the net and give a target with the stick. Both players stop at the net.

Key Points:

1. Shoot for Rebound – two players leave from the middle, skate hard to the net with the puck and shoot low to the far pad for a rebound. The second player go hard to the net for a rebound with stick on the ice and controlled skating. Start shooting at one end and then shoot at both ends.
2. Play Poker with the Goalie. Players can now either shoot or pass.
3. Early Pass then Poker. Pass high in the slot and then play poker with the goalie and either shoot or make a second pass.
4. Add a defender and play 2-1. The last attacker out of the zone defend vs. the next two attackers.

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10'

D200 3-3 with 3-2-1 Pucks

Key Points:

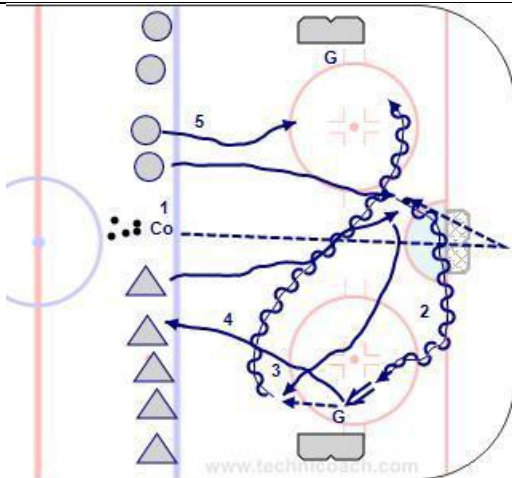
- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

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10' Mel run

E1 D200 Shootout Game

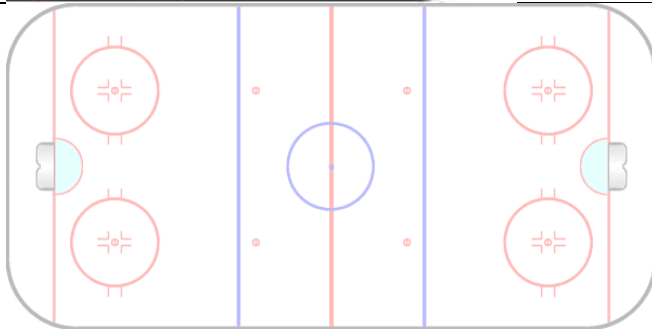
Key Points:

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.

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Explanation/Notes: