



Fire White

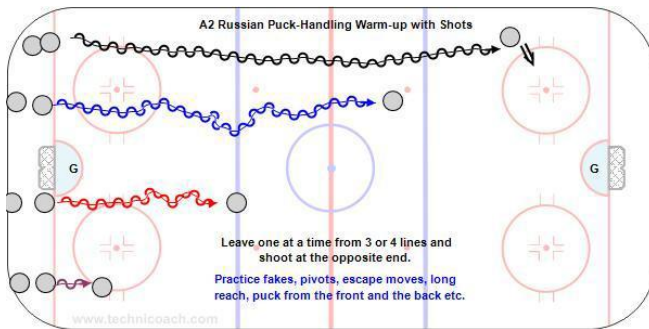
Practice Plan

Date: 12-4-17

Time: 20:00-21:15

Venue: Bowness

| Lines: | Notes: |
|---------------------------------|--------------------------------------|
| Puck handle with Ovechkin moves | One touch catch and release passing. |
| Breakout Regression, | 1-1, 4-4, Batchko 2/3 ice |
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| | |



2' Individual puck handle

10'

A200 Russian Olympic Coach Teaches Ovechin Moves

Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

Description:

A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.

B. Practice moves and fakes while skating down the ice and finish with a shot on net.

1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.

2. Fake the slapshot and accelerate around the defender on the forehand.

3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck to the backhand.

4. Fake a backhand pass or shot and rotate the body in a convincing manner.

5. Fake the backhand and pull the puck across to the forehand.

6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.

7. Fake a wrist shot and spin on the backhand.

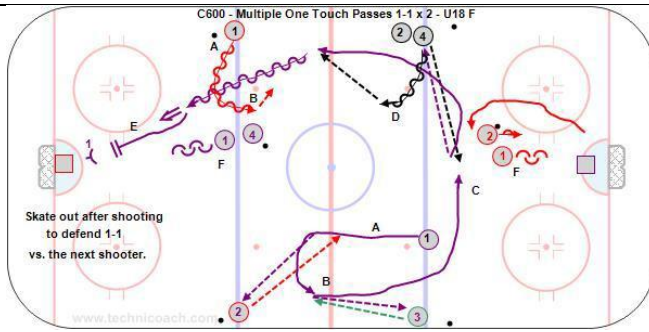
8. Fake a wrist shot and spin to the forehand.

9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.

10. Combine the moves.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>

<https://youtu.be/hWArS-S2qKQ>



10' Kailey

C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

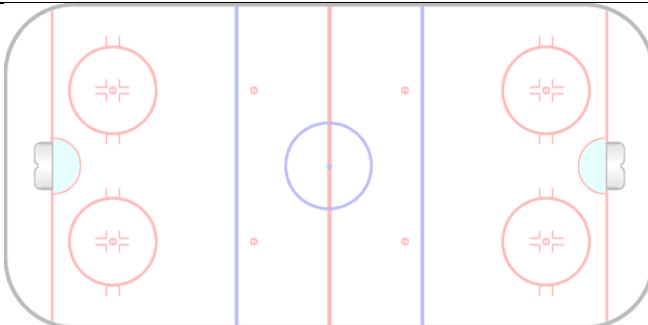
Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

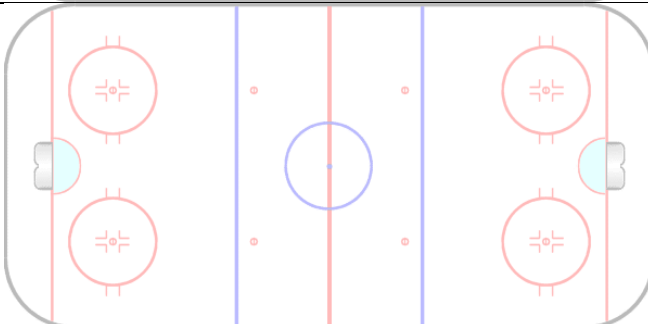
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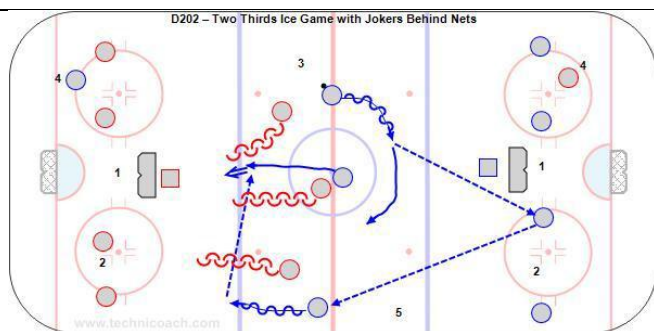
30' Breakout Regression Wally

Explanation/Notes:



Explanation/Notes:





13' Batchko Rules – Two touch.

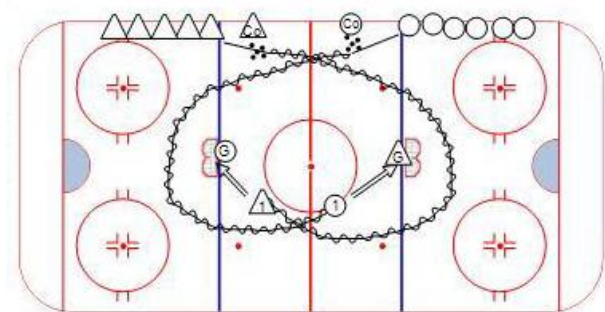
D202 – Two Thirds Ice Game with Jokers Behind Nets

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:

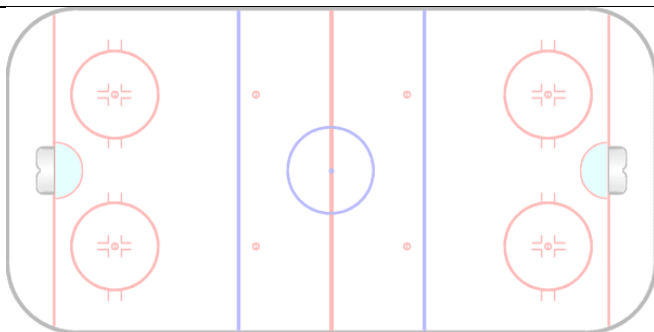
1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. An option is to have jokers from each team behind the nets.
5. Play games with modified rules to practice individual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



10' Mel

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



Pucks and cheer in middle.