



Fire White

Practice Plan

Date: 12-9-17

Time: 16:30-17:45

Venue: Crowchild

Lines:	Notes:
Scoring, passing, point shots, agility	High cycle, breakaways, pass and replace
Scissors, build a wall, cut to the net	D hard fakes to get shot through
Hard passes, taking hard passes on the	Forehand and backhand,
Catch and release passes and shots	

5'

B202 - Saucer Pass - U18 F

Key Points:

Roll the puck from the heel of the stick to the middle with the hands away from the body in a motion similar to throwing a frisbee. Follow through at the target. Do the same motion on the backhand.

Description:

1. Partners line up opposite each other on the blue line.
2. Start with stationary passing and focus on the mechanics of the saucer pass.
3. Pass with a target and practice landing the puck on the red line.
4. Practice both forehand and backhand saucer passes.
5. Progress to skating back to the top of the circle, forward and pass from the blue.
6. Add pivots and fakes.

Have contests on how many land on the red line.

10' quick feet forward, backward, Crosby, fake shot then shot.

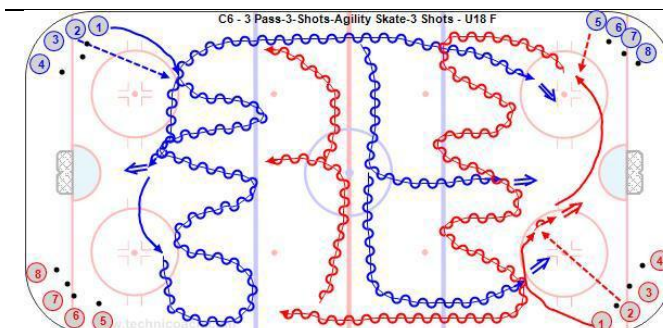
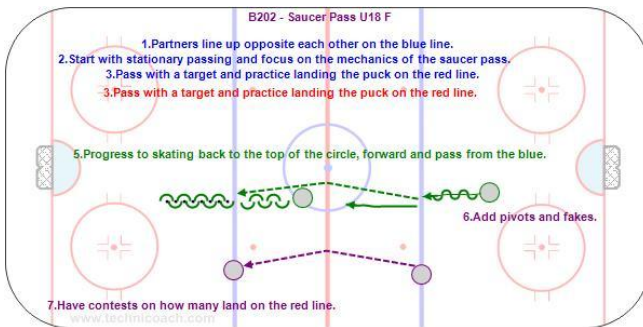
B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

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; no need for whistles.

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>

10' Do at both ends.

D4 Active Jokers at Point Must Shoot-U15 Boy's

Key Points:

One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

Description:

1. Both teams shoot on the same net.

2. Transition from defense to offense by passing to your Joker at the point.

3. Joker must shoot.

4. Teams can have 1 or 2 Jokers at the point.

5. Jokers can check Jokers.

6. Play from 1-1 to 3-3 below the top of the circle.

7. Any teammate can be passed to after the Joker shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104514143>

<https://youtu.be/uXesDVFYuDQ>

10' Kailey introduce.

B4 and B6 Pass and Replace – RB Pro

Key Points:

Face the puck and give a target. On shooting drills always circle back and rebound for the next shooter.

Description:

1. F1 pass to D1 and skate across.

2. D1 pass back to F1 and follow the pass.

3. F1 circle back and pass to D1 in neutral zone.

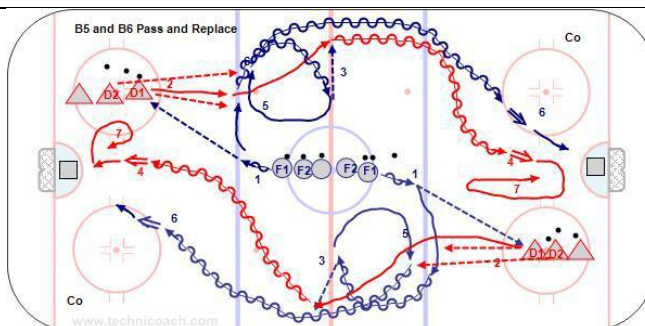
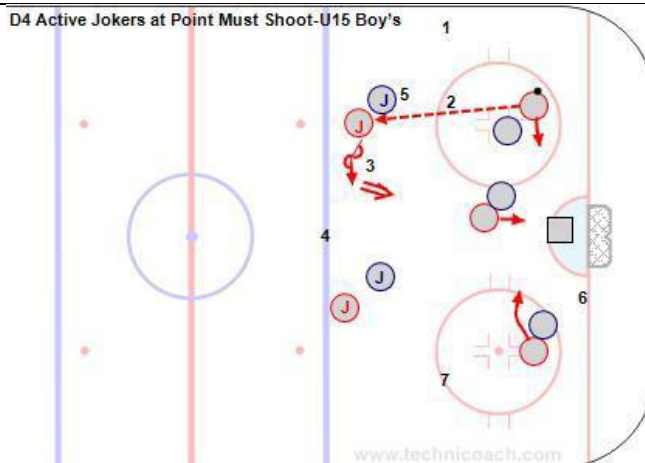
4. D1 shoot at the opposite net.

5. F1 circle back and get a pass from D2.

6. F1 shoot at far end.

7. D1 circle back to rebound for F1's shot.

** F1 screen and tip or circle back for a rebound after*

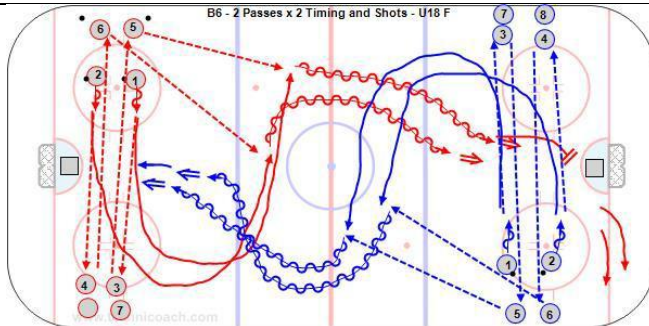


shooting.

* This flow drill can also be done with F and D rotating starting points.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090728110101526>

<https://youtu.be/-V0pTOgIOzI>



8' Kailey Machine Gun Drill

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

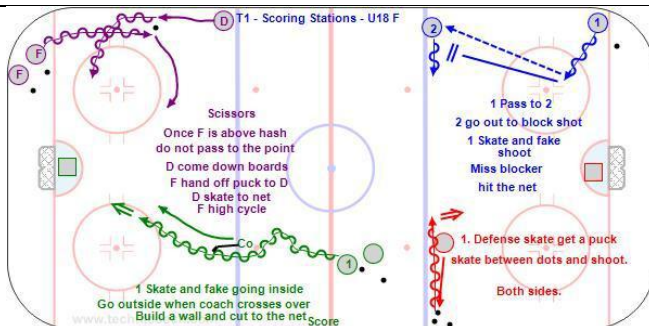
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



15' Tom with D. Kailey Forwards

T1 - Scoring Stations - U18 F

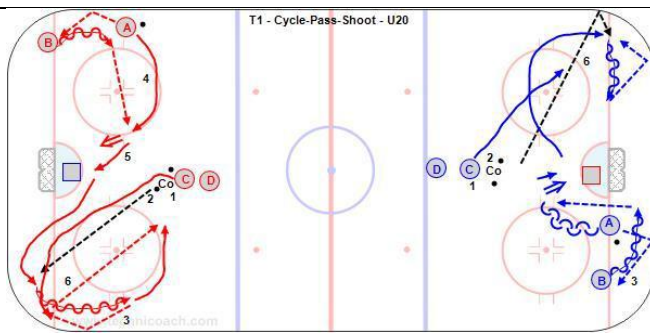
Key Points:

Shoot while skating. Hit the net. Use deception to get the shot through.

Description:

- Defense skate and get a puck on the boards, skate inside the dot and shoot x 3. Do this on both sides.
- D1 skate out and pass to D2 at point, then go out to block the shot. D2 make deceptive moves to get the shot on net and miss the blocker.
- F1 leave from behind the red line at a coach or other player. Skate to the inside and wait for defender to collapse to protect the middle. Skate outside, build a wall with the leg and body and puck on outside. Cut in and shoot.

Scissors. F1 skate the boards with a puck. D1 read F1 is above the hash and shouldn't pass to the point and skate down the wall. F1 leave room for D1 to skate down the boards and pass to D1. D1 go to the net and F1 cycle high for a pass.



8'

T1 - Cycle-Pass-Shoot - U20

Key Points:

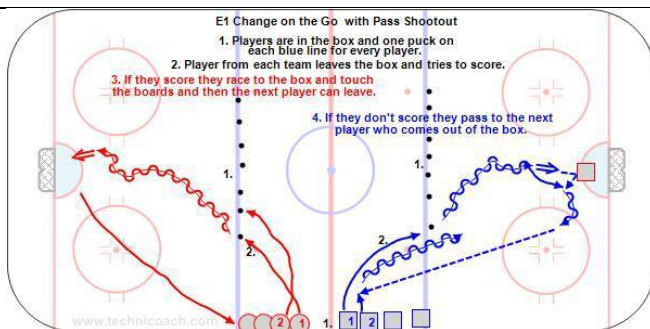
Pass and shoot while skating. Shooter face the puck for a pass and square up for a one timer. Shoot without handling the puck, receive in the sweet spot and shoot.

Description:

1. Players leave from the mid high slot.
2. Coach dump the puck into the corner.
3. Player A get the puck and skate up the boards and bounce pass back to B.
4. A skate around the top of the circle and give a target for a pass.
5. B pass to A who shoots and follows for a rebound.
6. Repeat in the other corner with B cycling to C and B shoot.

* Option is to cycle toward the back of the net and A kick out for a pass. Pass can be made off the bottom bar of the net into the slot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818214245188>



8'

E1 Change on the Go with Pass Shootout – U18 F

Key Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

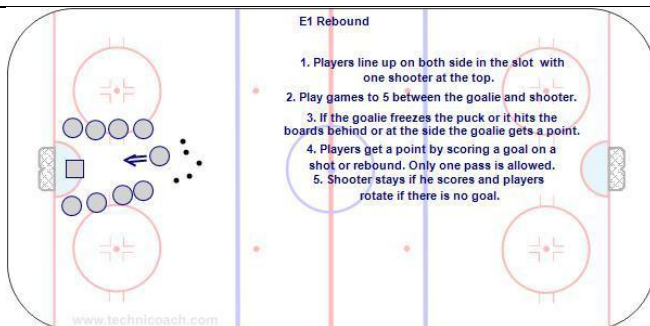
4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>



6'

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points:

Make quick shots and one timers and goalie read the play.

Description:

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>
