



Fire White

Practice Plan

Date: 12-12-17

17:45-18:45

Venue: Max Bell 2

Lines:

Breakout review, skate to big ice and take D backs in. 2-2 isolate the widest defender

Notes:

Ice behind, wide entry, skate to middle when 2 on 2 full ice drill



10'

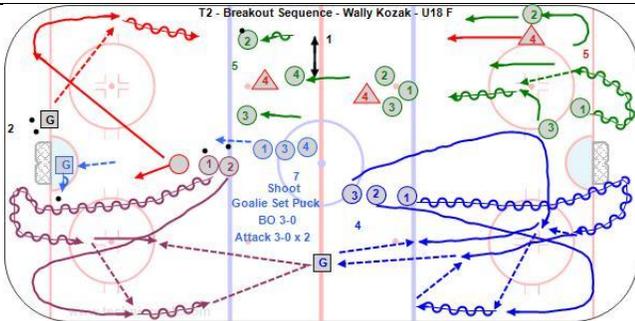
A2 Skating Warm-up for Edges and Balance

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.

Description: A2 Formation - Players start at one end and skate to the other end. - 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.

<https://youtu.be/PKGj99HYAYc>

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15'

T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description: Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.

1. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
2. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
3. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass

back to D who passes to the other forward.

4. Four leave and the fourth player is a forechecker.

Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.

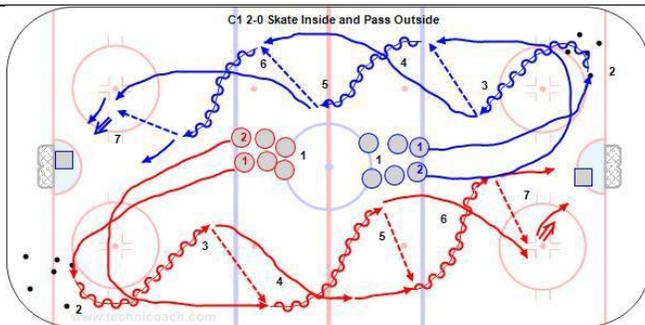
5. Attack 3-1 backchecker and score at the other end.

6. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

Did the sequence and added passing to middle and only one player leaves. Added D-W-D-C-G Jack Hammer and D-C-D-W-G

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171208171205521>

<https://youtu.be/995uo789DdY>



12'

C1 2-0 Skate Inside and Pass Outside

Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

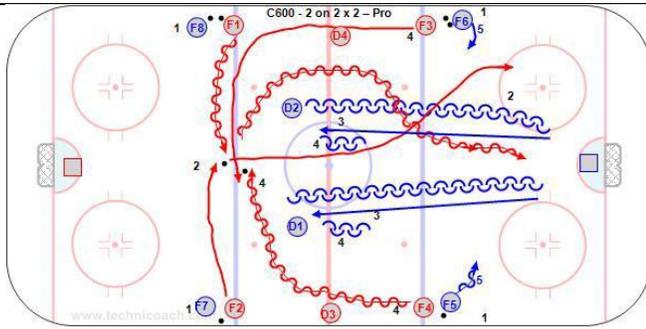
I used this format with the players dumping the puck in from the middle and then picking it up.

A – Just the drill and focus on skating to the big ice and taking the ice behind.

B – Doing one rep in each zone and passing wide to get over the blue line.

C – Coach inside blue line and wide player skate to the middle and partner take the ice behind.

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7'

C600 - 2 on 2 x 2 – Pro

Key Points:

Defenders play tight gaps, forwards create a 2-1 on one of the defenders, attack with speed. Defense box out and take sticks after the shot.

Description:

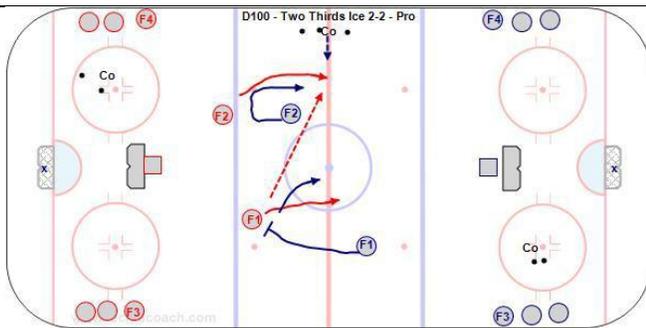
1. Forwards start from the four blue lines and D from the red lines.
2. F1-F2 cross and drop and attack D1-D2.
3. After the first attack D1-D2 skate to the neutral zone
4. F3 – F4 cross and drop from the far blue line and attack 2-2 vs. D1-D2.
5. Repeat with F5-F6 attacking the other net vs. D3-D4.

**To add a component F3-F4 could follow the rush and get a pass from D1-D2 then cross and drop at the far blue line and attack D1-D2.*

**The same sequence can be used 1-1, 1-2, 2-2, 3-2 vary the situations randomly.*

**Give a time to score like 10" on the first rush so the players fight for rebounds and make a second play before the whistle. This adds lots important of components to the drill.*

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8'

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.

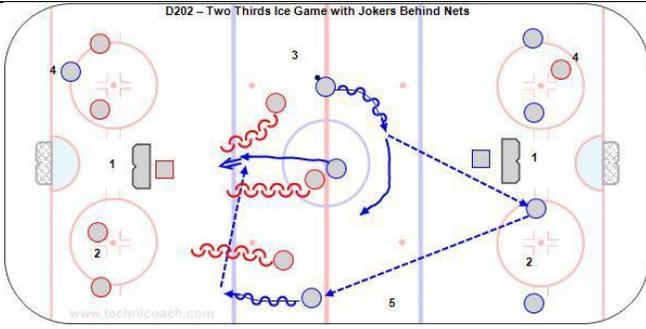
1. Puckcarrier.
2. Support the puck carrier.
3. Check the puck carrier.
4. Cover players away from the puck.

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 of play.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

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8'

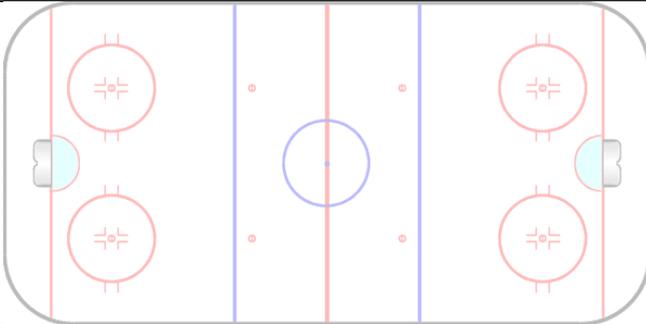
D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

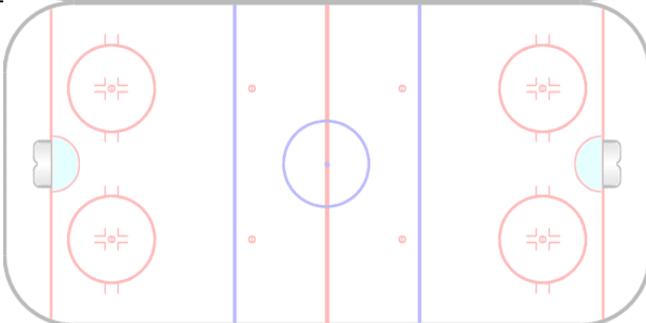
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, 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,



Explanation/Notes:



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