



Fire White

Practice Plan

Date: 12-13-17

Time: 20:15-21:45

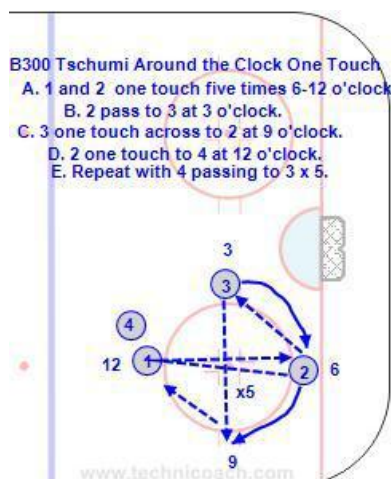
Venue: Norma Bush

Lines:

Breakouts, power play, penalty kill

Notes:

2-1, 2-2, 3-3, backchecking, puck support



7' Goalies Mel

B300 Tschumi Around the Clock One Touch

Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=90>



8' Goalies - Mel

B202 Pass to All Players

Key Points:

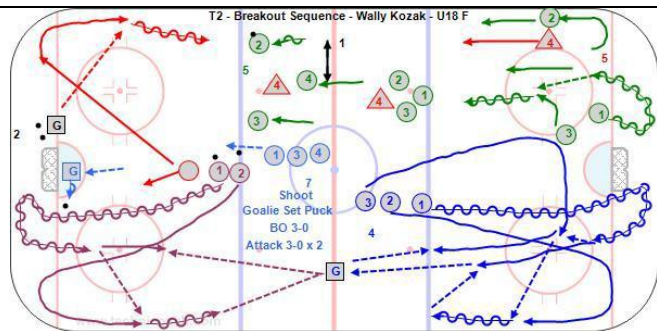
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=99>



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.

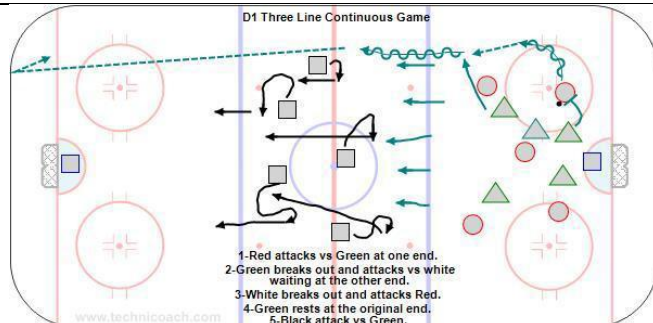
4. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier. 5. Attack 3-1 backchecker and score at the other end.

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

Add – Wheel and Counter and do from both ends.

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



15' Jim introduce and run. PP-PK

T2-4 - Continuous Three Team Game - Passive Resistance – Pro

Key Points:

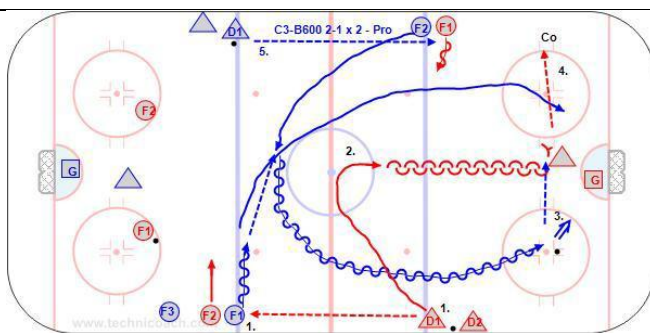
Practice offensive and defensive team play with passive resistance where players practice positioning in both situations. You can also play this as a live scrimmage and use the same rotation for PP and PK. To work on PK have either 3 or 4 players waiting in the neutral zone.

Description:

1. Start with a dump in and 5-0 breakout.
2. Defending team wait in the neutral zone and go back to breakout on the dump-in.
3. Offensive team forecheck with a wide 1-2-2 and a 2-1-2 when F1 creates pressure.
4. Use various breakout options as; boards, reverse, quick to C, C touch back to Wing, etc.
5. Three forwards and two defensemen wait in the neutral zone when the puck enters each end.
6. The new players go back for the dump-in and breakout.

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https://youtu.be/jli_o4eSyMc



12' Kailey introduce and run.

C600 - 2-1 x 2 – Pro

Key Points:

Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot, deny shots from the middle and puck crossing the mid-line.

Description:

1. F's line up at diagonal blue lines and D's at opposite diagonal blue lines. 2. D1 pass up the boards to F1. 3. F1 skate to the middle and pass to F2 who crosses behind as D1 closes the gap. 4. F1-F2 attack 2-1 vs. D1. 5. Coach mirror the play from the high slot. (A player could also do this) 6. D2 pass to F3 and F4 skate back and cross to attack D2 the other way. 7. Finish the attack with a goal, frozen puck or D pass to the coach. 8. Players watch to see which attack is finished and start the 2-1 in that direction.

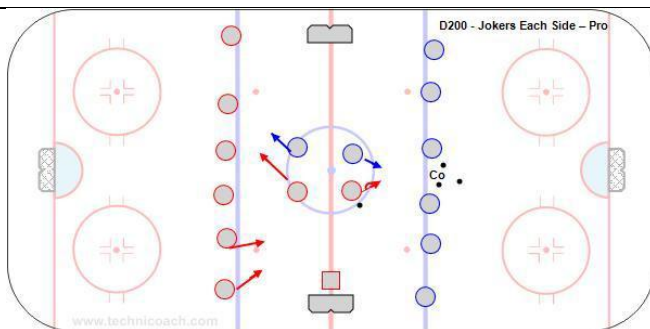
* D and goalie make it a 2 on 2 and allow the goalie to be square to the puck.

* After a shot the D takes the stick of the player at the far post and goalie play the rebound.

* Attacker should pass on the forehand if he is on the off wing or shoot if the D lets you walk in.

* This is a great drill and it could be random with 1-2 or 3 F attacking and 1 or 2 defending. The players would have to read the play and communicate.

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10'

D200 - Jokers Each Side – Pro

Key Points:

Play short shifts of 20-30'. Everyone keep their sticks on the ice. Pass to Jokers is allowed. You can play either Jokers must pass or also allow them to shoot.

Description:

1. Start with the red players on one blue line and white on the other and play cross-ice.

2. Coach spots a puck and players leave from their net end of the line-up.

3. Coach put in a new puck after a goal or the puck is out of play.

4. Modified rules can be added. i.e. one touch goals only.

5. Any even or odd combination of 1 vs. 1 to 5 vs. 5 can be played.

* On the whistle either pass to the coach who spots the puck or pass to your team mate coming on.

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<https://youtu.be/BunLqAxVjiQ>

7'

D200 - 2-2 Shooting Jokers Behind Goals - U18 F

Key Points:

Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

Description:

1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027110515204>

<https://youtu.be/i72Q8IXaUBo>

10' Mel shoot in pucks

D200 3 on 3 With 3 Pucks

Key Points:

- Players can only shoot when the goalie is ready.
- No empty net goals.

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. Hustle out of the zone on the whistle and play 20-30 seconds only.
5. Leave the puck in the net after a goal is scored.
6. Coach shoots in another puck when a goal is scored.
7. Count the pucks in the net after to determine the winning team.

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8'

E1 D200 Shootout Game

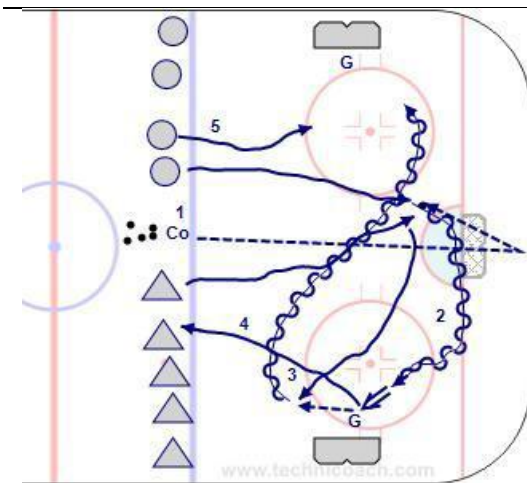
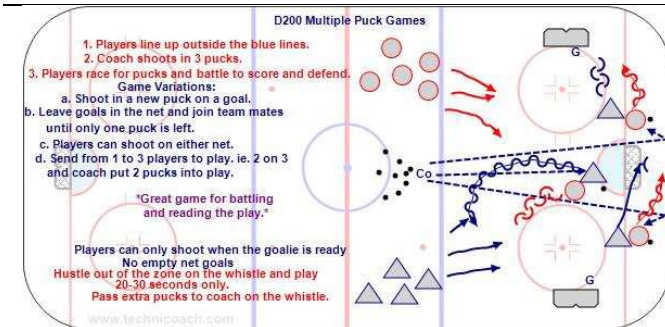
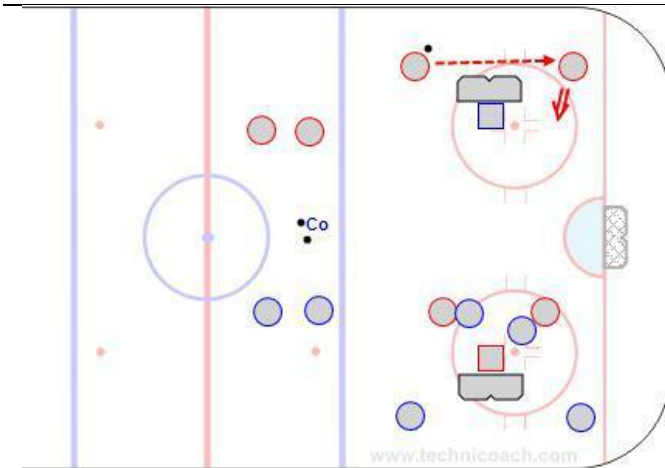
Key Points:

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>



Get pucks and cheer in middle.

