



## Fire White

## Practice Plan

Date: 12-14-17

Time: 16:00-17:30

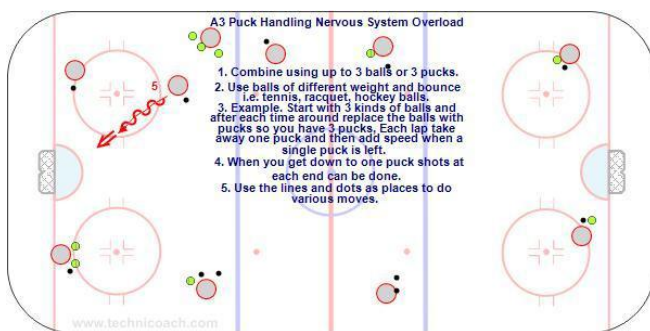
Venue: Henry Viney

### Lines:

Dzone, puck support, 1-1, 2-1, shots  
Continuous 2-1 to 3-3 transition, regroup

### Notes:

3-0, 3-1, 3-2, scoring,



### 7' Mel with goalies

#### A3 Puck Handling Nervous System Overload

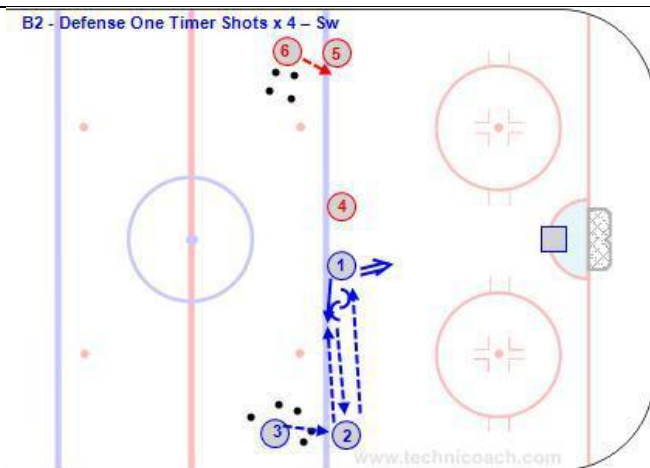
##### Key Points:

Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

##### Description:

1. Combine using up to 3 balls or 3 pucks.
  2. Use balls of different weight and bounce i.e. tennis, racquet, hockey balls.
  3. Example. Start with 3 kinds of balls and after each time around replace the balls with pucks so you have 3 pucks, Each lap take away one puck and then add speed when a single puck is left.
  4. When you get down to one puck shots at each end can be done.
  5. Use the lines and dots as places to do various moves.
- The first part of this college women's practice has them handling one ball and one puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204547549>



### 8' Shoot at boards and Mel with goalies

#### B2 - Defense One Timer Shots x 4 - Sw

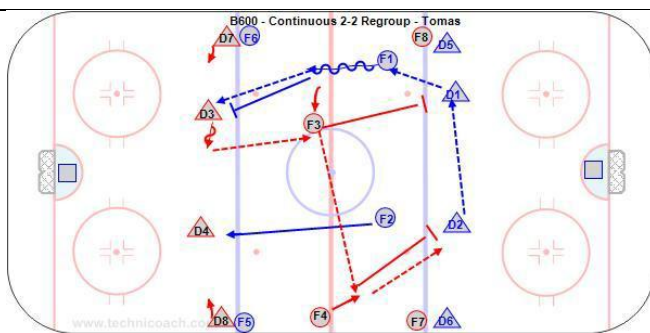
##### Key Points:

Shoot while moving, head up, follow through at the target.

##### Description:

1. Organize the defense into two groups. When one is finished the other starts.
  2. #3 pass new pucks to #2.
  3. #1 skate toward 2 along the blue line and get a pass from 2.
  3. #1 one touch back to 2 who one touches to 1.
  4. #1 takes a one timer shot.
  5. Repeat 4 times and then 5 pass to 4 x 4 and 4 shoots.
- \* Rotate 3 to 2, 2 to 1, 1 to 3 while the other group shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164755275>



## 7' 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:

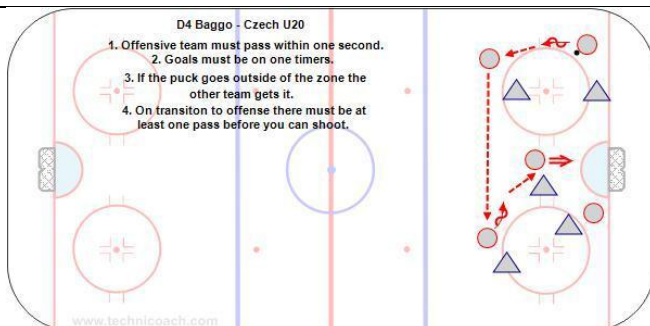
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

\* 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



## 8'

### D4 Batchko - Czech U20

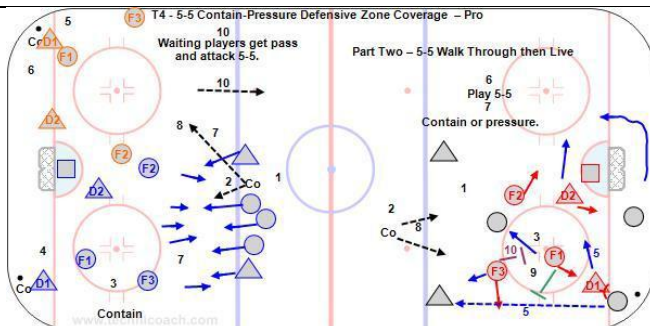
#### Key Points:

Face the puck. Get open for a pass and give a target. Goals on one timer shots.

#### Description:

1. Offensive team must pass within one second.
2. Goals must be on one timer.
3. If the puck goes outside of the zone the other team gets it.
4. On transition to offense there must be at least one pass before you can shoot.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=83>



## 30'

### T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

#### Key Points:

Everyone must see the puck and see their man. Stay on the net side (defensive) of the player they are covering. Sticks on the ice and in the passing lanes. It is a combined 'man to man-zone defense'. All defenders must cover one player. Closest defender to the puck on tight, 'Body on body and stick on the puck.' next closest a stick length away, third closest half way, fourth and fifth closest maintain a 'man-you-puck triangle', see the puck and your man with the stick in the passing lane. Weak side defending forward pick up F3 if he is high in the slot.

#### Description:

**Part One – Defensive Zone Rotation Contain then Pressure (Swarm)**

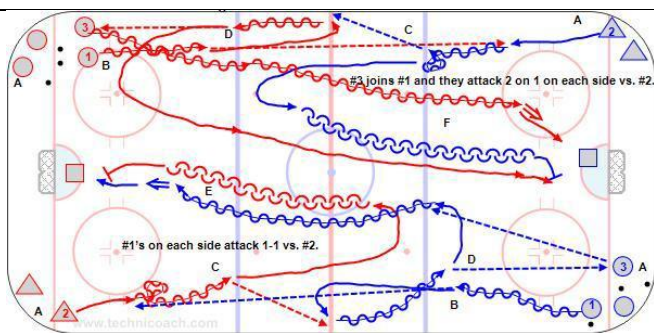
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1. 5 defenders start from the blue line with a coach in each corner.
  2. Coach pass the puck to the corner and defenders skate into the zone. 'Man on Box Behind.'
  3. Read offensive control and play 'man to man-zone defense.'
  4. D1 on puck, D2 net front, F1 support D1 low, F2 mid slot, F3 puck side point.
  5. Read no offensive control so pressure and outnumber the offense – 'Swarm.'
  6. D1 on hard, D2 move to goal line, F1 close support for D1, F2 net front coverage, F3 move to boards above the hash marks. D2 and F3 intercept any low or high rim.
  7. Pass to coach, players skate out - pass to the coach in the other corner - the 5 defenders rotate.
  8. D2 to corner, F1 skate in front and to corner, F2 cover puck side point, F3 mid slot.
  9. Repeat the contain and pressure, 'Swarm' walk through.
  10. After each group has practiced a few times go live.
  11. Repeat the walk through in both corners then skate out and pass to 5 attackers and defend 5-5.

***Part Two – 5-5 Walk Through then Live***

1. Set up in one zone with 5 attackers and 5 defenders.
  2. Coach pass the puck to the corner and all 5 defenders rotate.
  3. D1 on puck, D2 net front, F1 support D1, F2 mid slot - cover high offensive OF3, F3 puck side point.
  4. Pass puck to strong side point and all rotate.
  5. F3 up to point, F2 slide to mid slot, F1 cover high offensive OF3, D1 and D2 be half way or box OF1-OF2.
  6. After the low and high walk through play 5-5 live.
  7. Communicate to switch between 'contain and pressure' defending.
  8. Coach spot a new puck if the play ends right away.
  9. F1 pressure the puck at the hash marks or half wall and D1 support.
  10. F3 drop down to prevent a high walk-in if F1 is beaten on the wall.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171006111046820>

<https://youtu.be/gREv1mFhTqU>

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10'

### C6 Regroup x 2, 1-1 and 2-1 – Pro

#### Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

#### Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

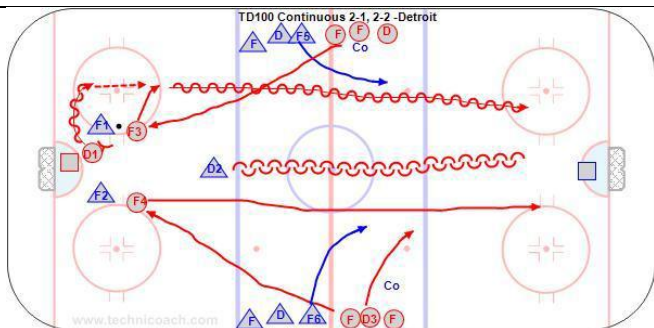
D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

\*With younger players stagger the start so each corner leaves after the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>



### 10' back track through the middle lane.

#### DT100 Continuous 2-1, 2-2 –Detroit

#### Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

#### Description:

1. F1 and F2 attack vs D1.

2. F3 and F4 support D1 as far as the hash marks.

3. D2 support F1 and F2 passively from the point.

4. D1 make a breakout pass to F3 or F4.

5. F3-F4 attack D2 in the other direction.

6. F5 and F6 support D2 and D3 support F3 and F4.

7. Continue this flow.

8. Add a D to make it a 2 on 2.

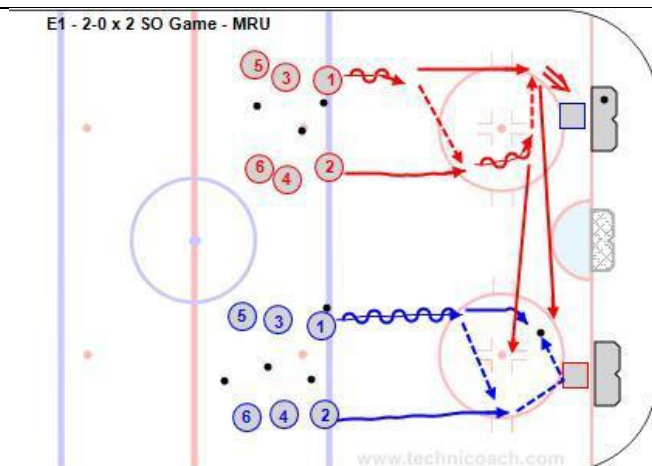
Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

DT100 - Continuous 2-1 and 2-2 - Detroit

[https://youtu.be/eUVJXyP\\_cSA](https://youtu.be/eUVJXyP_cSA)

E1 - 2-0 x 2 SO Game - MRU



10'

E1 - 2-0, 3-0 x 2 SO Game – MRU

**Key Points:**

Use many variations on the 2-0 or 3-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

**Description:**

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point for every goal.

E - 20" next rep.

F - First team to 20 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016092511071521>

<https://youtu.be/ss-rEHpfr5w>

**Explanation/Notes:**

