



Fire White

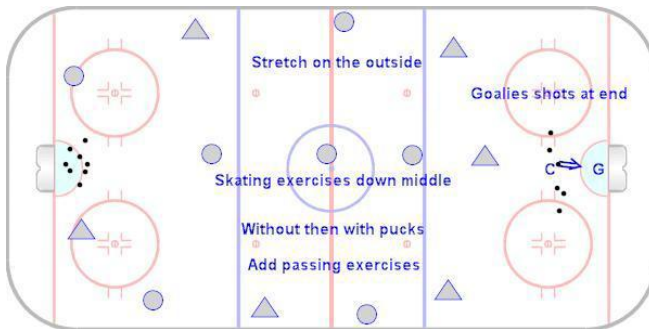
Practice Plan

Date: 12-18-17

Time: 17:00-18:15

Venue: SAIT

Lines:	Notes:
Scoring – skate full speed, pull puck in or	Push the puck out to change the angle.
Passing, batchko x 2, puck support	Shootout, rebound, one zone game
2/3 ice game	



5' Coach led

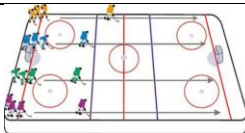
A300 Big Moves _ Russian Warm-up

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.



7' Players lead.

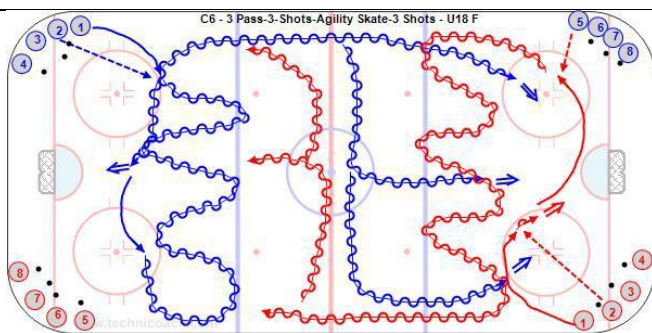
A2 Skating Warm-up for Edges and Balance

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.

The same warm up with 12-14 year olds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



10' only forehand, only bh, chocktaw, Crosby

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>

8' fake then shoot at full speed.

A2 Neutral Zone Overspeed

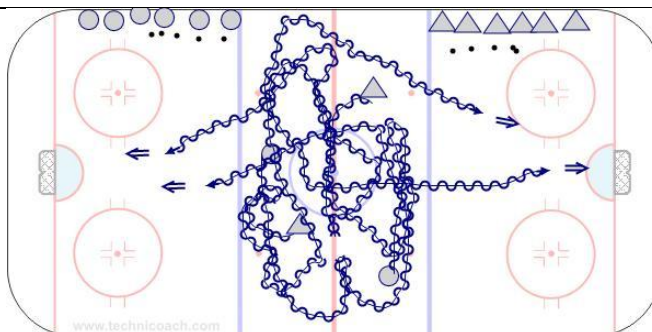
Key Points:

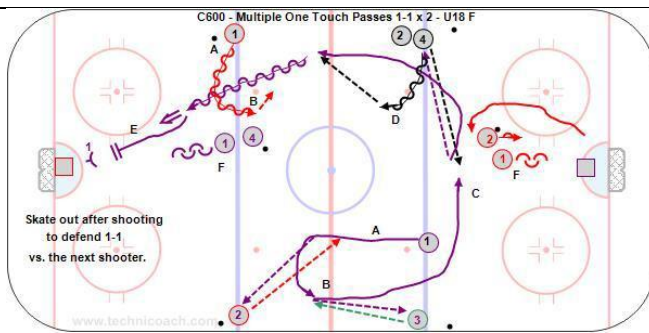
It is important to do some overspeed training where players skate and do all the skills at a top speed. Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

Players wait outside the neutral zone against the boards. On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin. While the first group leaves the second group skates with a puck in the middle. Follow the shot, look for rebounds. You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.

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10' **Add one more pass at each rep.**

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 x 2.
- B. 1 turn out and exchange passes with 3 x 2.
- C. 1 skate across and exchange passes with 4 x 2.
- 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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

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12'

D4 Batchko - Czech U20

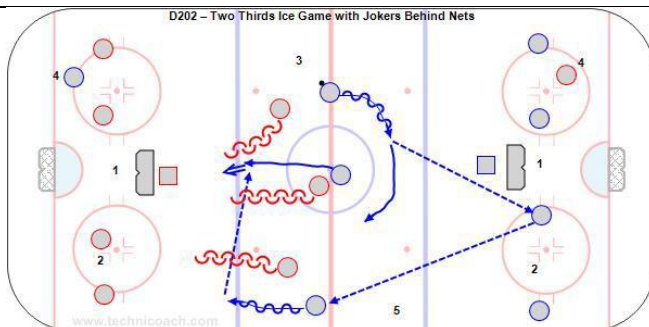
Key Points:

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

Description:

- 1. Player can only touch the puck twice.
- 2. Goals must be on one timers.
- 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>



20' Two touch Batchko rules. Players and Jokers.

D202 – Two Thirds Ice Game with Jokers Behind Nets

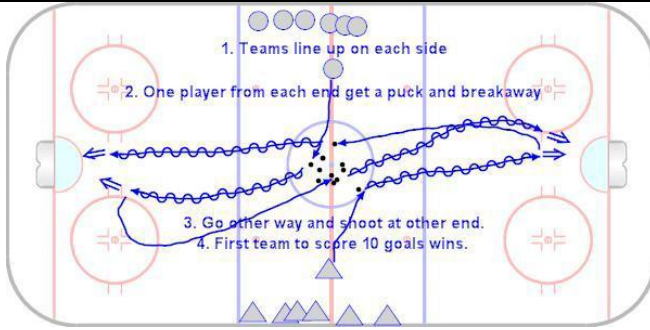
Key Points:

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,



5'

E1 Two Shot Shootout

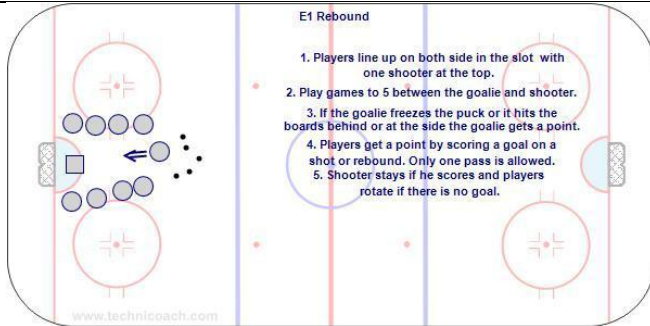
Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams lines up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>



5'

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

1' pucks, meet in middle for team cheer.
