



Fire White

Practice Plan

Date: 12-20-17

Time: 20:15-21:45

Venue: Norma Bush

Lines:

Puck battles, 1-1, 2-2, 3-3, 2-1, 4-4

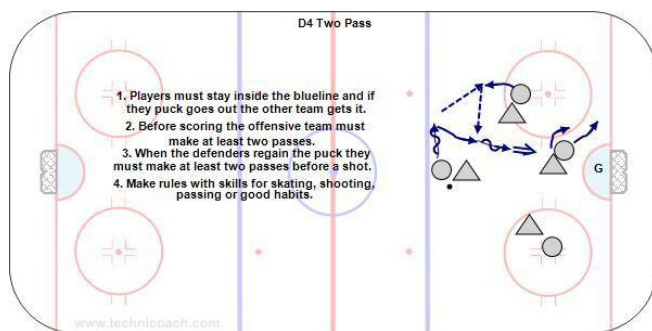
Staying inside walk through

Playing with speed

Notes:

Puck support, passing and receiving

1-2, angling, driving to the net



10'

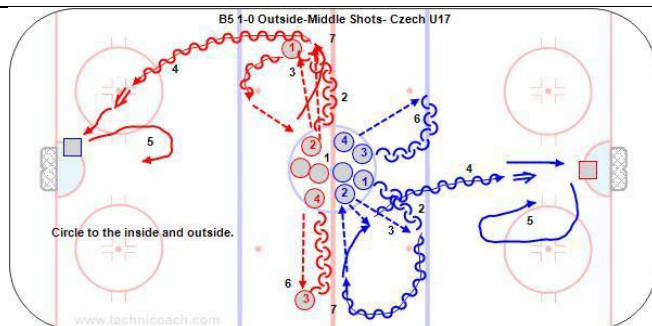
D4 Two Pass – U15 Boy's

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description: 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104513276>



10' **Defend 1-1 with stick upside down after shooting.**

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

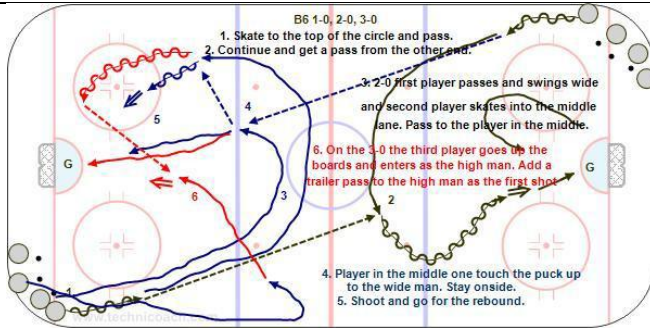
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

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10'

B6 1-0, 2-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

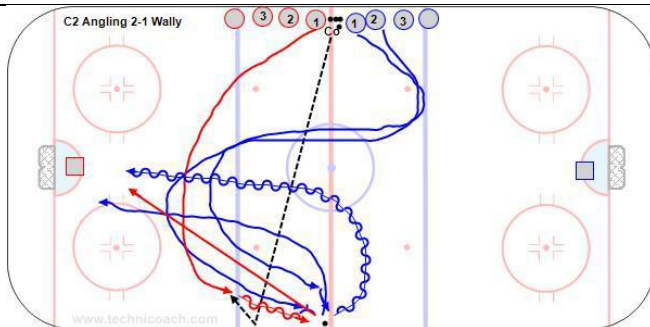
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



15'

C2 Angling 2-1 Wally

Key Points:

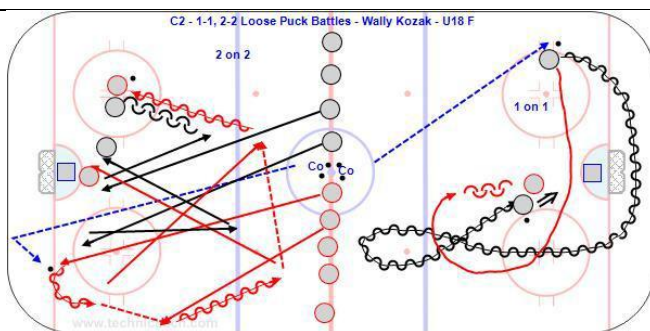
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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15'

C2 - 1-1, 2-2 Loose Puck Battles - Wally Kozak - U18 F

Key Points:

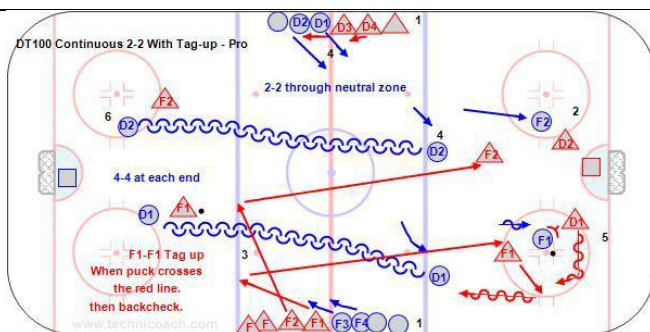
Battle for loose pucks. Fire in a new puck as soon as the battle is over. Start with one end and then go both ends at once. Keep score. Stop the battles and ask what can be done better and give input to improve performance. Check closely and pressure the puck carriers hips. Can be played 1-1 to 5-5 with even or odd numbered teams depending on how many players are practicing.

Description:

1. Players line up on the red line.
2. Red one side and black the other side.
3. Battle for pucks with good angles, body position, protect the puck.
4. Coach shoot a puck in and a player from each colour race for the puck.
5. Start with 1-1.
6. Player that wins the battle must breakout over the blue line then turn back to attack.
7. Battle happens at both ends.
8. When the rush ends players return to the lineup and a new puck is shot in at either end.
9. Play 2 on 2.
10. 2-2 has all 4 game playing roles. 1-puck carrier, 2-offensive support, 3-closest checker, 4-defend away from the puck.
11. Start at one end to demonstrate and then go both ends at once.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171219120514856>

<https://youtu.be/qWhxxzyujc8>



15'

DT100 Continuous 2-1, 2-2 With Tag-up – Pro

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

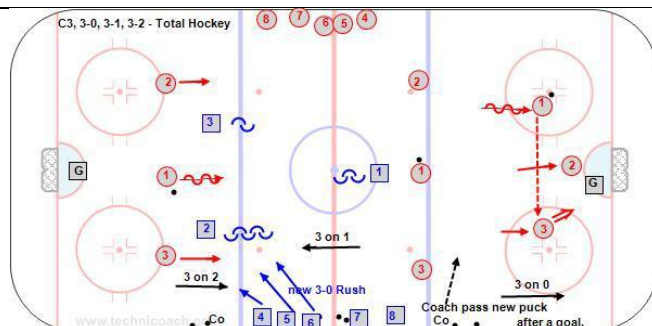
* Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.

* You can play this transition game from 1-1 to 3-2, i.e. 1-1

gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

<https://youtu.be/pBE2B41Zklc>



10'

C3, 3-0, 3-1, 3-2 - Total Hockey - U18 F

Key Points:

Total hockey because everyone plays all positions on offense and defense. Attack with a middle drive at top speed. Hit the net and drive for rebounds. Only allow one pass in the offensive zone on the 3-0. Attack with speed and make plays early while defenders delay the attack.

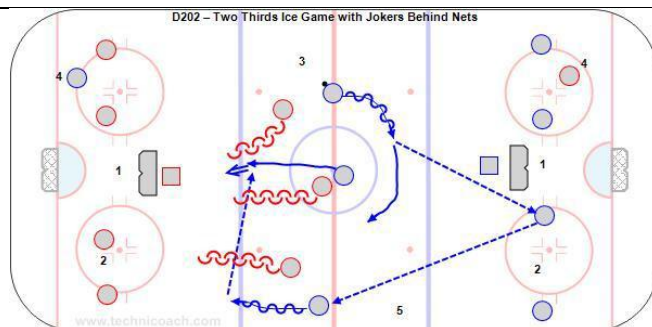
Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

** Prepare all the players to play Total 1-2-3-4-5 Hockey.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013012209054791>

<https://youtu.be/9MTh5t8o1y8>



15' **Goals must be scored using Give and Go plays.**

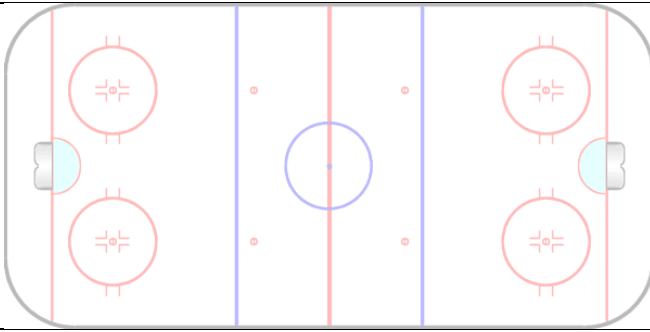
D202 - Two Thirds Ice Game with Jokers Behind Nets

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,
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Explanation/Notes:
