



Fire White

Practice Plan

Date: 12-28-17

Time: 17:00-18:15

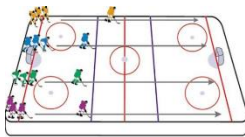
Venue: ECTAS

Lines:

Passing, puck support, quick thinking,
1-1, 2-2, 4-4, shoot while skating

Notes:

One time shots, pass receiving,



10' Captains lead

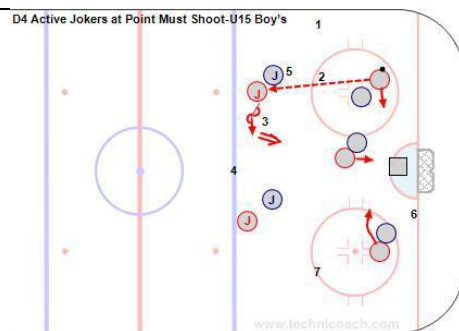
A2 Skating Warm-up for Edges and Balance

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.

<https://youtu.be/PKGj99HYAYc>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113>



10'

D4 Active Jokers at Point Must Shoot-U15 Boy's

Key Points:

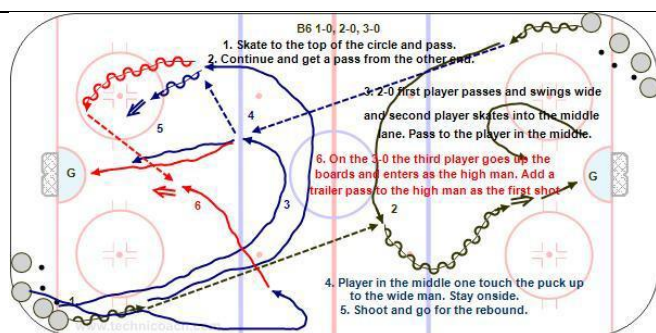
One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

Description:

1. Both teams shoot on the same net.
2. Transition from defense to offense by passing to your Joker at the point.
3. Joker must shoot.
4. Teams can have 1 or 2 Jokers at the point.
5. Jokers can check Jokers.
6. Play from 1-1 to 3-3 below the top of the circle.
7. Any teammate can be passed to after the Joker shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104514143>

<https://youtu.be/uXesDVFYuDQ>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe

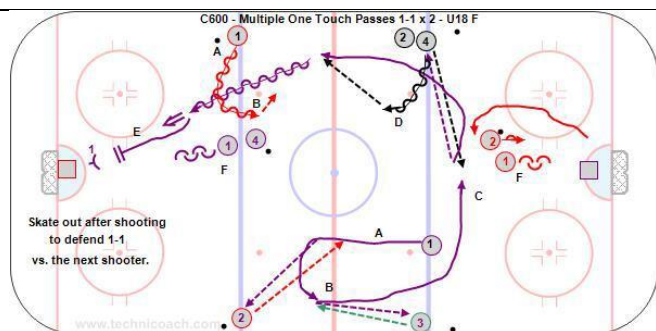
Key Points:

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.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end.
3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle.
4. Player in the middle one touch the puck up to the wide man. Stay onside.
5. Shoot and go for the rebound.
6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120301081936833>



10' Add a second one touch pass each time.

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:

- 1 exchange passes with 2.
- 1 turn out and exchange passes with 3.
- 1 skate across and exchange passes with 4.
- 4 skate to the inside and pass to 1 skating wide up the ice.
- 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- 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>

<https://youtu.be/7sdcZtyS6VY>

20' Add rule – goals on one touch shots.

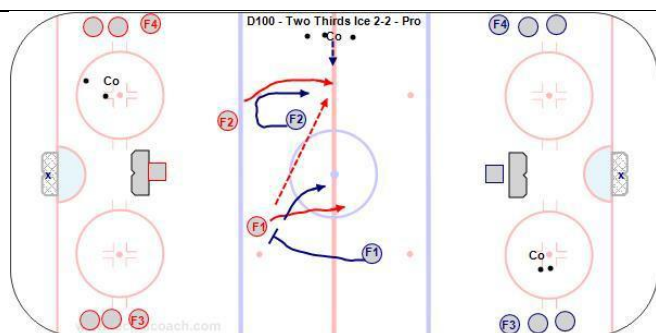
D100 - Two Thirds Ice 2-2 – Pro

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:



- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017071711210417>

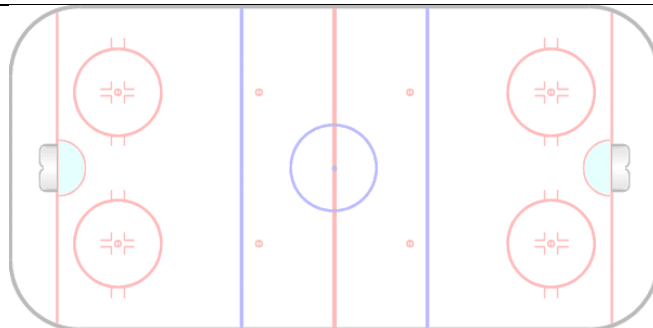
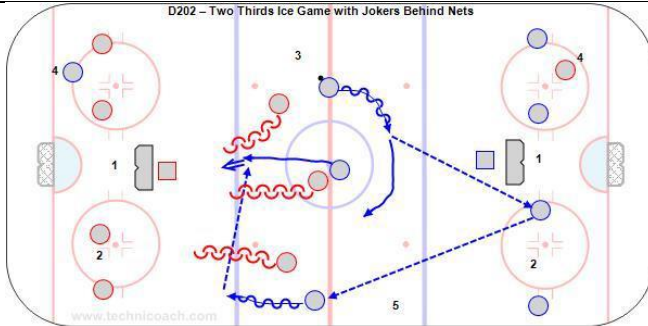
20' – 10' Batchko 2 touch rule - 10' 2" game

Key Points:

Description:

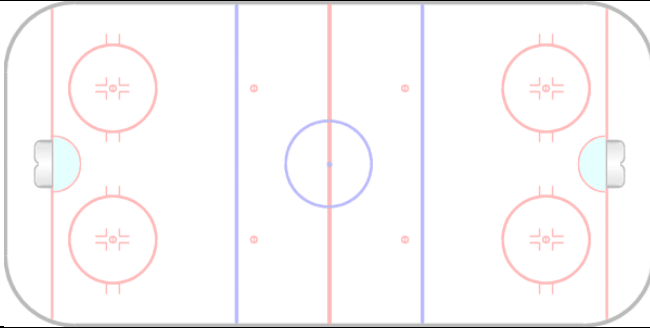
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

Explanation/Notes:





Explanation/Notes:



Explanation/Notes:
