



Fire White

Practice Plan

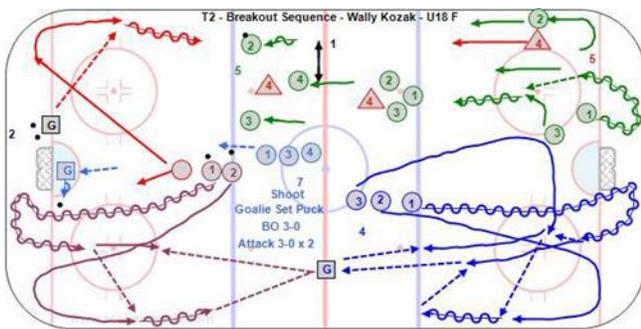
Date: 1-5-18

Time: 17:00-18:30

Venue: Winsport

Lines:	Notes:
Assistant coaches ran practice 1-5/6-18	Team play review 5-5 dzone and forecheck
Breakout options, Batchko, Edges and	Puck handling

20' – 1-0, 2-0 to wing, centre, counter, wheel, 3-0, 3-1



T2 - Breakout Sequence - Wally Kozak - U18 F

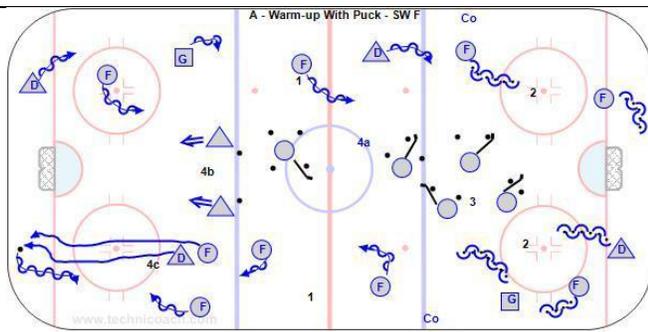
Key Points:

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.

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



10' Captains lead.

A - Warm-up With Puck - SW F

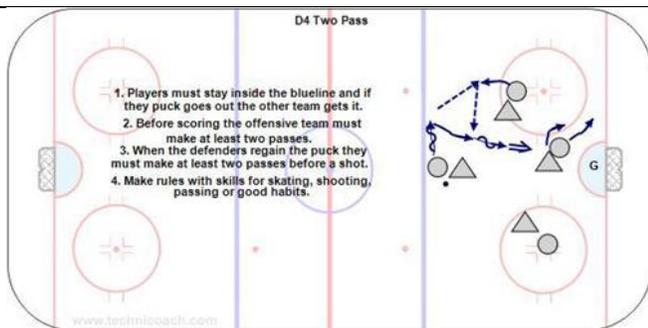
Key Points:

Keep the hands away from the body, roll the wrists, have loose shoulders, handle the puck all around the body with big moves.

Description:

1. Skate forward weaving around the ice with a puck and go fast on the whistle.
2. Skate backward weaving around the ice with a puck and go fast on the whistle.
3. Handle two pucks at the same time with work/rest intervals.
4. Individual skills:
 - a. Puckhandle around two and four pucks.
 - b. Defense take shots from the point.
 - c. Defenseman make an escape move vs. a forechecker.

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15' – Second game Batchko – Game at each end.

D4 Two Pass – U15 Boy's

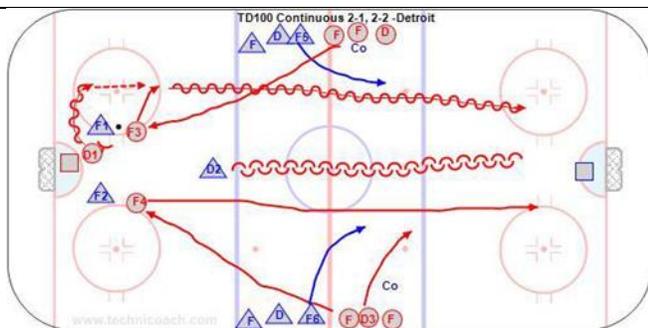
Key Points:

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.

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15'

DT100 Continuous 2-1, 2-2 – Detroit

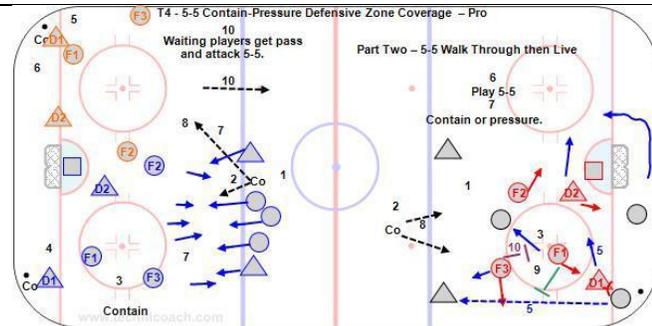
Key Points:

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 zone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroupings.
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15' Team in two colours

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)

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.

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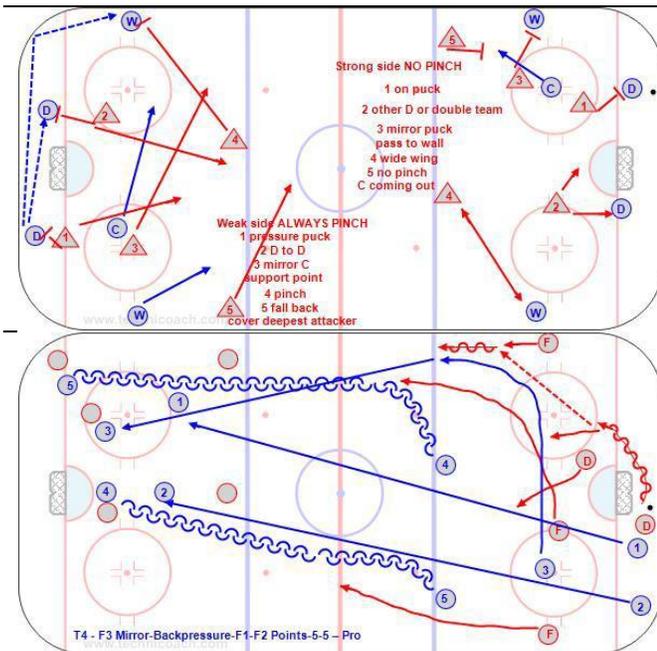
10' Each group walk through while other colour is in zone passively.

T4 – 2-3 Forecheck Review

Pressure the puck carrier. Pinch on the weak side.

<https://youtu.be/LzD9THRBlqA>

Add offensive swarm. Play as on Power Play. Outnumber opponents on all loose puck battles.



This drill reviews defending the breakout and coming back into the defensive zone with back pressure and back tracking.

T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro Key Points:

F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

Description:

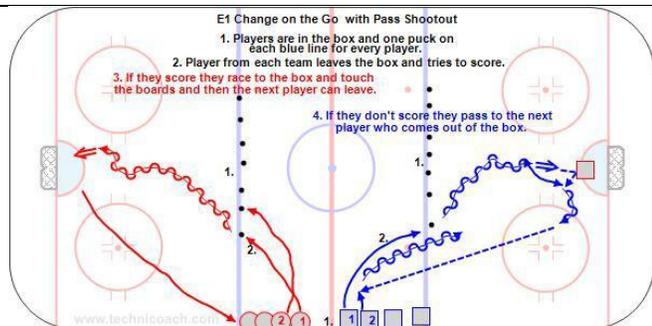
1. Start with the offensive D skating behind the net and pass to the C or W.
2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.
3. F3 mirror the puck covering their C then backpressure the first pass.
4. F1-F2 back track through the middle lane to the slot and pick up attackers.
5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.
6. D2 skate back through the middle and pick any attacker on the weak side.
7. Defend from the net out with 'one man on and a box behind, combined zone man on man.
8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.

*D1 pinch on any wide rim and F3 fill behind.

*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.

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10'

E1 Change on the Go with Pass Shootout – U18 F

Key Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description: 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

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