



Fire White

Practice Plan

Date: 01-11-18

Time: 16:00-17:30

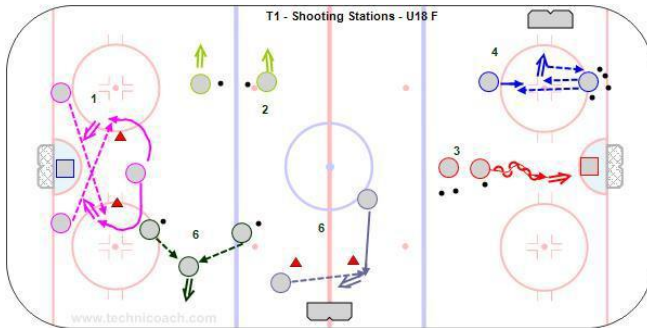
Venue: Henry Viney

Lines:

Goalies vs. dekes, hard passes give and
Transition 2-1, 2-2,

Notes:

Receive, D join attack, breakouts
Defending a 1-1, back pressure



3' Puck handle

6' Coaches observe and help players. Mel goalies

T1 - Slap Shot and One Timer Shooting Stations - U18 F

Key Points:

Strong bottom hand. Hit the ice behind the puck.

Description:

1. One touch shoot passes on each side from below the goal line.

2. Slap shot with snow behind the puck.

3. Shootout contest, keep shooting until you miss.

4. One time shot x 4. Skate forward exchange passes, backward on one timer.

5. One time forehand shot.

6. Quick shot after a pass from each side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027103129928>

<https://youtu.be/HAuCwIk-Cg>

6' Around 4 circles.

Goalies work on Shootout dekes.

B300 Tschumi Around the Clock One Touch

Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

A. 1 and 2 one touch five times 6-12 o'clock.

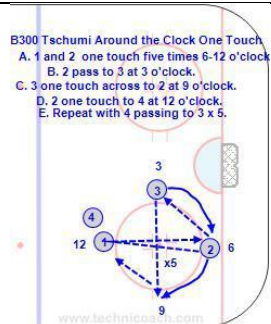
B. 2 pass to 3 at 3 o'clock.

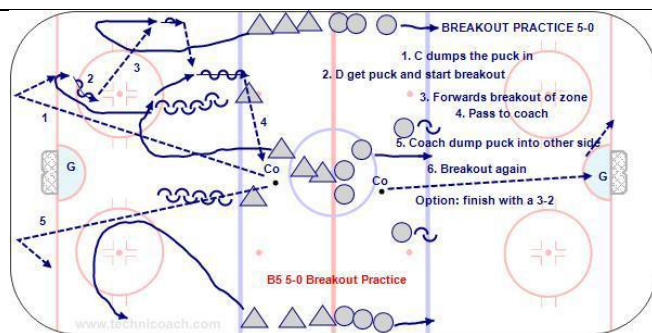
C. 3 one touch across to 2 at 9 o'clock.

D. 2 one touch to 4 at 12 o'clock.

E. Repeat with 4 passing to 3 x 5.

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10'

T2 - 5-0 Breakout Options Routine - Czech U20

Key Points:

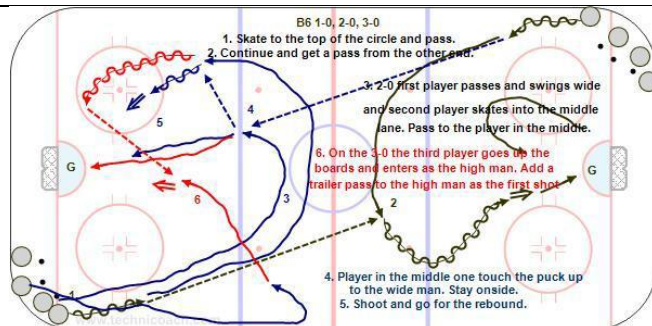
Breakout from both sides and practice all the options including D to D passes. Goalies work with the coach at the other end. Centre swing 'low and slow' to get touch backs from the wing vs. a pinch.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Players break out.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for a second breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150818215749130>

<https://youtu.be/KH-Lkq0-Op4>



10'

B6 1-0, 2-0, 3-0 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:

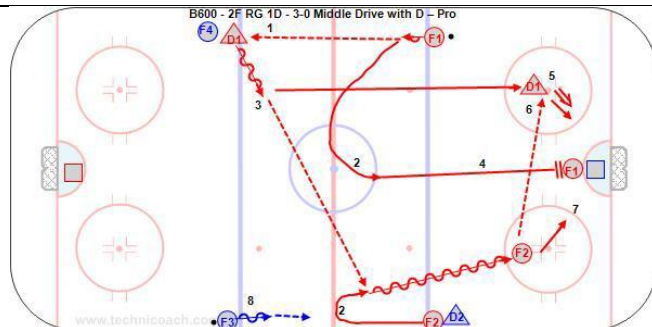
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes 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/VqW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



10'

B600 - 2F RG 1D - 3-0 Middle Drive with D - Pro

Key Points:

Hard passes and defenseman jump into the rush as the third man on the middle lane drive. Pass and shoot on the forehand when possible.

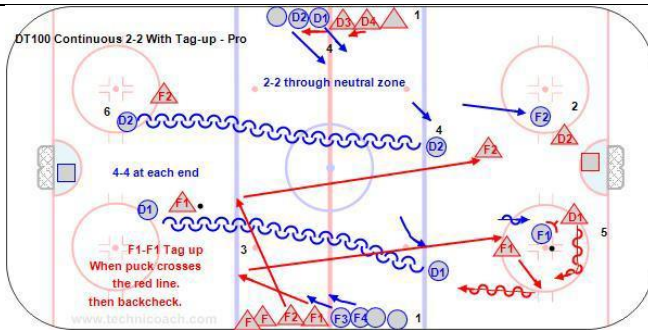
Description:

1. F2 pass up to D1 at the far blue line.
2. F1 skate into the middle lane and F2 support from the wide lane.

3. D1 skate between dots and pass wide to F2.
4. F1 drive to the net in the middle lane.
5. D1 join the rush in the wide lane.
6. F2 pass across to D1 who shoots.
7. All three crash the net for a rebound.
8. F3-F4-D2 repeat the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170926122448127>

<https://youtu.be/SbV4yIcLdmA>



10'

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

Key Points:

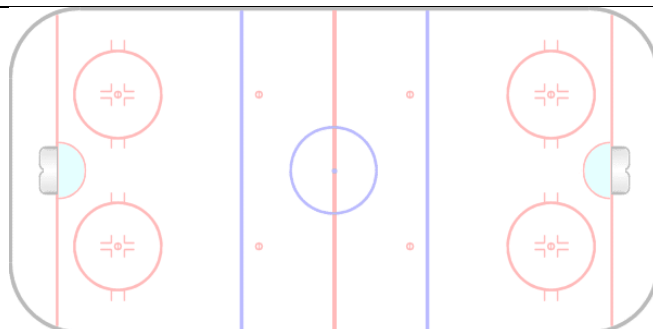
Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

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.

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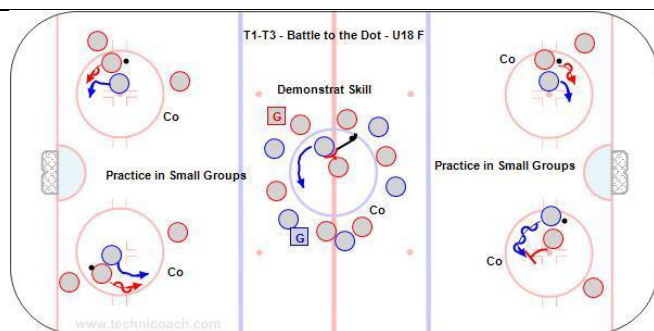
<https://youtu.be/pBE2B41Zklc>



1-1 15'

T1 Drive to the net drill

<https://1drv.ms/v/s!AukXg5gWoW-9q8RBqaaCOYiCFPjoZw>



Wally 15'

T1-T3 - Battle to the Dot - U18 F

Key Points:

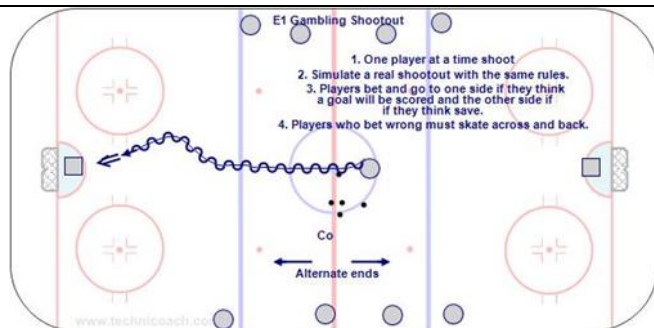
Puck carrier must protect the puck and use fakes and deceptive skating to get to the dot. Defender must use defensive skating skills keeping the toe caps facing the attacker, hands down and block the attacker.

Description:

1. Attacker carries a puck and defender has no stick with hands close to chest to block attacker.
2. Start at one circle to demonstrate and then use multiple circles with a coach at each one.
3. Go for 10-15" and switch competitors.
4. Goalies also participate.
5. Break the team into small groups and do the same drill in multiple circles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180116113536215>

<https://youtu.be/4Ti2V-4hSSE>



10' Gambling shootout – our goalie need to be better on dekes.

E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>