



Fire White

Practice Plan

Date: 1-10-18

Time: 20:15-21:45 10-1-18

Venue: Norma Bush

Lines:

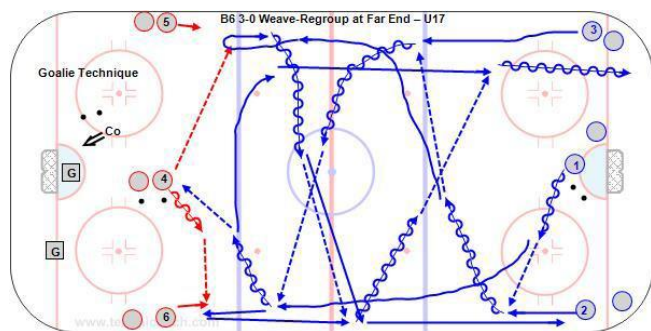
Scoring, offense, weave, point shots

Puck support, give and go,

Notes:

Power play, penalty killing, skating agility

Pass and follow your pass



10' Mel goalies

B6 3-0 Weave-Regroup at Far End – U17

Key Points:

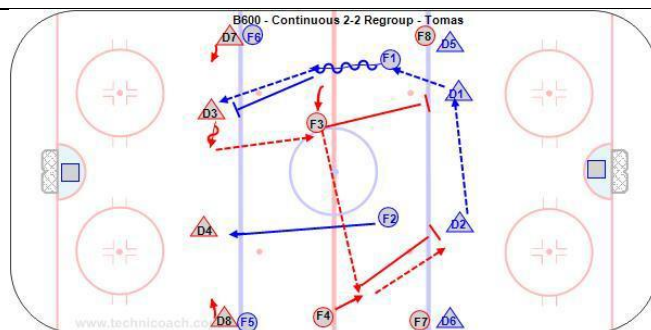
Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

- 1 pass to 2 and follow the pass.
- 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- 3 pass back to one, follow the pass.
- 1 regroup with 4 and 1-2-3 fill each lane.
- 4 pass to 1 or 3 on the strong side.
- 1-2-3 weave the same way and attack with a triangle and stop at the original end.
- 4-5-6 follow and repeat the other way.

U17 Weave No Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104922991>



10' Mel goalies

B600 - Continuous 2-2 Regroup – Tomas - U18 F

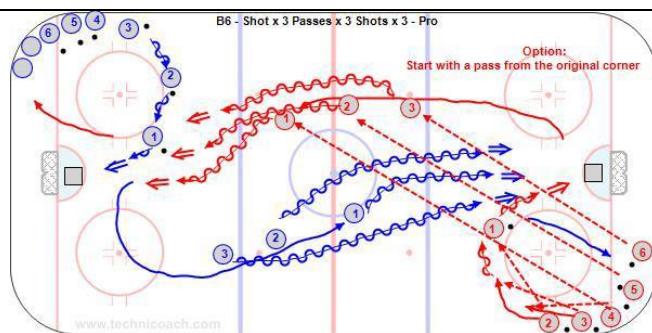
Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warming up at one end.

Description:

- D1-D2 pass to F1-F2.
 - F1-F2 regroup with D3-D4.
 - F1-F2 forecheck vx. D3-D4.
 - F3-F4 support D3-D4.
 - D3-D4 make a regroup pass to F3-F4.
 - F3-F4 now regroup with D5-D6 and forecheck.
 - Continue the regroup and forecheck sequence.
- * Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.
- * Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>



<https://youtu.be/dB6DPGuHn3s>

10' – **Sequence - quick feet, backward, face far end, Crosby.**

B6 - Shot x 3 Passes x 3 Shots x 3 – Pro

Key Points:

Shoot while skating, head up, give a target, pass hard, lead the player.

Description:

- A. 1-2-3 skate around the top of the circle and shoot.
- B. 1-2-3 break down the ice for a pass from the original corner.
- C. 4 pass to 1, 5 to 2, 6 to 3.
- D. 1-2-3 take shots at each end.

* Option is to get a pass from the next player in line first.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141129115014711>

15' **Jim and Kailey**

T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

* Breakout with a double swing and five attack.

* Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.

* Aggressive penalty kill when the puck is loose or the attackers back is turned.

* Option one is to have the wide players on their forehand side for one timers.

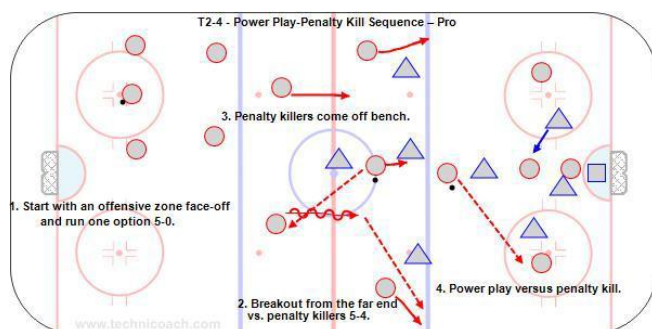
* Option two is to have a passing PP with right and left handed shots on the right and left sides.

* Rotate positions and keep moving.

* Defender stay with the puck carrier but do not chase passes.

* Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.

* Many teams give the goalie the walk out player jam and cover the other four.

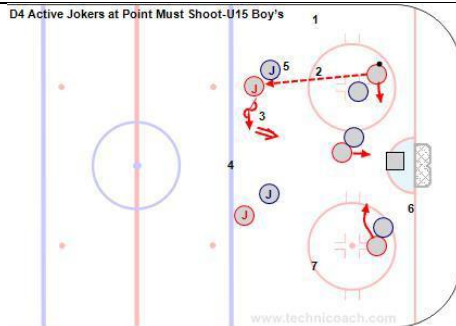


* Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.

* A coach can use this sequence to practice from 3-3 to 5-5.

<http://www.hockeycoachingabc.com/mediaqallery/media.php?f=0&sort=2&s=20170428111213953>

<https://youtu.be/VadXPVkB4I>



10'

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

Key Points:

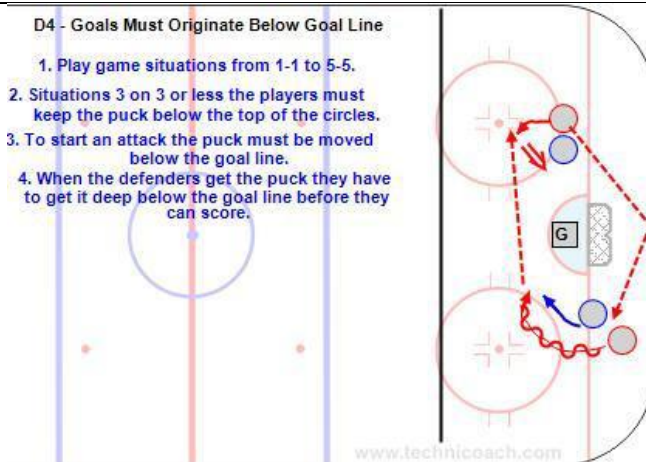
One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

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.
- * Keep score and have a tournament.

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

<https://youtu.be/uXesDVFYuDQ>



D4 - Goals Must Originate Below Goal Line

1. Play game situations from 1-1 to 5-5.
2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
3. To start an attack the puck must be moved below the goal line.
4. When the defenders get the puck they have to get it deep below the goal line before they can score.

10' **Jim demonstrate doing Crosby from triple threat position.**

D4 - Goals Must Originate Below Goal Line

Key Points:

Players learn to protect the puck, pass to themselves off the boards or back of the net and use the net for puck protection. Also change the point of attack. Defenders must see the puck and the player they are covering and goalie must look over their shoulder and move side to side.

Description:

1. Play game situations from 1-1 to 5-5.
2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
3. To start an attack the puck must be moved below the goal line.
4. When the defenders get the puck they have to get it deep below the goal line before they can score.



15' Kailey run

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:

1. Move the nets up to the top of the circles.
2. Blue F1-F2 start vs. Red F1-F2.
3. Coach shoot the puck in to start.
4. Coaches spot new pucks on goals or if the puck is out of play.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

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

<https://youtu.be/vaCAxq3jmBM>



10' Jim run

E1 - D202 - Neutral Zone Game 2-2, 3-3

Key Points:

Be ready for a new puck after a goal, frozen puck or wide shot. Be ready for a new puck after a goal, frozen puck or wide shot.

Description:

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.
3. Coach pass new puck to his defending team when the puck is out of play.
4. 20-30 second shifts.
5. Keep score and the losing team skate or some other punishment.

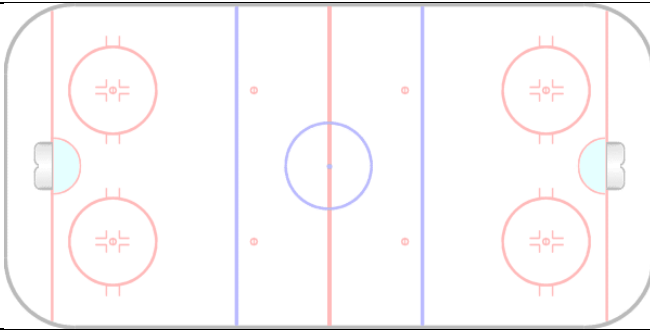
** Important to face the play with and without the puck in the 'Triple Threat' position.*

** Create space by making fakes and escape moves.*

** Play situations from 1-1, 1-2, 2-2, 2-3, 3-3 and add passing to the Jokers.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170108112645205>

<https://youtu.be/yRfv5kNr0IE>



Explanation/Notes:
