



# Fire White

# Practice Plan

Date: 01-18-18

Time: 16:00-17:30

Venue: Henry Viney

Lines:

Competition, slap shots, goalie practice

Notes:

Shoot-out, 3-3,


2' Big moves individual warm-up  
8'

### B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

#### Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

#### Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171119101355948>

<https://youtu.be/sIO0FFCNd3g>

U18 F

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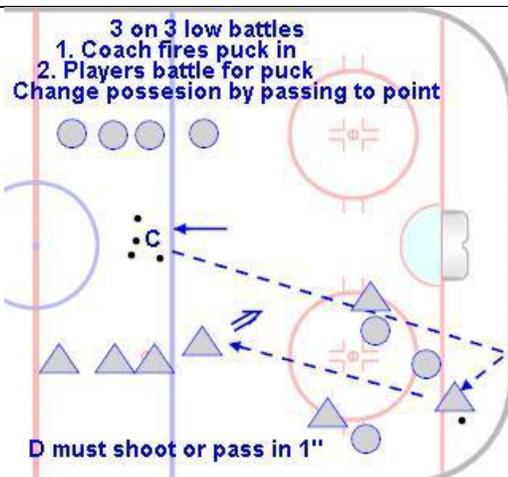
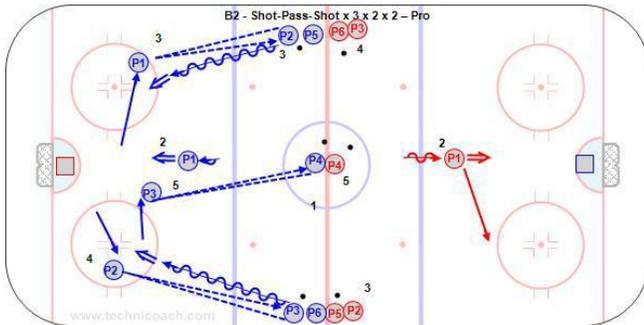
### 10' Mel one goalie

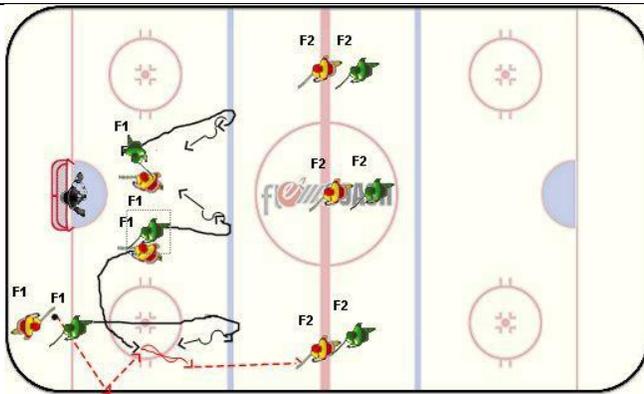
**DT400 3-3 Krusel Battling Game - ProW** **Key Points:** Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. **Description:** 1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>

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### 10' Mel other goalie

DT400 - 3-3 Pearn - U18 F

#### Key Points:

Great transition game to practice offensive and defensive 3-3 or any other numerical situation. Defend from the net side; closest on puck carrier, second closest one stick length away, third closest halfway. Defenders identify who you cover early. Create 2-1's on offense and fight for the inside position. Attackers pass behind to the other side to spread the defense and create seams. Dump-ins can be added to work on the forecheck and breakout. This game can be played in situations 1-1 to 5-5.

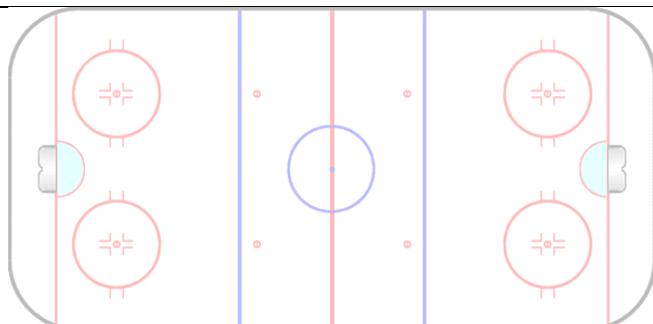
#### Description:

1. Players line up behind the red line.
2. Defenders allow the attackers to pass and start the new attack in the neutral zone.
3. Start with 3 reds attacking vs. 3 blacks.
4. On a goal, frozen puck or turnover the defenders must carry the puck over the blue line.
5. Black defenders pass to team-mates waiting at the red line.
6. Original attacking reds now defend inside the offensive zone.
7. This game can be done at one or both ends.
8. Blacks must get onside before the new attackers can cross the blue line or reds get the puck.

*\*Keep score and have tournaments with 4 teams and a game at each end.*

DT400 – Pearn 4-4 – U18 F

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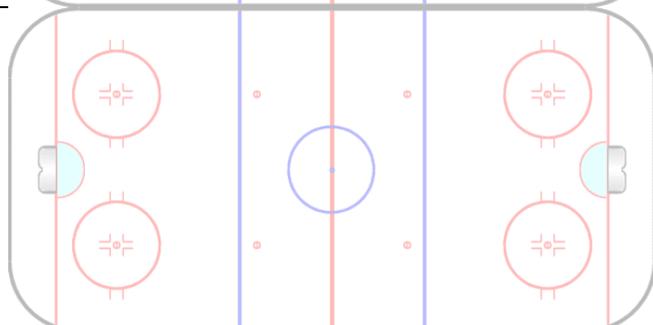
Wally 45'

D202 - Keepaway Goalie Jokers - U18 F

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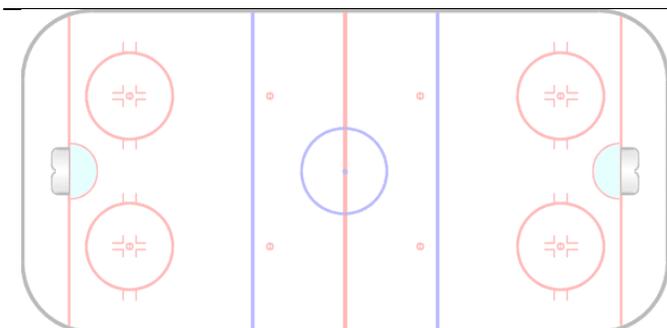
B500 - 3 Player-Handle Pass-Touch-1 Touch U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9g8RHsMKeX8aXKF2wXw>



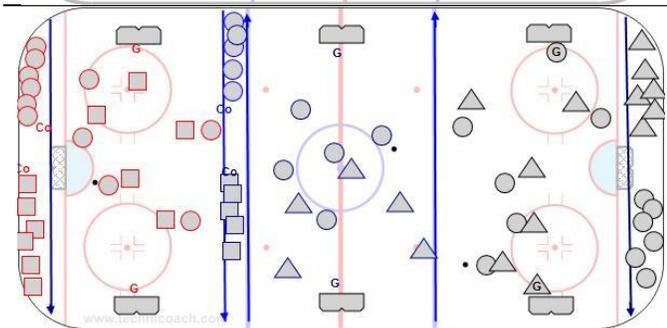
B500 - 3-3 No Give and Go - U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9g8RIZMG0eEHcoMOD6A>



D200 - 2-2 RG with Jokers Behind Net - U18 F

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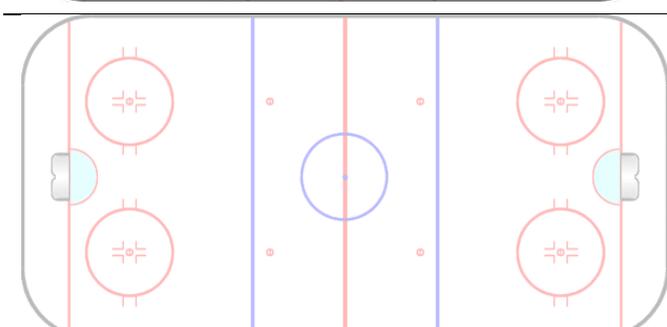


D200 3-3 - U18 F

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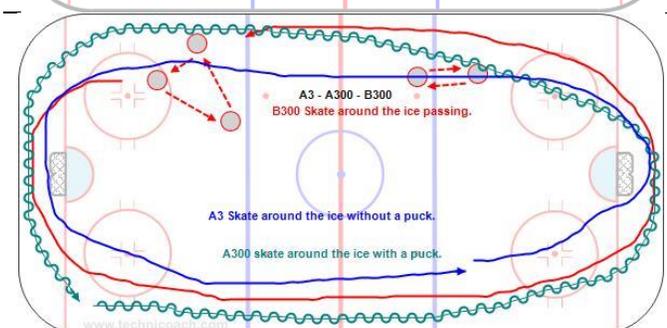
D200 - Shoot on Either Net - U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9g8RLVdluQwQsG0tyuw>



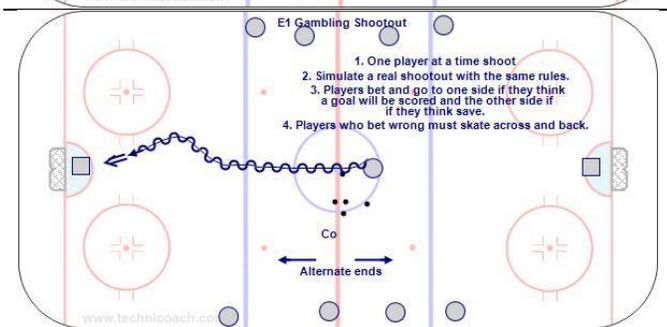
C4 - Poddys 1-1 to 3-2 - U18 F

<https://1drv.ms/v/s!AukXg5gWoW-9g8RPOsul8TxaauE1YQ>



A300 - Quick X-overs Between Blue Lines. - U18

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15'

### 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.

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

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