



Fire White

Practice Plan

Date: 01-19-18

Time: 16:00-17:15

Venue: Max Bell 2

Lines:

Gaston Schaeffer skating instruction with
Cross ice game of 2-2 Jokers behind at

Notes:

small groups at one end.
The other end.



10'

A2 Skating Warm-up for Edges and Balance

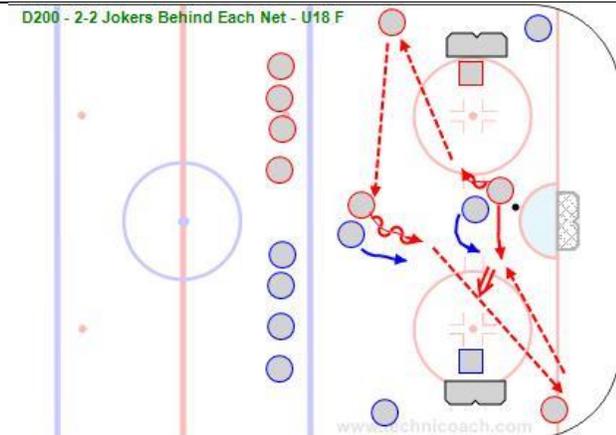
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and 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.
- Crosby heel to heel Mohawk each way.
- Repeat the same sequence but skate Backward.

<https://youtu.be/PKGj99HYAYc>

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



25' Half the team plays

D200 - 2-2 Jokers Behind Each Net - U18 F

Key Points:

This is a Small Area Game where the players must pass to a Joker behind either net to go onto offense. There is constant transition in game playing situation; loose puck, offense, defense and game playing roles; puck carrier, puck support, closest checker, cover away from the puck.

Description:

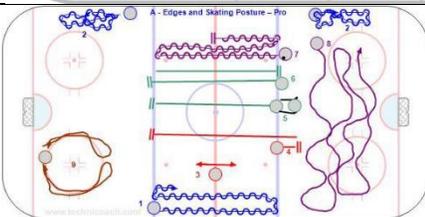
1. Play 2-2 with a Joker from each team behind each net.
2. You must pass to either Joker before you can score.
3. Jokers can shoot, pass to a player or to the other Joker.
4. If there are extra players rotate to Joker, Player, Rest.
5. You can play from 1-1 to 5-5.

- 6. Option is half the players play and half are Jokers and each has a partner who they rotate on their own with.
- 7. Modified rules like only 2" with the puck or goals must be on One Timer Shots are a good way to practice game playing skills.



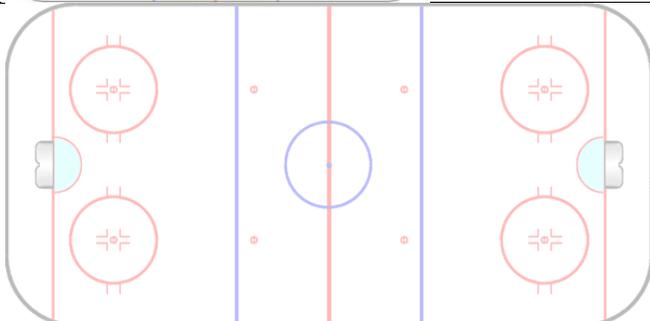
25' x 2 – Skating technique Gaston

Gaston skating. Practice in two groups of 8. Forwards then defense. Gaston individual instruction.

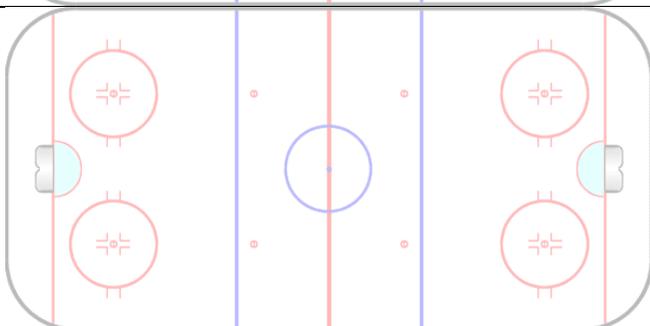


10'

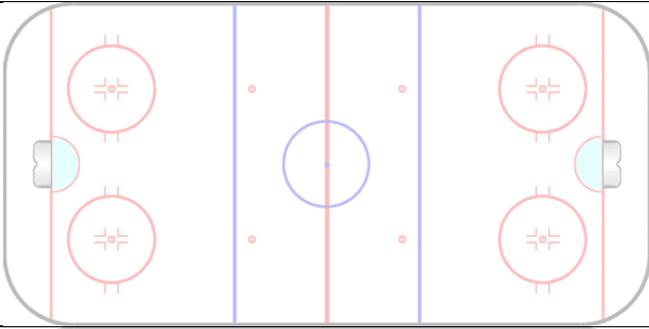
All the players skating with Gaston.



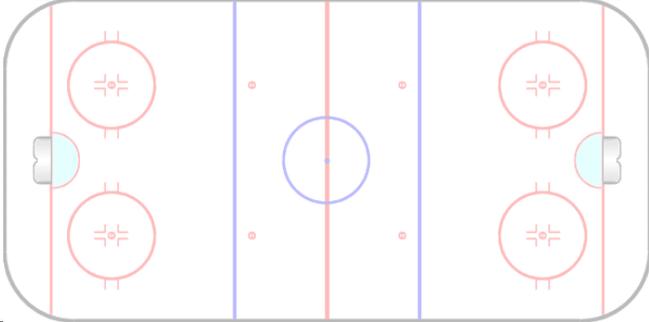
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
