



## Fire White

## Practice Plan

Date: 02-01-18

Time: 16:00-17:30

Venue: Henry Viney

### Lines:

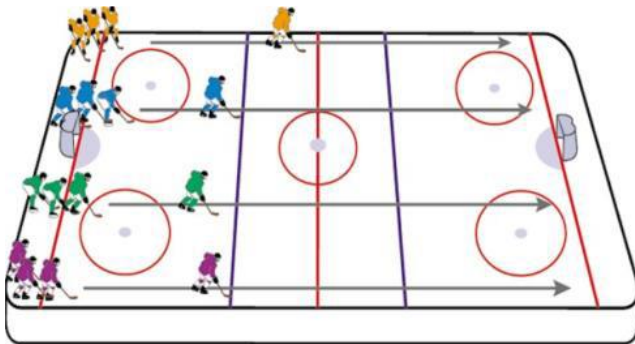
Puck handling, edges, regroup, passing

4-4, 1-1, 2-2, King's Court

One goalie practice

### Notes:

Agility and shots while skating.



10' Mel with Becka

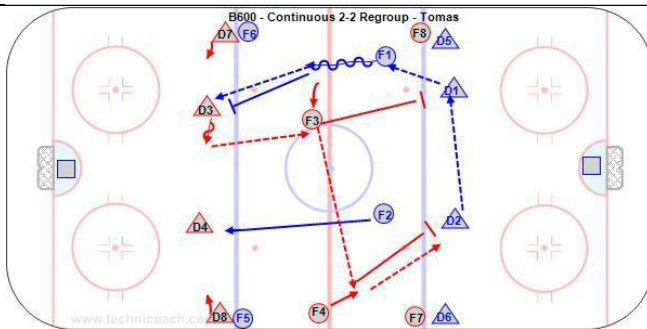
A2 Skating Warm-up for Edges and Balance With Puck  
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation 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. Repeat the same sequence but skate Backward.

[http://www.hockeycoachingabcs.com/mediagallery/media\\_gallery/media.php?f=0&sort=0&s=20110726073836113](http://www.hockeycoachingabcs.com/mediagallery/media_gallery/media.php?f=0&sort=0&s=20110726073836113)

The same warm up with 12-14 year olds.

[http://www.hockeycoachingabcs.com/mediagallery/media\\_gallery/media.php?f=0&sort=0&s=20110423080435937](http://www.hockeycoachingabcs.com/mediagallery/media_gallery/media.php?f=0&sort=0&s=20110423080435937)



10'

### B600 - Continuous 2-2 Regroup – Tomas

#### 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 warm up at one end.

#### Description:

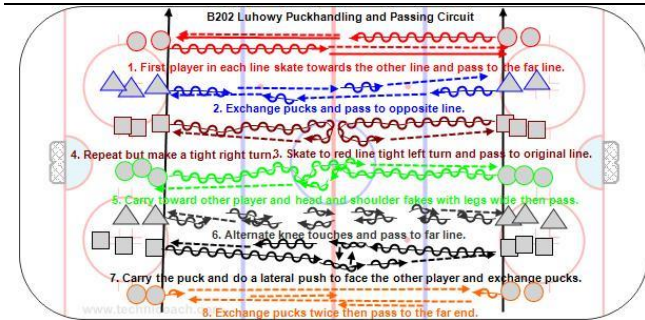
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

\* 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' Goalie join drill

### B202 Luhowy Puckhandling and Passing Circuit – U18

#### Key Points:

Control the puck and “lock and load” or ‘triple threat position’ when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

#### Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.

Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other player and exchange pucks.
8. Exchange pucks twice then pass to the far end.

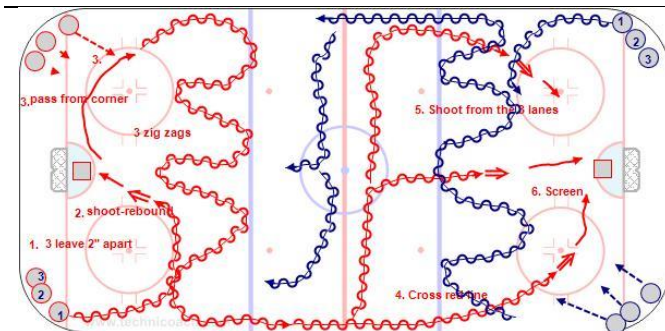
\*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

Video Example with U18 Boy's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015102208283598>

Video Example with College Women.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>



### 10'

### B6 – 3 Shots, 3 Zig zags, 3 Shots – U17-20 RB

#### Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.

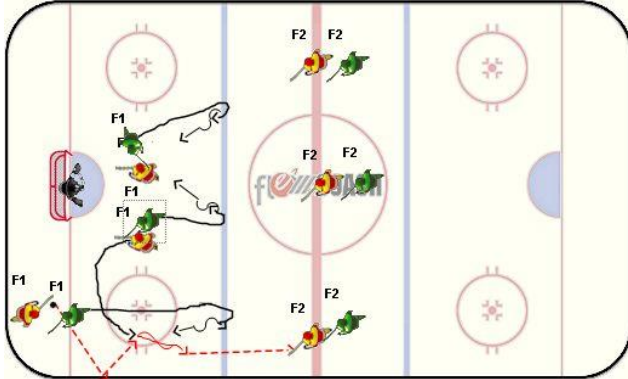
d. transition skate facing the far end forward to backward to forward.

e. skate backward.

f. 360 degree turns.

[https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0\\_6GmY2ieG](https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0_6GmY2ieG)

<https://youtu.be/AfPDToEnXdc>



10'

### DT400 - 3-3 Pearn - U18 F

#### Key Points:

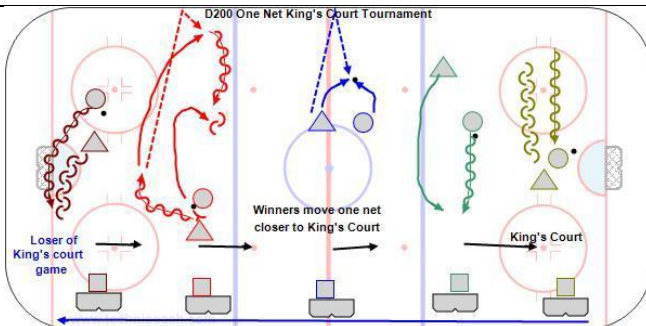
Great transition game to practice offensive and defensive 3-3 or any other numerical situation. Defend from the net side; closest on puck carrier, second closest one stick length away, third closest halfway. Defenders identify who you cover early. Create 2-1's on offense and fight for the inside position. 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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180118124528125>

<https://youtu.be/YPv-FooK9uc>



40'

### D200 One Net King's Court Tournament

#### Key Points:

Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

#### Description:

1. Have nets on one side of the ice with enough room for players to go behind the net.
2. Play from 1-1 to 3-3.
3. To transition to offense the player must bounce the puck off the boards on the other side.
4. Keep score and then rotate after the game.
5. Winner move one net down toward the King's Court.
6. Winner at the 'Kings Court' and loser at the last net stay don't move.
7. Players who lose move one net away from the King's Court.
8. In a tie play 'rock-paper-scissors' to determine a winner.
9. Play at least the number

---

of games so the player starting in the last court can progress to King's Court.

*\*Make passing or puck carrying rules that practice good habits.*

*Start with 8 teams of two. Play 1-1 with attack-defend—ass rest rotation. For 20'.*

*2 on 2 tournament with 5' games.*

**1. Goals on one touch shots.**

**2. Goals on give and goes.**

**3. Batchko.**

**4. 2" with puck.**

**Explanation/Notes:**

---



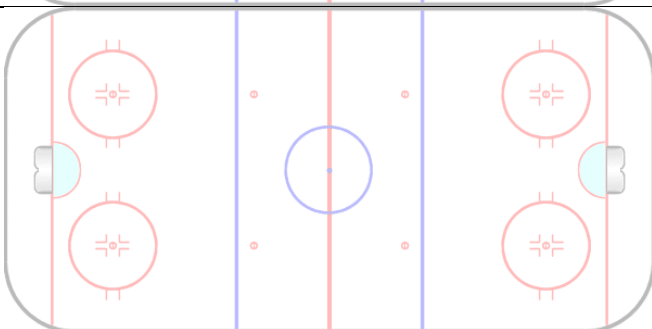
**Explanation/Notes:**

---



**Explanation/Notes:**

---



---

---

---

---