



Fire White

Practice Plan

Date: 02-05-18

Time: 20:00-21:15

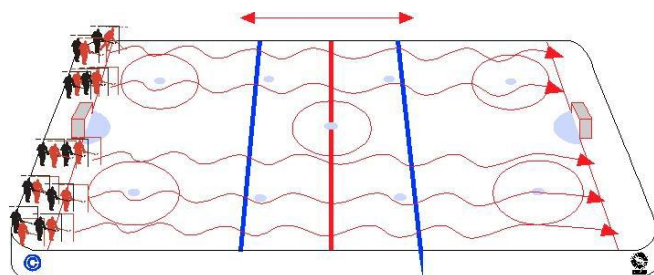
Venue: Bowness

Lines:

One goalie practice, edges, big moves
Loose puck battles, angling, cross ice games

Notes:

Regroup, breakouts under pressure



7'

A200 Agility Skate and Puck Handle

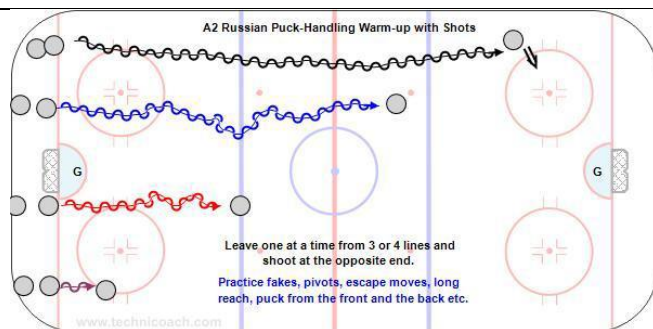
Key Points:

Stress quick changes of direction while controlling the puck.

Description:

1. One player drop a tennis ball and the other is about 5m. away and sprints to get it before it hits a second time.
2. Up-around top of circle-across-around bottom and then other circle. Forward and backward 3 times in nzone and then a shot.
3. Skate to top of circle, across-up-across red line-up and back from top of circle to blue line and then shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903095622211>



8'

A200 Russian Puck Handling – Fake Shots and Finnish with a Shot

Key Points:

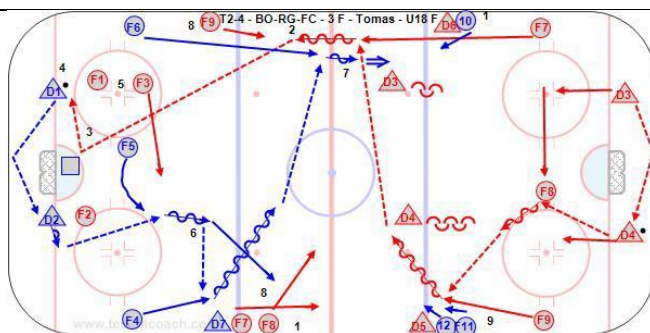
The idea of stick handling is to protect the puck from the opponent or to make him/her reach or straighten their knees and then go around them. Vladimir Jursinov is probably the most successful skills coach in the world. This Soviet and Russian Olympic coach has helped more than 65 players into the NHL from his teams. He leads a group of 15-20 years olds in a fake shot sequence.

Description:

Players are in four lines and do multiple fake shots and moves, then finish with a shot.

- . Practice Faking a slapshot with a hard back swing.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130321101649551>



10'

T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

Description:

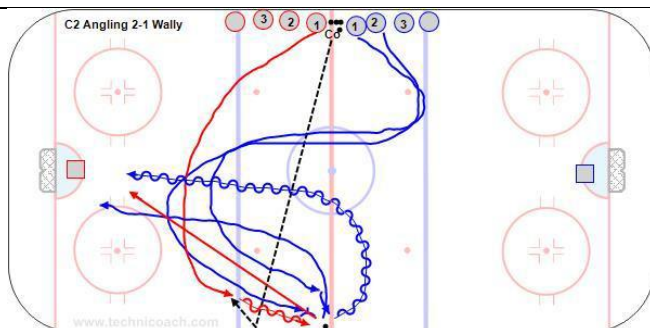
1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRY8>

Pro's doing the flow. <https://1drv.ms/v/s!AukXg5gWoW-98EX8pPJZB2DQGBzk>



10'

C2 Angling 2-1 Wally

Key Points:

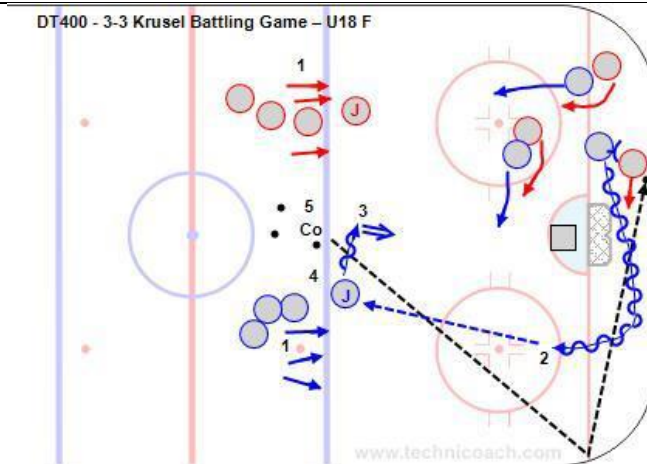
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130902174459633>



10'

DT400 - 3-3 Krusel Battling Game – U18 F

Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.
4. Play 30' shifts and pass to the coach on the whistle.
5. If a point pass goes out the other point-man gets the puck.

**Players must race to get onside before the next puck is shot in.*

**Players at the point can pass or shoot but they can't go in.*

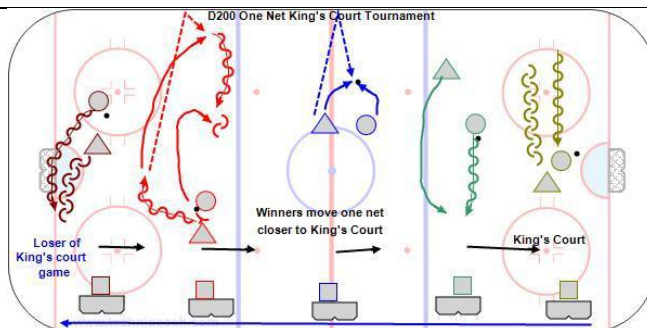
**Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

**This is the favorite game for some of the pro players I have coached over the years.*

**Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180121102049670>

https://youtu.be/wCXU_A25JZY



30'

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.

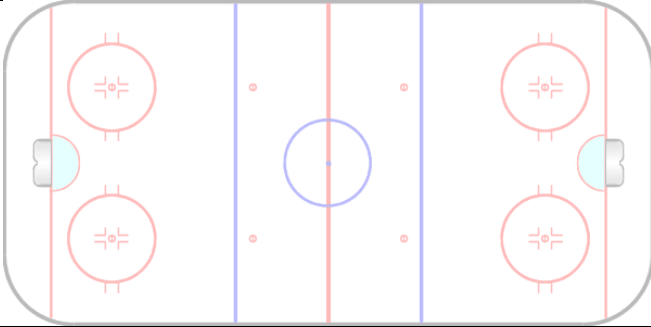
Description:

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.

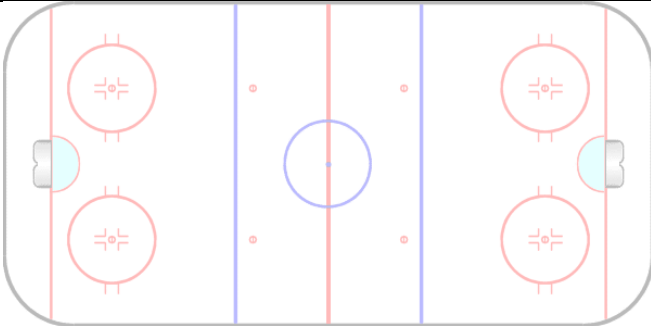
**Make passing or puck carrying rules that practice good habits.*

<https://youtu.be/73KMUWvQ7cl>

Explanation/Notes:



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