



Fire White

Practice Plan

Date: 02-15-18

Time: 16:00-17:30

Venue: Henry Viney

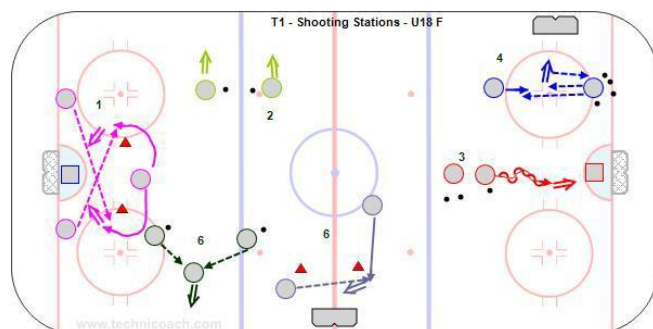
Lines:

Wrist passes, slap shot, one timers,
1-1, 2-1, 3-1, 2-1, 3-3,

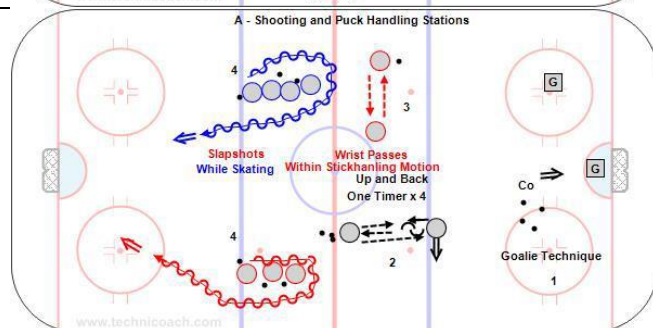
Notes:

Backchecking, transition, D join attack
Breakaway shootout, rebound

10' Mel with goalies 20'



Review rolling wrists and pass within the puck handling motion.



10'

A - Shooting and Puck Handling Stations - Youth

Key Points:

Practice the stationary slap shot then slap shot while skating. Work on taking one timers while moving, Pass within the puck handling motion using a wrist pass both forehand and backhand.

Description:

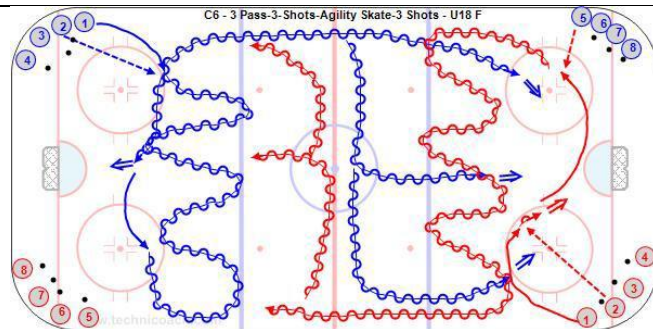
1. Goalies work with the coach at one end.
2. Take stationary slap shots then take turns taking 4 one timers.
3. Review rolling the wrist stickhandling then wrist pass within the motion with no noise.
4. Skate around the line up with a puck and shoot on the empty net from the top of circles.

B - Passing - Receiving Skills - Role 1-2

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7354&topic=7354#7354>

B - Passing Basics - Youth

<https://youtu.be/MxQ2mw0XQ3o>



10'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

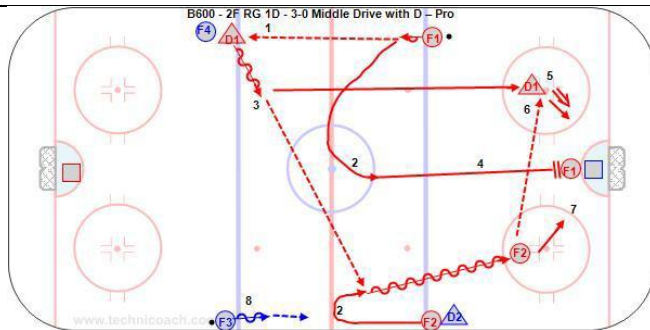
Description:

1. Three leave from diagonal corners.

- 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
- 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQValiwwA>



10'

B600 - 2F RG 1D - 3-0 Middle Drive with D – Pro

Key Points:

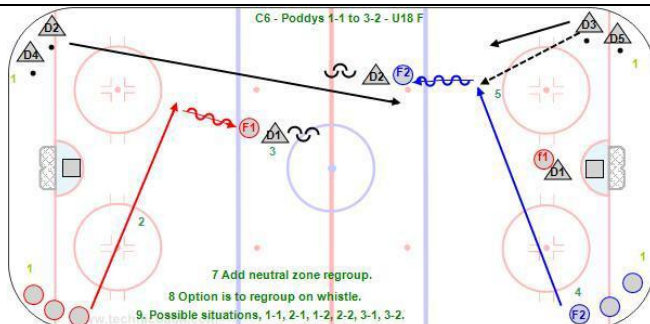
Hard passes and defenseman jump into the rush as the third man on the middle lane drive. Pass and shoot on the forehand when possible.

Description:

1. F2 pass up to D1 at the far blue line.
2. F1 skate into the middle lane and F2 support from the wide lane.
3. D1 skate between dots and pass wide to F2.
4. F1 drive to the net in the middle lane.
5. D1 join the rush in the wide lane.
6. F2 pass across to D1 who shoots.
7. All three crash the net for a rebound.
8. F3-F4-D2 repeat the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170926122448127>

<https://youtu.be/SbV4yIcLdmA>



15'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

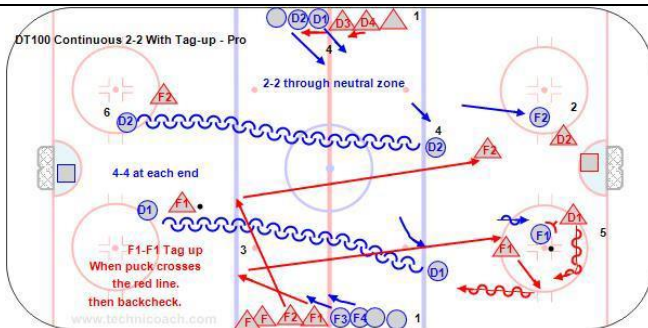
Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.

4. F2 leave from the other end when the original attack passes the top of the circle.
 5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
 6. Two or three forwards can attack vs. one or two defenders.
 7. Add F2 regroup with D3 in the neutral zone.
 8. Another variation is regroup only if the coach blows a whistle.
 9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180119120144934>

<https://youtu.be/NYAhiCwcA-4>



10'

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.

4. Blue D1 support rush from the point.

5. Play 3-3 at each end. New players go the other way.

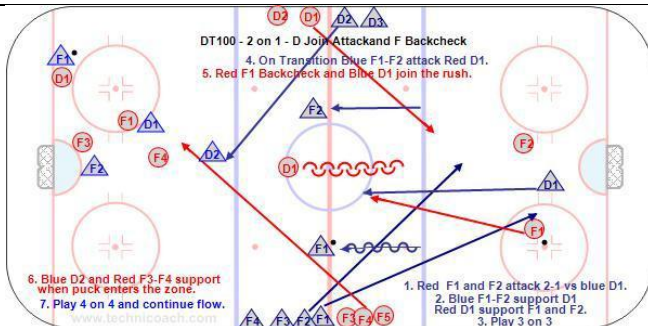
<https://youtu.be/MlNmHmN4wvs>

* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.

https://youtu.be/Zc_IQEA9dX8

* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180112093049995>



10'

DT100 - 2 on 1 - D Join Attack and F Backcheck

Key Points:

This is a continuous 2-1 with one D joining the rush and the high F backchecking.

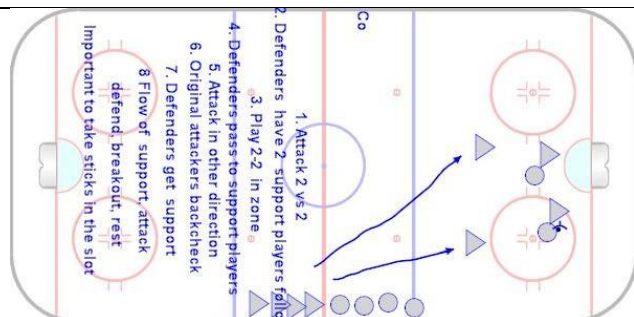
Forwards enter the zone to support the defense and then attack and one backcheck.

Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3



4. On Transition Blue F1-F2 attack Red D1.
5. Red F1 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 4 and continue flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082851444>

10'

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

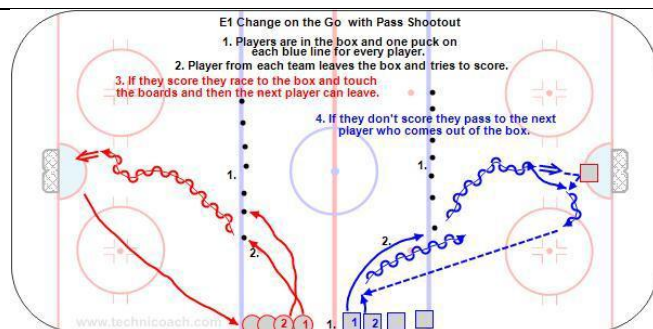
Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

<https://youtu.be/xoHj-6vH7d4>

<https://youtu.be/wvYUcpT-6Ek> (Czech team doing two games at once with only F backchecking.)



7'

E1 Change on the Go with Pass Shootout – U18 F

Key Points: Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

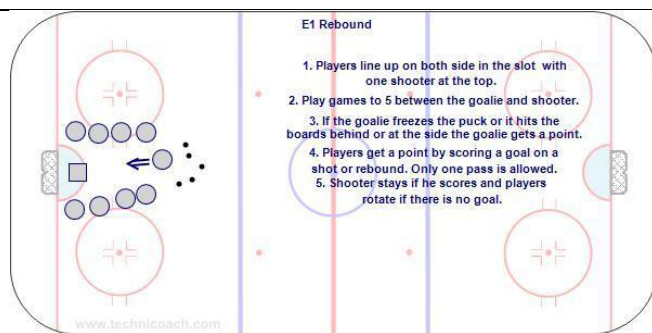
Description: 1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>



8'

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>