



Fire White

Practice Plan

Date: 02-22-18

Time: 16:00-17:30

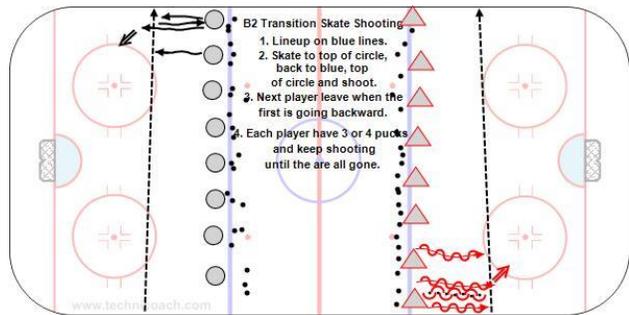
Venue:

Lines:

Terry Johnston guest coach.
Puck protection, F3 at hash,
Shootout, 1-1, 2-1, 2-2

Notes:

Breakout routing, slap shot, one timer,
Defense breakout options



7' Start with individual slapshot x 4 on net then practice one timers with a partner.

B2 Transition Skate Shooting – U15 Boy's

Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

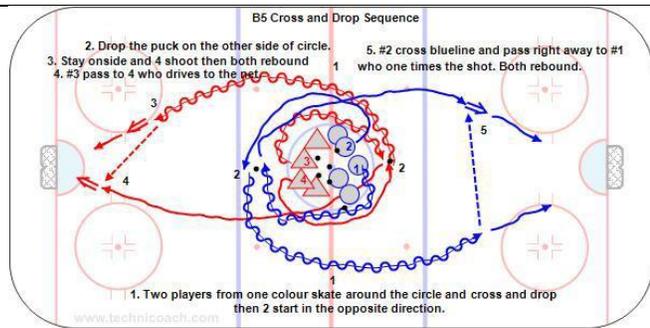
Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

(got this drill coaching with Tim Bothwell at the U of Calgary)

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8' One timers

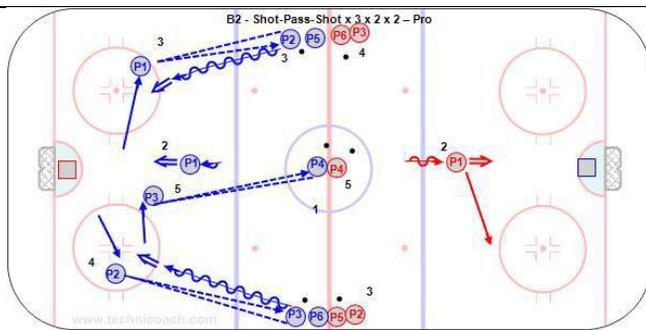
B5 Cross and Drop Sequence

Key Points: Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description: 1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.

2. Drop the puck on the other side of circle. 3. Stay onside and 4 shoot then both rebound 4. #3 pass to 4 who drives to the net. 5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound. Options: a. One, two or three players leave at a time. b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3. c. Give + go with last shooters. Etc.

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7'
B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro
Key Points:

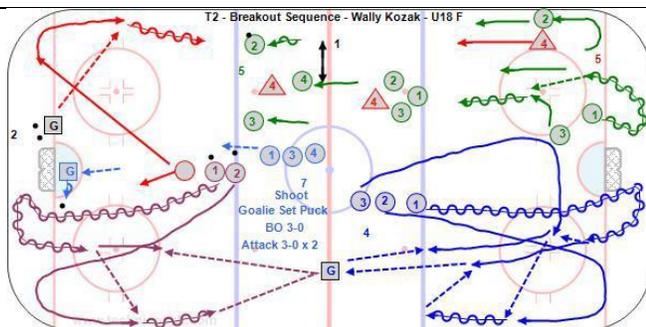
Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

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/sIOFFCnd3g>



13' **1-0 and 2-0, boards, C low and slow, W wing across**

T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.

1. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
2. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
3. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass back to D who passes to the other forward.
4. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.
5. Attack 3-1 backchecker and score at the other end.
6. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate

hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171208171205521>

<https://youtu.be/995uo789DdY>

7' **Forwards with Tom**

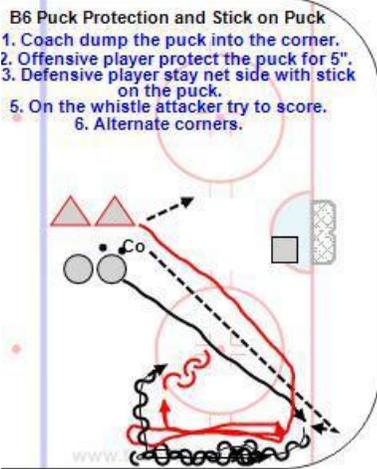
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



6'

D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160928093149315>

<https://youtu.be/4fzFD5CiTjs>

7' **3-3 and 2-2 with 9 forwards**

DT400 Quick Transition Game - U15

Key Points:

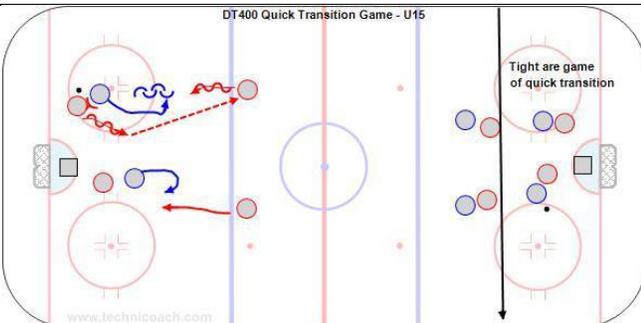
Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.



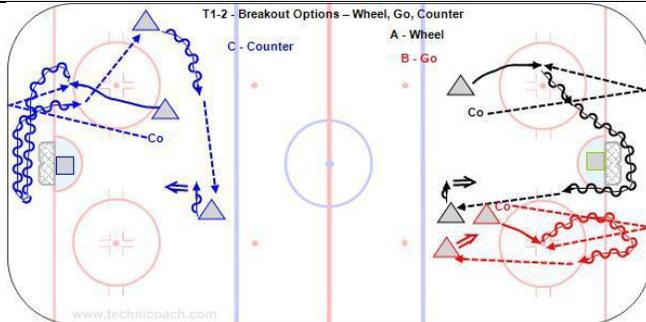
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

* *Keep score and have tournaments.*

* *Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

* *Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>



20' **TJ work breakout options with D.**

I had a former NHL defensive defenseman work with my defense on breakout reads. In my opinion it was terrific. He taught details like skate toward your post at a 45 degree angle to draw the defender then cut back and many other reads and counters. I am breaking down the video because he started with one D vs. zero pressure, then he pressured and then two D and then incorporated 4-0 and 5-0/ Great stuff/ The first two videos have been posted.

T1-2 - Breakout Options – Wheel, Go, Counter

Key Points: Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman. The key is skating hard to force the checker to commit and then choosing the option.

Description:

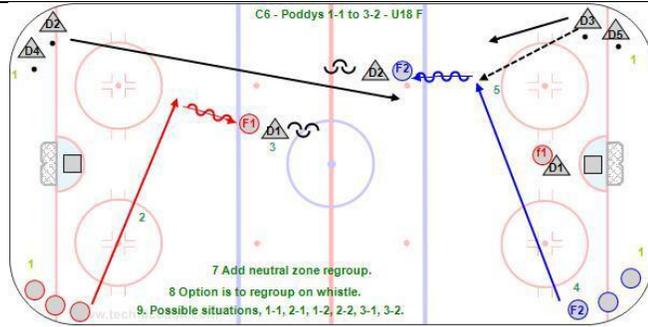
1. Coach shoot the puck in and the D skate to the puck and then at a 45 degree angle to force the checker to cross over.
2. **Wheel** behind the net, cut up near the far post and pass to the point for a shot on net.
3. Critical point is to make the checker do what you want them to. If you skate to where you are going to pass first then the checker can get a good angle and steal the puck.
4. **Go** by skating hard one way and then tight turn away from pressure. Pass to the point for a shot.
5. **Counter** when the checker doesn't chase behind the net.
6. Coach shoots the puck in and the player drive skates behind the net and then tight turns to come back the original way.
7. Pass to the wing who skates out and passes across to the point for a shot on net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131107182728398>

A more recent practice with the same lesson.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180223112148601>

<https://youtu.be/2zHNSc8YXtw>



15'

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

Key Points:

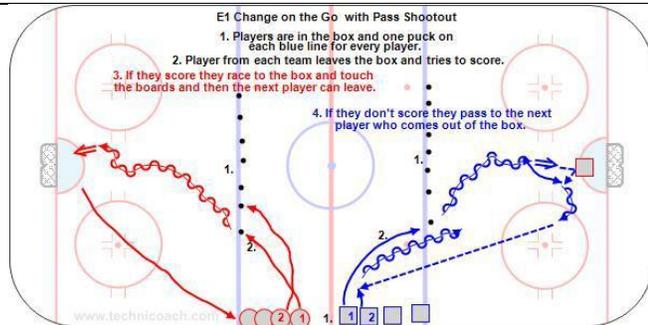
Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

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'

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>