



## Fire White

## Practice Plan

Date: 02-26-18

Time: 20:00-21:15

Venue: Bowness

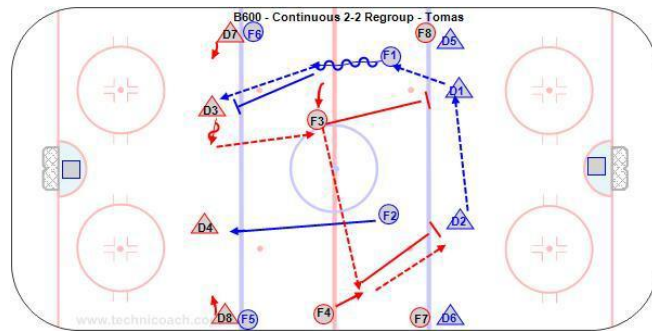
### Lines:

Regroups, agility, slap shot, 2-1,  
3-1

### Notes:

D join rush, puck support, 1-1, passing,

3-1



10' Full ice if Mel with goalies

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

#### Key Points:

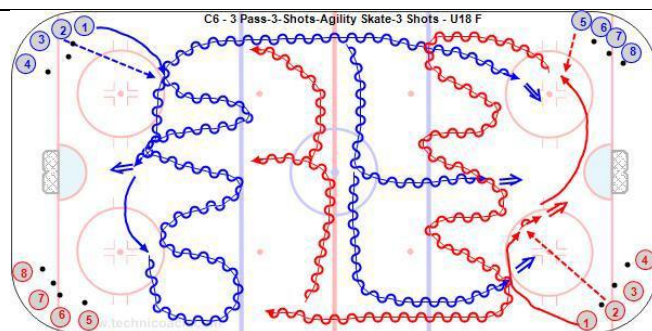
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

#### 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 regroups 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' Slap shots from top of circle. Face far end, Crosby, backward, full speed.

### 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.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 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.

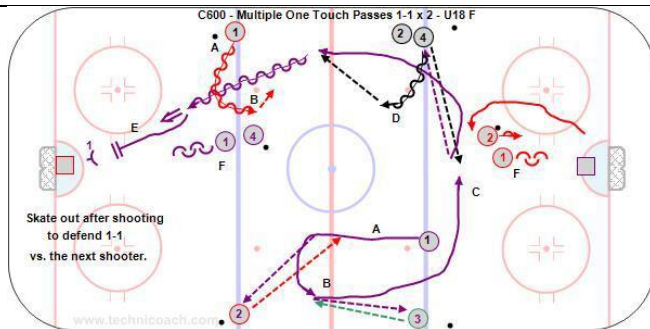
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.

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'

### C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

#### Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

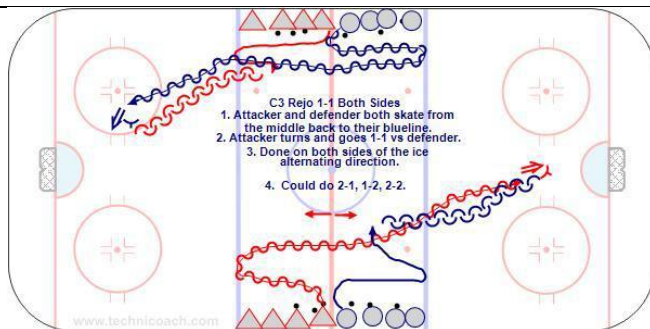
#### Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

*\*1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

<https://youtu.be/7sdcZtyS6VY>



10'

### C3 Rejo 1-1 Both Sides - Gap Control

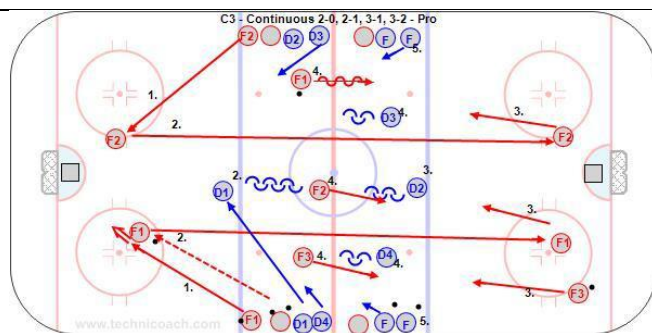
#### Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

#### Description:

- 1. Attacker and defender both skate from the middle back to their blueline.
- 2. Attacker turns and goes 1-1 vs defender.
- 3. Done on both sides of the ice alternating direction.
- 4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



## 10' Black vs. Red

### C3 - Continuous 2-0, 2-1, 3-1, 3-2 - Pro

#### Key Points:

Make plays early - create 2-1's - attack with speed - middle drive. Start 2-0 and shoot at one end, one defenseman follow.

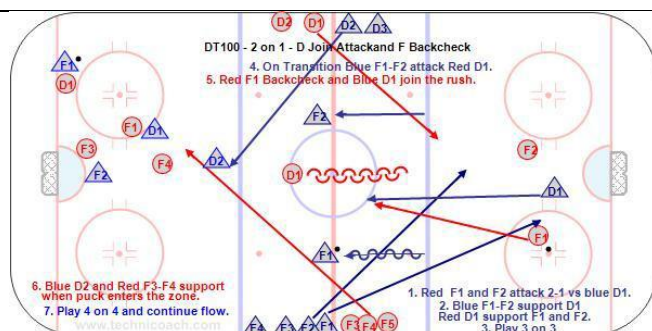
#### Description:

1. Start 2-0 and one defenseman follow.
2. Attack 2-1 the other way and one defenseman follow.
3. One forward join with a puck and attack 3-1 the other direction, two defensemen follow.
4. Attack 3-2 the other way.
5. Start with a 2-0 with another group.

\*Options: Make a contest one colour vs. the other to see who can score the most in a certain time or else D and G vs. F's and count the goals scored in 8 minutes and next time see if there are more or less goals scored.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140916101410255>

<https://youtu.be/RADuyU7pIIw>



## 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.

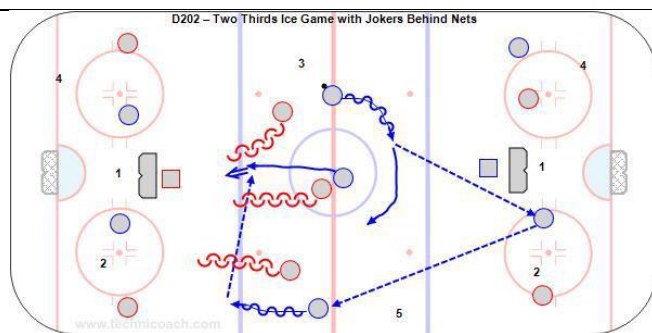
Defense support from the point, defend and then join the attack.

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>



## 15' Two second, Batchgo, one timer goals

### D202 – Two Thirds Ice Game with Jokers Behind Nets

#### Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

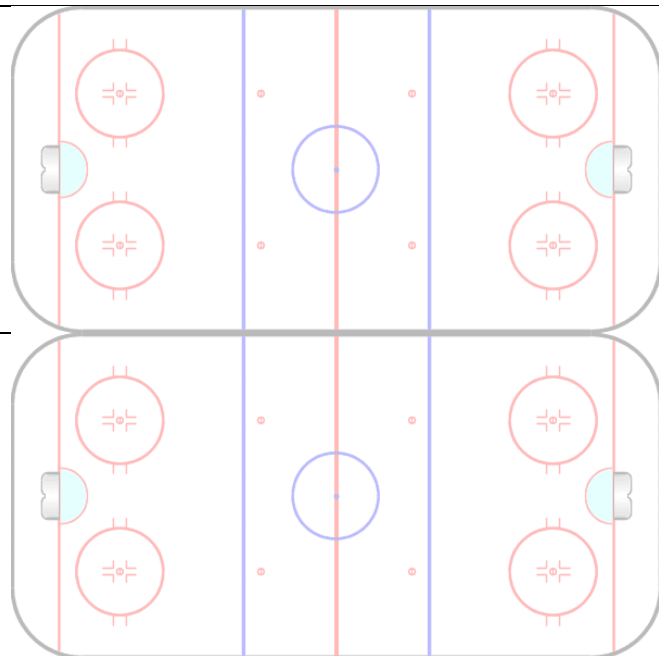
#### Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

<https://youtu.be/vE83XiyCS48>

#### Explanation/Notes:



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