



## Fire White

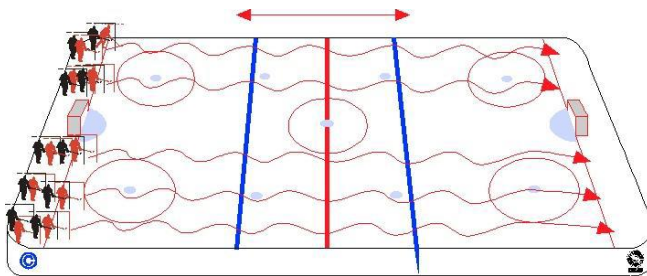
## Practice Plan

**Date:** 02-28-18

**Time:** 20:15-21:45

**Venue:** Norma Bush

Lines:	Notes:
D escape moves vs. forechecker	Slap shots, passing, agility and balance
Puck skills, 1-1, 2-2, 2-1, 3-3, 4-4,	Puck support, quick thinking, speed of attack
Timing, transition,	



10' Big moves and agility led by captains then **Mel with goalies**

A200 - Big Moves Led by 3 Players – Jasper Camp

Key Points:

Learn to carry the puck all around the body with loose shoulders, head up, quietly rolling the wrists and the bottom hand moving up and down the shaft. Allow the players to lead during practice.

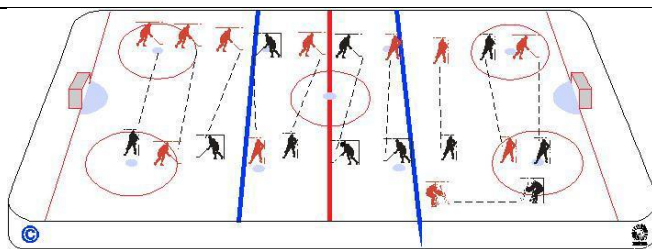
Routines allow for lots of reps in a short time. Introduce new moves. Players can do these exercises at home or as soon as they step on the ice. Shots can be added to this routine.

Description:

1. Three older players lead the exercises, demonstrate and the rest follow down the ice.
2. Reach as far back and forward with the puck, next pass the puck up from behind.
3. Eberle move, fake then pull the puck behind you with the back of the stick as you slide back.
4. Spin and pass the puck to yourself forward.
5. Fake backhand pass or shot and spin to the forehand.
6. Legs wide apart, hands close together, head-shoulder fakes, quick direction change.
7. Quick toe drag tight to the toes, fake going forehand then slide to the backhand side.
8. Fake backhand and move quickly across to the forehand.
9. Skate on direction and move the puck as far as possible the other direction.
10. Yo-yo the puck by pushing it in front and pull back with the toe of the stick.
11. Pass to yourself through the legs spinning to the backhand.
12. Crosby heel to heel slide alternate sides.
13. Pass to yourself in front of the defenders toes and behind the heel of the stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160804094925377>

[https://youtu.be/b\\_t1-VDcO1c](https://youtu.be/b_t1-VDcO1c)



## 7' Jim run then work with Carels

### B3 Partner Passing

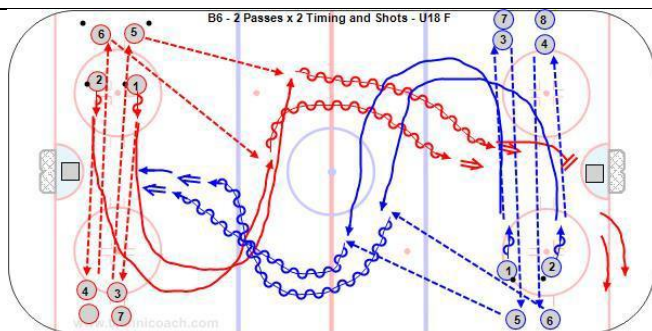
#### Key Points:

Partner pass starting standing and then skating back and forth. Wrist passes, snap passes, saucer. Go from forehand to backhand and backhand to forehand. Add tight turns. Players could also pass two pucks at once.

#### Description:

Players face each other in two lines skating cross ice.

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## 8' Kailey run

### B6 - 2 Passes x 2 Timing and Shots - U18 F

#### Key Points:

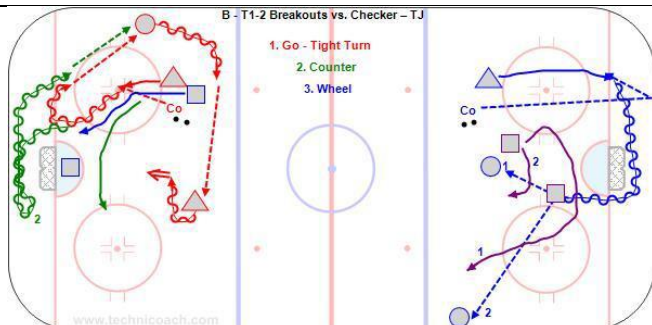
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

#### Description:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



## 15' TJ and Jim with D

### T1-2 Breakouts vs. Checker – TJ

#### Key Points:

The defender must drive skate when they get the puck and read whether the checker chases behind, goes in front etc. Skate at a 45 degree angle to the net to make the checker cross-over and decide to wheel, go (cut back) or counter.

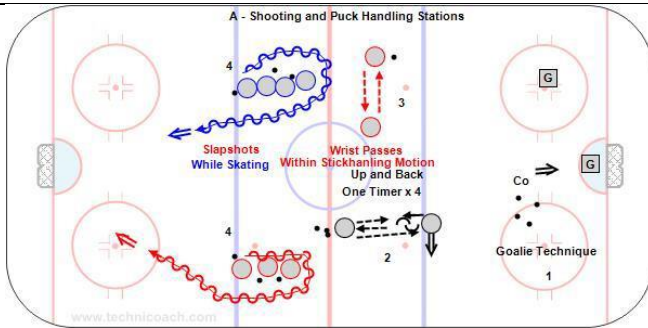
#### Description:

1. Shoot the puck into the corner and the coach or player gives pressure.
2. Shoulder check and read inside pressure then skate at a 45 degree angle toward the net to make the checker cross-over.
3. Tight turn away from pressure and pass to a player on the boards who passes to another player at the point who shoots.
4. Counter by skating behind the net and out the same way if the checker doesn't chase behind.
5. Read if the checker is taking away the middle or the boards and pass to the open player.
6. Use a backhand pass if you need to miss the defenders stick in the passing lane or to protect the puck from a checker.
7. Quick feet make everything possible. If everyone is covered then carry the puck up the middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131108153207415>

T1-2 Breakouts vs. Checker - TJ - U18 F

<https://youtu.be/bL119HCaRFQ>



### 15' Tom – Kailey with F

#### A - Shooting and Puck Handling Stations - Youth

##### Key Points:

Practice the stationary slap shot then slap shot while skating. Work on taking one timer 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.
5. First player from each line leave and skate behind the group and x and drop.
  - a. pass across for a one timer or a one touch shot
  - b. Goale put stick on top of the net and puck carrier 'pass of the wide pad while the other player goes to the net looking for the rebound.

#### 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'

#### C3 Reijo 1-1 and 2-1 Both Sides - Gap Control

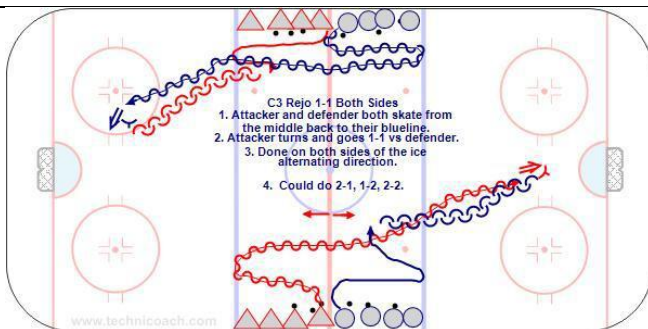
##### Key Points:

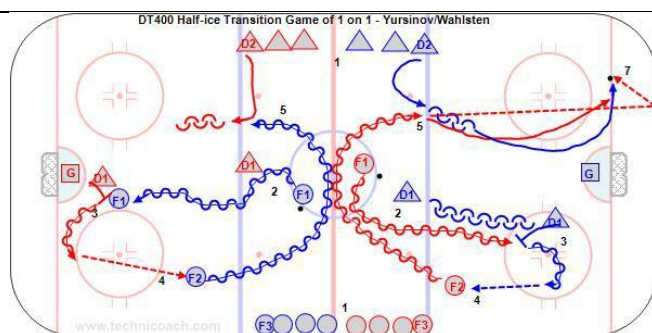
The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

##### 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.

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## 10' Blacks vs. Red at each end

### DT400 Transition Game of 1 on 1 – 2-1 Yursi-Juuso

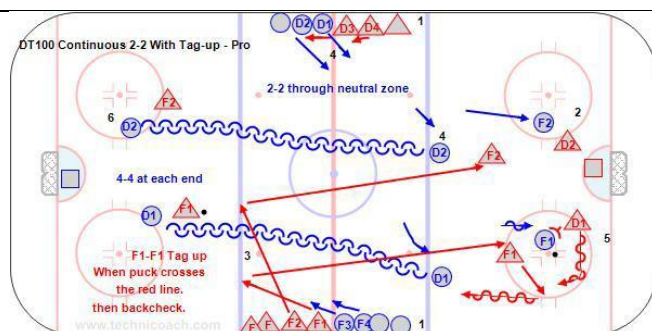
#### Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

#### Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



## 10' Blacks vs. Red all play F and D

### DT100 Continuous 2-1 and 2-2 With Tag-up – Pro

#### 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:

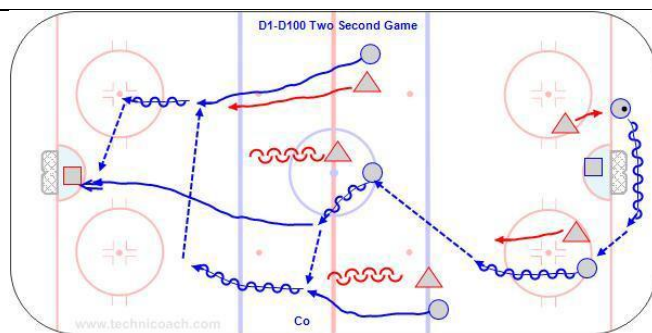
1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

\* Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.

\* 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 at each end. You can also send out random numbers so the players have to recognize the situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

<https://youtu.be/pBE2B41Zklc>



## 10' Kailey run game

### D1-D100 Two Second Game

#### Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

\*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

#### Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

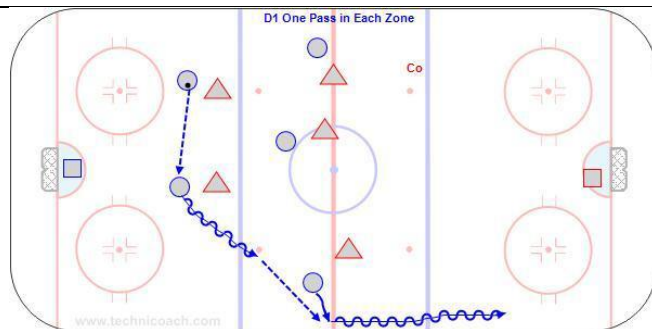
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



## 10' Kailey ref

### D1 One Pass in Each Zone

#### Key Points:

Close support, skate to open ice with the puck, give a target.

#### Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>

Pucks and cheer in middle