



Fire White

Practice Plan

Date: 03-70-18

Time: 20:15-21:45

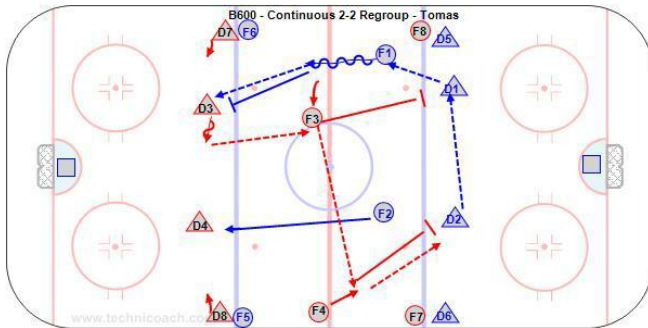
Venue: Norma Bush

Lines:

Goalie technique, passing, shots, one timers
Neutral zone regroup, scoring,
Pass-follow pass, 3-0, 3-1, 3-2, 1-1, 2-2

Notes:

Shoot off pads, transition defense to offense
Batchgo two touch, scoring, puck support,



10' Start with 3' big moves
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 regrouping and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

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10' – Goalies come for pass off pads.

T1 - Scoring Circuit - U18 F

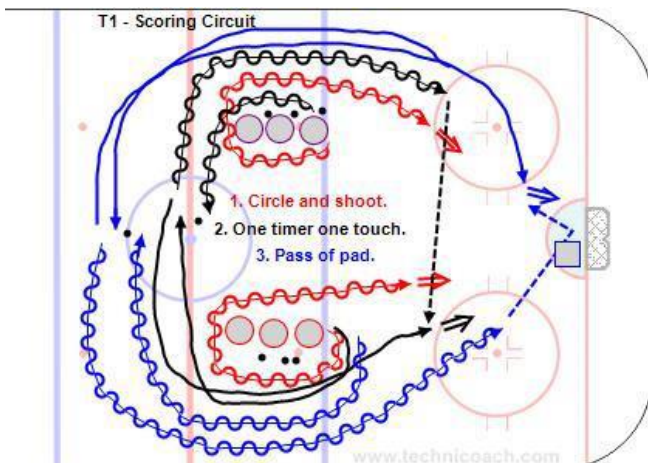
Key Points:

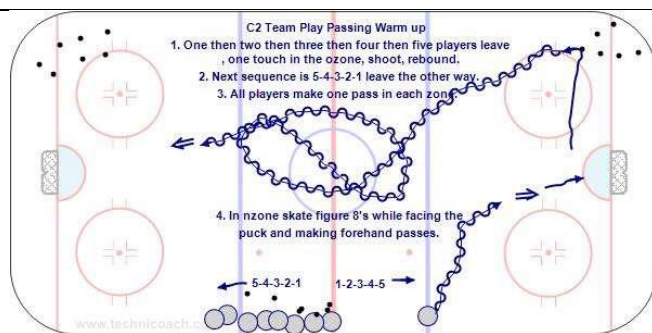
Shoot while skating and follow the shot. Hit the net. You only need a goalie on the pass off the pads but could put a board or pad to create rebounds. Line up outside the blue line just inside the dots. Square up to shoot one timers. For the pass off the pads the goalie plays without a stick.

Description:

1. Circle the line and shoot from both the middle and wide lanes, switch lanes and return on the outside.
2. Cross and drop (leave) behind the lineup then pass for a one timer if the shooter is on the backhand and a one touch if going to the net on the forehand.
3. Cross and drop and the shooter pass off the pads shooting low at the far side.

Afer shot come out and next shooter must fake then move and shoot missing the shin pads. *Push ups if they miss the net.





10'

C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

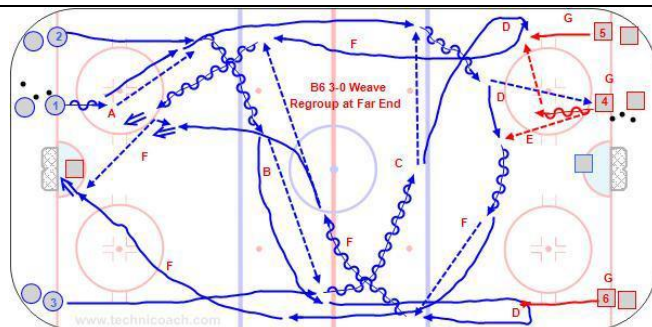
Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

1. One then two then three then four then five players leave, one touch in the offensive zone, shoot, rebound.
 2. Next sequence is 5-4-3-2-1 leave the other way.
 3. All players make one pass in each zone.
 4. In neutral zone skate figure 8's while facing the puck and making forehand passes.
- *When there is only one player do a figure eight or touch both knees.

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10'

B6 3-0 Weave-Regroup at Far End - Pro

Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the "big ice" between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

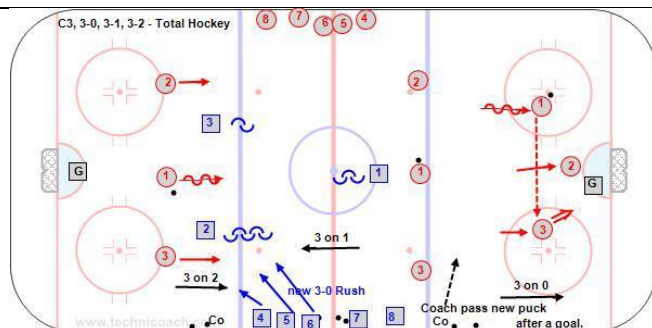
Description:

- 1 pass to 2 and follow the pass.
- 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- 3 pass back to one, follow the pass.
- 1 regroup with 4 and 1-2-3 fill each lane.
- 4 pass to 1 or 3 on the strong side.
- 1-2-3 weave the same way and attack with a triangle and shoot at the original end.
- 4-5-6 follow and repeat the other way.

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NHL Players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



10' Black vs. Red - Keep score of goals scored in C3, 3-0, 3-1, 3-2 - Total Hockey - U18 F

Key Points:

Total hockey because everyone plays all positions on offense and defense. Attack with a middle drive at top speed. Hit the net and drive for rebounds. Only allow one pass in the offensive zone on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.

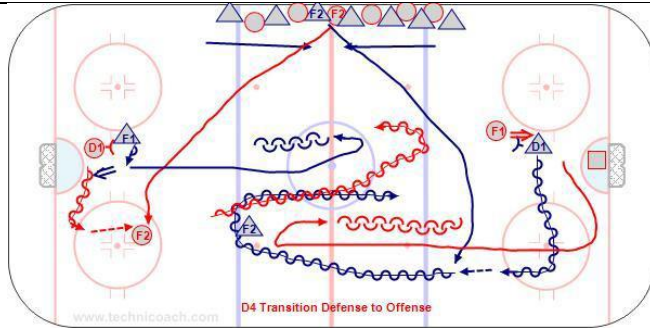
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.

6. Keep score.

** Prepare all the players to play Total 1-2-3-4-5 Hockey.*

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<https://youtu.be/9MTh5t8o1y8>



10'

DT400 1-1, 2-2, Support-Attack-Defend

Key Points:

Defending player stay on the defensive side.

Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2.. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker F1. Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

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10'

D100 - Two Thirds Ice 4-4 – Batchgo

Key Points:

Create 2-1's on one defender. Protect the puck, get open for a pass. In a 2-2 there are all 4 game playing roles.

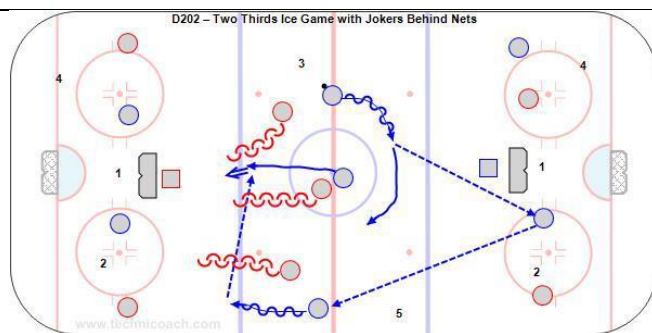
1. Puckcarrier.
2. Support the puck carrier.
3. Check the puck carrier.
4. Cover players away from the puck.

Description:

1. Move the nets up to the top of the circles.
2. Blue F1-F2 start vs. Red F1-F2.
3. Coach shoot the puck in to start.
4. Coaches spot new pucks on goals or if the puck is out of play.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

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10'

D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

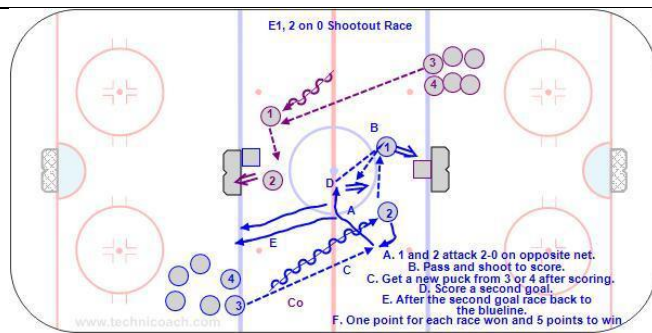
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, 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,

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<https://youtu.be/vE83XiyCS48>



10' Mel run this game.

E1, 2 on 0 Shootout Race

Key Points:

Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice.

Description:

- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline.
- F. One point for each race won and 5 points to win the game.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101223080124158>