



Fire White

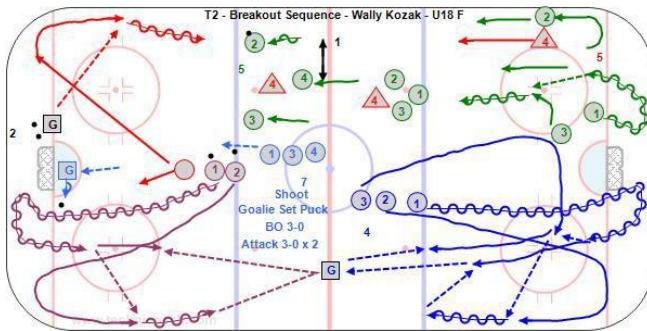
Practice Plan

Date: 03-08-18

Time: 16:00-17:30

Venue: Henry Viney

Lines:	Notes:
Breakout sequence, weave with 4,	Transition D join F backcheck, multiple pucks
Point support, timing, point shots, slap shots	2-0, 2-2, 3-3, agility skating



10'

T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

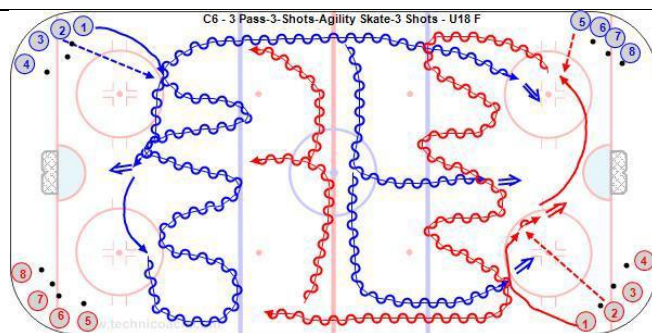
Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

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>



10' Forehand only, transition, backward, Crosby, slap shot only

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

Key Points:

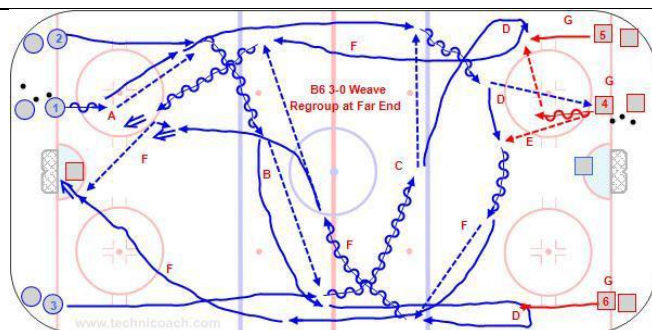
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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' 3 weave and make last pass at each end to 4.

B6 4-0 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.

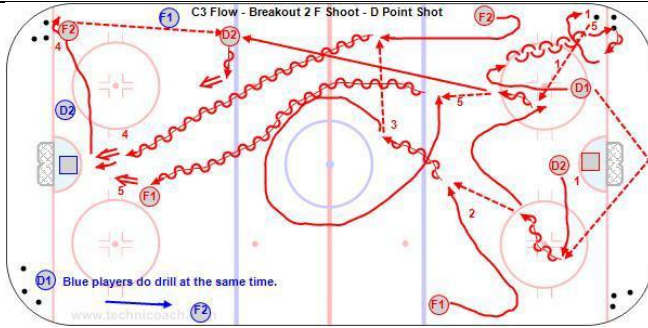
Description:

- 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130125095322120>

NHL Players.

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10'

C3 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

Key Points:

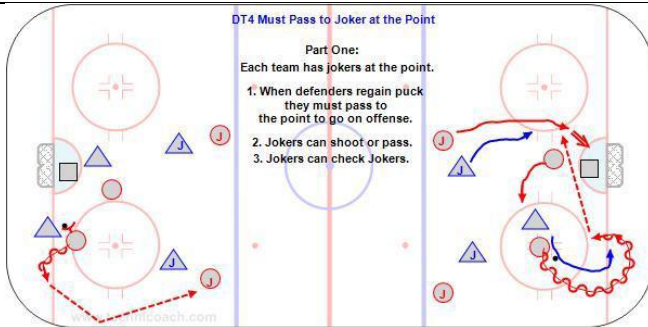
Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

- 1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.
- 2 – D2 pass to F1 breaking along the boards.
- 3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.
- 4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.
- 5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.
- 6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

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10'

DT4 Must Pass to Joker at the Point

Key Points

Each team has one or two jokers at the point. Introduce the game allowing jokers to check jokers. This is a great game to practice getting the shot through under pressure.

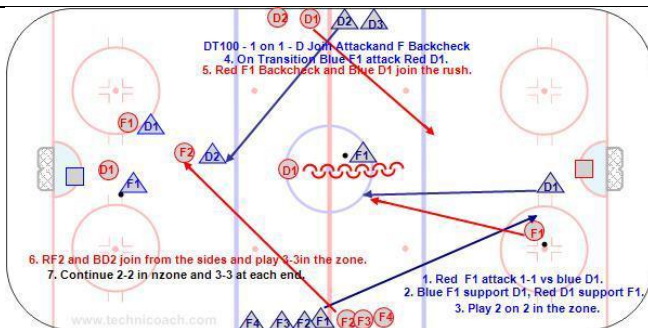
The jokers at the point must get open and take a shot or make a pass. The defender practices covering the point. Low players get open and defenders cover man to man.

Description:

Each team has one or two jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

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10'

DT100 - 1-1 and 2-1 D Join Rush-F Backtrack - U18 F

Key Points:

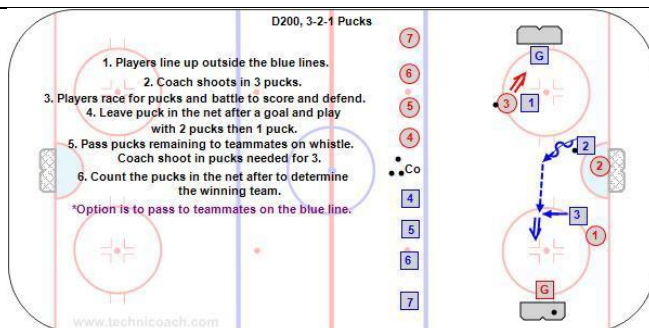
Defense line up in the Nzone on one side and forwards on the other side. Defense join the attack and the forward must backtrack and communicate with his defenseman who to cover in the defensive zone. One puck, zero whistles. Game not a drill so regroup on dump outs. Coaches talk to players when they come back to line up. Keep score. Progression from drill of 1-1 and support at other end on whistle. Options are to play 2-1 or send out 1 or 2 F or other combinations.

Description:

1. Red F1 attack 1-1 vs. the Black D1.
2. Red D1 follow the play when puck crosses red line and support from the point.
3. Black F2 tag up at the far blue line and backtrack through the middle lane.
4. On turnover, frozen puck or goal Black D1 pass to Black F2 and join the rush.
5. Black F2 attack Red D1 and Red F1 backtrack to cover Black D1.
6. Black D2 follow and support the attack from the point.
7. Red F3 tag up and backtrack between the dots and cover Black D2 at the point.
8. Play 3-3 in the zone.
9. Breakout with Red F3 attacking Black D2.
10. Red D1 join the rush and Black F2 backtrack.
11. Continue this sequence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180127143007466>

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10'

D200 3-3 with 3-2-1 Pucks

Key Points:

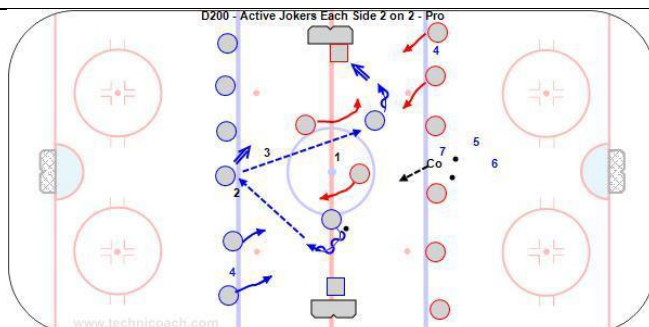
- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.

Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
6. Count the pucks in the net after to determine the winning team.

*Option is to pass to teammates on the blue line. Another option is to skate behind the nets to start.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185636266>



10'

D200 - Active Jokers Each Side 3 on 3 – Pro

Key Points:

Face the puck, communicate, make quick plays, move your feet, rebound, give a target, screen. Each team has extra players as Jokers on one side. Play 1-1 to 4-4 or with uneven or random numbers.

Description:

1. Start 2 vs. 2 with Jokers on each side.
2. Players are allowed to pass to the Jokers.
3. Jokers can shoot or pass.

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4. On the whistle two Jokers rotate in from their net end.
 5. Shifts of 20-30" and pass to new players on the whistle.
 6. Keep score.
 7. Coach shoot in a new puck when it is out of play.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017040810352326>

<https://youtu.be/gz4gkiAql0k>

10'

E1 - 2-0, 3-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0 or 3-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point for every goal.

E - 20" next rep.

F - First team to 20 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016092511071521>

<https://youtu.be/ss-rEHpfr5w>

