



Fire White

Practice Plan

Date: 03-11-18

Time: 16:00-17:45

Venue: Henry Viney

Lines:

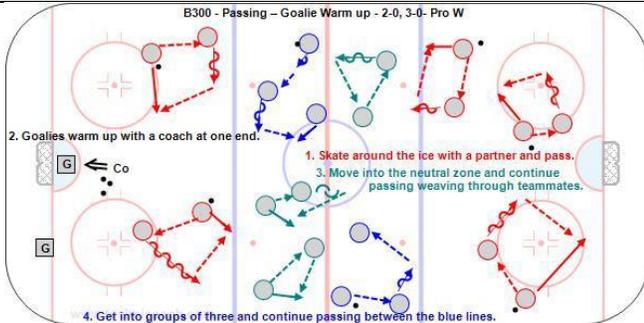
Power Play 5-4, Penalty Kill 4-5

Escape moves, puck support, quick decisions

Notes:

Passing, shots, shootout, keepaway

Breakaways, shoot while skating hard



10' Mel, Kailey with Goalies

B300 - Passing – Goalie Warm up - 2-0, 3-0 - Pro W

Key Points:

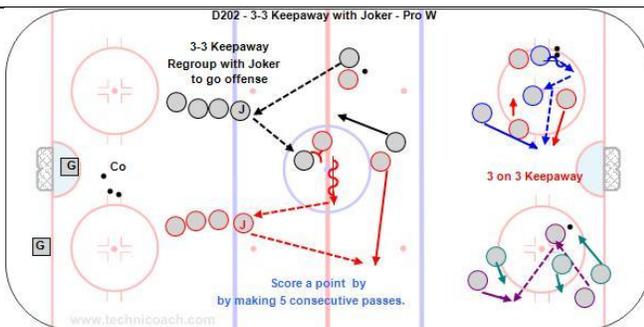
Eye contact, hands away from the body, roll the puck heel to middle, use eye and stick fakes, give a target, keep the stick square to the puck, absorb the pass, keep the shoulders loose, use both the forehand and backhand. Go in all directions when in the neutral zone. Add skills like two touches only, backhands, escape move when you get the puck. Other tasks like 2-1 keepaway, fake pass to one and pass to two, one touch etc. are possible. Also add full speed for 5' on the whistle.

Description:

1. Skate around the ice with a partner and pass.
2. Goalies warm up with a coach at one end.
3. Move into the neutral zone and continue passing weaving through teammates.
4. Get into groups of three and continue passing between the blue lines.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180310181413433>

<https://youtu.be/xKQNF3Y3GI>



10' Mel Kailey goalies.

Tom-Jim Skaters

Only forehand passes, 2" escape move 2" more

D202 - 3-3 Keepaway with Joker - Pro W

Key Points:

Skate to get open. Give a target and absorb the pass. Skate to open ice with 3-5 hard strides when you get the puck. Fake passes and escape move create time and space to make plays.

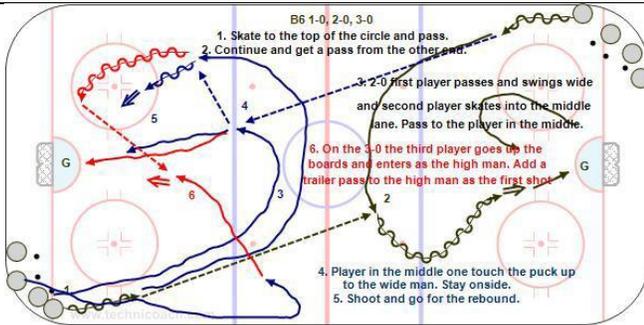
Description:

1. Players line up in two groups behind the blue line.
2. Three players from each team race for the puck the coach passes in.
3. Fourth player is a Joker.
4. To go onto offense you must pass to the Joker.
5. Five passes equals one point.
6. Play 30".
7. Pass to your team when the whistle blows for the next 3.

*Option is to play 3 on 3 keepaway in each zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180310182336181>

<https://youtu.be/kfIAi7Ey6Ls>



10' Make sure to stay onside on the 2-0.

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

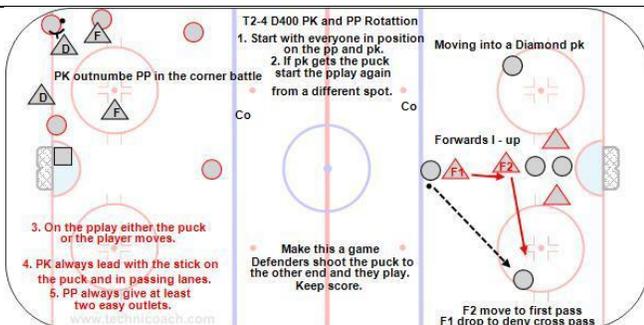
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

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<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



20' Two groups 10' each. Jim Kailey PP, Tom Mel Pk.

T2-4 - D400 - 5-4 - Russian U20

Key Points:

Offense keep moving and spreading the defense. Defenders skate straight lines, active sticks, closest player pressure the puck and play from the defensive side.

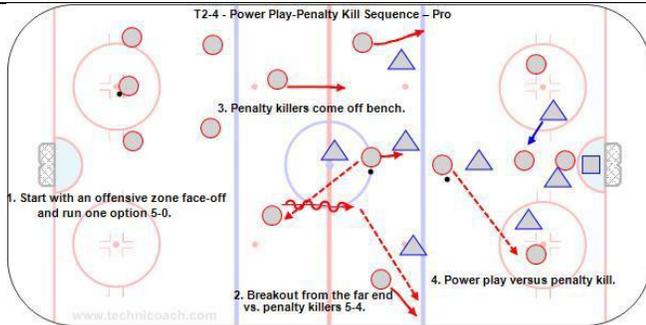
Description:

- Rotate from the overload into a diamond.
- Keep the puck moving to create seams in the defense.
- Spread the defense by moving the puck high-low-across.
- Weak side F has the mid-slot attacker.
- Defenders jump and pressure right away with the sticks in the passing lane.
- Play with a shot mentality always looking for shooting lanes.
- D switch sides when net front D pressures low then up the boards.
- Defenders skate straight lines, stop and start, don't finish checks, D side with stick on the puck.
- Closest defender get into the shooting lane.
- Defender take away the back door play and take the stick.
- Box out on both offense and defense.

- Closest defender pressure.

- Attackers use the mid-slot player as a pass option and pass from low to across the mid-line for one timer.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150819081217801>



15' Jim and Kailey run. Mel in box with PK and talk with them.

T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

** Aggressive penalty kill when the puck is loose or the attackers back is turned.*

** Option one is to have the wide players on their forehand side for one timer.*

** Option two is to have a passing PP with right and left handed shots on the right and left sides.*

** Rotate positions and keep moving.*

** Defender stay with the puck carrier but do not chase passes.*

** Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

** Many teams give the goalie the walk out player jam and cover the other four.*

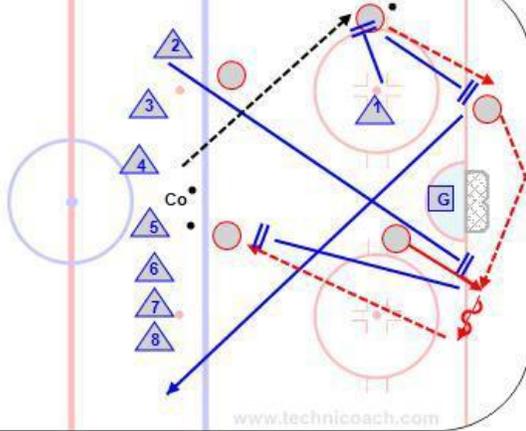
** Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*

** A coach can use this sequence to practice from 3-3 to 5-5.*

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<https://youtu.be/VadXPVkJMb4I>

T2 - Bob Johnson 10 Second Power Play Game



15' Jim - Kailey

T2 - Bob Johnson 10 Second Power Play Game

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

Description:

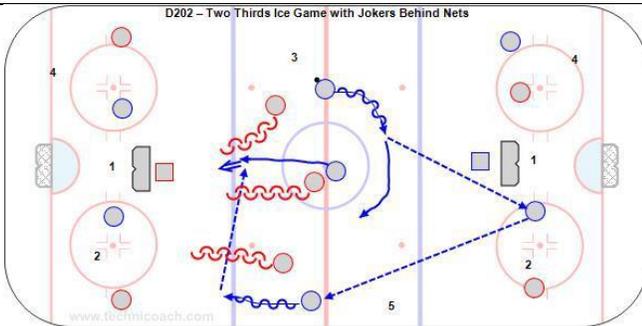
1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

**This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161029103334311>

<https://youtu.be/jOMFSb4as1s>

D202 - Two Thirds Ice Game with Jokers Behind Nets



10' Only forehand passes then 2" only + if player makes an escape move.

D202 - Two Thirds Ice Game with Jokers Behind Nets

Key Points:

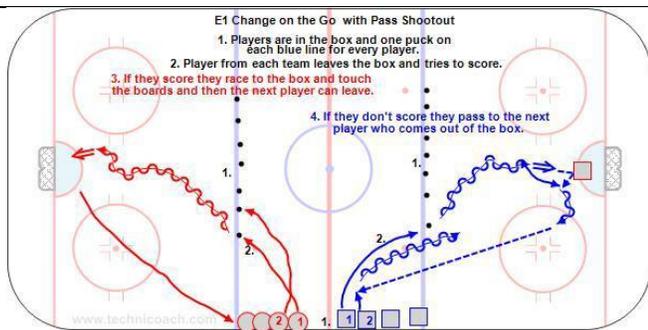
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make an escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker,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



10' Mel

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>

Log roll for every goal lost by.

Get pucks – Cheer in middle.

Theme:

Little things = Big results

