



Fire White

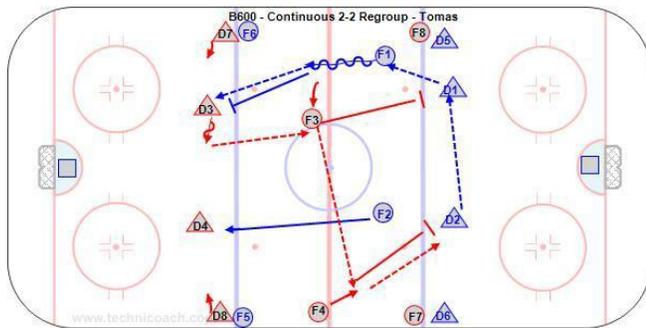
Practice Plan

Date: 03-20-18

Time: 21:45-23:00

Venue: ECTAS

Lines:	Notes:
Fitness skate, transition, 1-1, 3-3, 4-4	Batchgo, 2" game, regroup in nz,
Goalie technique, passing, shoot while	Skating, slap shots, back tracking



10' Mel goalies at one end. First two min. big moves

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

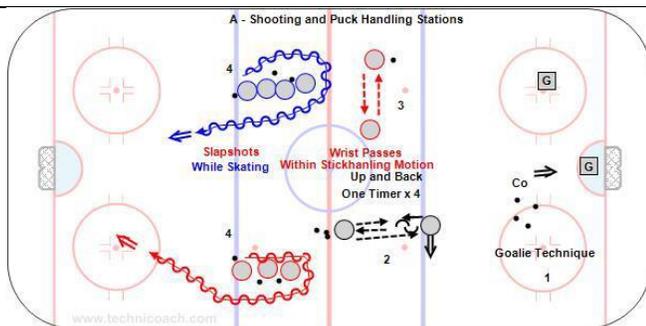
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

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>



7' Mel goalies

A - Shooting and Puck Handling Stations - Youth

Key Points:

Practice the stationary slap shot then slap shot while skating. Work on taking one timers 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.

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>

8' Jim and Kailey with each line.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170202104000548>

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>

10' Kailey run.

F202 – Skating for Quickness and Agility

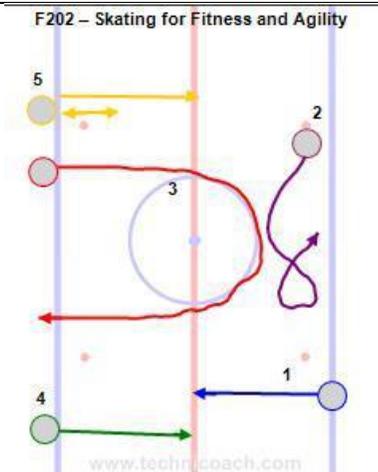
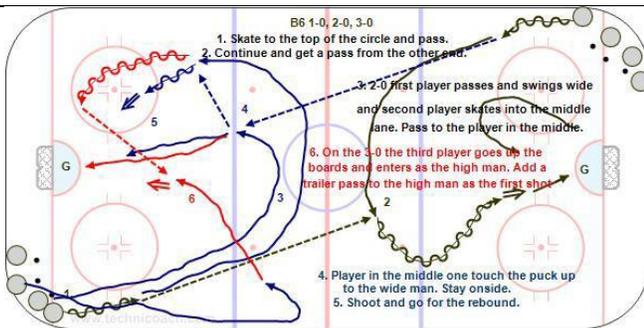
Key Points:

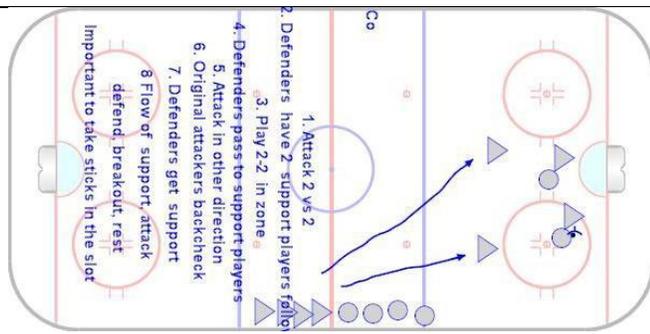
Start low from a good athletic position. The first 3-4 strides fall forward with the toes pushing back and out and then the stride is side to side.

Description:

1. Quick Feet – Detroit – skate from the blue line to the red line.
2. Quick Feet - Tight Turn – Pro – skate hard in an arch, feint and tight turn the other way.
3. Quick Feet Arch Skate – Pro – skate fast around the top of the circle.
4. Quick Start – Pro – focus on the toes out and first few strides.
5. Small Ladder – Pro – start hard two or three strides-stop-back to blue-hard to red line.

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10' Jim
DT100 Backchecking Transition Game 3 on 3

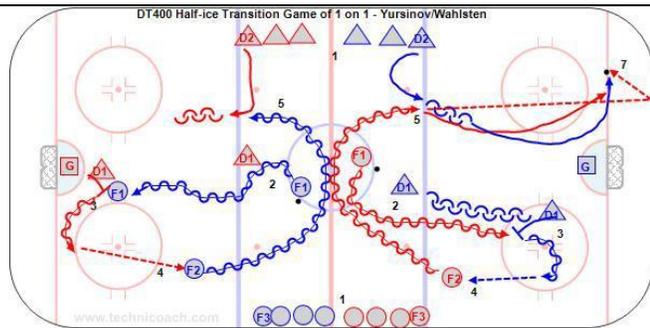
Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>



10' Kailey one end and Jim other.

DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

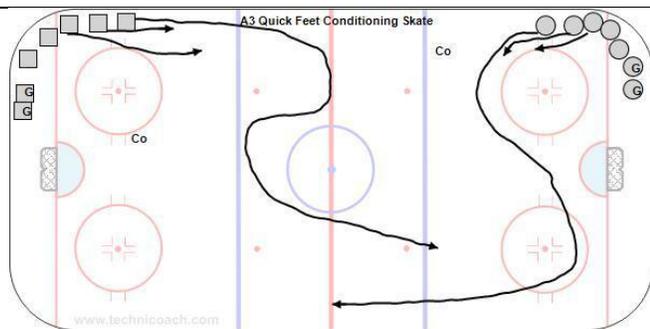
Key Points:

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>



8' Jim
A3 Quick Feet Conditioning Skate

Key Points:

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

Description:

1. Players leave in small groups with at least a 1:4 work rest ratio.
 2. Skate a lateral S pattern do they turn both right and left.
 3. Sprints should be less than 10 seconds.
 4. Can also be done with pucks.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>

