



Fire White

Practice Plan

Date: 22-03-18

Time: 20:15-21:30

Venue: WMP

Lines:

3 lines in red, black, green

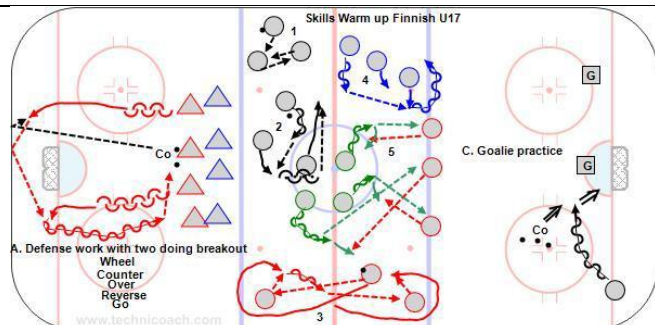
3 team game to review team play

Rebound, breakouts

Notes:

Power play, forecheck review

Pass, shoot, goalie training, fitness skating



2' big moves **Goalies-Mel**

13' **Kailey with F and Jim with D.**

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

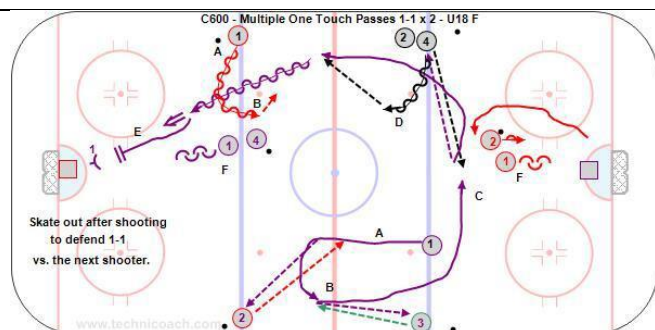
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131221040649>



10'

C600 - Multiple Two One Touch Passes 1-1 x 2 - U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

A. 1 exchange passes with 2.

B. 1 turn out and exchange passes with 3.

C. 1 skate across and exchange passes with 4.

D. 4 skate to the inside and pass to 1 skating wide up the ice.

E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

*1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

<https://youtu.be/7sdcZtyS6VY>

25' Forecheck and Power Play Walk-through 3 groups Tom-Jim-Kailey Red-Black-Green colours.

Two groups with Tom walk through forecheck and one with Jim-Kailey PP and rotate each 8'.

T4 – 2-3 Forecheck Review

Pressure the puck carrier. Pinch on the weak side.

<https://youtu.be/LzD9THRBIqA>

12' 6' PP and 6' dump in and forecheck.

D1 Full Ice 3 Team Scrimmage

Key Points:

Give close support to the ball or puck. Defending team create speed through the neutral zone after the breakout. New defending team identify coverage when the attackers enter the zone.

Description:

Three teams play full court or full ice.

1-Red attacks vs Green at one end.

2-Green breaks out and attacks vs. Black waiting at the other end.

3-Black breaks out and attacks Red.

4-Green rests at the original end.

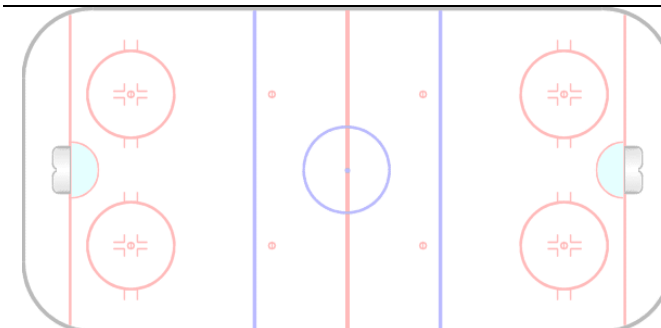
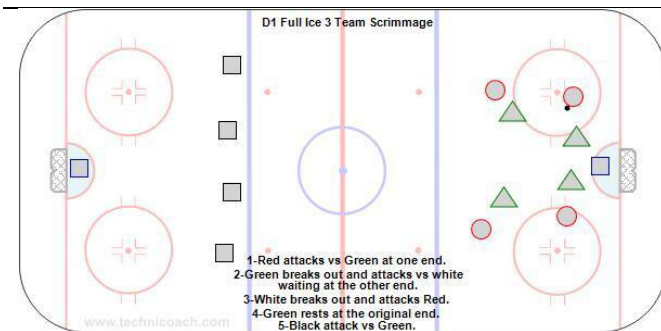
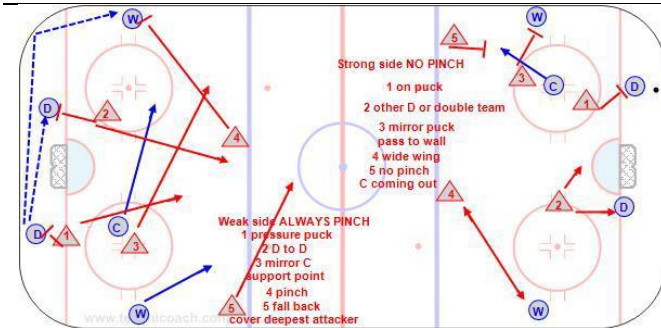
5-Black attack vs. Green.

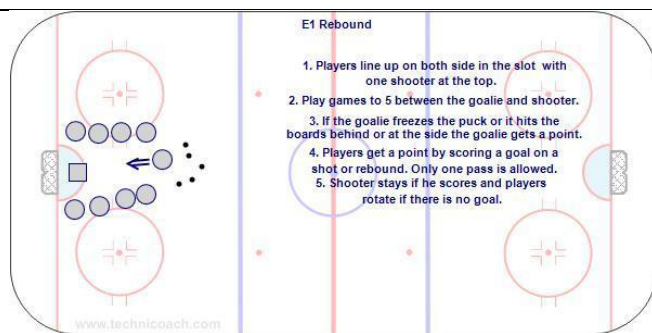
They keep this rotation and play a game up to 5. Start another game at 0-0 but switch who they attack first i.e. now Green attacks Red and Red attack vs. Black and Black vs. Green. This rotation can be used to practice team play at full strength and power play and penalty kill.

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6'

Wave skating for quickness and agility.





E1 Rebound

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

7'

E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

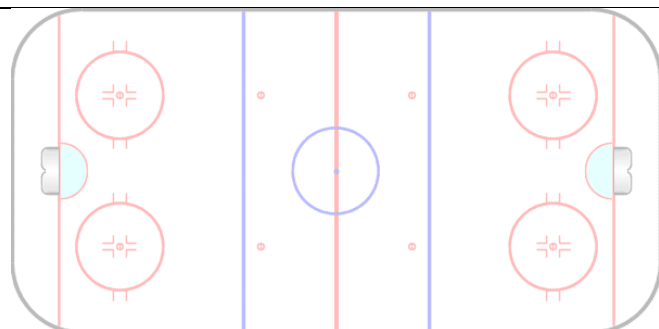
Key Points:

Make quick shots and one timers and goalie read the play.

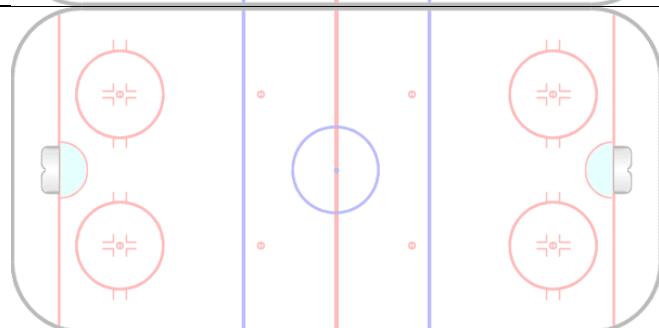
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