



Fire White

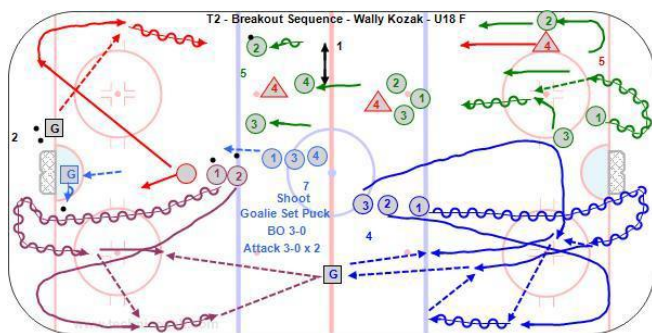
Practice Plan

Date: 24-03-18

Time: 14:00-15:15

Venue: WMP

Lines:	Notes:
Breakout sequence, Pass, shoot,	Timing, screen, conditioning skate
Shootout, puck protection,	Defenseman skills, transition
D join rush, F backcheck, shootout	
2 G, 6 D, 8 F	



10' First 2' puckhandle around the body.

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.

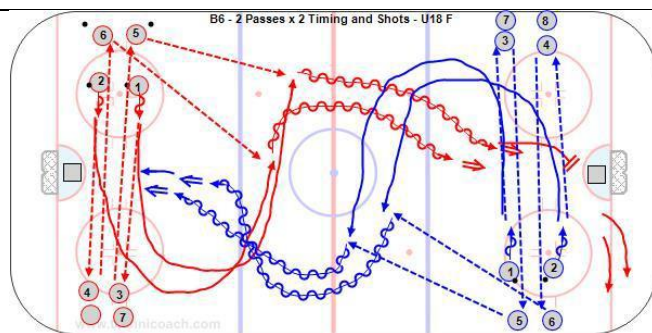
4. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.

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' Kailey run

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

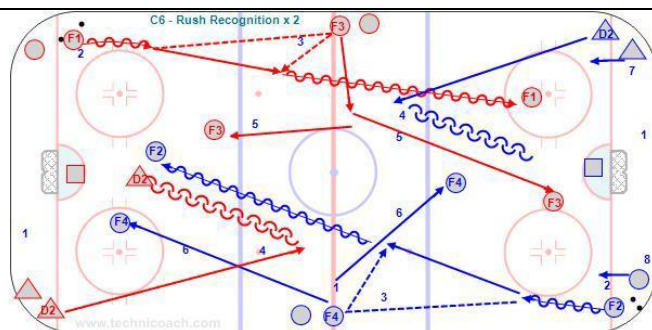
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 3 and 4 repeat in the other direction.

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<https://youtu.be/WmpASHh7uL4>



10' TJ

C6 - Rush Recognition x 2 – U18 F

Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

- Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
- Start with F1 leaving from one corner and F2 from the other with a puck.
- F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
- D1 and D2 skate out past the blue line to defend vs. F1 and F2.
- F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
- F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
- If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
- You can also send more than one forward to start the rush or alternate one then two D or F.

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<https://youtu.be/0VnlOFNtoN0>

B6 Puck Protection and Stick on Puck

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



15' Forwards one End Kailey – D other TJ

B6 Puck Protection and Stick on Puck Plus 1 vs 1 vs 1

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

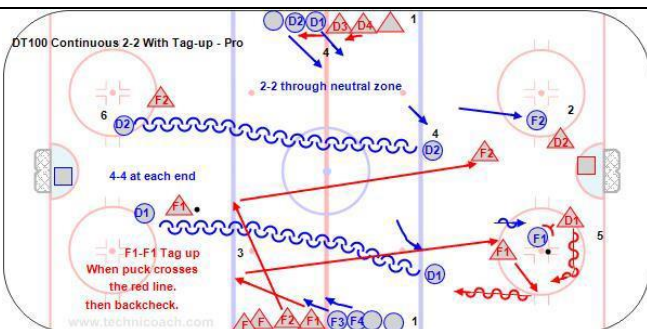
1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.

5' Puck Protection

5' 1 vs. 1 vs. 1

5' Quick transition game of 3-3 with 9 players.

Terry Johnson work on breakout options with a point shot at the other end.



5'

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

<https://youtu.be/MIInHmN4wvs>

* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.

https://youtu.be/Zc_IQE9dX8

* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5

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5' Add tag up rule

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

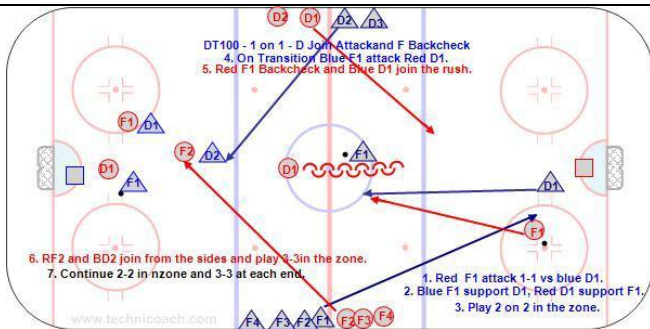
Key Points:

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.

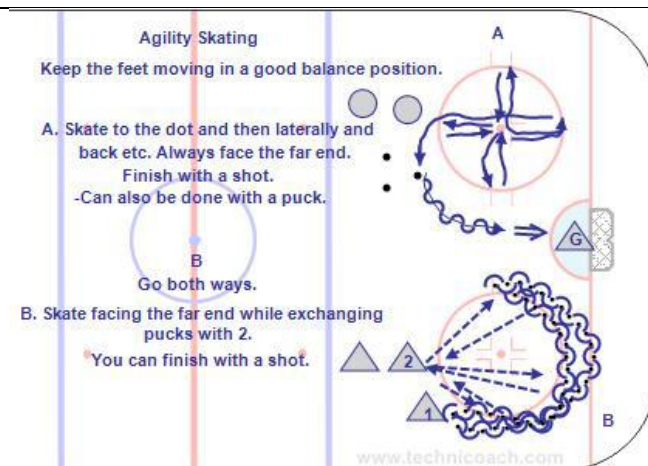
Keep score. Progression from drill of 1-1 and support at other end on whistle. Options are to play 2-1 or send out 1 or 2 F or other combinations.

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.

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10' Conditioning Skate – Kailey Red one circle black other.

B500 Agility Skating

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Key Points:

Keep the feet moving in a good balance position.

Description:

A. Skate to the dot and then laterally and back etc.
Always face the far end.

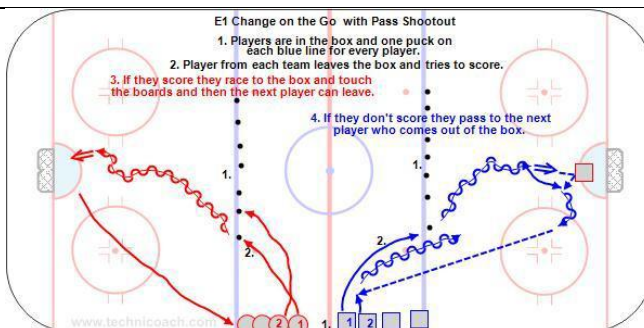
Finish with a shot.

- Can also be done with a puck.

B. Skate facing the far end while exchanging pucks with 2.

Go both ways.

Finish with a shot.



10'

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>

Explanation/Notes:

