



Fire White

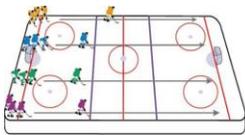
Practice Plan

Date: 03-27-18

Time: 18:45-20:15

Venue: Max Bell

Lines:	Notes:
Team play review PP-PK, 6-5	Edges, puck handling, shooting,
Transition, good habits, shootout	Dzone coverage both regular and swarm
	2-2, 4-4



9' 3' big moves. **Jim and Kailey warm up goalies.**

A2 Skating Warm-up for Edges and Balance

Players lead.

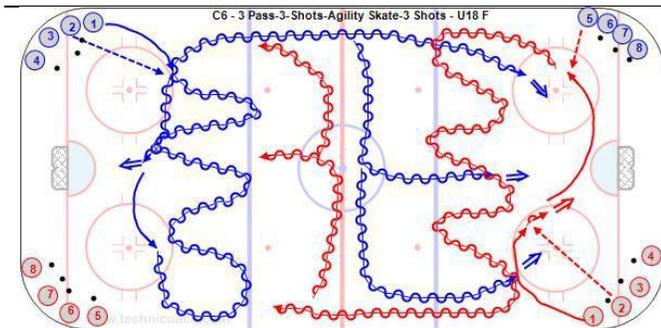
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113>

The same warm up with 12-14 year olds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110423080435937>



8'

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/JqCQVa1iwwA>

8'

C600 - Multiple 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>

6'

B6 3-0 Weave-Regroup at Far End – U17

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:

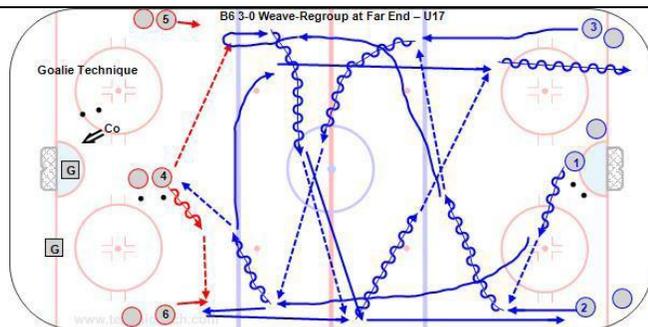
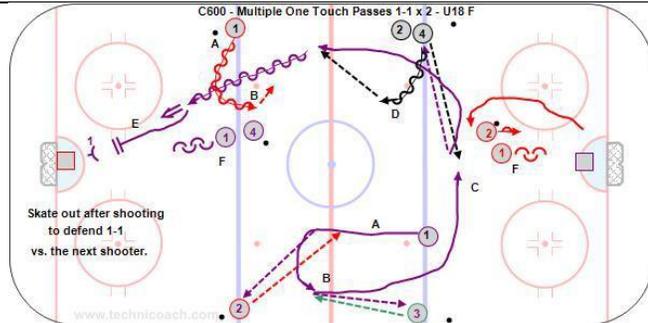
- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and stop at the original end.
- G. 4-5-6 follow and repeat the other way.

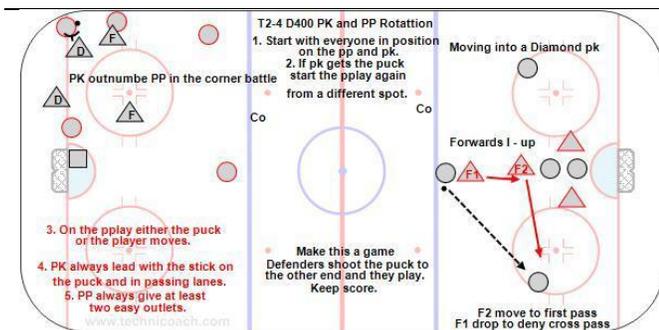
U17 Weave No Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104922991>

NHL Players - Weave With a Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>





10' Jim and Kailey 5' each Black then Red, Tom focus on pk.

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

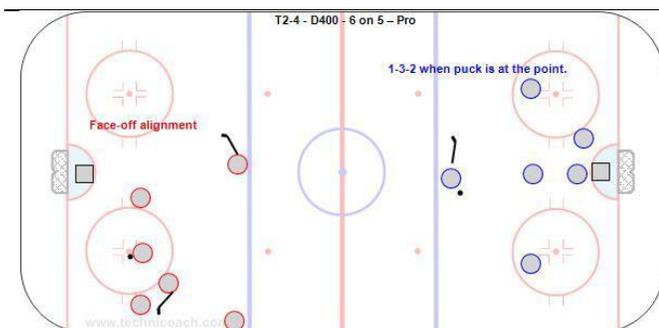
Key Points:

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 timers.

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



10' Use 3 D at point and regular lines-outnumbering

T2-4 - D400 - 6 on 5 – Pro

Key Points:

Outnumber the defenders to win loose pucks. Take away rims with a high triangle at the top, one player on each side and one in the middle. Screen and take away goalies eyes whenever a shot is possible. Reset the attack by putting the puck behind the net and moving it low to high. Set up a 1-3-2 diamond when the puck gets to the middle point. When the puck is at the half wall one attacker support on the strong side goal line. The key is to produce rebounds and outnumber the defenders in the slot.

Description:

1. Start with a face-off and the extra forward higher along the boards on the strong side.
2. Defenders line up like 5-5 with D along the boards.
3. Allow the offense to win the draw.
4. Move into the diamond power play 1-3-2 when the puck gets to the midpoint.
5. Defend from the net out with a diamond and the closest player challenge the puck carrier.

6. Defenders do not get tied up with the player in front but defend in a diamond.

7. Defend with sticks in passing lanes and shin pads in front of the shot.

8. Puck on wall the strong side D be a stick length from low attacker on the goal line.

9. Quick play is pass to goal line to attacker in the mid slot for a shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171023180614757>

<https://youtu.be/tZsUTXPmiH8>

Offense: Face-off and set up in 1-3-2

Two players fight for all loose pucks and setting up at the half wall.

Defense:

Use a diamond to defend when the puck is at the mid-point.

Pressure the puck at the half wall and defend from the net out with sticks in passing lanes.



10' Tom walk through – Jim and Kailey check positioning.

T2-4 - Team Play Review – Pro

Key Points:

Defense get between the dots on the regroup with a quick up and only D to D if the first pass is denied. Forwards give support on the boards and in the middle. Everyone back track to the defensive zone. Forecheck F1-F2 in deep, F3 mirror from slot.

Description:

1. Coach spot a puck and 5 man unit does a neutral zone quick up.

2. Attack 5-2 with middle drive and D as the trailer.

3. Repeat from the other side with another quick up and 5-2 attack.

4. On the whistle players back track to a coach deep in the defensive zone.

5. D1 on the puck hard, D2 net front, F1 low support, F2 net front and middle point, F3 strong side point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161018105735105>

<https://youtu.be/igPIW-lb-l4>

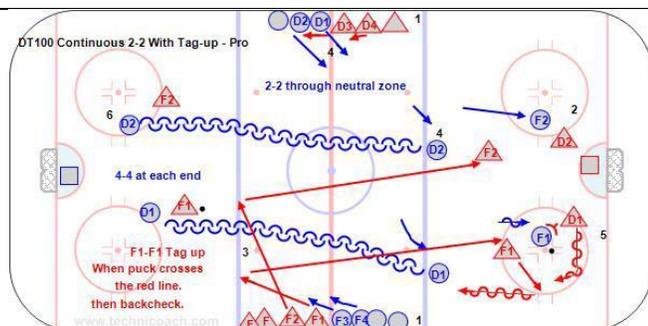
8' Black one side and Red other everyone all positions.

DT100 Continuous 2-2 With Tag-up – Pro

Key Points:

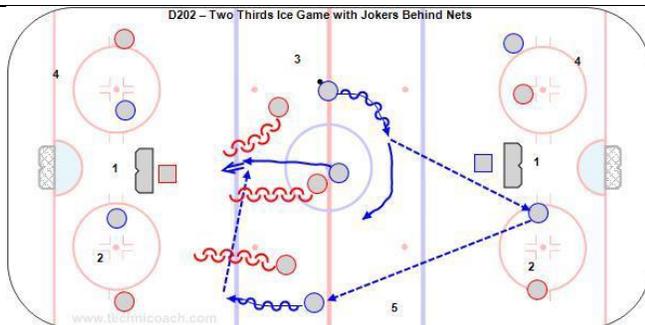
Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:



1. Extra forwards and defense line up on the sides in the neutral zone.
 2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
 3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
 4. Blue D1-D2 support rush from the point.
 5. Play 4-4 at each end.
- * Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.
 * 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 at each end. You can also send out random numbers so the players have to recognize the situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>
<https://youtu.be/pBE2B41Zklc>



9'
D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

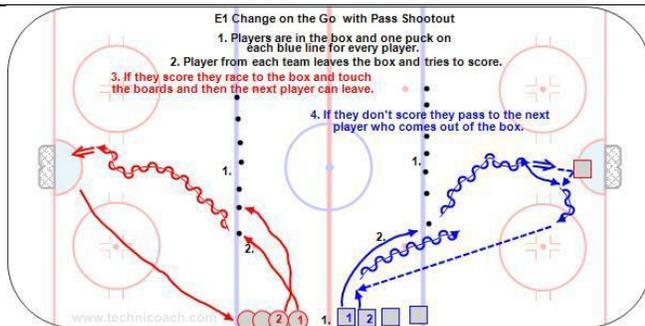
Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker,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

Meet in dressing room after.
