



## Fire White

## Practice Plan

Date: 12-27-16

Time: 21:00-21:15

Venue: Crowchild

### Lines:

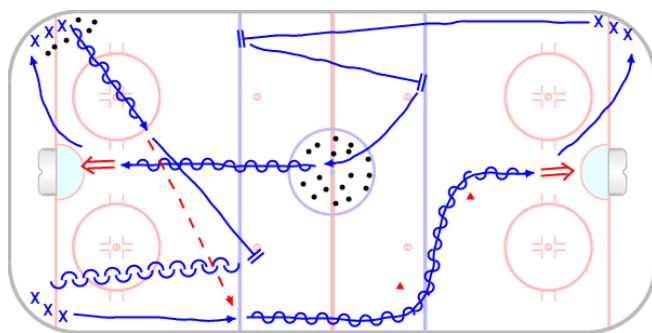
Breakout timing, D join the rush, overspeed,  
Edges and balance,

### Notes:

1-0, 1-1, 2-1, 3-1, 3-3, 2-2, point shots

Didn't do many of the drills and games  
to leave because of concussion protocol and

Because we only had 8 skaters after two had  
The flu.



10'

### A300 Edges and Puck Handling with a Shot

#### Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

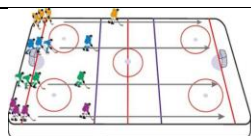
#### Description:

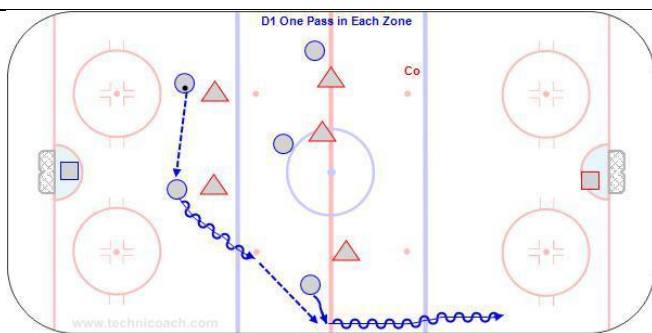
1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
  - a. Forward skate and alternate on the front inside edges.
  - b. Backward skate and alternate on the inside edges.
  - c. Skate forward and cross-over alternating on the outside edges.
  - d. Skate backward and cross-over alternating on the outside edges.
  - e. Open hip turn each way.
  - f. Slalom and reach as far as possible with the puck the opposite way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>

10'

### Skating – Randy.





20'

### D1 One Pass in Each Zone and 2" Game

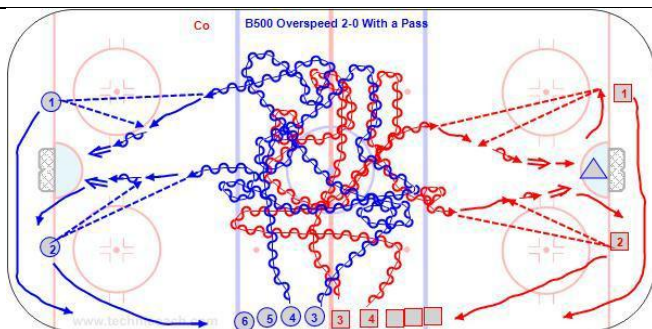
#### Key Points:

Close support, skate to open ice with the puck, give a target.

#### Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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8'

### B500 Overspeed 2-0 with a Pass

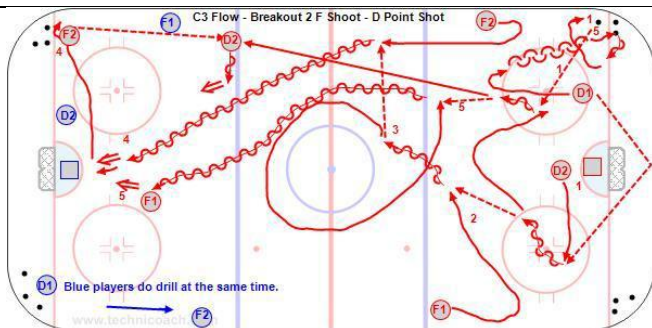
#### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

#### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



20'

### B6-600 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

#### Key Points:

Make hard passes, give a target, keep skating while making plays, follow shots for rebounds, stop at the net, screen.

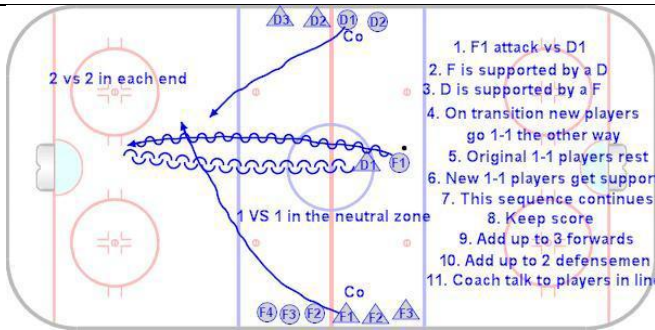
#### Description:

Start at both ends with players on each side of the net and pucks in all four corners.

- 1 – D1 start by skating up an back get a puck and bank pass behind the net to D2. D1 goes to the corner.
- 2 – D2 pass to F1 breaking along the boards.
- 3 – F2 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.
- 4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.
- 5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.
- 6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

<http://www.hockeycoachingabcs.com/mediagallery/media.p>

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10'

### DT100 Continuous 1-1

#### Key Points:

Forward gets support from a defenseman and the D gets support from a forward.

#### Description:

1. Forwards line up in the neutral zone on one side and D on the other on their offensive side of the red line.

2. Start with a 1-1 and the supporting players join the play when the puck enters the zone and play 2-2.

3. This is a game and not a drill, so no whistles. Original players leave when the puck is carried over the blue line and there is a 1-1 the other way with the players who supported.

4. If the puck is dumped out the players stay on and regroup.

5. Situations up to a 3-2 each way can be practiced with this flow.

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8'

### DT100 Continuous 1 on 1 D - Join Attack F Backcheck

#### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

#### Description:

1. Forwards line up on one side and defense on the other. 2. Start with a 1 on 1 attack Blue F1 vs. Red D1. 3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1. 4. On transition Red D1 join new attack and Blue F1 backcheck 5. If the puck is dumped out with no possession the offensive team regroup and attack again. 6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1. 7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1. 8. This rotation continues with a 3-3 in each zone.

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