



## Fire White

## Practice Plan

Date: 1-6-17

Time: 16:00-17:15

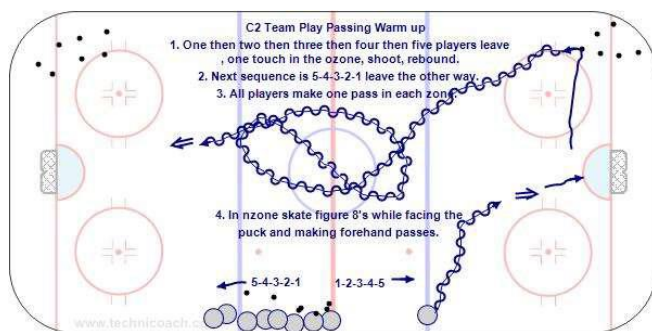
Venue: Max Bell 2

Lines:

Breakout, power play, penalty kill, 5-4, 5-3

Notes:

Middle lane drive, pass, shoot, compete



10'

### Randy warm up skating

<https://www.youtube.com/watch?v=qWfr7TLgBTY>

10'

### C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

#### Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

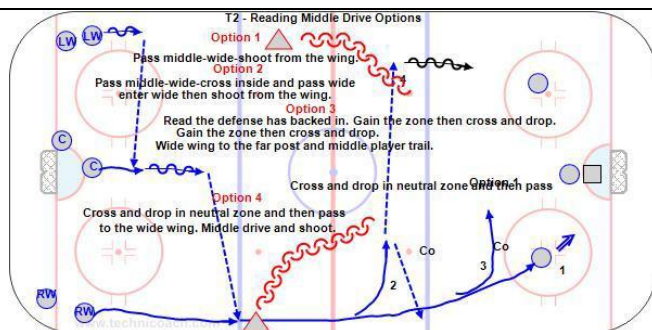
#### Description:

1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

\*When there is only one player do a figure eight or touch both knees.

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10'



### T2 B6 3-0 Attack Options – Pro

#### Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

#### Description:

1. Line up in three rows at the goal like and start with a puck from one side.

2. Pass to the middle then the far wing.

#### Option 1

Pass middle-wide-shoot from the wing.

#### Option 2

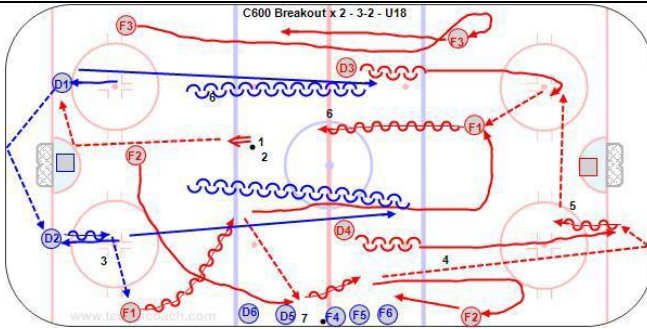
Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

#### Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

#### Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.



12'

### C600 Breakout x 2 - 3-2 - U18

#### Key Points:

Give a target, everyone move together, pass to the outside and skate with the puck between the dots, attack with speed on the 3-2 with a middle drive.

#### Description:

1. F1-F2-F3 and two sets of defense, D1-D2, D3-D4 start in the neutral zone.
2. One forward dump the puck in or shoot at the goalie.
3. F1-F2-F3-D1-D2 breakout and the coach call various breakout options.
4. Cross the red line and shoot the puck into the other end or on net.
5. F1-F2-F3-D3-D4 breakout from the opposite end.
6. F1-F2-F3 attack 3-2 vs. D1-D2 and play out the first rebound.
7. F4-F5-F6 repeat and breakout first with D3-D4 then with D5-D6.

*\*Option: add a regroup and second breakout alternating sides so both D make the first pass.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151023101250791>



### 30' 3 groups

#### Tom – 5-3

#### Jim and Randy 5-4 Rotate groups

#### T2-4 D400 Specialty Team Practice – Pro

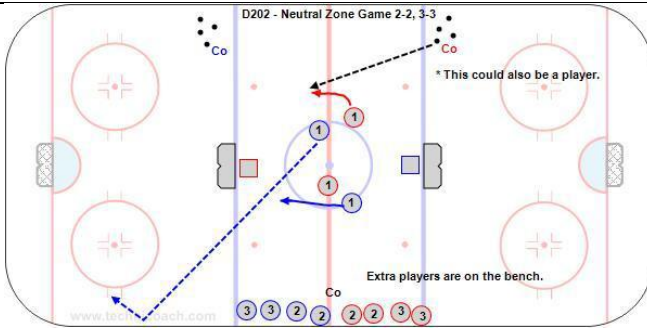
#### Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

#### Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>



15'

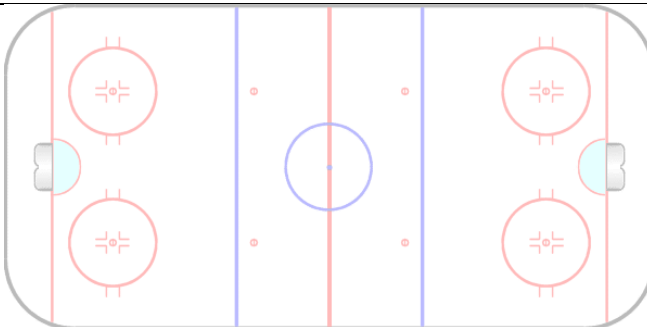
## E1 - D202 - Neutral Zone Game 2-2, 3-3

### Key Points:

Be ready for a new puck after a goal, frozen puck or wide shot.

### Description:

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.
3. Coach pass new puck to his defending team when the puck is out of play.
4. 20-30 second shifts.
5. Keep score and the losing team skate or some other punishment.



1'

## Meet in middle

### Explanation/Notes:



### Explanation/Notes:

