



## Fire Conditioning

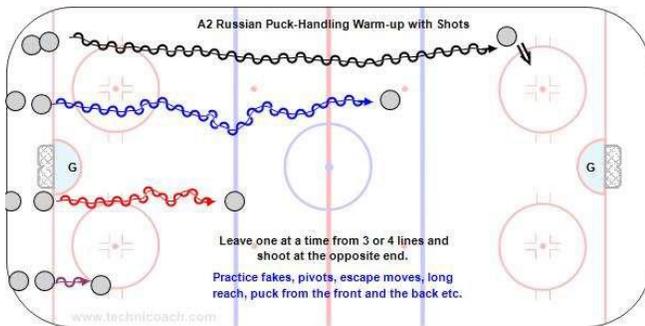
## Practice Plan

Date: 8-27-17

Time: 5:45, 7:15, 8:45

Venue: Great Plains

<b>Lines:</b>	<b>Notes:</b>
Edges, puck handle, catch and release shot 1-1, 2-2, 3-3	Rush recognition, agility, speed scoring,



10' Warm up goalies at one end. Players lead.

### A200 Skating Warm-up for Edges and Balance with a Puck and Shot

#### Key Points:

Good players can move in all directions efficiently because they and 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. Do these skating exercises with a puck.

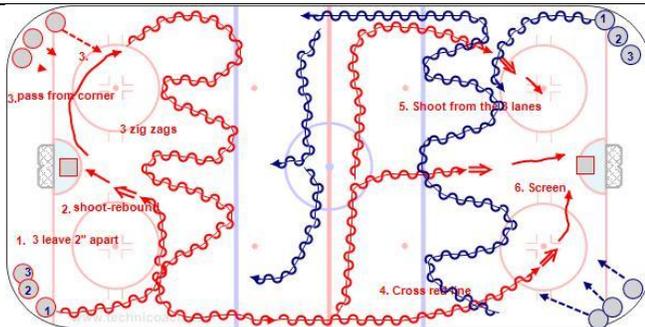
#### Description:

##### A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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.

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10' Kailey and add a pass to start.

### B6 - 3 Shots, 3 Zig zags, 3 Shots - U17-20 RB

#### Key Points:

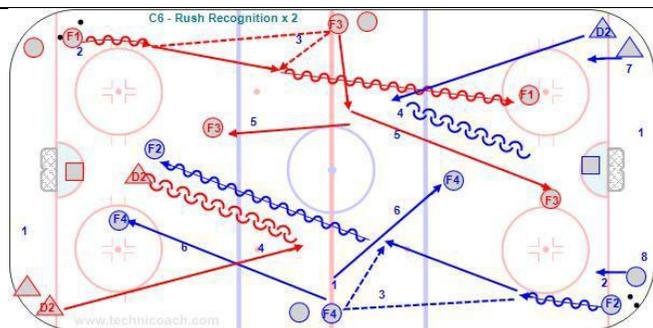
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.

- d. transition skate facing the far end forward to backward to forward.
- e. skate backward.
- f. 360 degree turns.

[https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0\\_6GmY2ieG](https://1drv.ms/v/s!AukXg5gWoW-9rHzEue0_6GmY2ieG)  
<https://youtu.be/AfPDT0EnXdc>



### 12' TJ – Rush Recognition

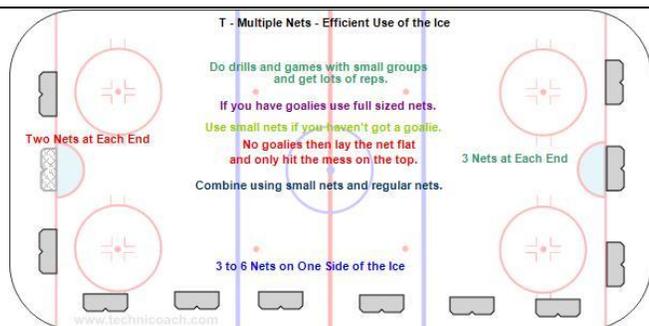
#### C6 - Rush Recognition x 2

##### 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.

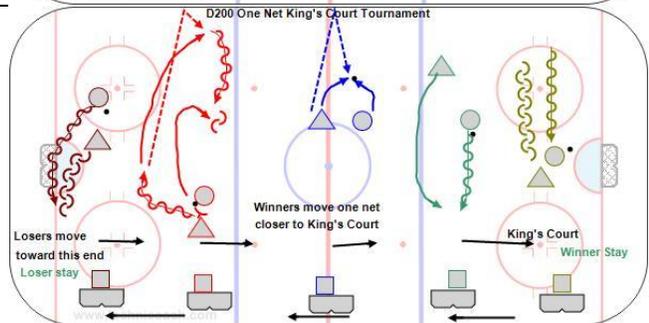
##### Description:

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



### 10' Shooting on 6 nets across the ice.

**Groups of 4 or 6 players work on pass to player beside the net and then 'catch and release shot.**



### 23' Have 2 players remain at each end.

#### D200 x 6 Games of Kings Court – Youth

##### Key Points:

Develop split vision by having no defined boundaries, use modified rules to focus on skills and habits, create competition, game situations, transition from offense to defense and defense to offense.

##### Description:

1. Put 3 to 6 nets on one side of the ice with space enough to skate behind.
2. Play from 1-1 to 3-3 at each net.
3. If playing even teams of 1-1, 2-2 then bounce the

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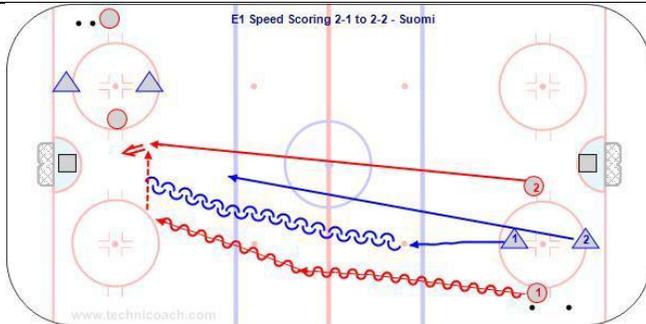
puck of the far boards to go on offense.

4. Teach good habits and skills by enforcing modified rules such as 'give and go needed' to score.

5. Keep score and play 'Kings Court', game winners move one net toward the Kings Court and game losers move the other way. Winner and loser at each end stay at that net. Tied games are decided by Rock-Paper-Scissors.

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<https://youtu.be/73KMUWvQ7cl>



### 10' Keep score.

#### E1 Speed Scoring 2-1 to 2-2 – Finland

##### Key Points:

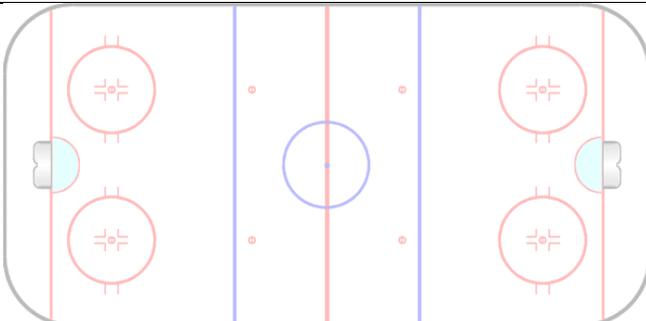
The purpose is to attack as quickly as possible and pass and shoot while skating.

##### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

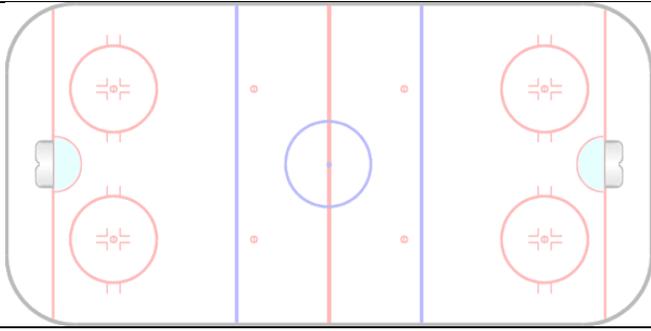
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##### Explanation/Notes:



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