



Fire White

Practice Plan

Date: 9-11-17

Time: 20:00-21:15

Venue: Bowness

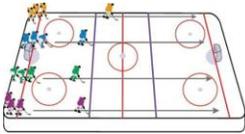
Lines:

13 F, 3 G, 8 D

2-2, 3-2, transition, pass while moving

Notes:

Theme: Middle lane drive, defensive 1-1, 2-1, Move puck quickly through the nzone



9' – Mel and Kailey with goalies

A2 Skating Warm-up for Edges and Balance With a Puck

Key Points:

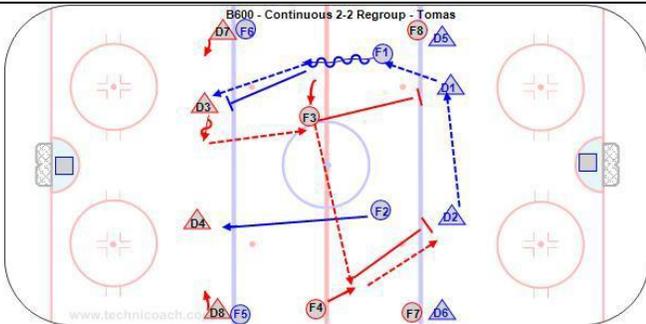
Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at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

<https://youtu.be/PKGj99HYAYc>

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



9' Tom introduce – Mel and Kailey with goalies Jim

Forwards-Tom with defense

B600 - Continuous 3-2 Regroup – Tomas

Key Points:

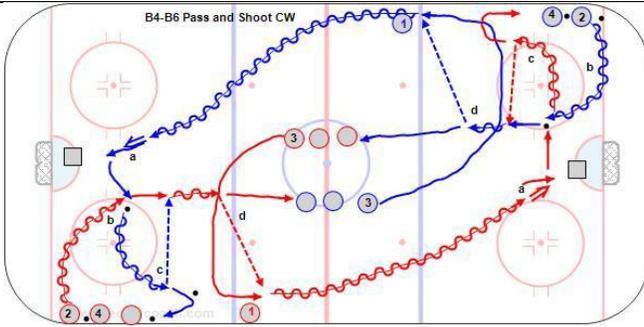
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2-F3.
 2. F1-F2-F3 regroup with D3-D4.
 3. F1-F2 forecheck vx. D3-D4. F3 in middle
 4. F3-F4-F5 support D3-D4.
 5. D3-D4 make a regroup pass to F3-F4-F5.
 6. F3-F4 now regroup with D5-D6 and forecheck.
 7. Continue the regroup and forecheck sequence.
- * Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.
- * Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



9' **Jim lead**

B4-B6 Pass and Shoot ProW

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

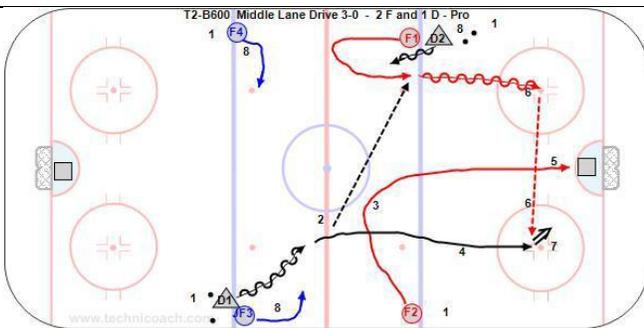
Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.
- d. 2 pass wide to 3.
- e. 3 shoot and cross with 4.
- f. After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>

B4-B6 Pass and Shoot Flow - Pro W

<https://youtu.be/H9N4O8tdrp8>



9' **Tom lead.**

T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D - Pro

Key Points:

D jump up and join the rush. First one over the blue line drive the middle lane to the net and the other two save ice forming an attacking V. Pass to either player or the fourth player on the rush or shoot.

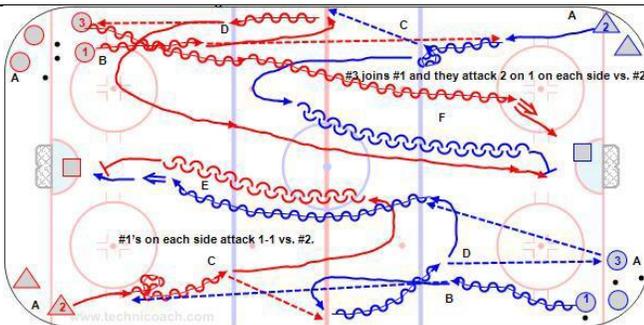
Description:

1. Start at the 4 blue lines, F one side F and D the other.
2. D1 pass cross ice to F1 at the far blue line.
3. F2 cut to the middle from the opposite blue line.
4. D1 join the 3-0 skating up the wide lane.
5. F2 skate hard to the net through the middle lane.
6. F1 pass across to D1 just inside the top of the circle.
7. D1 shoot and all three crash the net for a rebound.
8. D2-F3-F4 repeat in the other direction.
9. Defense switch sides to so the shots come from the other wing.

* To make this a situational drill 1, 2 or 3 attackers could defend the next attack at the same net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170316155301683>

<https://youtu.be/mAG8TtOmymQ>



10' **Jim and Kailey with F's in each corner.**

C6 Regroup x 2, 1-1 and 2-1 - Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to

the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

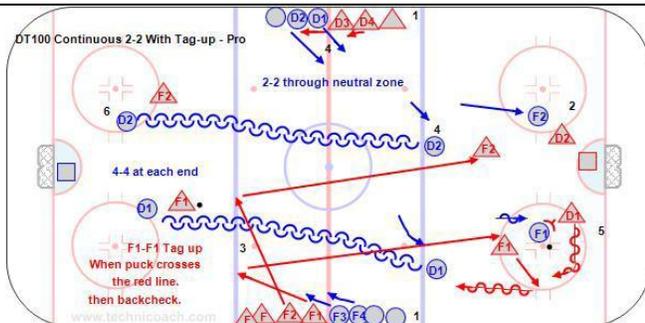
F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start so each corner leaves after the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141023113508449>

C6 Regroup x 2 1-1 and 2-1 - Pro

<https://youtu.be/IBeStMukGQA>



10'

DT100 Continuous 2-2 and 3-2 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:

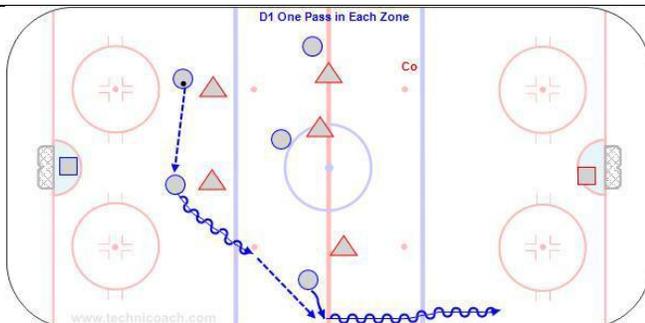
1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

* 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'

D1 One Pass in Each Zone

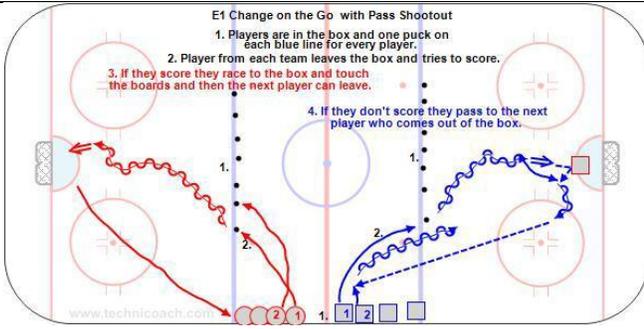
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



9'

E1 Change on the Go with Pass Shootout 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>



1' get pucks and meet in middle.