



Fire White

Practice Plan

Date: 9-16-17

Time: 14:30-17:00

Venue: ECTAS

Lines:

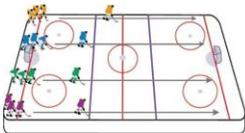
All players watch this video on their own.

Notes:

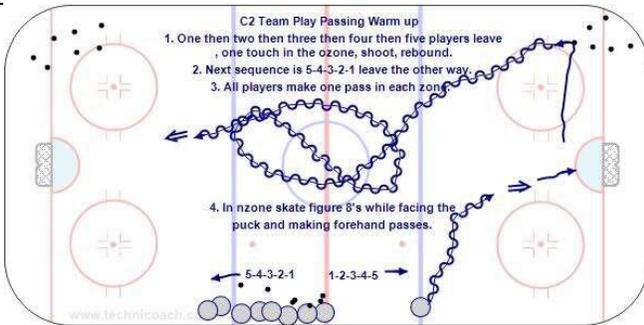
<https://www.youtube.com/watch?v=8VgOHRQJIBo>

Fire Alarm 2-3 forecheck introduction in
Controlled scrimmage, point shots, screen,

Dressing room after first hour.
Tip, timing and shots, passing



60'
Gaston skating stride mechanics.

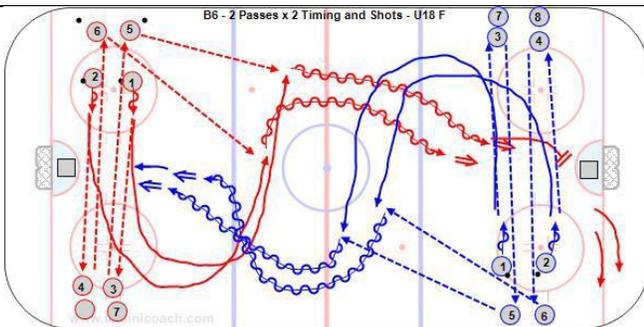


10' Tom
C2 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111103221612750>



10' Machine Gun Drill **Kailey introduce and run.**

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

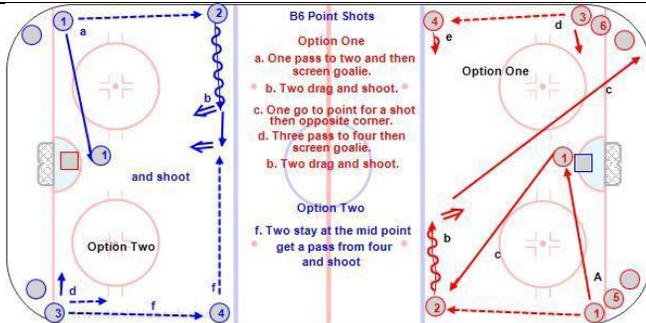
Description:
A. 1 and 2 leave from each end and pass across to 3 and 4.
B. 3 and 4 pass across to 5 and 6.
C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



10' JIM Red one end White other end.

B6 Point Shots

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

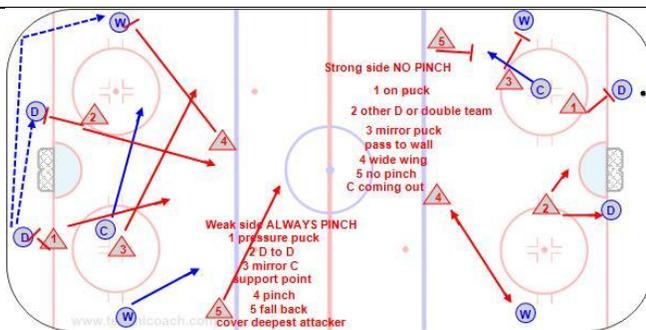
Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

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12'

Fire Alarm 2-3 walk through at each end.

Tom 2' whiteboard review Jim and Kailey group of 5 W 5 R at each end.

Strong Side – no pinch, 1-2 on hard, 3 mirror and take pass to wall, 4 fall back and take deepest man, 5 pick up C,

Any D to D or rim.

1 on puck and back hard through middle back.

2 hard on D to D – support successful pinch – back hard if puck out clean.

3 – mirror across, cover for pinching 4.

4 – pinch hard.

5 – support behind and take deepest attacker.



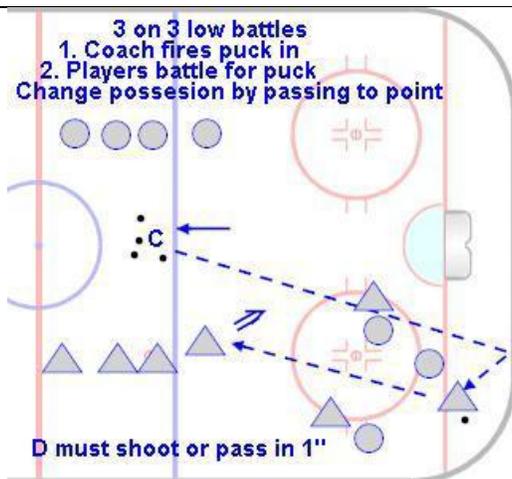
13' Tom – Dump in and forecheck with Fire Alarm 45' Pass back to goalie.

T2 T4 D100 Controlled Scrimmage

Key Points: Work on team play concepts with the coaches on the ice.

Description: Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

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10' Jim

D400 Transition Game of Low Battles with Point Support

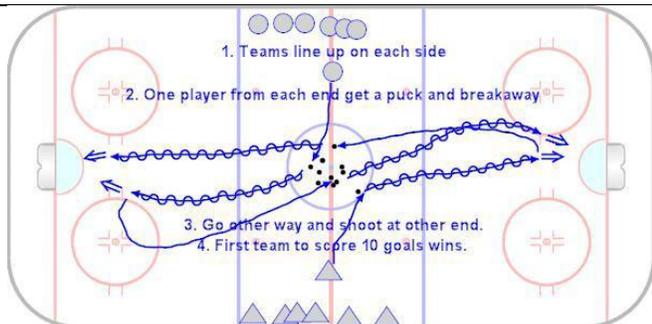
Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non-offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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9' Kailey

E1 Two Shot Shootout

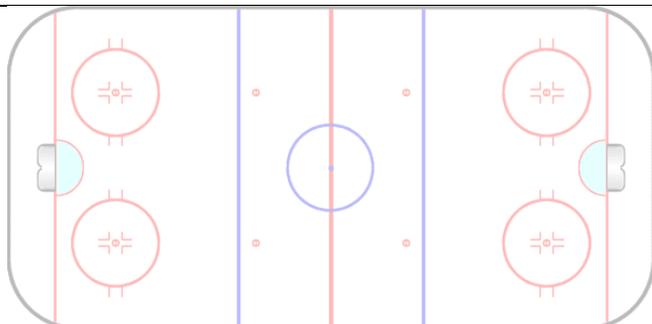
Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams lines up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>



1' get pucks and meet in middle.

Fire Alarm 2-3 Forecheck

