



Fire White

Practice Plan

Date: 9-30-17

Time: 18:15-20:45

Venue: ECTAS

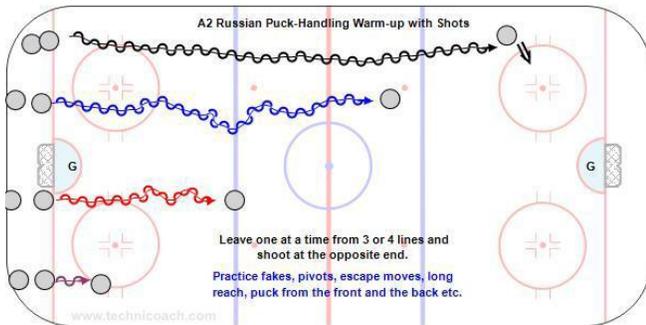
Lines:

Big Moves, puck protection, 1-1

Regroup, battles, stick on puck, 2-1

Notes:

Shooting, one timers, slap shot, wrist



15' Tom lead

A200 Russian Olympic Coach Teaches Puck Handling

Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

Description:

A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.

B. Practice moves and fakes while skating down the ice and finish with a shot on net.

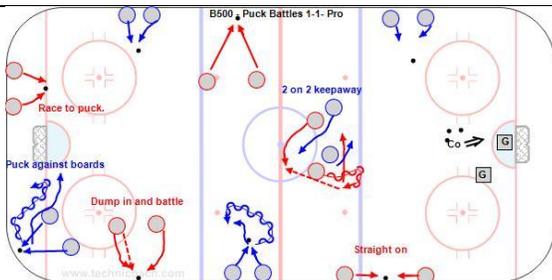
1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
2. Fake the slapshot and accelerate around the defender on the forehand.
3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck to the backhand.
4. Fake a backhand pass or shot and rotate the body in a convincing manner.
5. Fake the backhand and pull the puck across to the forehand.
6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
7. Fake a wrist shot and spin on the backhand.
8. Fake a wrist shot and spin to the forehand.
9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
10. Combine the moves.

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<https://youtu.be/hWArS-S2qKQ>

<https://youtu.be/D3Z1ikKm17>

E Yashin demonstrating



10'

B500 - Puck Battles 1-1- Pro

Key Points:

Protect the puck by shielding with the body and moving it out of the defenders reach. Defender keep the stick on the ice and blade on blade.

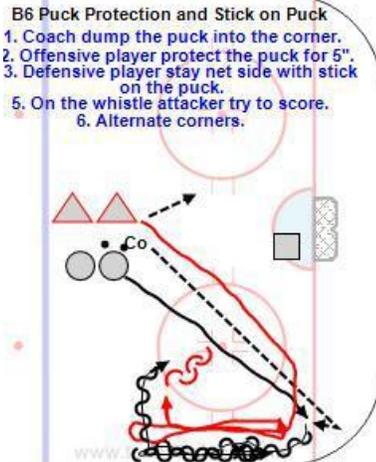
Description:

1. Pair up with a partner.
2. Start with a puck along the boards facing each other about 3 m. from the puck.
3. Battle for the puck in a small area on the whistle.
4. Go 10" and the player with no puck do push-ups.

5. Move the puck 3 m. from the boards and start from the boards.
6. Battle again for 10".
7. No puck do push-ups.

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10' Half at each end

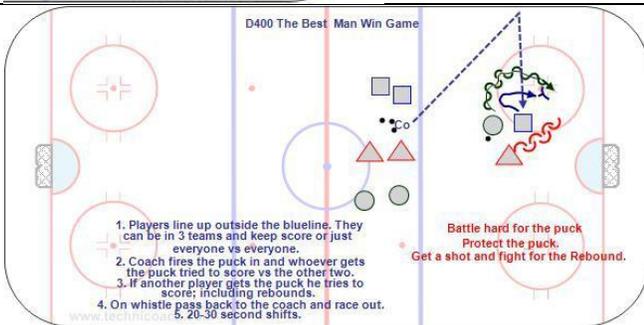
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



10' All players at one end

D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.

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<https://youtu.be/4fzFD5CiTjs>



15' Two 6' games with only one pass allowed in offensive zone

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack. The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
2. The defending team must breakout over the blueline and then turn back and attack.

*Individual skills can be worked on. i.e.

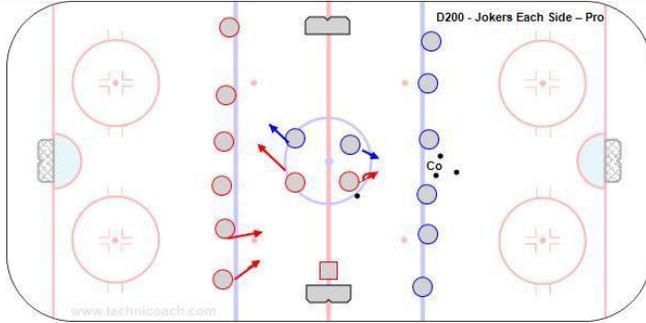
-Skating-only backward skating allowed.

-Team Play - goals come only on plays originating below the goal line.

-Individual Offensive skills - an escape move must be made when you get

the puck.

- Individual Defense - sticks upside down until one shot is taken.



10' **Play at one end and jokers from each team on each side**

D200 - Jokers Each Side – Pro

Key Points:

Play short shifts of 20-30'. Everyone keep their sticks on the ice. Pass to Jokers is allowed. You can play either Jokers must pass or also allow them to shoot.

Description:

1. Start with the red players on one blue line and white on the other and play cross-ice.
2. Coach spots a puck and players leave from their net end of the line-up.
3. Coach put in a new puck after a goal or the puck is out of play.
4. Modified rules can be added. i.e. one touch goals only.
5. Any even or odd combination of 1 vs. 1 to 5 vs. 5 can be played.

** On the whistle either pass to the coach who spots the puck or pass to your team mate coming on.*

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10'

D200 - 2-2 Shooting Jokers Behind Goals - U18 F

Key Points:

Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

Description:

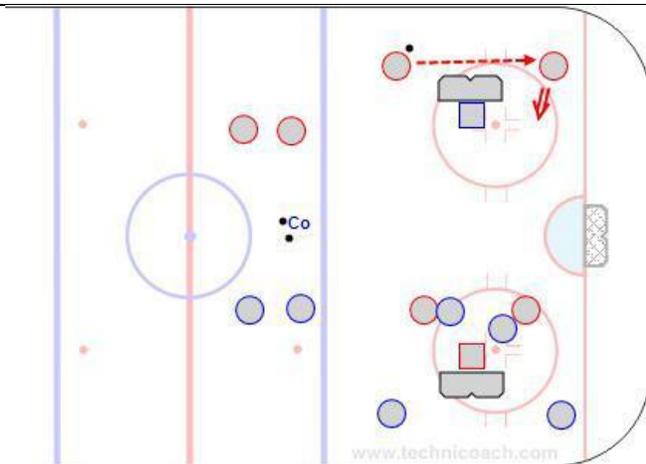
1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.

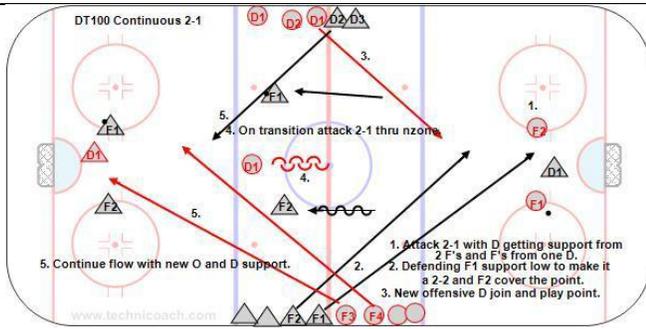
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<https://youtu.be/i72Q8IXaUBo>

15'

Flood ice





10' Do this drill after the C3- low 2-1

DT100 Continuous 2-1 with 85ers This is an 85 born team and two players played NHL another won the Hobey Baker and two years ago six were still playing pro. Great group. I had them two springs and we practices 40 x 90' each year.

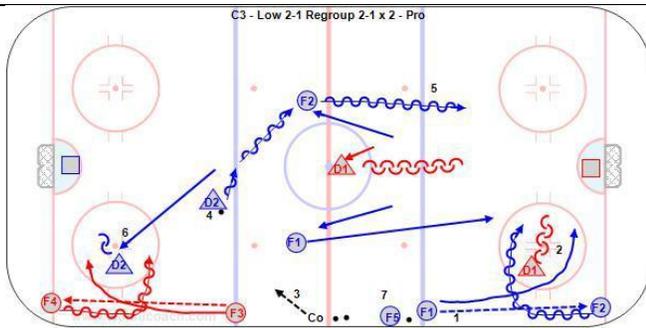
Key Points:

New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 2-1 with D getting support from
2. 2 F's and F's from one D. 2. Defending F1 support low to make it a 2-2 and F2 cover the point.
3. 3. New offensive D and play point.
4. 4. On transition attack 2-1 thru nzone.
5. 5. Continue flow with new O and D support.
6. -Continue the flow of 2-1 in nzone and 3-3 at each end.
7. -Dump-ins and regroupes can be added.

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10' Kailey explain and run this drill

C3 - Low 2-1 Regroup 2-1 x 2 - Pro

Key Points:

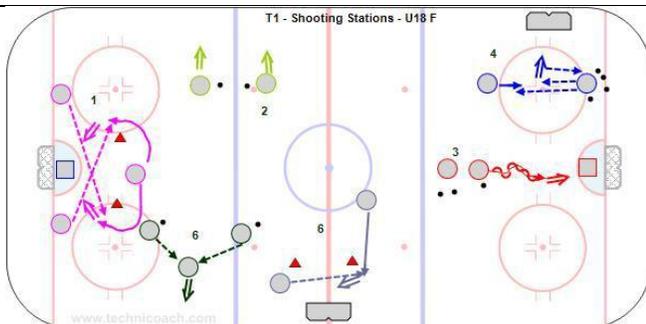
F2 either attack or pass to F1 coming up the boards. F1-F2 go hard to the net and D1 keep the puck to one side and work with the goalie to make it a 2-2. Attack with speed after the regroup with the principle; 'one high one low, one fast one slow.'

Description:

1. F1 pass from the blue line down to F2 skating up the boards from the corner.
2. Attack 2-1 vs. D1.
3. Whistle and coach spot a puck near the far blue line.
4. D2 go back for the puck and regroup with F1-F2.
5. F1-F2 attack 2-1 vs. D1.
6. D2 hustle back to the other end and defend a low 2-1 vs. F3-F4.
7. Alternate one end to the other.

*You could use this flow from 1-1 to 3-2.

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<https://youtu.be/7j-ATh5ijRo>



30' Add 4 small nets

T1 - Slap Shot and One Timer Shooting Stations - U18 F

Key Points:

Strong bottom hand. Hit the ice behind the puck.

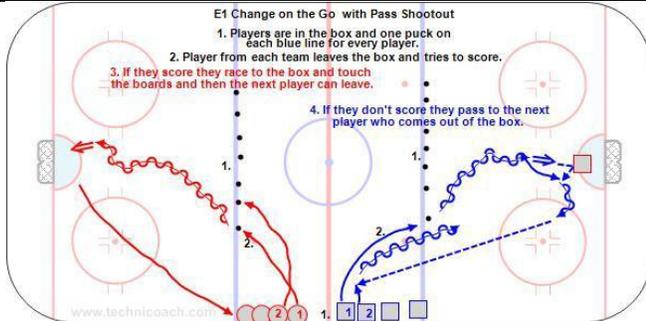
Description:

1. One touch shoot passes on each side from below the goal line.
2. Slap shot with snow behind the puck.
3. Shootout contest, keep shooting until you miss.
4. One time shot x 4. Skate forward exchange passes, backward on one timer.

5. One time forehand shot.
6. Quick shot after a pass from each side.

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10'

E1 Change on the Go with Pass Shootout – U18 F

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>

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