



Fire White

Practice Plan

Date: 10-6-17

Time: 20:30-21:45

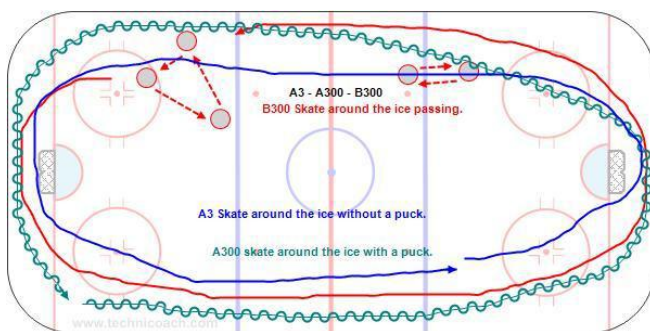
Venue: Henry Viney

Lines:

Edges, passing, shots, 1-1, 2-1, 2-2, 3-3, 5-5
offensive zone attack, race, shootout

Notes:

Transition, dzone coverage,
timing



10' **Kailey lead**

A3-B300 – Stretch-Edges-Passing Routine - Russian U20

Key Points:

Skate on all the edges both front and back and get the feel of the puck passing in defense pair and forward line groups. Add a shot to get the goalies ready.

Description:

1. Skate around the ice and loosen up with stretches.
2. Stick twist, toe touch, body rotation.
3. Quad and groin stretch hip rotation.
4. Edges – front and back with outside, inside edges - crossover forward and backward.
5. Forward units and defense pairs pass while skating around the ice.

6. Start passing while skating easy and then speed up.

**This hockey specific warm-up activates the body and mind and now the players are ready to practice.*

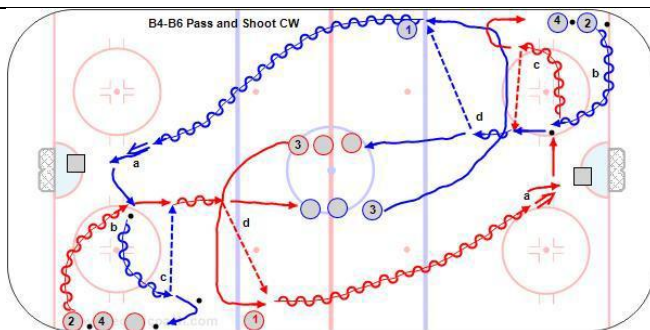
A3 – Stretch-Edges Routine - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102334324>

<https://youtu.be/9MoLki8PhyM>

B300 - Passing 2-3 Players - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102335868>



10' **Jim**

B4-B6 Pass and Shoot ProW

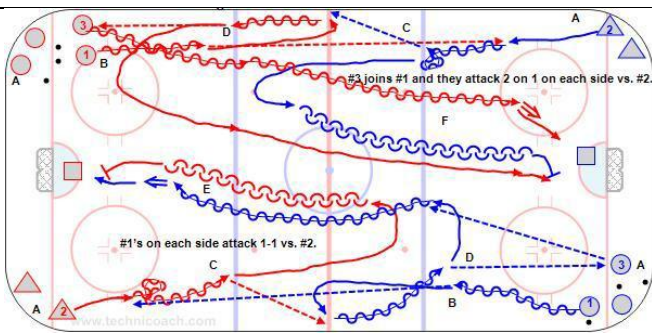
Key Points:

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>



10' Kailey talk with F and Jim with D.

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.

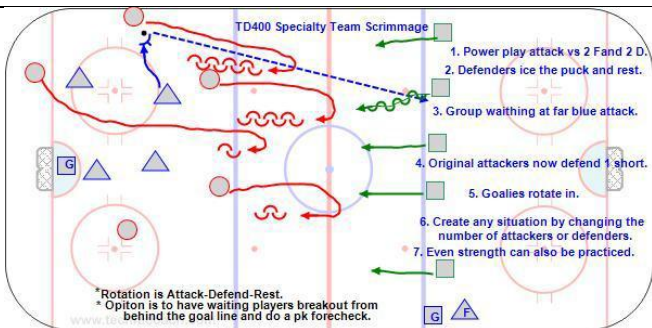
D. #1 skate back and regroup with #3.

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>



18' Review the forecheck, breakout, middle drive, etc.

TD400 Three Team Scrimmage

Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 Fand 2 D.

2. Defenders ice the puck and rest.

3. Group waiting at far blue attack.

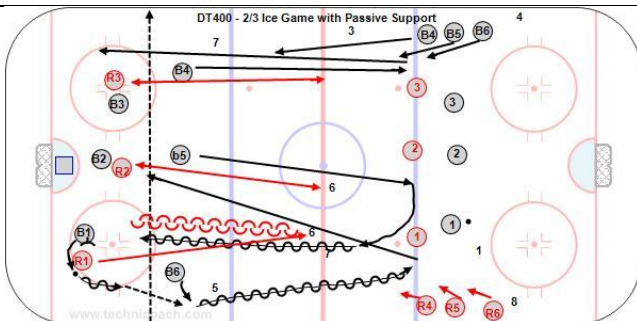
4. Original attackers now defend 1 short.

5. Goalies rotate in.

6. Create any situation by changing the number of attackers or defenders.

7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



15' Tom introduce. One goalie only so go to far blueline then turn back.

DT400 – Two Thirds Ice Game with Passive Support

Key Points:

Play 3-3 in the one end with the offense trying to score and defense defending and then making a breakout pass.

Description:

1. Black 1-2-3 attack Red 1-2-3 from the far blue line.
2. Black 4-5-6 follow the play into the zone above the circles.

3. On a goal, frozen puck or change of possession
Black 1-2-3 pass to Black 4-5-6.
4. Black 1-2-3 return to the line at the far blue line.
5. Black 4-5-6 skate with the puck to the far blue line and turn back.
6. Red 1-2-3 follow the play into the neutral zone.
7. Black 4-5-6 attack Red 1-2-3.
8. Red 4-5-6 follow to the top of the circle to support.

** Great game with only one goalie or a goalie working with the coach at one end.*

** Play this transition game from 1-1 to 5-5 with even numbers like 3-3 or vary the situation like 3-2 then 2-3.*

** Have modified rules to practice individual or team skills. i.e. Goals only count on one touch shots or there must be three passes made before shooting.*



17' Jim fire the puck in. Tom time and blow whistle.

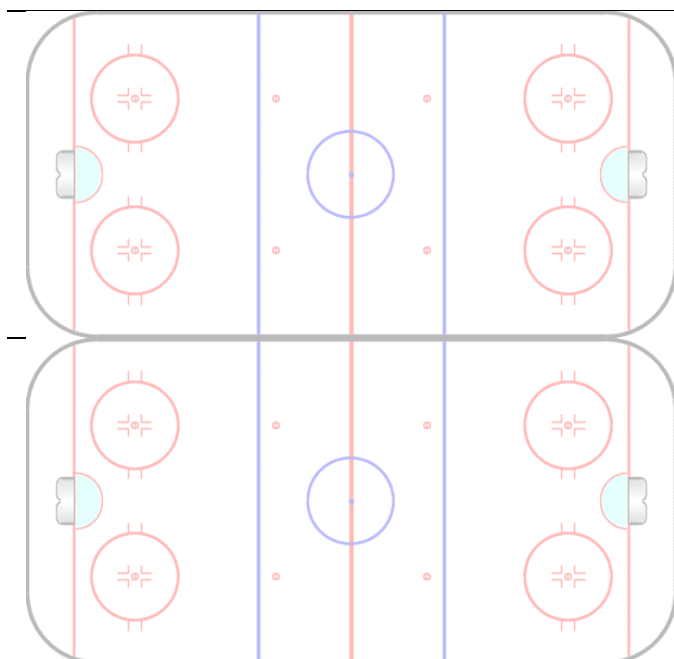
DT400 3-3 Krusel Battling Game - ProW

Key Points: Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds.
4. If a point pass goes out the other pointman gets the puck.
5. Either leave the puck in the zone or pass to the coach on a whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>



1' get pucks and cheer lying around the middle circle.

Explanation/Notes:

