



Fire White

Practice Plan

Date: 10-8-17

Time: 11:15-12:30

Arena: Max Bell

Lines:

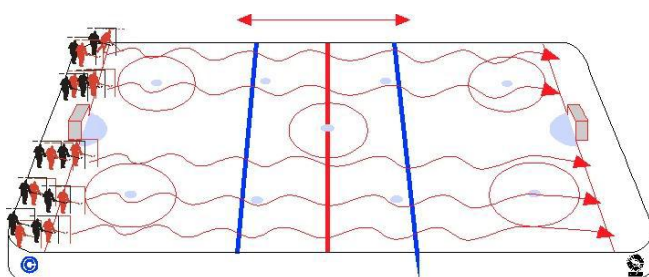
12 skaters and zero goalies.- Long weekend

Kings Court, one timer, catch and release

Notes:

Shooting, passing, 1-1, 2-2, 3-3

Slap shot



15' Jim lead

A200 Big Moves _ Russian Warm-up – Yashin

Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

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10' Kailey – After the shot stay by the net to give and go with the next shooter who will catch and release.

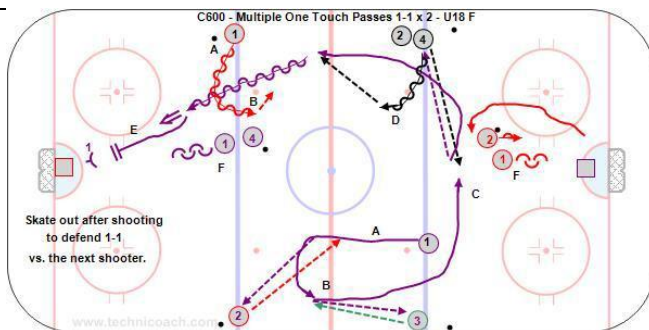
C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.

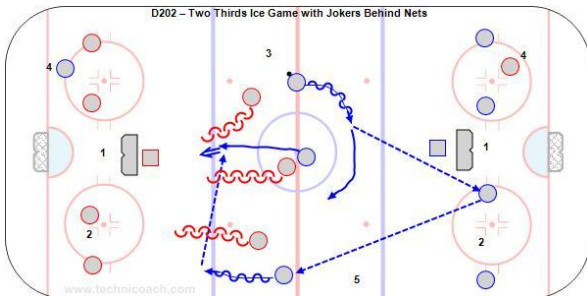


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- C. 1 skate across and exchange passes with 4.
 - D. 4 skate to the inside and pass to 1 skating wide up the ice.
 - E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
 - F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

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20' Move the small nets to the top of the circles.

Game one – all passes must be from the triple threat position.

Game two – 3-3 – only 2" with the puck.

Game three – 2-2 – goals must be on one touch or one timer shots.

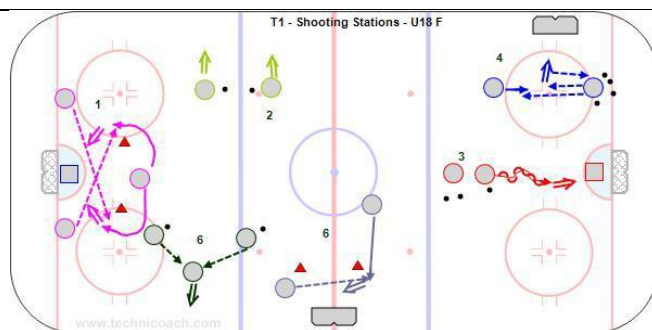
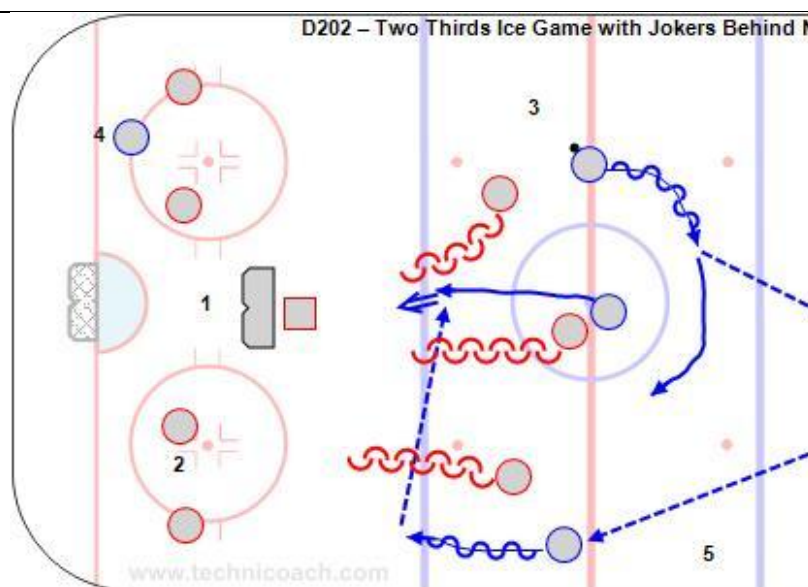
D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on.

Description:

1. Nets are at the top of the circles in each end.
 2. Extra players are jokers who can pass or shoot and are behind their own net.
 3. Play 1-1 to 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
 4. An option is to have jokers from each team behind the nets.
 5. Play games with modified rules to practice individual and team skills,
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15' **Six nets – Coaches move around and help with technique.**

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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20'

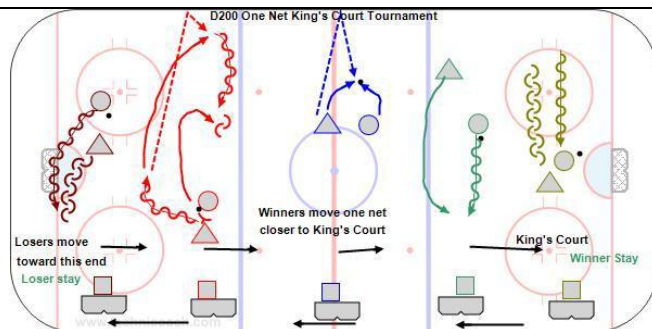
D200 x 6 Games of Kings Court – Youth

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 puck off 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.
6. You can also play an attack-defend-support rotation instead of bounce



the puck off the boards, i.e. Three players, 1 attack vs. 2 and 4 rest at the far boards. When there are no goalies and small nets the rule is you can't score on shots from over half way. On a goal or turnover 2 pass to 3 who attacks vs. 1 and 2 rest.

7. If you have six nets then six games are needed to declare a true 'Kings Court Champion.'

8. If you have cross ice games then the winners to side and rotate toward 'Kings Court' and the losers rotate the other way and the team at each end stays.

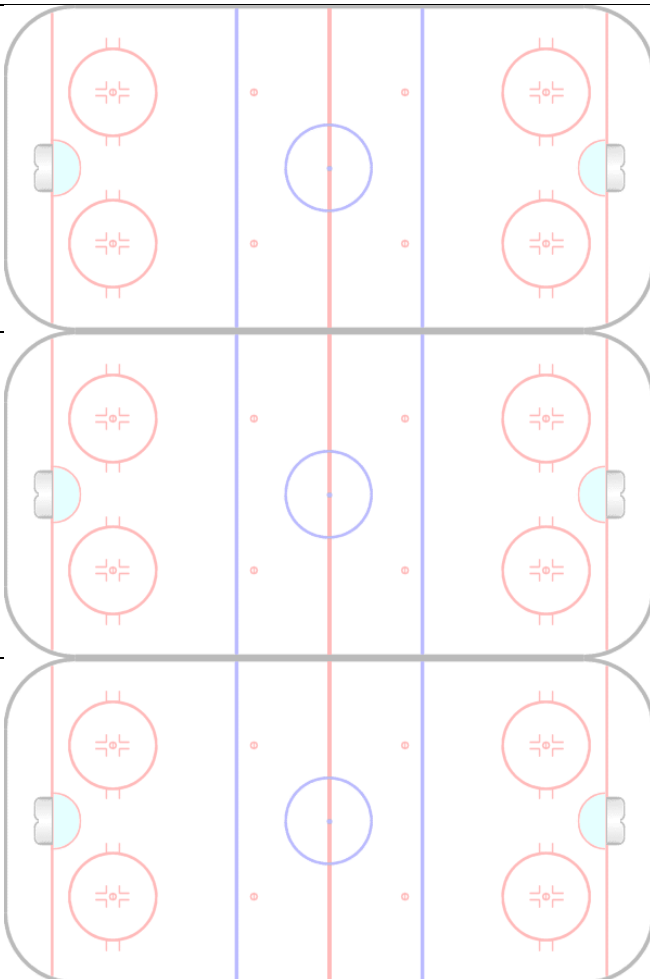
9. This camp had 12 of each age group and each had a 1-1 tournament. The better players end up at the 'Kings Court' end and the weaker at the other end. It is a great way to pick teams.

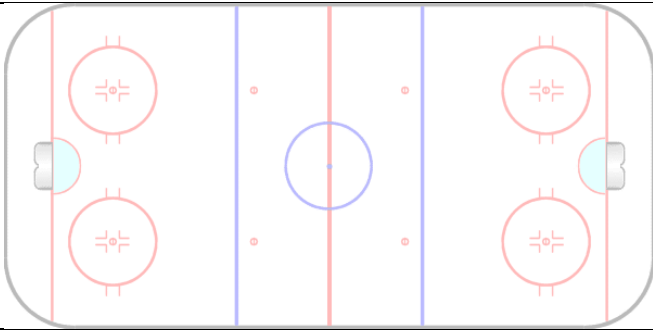
10. Notice that all 24 players are moving and the 'Game teaches the game.'

11. The coaches role is to create and enforce the rules that work on skills and good habits.

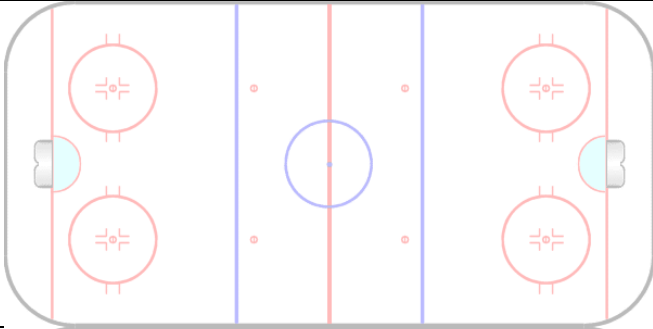
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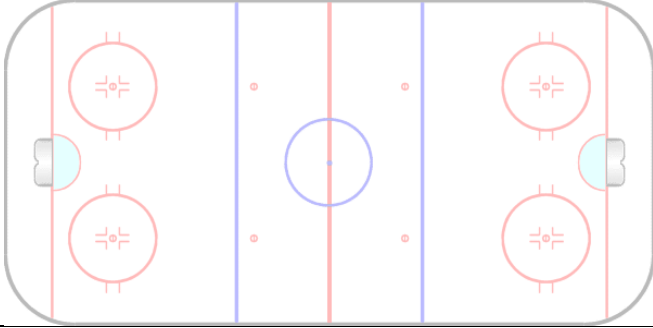




Explanation/Notes:



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