	Fire White	
	Practice Plan	

Date: 10-18-17	**20:15-21:45**	**Arena: Norma Bush**

| **Lines:**	**Notes:**
Speed/overspeed, 2-1, 1-1, 3-1, 3-2,	Power play, penalty kill,, puck support
Quick decisions, edges, agility, shots,	D join attack, rush recognition,
Middle drive, low 2-1, regroups,	Back tracking,
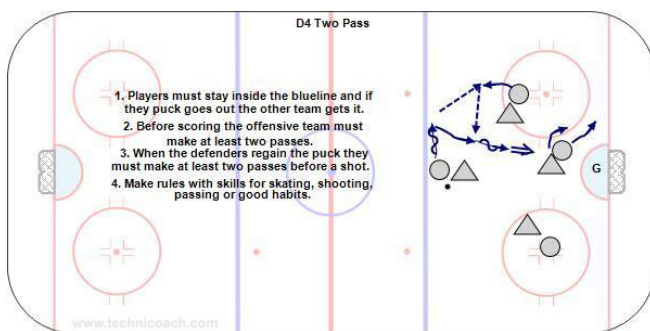
3' Big Moves

7'

D4 Two Pass – U15 Boy's

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.
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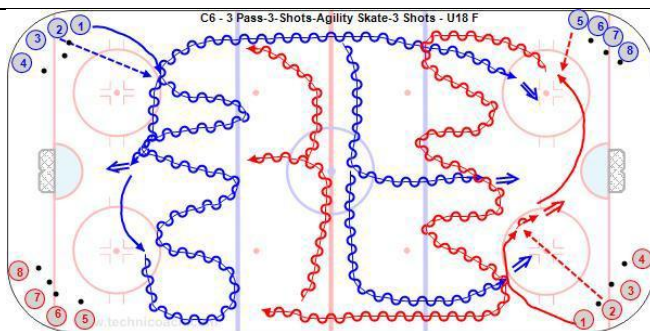
10'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.

2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.

3. 2 and 3 repeat getting passes from 3 and 4.

4. Give a target and get a pass from 5-6-7 in the other corner.

5. Skate up and back to the blue line and top of the circle three times.

6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.

7. 5-6-7 repeat from the other diagonal corners.

8. Add skating and puck handling tasks: i.e. puck only on the

forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

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https://youtu.be/JqCQVa1iwwA

10' Jim explain drill – second time doing this.

B600 - 2F RG 1D - 3-0 Middle Drive with D – Pro

Key Points:

Hard passes and defenseman jump into the rush as the third man on the middle lane drive. Pass and shoot on the forehand when possible.

Description:

1. F2 pass up to D1 at the far blue line.

2. F1 skate into the middle lane and F2 support from the wide lane.

3. D1 skate between dots and pass wide to F2.

4. F1 drive to the net in the middle lane.

5. D1 join the rush in the wide lane.

6. F2 pass across to D1 who shoots.

7. All three crash the net for a rebound.

8. F3-F4-D2 repeat the other way.

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https://youtu.be/SbV4yIcLdmA

10' Tom

C6 - Rush Recognition x 2 – U18 F

Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.

2. Start with F1 leaving from one corner and F2 from the other with a puck.

3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.

4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.

5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.

6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.

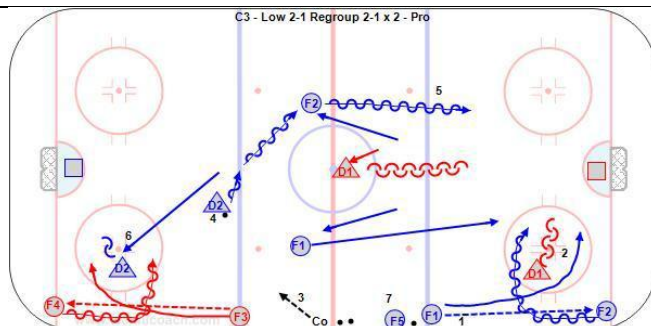7. If you have more than four defenseman you can send 2 D
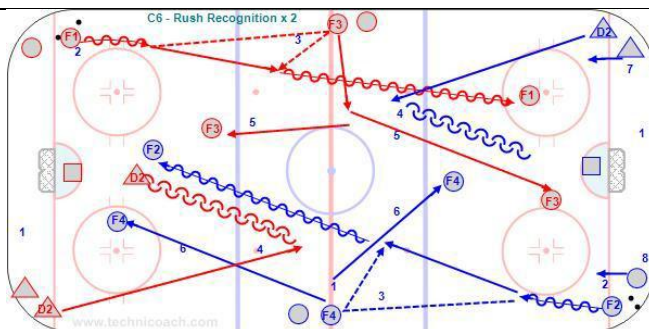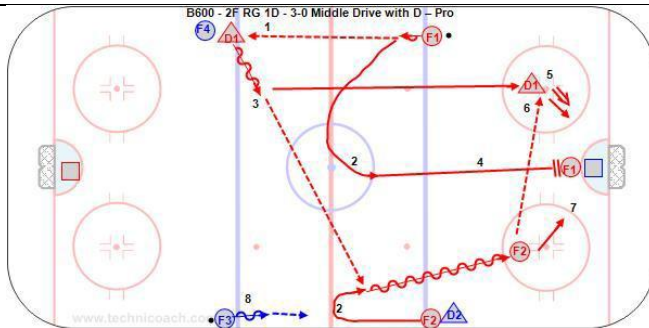
to defend the rush on one or both sides.

8. You can also send more than one forward to start the rush or alternate one then two D or F.
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https://youtu.be/0VnlOFNtoN0

10' Kailey show drill (did once before). Jim and Kailey one end each.

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.'
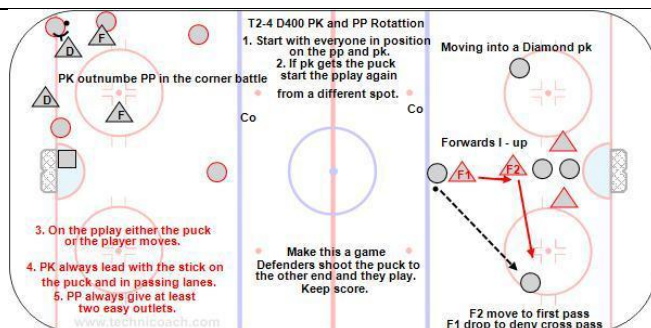
Description:
1. F1 pass from the blue line down to F2 skating up the boards from the corner.

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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20' Jim and Kailey with 2 groups pp pk. 6' each on pp. Tom other end with one group.

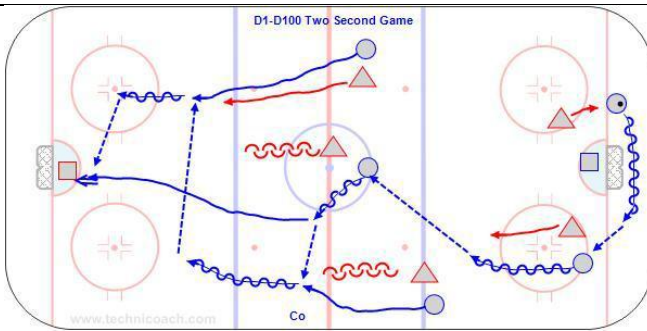**T2-4 - D400 - 5-4 - Russian U20**

Key Points:
Offense keep moving and spreading the defense. Defenders skate straight lines, active sticks, closest player pressure the puck and play from the defensive side.

Description:
- Rotate from the overload into a diamond.

- Keep the puck moving to create seams in the defense.

- Spread the defense by moving the puck high-low-across.

- Weak side F has the mid-slot attacker.

- Defenders jump and pressure right away with the sticks in the passing lane.

- Play with a shot mentality always looking for shooting lanes.

- D switch sides when net front D pressures low then up the boards.

- Defenders skate straight lines, stop and start, don't finish checks, D side with stick on the puck.

- Closest defender get into the shooting lane.

- Defender take away the back door play and take the stick.

- Box out on both offense and defense.

- Closest defender pressure.

- Attackers use the mid-slot player as a pass option and pass from low to across the mid-line for one timers.
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10' 5-5 change on your own.
D1-D100 Two Second Game
Key Points:
Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.
*This game can be played full, cross, half ice.
Great game for on ice awareness, passing skills and offensive support and defensive coverage.
Description:
1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:
A-Make a play.
B-Regroup.
C-Gain a zone.
3. When over 2 seconds the other team gets the puck (coach monitor).
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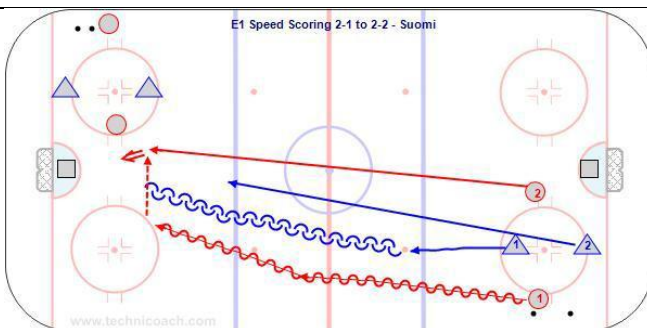
9'

E1 Speed Scoring 2-1 to 2-2 – Finland
Key Points:
The purpose is to attack as quickly as possible and pass and shoot while skating.
Description:
1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.
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1' Pucks and team cheer.