



## Fire White

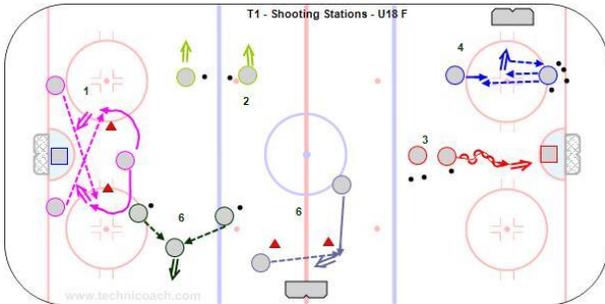
## Practice Plan

Date: 12-7-17

Time: 16:00-17:30

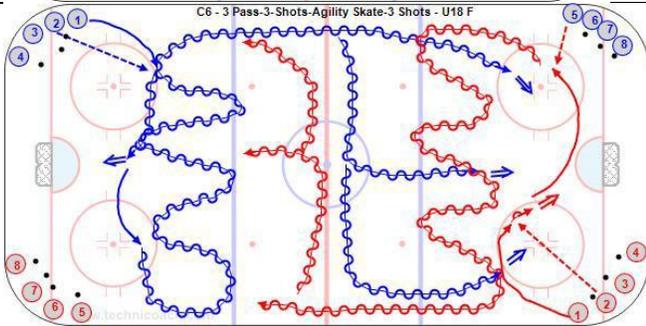
Venue: Henry Viney

Lines:	Notes:
Slap shot, one timers, agility skate,	Ovechkin move and shot,
Breakout Regression	Breakout under pressure Transition game
One timer shots, puck support	2-0 scoring, 1-1, 2-1 and 2-2 low.



### 3' Big Moves

### 7' Slap shot and one timers



### 10' Ovechkin move before shooting.

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

#### Key Points:

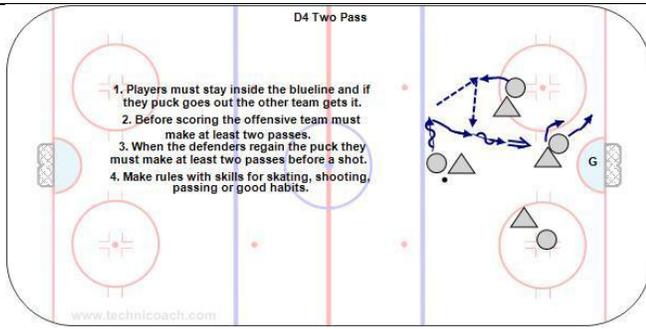
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

#### 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 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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQValiwwA>



**10' Add rule goals must be one timers or touch.  
D4 Two Pass Game with only Forehand Passes  
Key Points:**

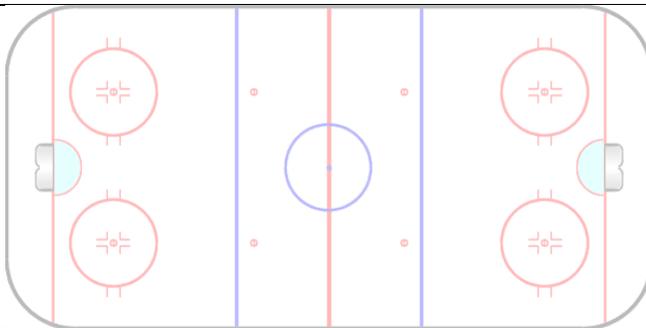
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

**Description:**

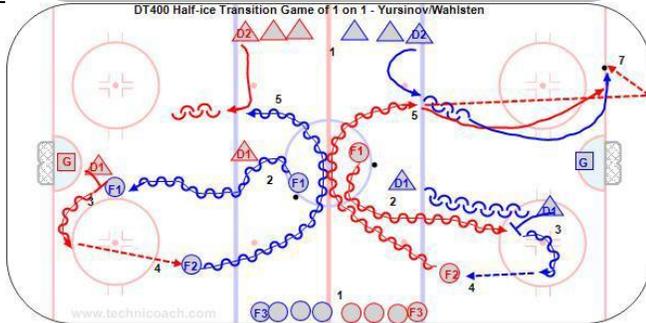
1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing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

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

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**30' Breakout Regression - Wally**



**10' Jursinov Transition with Dump in x 2  
DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF  
Symposium**

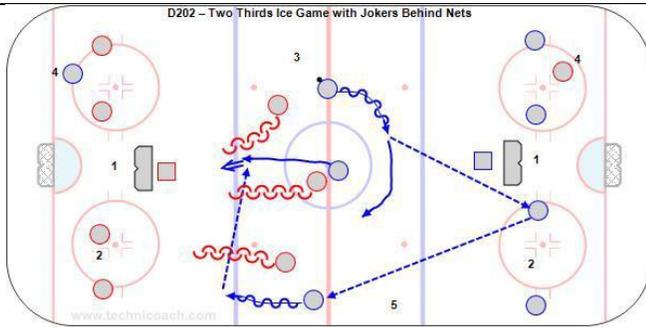
**Key Points:**

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

**Description:**

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



## 10' Nets at Ringuett – Jokers only one touch

### D100 - Two Touch Batchko - U18 F – Wally Kozak

#### Key Points:

Game where the players are not allowed to handle the puck. Player must skate to open ice with the puck and teammates have to get open for a pass and give close support. Players must have loose shoulders to control the puck on either the backhand or forehand side of the stick. Players must protect the puck with their body. The game is the greatest coach.

#### Description:

1. Play full ice with teams of 3-3 up to half the team on each side.
2. Players can only touch the puck twice.
3. First touch is when they take a pass.
4. Second pass is when they make a pass or take a shot.
5. Coach blow the whistle if there is more touches and the other team gets the puck.
6. Play a game and keep score.

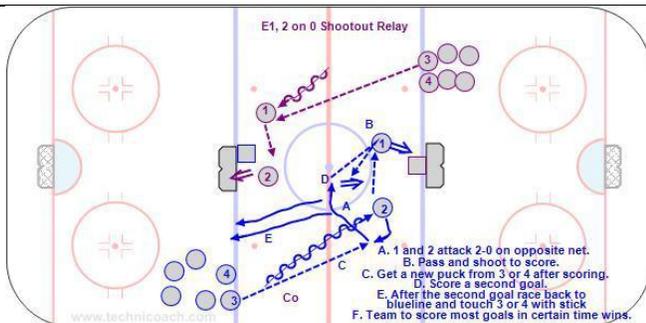
*\* This is a core game to practice puck support and puck protection and played all over Europe.*

*\* Batchko is great for any level from kid's to pro and can also be a SAG.*

*\* Enjoy the Game.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017120212154990>

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## 10'

### E1 Two Goal Relay Race

#### Key Points:

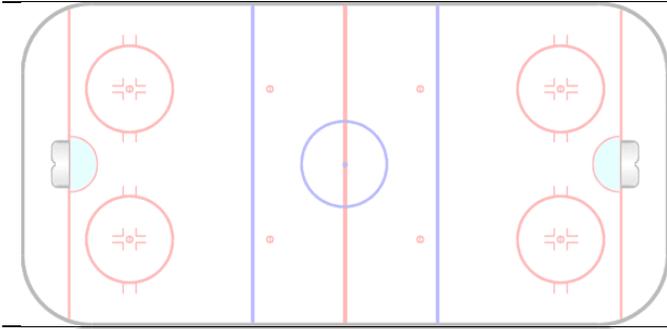
Work on shooting one timers and scoring on rebounds. Good habits like face the puck, give a target with the stick on the ice. Limit of 2 passes before each shot.

#### Description:

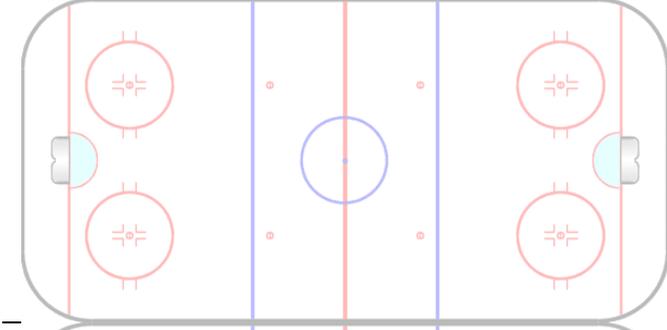
- A. 1 and 2 attack 2-0 on opposite net.
- B. Pass and shoot to score.
- C. Get a new puck from 3 or 4 after scoring.
- D. Score a second goal.
- E. After the second goal race back to the blueline and touch 3 or 4 with stick on shin pad.
- F. Team to score most goals in certain time wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120914084920694>

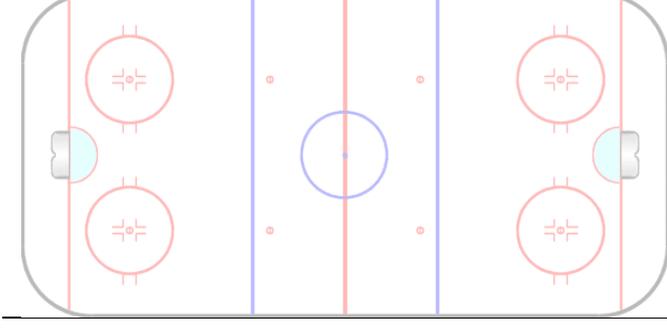
## 1' Meet in middle cheer.



**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

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