



Fire White

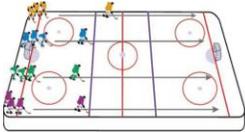
Practice Plan

Date: 12-21-17

Time: 16:00-17:30

Venue: Henry Viney

Lines:	Notes:
Edges, passing, shots, timing	Puck support, scoring Defensive zone



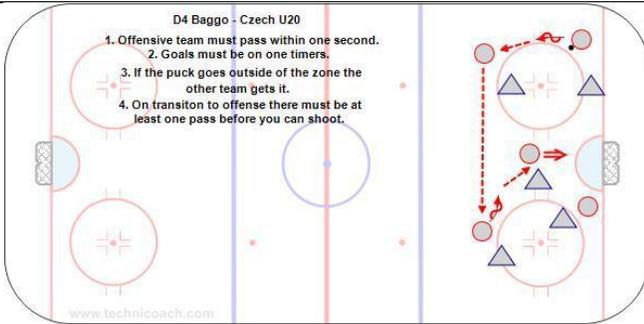
5' slap shot and one timer against boards.
 7' Edges led by players.

A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they and use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113>

The same warm up with 12-14 year olds.

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8' 4-4 at each end.

D4 Batchko - Czech U20

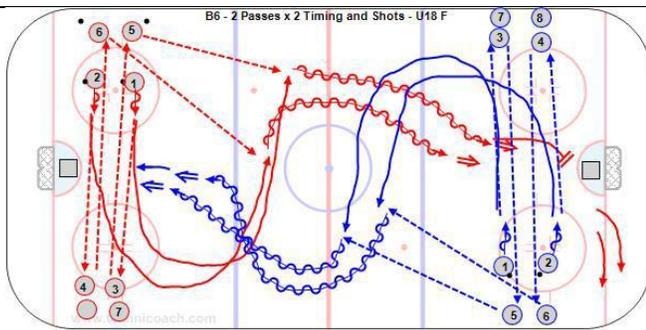
Key Points:

Face the puck. Get open for a pass and give a target. Goals on one timer shots.

Description:

1. Offensive team must pass within one second.
2. Goals must be on one timers.
3. If the puck goes outside of the zone the other team gets it.
4. On transition to offense there must be at least one pass before you can shoot.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=83>



8' Kailey Machine Gun

B6 - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

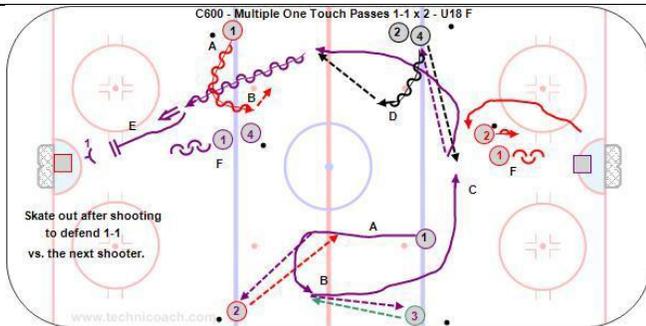
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>

<https://youtu.be/WmpASHh7uL4>



7'

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.

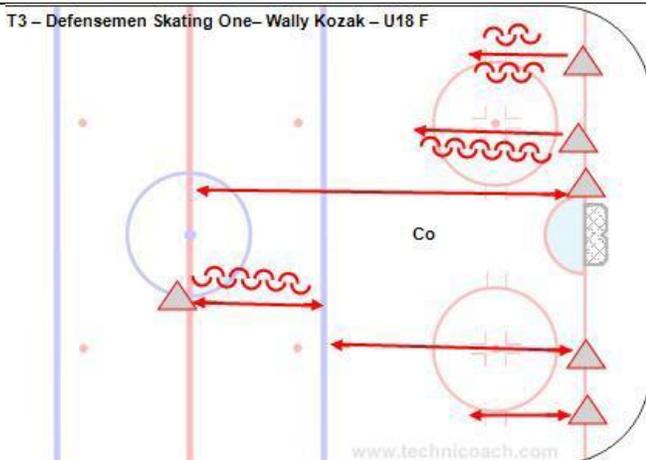
Description:

- 1 exchange passes with 2.
- 1 turn and exchange passes with 3.
- 1 skate across and exchange passes with 4.
- 4 skate to the inside and pass to 1 skating wide up the ice.
- 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- 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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

<https://youtu.be/7sdcZtyS6VY>



Wally 45'

T3 - Defensemen Skating One- Wally Kozak - U18 F

Key Points:

When defending the player needs to eliminate unneeded cross-over's and extra steps. The toe caps must face the puck carrier so the defender is able to skate and turn left-right-back-forward to maintain a tight gap and the defensive side. This skill is important for all the player including forwards.

Description:

- Defensemen work with the coach at one end of the rink.
- Skate forward then do a one foot stop and load with the other leg.
- Push with the back leg and stride with the front leg

without a cross-over.

4. Do two short reps facing one way using this load a fire technique.

5. Introduce the one foot and two foot controlled skating.

6. Alternate right skate, left skate, two skate control skating on coaches signal.

7. Full speed and stop on coach command, right, left, both.

8. Skate forward, one foot stop then backward without crossing over.

9. Skate forward, one foot slide, forward again then backward.

10. Skate forward to backward using a one foot stop and stride only – both ways.

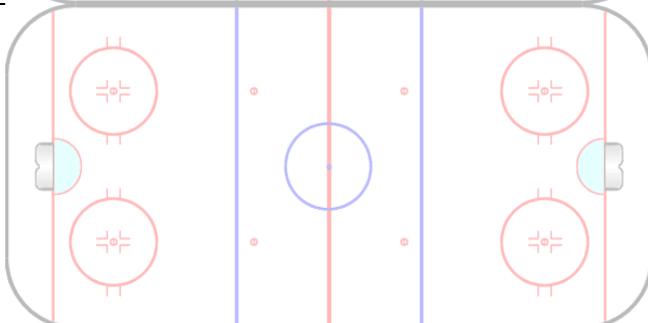
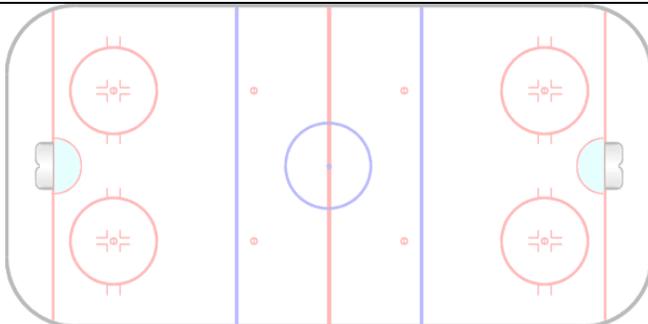
11. Alternate skating forward to backward using the right then the left foot pivot.

12. Go full speed x 2 from the red to blue and back to red line.

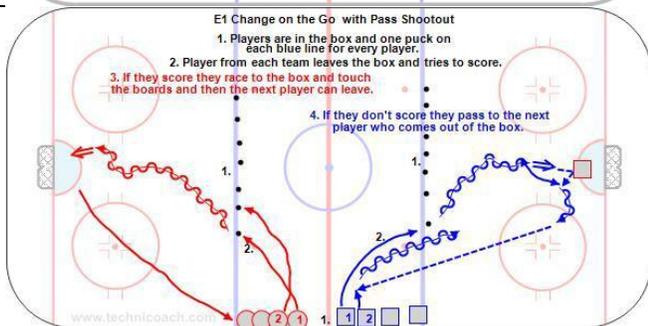
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Explanation/Notes:



Explanation/Notes:



15'

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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Explanation/Notes:
