



Fire White

Practice Plan

Date: 01-17-18

Time: 8:15-9:45 01-17-18

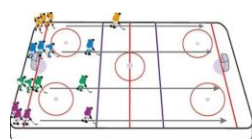
Venue: Norma Bush

Lines:

Many players are missing because of exams

Notes:

Skills, competition, game situations.



10' Mel with goalies

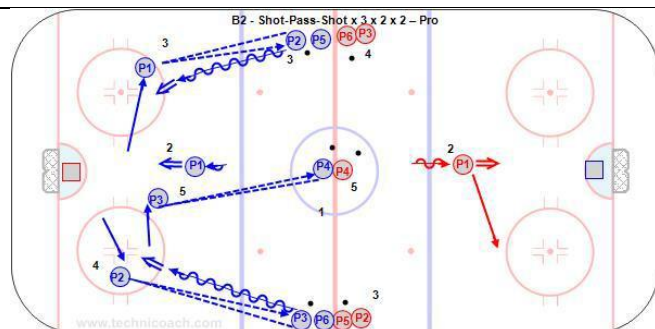
A2 Skating Warm-up for Edges and Balance

Key Points: Good players can move in all directions efficiently because they 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.

<https://youtu.be/PKGj99HYAYc>

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



10' Slap shots while skating

B2 - Shot-Pass-Shot x 3 x 2 x 2 - Pro

Key Points:

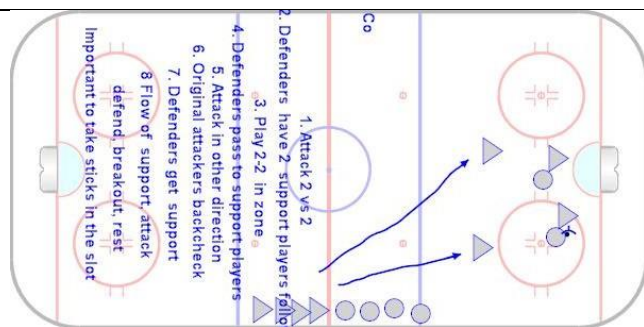
Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171119101355948>

<https://youtu.be/sIOFFCnd3g>



Tournament – W=2 T=1 pt.

13'

DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

<https://youtu.be/xoHj-6vH7d4>

<https://youtu.be/wvYUcpT-6Ek> (Czech team doing two games at once with only F backchecking.)



12'

D100 - Two Thirds Ice 2-2 – Pro

Key Points:

Create 2-1's on one defender. Protect the puck, get open for a pass. In a 2-2 there are all 4 game playing roles.

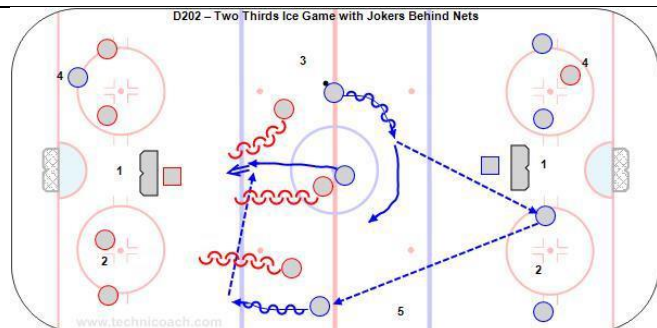
1. Puckcarrier.
2. Support the puck carrier.
3. Check the puck carrier.
4. Cover players away from the puck.

Description:

1. Move the nets up to the top of the circles.
2. Blue F1-F2 start vs. Red F1-F2.
3. Coach shoot the puck in to start.
4. Coaches spot new pucks on goals or if the puck is out of play.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

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<https://youtu.be/vaCAxq3jmBM>



15'

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. Batchko is a great

game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

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 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
 4. Have jokers from each team behind the nets.
 5. Play games with modified rules to practice individual and team skills,
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

<https://youtu.be/vE83XiyCS48>

10'

D200 - 2-2 Shooting Jokers Behind Goals - U18 F

Key Points:

Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

Description:

1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027110515204>

<https://youtu.be/i72Q8lXaUBo>

10'

DT400 - Two Net Game - U18 F

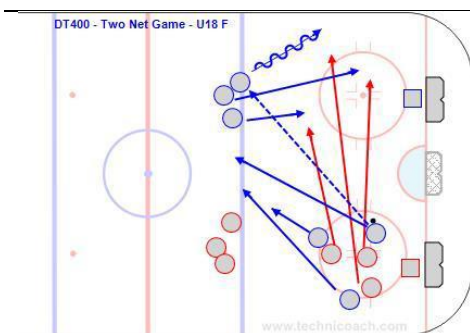
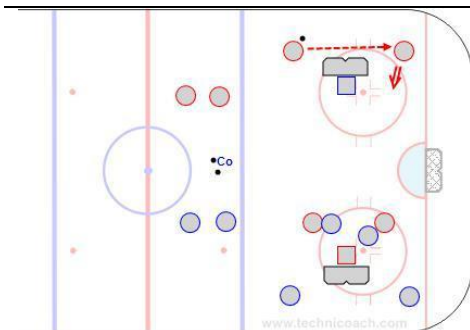
Key Points:

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

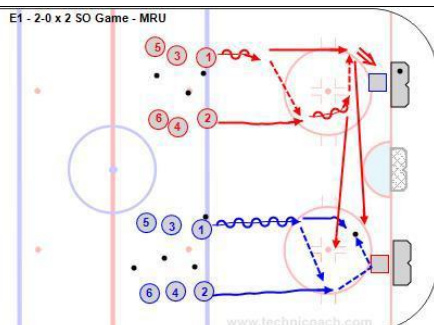
Description:

1. Start with one to five whites attacking one net vs. one to five darks.
 2. On a goal, frozen puck or transition the dark pass to their players at the blue line.
 3. New darks attack the net on the other side and the original whites skate hard across and defend.
- *This game requires quick transition and communication about who to cover on defense.*
- *Attack quickly to take advantage of the unorganized defense.*
- * Keep score and implement rules for good habits, team play or technique.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160927102405140>



E1 - 2-0 x 2 SO Game - MRU



<https://youtu.be/2GPpCOB99jw>

10'

E1 - 2-0, 3-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0 or 3-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

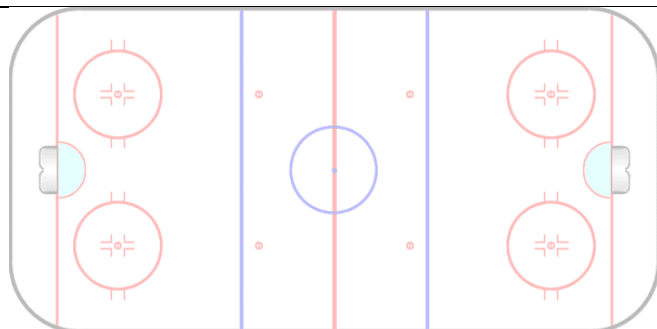
D - Scoring team gets a point for every goal.

E - 20" next rep.

F - First team to 20 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016092511071521>

<https://youtu.be/ss-rEHpfr5w>



Explanation/Notes: