



Fire White

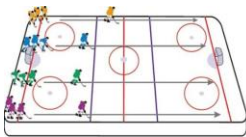
Practice Plan

Date: 01-31-18

Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
Skate, pass, shoot, transition, point shots	Rebound, d join rush, f backcheck
Speed,	



10' Captains lead Goalies with Mel

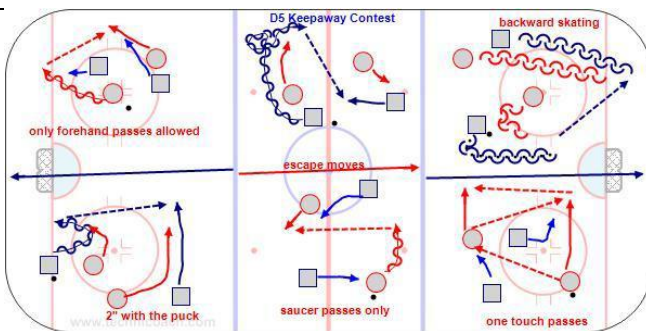
A2 Skating Warm-up for Edges and Balance

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>

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10'

D5 Keepaway Contests to Practice Skills and Good Habits

Key Points:

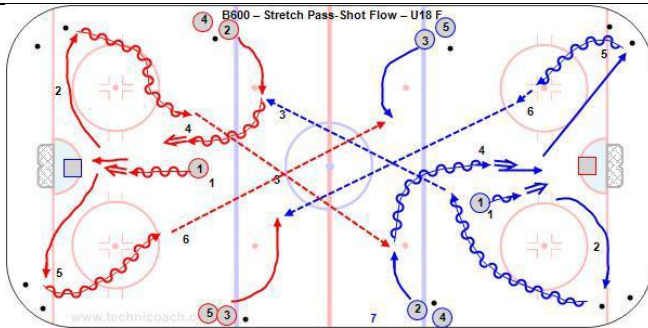
All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Practice good habits like taking 3 hard strides when you get the puck or pass and get open.
5. Keep score and switch opponents. 1 point for every 5-7 passes.

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10' Kailey run

B600 – Stretch Pass-Shot Flow x 2 – U18 F

Key Points:

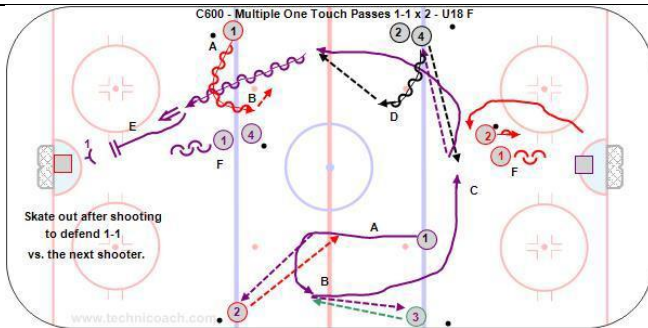
Pass, take the pass and shoot while skating. Keep the stick blade square to the puck to receive passes.

Description:

1. Shoot at each end then Second player shoot and go to opposite corner.
2. Skate to the corner for a new puck.
3. Make a diagonal pass to 2 who comes off the boards from the blue line.
4. Player 2 skate in and shoot.
5. Player 2 get a puck from the other corner.
6. Player 2 pass up to 3 who cuts across from the diagonal far blue line.
7. Continue this flow

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https://youtu.be/zRdEsL_6qnA



10' Kailey run

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.

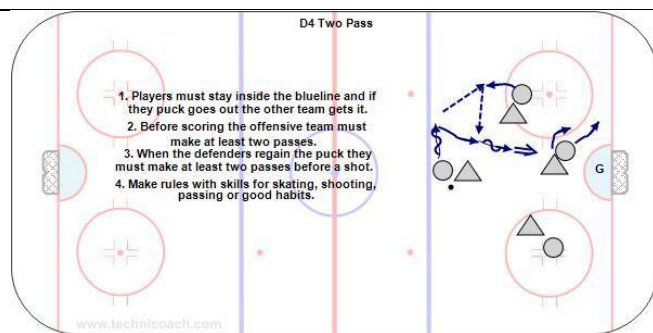
Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- 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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<https://youtu.be/7sdcZtyS6VY>



10'

D4 Two Pass – U15 Boy's

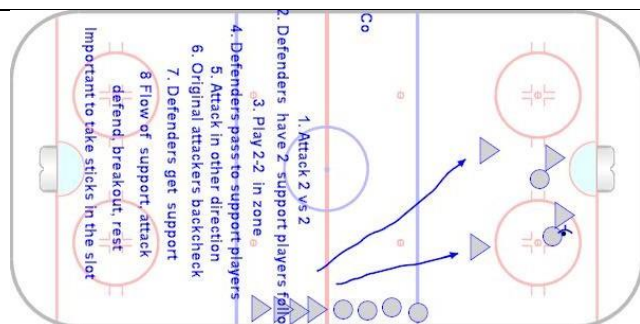
Key Points:

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 blue line 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' 3 on 3

DT100 Backchecking Transition Game

Key Points:

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

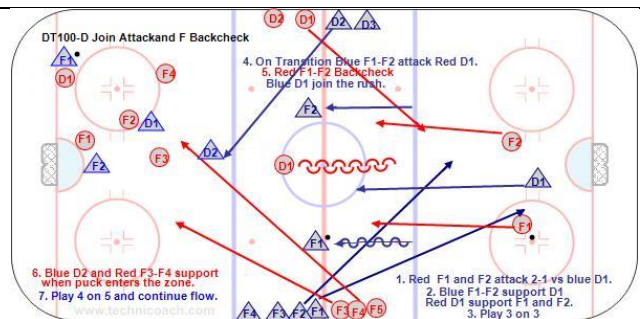
Description:

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.

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

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



10' 1-1 and 2-1

DT100 Continuous - D Join Play - F Backcheck

Key Points:

On transition all the players must go from offense to defense and defense to offense.

Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.

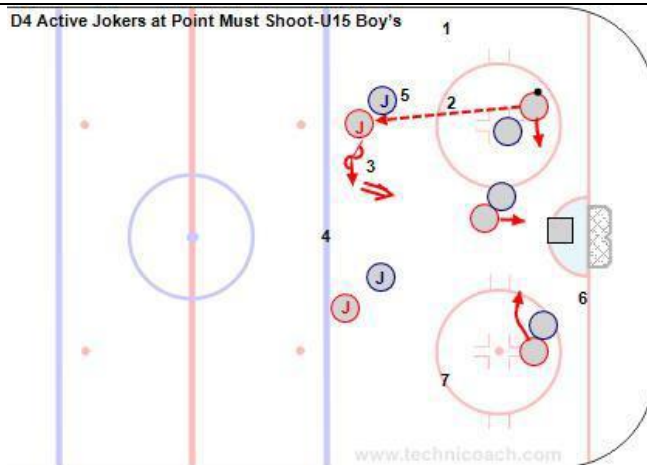
Defense - give passive support - defend - join attack - forecheck - rest.

Description:

In the diagram the F are circles and D are triangles. Positions are labelled.

1. Blue F1 and F2 attack vs Red D1.
2. Red F1 and F2 and Blue D1 give passive support above circles. (as in a Erkka)

3. On transition, after a goal or frozen puck red D1 pass up to red F1 or F2.
 4. Red F1 and F2 attack vs Blue D1.
 5. Original attackers blue F1 and F2 backcheck and original defender red D1 join the attack.
 6. Play 3-3 in the zone
 7. Blue F3 and F4 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 and F2 backcheck
 8. Red D2 and blue F3 and F4 support from above the circles ready to go the other way. Continue this rotation.
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10' D4 Active Jokers at Point Must Shoot-U15 Boy's Key Points:

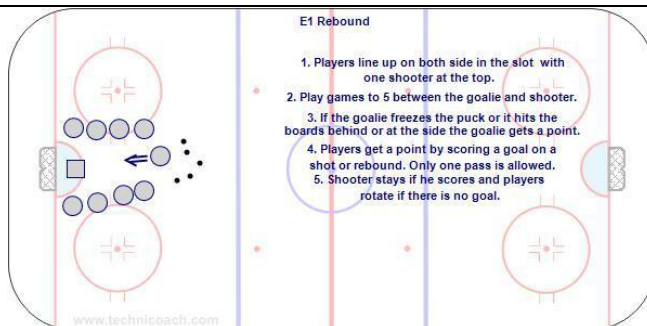
One net game with Jokers at the point who learn to get open and make deceptive escape moves in order to get the shot off. Low offensive players work to screen, tip, rebound. Defenders box out, tie up sticks and play from the defensive side.

Description:

1. Both teams shoot on the same net.
 2. Transition from defense to offense by passing to your Joker at the point.
 3. Joker must shoot.
 4. Teams can have 1 or 2 Jokers at the point.
 5. Jokers can check Jokers.
 6. Play from 1-1 to 3-3 below the top of the circle.
 7. Any teammate can be passed to after the Joker shoots.
- * Keep score and have a tournament.

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<https://youtu.be/uXesDVFYuDQ>



10' E1 Rebound Game

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

Key Points: Make quick shots and one timers and goalie read the play.

Description: 1. Players line up on both side in the slot with one shooter at the top. 2. Play games to 5 between the goalie and shooter. 3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point. 4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed. 5. Shooter stays if he scores and players rotate if there is no goal.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

