



Fire White

Practice Plan

Date: 10-28-16

Time:

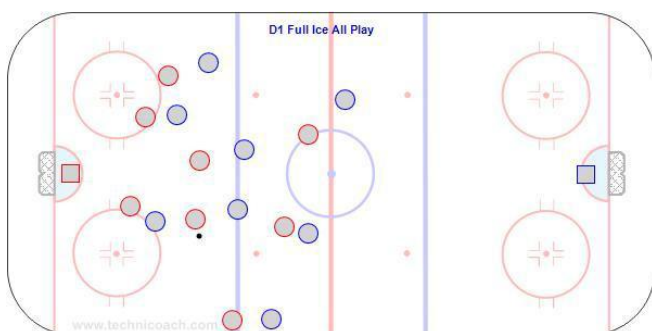
Venue: Fr. Bauer

Lines:

Passing flow, pass while skating,
Transition with D joining the play,

Notes:

Power play, quick puck movement, 6 on 5
Change on go shootout, Rebound game



10' Two minutes big moves around the ice with a shot eight minute game.

10'

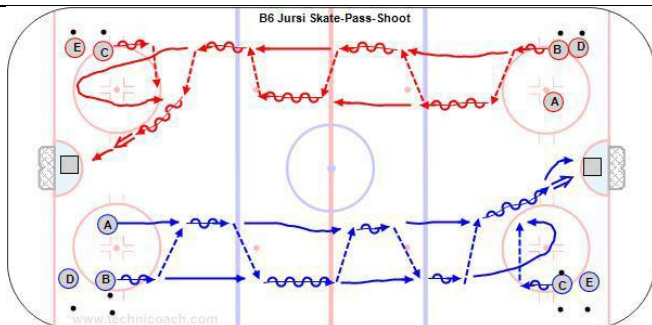
D1 Full Ice All Play – Two Puck Game

Key Points:

Everyone plays shinny style.

Description:

1. All play at the same time. Coach has three pucks.
 2. Use two pucks and throw another on the ice when one is scored.
 3. Leave the pucks in the net. Count pucks when all three are scored.
 4. When the goalie freezes the puck the attackers back up behind the hash marks.
- * Only one shot at a time. If the goalie isn't watching then a goal doesn't count.



10'

B6 Jursi Skate-Pass-Shoot

Key Points:

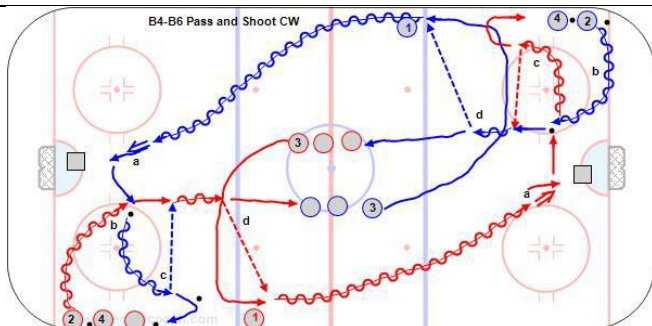
This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description:

1. A and B skate down the ice in passing while skating.
2. A is on the inside and continues on with a shot while skating.
3. B pivots facing the puck and continues the other direction passing to C.
4. B shoots and C partners with D the other way.

This can be done in tandem on both sides of the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120227085711281>



10'

B4-B6 Pass and Shoot ProW

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.

d. 2 pass wide to 3.

e. 3 shoot and cross with 4.

f. After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>

15'

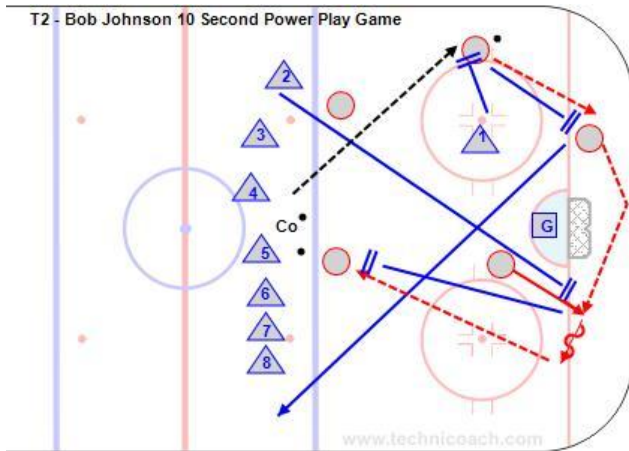
T2 - Bob Johnson 10 Second Power Play Game

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck.

Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.



10'

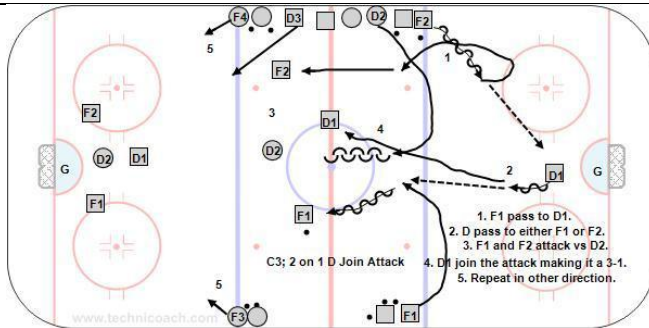
C3 - 2 on 1 D Join Attack - Pro

Key Points: D make the breakout pass and if there is good possession join the rush. Easy to progress to a one puck transition game if the new players give passive support above the circles.

Description:

1. F1 pass to D1.
2. D pass to either F1 or F2.
3. F1 and F2 attack vs D2.
4. D1 join the attack making it a 3-1.
5. Repeat in other direction. Add regroup and dump-ins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073715952>



15' Tschunami Forecheck with 3 high umbrella.

T2 6 on 5 with the Goalie Pulled

Key Points:

It is important to prepare your team for late in the game. Always two on the loose puck. Seal off the boards.

Description:

6 on 5

First get the puck deep into the offensive end.

- a. Make sure there are 2 on the puck
- b. one player take away the wide rim.
- c. one player behind net and one in front. - d
- e. point player on the puck side. Keep it deep

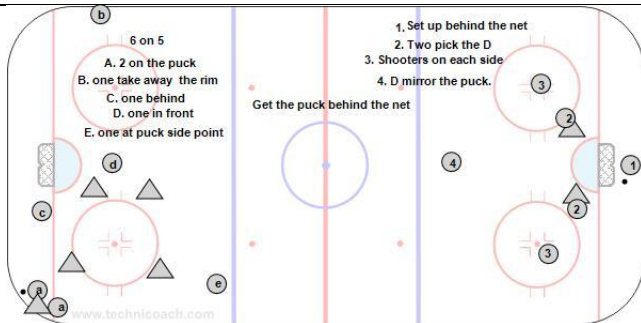
1. Try to walk out and score after picks set.

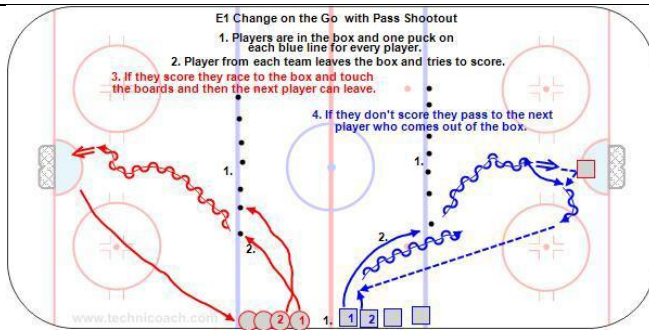
2. Two players pick the defense.

3. Two players get into scoring areas.

4. Defense mirror play and keep it deep unless there is a clear shot to the net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130522095128927>





10'

E1 Change on the Go with Pass Shootout

Key Points:

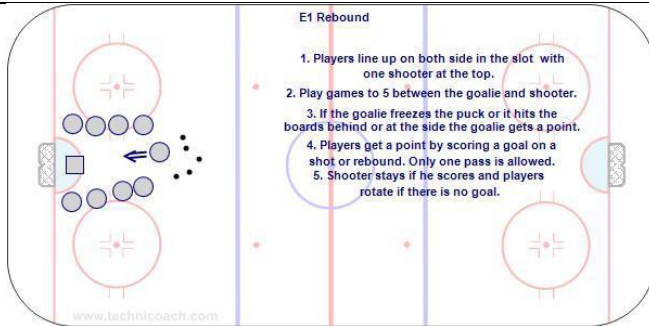
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

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>



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 timer and goalie read the play.

Description:

1. Players line up on both sides 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>

Centres take face-offs during rebound.

1' meet in middle for team cheer.

Meet in dressing room after the game.

