



Fire White

Practice Plan

Date: 11-2-16

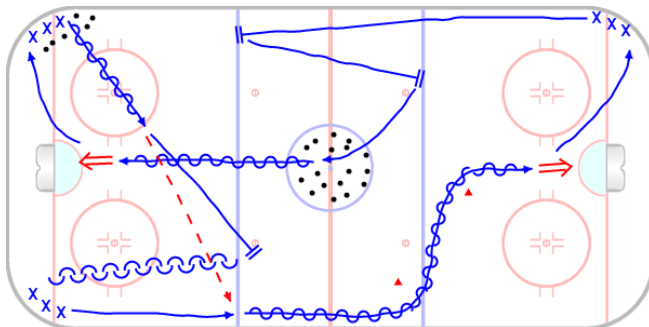
Time:

Venue: Norma Bush

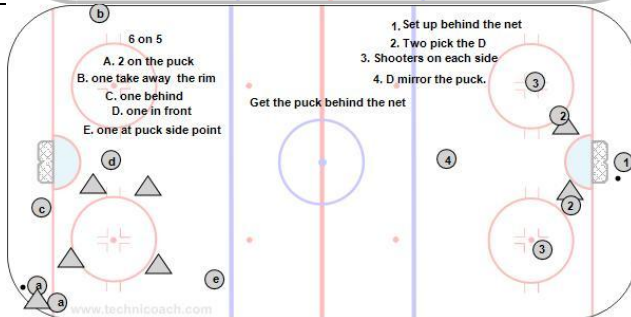
Lines:

Notes:

Team play Scrimmage 6-5, 5-3, 5-4, 5-5



10' Warm up



20' Take turns 6-5 and 5-6

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

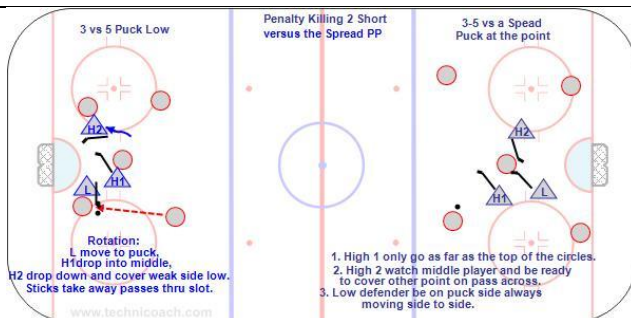
1. Try to walk out and score after picks set.

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.

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15'

T4 D400 - PK 3-5 vs. a Spread PP Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back

door play. Description: 1. When the puck is passed down the D in front moves to that side.

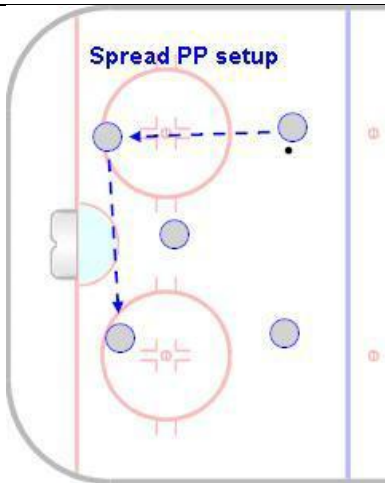
2. Weak side high player drop low to take away back door one

timer. 3. Strong side high player drop down and

front the middle attacker. 4. Strong side high player

get in shooting lane when puck is at the point. 5. Weak side high player cover middle and take away cross ice pass with stick. 6. Low player eliminate tip ins in front but don't get tied up. 7. D to D pass everyone shift. (Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

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15'

T2 - D400 - Spread 2-1-2 Power Play 5 on 3 - Pro

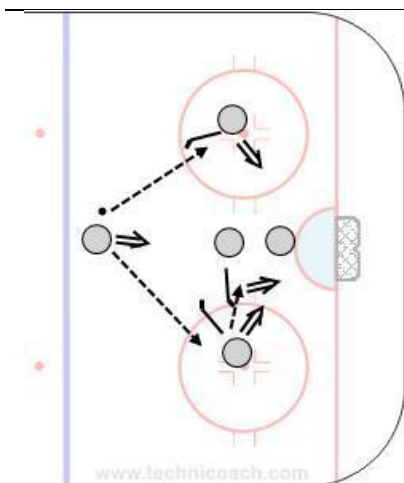
Key Points:

Either the player or the puck moves. Set up on the off wing for one timer. Rotate positions. One touch passes, one timer shots, pouncing on rebounds produce goals.

Description:

1. Start with a face-off and allow the offense to win the draw.
2. Set up with two players just above the goal line, two at the top of the circles and one in the middle.
3. Point men can start on the strong side and cross to the off wing side to set a moving one timer.
4. The player in the middle should screen when the puck is at the point and slide back near the hash marks when the puck is low to set up for one timer and allow room for back door pass.
5. The key is to become a threat when you have the puck and switches and screens away from the puck.
6. Some teams have the two low players below the goal line. This causes the pk. to turn their backs and is very effective for setting up one timers and walk-outs.
7. Make passes that beat one defender or through seams to the other side for one timers.
8. Outwork the penalty killers.
9. The goal when practicing the PP is for a shot every 3 seconds. It is not keepaway. The purpose of a power play is to Produce Rebounds.

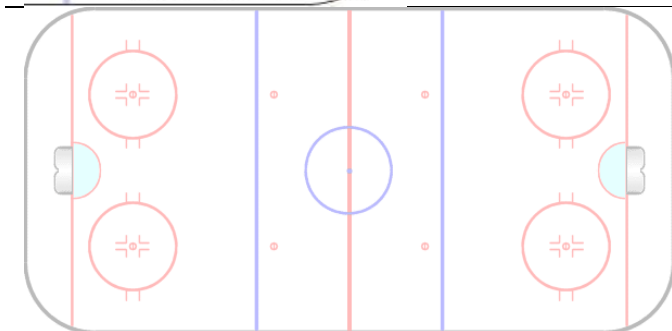
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15'

T2 D400 - Power Play 5-4 - Pro Start with an overload and rotate into a 1-3-1 Diamond. - Move to off-wing shooting positions on the sides. - Low player screen when the puck is high. - Second low player be in a shot pass position on high pucks. - Second low player move to the mid slot when the puck is low or in the middle, he can also stay in the middle as a short passing option, one time shooter, screen and deflect point shots.

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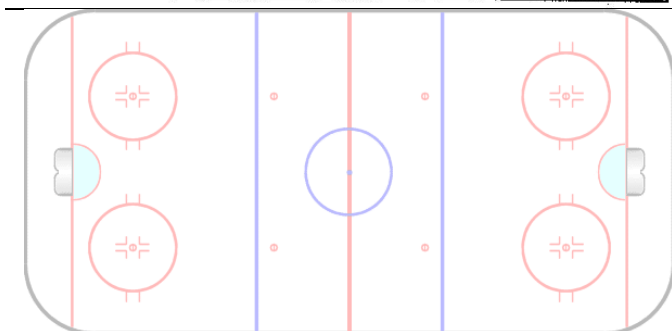
15' vs. AAA power play 4 on 5

20' 5 on 5 Scrimmage

Pinch on every rim and on the second pass.

Forecheck

- **FORWARDS:**
- **SAME SIDE CHIP, 2 ON PUCK**
- **STICKS TAKE AWAY NEXT PASS**
- **F1 PURSUIT, SEPARATE MAN/PUCK**
- **ON WHEEL 1 CHASES; don't lose 2 FCers**
- **PRESSURE D to D, F3 TAKES AWAY NEXT PASS**



Explanation/Notes:



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