



## Fire White

## Practice Plan

Date: 1-25-17

Time: 20:15-21:45

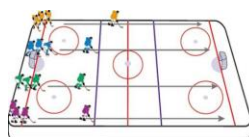
Venue: Norma Bush

### Lines:

Skate, pass, shoot, point shots, screen,  
2-2, 4-4, shootout, puck support,

### Notes:

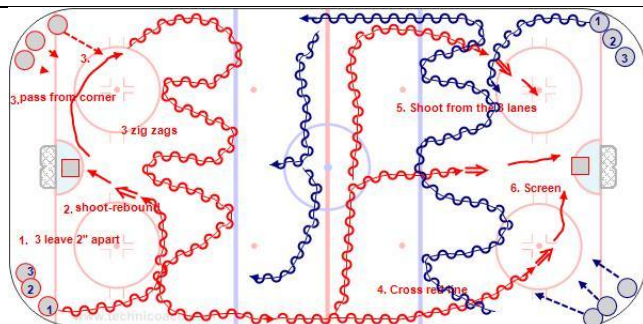
One touch passing, transition,



10'

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. [mediagallery/media.php?f=0&sort=0&s=20110726073836113](http://mediagallery/media.php?f=0&sort=0&s=20110726073836113)

The same warm up with 12-14 year olds. [mediagallery/media.php?f=0&sort=0&s=20110423080435937](http://mediagallery/media.php?f=0&sort=0&s=20110423080435937)



10'

### B6 – 3 Shots, 3 Zig zags, 3 Shots

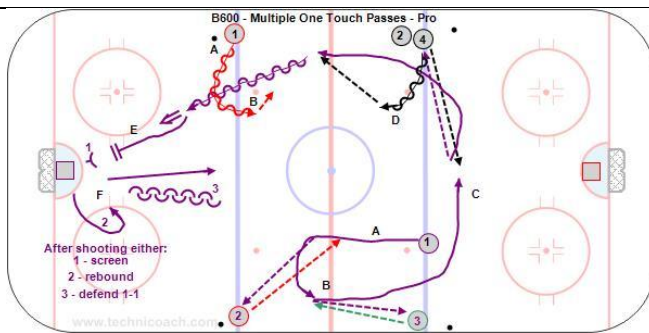
#### Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles fill the 3 lanes and shoot.

#### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20091019154513105> here.



## 10' Kailey run.

### B600 - Multiple One Touch Passes – Pro

#### Key Points:

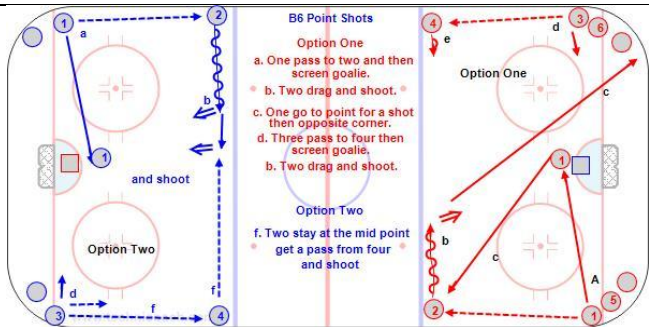
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

#### 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.
- F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160824111234134>

<https://youtu.be/uCBsG4KORMI>



## 10' D and C shoot.

### B6 Point Shots

#### Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

#### Description:

##### Option One

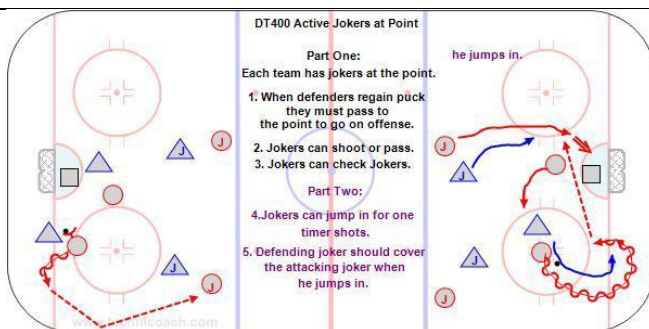
- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

##### Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>

The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.



## 10'

### DT400 Active Jokers at Point

#### Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

#### Description:

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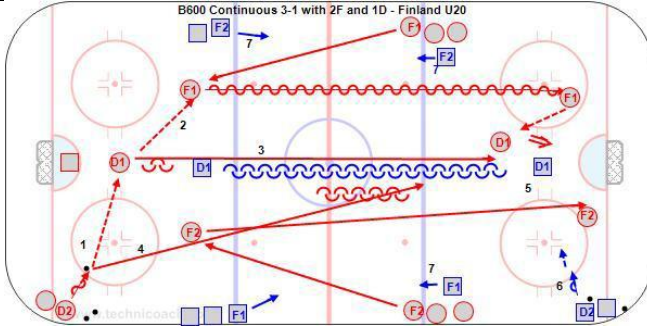
*Part One: Each team has jokers at the point.*

1. When defenders regain puck they must pass to the point to go on offense.

2. Jokers can shoot or pass.

3. Jokers can check the opponents Joker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120603101824103>



10'

#### **C600 Continuous 3-1 with 2F and 1D - Finland U20**

##### **Key Points:**

Blues go one way and reds the other way. D pass and join the rush. Make the first play in the attacking zone early so there is a second play possible. Move quickly through the neutral zone. Hit the net and crash for rebounds. Defender delay the play.

##### **Description:**

1. Red D2 pass to Red D1.
2. Red D1 pass to Red F1 or F2 who attack vs. Blue D1.
3. Red D1 join the rush to make it 3-1.
4. Red D2 follow the play to the far blue line.
5. Red F1-F2-D1 shoot and rebound.
6. Blue D2 pass to Blue D1 who attack 3-1 vs. Red D2.
7. Continue this flow end to end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140901205708589>

<https://youtu.be/UkAd6vpvNmW>

10'

#### **D100 Two Second Game**

##### **Key Points:**

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

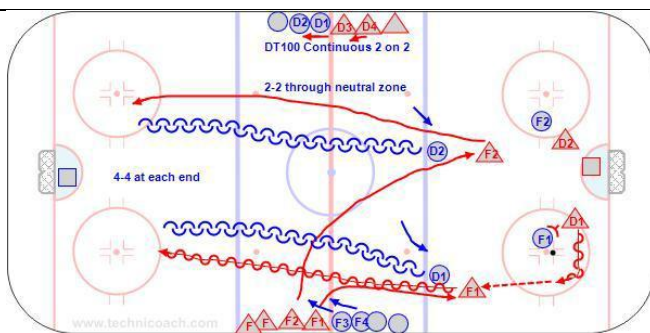
##### **Description:**

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

\*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence .

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10'

### DT100 Continuous 2 on 2

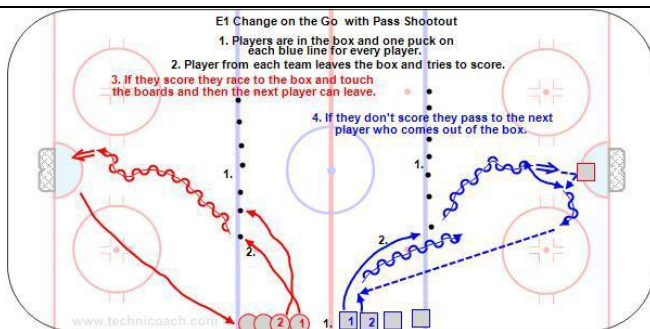
#### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

#### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141210845>



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>