



Fire White

Practice Plan

Date: 1-26-17

Time: 16:00-17:30

Venue: Henry Viney

Lines:

Edges and balance, power play,
Angling, 1-2, transition

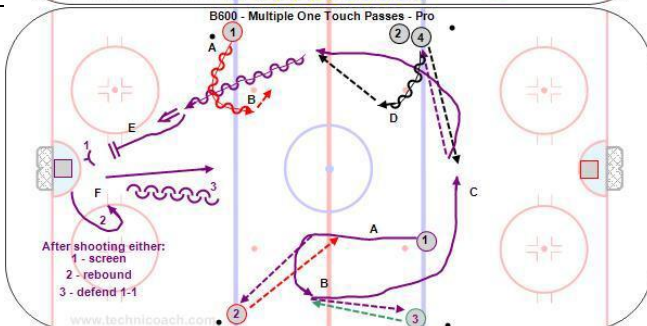
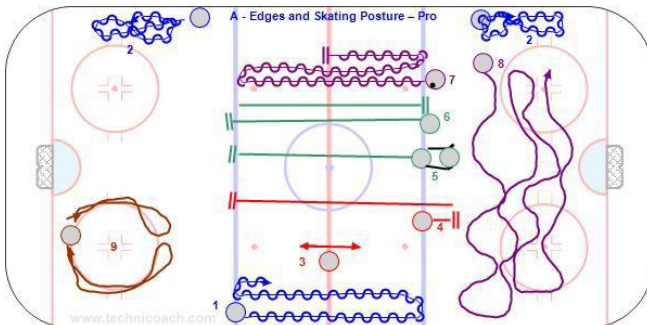
Notes:

Penalty killing, Pass, shoot, rebound 1-1,

10"

Skating and Goalie warm up.

Randy lead while Mel works with goalies.



10' Add the last pass and 1-1

B600 - Multiple One Touch Passes – Pro

Key Points:

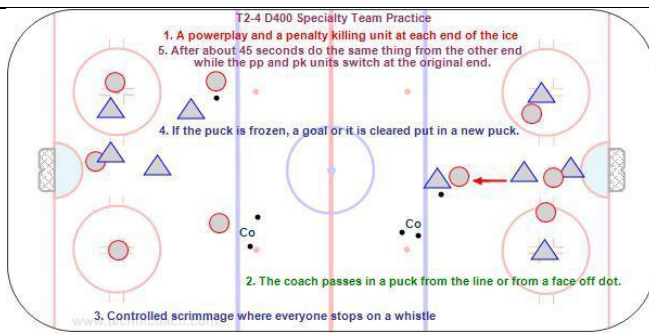
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

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.

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20' Rotate White and Red PP-PK 10' each.

Mel work with the other goalie at the far end.

T2-4 D400 Specialty Team Practice – Pro

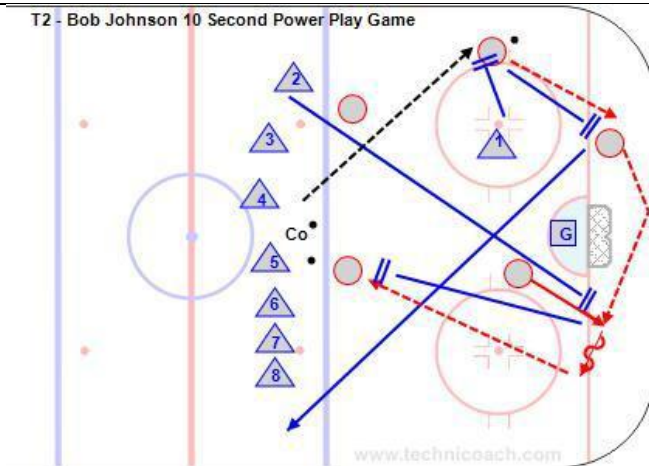
Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.

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10'

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. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

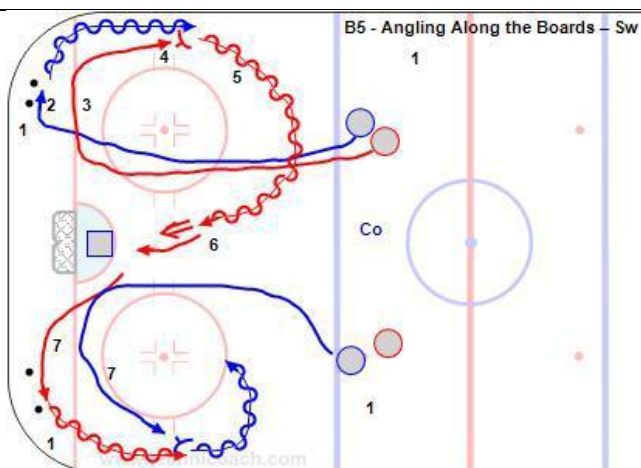
Description:

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.
7. Add a second defender for 5 on 2.

**This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

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10'

B5 - Angling Along the Boards – Sw

Key Points:

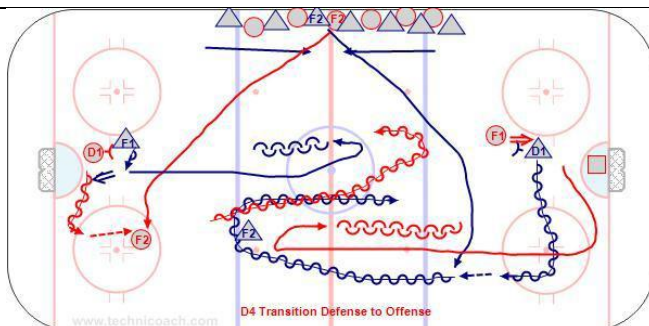
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

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10'

DT400 1-1, 2-2, Support-Attack-Defend

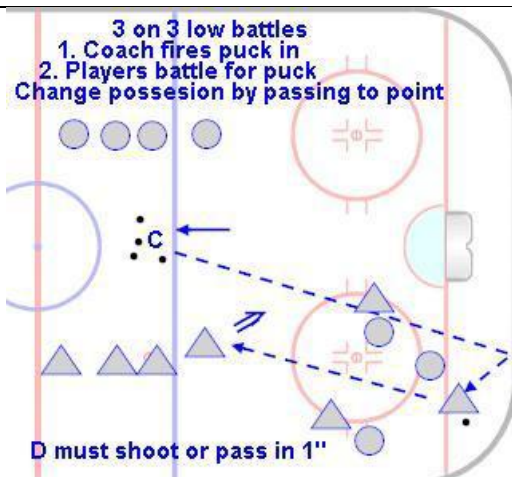
Key Points:

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description:

1. F1 attack D1 at each end. 2. Players line up on the boards with the first player in line D1 supporting the defense. 3. The coach can determine whether the supporting defender is passive or active. 4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2.. 5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line. 6. F2 Attack vs. the original attacker F1. Practice various situations

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10'

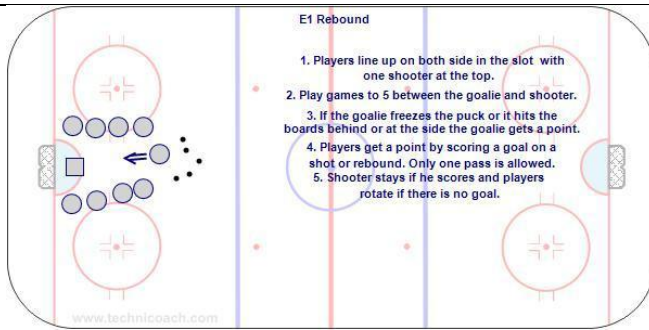
DT400 3-3 Krusel Battling Game - ProW Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds. 4. If a point pass goes out the other pointman gets the puck. 5. Either leave the puck in the zone or pass to the coach on a whistle.

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10' Individual skills players choice.

E1 Rebound Game - Face-offs – Individual Work

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

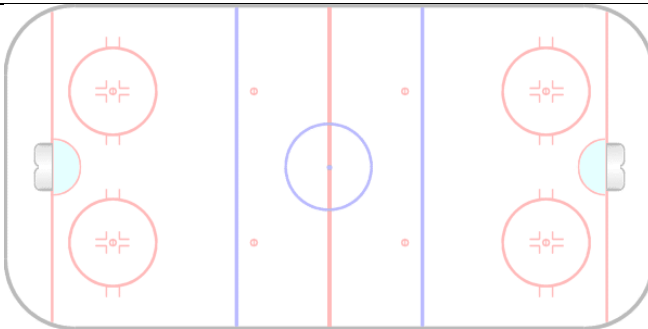
Key Points:

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.

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Explanation/Notes: