



Fire White

Practice Plan

Date: 2-1-17

Time: 20:15-21:45

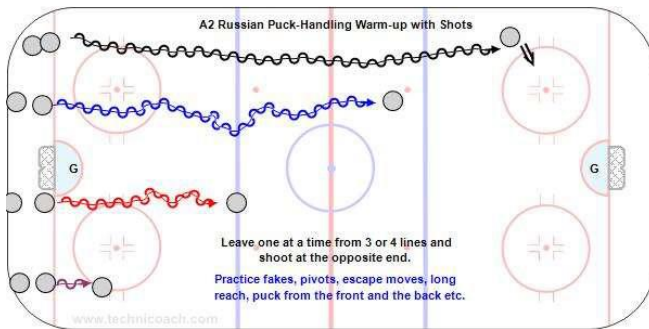
Venue: Norma Bush

Lines:

Breakouts, puck handling, point shot

Notes:

High cycle, weave, 3-3, backcheck, 3-2



10'

A200 Skating Warm-up for Edges and Balance with a Puck and Shot

Key Points:

Good players can move in all directions efficiently because they and 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. Do these skating exercises with a puck.

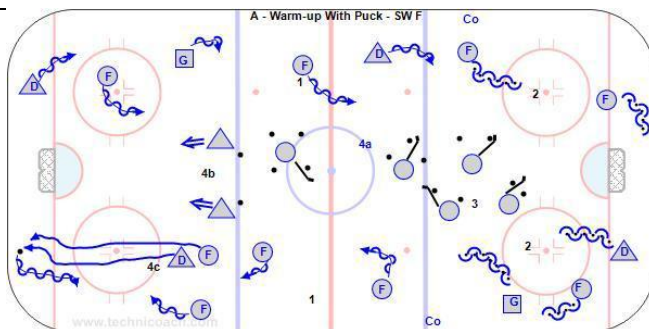
Description:

A200 Formation in Four Groups

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- 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.

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10'

A - Warm-up With Puck - SW F

Key Points:

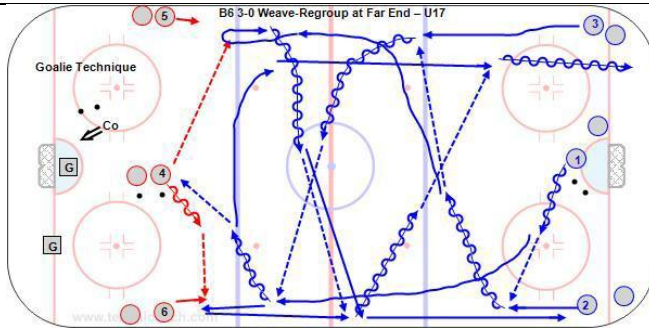
Keep the hands away from the body, roll the wrists, have loose shoulders, handle the puck all around the body with big moves.

Description:

1. Skate forward weaving around the ice with a puck and go fast on the whistle.
2. Skate backward weaving around the ice with a puck and go fast on the whistle.
3. Handle two pucks at the same time with work/rest intervals.
4. Individual skills:
 - a. Puckhandle around two and four pucks.
 - b. Defense take shots from the point.

c. Defenseman make an escape move vs. a forechecker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161226112125701>
<https://youtu.be/EZvlt5ADY-4>



10'

B6 3-0 Weave-Regroup at Far End – U17

Key Points:

Principles: Pass while skating and then follow the pass and take the ice behind the puck carrier.. Fill the 3 lanes. Skate to the “big ice” between the dots when you get the puck. Pass to the outside lane, skate to the inside lane.

Description:

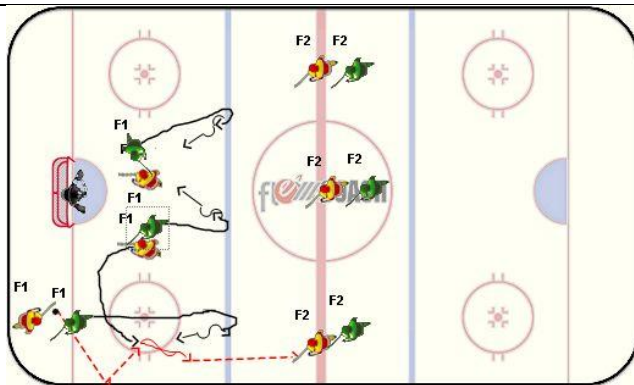
- 1 pass to 2 and follow the pass.
- 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- 3 pass back to one, follow the pass.
- 1 regroup with 4 and 1-2-3 fill each lane.
- 4 pass to 1 or 3 on the strong side.
- 1-2-3 weave the same way and attack with a triangle and stop at the original end.
- 4-5-6 follow and repeat the other way.

U17 Weave No Shot

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820104922991>

NHL Players - Weave With a Shot

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10' **Play 4 on 4**

DT400 4-4 Perry Pearn Game Rotation

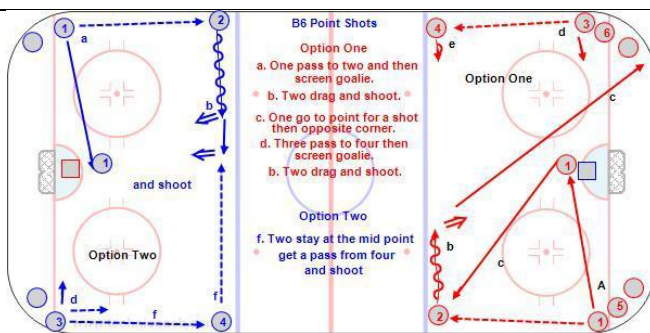
Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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10' Practice the D to D to high cycling F and the F up the boards and pass to the D coming down.

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

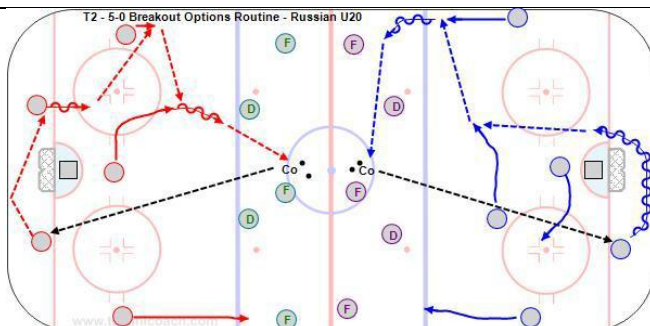
- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

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

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Add D to D high cycle and W and D switch



15' Three groups do two breakouts and attack full ice. Focus on C low and slow.

T2 - 5-0 Breakout Options Routine - Russian U20

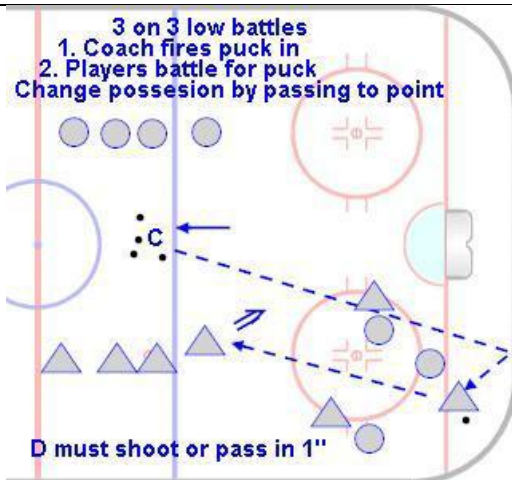
Key Points:

Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

Description:

1. Two units of five wait near the red line to break out of each end.
 2. Coach at each end shoot the puck in.
 3. Unit of 5 break out using various options.
 4. Pass to the coach.
 5. Coach shoot the puck in and the other unit break out.
 6. Continue rotating and practice the various options.
- *This is a good routine to do at the start of practice to review the breakout and get everyone involved.

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15' *Start with everyone in the zone with Tom White and Randy Red at the point. Play a game where you regroup with the coaches. Tom has the puck then Red get on defensive side and Randy with the puck White find an attacker and get on the defensive side. Move to the game below.*

D400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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