



Fire White

Practice Plan

Date: 2-2-17

Time: 16:00-17:30

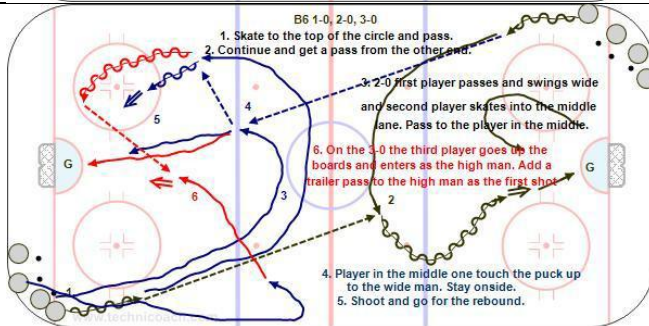
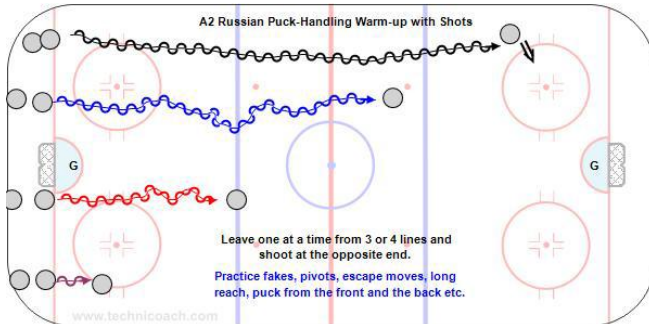
Venue: Henry Viney

Lines:

Puck handling, passing, shooting,
Regroups, breakouts, defensive zone
Puck support

Notes:

Power play, penalty kill, 6-5



10' Jim Lead Mel work with goalies.

A2 Russian Puck-Handling Warm-up with Shots

Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

10'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

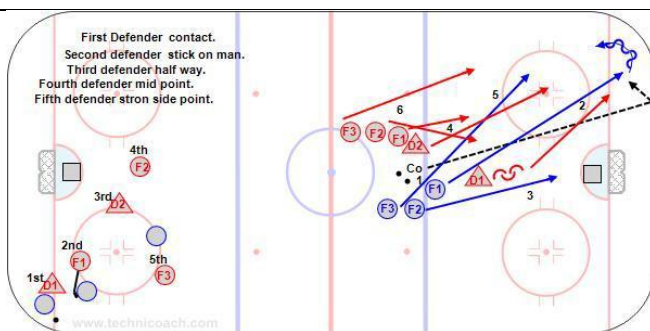
1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

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<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



10'

T2-4 Teaching Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

Key Points:

Defenders must communicate situation and switch from man on man to 2-1 to man on man to 3-2 then man on man 3-3. Forwards must quickly take advantage of the 2-1 and 3-2. Defending forwards have to come back to low slot, mid-slot and puck side point.

Description:

1. Players line up outside the blue line and wait for a Coach dump-in.
2. One D starts skating backward and one F forechecks 1-1.
3. A second forward makes it a 2 on 1.
4. Another D joins creating a 2 on 2.
5. A third forward makes it 3 on 2.
6. Three defending forwards join and make it a 3 on 5.
7. F2 back defend the mid-point and collapse into the middle if the puck is in far corner.
8. F3 cover the strong side point and collapse lower when puck is low in the zone.
9. F2 has net front when 2 D and F1 play man on man on one side.
10. Coach put in a new puck if the original puck is out of play.

This is a chance to actively coach coming back into the defensive zone.

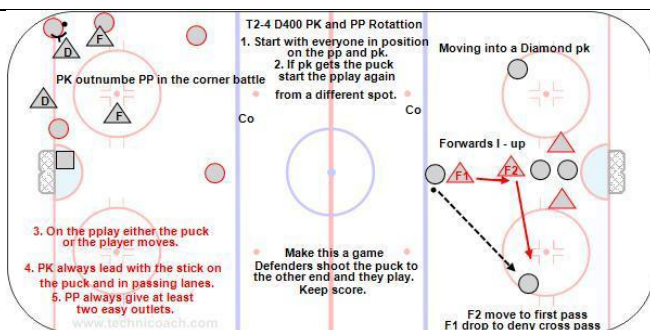
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T2-4 D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

<https://youtu.be/aaap7dopt2w>

<https://youtu.be/6z41j-VAjIY>

<https://youtu.be/ajzUztWucwg>



30'

T2-4 D400 PK and PP Rotation-Detroit

Key Points:

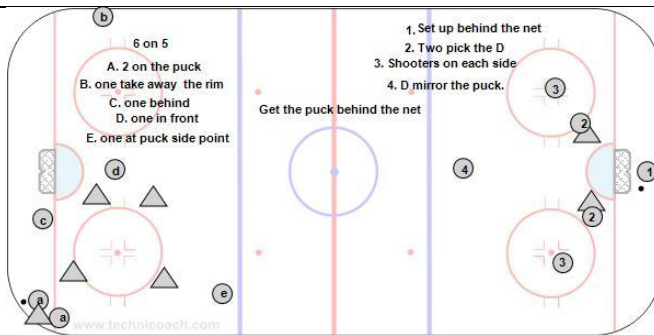
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

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10'

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.

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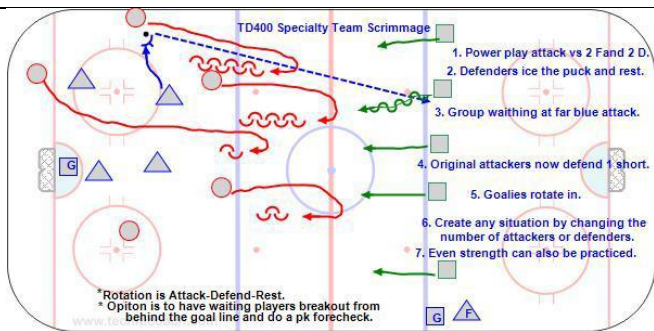
6 on 5

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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10'

TD400 Specialty Team Scrimmage

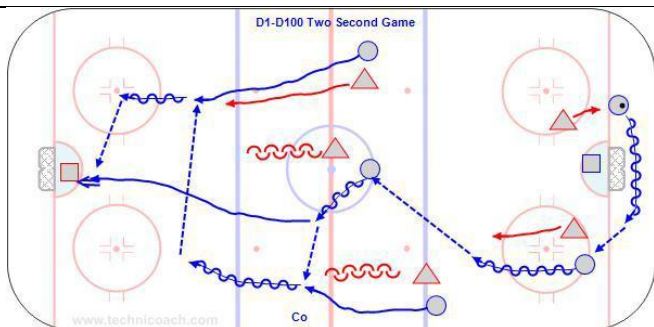
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

- 1. Power play attack vs 2 Fand 2 D.
- 2. Defenders ice the puck and rest.
- 3. Group waiting at far blue attack.
- 4. Original attackers now defend 1 short.
- 5. Goalies rotate in.
- 6. Create any situation by changing the number of attackers or defenders.
- 7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



10'

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice. Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

- 1. Play full ice with either all the players on the ice at once or in shifts.
- 2. Players can be in possession of the puck for a maximum of 2 seconds.
- 3. Stress that when you get the puck the order of priorities

should be:

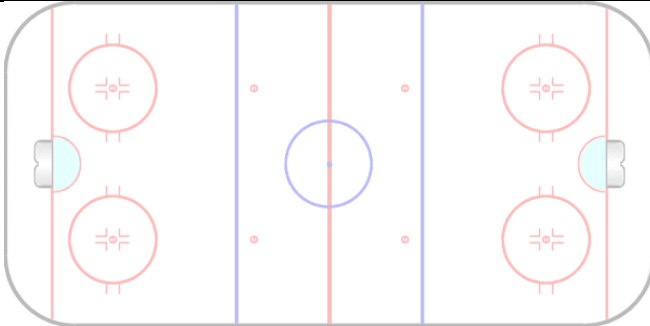
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



Explanation/Notes:
