



Fire White Practice

Practice Plan

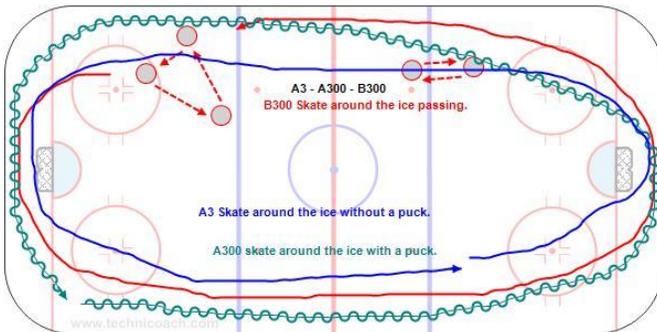
Date: 2-8-17

Time: 20:15-21:45

Venue: Norma Bush

Lines:	Notes:
Meet with Coach Lorie at 18:15 Fr. Bauer.	Skating, passing, shooting, overspeed,
Regroups, forecheck, breakout, 2-1,	Puck support, good habits, triple threat

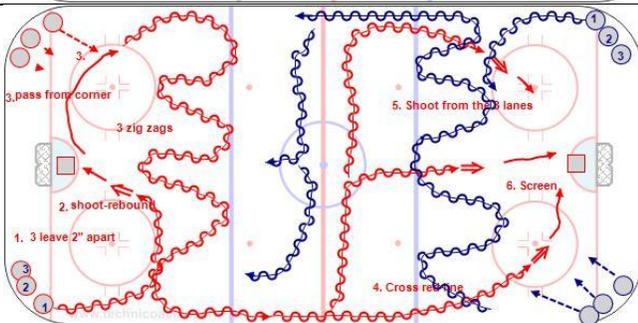
10' Randy lead this warm up skating around the ice. Mel goalies



A3 – Stretch-Edges Routine - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150806102334324>

<https://youtu.be/mSop48n1yR8>



10' Jim run this one and add skating variations.

B6 – 3 Shots, 3 Zig zags, 3 Shots

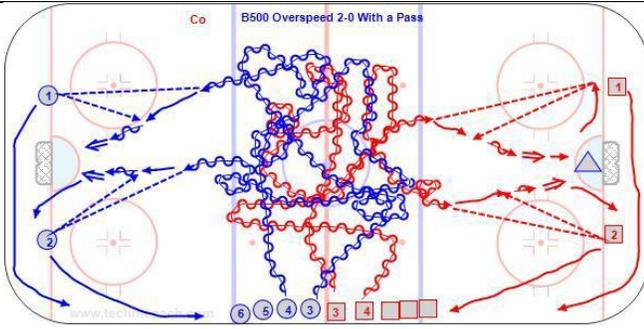
Key Points:

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 the 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.

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10'
B500 Overspeed 2-0 with a Pass

Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

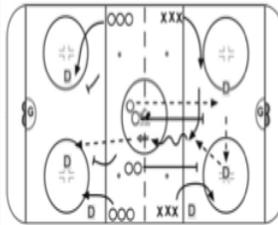
1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>

Tomas's Continuous 2 on 2 Regroup

Execution Points:
 O1 and O2 Forecheck 2 D in NZ. X1 and X2 support the D on a regroup. Random practice – read and act. Regroup forwards (X1-X2) pass puck to far D and forecheck them as O3 and O4 support the D on regroup. Continuous drill.

Teaching Points: Regroup Fw's support with timing and good target. Anchor low or high. Take what they give you. Jump across, get open.



10'

Mel show this drill and run it.

D4 Two Pass

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

10' After 5' add you must make an escape move.
D4 Two Pass Game with only Forehand Passes

Key Points:

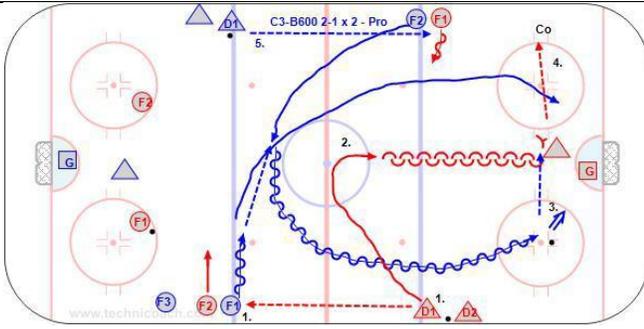
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005184904487>



10' Kailey lead this drill.

C3-B600, 2 on 1 x 2 – Pro

Key Points:

One high one low, one fast one slow on the attack. D identify the most dangerous attacker and shots from the middle. No whistles so players have to watch and start toward the open end of the ice.

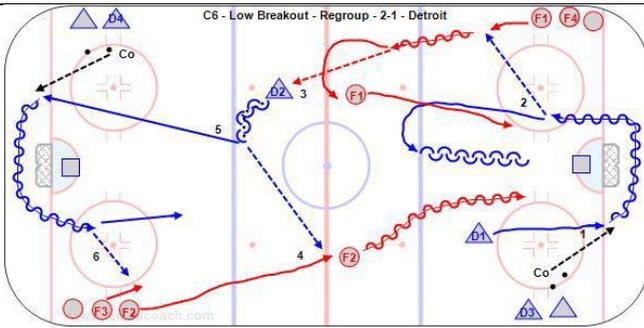
Description:

1. F's line up at diagonal blue lines and D's at opposite diagonal blue lines.
2. D1 pass up the boards to F1.
3. F1 skate to the middle and pass to F2 who crosses behind as D1 closes the gap.
4. F1-F2 attack 2-1 vs. D1.
5. Coach mirror the play from the high slot. (A player could also do this)
6. D2 pass to F3 and F4 skate back and cross to attack D2 the other way.
7. Finish the attack with a goal, frozen puck or D pass to the coach.
8. Players watch to see which attack is finished and start the 2-1 in that direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130717135909954>

C600 - 2 on 1 x 2 - Pro

https://youtu.be/UTalbQmU_ZM



10' Jim run the drill.

C6 - Low Breakout - Regroup - 2-1 – Detroit

Key Points:

Do everything with speed. D skate between dots before passing. Attackers make the first pass early. A 2-1 is really a 2-2 with the defender and the goalie. Defender identify the most dangerous attacker.

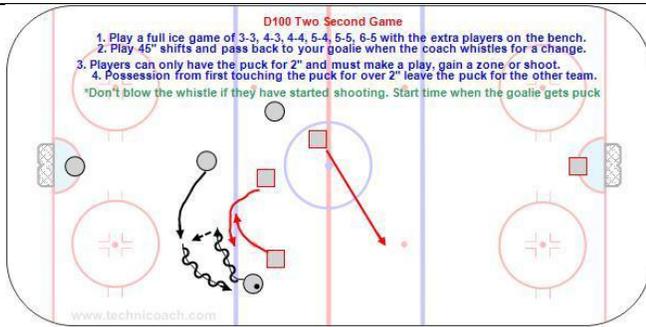
Description:

1. D1 skate back and get the puck placed below the goal line by the coach.
2. D1 pass to F1 and follow.
3. F1 regroup with D2.
4. F2 join F1 and attack D1 2 on 1.
5. D2 go back and retrieve a new puck placed by the coach at the opposite end.
6. D2 passes to F3 who regroups with D3 and F4 join.
7. Repeat this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141119103710146>

C6 - Low Breakout - Regroup - 2-1 – Detroit

<https://youtu.be/Zbpzbnk-llk>



10'

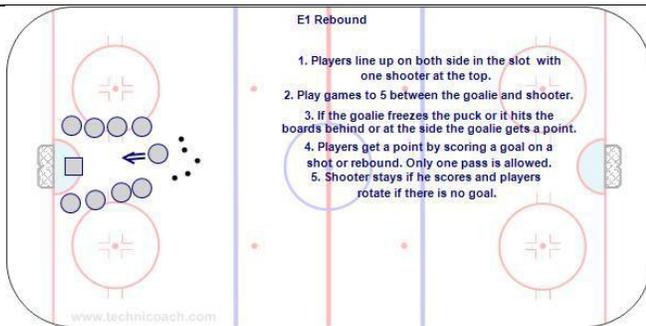
D100 Two Second Game

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.



9'

E1 Rebound Game

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202833407>

1' pucks and meet in the middle. Dressing room to go over the tournament plan.