



Fire White

Practice Plan

Date: 2-15-17

Time: 20:15-21:45

Venue: Norma Bush

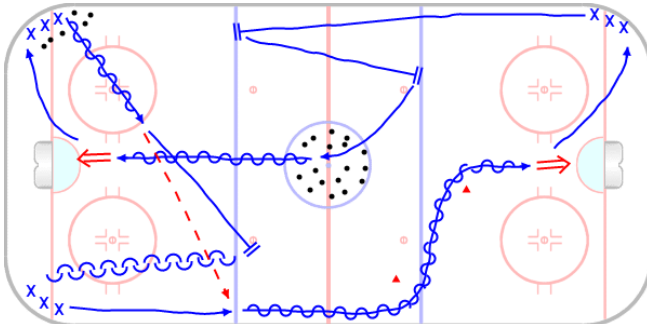
Lines:

Skills, puck support, skating, 2-1, 2-1, point

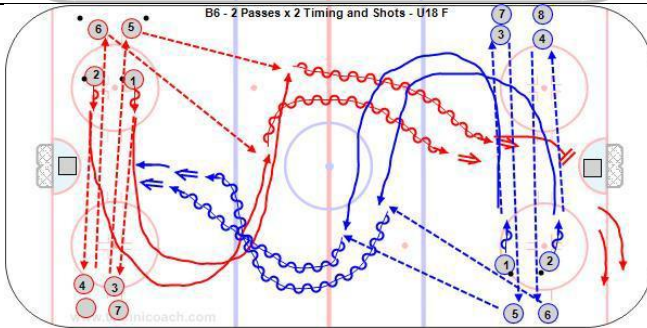
Notes:

Shot, transition, 1-1, 3-2

15' Randy skate and Mel with goalies



B6 - 2 Passes x 2 Timing and Shots - U18 F



10' Kailey run this

B6 - 2 Passes x 2 Timing and Shots - U18 F

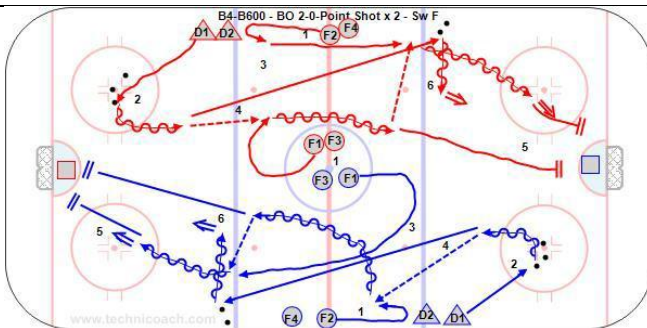
Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- 1 and 2 leave from each end and pass across to 3 and 4.
- 3 and 4 pass across to 5 and 6.
- 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- 1 shoot-rebound-screen.
- 2 shoot.
- 3 and 4 repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170107125422201>
<https://youtu.be/WmpASHh7uL4>



B4-B600 - BO 2-0-Point Shot x 2 - Sw F

10' Mel run this

B4-B600 - BO 2-0-Point Shot x 2 - Sw F

Key Points:

Defense skate to the 'Big Ice' between the dots before passing. Forwards time skating to be available when the passer turns up ice. Give a target, go through the neutral zone quickly, hit the net, follow the shot, one screen and one be available for a shot pass.

Description:

- Forwards leave from the middle and along the boards in the neutral zone, D from the blue line.
- D1 go back for a puck at the top of the circle.
- F1 support from the middle and F2 along the boards.
- D1 pass to F1 or F2 and follow the play.
- F1-F2 attack-shoot-rebound then screen tip.

6. D1 pick up a puck inside the blue line, skate to the 'Big Ice' and shoot.

7. Come out hard on the whistle.

8. D2-F3-F4 repeat.

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12; Jim do this one

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

Key Points:

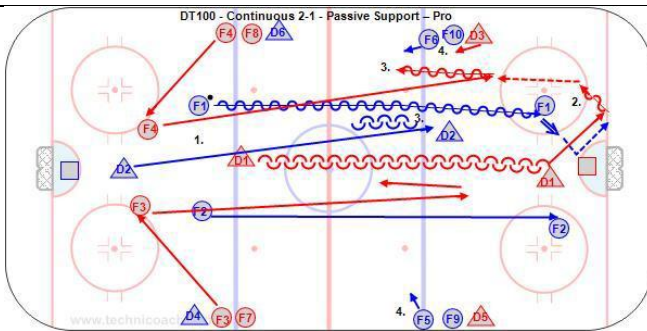
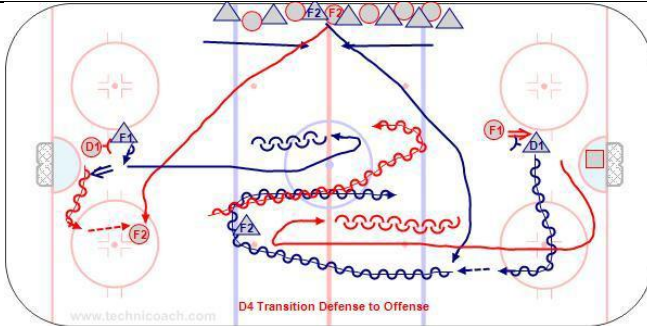
Defending player stay on the defensive side.

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. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

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13' Randy instruct

DT100 - Continuous 2-1 – and 2-2 Passive Support – Pro

Key Points:

One puck with no whistles. Go for the rebound but defenders allow transition after the puck is out of the scoring area. Move the puck quickly and make the first pass early in the offensive zone. Extra players rotate in from the boards in the neutral zone. This is a great template either active or passive to work on situations up to 3-2. i.e. Have D1 join the rush, F1 back pressure, D1 and F1 join the rush etc. to create many situations.

Description:

1. Start with a 2-1, F1-F2 attacking D1. F3-F4 and D2 follow the play into the zone.

2. After the puck is out of the scoring area F1-F2 allow D1 to make a breakout pass to F3-F4.

3. F3-F4 attack the other way 2-1 vs. D1.

4. F5-F6 and D3 follow ready for a new 2-1.

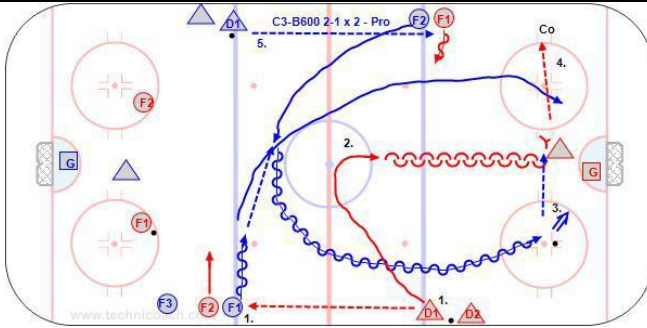
*This can be made into an active 3-3 at each end by finishing the play.

*Keep score and create a game and play situations 1-1 to 3-2.

*Regroups in the neutral zone and dump-ins create opportunity to work on breakouts and forechecking.

<http://www.hockeycoachingabcs.com/mediagallery/media>

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<https://youtu.be/CoUI2PxuCLQ>



10' Kailey teach

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.

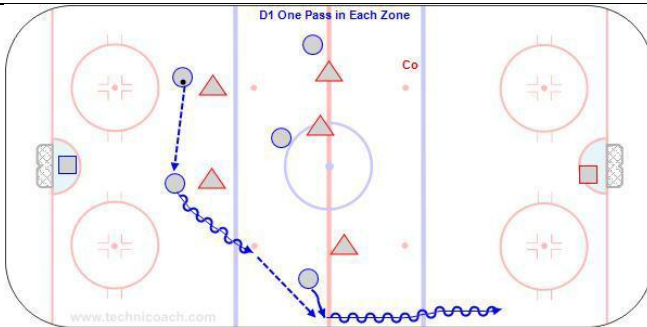
Description:

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.

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C600 - 2 on 1 x 2 - Pro

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10'

D1 One Pass in Each Zone

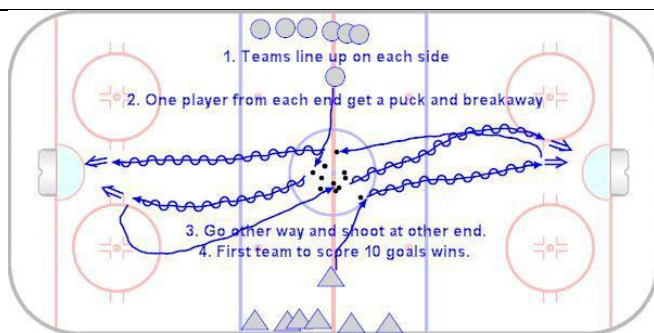
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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10'

E1 Two Shot Shootout

Key Points: Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description: 1. Teams lines up across from each other and the pucks are in the middle circle. 2. One player from each team leaves and shoot at opposite ends. 3. The same players turn back and get another puck from the middle and shoot at the other end. 4. Continue until all the players have shot and keep score.

You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324144209198>