



Fire White

Practice Plan

Date: 2-16-17

Time: 16:00-17:30

Venue: Henry Viney

Lines:

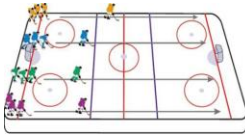
Pp pk 3-5, 5-3, transition, skate inside
Regroup and breakout decisions under
3-2

Notes:

Pass outside, skating, 1-1, 2-1,
Pressure. Angling, gap control,

Late notice one goalie sick so changed the

Last game to low 3-3 transition – Krusel.



10' **Captains lead – Goalies warm up with Mel**

A2 Skating Warm-up for Edges and Balance

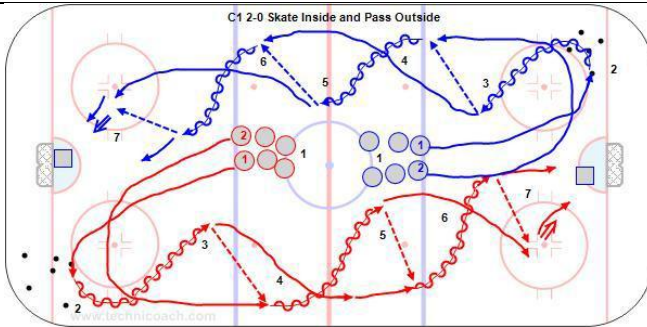
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation - Players start at one end and skate to the other end. - 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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The same warm up with 12-14 year olds.

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10' **Jim lead.**

C1 2-0 Skate Inside and Pass Outside

Key Points

Skate to the big ice between the dots with the puck and pass to the outside. Pass and follow the pass taking the ice behind.

Description:

1. Line up in the C1 formation at the bluelines.
2. Two players leave from the front of each line and get a puck from the corner.
3. The first player skate inside the dot with the puck and pass to the second player on the outside.
4. First player follow the pass and cross 'taking the ice behind.'
5. The second player receive the pass and skate between the dots.
6. The second player now passes wide to the first player and follows the pass.
7. Shoot and rebound after one pass in the offensive zone.

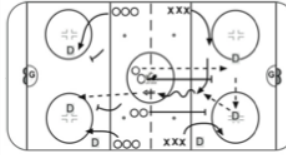
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Tomas's Continuous 2 on 2 Regroup

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.



15' Mel lead and progress from passive forecheck to aggressive forecheck. Add dump in.

Key points:

F sticks in the lanes and angle.

D look first to C then wing, then D to D.

Nicole, Paige, Emily take turns playing D.

10' Randy run.

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

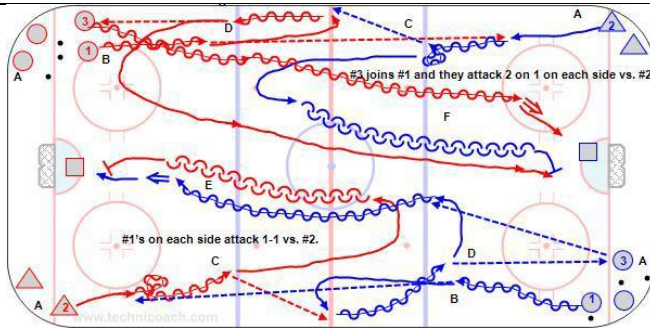
D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

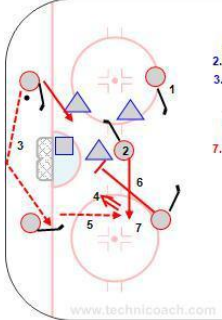
*With younger players stagger the start so each corner leaves after the first pass.

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T2 Low Dice 5-3 Power Play

1. Set up with everyone on the off wing.
2. Middle player stay about the hash marks.
3. Attack rule is that either the puck or the player moves. No standing still.
4. Attack goal is a shot every 3".
5. Use passes that beat one defender.
6. Rotate the high triangle.
7. Attack with: walk-outs, one timers, back door passes, switch and pick.



20' Jim go over the PP at one end with one group at a time while other two groups go live at the other end with the focus on pk 3-5.

T2 Low Dice 5-3 Power Play

Key Points:

Right shooters play on the left side and left on the right to enable quick shots and forehand passing. Quick passes and attacks spread the defensive triangle.

Description:

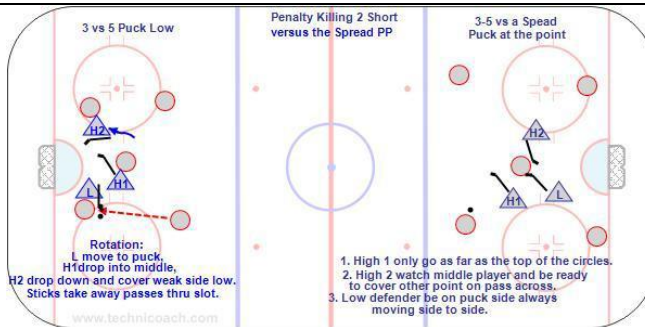
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20' at same time. **Tom and Randy** T4 D400 - PK 3-5 vs. a Spread PP

Key Points: The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift. (Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

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8' D200 Angling game

Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

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15'

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>

