



Fire White

Practice Plan

Date: 2-22-17

Time: 20:15-21:45

Venue: Norma Bush

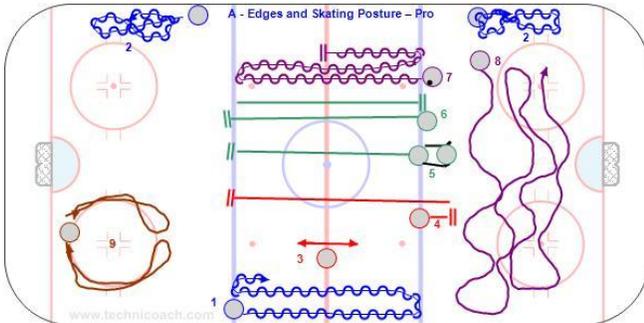
Lines:

Skating, passing, shots, defenseman shots

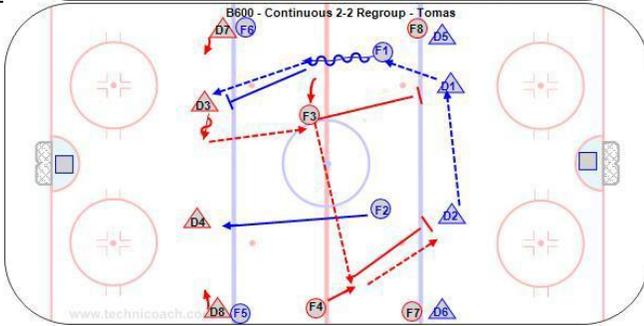
Notes:

Transition, compete

20'



Randy lead skating and Mel work with the goalies.



15'

B600 - Continuous 2-2 Regroup – Tomas

Key Points:

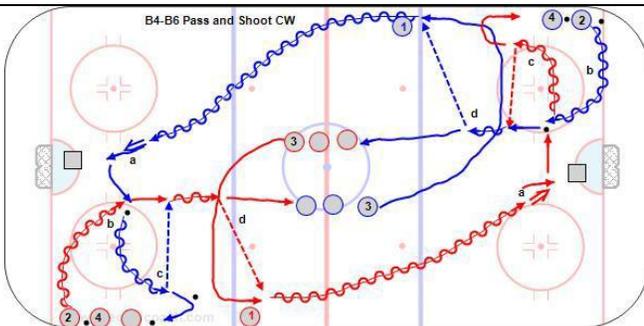
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.

* Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck..



15'

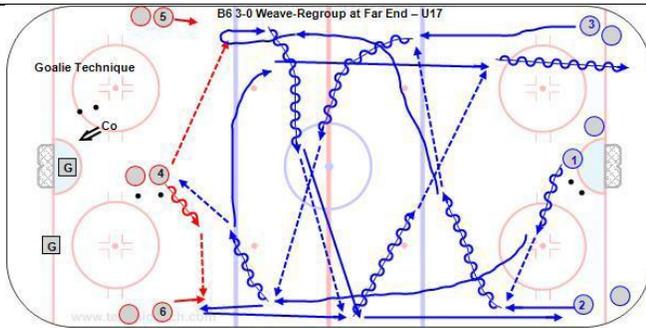
B4-B6 Pass and Shoot ProW

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.
- d. 2 pass wide to 3.
- e. 3 shoot and cross with 4.



f. After passing 1 go to corner, 2 to the centre circle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131015151134860>

15' Stress the Middle Lane Drive – PU if not done.

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:

- A. 1 pass to 2 and follow the pass.
- B. 2 skate to the big ice, pass to 3, follow the pass taking the ice behind.
- C. 3 pass back to one, follow the pass.
- D. 1 regroup with 4 and 1-2-3 fill each lane.
- E. 4 pass to 1 or 3 on the strong side.
- F. 1-2-3 weave the same way and attack with a triangle and stop at the original end.
- G. 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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141025100818703>



15' Enforce 2" only

D100 Two Second Game

Key Points:

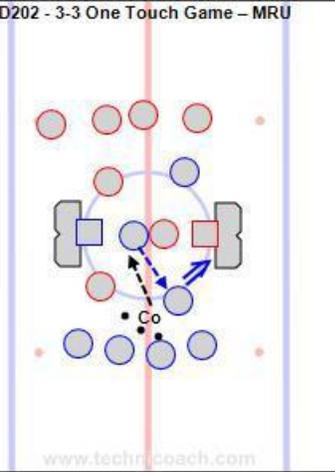
Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

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.

D202 - 3-3 One Touch Game – MRU



15'

D202 - 3-3 One Touch Game – MRU

Key Points:

Players make one touch passes and take one touch shots. Adjust the body into a solid athletic position to make the plays. Stick on the ice and be square to the puck.

Description:

1. Nets across from each other at each end of a circle.
2. An offensive player on both sides of each net and a player in the middle on the defensive side.
3. Extra players stand at the sides.
4. Coach put in a new puck when needed.
5. Players make one touch passes and take one timer shots.
6. Play 30-40" then rotate new players in.
7. Keep score and play to a score or for a defined time.

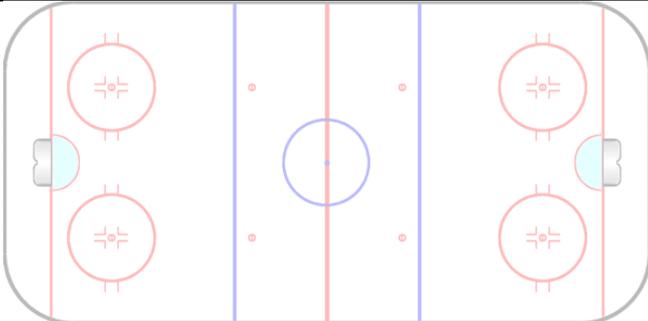
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<https://youtu.be/4IggHsneFZQ>

Explanation/Notes:



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