



Fire White

Practice Plan

Date: 2-23-17

Time: 16:00-17:30

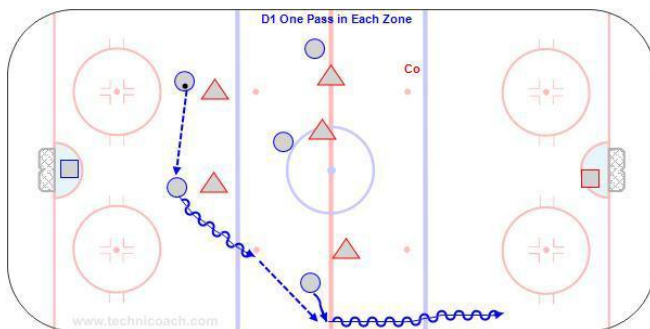
Venue: Henry Viney

Lines:

Low breakout, puck handle, edges, shots
2-2, cross ice games, jokers

Notes:

1-1, 3-1, D join the rush, 3-2, screen, 2-0, 2-1,



10' Play ringette with everyone.

D1 One Pass in Each Zone

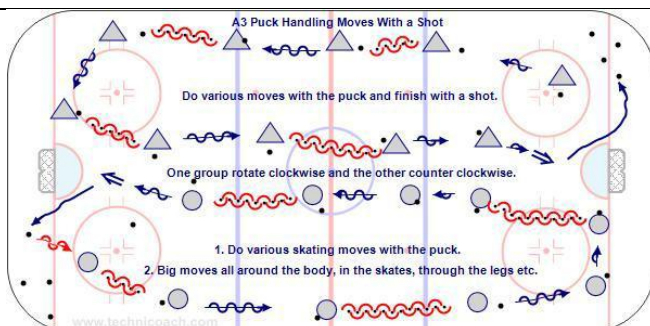
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>



7'

A300 Edges and Puck Handling with a Shot

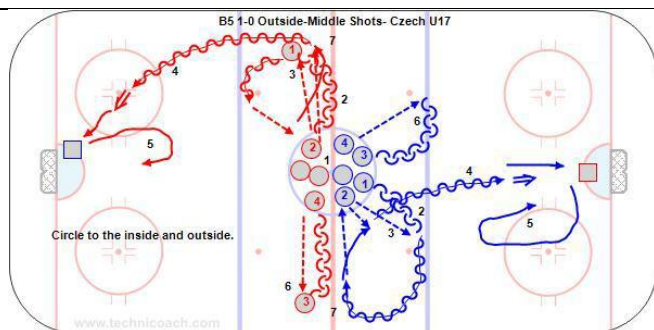
Key Points:

Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

Description:

1. Dark group skate down half the rink with a puck and shoot from the middle and white group skate the opposite way and shoot on the other net.
2. Skate on all of the edges and use big moves by reaching the opposite. i.e. Skate left and reach as far as you can to the right.
3. The players skating down the middle finish with a shot and then get a new puck.
4. Exercises are done while zig-zagging in and out.
 - a. Forward skate and alternate on the front inside edges.
 - b. Backward skate and alternate on the inside edges.
 - c. Skate forward and cross-over alternating on the outside edges.
 - d. Skate backward and cross-over alternating on the outside edges.
 - e. Open hip turn each way.
 - f. Slalom and reach as far as possible with the puck the opposite way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121108114316285>



8'

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

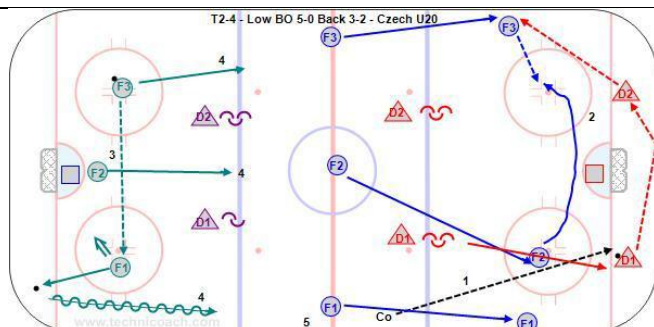
1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in the middle and the outside lanes.

* The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154629528>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706215731742>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706153625664>



15'

T2-4 - Low BO 5-0 Back 3-2 - Czech U20

Key Points:

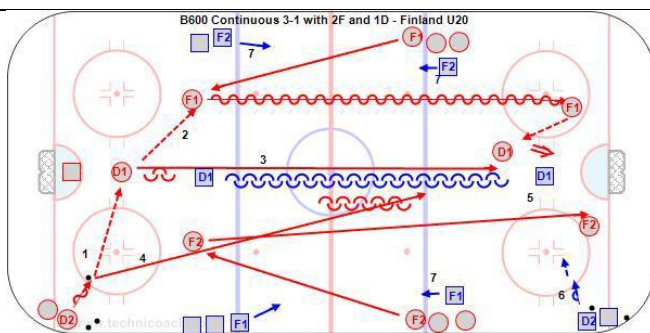
Centre swing low below the hash marks and mirror the movement of the puck and support a pass to the wing from below the puck for a tip back.

Description:

1. Either dump the puck in or shoot so the goalie must handle the puck.
2. D1 to D2 with the centre mirroring the puck below the hash marks.
3. Attack 5-0 with the middle drive.
4. F1-F2-F3 turn back and attack 3-2 .
5. Repeat with D3-D4-F4-F5-F6 starting at the other end.

* Attack with speed and create a 2-1 vs. one defender.
* Add the D joining the 5-0 as the 4th attacker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819083014213>



10'

B600 Continuous 3-1 with 2F and 1D - Finland U20

Key Points:

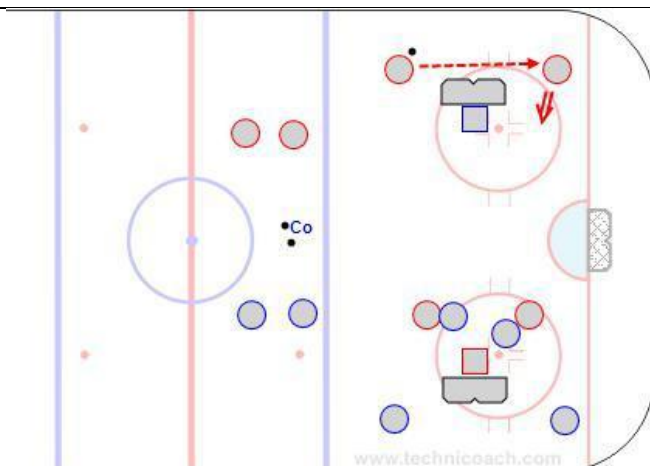
Blues go one way and reds the other way. D pass and join the rush. Make the first play in the attacking zone early so there is a second play possible. Move quickly through the neutral zone. Hit the net and crash for rebounds. Defender delay the play.

Description:

1. Red D2 pass to Red D1.
2. Red D1 pass to Red F1 or F2 who attack vs. Blue D1.
3. Red D1 join the rush to make it 3-1.
4. Red D2 follow the play to the far blue line.
5. Red F1-F2-D1 shoot and rebound.
6. Blue D2 pass to Blue D1 who attack 3-1 vs. Red D2.
7. Continue this flow end to end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140901205708589>

<https://youtu.be/UkAd6vpvNmW>



10'

D200 - 2-2 Shooting Jokers Behind Goals - U18 F

Key Points:

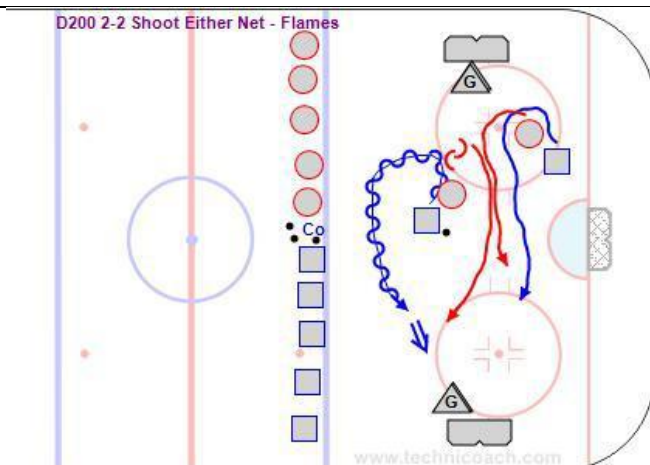
Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

Description:

1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161027110515204>

<https://youtu.be/i72Q8IXaUBo>



10'

D200 2-2 Shoot Either Net – Flames

Key Points:

Quick reading the rush and change the point of attack. Need quick feet and quick thinking. Get defenders to commit then change direction. No reaching penalties.

Description:

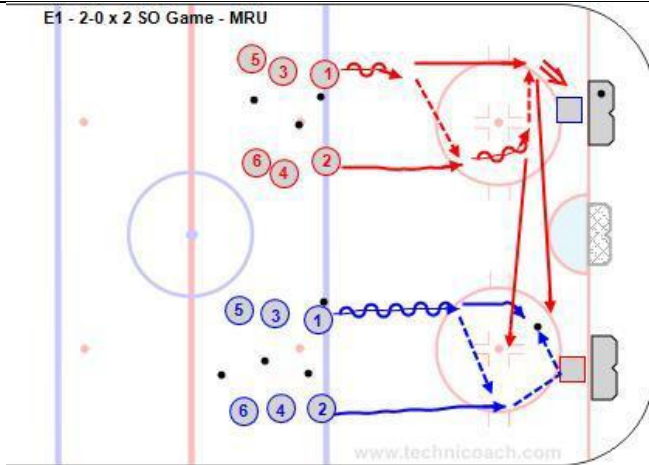
1. Two teams on blue line with one at each half.
2. Play with only one puck in the playing area.
3. Players can score at either end.
4. Keep score.

*Alternative is to play from 1-1 to 5-5 with the same rule that you can score on either net.

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

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E1 - 2-0 x 2 SO Game - MRU



10' Add rule you can check other team right away with one player.

E1 - 2-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 15" next rep.

F - First team to 20 wins.