



## Fire White

## Practice Plan

Date: 2-24-17

Time: 17:00-18:00

Venue: SAIT

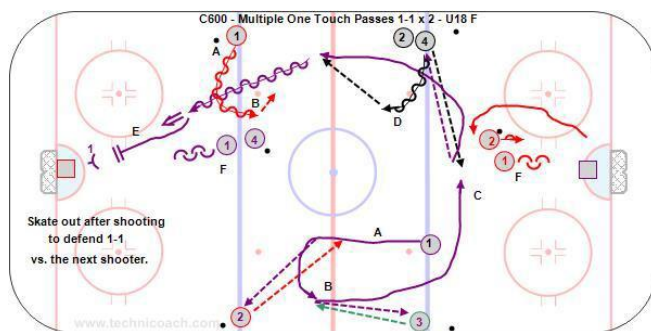
### Lines:

Regroup, breakouts, quick up, power play

Penalty kill, power play

### Notes:

1-1, tight gaps, puck support, rebound



10'

### C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

#### Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

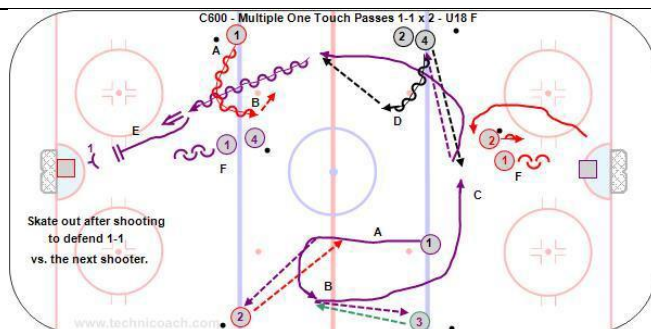
#### Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

*\*1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

<https://youtu.be/7sdcZtyS6VY>



10'

### B600 - Continuous 2-2 Regroup – Tomas

#### Key Points:

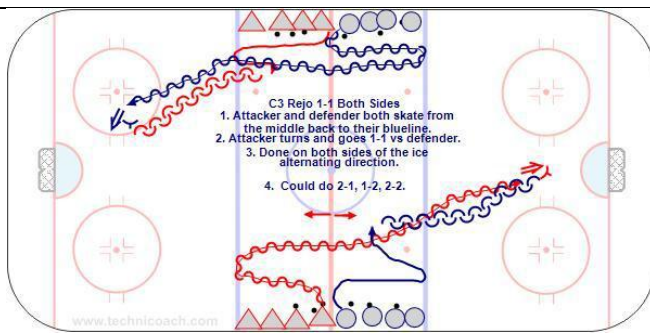
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D.

#### 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 regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*



10'

### C3 Rejo 1-1 Both Sides - Gap Control

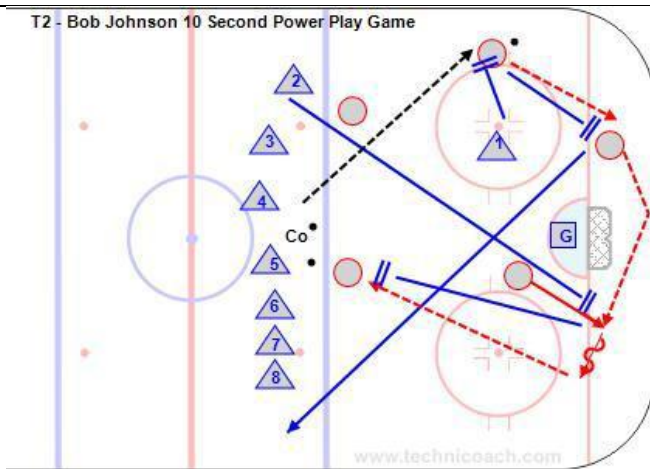
#### Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

#### Description:

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>



10'

### T2 - Bob Johnson 10 Second Power Play Game

#### Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

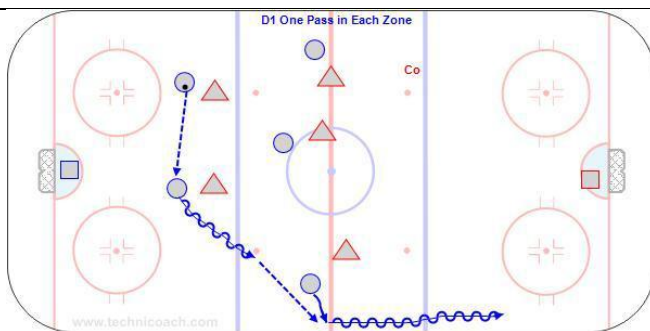
#### Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

*\*This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161029103334311>

<https://youtu.be/jOMFSb4as1s>



10'

### D1 One Pass in Each Zone

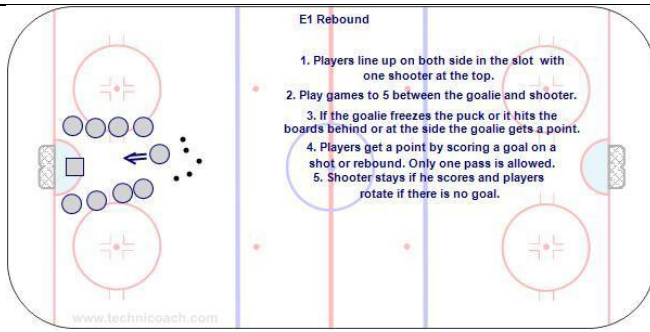
#### Key Points:

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.

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



10'

### E1 Rebound Game

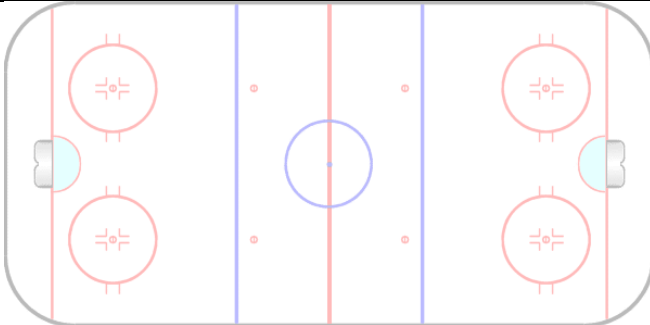
This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

**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>

**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

