



## Fire White

## Practice Plan

Date: 3-1-17

Time: 20:15-21:45

Venue: Norma Bush

### Lines:

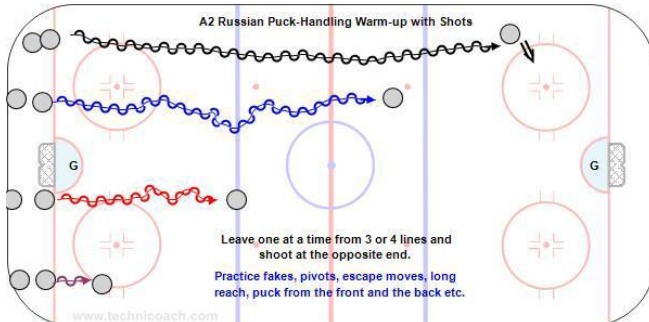
Skate, pass, shoot, point shots,  
Transition, backcheck, quick support,  
Speed of hands, Speed of feet,

### Notes:

F and D switch, breakout, 1-1, 2-1, 2-2, 3-2  
Overspeed  
Speed of mind.

10'

## A2 Russian Puck-Handling Warm-up with Shots



10'

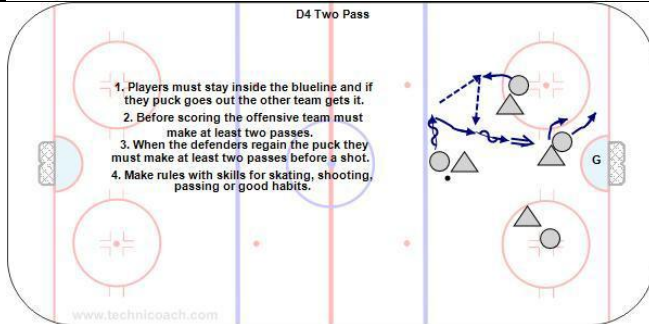
## D4 Two Pass

**Key Points:** My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce.

### Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

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10'

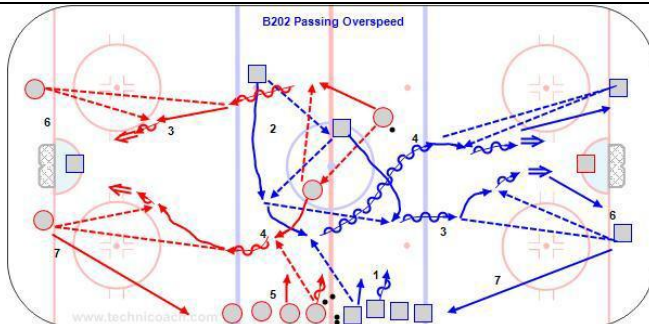
## B202 Passing Overspeed

### Key Points:

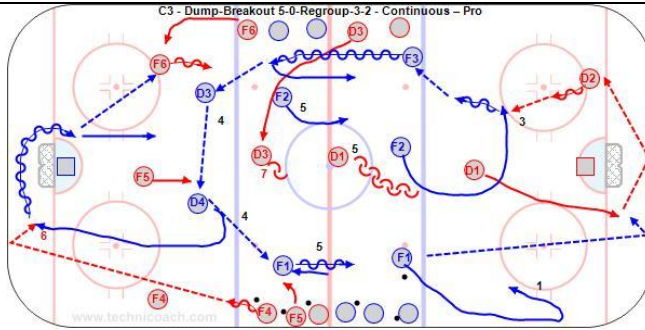
Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

### Description:

1. Two red and two blue leave from the line. 2. Make as many passes as possible in 7". 3. On the whistle player with the puck give and go with a player below the goal line and shoot. 4. Second player get a pass from the side then give and go low and shoot. 5. On the same whistle two new players from each colour leave from the line. 6. After the shot become a passer near the net. 7. Low passers return to the line up.



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10'

### C3 Breakout 5-0, Regroup, Attack 3-2- Pro

#### Key Points:

One stretch, one middle support and one wall support.

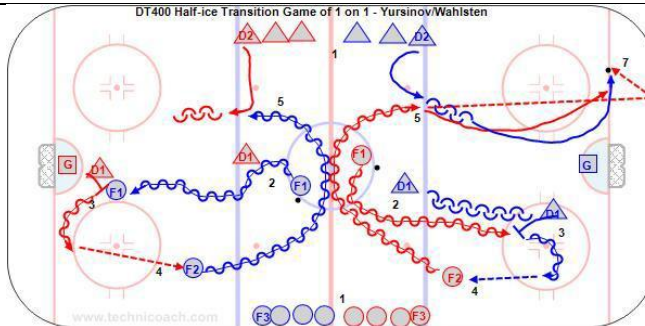
#### Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

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10'

### DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

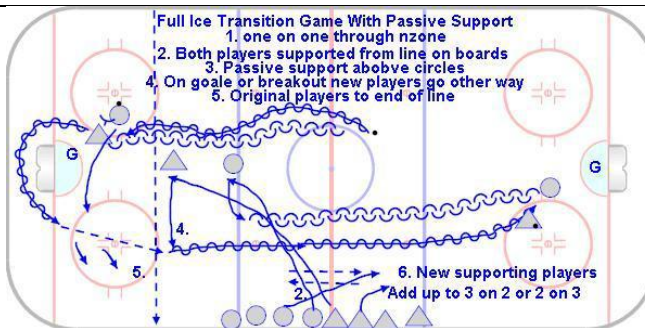
#### Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

#### Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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10'

### DT100 - 1-1 and 2-2 with Passive Support - Key Points:

Attacker use changes of pace and deception to gain the offensive side while the defender stay on the defensive side with a tight gap.

#### Description:

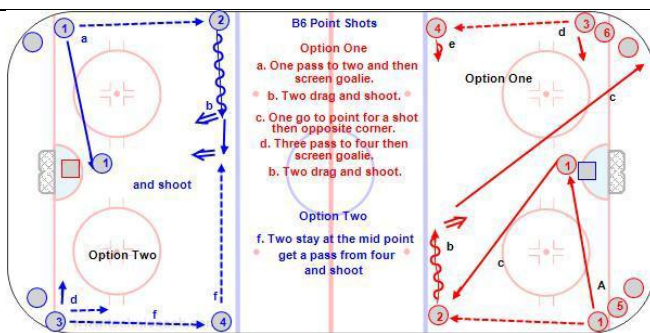
A full ice transition game with the players lined up on both sides of the rink in the neutral zone. The forwards are at the blue lines and the defensemen near the red line.

1. Start 1 on 1, F1 vs. D1.
2. When D1 wins the puck make a quick pass to F2 waiting just inside the blue line.
3. F1 and D1 return to the line-up.
4. F2 attack vs. D2 in the other direction while F3 and D3 follow.

5. White F attack vs. Blue D and Blue F vs. White D.

\*Add regroup or dump-ins to create different situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131126182356890>



10'

### B6 Point Shots and D come down for pass

#### Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

#### Description:

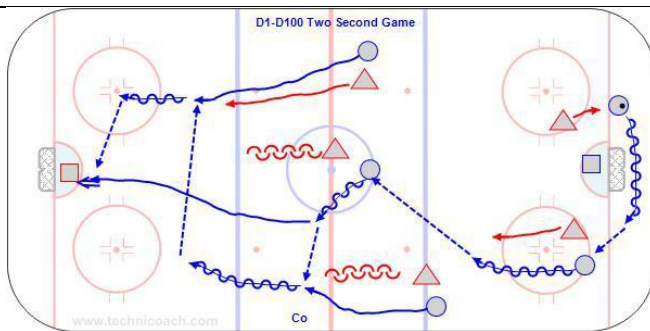
##### Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

##### Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

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10'

### D1-D100 Two Second Game

#### Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

\*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

#### Description:

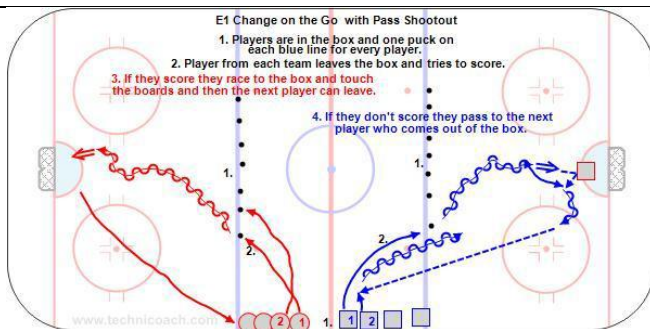
1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.

3. Stress that when you get the puck the order of priorities should be:

- A-Make a play.
- B-Regroup.
- C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

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10'

### E1 Change on the Go with Pass Shootout Key

**Points:** Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

**Description:** 1. Players are in the box and one puck on each blue line for every player.

2. Player from each team leaves the box and tries to score.

3. If they score they race to the box and touch the boards and then the next player can leave.

4. If they don't score they pass to the next player who comes out of the box.

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5. Losing team do something for every goal they lose by.

\*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

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