



# Fire White Practice

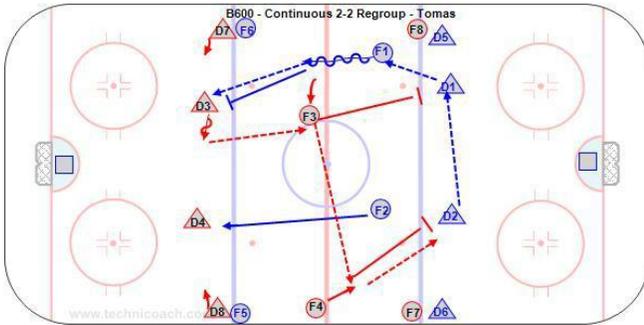
# Practice Plan

Date: 3-2-17

Time: 16:00-17:30

Venue: Henry Viney

<b>Lines:</b>	<b>Notes:</b>
Skills, 1-1, PP breakout, 3-3 battles	3-2, 4-4, puck support, passing,
Goalie technique, pass, puck handle	



10' Mel and Randy work with goalies at one end.

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

#### Key Points:

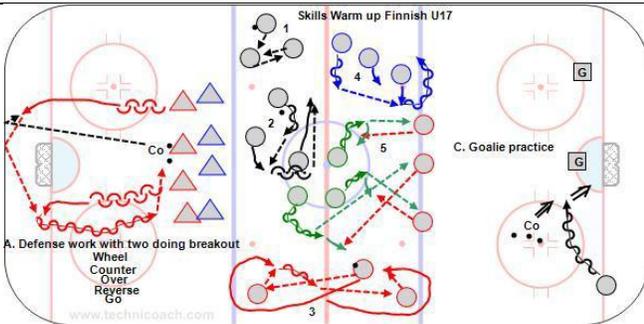
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D.

#### 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170225103512883>

<https://youtu.be/dB6DPGuHn3s>



### 10' Randy with D, Jim F, Mel G

### B Skills Warm up Finnish U17

#### Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone.

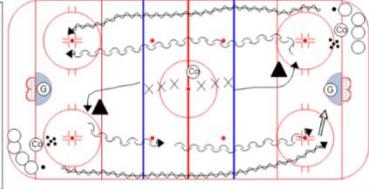
Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

#### Description

- A. Defense work with two doing breakout options vs one forechecker.
- B. Forwards lines of 3 work in the neutral zone.
  - 1 - Stationary pass with eye contact.
  - 2 - Pass while moving always face puck.
  - 3 - #8 around partners give and go.
  - 4 - Keepaway 2-1 in four areas.
  - 5 - Two lines move and pass to other two lines on the blue line.
  - 6 - Two lines of 3 pass while skating on one side of the neutral zone.
- C. Goalies work with coach at one end.

Title : 1 on 1 Rush Race Drill (seq 2) Category #1 : Handicap Horseshoe Category #2 : Defensive Play

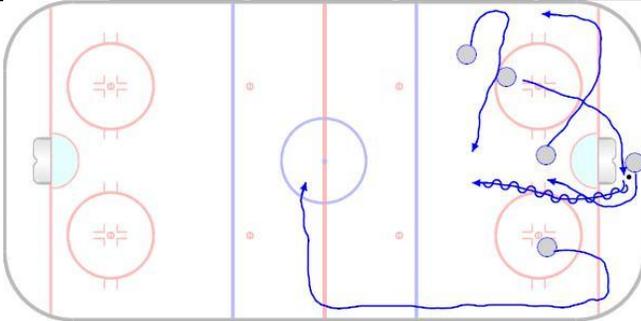
**Description**  
 2 way 1 on 1 Rush Handicap D progression  
 D transitions FW-BW around a set pylon.  
 FW Takes off with when D transitions  
 1. Hands joined behind back >>> 2. Hands free  
 3. Stick Over >>>> 4. Stick Normal  
 D Skates the 1 on 1 - Keep attacker on the outside  
 D gets point if shot taken outside the dot line  
 FW gets point if shot taken inside the dot line  
 Set the pylon to suit the skill level of the Players



**30' Wally run this sequence**

**Handicap Horseshoe 1 on 1 (2 ways)**

Key points : Attack with Speed Drive to the Net D Keep Tight Gap Keep attacker outside



**10' Jim run each line through a few times.**  
**C swing behind on forehand and pick up puck, D follow out for pass back. Strong side wing stretch, weak side W cut across, net front D swing to weak side corner.**

**T2 B5 5-0 Breakout Practice**

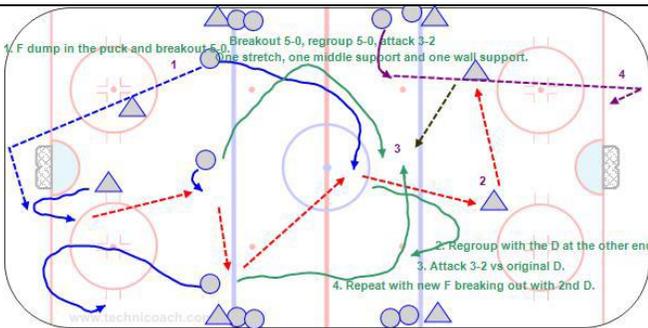
**Key Points:**

Breakout from both sides and practice all the options including D to D passes.

**Description:**

1. Coach dumps the puck in.
  2. D go back and get the puck, move between the dots and pass or go D to D.
  3. Forwards breakout.
  4. Pass the puck to the coach.
  5. Coach dumps the puck in the other corner for another breakout.
  6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

<file:///D:/Daily%20Drill/T2%20B5%205-0%20Breakout%20Practice.htm>



**10' Jim and Randy forecheck at each end.**

**Use PP breakout**

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

**Key Points:**

One stretch, one middle support and one wall support.

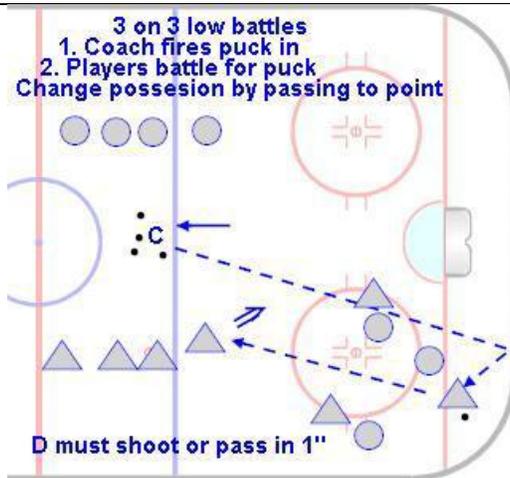
**Description:**

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'** Randy fire the puck in.

### D400 Transition Game of Low Battles with Point Support

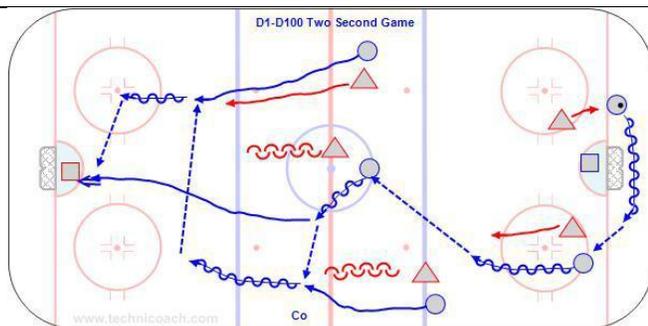
#### Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

#### Description:

1. One team is lined up behind each faceoff dot. From one to tree players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102317243>



**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.

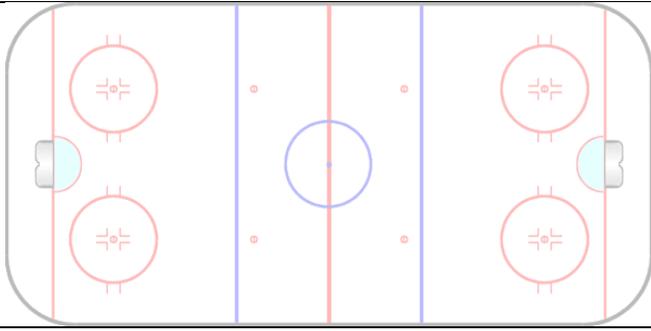
\*This game can be played full, cross, half ice.

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).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598>



**Explanation/Notes:**

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