



Fire White

Practice Plan

Date: 3-8-17

Time: 20:15-21:45

Venue: Norma Bush

Lines:

Skating, pass, score, puck support, scoring

Creativity, game situations

Notes:

Transition, tight area games



10' Mel with goalies

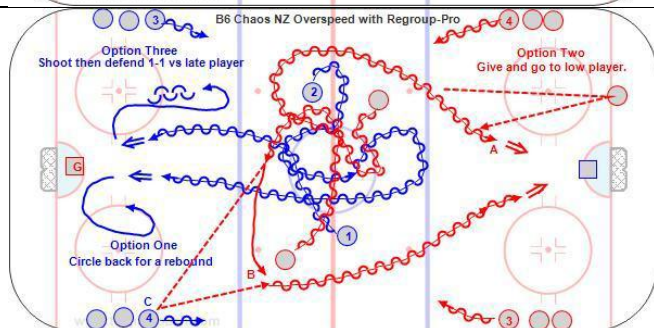
B202 Keepaway in the middle

Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.



10' Players check while skating

B6 Chaos NZ Overspeed with Regroup-Pro

Key Points:

Players skate as fast as possible weaving through each other in the middle. Try various moves and dekes with the head up. Whistle about every 7 seconds.

Description:

1. Players line up against the boards at the top of the circle.
2. On the whistle skate into the nzone and make moves at top speed.

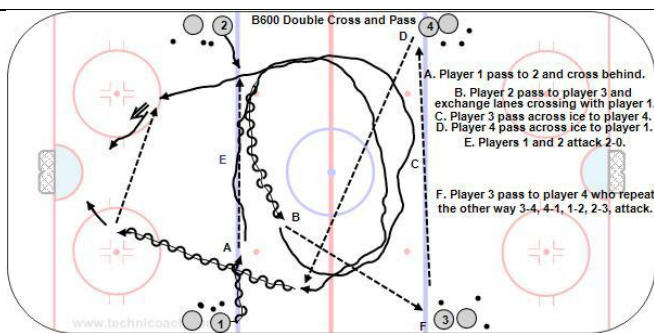
Options:

- A. Skate in and shoot then rebound.
- B. Skate to far blue line then in and shoot.
- C. Pass to opposite line then skate and shoot

Other options:

- 1-Circle back for rebound.
- 2-Give and go with a player on the goal line.
- 3-Defend 1-1 vs. the next second shooter.
- 4-Screen and tip for next shooter.

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10' Make random passes to the 4 corners

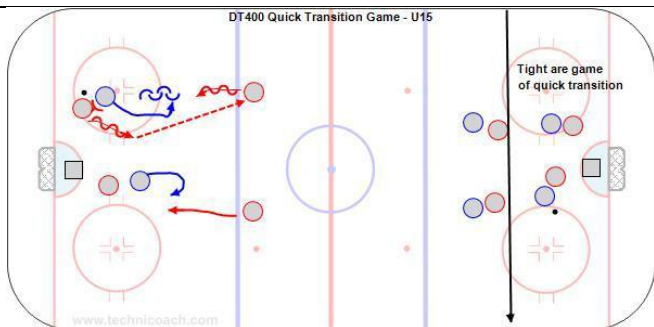
B600 Double Cross and Pass

Key Points:

Make hard passes. Players should face the puck.

Description:

A. Player 1 pass to 2 and cross behind.
B. Player 2 pass to player 3 and the players at the blue line make 3 passes to anyone before passing to for the 2-0.
C. Player 3 pass across ice to player 4.
D. Player 4 pass across ice to player 1.
E. Players 1 and 2 attack 2-0.
F. Player 3 pass to player 4 who repeat the other way 3-4, 4-1, 1-2, 2-3, attack.



10'

DT400 Quick Transition Game - U15

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.

2. Extra players wait at the blue line or to create a tight area game at the top of the circles.

3. Attack and try to score.

4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.

5. New offensive players attack vs. the players who lost the puck on offense.

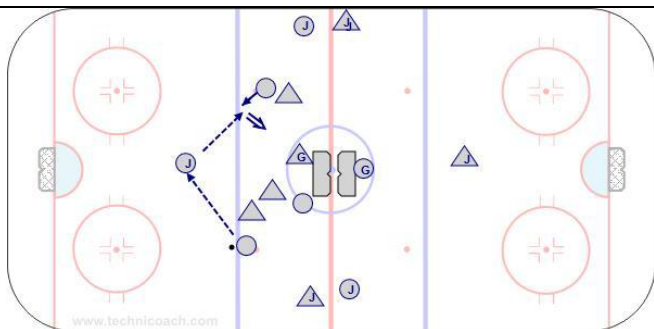
6. Players who passed now rest.

* Keep score and have tournaments.

* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.

* Modified rules can be used to focus on individual or team skill.

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10'D5 Nets back to back with jokers

D5 Nets back to back with jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30".

-When the team gets the puck on defense they must pass to a joker before they can score.

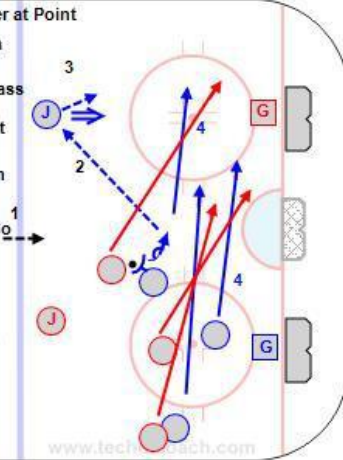
Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

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DT 400 Two Net Game - Joker at Point

1. Start with the players racing for a puck dumped in by the coach.
2. To be on offense the team must pass to the Joker at the point.
3. Joker can pass or shoot but must stay at the point.
4. Players race across to get open on offense or gain defensive side.
5. Players take turn being the joker.



10' Add rule goals on one timers only.

DT 400 Two Net Game - Joker at Point

Key Points:

Players constantly transition from offense to defense and defense to offense. They must fight to get on the defensive side.

Description:

1. Start with the players racing for a puck dumped in by the coach.
2. To be on offense the team must pass to the Joker at the point.
3. Joker can pass or shoot but must stay at the point.
4. Players race across to get open on offense or gain defensive side.
5. Players take turn being the joker.

D2 With Jokers at Both Ends

- A. Coach dumps in puck. Play 20-30"
Each team has a Joker at each end.

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.



10' Add 2" pass rule

D200 With Jokers at Both Ends Key Points:

Regroups and give and goes are stressed.

Description: Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting. A. Coach dumps in puck. Play 20-30"

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.
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9'

E1 D200 Shootout Game

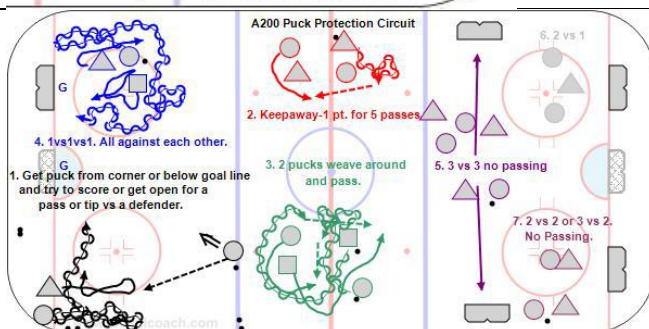
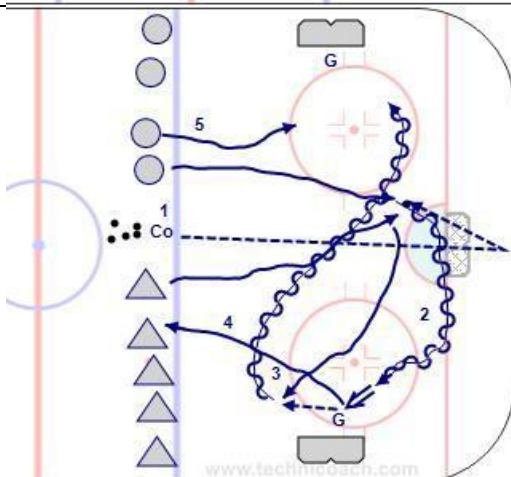
Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

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10' Beginning of practice – Start with 1-1 then 2-2

A200 Puck Protection Circuit

Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.

3. 2 pucks weave around and pass. No Passing.

4. 1vs1vs1. All against each other.

5. 3 vs 3 no passing.

6. 2 vs 1

7. 2 vs 2 or 3 vs 2.

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