



Fire White

Practice Plan

Date: 3-15-17

Time: 20:15-21:45

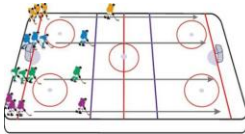
Venue: Henry Viney

Lines:

Individual and team offense, 2-2, 3-3,
Face-offs, breakout with C low and slow

Notes:

3-2, passing, 1-1, skate edges, shots



10' **Captains lead. Jim Randy warm up goalies**

A2 Skating Warm-up for Edges and Balance

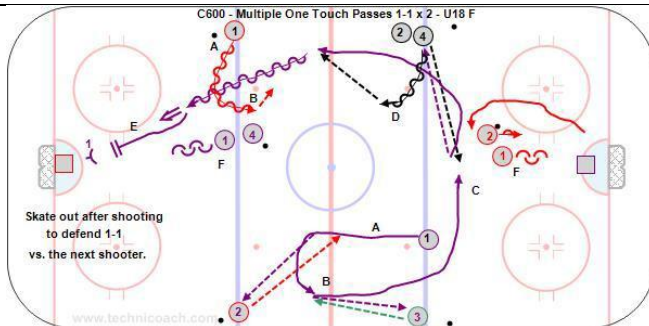
Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

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13 The same warm up with 12-14 year olds.

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10'

B6 – 3 Shots, 3 Zig zags, 3 Shots

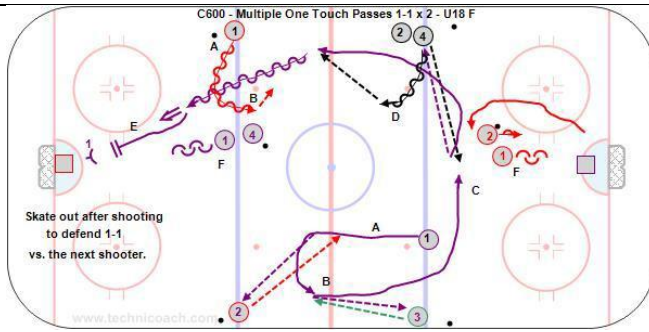
Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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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.

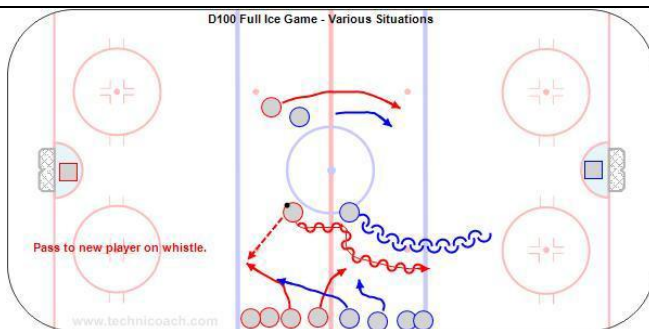
Description:

- 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.*

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



10' Full ice 3-3 Pass to G on whistle.

D100 Full Ice Game - Various Situations

Key Points:

Switch between all four game roles.

- 1-puck carrier.
- 2-puck support.
- 3-check puck carrier.
- 4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

1. Start with the players line up along the boards in the neutral zone.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. Play for 30" and pass to teammate on the whistle.
4. On a goal defenders must touch the red line.
5. Keep score.



10'

D100 Two Second Game

Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

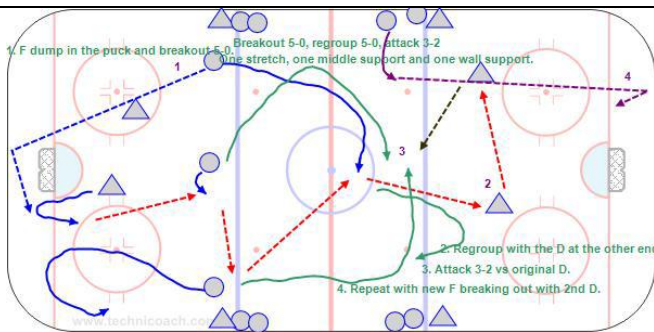
Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.

4. Possession from first touching the puck for over 2" leave the puck for the other team.

5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



10' Low and slow C with touch back.

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

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.

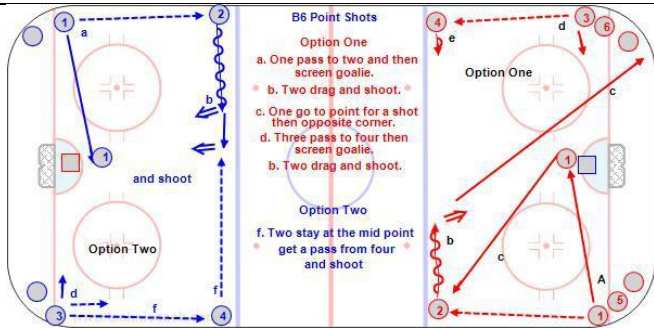
1. F dump in the puck and breakout 5-0.

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.

[file:///D:/Daily%20Drill/Breakout-5-0%20Regroup-Attack%203-2.htm](http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462)



10' Jim one end and Randy other

B6 Point Shots

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.

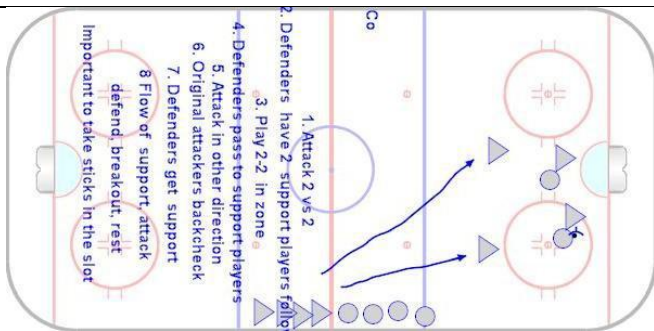
d. Three pass to four then screen goalie.

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'

DT100 Backchecking Transition Game

Key Points:

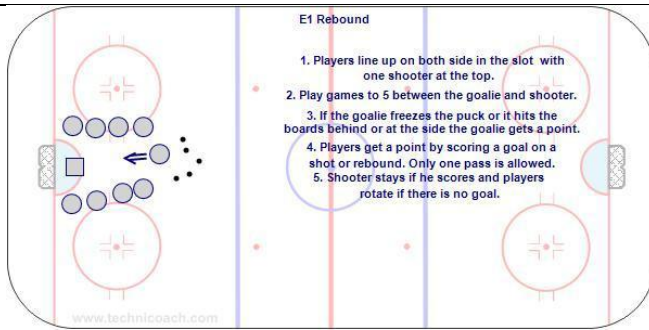
Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

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10' Centres faceoffs with Jim – D with Randy

E1 Rebound Game - Wings

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>