



## Fire White

## Practice Plan

Date: 3-16-17

Time: 16:15-17:30

Venue: Rose Kohn

### Lines:

Team play review, middle lane drive

1-1, 2-1, 2-2

### Notes:

Creativity, puck support, angling



10'

Skating variations at both ends.

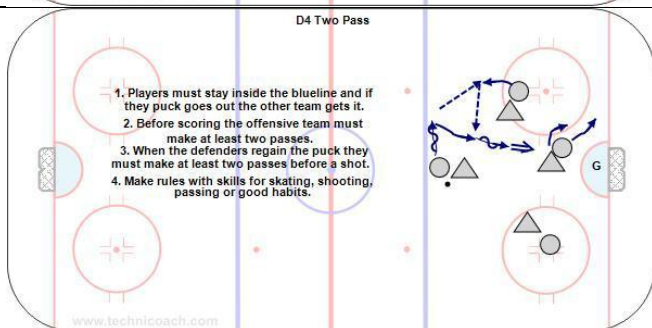
Scooting

Slalom

Snowplow

One skate

Backward



15' 3 hard stides, escape move, Crosby, triple threat position on each possession.

D4 Two Pass – Swiss U20

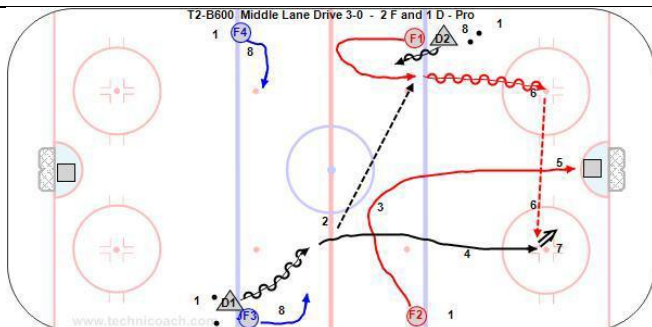
### Key Points:

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. This video shows the Swiss U20 Team playing 2 Pass as a warm-up.

### Description:

1. Players must stay inside the blue line 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. So the game is a template to either use as itself or modify rules to cause the players to do skills or moves within a game situation.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120313082015545>



15'

T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D - Pro

### Key Points:

D jump up and join the rush. First one over the blue line drive the middle lane to the net and the other two save ice forming an attacking V. Pass to either player or the fourth player on the rush or shoot.

### Description:

1. Start at the 4 blue lines, F one side F and D the other.
2. D1 pass cross ice to F1 at the far blue line.

3. F2 cut to the middle from the opposite blue line.
  4. D1 join the 3-0 skating up the wide lane.
  5. F2 skate hard to the next through the middle lane.
  6. F1 pass across to D1 just inside the top of the circle.
  7. D1 shoot and all three crash the net for a rebound.
  8. D2-F3-F4 repeat in the other direction.
  9. Defense switch sides to so the shots come from the other wing.
- \* To make this a situational drill 1, 2 or 3 attackers could defend the next attack at the same net.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170316155301683>
- <https://youtu.be/mAG8TtOmymQ>



10' 5-5

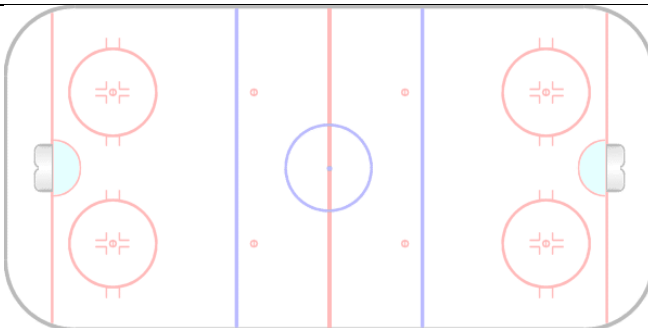
## D100 Two Second Game

### 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.



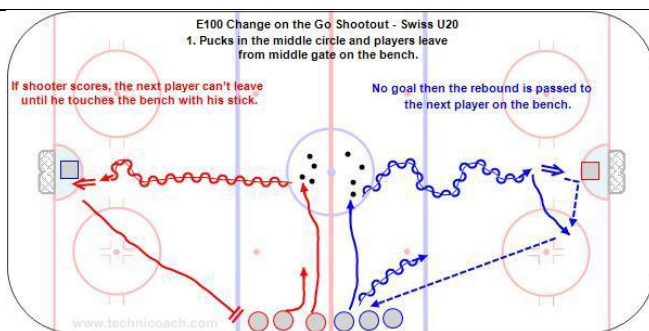
25' **Go over everything on board first.**  
Defensive zone review sticks upside down

5-5,

4-5, just board review

3-5 Just board review

5-6, 6-5



9'

## E100 Change on the Go Shootout - Swiss U20

### Key Points:

Make a hard fake to make the goalie lean one way. Shoot where the goalie is coming from and not where he is going. If he goes down then go up, if he stays up then shoot low, if he comes out then deke, if he stays deep in the net shoot.

### Description:

1. Pucks in the middle circle and players leave from middle gate on the bench.

2. Contest is to see which team scores with all the pucks first.

3. If shooter scores, the next player can't leave until he touches the bench with his stick.

4. No goal then the rebound is passed to the next player on the bench.

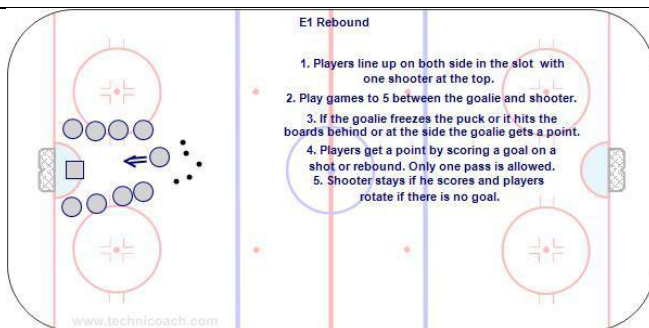
*\*Losing team has to do push ups or skate for each puck they didn't score with.*

*\*Coach can add fun by giving an extra point for the team that scores the most creative goal.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150527150751166>

*Example of a youth team doing the contest with the pucks on the blueline.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109085854143>



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>