



Fire Black

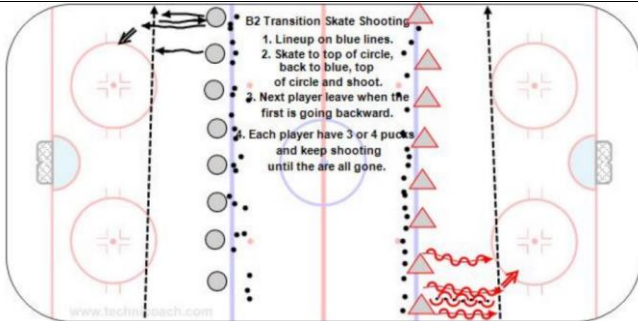
Practice Plan

Date: 10-12-23

Time: 16"00-17:30

Arena: Henry Viney

Lines:	Notes:
Transition Shooter	Kozak Breakout Sequence
5-0 BO Chip out – Wide Slash Stretch	5-0 BO Wide Wing slash
Russian Scrimmage	Middle Drive 1 F 2 D
Spread and Slot set PP	PK vs Overload



3' Long Strides – Cutbacks
7"

B2 - Transition Skate Shooting - College F

Key Points

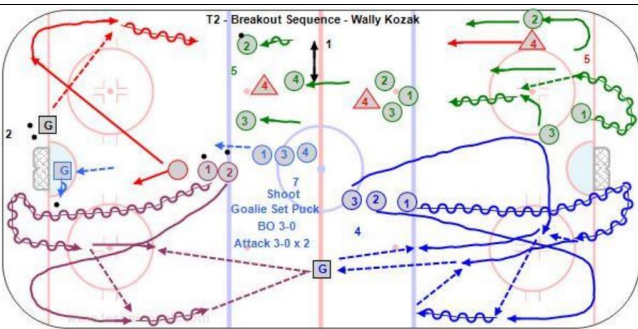
Keep 2 hands on the stick and keep the feet moving. Hit the net.

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.

(got this drill watching Tim Bothwell)

<https://youtu.be/uJfXMMQkfNo>



10'

T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

Description:

Sequence One:

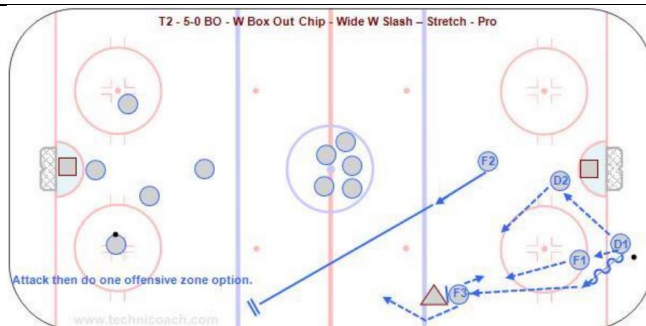
1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on

boards, 3 low and slow and 4 pressure one player.
 9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
 10. Players line up at the top of the circles and goalies at the red line ready to pass.
 11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
 12. Regroup with the goalie who passes back to the other player.
 13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
 14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<https://youtu.be/zD3G8WVzFDo>



5'

T2 - 5-0 BO - W Box Out Chip - Wide W Slash - Stretch - Pro

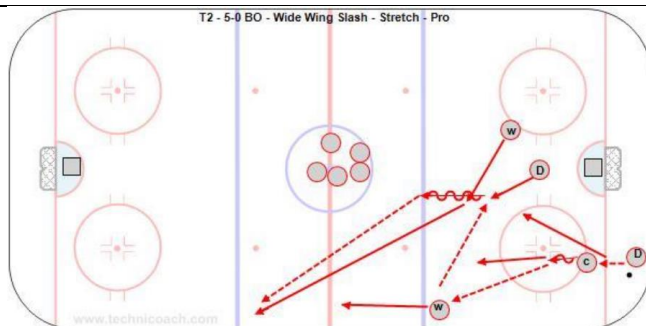
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/WMzyLhRCVCg>



5'

T2 - 5-0 BO - Wide Wing Slash - Stretch - Pro

Key Points:

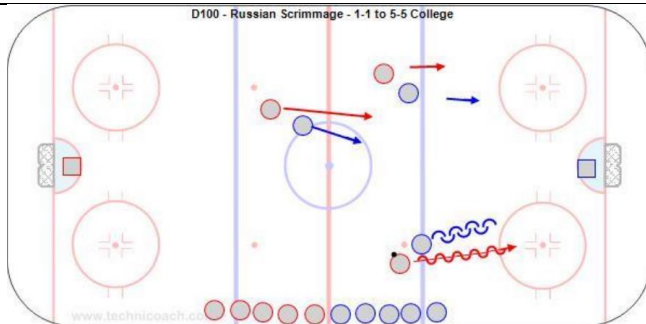
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.

6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/NfNPqFiZQA4>



10'

D100 - Russian Scrimmage - 1-1 to 5-5 College M

Key Points:

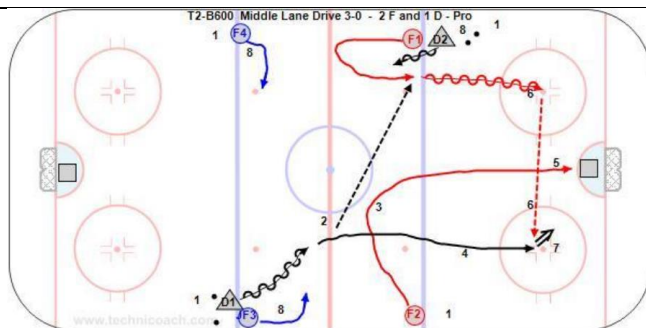
Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

** Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>



10'

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

Key Points:

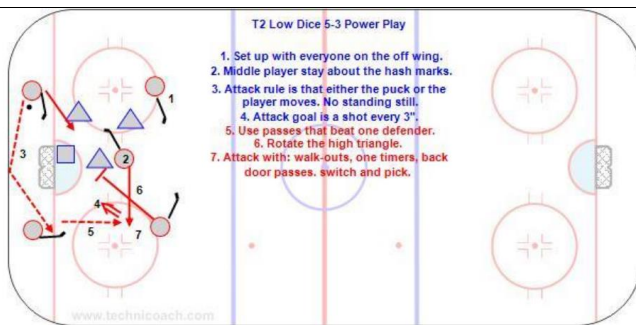
D jump up and join the rush. First one over the blue line drive the middle lane to the net and the other two save ice forming an attacking V. Pass to either player or the fourth player on the rush or shoot.

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.*

<https://youtu.be/mAG8TtOymyQ>



10'

T2 Spread Power Play 2 Below Goal Line - Pro

Key Points:

A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

Description:

1. Set up with two players below the goal line and the high attackers just above the top of the circles.
2. Quick passes to make the defenders move.
3. Read when the defender has the 'Stare' looking low and find shooting seams.
4. Walk-out for back door plays to the other low player or a point man coming down.

<https://www.youtube.com/watch?v=LqnpJXI9Xxg>



10'

T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

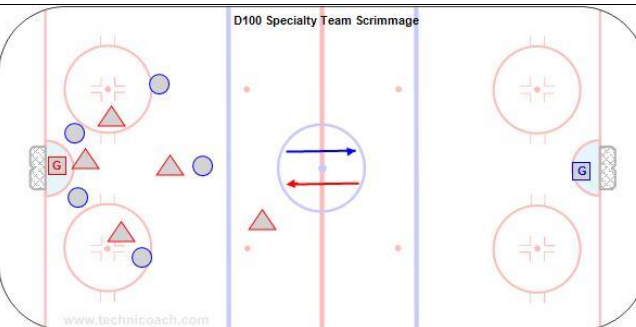
Key Points:

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible. High forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

Description:

1. High press vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

<https://youtu.be/NJ21DSB2VEw>



10'

D100 - Specialty Team Scrimmage - Player in Neutral Zone

Key Points:

This is a game from our book. I use the games all of the time but since this site is meant to update the ABC manual I haven't posted it. It is a very good way to practice specialty teams especially if you have less than 4 sets of 5. You can create any even or odd numbered situation at each end of the ice.

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

Description:

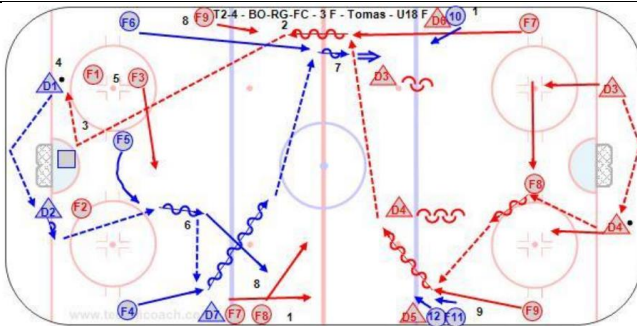
In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

- 5-4 last forward back stay in nzone.
- 5-3 last two F or one F and one D stay.
- 4-4 one from each team in nzone.
- 4-3 one attacker and two defenders stay.
- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723183918140>



10' Should be before Russian Scrimmage

T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. Coach can focus on one aspect of the game or have a coach with the D, one with the F and one with the G. This could be the 'Magic Warm-up Drill.'

Description:

1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. Red F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. Red D1-D2 go back for the puck.
5. White F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. Add tasks like Red D1-D2-F1-F2-F3 breakout and everyone must touch the puck up ice.
7. Red F1-F2-F3 shoot the puck in and forecheck vs. White D1-D2.
8. White F4-F5-F6 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

** In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/>

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<https://youtu.be/8ul6AQPQRY8>
