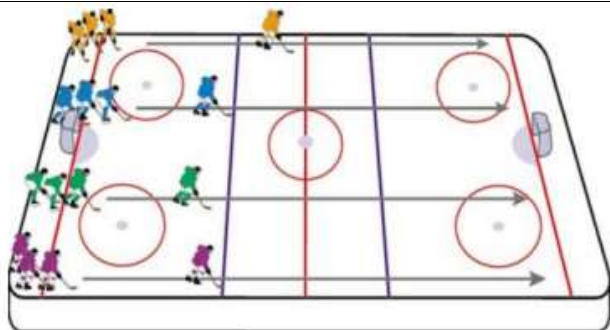




## Team

## Practice Plan

<b>Date: 09-04-23</b>	<b>Time: 19:30-18:45</b>	<b>Arena: Optimist</b>
<b>Lines:</b>	<b>Notes:</b>	
Agility Balance Edges	Situations 1-1, 2-1, 2-2, 3-2	
Transition shooting	Overspeed with pass and shot	
Game of quick transition x 2	Russian multiple situation scrimmage	
Game of one pass in each zone	Shootout and skate	



10'

A2 Skating Warm-up for Edges and Balance

Key Points:

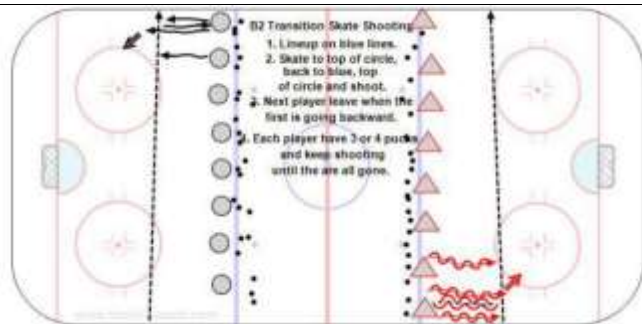
Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at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

<https://youtu.be/a7C9o5CmFSA>



7'

B2 Transition Skate Shooting – U15 Boy's

Key Points:

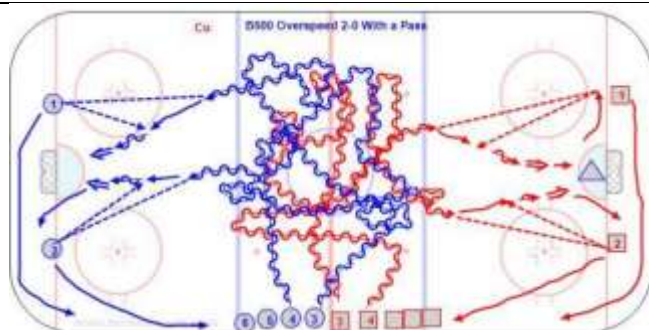
Keep 2 hands on the stick and keep the feet moving. Hit the net.

Description:

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 they are all gone. (got this drill coaching with Tim Bothwell at the U of Calgary)

<https://youtu.be/RRVp29xJRXQ>



10'

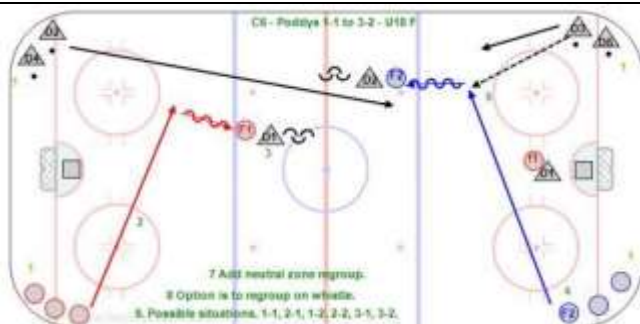
B500 Overspeed 2-0 with a Pass

Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side. 2. Players 1 and 2 start on the goal line. 3. Players 3 and 4 leave and make moves at top speed. 4. Coach whistle every 7" and they players attack the net. 5. Closest attacker give and go with 1 or 2. 6. Second closest do a tight turn then give and go with 1 or 2. 7. With only one goalie go one way only. 8. After passing return to the back of the line. <https://youtu.be/ByBqQUu0jJ8>



10'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

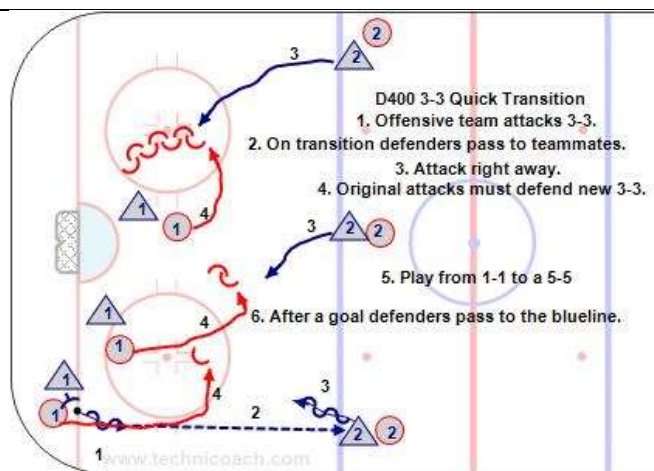
Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end. 2. F1 skate across the top of the circle and get a pass from D2 who follows. 3. D1 defend the 1-1 attack. 4. F2 leave from the other end when the original attack passes the top of the circle. 5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack. 6. Two or three forwards can attack vs. one or two defenders. 7. Add F2 regroup with D3 in the neutral zone. 8. Another variation is regroup only if the coach blows a whistle. 9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

<https://youtu.be/NYAhiCwcA-4>



10'

DT400 Game of Quick Transition – U15 B –

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

DT400 Quick Transition Game - U15

<https://youtu.be/ecxLc1JGBVY>



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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181102200948256>

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



10'

Key Points:

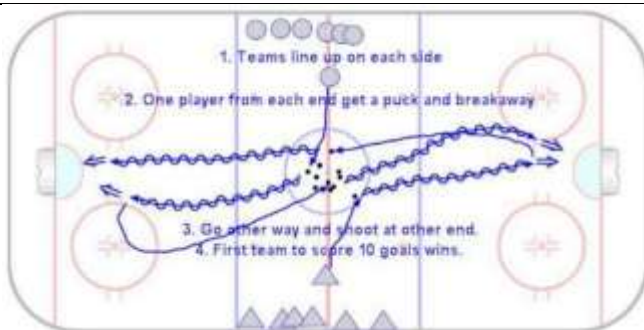
Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>

<https://youtu.be/EhbNMhICMSs>



8'

**E1 - Two Shot Shootout - Czech Youth**

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

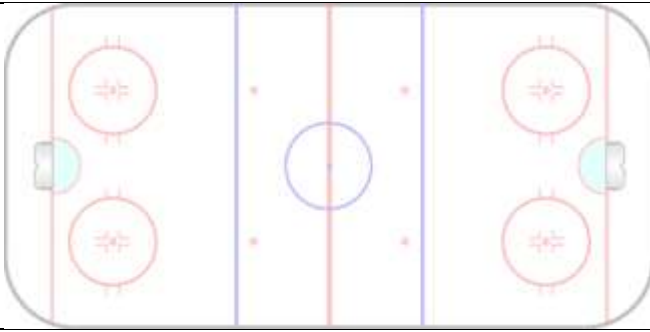
1. Teams lines up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100913081322146>

<https://youtu.be/VEJr4NJOH18>



**Explanation/Notes:**

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