



Team U15 Black

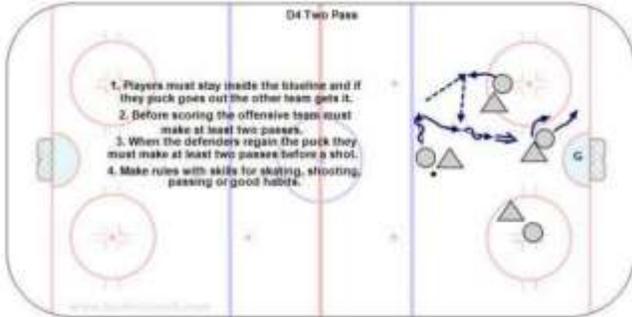
Practice Plan

Date: 09-06-23

Time: 21:00-22:15

Arena: Seven Chiefs

Lines:	Notes:
Escape moves or 3 strides to open ice	Agility skating with shots
FH and BH receiving – shoot while moving	Nzone regroupings x 3 – point shot
Game emphasizing back pressure	Teach back pressure and back tracking
Speed scoring – 2-2 contest	



10'

D4 Two Pass – U15 Boy's – Both ends
Players must make and escape move or 3 hard strides with puck.

Key Points:

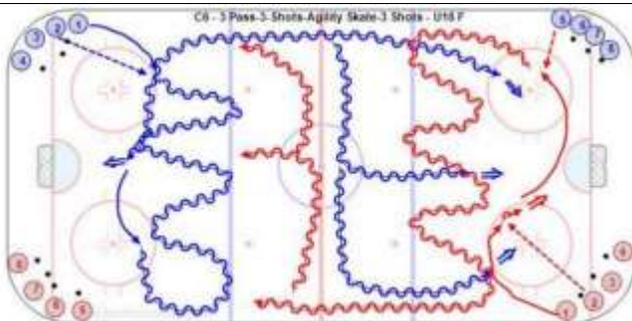
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline 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.

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>



10'

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

Key Points:

3 Leave from diagonal corners apart, 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:

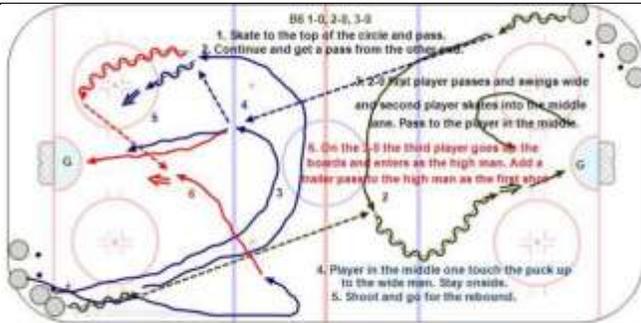
1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four.. 2. Follow the shot for a rebound before getting the pass. 3. Do skills while zig zagging 3 times such as; a, carry the puck with the hands and feet moving all the time. b. carry the puck only using the 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. 360 degree turns.

<https://youtu.be/SBxKxjOECyI>

<https://youtu.be/Q4M4K-q7mGs>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe - U18 F

Key Points:

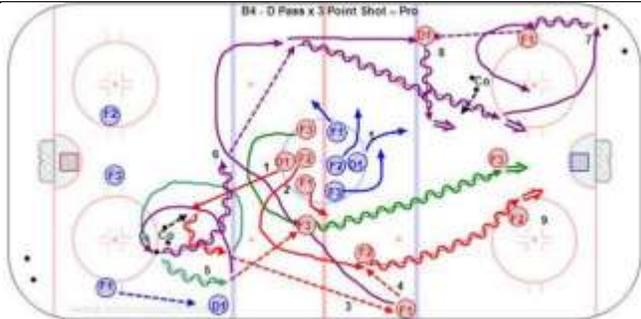
This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description:

1. Skate to the top of the circle and pass. 2. Continue and get a pass from the other end. 3. 2-0 first player passes and swings wide and second player skates into the middle lane. Pass to the player in the middle. 4. Player in the middle one touch the puck up to the wide man. Stay outside. 5. Shoot and go for the rebound. 6. On the 3-0 the third player goes up the boards and enters as the high man. Add a trailer pass to the high man as the first shot.

B6 Small Horseshoe
<https://youtu.be/VgW3XTM1JXQ> - university men

<https://youtu.be/SDCuSWSSuDE> - U18 F



10'

B4 - D Pass x 3 Point Shot – Pro

Key Points:

Pass while skating, give a target, shoot, rebound, screen and tip. Forward time the skating to be open when the D can pass.

Description:

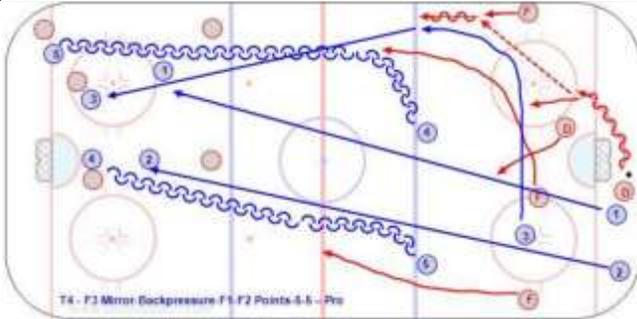
Players leave from the middle circle and the pucks are just above the top of the circle.

1. D1 on each side get a puck from the coach.
 2. F1's stretch to the blue line and F2 swing lower down the middle.
 3. D1's pass to F1's at the far blue line.
 4. F1's touch pass back to F2's who skate in, shoot, rebound, screen.
 5. D1's get another puck and pass to F3 cutting across the middle; F3's shoot.
 6. D1's get another puck and pass to F1 who has circled back to the far wing.
 7. F1's shoot then get a puck from the corner to pass to D1.
-

8. D1's follow F1 and take the pass then drag and shoot.
9. F1-F2-F3 spread across in front to screen, one time or tip a shot pass.

** F1 can also pass then cycle high and down the middle.*

<https://youtu.be/s7l4jLzFkIA>



13'

T4 - F3 Mirror-Backpressure-F1-F2 Points-5-5 – Pro

Key Points:

This is the way many elite teams now forecheck and backcheck when the opponents make a clean breakout. Players must be able to count to 5. 1 and 2 forecheck deep, 3 mirror from the mid slot, 4 play midpoint and 5 the puck side point. These positions are all interchangeable and the five players stay compact like a flexible 5 on a dice.

Description:

1. Offensive 5 players set up for a breakout.
2. Forecheckers 1 and 2 deep at the goal line, 3 mirror puck mid slot, 4 midpoint, 5 strong side point.
3. Offensive D1 skate behind the net and breakout pass to the W or C.
4. 3 mirror the puck and back pressure the pass receiver.
5. 1 and 2 back track through the middle lane.
6. 5 cover the W or C skating up the ice on his side.
7. 4 skate backward and pick up the deepest attacker wide or in the middle.
8. 3-4-5 cover one attacker each when attackers enter the zone with control.
9. Defend the house with one on and a box behind. 3-4-5 low, 1-2 points.

** When D pinch F3 covers the point instead of back pressuring the attacker. This happens on all rims and slow developing D to D behind the net breakouts.*

<https://youtu.be/GeN3qeCu6JQ>



10'

D100 - Russian Scrimmage – 3-3 to 5-5 College M

**Rule – High F must back pressure the puck.*

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*.

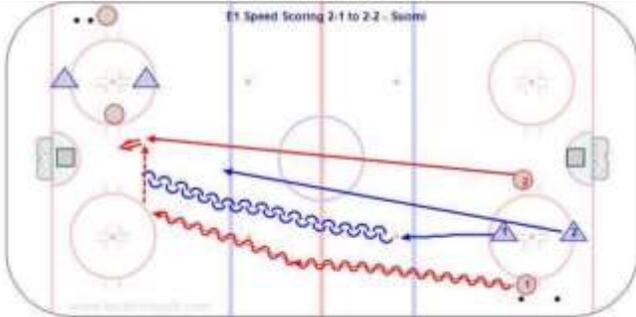
Description:

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'

E1 Speed Scoring 2-1 to 2-2 – College M

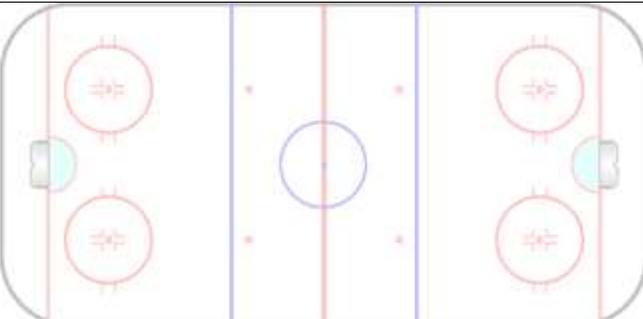
Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

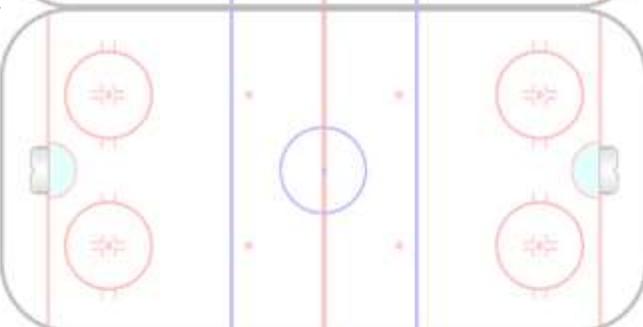
<https://youtu.be/qfdf9CFx0Ng>



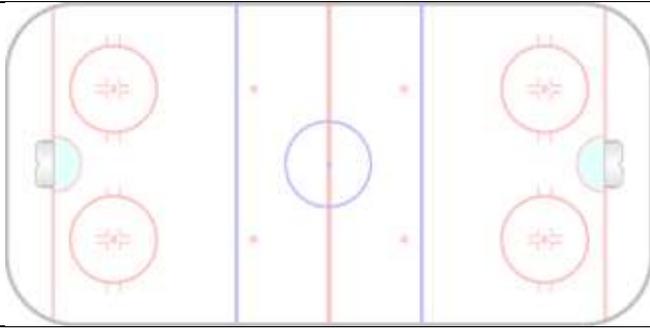
2' Pucks and cheer in middle.

Name roster for Saturday. Dress code,

90' before game to walk thru forecheck in outdoor rink.



Explanation/Notes:



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