



Team U15 Black

Practice Plan

Date: 09-14-23

Time: 16:00-17:30

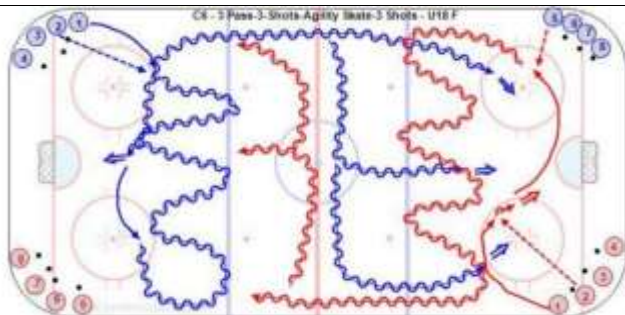
Arena: Max Bell

Lines:

Agility skate with puck and shots
3 net 4-4 cross ice with modified rules
Rull ice at least one pass in each zone

Notes:

Tomas regroup with shots 2-0
Continuous 2-2 – 4-4 and 3-2 = 5-5



10''

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

Key Points:

3 Leave from diagonal corners about 2" 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 cricles 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.
 - f. 360 degree turns.

<https://youtu.be/SBxKxjOECyI>



10'

B600 Double Regroup Options- Pro - Czech U20

Key Points:

Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

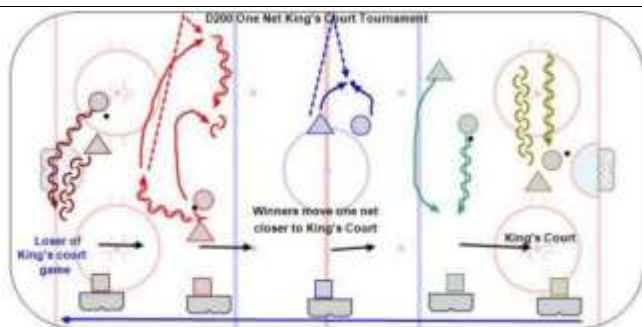
Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

**Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.*

B600 - Double RG - 1-0 x 2 - Czechia U20

<https://youtu.be/HiVKeSeNr4c>



20'

D200 One x 3 Net King's Court Tournament - Youth

Key Points:

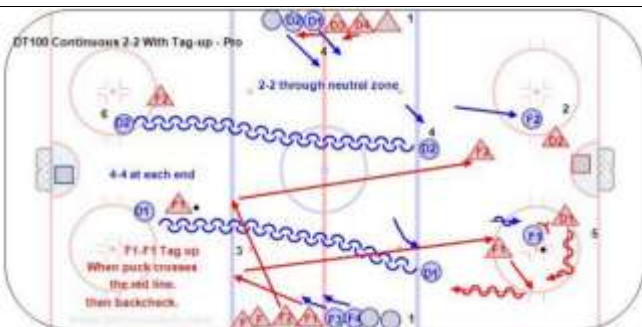
Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

Description:

1. Have nets on one side of the ice with enough room for players to go behind the net.
2. Play from 1-1 to 3-3.
3. To transition to offense the player must bounce the puck off the boards on the other side.
4. Keep score and then rotate after the game.
5. Winner move one net down toward the King's Court.
6. Winner at the 'Kings Court' and loser at the last net stay don't move.
7. Players who lose move one net away from the King's Court.
8. In a tie play 'rock-paper-scissors' to determine a winner.
9. Play at least the number of games so the player starting in the last court can progress to King's Court.

**Make passing or puck carrying rules that practice good habits.*

<https://youtu.be/bPo-03Gy0ko>



20'

DT100 Continuous 2-2 With Tag-up – Pro

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

** Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.*

** You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.*

<https://youtu.be/pBE2B41Zklc>



13'

D1 One Pass in Each Zone - U18 F

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.

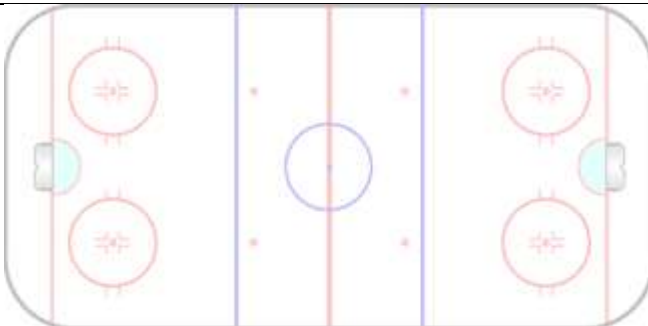
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>

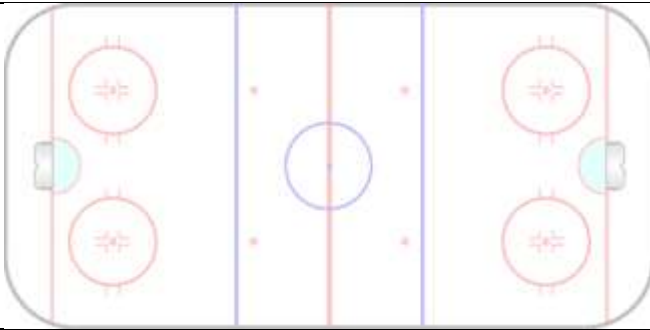
<https://youtu.be/EhbNMhICMSs>

2'

Get pucks cheer in middle

Reassign 6 players to the Inferno with Spryng.





Explanation/Notes:



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