



## U15 AA Black

## Practice Plan

Date:09-16-23

Time:18:00-20:30

Venue: Bowness

### Lines:

Parents meet coaches 5:30

Edges and balance

Machine gun pass and shoot

Defensive zone skating

Group at each end practice overload

Full ice pp – one player in nzone

### Notes:

Long strides – cutbacks

Russian puck handling with shots

Stick on puck – Swedish angling drill

Coach Jim go over pplay in dressing room

Bob Johnson PP game at one end

2/3 ice game – regroup with Jokers below net

2' Long strides F and Bsdutbacks w puck

8' – **Mila and Emily lead**

**A2 - Edges and Balance Warm up - Gaston - Jasper**

#### Key Points:

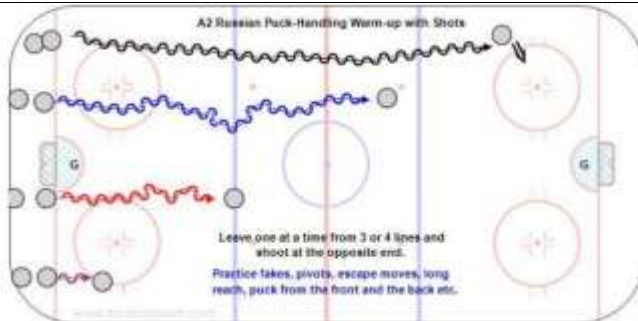
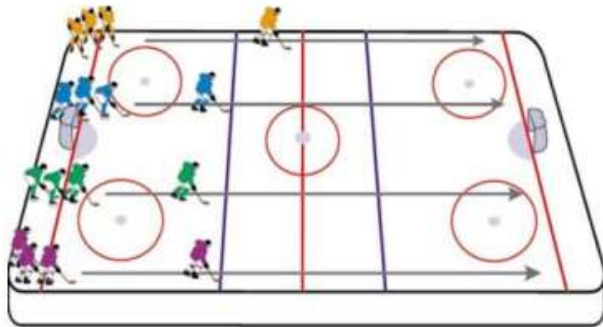
Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

#### Description:

Gaston leads a skating warm up.

Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges.

<https://youtu.be/a7C9o5CmFSA>



10' **Jim lead – 4 lines with shot**

**A200 Russian Olympic Coach**

**Teaches Puck Handling - U17-U20**

#### Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

#### Description:

A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.

B. Practice moves and fakes while skating down the ice and finish with a shot on net.

1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.

2. Fake the slapshot and accelerate around the defender on the forehand.

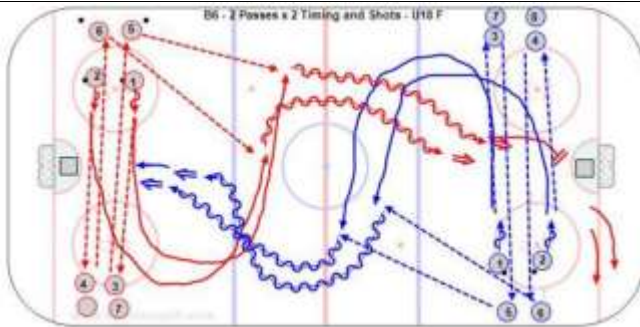
3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.

4. Fake a backhand pass or shot and rotate the body in a convincing manner.

5. Fake the backhand and pull the puck across to the forehand.

6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
7. Fake a wrist shot and spin on the backhand.
8. Fake a wrist shot and spin to the forehand.
9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
10. Combine the moves.

<https://youtu.be/hWArS-S2qKQ>



## 10' Tom

### B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

#### Key Points:

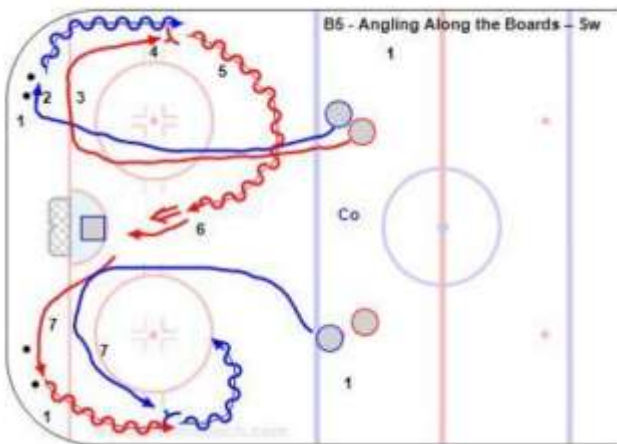
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

#### Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone. **2 skate around circle then get a pass.**
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<https://youtu.be/WmpASHh7uL4>

### B5 - Angling Along the Boards – Sw



## 5'

### T3 - Stick on Stick – Pro

<https://youtu.be/f4y6gJdpKew>

## 10'

### T3 - B5 - Angling Along the Boards – Sw

#### Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

#### Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

<https://youtu.be/MF8RcS-fCz8>

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10'

## D200 Angling Game 1-1 to 3-3 - U17

### Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

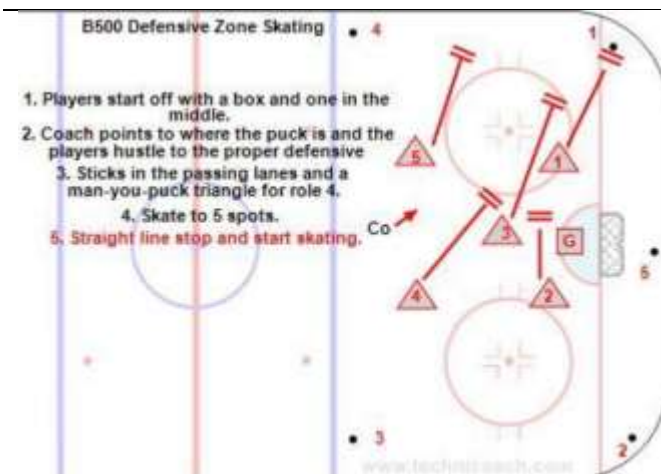
### Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005185904685>

D200 - 2-2 - 3-3 Angling Game - U17 M

<https://youtu.be/iXq6-jgORaI>



## 10' T4 - Defensive Zone Skating - RB Pro

### Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

### Description:

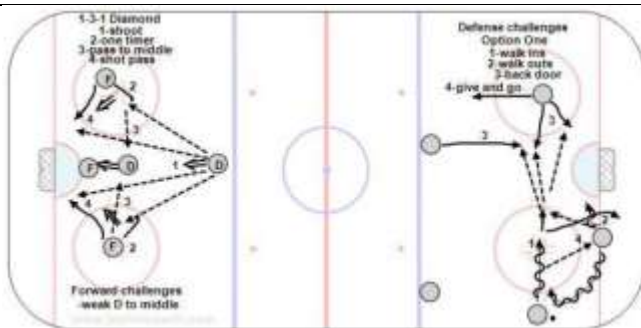
1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

T4 - Defensive Zone Skating - RB Pro

<https://youtu.be/SkXnlmn6IXk>

**All players and coaches go to coach dressing room where Coach Jim will go over the power play during the Ice Resurfave. 20'**

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## 20' Tom Haley one end Jim Baldy other

### Power Play Options: Overload to a Diamond

#### Option One:

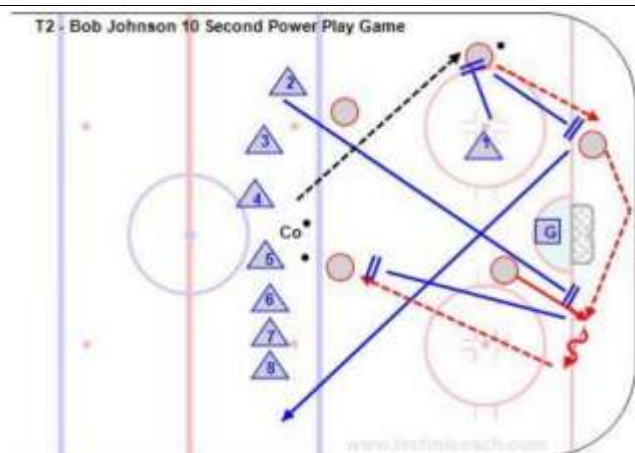
Set up at the hash and attack the seam between the D and F.  
 -If no one plays you skate thru and shoot or pass back door to the F or the D coming down.  
 -If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.  
 -Original low player attack the seam again.

#### Option Two:

-If the F plays you pass to the point and the low player moves in front to screen.  
 -If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks.  
 -In the Diamond we have 4 triangles for one timers, a middle one timer option.  
 -If the puck is loose always outnumber the defenders and start the same sequence.

#### RULES and READS

-When you get the puck either you or the puck moves. No standing still.  
 -If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them.  
 -Create 2 on 1's.  
 -Short passes that only beat one defender.  
 \* Progress to a high cycle.



## 15'

### T2 - Bob Johnson 10 Second Power Play Game - U18 F

#### Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

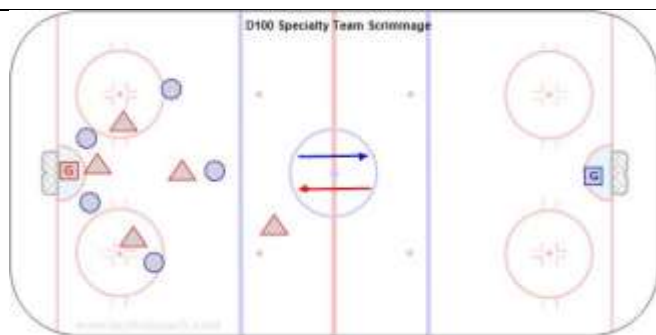
#### Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

*\*This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

<https://youtu.be/jOMFSb4as1s>





**15'**

## **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>



**15'**

## **D202 – Two Thirds Ice Game with Jokers Behind Nets U18 F**

### **Key Points:**

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

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***Description:***

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20171231102109576>

<https://youtu.be/vE83XiyCS48>

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**Pucks – cheer in middle**

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