



U15 Black

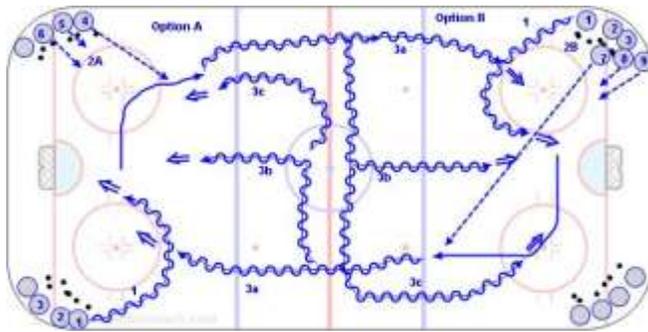
Practice Plan

Date: 09-20-23

Time: 18:15-19:30

Venue Village Square

Lines:	Notes:
Agility skate with puck	Pass and support
Russian scrimmage	Breakout sequence
1-1 Defender no stick	Change on the Go shootout



2' Long strides - cutbacks

10' B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Variation – Do zig zags at the next blue to ringette line then shoot from dot-middle-dot

Key Points:

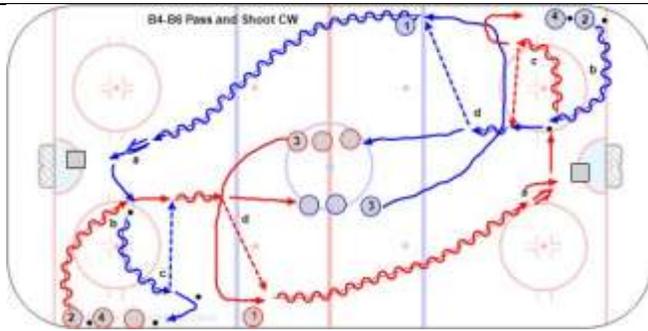
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.

**Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.*

<https://youtu.be/JqCQVa1iwwA>



10'

B4-B6 Pass and Shoot ProW

Key Points: Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- b. 2 leave from corner then cross and drop to 1.
- c. 1 carry the puck wide and pass back to 2.
- d. 2 pass wide to 3.
- e. 3 shoot and cross with 4.
- f. After passing 1 go to corner, 2 to the centre circle.

B4-B6 Pass and Shoot Flow - Pro W

<https://youtu.be/H9N4O8tdrp8>



10'

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

Key Points:

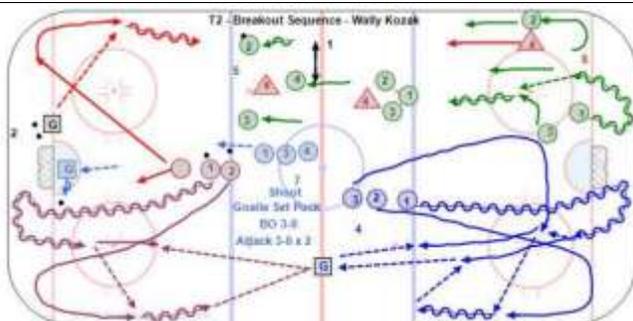
Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

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>



20'

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.

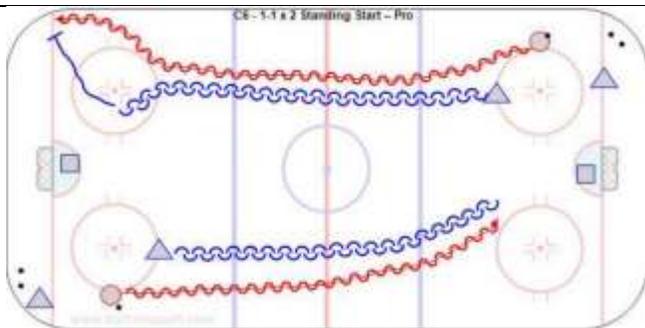
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.

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>



10'

C6 - 1-1 x 2 Standing Start - Pro

D no Sticks

Key Points:

Forwards use change of pace, dekes to the inside to beat the D. Defenders keep the play to the outside and the gap no more than a stick length. Tie up the attackers stick after a shot before looking for a rebound.

Description:

1. Players **start** from diagonal corners.

2. Forwards at the hash on the outside and defense at the top of the circle above the dot.

3. Forward attack vs. the D on the whistle.

4. D keep the F to the outside and maintain the defensive side.

5. F use speed and moves to get to the inside and offensive side.

6. If D has good position then flare back and open up to face the F when the puck is past the top of the circles.

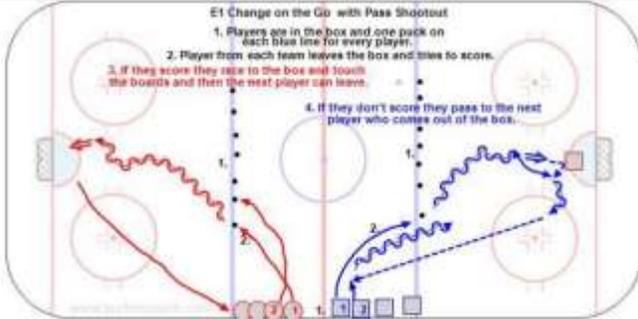
7. D then close the gap and make contact along the boards.

8. If the F beats the D wide then build a wall to protect the puck and go to the net.

9. When D gets beat wide the turn to the inside and sprint to the near post to catch the F.

** Ideally the D learns to skate backwards with no cross-overs starting facing the boards and striding backwards.*

<https://youtu.be/GQgbNmUW6SY>



10'

E1 Change on the Go with Pass Shootout - U18 F

Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

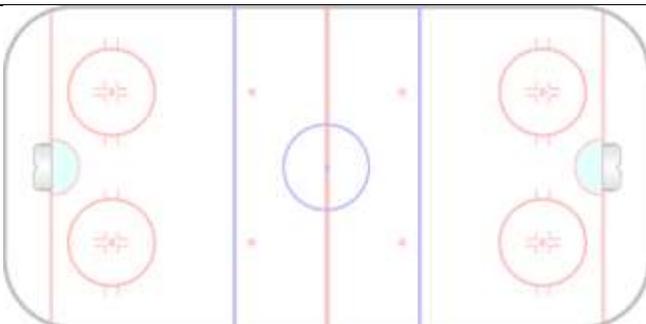
Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

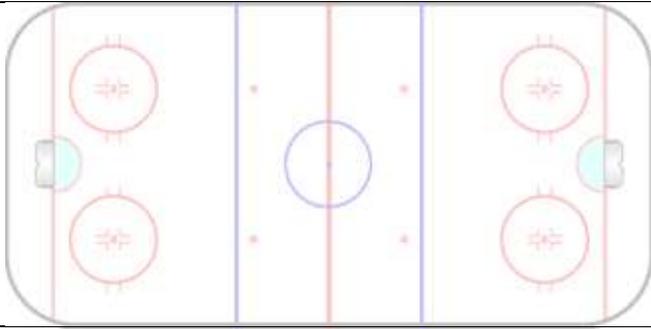
**To make it realistic the goalie should practice starting from the goal line and coming out.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>



3' pucks and cheer



Explanation/Notes:



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