



U15 Fire Black

Practice Plan

Date: 09-21-23

Time: 20:15-21:30

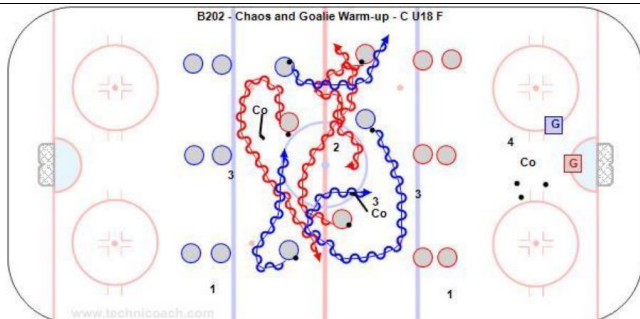
Arena: Crowchild

Lines:

Kaylin work with goalies 20'
Tomas continuous NZ regroup
Multiple pass with a 1-1
2-1, 2-2, 3-2 Full ice transition game
Team cheer

Notes:

Chaos passing
2' game x 2 with escape moves required
Read the Rush 1-1 or 2-2 or 3-1
Shootout race



4' Striding F-D – 5 circles – cutbacks
10'

B202 - Chaos and Goalie Warm-up - C U18 F

Key Points:

Protect the puck, make moves, fakes, pivots in all directions. Keep your head up and avoid the coaches poke check. Goalies work with a coach at one end.

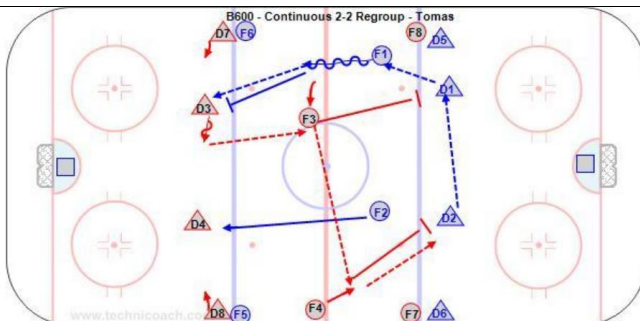
Description:

1. Players are in three lines on both sides of the neutral zone.
2. First player in each line handle the puck between the blue lines.
3. Coaches skate around and poke check at the puck.
4. Rotate every 15-20".
5. Goalie coach work on technique.

Options:

- * Add pass to the players at the front of the line.
- * Exchange pucks with the other players in the middle.
- * Knock the puck off other players sticks.
- * Do Overspeed intervals of 5-10".

<https://youtu.be/I9OmgC2cFL0>



10'

B600 - Continuous 2-2 Regroup – Tomas

Key

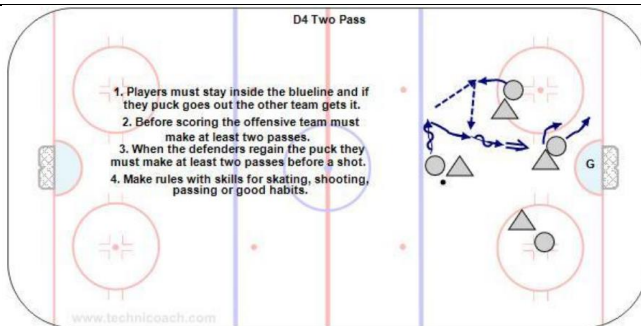
Points: Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.

6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.
 - * Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.
 - * Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<https://youtu.be/dB6DPGuHn3s>



10'

Must take 3 hard strides any direction before pass or shot.

D4 Two Pass – U15 Boy's

Key Points:

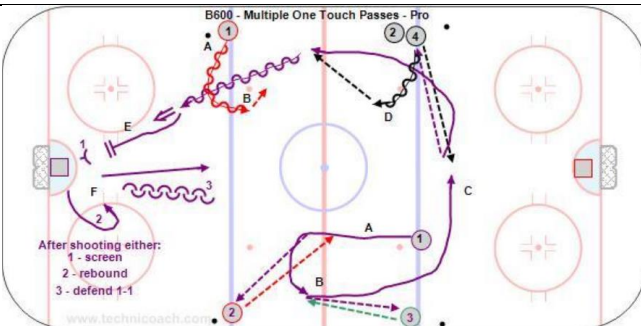
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice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

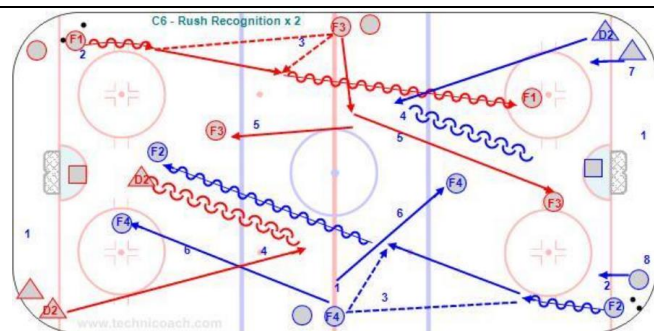
B600 - Multiple One Touch Passes – Pro

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4. D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot.



F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<https://youtu.be/uCBsG4KORMI>

10'

C6 - Rush Recognition x 2 – U18 F

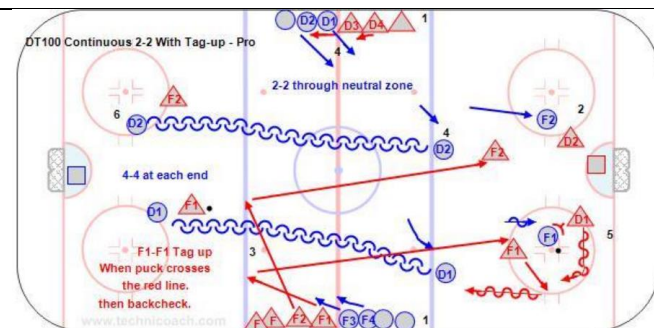
Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<https://youtu.be/0VnlOFNtoN0>



10'

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

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 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck. 4
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

<https://youtu.be/MInmHmN4wvs>

* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.

https://youtu.be/Zc_1QEA9dX8

* 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

9'

E1 Shootout Race 1

Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*This is a great contest for puck protection, battling, scoring and a good anaerobic conditioning exercise.

Keep score with one colour vs the other.

Description

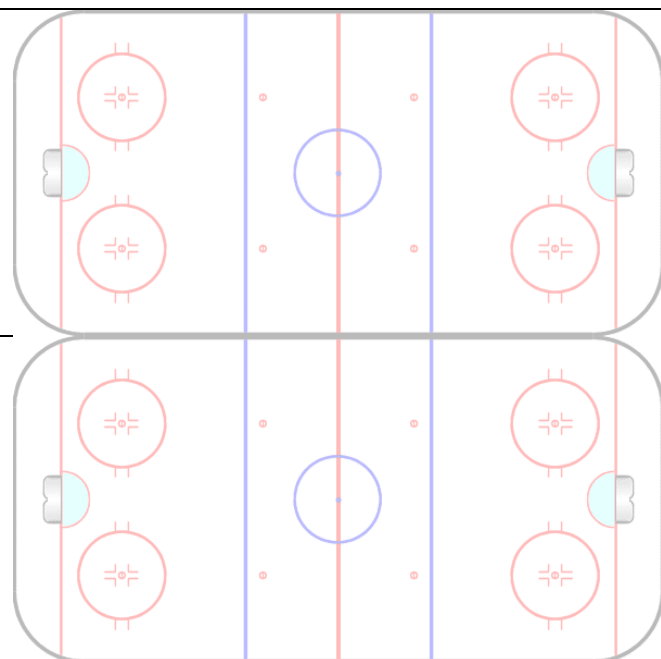
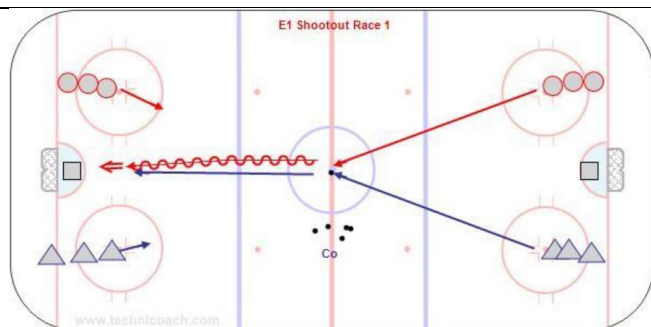
1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs backchecking opponent.
4. Another puck on the dot and repeat the other way.

E1 Shootout Race 1 - U18 B

<https://youtu.be/xpgexNpmgJw>

2'

Pucks and team cheer:



Explanation/Notes:
