



## U15 Black

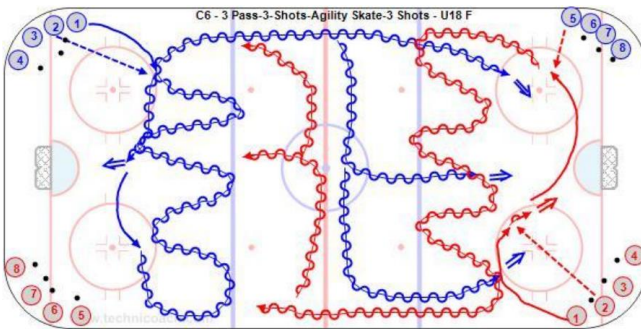
## Practice Plan

Date: 09-25-23

Time: 19:30-20:30

Venue ECTAS

Lines:	Notes:
Stride and cutbacks	Double zig zag x 3 and shots
Check agility skate pass-pass-catch +release	Carolina 2-0 RG 3-0
DT100 Transition – D join attack 2-1 to 3-2	5-5 regroup with jokers – goals on one timer or catch and release



2' Long strides - cutbacks

**10' B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F x 2**

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

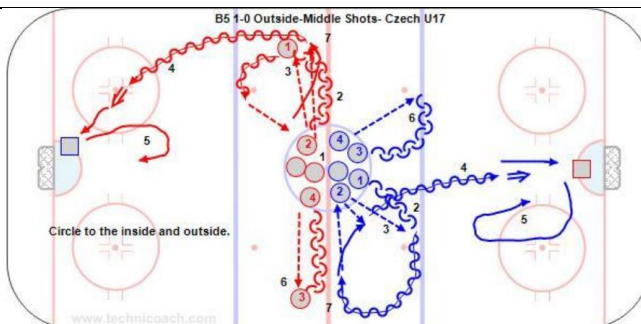
**Key Points:**

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.

<https://youtu.be/JqCQVa1iwwA>



**10' Add give and go with next shooter from goal line**

**B4 1-0 Outside-Middle Shots - Czech U17**

**Key Points:** Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

**Description:**

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.

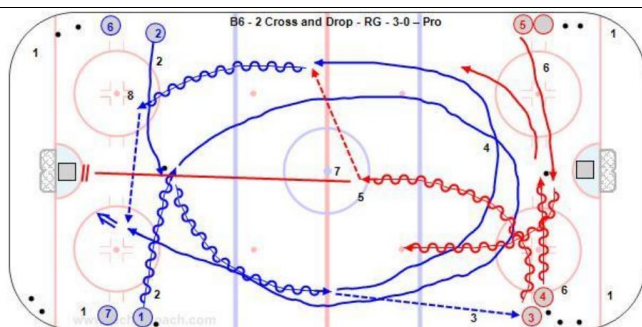
5. After shooting player 1 circle back and rebound for the next shooter.

6. Alternate sides and player 3 leaves after the first pass.

7. Circle left and right so shots come from both in the middle and the outside lanes.

\* The first video demo is the Czech National U17

<https://youtu.be/ztlo-Bz3dfc>



10'

## **B6 - 2 Cross and Drop - Regroup - 3-0 - Pro**

### **Key Points:**

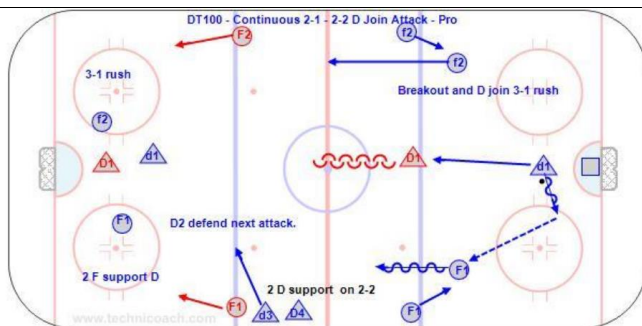
Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

### **Description:**

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

*\* This is a core drill for warm up done by the same team in another arena.*

<https://youtu.be/lcaEbVO51MQ>



10'

## **DT100 - Continuous 2-1, 2-2, - D Join Attack and 3-2 to 5-5- Pro**

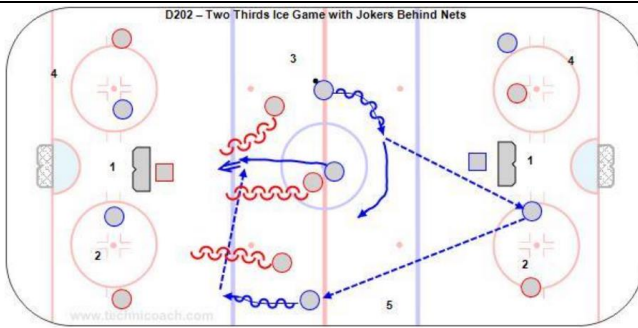
### **Key Points:**

D join the rush

### **Description:**

1. Attack 2-1 and two forwards give support to the D and one D follow to support the offense.
2. Defending team break out 2-1 and the D join to make it a 3-1.
3. Two defending F and one attacking D follow the play into the zone.
4. Make a 2-2 by two F and two D joining the play and one D be part of the rush.
5. This flow can be done from 1-1 which would make a 2-1 on the rush.
6. With a D joining a 2-1 is a 3-1 rush, 2-2 is a 3-2 rush.

<https://youtu.be/DHt3sCTOULA>



12'

## **D202 – Two Thirds Ice 5-5 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.

### **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,

<https://youtu.be/vE83XiyCS48>

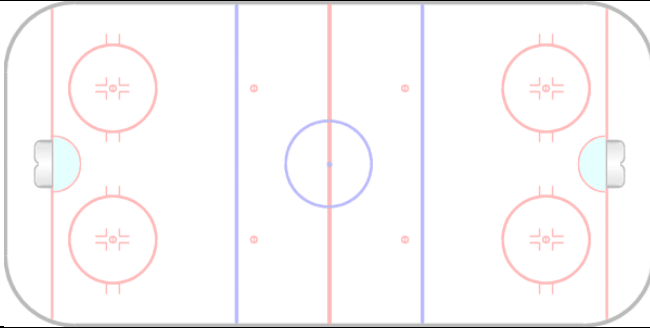


**2' pucks and cheer**

**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

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