



U15

U15 Fire Black

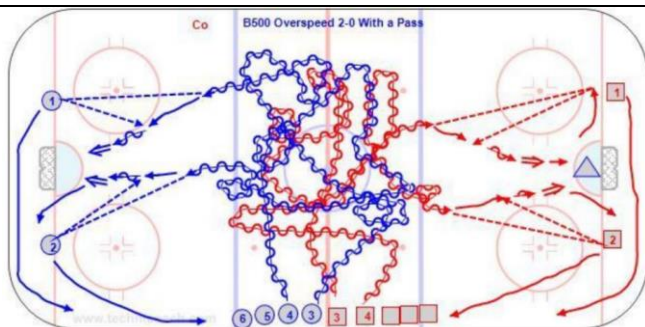
## Practice Plan

Date: 09-26-23

Time: 19:00-20:00

Arena: Crowchild

| Lines:  | Notes:                                   |
|---|--|
| Forward-Backward Striding – Cut backs         | Overspeed with a catch and release shot  |
| Two touch puck Close supportgame in each zone | Wrist and saucer Passing in nzone        |
| Goalie training                               | 3-3 Battle – Pass to point on transition |
| Nominate candidates for captain               | Johnston Power Play Game 5-1             |
|   |  |
|   |  |



3'

Long strides F and B – Single and double cutbacks 10;

### **B200 Overspeed with a Pass - U18 F and U17**

*It is important to do some overspeed training where players skate and do all the skills at a top speed.*

#### Key Points:

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

#### Description:

Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin. While the first group leaves the second group skates with a puck in the middle.

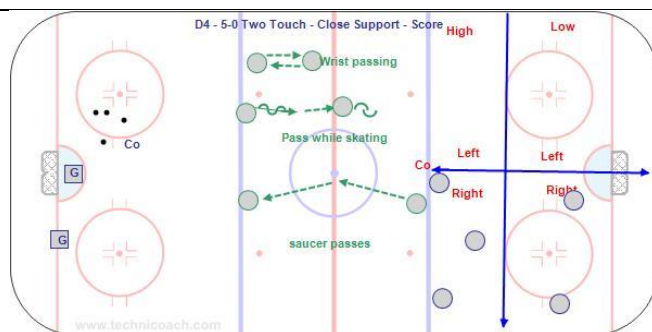
Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed.

Whistle every 8 seconds.

### **B202 Passing Overspeed - U18 F**

<https://youtu.be/XMUeqfmfH7Y>



15;

One end 2 touch – middle wrist and saucer pass – far end goalie training with Kaylin

- 1) Start 5 on zero in a slot set formation.
- 2) All players are restricted to two-touches when the puck comes to them. One to receive the pass and one to move the puck. \*They are not supposed to one-time/one-touch passes.
- 3) No standing still, must be in constant motion.

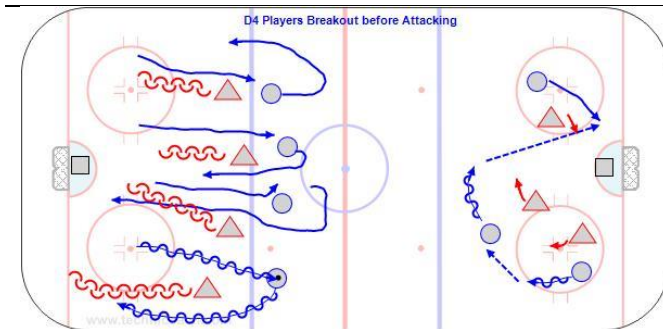
**4) Coach calls out:**

- left side
- right side
- high
- low

**5) When coach calls out right or left, all 5 players must move to that side**

**6) When coach calls out high or low, there must be 3 players above or below the ringette line.**

**7) After 45-60 seconds coach yells "shot" and the players must get a puck on net, then a new group cycles in.**



10'

**Two Touch Game at each end.**

Description:

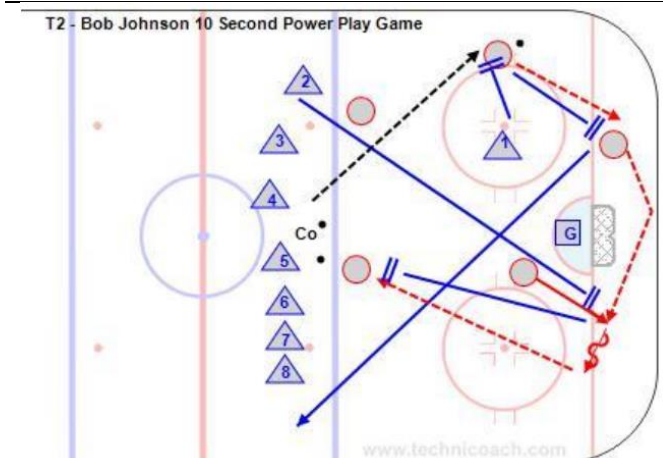
Game at each end. To go onto offense players must clear the zone and stay outside.

Rule:

Two touches only.

Touch one – receive or pick up puck.

Touch two – pass or shot.



**T2 - Johnston PP Game vs 1 or 2 PK – College M**

**Key Points:**

Power play must move the puck quickly and give support in the open lanes. Pass receiver needs to move and be a scoring threat to force the pk player to defend him. Killers go 7-10" as hard as they can to disrupt the attack.

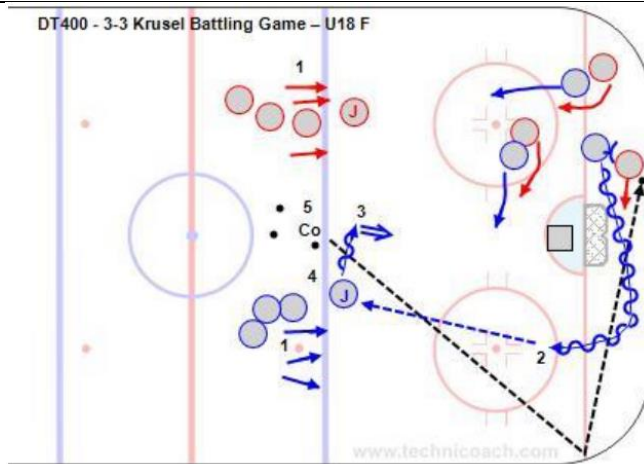
**Description:**

1. Whites set up the power play in the offensive zone.
2. Red team leaves from outside the blue line starting with one defender.
3. Defender skate hard for 7-10" with stick in passing lanes and toe caps square.
4. Play a game taking turns having 5' power plays. Keep score.
5. Defenders rotate on the whistle.
6. Rotate so Reds are on the PP and Whites on the PK.
7. Whites now do the PP vs. two defenders.

*\* This game can be used for other offensive situations from 2 to 6 attackers to promote quick thinking and close puck support.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190325165004559>

<https://youtu.be/k-QN7-OHhYY>



**13'**

## **DT400 - 3-3 Krusel Battling Game – U18 F**

### **Key Points:**

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

### **Description:**

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.
4. Play 30' shifts and pass to the coach on the whistle.
5. If a point pass goes out the other point-man gets the puck.

\*Players must race to get onside before the next puck is shot in.

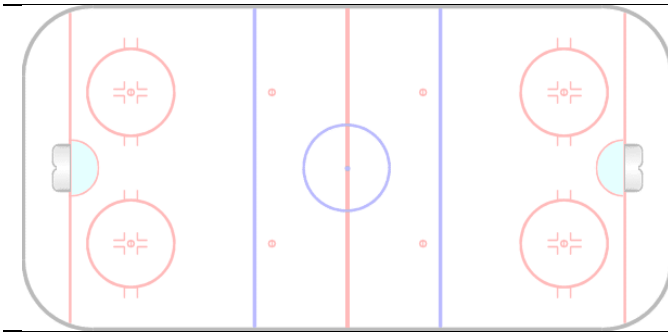
\*Players at the point can pass or shoot but they can't go in.

\*Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..

\*This is the favorite game for some of the pro players I have coached over the years.

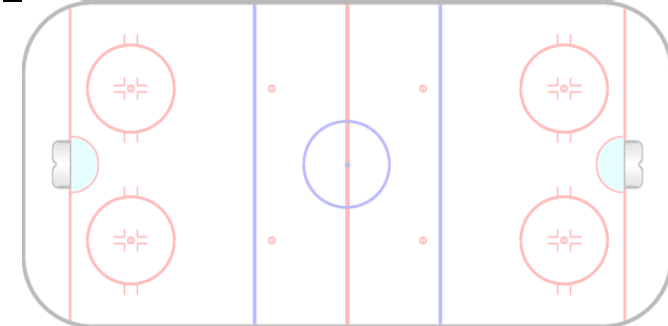
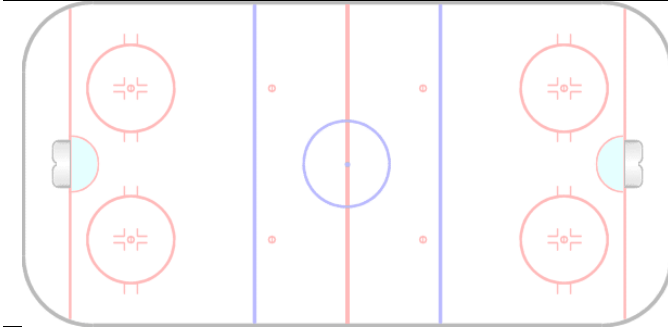
*\*Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.*

[https://youtu.be/wCXU\\_A25JZY](https://youtu.be/wCXU_A25JZY)

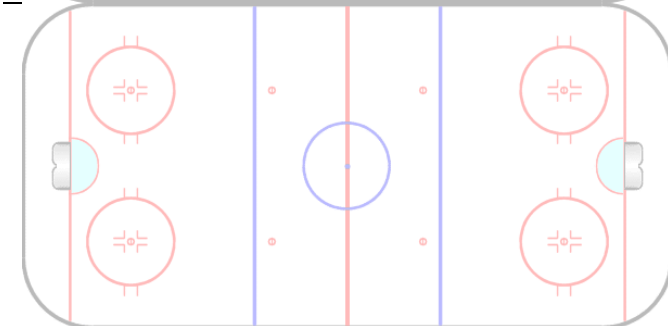


**2' Team cheer in middle**

**Speak with each player and have them give names of 4 players who they think would be good captains.**



**Explanation/Notes:**



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