



U15 Fire Black

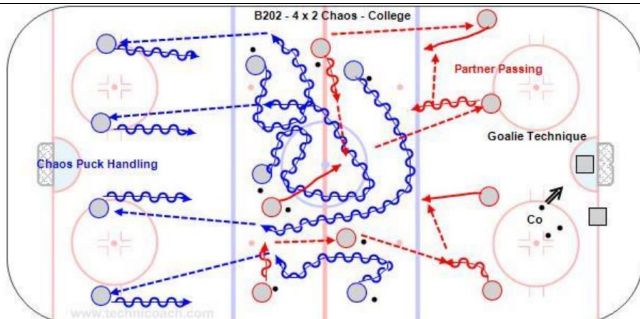
Practice Plan

Date: 10-03-23

Time: 20:15-21:30

Arena: Crowchild

Lines:	Notes:
Skating warm up – Cutbacks	Overspeed
Power Play	Penalty kill
Middle drive	Small HS with Middle Drive
Multiple one touch passes	Reilly pp game



3' Ind warm up Long stride F and D Cutbacks
- Kaylin with goalies

10'

B202 - 4 x 2 Chaos Overspeed – College

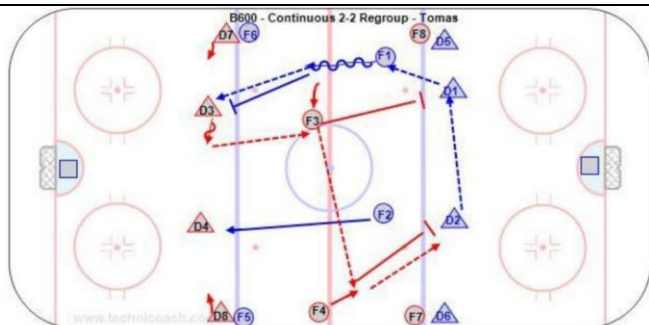
Key Points:

Overspeed with the puck. Go as fast as possible making moves and cutbacks. Pass quickly always facing the partner.

Description:

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
2. On the whistle pass to the first player in the line you started in.
3. Break into two groups of two.
4. Pass quickly in the neutral zone.
5. One the whistle pass to the line you came from.
6. Goalie training with the coach at one end.

<https://youtu.be/fEGcEqZUQAE>



10'

B600 - Continuous 2-2 Regroup – Tomas - U18 F

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:

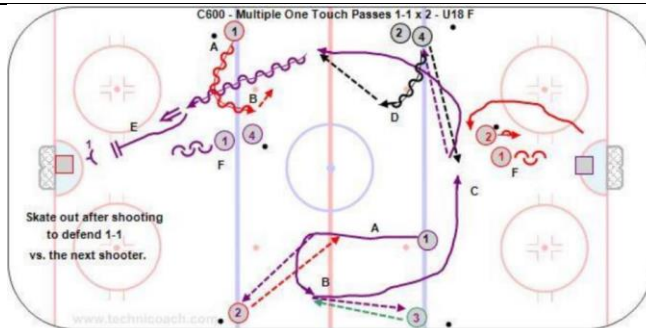
1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

** 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 regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<https://youtu.be/dB6DPGuHn3s>



10'

C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

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. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

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.

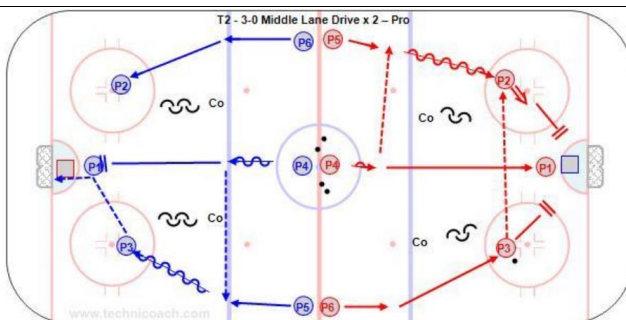
D. 4 skate to the inside and pass to 1 skating wide up the ice.

E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<https://youtu.be/7sdcZtyS6VY>



8'

10' Introduce middle lane drive from far blue line each way – Cassie one side Tom other

T2 - 3-0 Middle Lane Drive x 2 – Pro

Key Points:

First player over the blue line without the pick drive hard to the net trough the middle lane. Be ready for a pass and stop in front to put in a rebound.

Description:

1. Half the team on each side of the red line up in middle and each wing.

2. Coaches give passive resistance from the blue line to the top of the circles.

3. P1 leave from the middle lane with a puck.

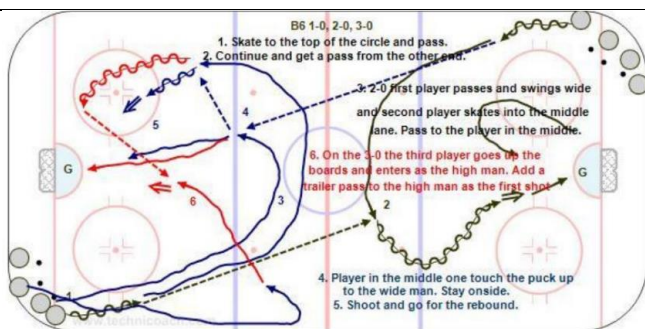
4. P1 pass to either P2 on the left or P3 on the right.

5. P1 skate hard to the net.

6. P2 skate with the puck and choose: A. Shoot B. pass across to P3 who shoots. C. Pass to P1. 7.

Everyone crash the net for a rebound. 8. Skate hard back to the blue line.

Today we will only pass across for a shot from weak side. https://youtu.be/0_F54MI3p-s



12'

B6 1-0, 2-0, 3-0 Small Horseshoe – University-College M – U18 F - Pro

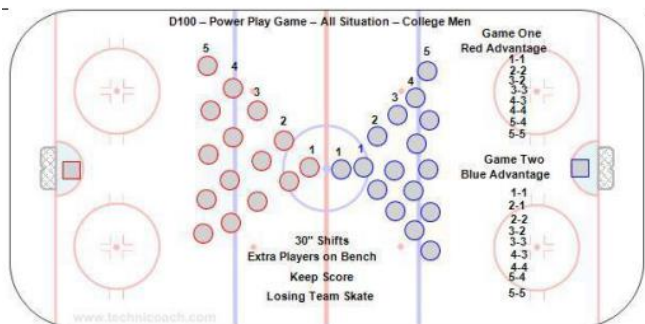
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<https://youtu.be/VgW3XTM1JXQ>



12' change lines every 40"

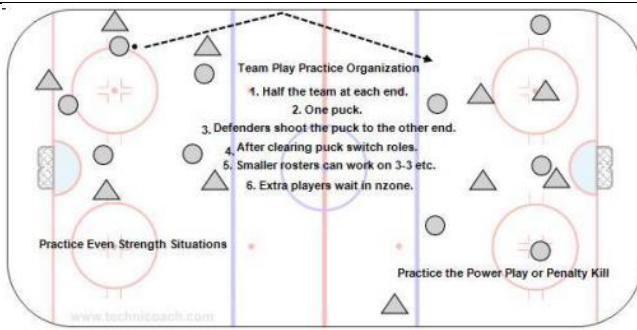
D100 – Power Play Game – All Situation – College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench. 2. You can play situations up to 1/4 of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12. 3. One team gets the advantage first. In the diagram the Red gets the advantage first. 4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie. 5.
2. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4, 5-5. 6.
3. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-4, 5-5. 7.
4. Keep Score and losing team skate or push ups
5. <https://youtu.be/7qLLlc30nbE>



10'

T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

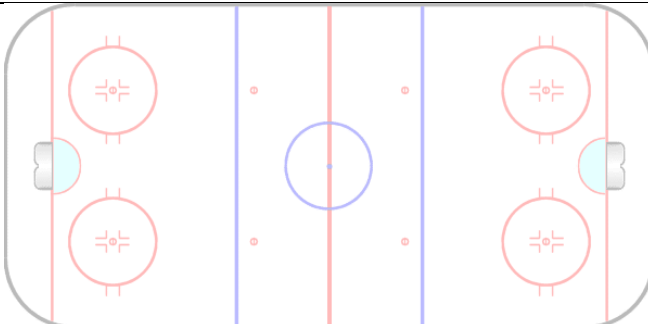
Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.

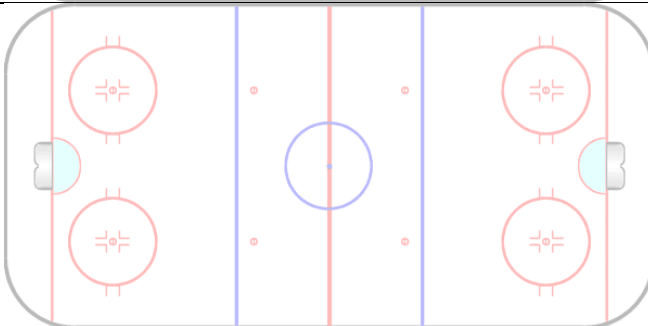
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp. 3. The other end starts with the white on the offense

<https://1drv.ms/v/s!AukXg5gWoW-9hccFnRe7IFI2RO9EVA?e=zloXx1>

**The play rotates from end to end.*



Explanation/Notes:



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