



Fire Black

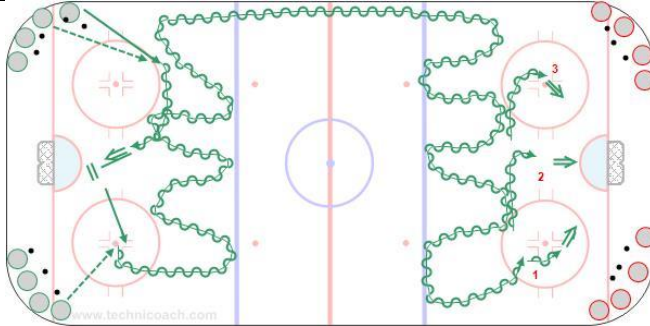
Practice Plan

Date: 10-04-23

Time: 19:00-20:00

Arena: ECTAS

Lines:	Notes:
Striding and tight turns	Zig zag x 2 – 3 shots-3 passes – agility skate
1-1 and 2-1 with regroup x 2	Low spread pp
6-5 offense – Goalie pulled	5-3 pk
Reilly pp game	



3; F and B striding – Cutbacks x 1 x 2
7'

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

Key Points:

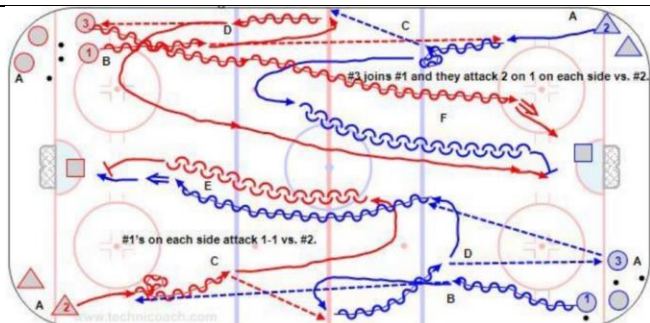
Warm up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

** With younger players stagger the start so each corner leaves after the first pass.*

<https://youtu.be/IBeStMukGQA>

10'

T2 Spread Power Play 2 Below Goal Line - Pro

Key Points:

A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

Description:

- 1. Set up with two players below the goal line and the high attackers just above the top of the circles.
- 2. Quick passes to make the defenders move.
- 3. Read when the defender has the "Stare" looking low and find shooting seams.
- 4. Walk-out for back door plays to the other low player or a point man coming down.

Toronto scores using low spread pp.

<https://www.youtube.com/watch?v=LqnpJXI9Xxg>

T4 - Penalty Kill 3-5vs. 2-1-2 Spread PP

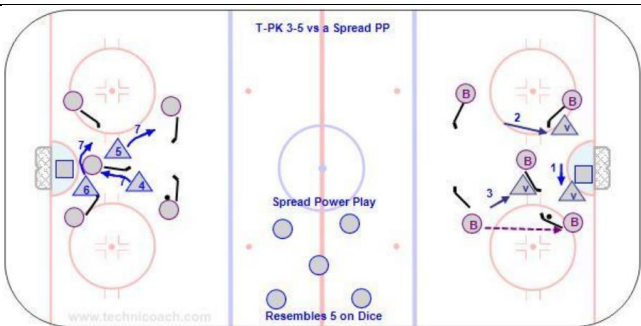
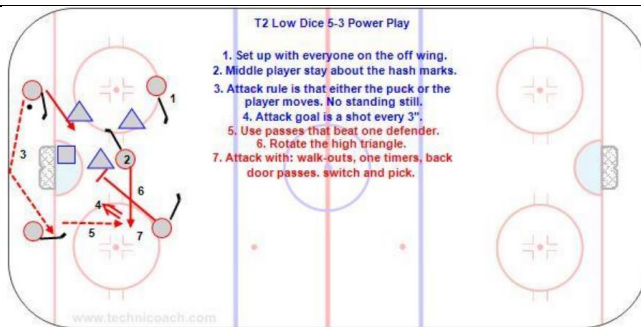
Key Points:

Play 3-3 close to the puck, deny passes through the seams with the stick, skate straight lines. Pressure any loose puck. Block shots and keep the triangle tight. Don't get tied up with an attacker.

Against a 2-1-2 spread.

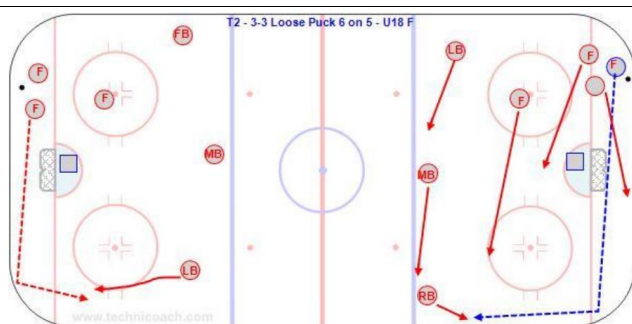
Description:

- 1. Two high defenders who rotate top of the slot when the puck is at the point, mid-slot when at the other point or low on the weak side, low back door when the puck is low.
- 2. Low defender go east-west on the strong/puck side.
 - * *Low Dice or Spread causes players to turn their back.*
 - * *Players have to defend with heads on a swivel.*
 - * *3-3 strong side and give attack 2 players farthest from the puck.*
 - * *D to D pass. Rotate; low defender to other side, mid-slot defender to top of circle, top of circle to mid slot.*
 - * *Puck passed low. Rotate; low D to strong side,*



weak side high defender low weak side, other to mid slot. Take away back door tap in and give up options that are two passes away.

<https://youtu.be/RF1IYZF7SnE>



10'

T2 – D4 - Torpedo 6-5 - U18 F

Key Points:

Forward play forward and defense play the right back, middle back and left back on their forehand sides to keep the puck in.

Description:

1. Always two forwards on a loose puck and if they have two battling then 3 forwards.
2. Pinch on both sides with the Middle Back filling behind.
3. Left and Right back must keep the puck in on wide rims.
4. Reset when under pressure by putting the puck behind the net.
5. Three backs play high on the 1-3-2, one F take goalies eyes, one shot pass or tip, one mid slot.

** This is the style we played when I coached college hockey and when I was with the Red Bulls in Austria we had a similar strategy. You get continuous pinching on both sides and it is very difficult to rim the puck out.*

T2 – D4 - Torpedo 6-5 - U18 F

<https://youtu.be/YUSYeuHyhXw>

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:

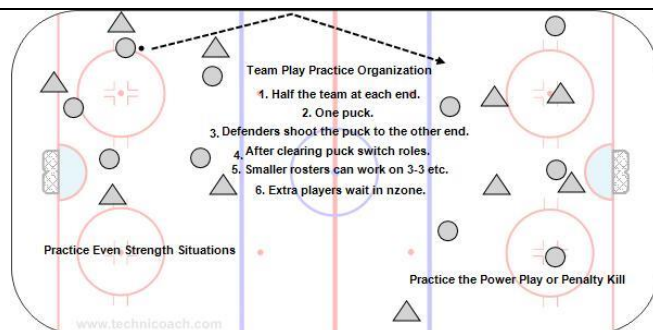
1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

**The play rotates from end to end.*

We used this rotation when working with university, college or pro teams because there are usually at least 8 D and 12 F. In Canada the minor hockey roster is 17 skaters so this only works with smaller numbers.

T2-4 - Reilly PP-PK Game – College

<https://youtu.be/uLF7yFsbGyg>



<https://youtu.be/AYIPjishwnw>

Meet in room to discuss Kelowna tournament.



Explanation/Notes: