



Fire Black

Practice Plan

Date: 10-17-23

Time: 18:45-20:00

Arena: ECTAS

Lines:

Stride and Cutbacks – Back pull at each dot

Machine Gun 2-0 x 2

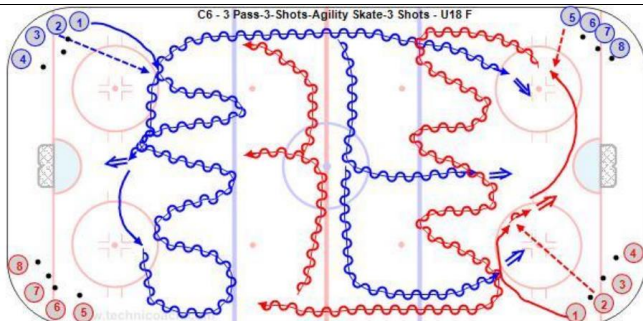
Two net game

Notes: Focus on Individual Offensive Skill

Overspeed with shot

Full ice two pass

Two net 2-0 scoring shootout



5' Stride and Cutbacks – Back pull at each dot
10'

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

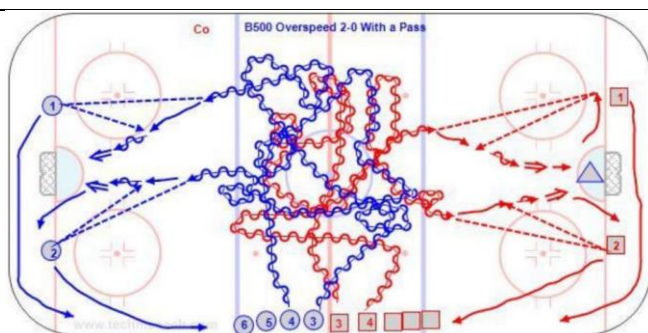
Key Points:

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.
8. *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, Choctaw 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/JqCQValiwwA>



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.

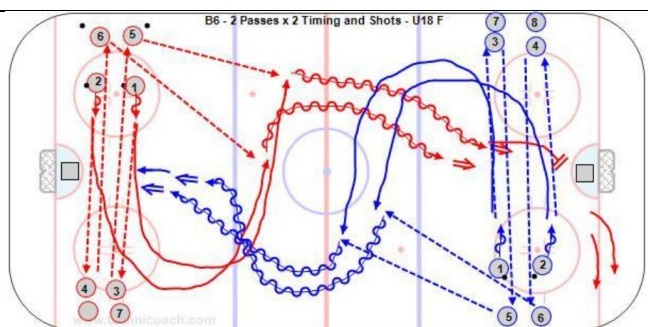
Follow the shot, look for rebounds.

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.

B500 Overspeed with a Pass - U18 W

<https://youtu.be/ByBqQUu0jJ8>



10'

B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

A. 1 and 2 leave from each end and pass across to 3 and 4.

B. 3 and 4 pass across to 5 and 6.

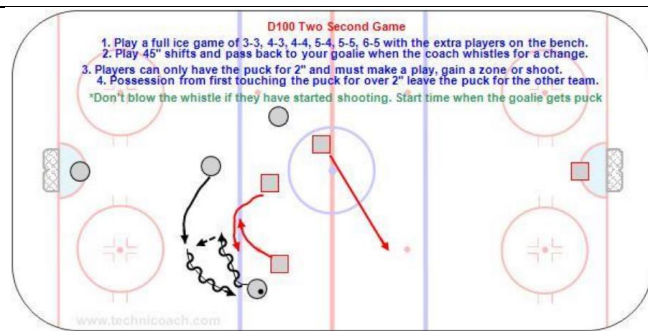
C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

<https://youtu.be/WmpASHh7uL4>



15'

D100 Two Second Game - College

Key Points:

Great **game** for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice **game** of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.

2. Play 40-45" shifts and pass back to your goalie

when the coach whistles for a change or players change on their own.

3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.

4. Possession from first touching the puck for over 2" leave the puck for the other team.

5. Encourage talking, facing the puck, always give a target, skate into passes and get open.

6. Scoring team must skate back to the red line before forechecking.

** Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.*

** An option is to pass back to your goalie on the whistle.*

** Another option is to give another 2" with the puck if the player makes an escape move.*

** The 2" rule can be used in SAG cross or half ice games as well.*

<https://youtu.be/PVv5NjFsV9w>

10'

DT400 - Two Net Game - U18 F

Key Points:

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

Description:

1. Start with one to five whites attacking one net vs. one to five darks.

2. On a goal, frozen puck or transition the dark pass to their players at the blue line.

3. New darks attack the net on the other side and the original whites skate hard across and defend.

**This game requires quick transition and communication about who to cover on defense.*

**Attack quickly to take advantage of the unorganized defense.*

** Keep score and implement rules for good habits, team play or technique.*

<https://youtu.be/2GPpC0B99jw>

13'

E1 - 2-0, 3-0 x 2 SO Game – U18 F

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

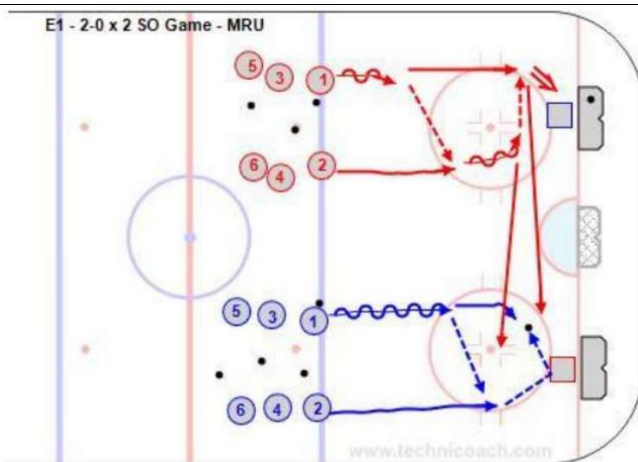
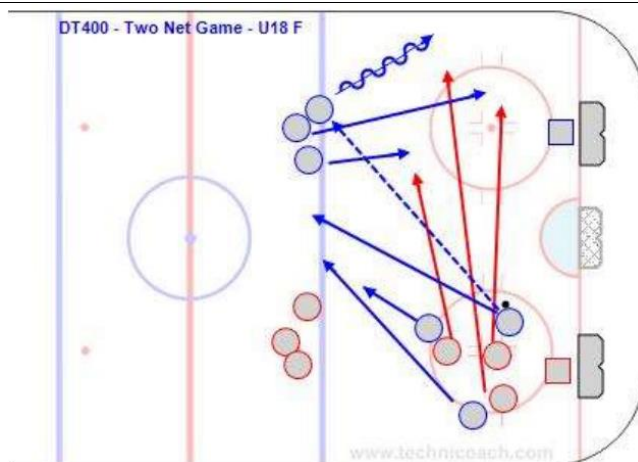
Description:

There is one point for every goal and each contest gets 20".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and



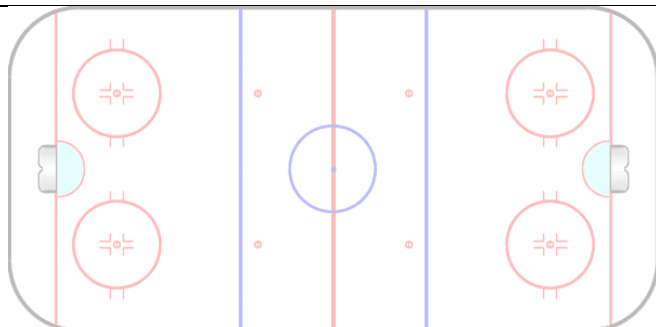
try to score.
D - Scoring team gets a point.
E - 20" next rep.
F - First team to 20 wins.

The game is from a university practice and the video is from a U18 F team.

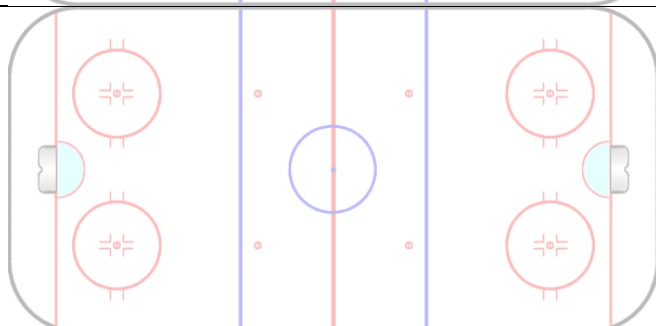
<https://youtu.be/ss-rEHpfr5w>

2'

Cheer in middle



Explanation/Notes:



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