



Fire Black U15

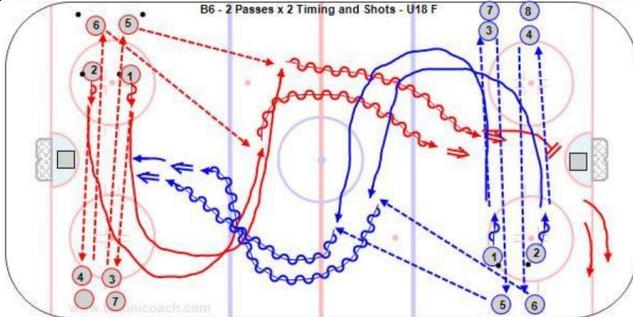
Practice Plan

Date: 10-18-23

Time: 18:00-19:00

Arena: ECTAS

Lines:	Notes: Individual defensive skills
Focus individual defensive skill	Puck Battles
Stride-cutbacks-back pull	Machine gun pass and shoot
Backchecking transition game	Blocking shots
Cross ice game-RG with D who shoot	Introduce F to D scissors along boards



5' Striding-cutbacks-back pull

10'

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.

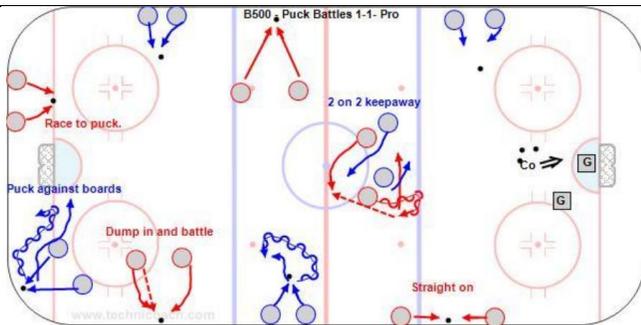
C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

<https://youtu.be/WmpASHh7uL4>



10'

B500 - Puck Battles 1-1- Pro

Key Points:

Protect the puck by shielding with the body and moving it out of the defenders reach. Defender keep the stick on the ice and blade on blade.

Description:

1. Pair up with a partner.

2. Start with a puck along the boards facing each other about 3 m. from the puck.

3. Battle for the puck in a small area on the whistle.

4. Go 10" and the player with no puck do push-ups.

5. Move the puck 3 m. from the boards and start from the boards.

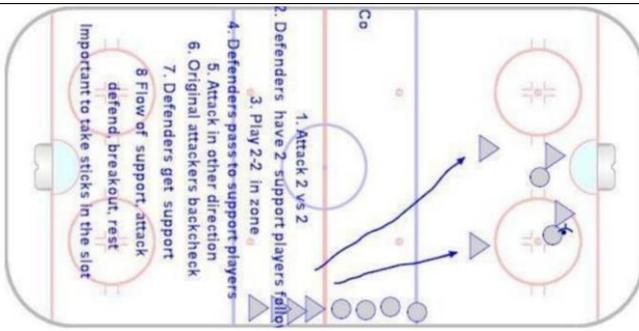
6. Battle again for 10".

7. No puck do push-ups.

**Players can also start about 3m. from the boards (10 feet) with the puck against the boards.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017031711104581>

<https://youtu.be/rzAB4Zz2gQs>



12'

DT100 Backchecking Transition Game - Czech

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

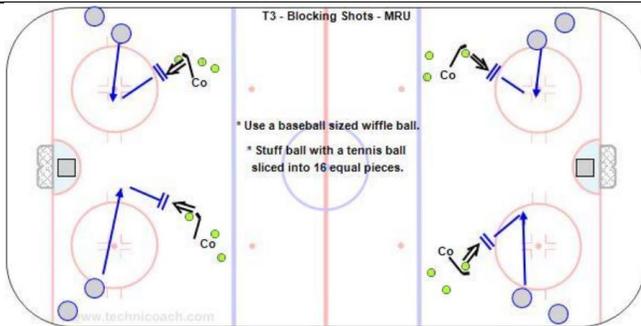
Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone.

This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

<https://youtu.be/wvYUcpT-6Ek> (Czech team doing two games at once with only F backchecking.)

<https://youtu.be/xoHj-6vH7d4>



13'

T3 - Blocking Shots – University M, U17, Sweden

Key Points:

Defend from the net out.

Skate to defensive side and look where the net is, then out toward the shooter. Drop to one knee, turn the face sideways with the free hand protecting the face pad side out. Turn the inside elbow pad to face the shooter. This technique keeps the skate on the ice and allows the player to quickly skate.

Cut a tennis ball into 16 equal strips and insert through the holes in a baseball sized waffle ball.

This makes it about the same weight as a puck and it slides well on the ice and doesn't injure the players.

Description:

1. Coaches have whiffle balls stuffed with a tennis ball.

2. Player skate to the inside and look to line up between the shot and the net.

3. Player skate toward the shooter.

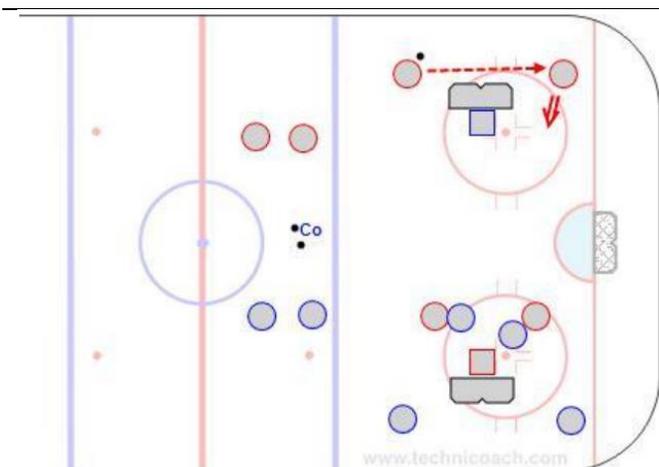
4. Player drop to one knee sideways when shooter takes his stick back.

5. Coach shoot and player block the shot.

*Players have make sure they don't slide out of the shooting lane on a fake shot and retain the ability to be lined up between the puck and the net.

MRU

<https://youtu.be/dlaz0akcWrE>



10'

D200 - 2-

2 Shooting Jokers Behind Goals - U18 F

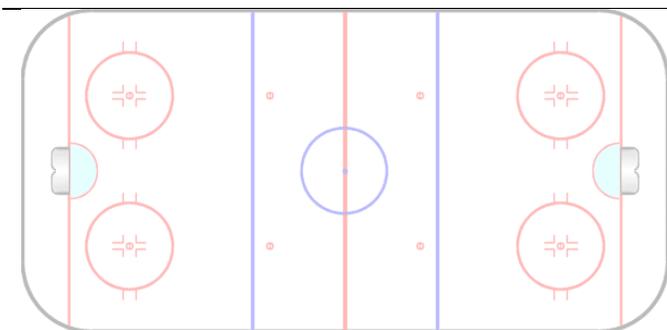
Key Points:

Offensive players screen and tip when the puck is shot from behind the far net. Defensive players box out and seal the sticks to the outside.

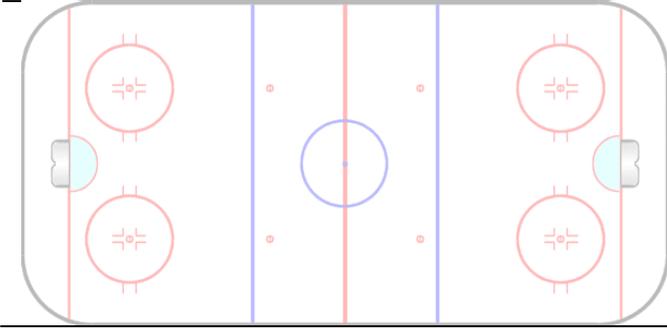
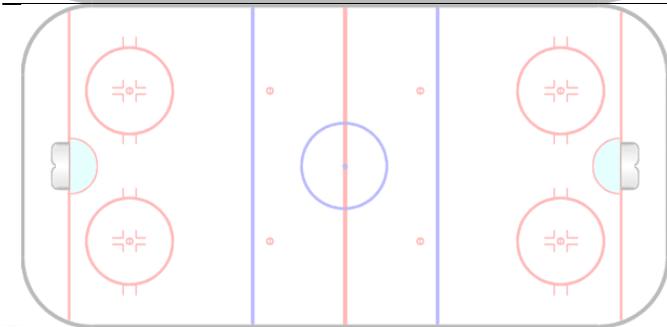
Description:

1. Play a 2-2 or 3-3 cross ice game with two Jokers behind the defensive net.
2. If the puck is passed to the Joker behind the net then the Joker must shoot.
3. Play 30' and rotate the Jokers play, players leave and new players become Jokers.

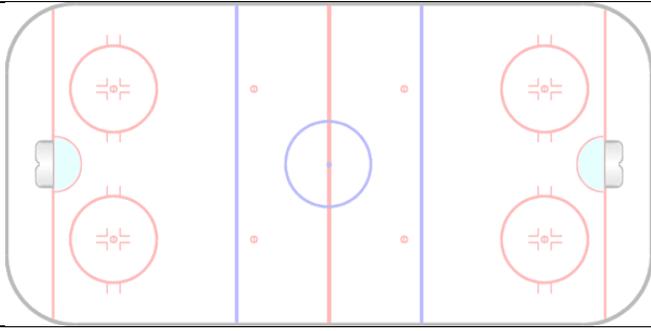
<https://youtu.be/i72Q8IXaUBo>



Cheer in middle



Explanation/Notes:



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