



Fire Black

Practice Plan

Date: 10-21-23

Time: 19:30-20:45

Arena: ECTAS

Lines: 12 F, 6 F, 2 G

Notes:

Two pass-Back skate-Scooter blades on ice

Small horseshoe – 1-0, 2-0, 3-0

Shot then angle check at each end

1-1 defense with no sticks

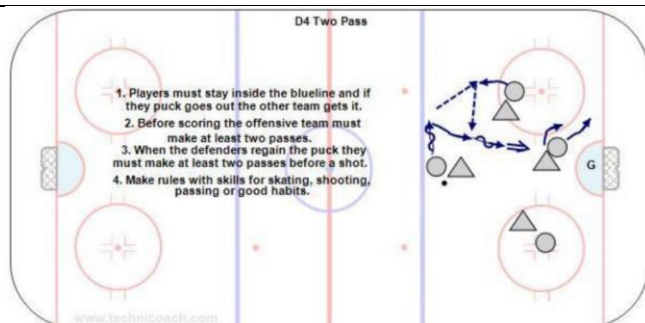
Fwd – 3-0 pass east west behind ant to slot

D puck retrievals

Forwards 3-3 quick transition – low plays

Defnese – point shots with deception at point

10 shot shootout contest



5' – F and B stride – pull back – push out – cutbacks 10'

D4 Two Pass – U15 Boy's

Rule – 5' only backward skating.

5' – Scooter – both skates always on ice

Key Points:

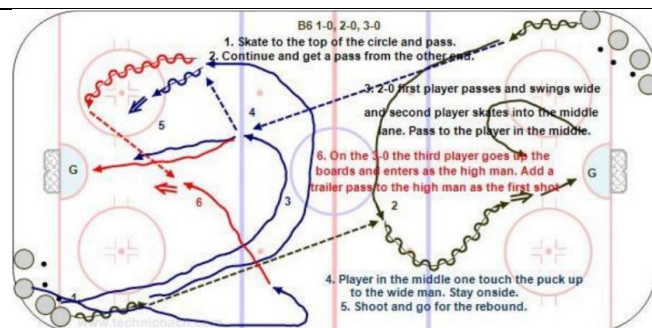
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe –U18 F

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.

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/SDCuSWSSuDE>

10' Cassie demonstrate thru hands but block

T3 - B5 - Angling Along the Boards – Sw

Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

** Repeat alternating sides.*

<https://youtu.be/MF8RcS-fCz8>

10'

T3 – Defensive 1-1 Sequence – Wally Kozak – U18 F

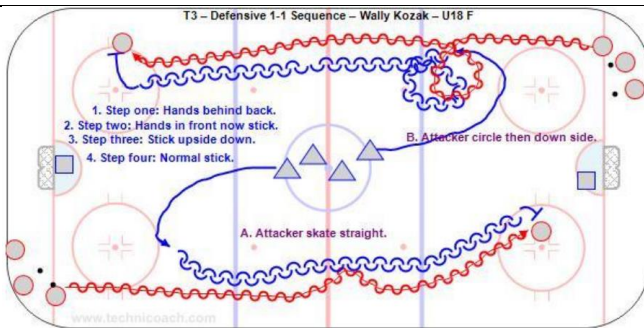
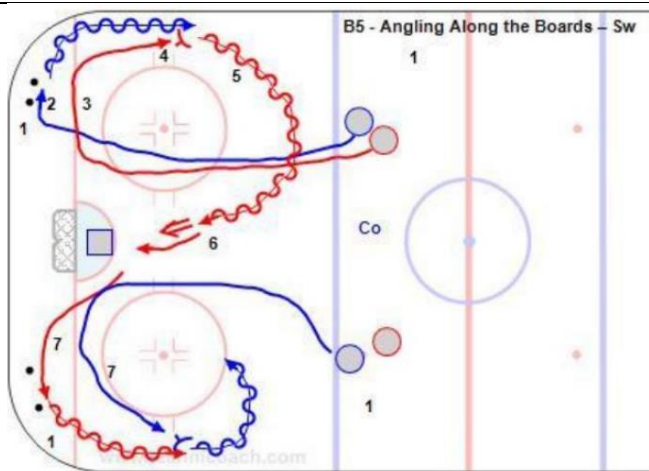
Key Points:

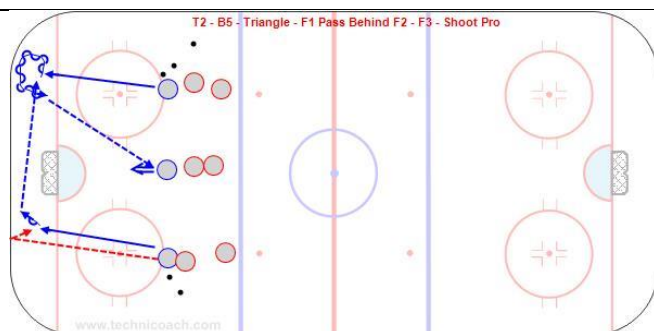
Defender maintain a tight vertical and horizontal gap, protect the middle and maintain D side.

Description:

1. Start with D in the middle and F in diagonal corners.
2. D leave and transition skate forward to backward at the top of the circle.
3. First the D skates back in front
4. Protect the middle, control speed to keep a tight gap, stay D side.
5. Vertical gap about a stick length and horizontal gap line up at the inside of attackers' shoulder.
6. Forward can also start from the knees.
7. Flare back facing the attacker then forward when finishing the check.
8. Finish the play and don't allow the attacker to score on the rebound.

<https://youtu.be/2xPYqPslp24>





10'

Forwards with Tom and Emily

T2 - B5 - Triangle - F1 Pass Behind F2 - F3 - Shoot Pro

<https://youtu.be/Za209ppoOIQ>



10' **D with Jim and Cassie Puck retrievals.**

T1 - D Beat First Checker - Read Outlet - Pro

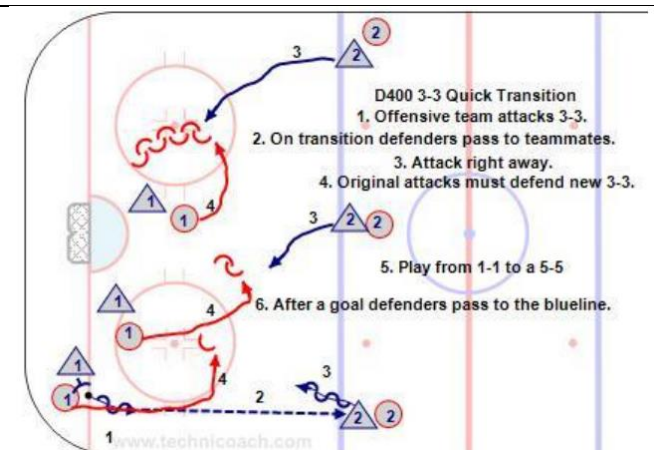
Key Points:

Always go back for the puck with the intention of beating the first checker. Shoulder check to read where the forechecker is. Communicate where the outlet pass should go. Fake to make the checker commit and then skate away from pressure.

Description:

1. Start with one defender vs. one forechecker.
2. Coach dump the puck in from the top of the circles.
3. F1 try to score and D1 to carry the puck out.
4. Add another defender F2 to support for a breakout pass.
5. F2 communicate to D1 where he should pass.
6. Play until the puck is carried out, a goal scored or the puck is frozen.

<https://youtu.be/Op8qV2bL-al>



10' **12 F with Tom and Emily**

DT400 Game of Quick Transition - U15 B - Mike Johnston IIHF

Key Points:

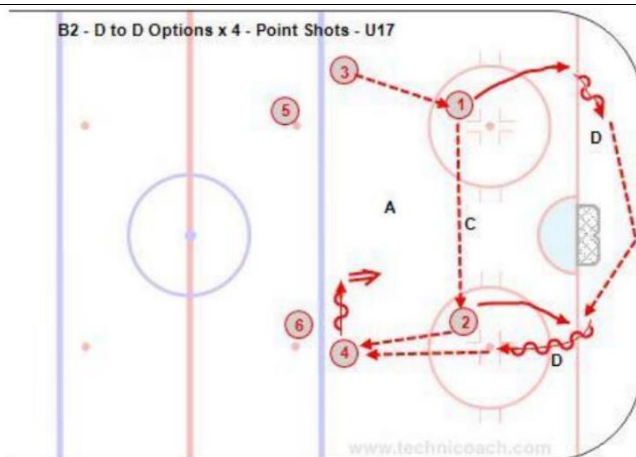
The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

DT400 Quick Transition Game - U15

<https://youtu.be/ecxLc1JGBVY>



10' 6 D Jim and Cassie

B2 - D to D Options x 4 - Point Shots - U17

Key Points:

Give a target, make firm passes and keep the stick blade square when receiving passes. Goalie direct the rebound to the corners.

Description:

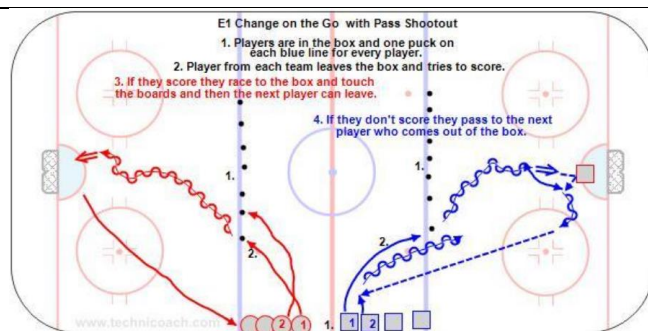
- A. Player 1 and 2 at the top of the circles.
- B. Player 3 and 4 on each point.
- C. Player 3 pass down to 1 across to 2 up to 4 who shoots.
- D. 1 get a puck from the corner and pass behind the net to 2 up to 4 who shoots.
- E. Player 4 pass down to 2, across to 1, up to 3 who shoots.
- F. Player 2 get a new puck, pass behind to 1, up to 3 who shoots.
- G. Rotate with 3-4 moving into the zone and 5-6 on the points.

** Players should practice passing and shooting from both sides and add D to D one timer point shots.*

** Practice all of the breakout options: over, counter, reverse, wheel, quick up.*

** Practice hinging outside and back and back to the outside.*

<https://youtu.be/tiW2TVE24Og>



10'

E1 Change on the Go with Pass Shootout - U18 F

Key Points:

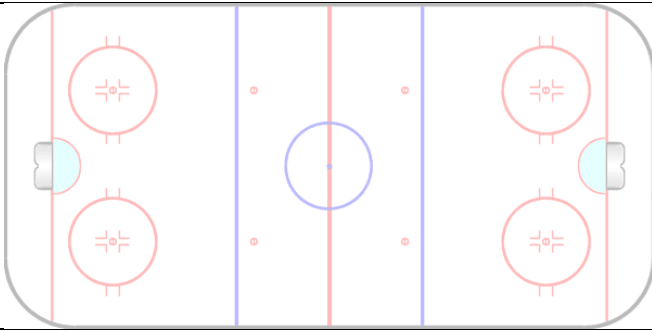
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

**To make it realistic the goalie should practice starting from the goal line and coming out.*

<https://youtu.be/VRtwyRqRv2I>



Pucks and cheer
