



## U15 Black

## Practice Plan

**Date: 11-15-23**

**Time: 16:30-17:30**

**Arena: Stew Hendry**

### Lines:

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

Shot-pass-shot x 2

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

5-0 BO - W Box Out Chip - Wide W Slash

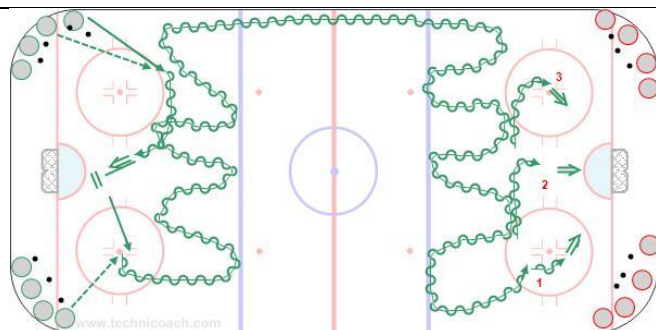
### Notes: 6 D – 11 F – 2 G

Skate fakes

Carolina 2-0 – 3-0 Weave

T2 - Breakout Sequence - Wally Kozak

D100 - Russian Scrimmage - 1-1 to 5-5



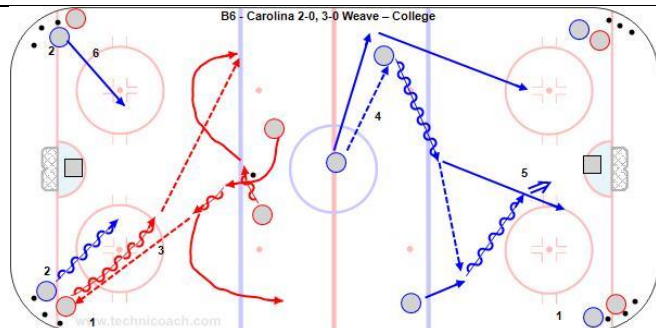
7'

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=591#591>

<https://youtu.be/SBxKxjOECyI>

[https://youtu.be/7pwysbySRYk?si=vXqk\\_0aR9jmsdUJo](https://youtu.be/7pwysbySRYk?si=vXqk_0aR9jmsdUJo)

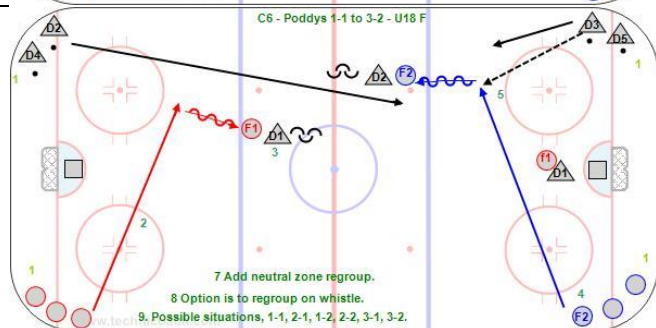


10'

**B6 – Carolina - 2 Cross and Drop - Regroup - 3-0 – Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8030#8030>

<https://youtu.be/lcaEbVO51MQ>

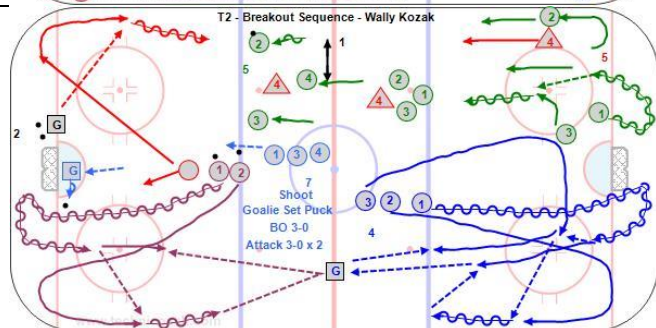


10'

**C6 – Pardy's 1-1 to 3-2 – Wally - U18 F**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8081#8081>

<https://youtu.be/NYAhiCwcA-4>

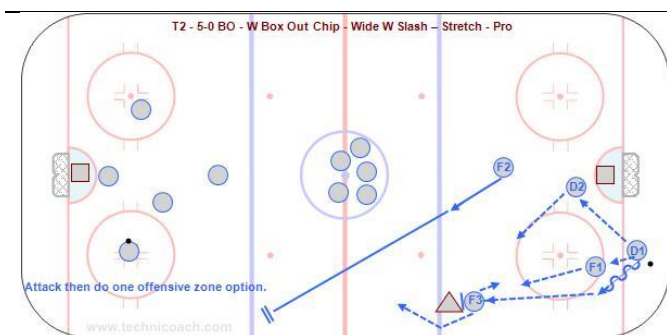


10'

**T2 - Breakout Sequence - Wally Kozak – College M**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8221#8221>

<https://youtu.be/zD3G8WVzFD0>

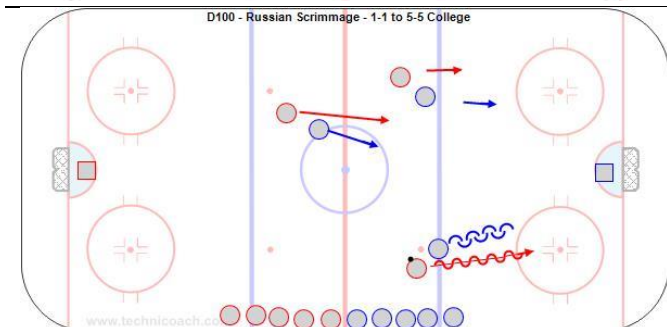


10'

**T2 - 5-0 BO - W Box Out Chip - Wide W Slash - Stretch - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8304#8304>

<https://youtu.be/WMzyLhRCVCg>

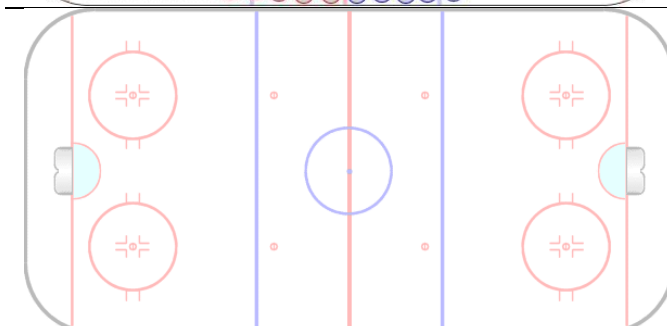


10'

**D100 - Russian Scrimmage - 1-1 to 5-5 College M**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8207#8207>

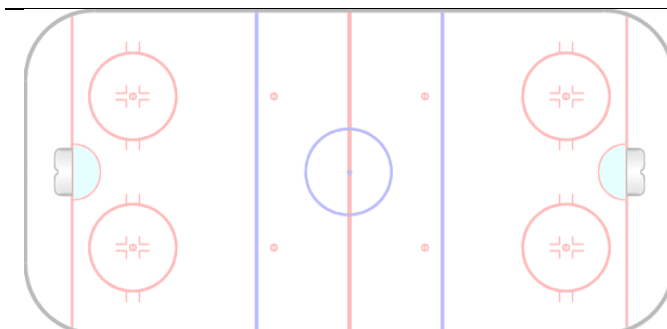
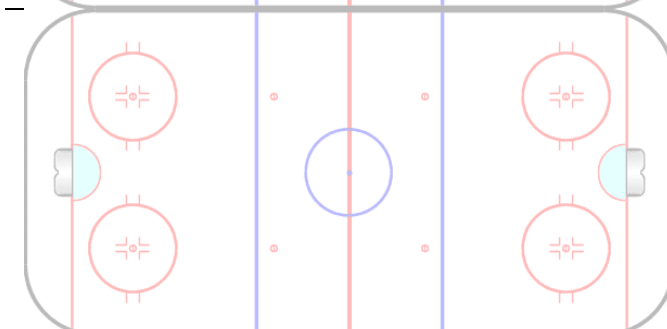
<https://youtu.be/z5vxH8Z-iV8>



2'

**Get pucks**

**Team cheer**



**Explanation/Notes:**

