



Fire Black

## Practice Plan

Date: 11-14-24

Time: 16:15-17:45

Arena: Crowchild

### Lines:

B300 - Tschumi Around the Clock One Touch Passing

B6 - 2 Cross and Drop - Regroup - 3-0 - Pro

T3 - Defensemen Skating One- Wally Kozak

T4 - 4-5 Penalty Kill - Low Press

D1-D100 Two Second Game

D400 Game - Random Numbers - U15 G

### Notes:

**B6 Jursi Skate-Pass-Shoot**

**D4 Two Pass - U15 Boy's**

**T3-C2 - 2-2 Surfing - U18 M**

**D100 - Specialty Team Scrimmage - Player in Neutral Zone**

**Team cheer in Middle**

10' Wrist passes only

Emily shoot on goalies

B300 Tschumi Around the Clock One Touch

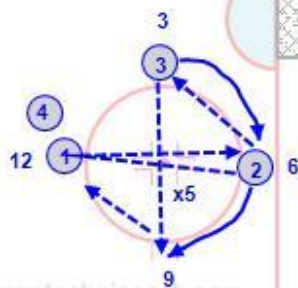
A. 1 and 2 one touch five times 6-12 o'clock

B. 2 pass to 3 at 3 o'clock.

C. 3 one touch across to 2 at 9 o'clock.

D. 2 one touch to 4 at 12 o'clock.

E. Repeat with 4 passing to 3 x 5.



**B300 - Tschumi Around the Clock One Touch Passing - College W**

#### Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

#### Description:

A. 1 and 2 one touch five times 6-12 o'clock.

B. 2 pass to 3 at 3 o'clock.

C. 3 one touch across to 2 at 9 o'clock.

D. 2 one touch to 4 at 12 o'clock.

E. Repeat with 4 passing to 3 x 5.

<https://youtu.be/hW741n4yGLQ>



10' Wrist passes only

**B6 Jursi Skate-Pass-Shoot**

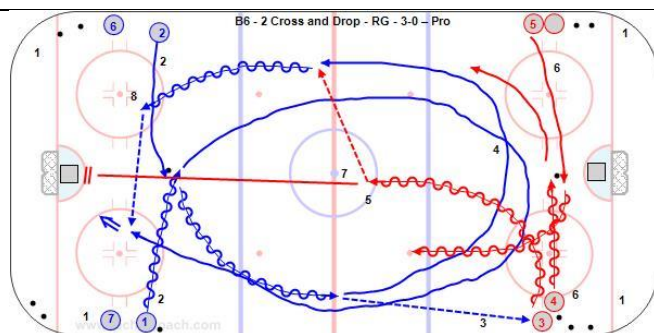
#### Key Points:

This is a drill that Russian Olympic coach Vladimir Jursinov used when I was coaching with him in Austria. The goal is to get players to practice passing and shooting while they skate. Puck handling-passing-shooting should be seamless.

Description: 1. A and B skate down the ice in passing while skating. 2. A is on the inside and continues on with a shot while skating. 3. B pivots facing the puck and continues the other direction passing to C. 4. B shoots and C partners with D the other way. # This can be done in tandem on both sides of the ice.

B6 Jursi Skate and Pass - U18 F

<https://youtu.be/gSWhWvXq2bc>



## 10' Carolina – Pass to far post B6 - 2 Cross and Drop - Regroup - 3-0 – Pro

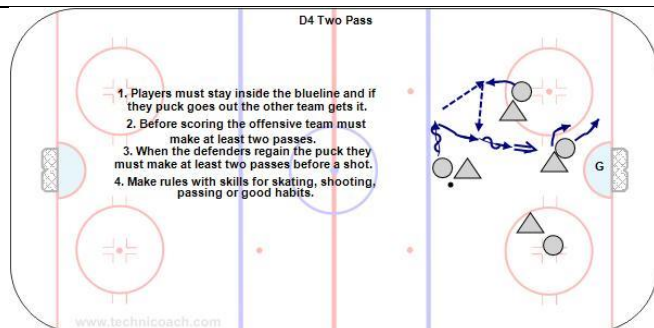
### Key Points:

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

### Description:

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

<https://youtu.be/lcaEbVO51MQ>



## 10' Only wrist passes D4 Two Pass – U15 Boy's

### Key Points:

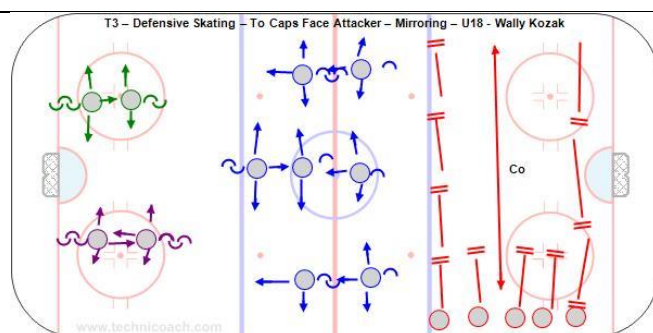
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice '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/3O8K3nNC3qc>



5'

### T3 - Defensemen Skating One- Wally Kozak - U18

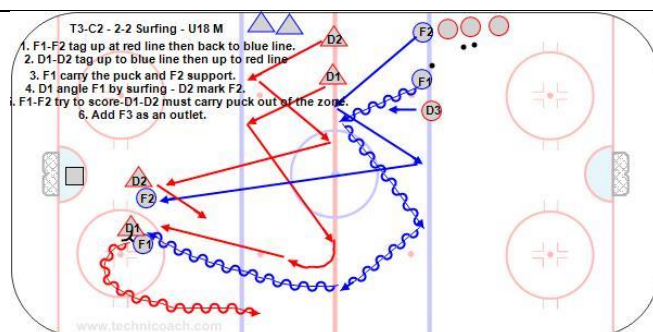
#### Key Points:

When defending the player needs to eliminate unneeded cross-over's and extra steps. The toe caps must face the puck carrier so the defender is able to skate and turn left-right-back-forward to maintain a tight gap and the defensive side. This skill is important for all the player including forwards.

#### Description:

1. Defensemen work with the coach at one end of the rink.
2. Skate forward then do a one foot stop and load with the other leg.
3. Push with the back leg and stride with the front leg without a cross-over.
4. Do two short reps facing one way using this load a fire technique.
5. Introduce the one foot and two foot controlled skating.
6. Alternate right skate, left skate, two skate control skating on coaches signal.
7. Full speed and stop on coach command, right, left, both.
8. Skate forward, one foot stop then backward without crossing over.
9. Skate forward, one foot slide, forward again then backward.
10. Skate forward to backward using a one foot stop and stride only – both ways.
11. Alternate skating forward to backward using the right then the left foot pivot.
12. Go full speed x 2 from the red to blue and back to red line.

<https://youtu.be/OTeja4LHNGA>



10'

### T3-C2 - 2-2 Surfing - U18 M

#### Key Points:

Play 2-2 with attackers trying to score and defenders angle by surfing and forcing the puck into the wide lane. Defenders must carry the puck out of the zone. Start 2-2 and then progress to a 2-3 one forward coming in late to be low and slow for outlet.

#### Description:

1. F1-F2 tag up at red line then back to blue line.
2. D1-D2 tag up to blue line then up to red line.
3. F1 carry the puck and F2 support.
4. D1 angle F1 by surfing - D2 mark F2.
5. F1-F2 try to score-D1-D2 must carry puck out of the zone.

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6. Add F3 as an outlet.

<https://youtu.be/jdBBMFWWRAw>

10'

### **T4 - 4-5 Penalty Kill - Low Press**

#### **Key Points:**

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible.

#### **Description:**

*\* Another option called the low press but not covered here is the forward force the pass low and play a low 3-3. Strong side D pressure a low pass, D in front covers slot and weak side forward has the high 2-1. The forwards switch sides if the puck is passed to the point and the weak side F goes there.*

<https://youtu.be/NJ21DSB2VEw>

10'

### **D100 - Specialty Team Scrimmage - Player in Neutral Zone**

#### **Key Points:**

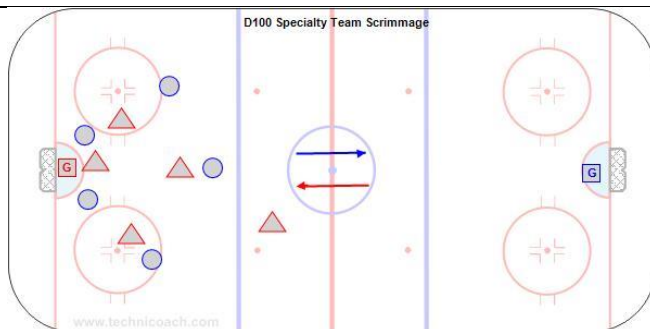
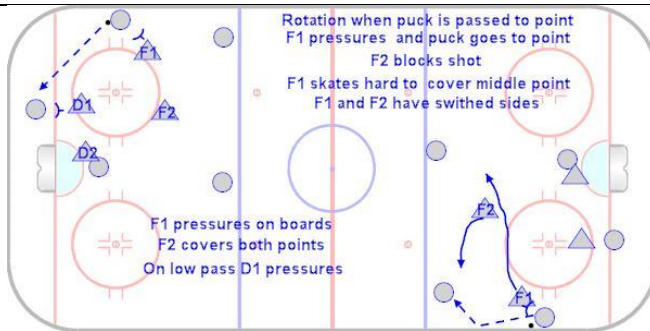
This is a game from our book. I use the games all of the time but since this site is meant to update the ABC manual I haven't posted it. It is a very good way to practice specialty teams especially if you have less than 4 sets of 5. You can create any even or odd numbered situation at each end of the ice.

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

#### **Description:**

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

- 5-4 last forward back stay in nzone.
  - 5-3 last two F or one F and one D stay.
  - 4-4 one from each team in nzone.
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- 4-3 one attacker and two defenders stay.

- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.

D100 - PP Game 5-4 - U15 G

<https://youtu.be/MhzABvQHs50>

10'

### **D1-D100 Two Second Game – 3 on 3**

#### Key Points:

*This is one of the best activities a coach can use to promote close puck support and on ice vision. Players need to learn to play the game seamlessly which means to look around before they get the puck, automatically skate to open ice when they get the puck, supporting players must anticipate the next play, always face the puck and give a target and get open for a pass. Players also need to practice passing while skating and turning away from pressure.*

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*\*This game can be played full, cross, half ice or it can be a rule in keepaway games with 2 or more players.*

*Great game for on ice awareness, passing skills and offensive support and defensive coverage.*

#### Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.

3. Stress that when you get the puck the order of priorities should be:

A-Make a play.

B-Regroup.

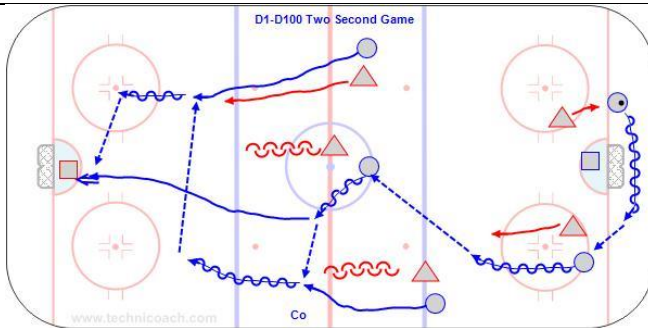
C-Gain a zone.

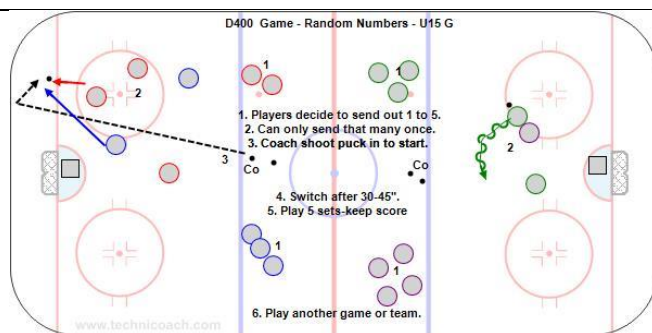
3. When over 2 seconds the other team gets the puck (coach monitor).

D100 Two Second Game – College M

<https://youtu.be/PVy5NjFsV9w>

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15' – at one end while PK review at other end  
**D400 Game - Random Numbers - U15 G**  
**Key Points:**

This is a great game where players decide how many players to send from 1 to 5. Can only send that many once. Keep track of score then either start a new game or play a new team.

**Description:**

1. Players decide to send out 1 to 5.
2. Can only send that many once.
3. Coach shoot puck in to start.
4. Switch after 30-45".
5. Play 5 sets-keep score.
6. Play another game or team.

Emily Explains Random Situation Game to U15 Girls

<https://youtu.be/iCLR4H6bAqU>

D400 Game - Random Numbers - U15 G

<https://youtu.be/p428EkGvWUc>

Team cheer in middle