



Team Inferno Red

Practice Plan

Date: 09-24-22

Time: 17:30-19:00

Arena: Erin Woods

Lines:

Passing

Puck Dog game

Continuous 2-1

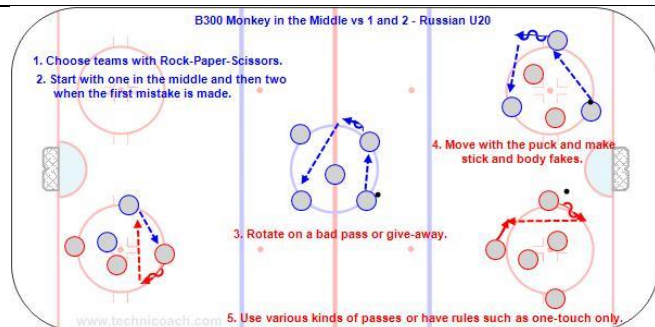
Puck Support 2" game

Notes:

Puck handling

3-3 compete game

Team cheer



10'

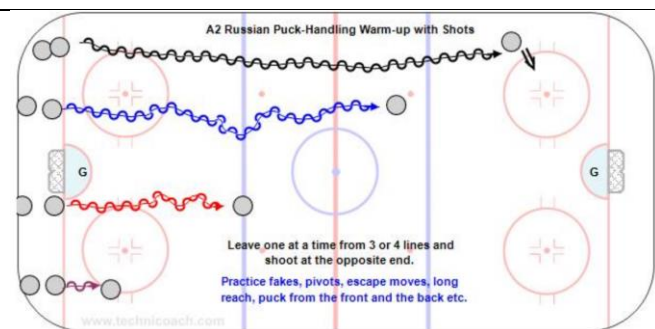
Tom lead this

B300 - Monkey in Middle Static Passing - U18 W

<https://youtu.be/HCAA3QbzJBs>

B300 - Monkey in Middle Dynamic Passing - U18 W

<https://youtu.be/jLS2q-ePybU>



15'

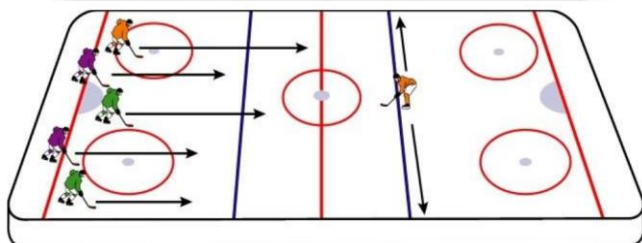
Jim lead this

A200 Russian Olympic Coach Teaches Puck Handling

<https://youtu.be/hWArS-S2qKQ>

A2 - Russian Big Moves Puck Handling – Youth

https://youtu.be/R2Buxx_Fj_M

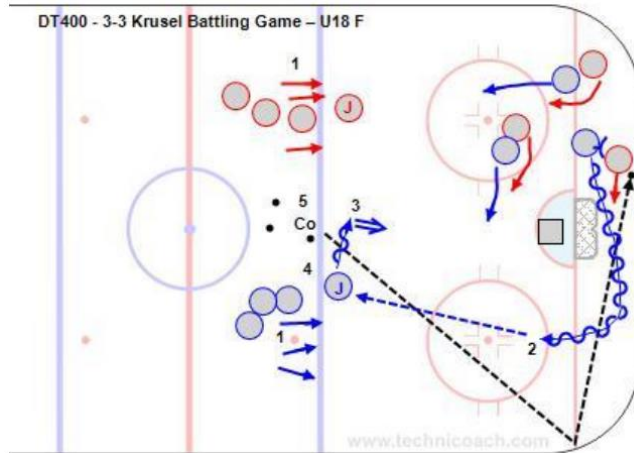


10' **Jim lead this**

A2 Puck Dog and Pass Dog Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

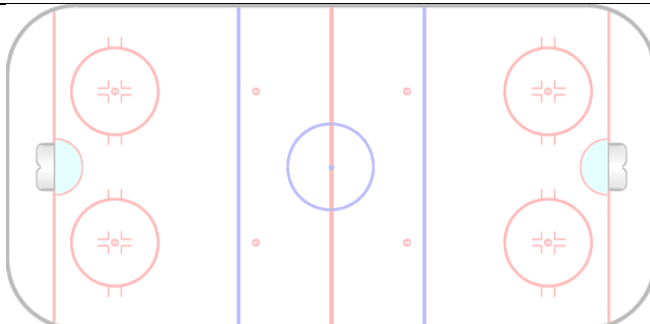
Description: This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins. Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.



15' Cassie

DT400 - 3-3 Krusel Battling Game – U18 F Key Points: Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone. Description: 1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in. 2. Pass to the point to transition to offense. 3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in. 4. Play 30' shifts and pass to the coach on the whistle. 5. If a point pass goes out the other point-man gets the puck. *Players must race to get onside before the next puck is shot in. *Players at the point can pass or shoot but they can't go in. *Keep score and add rules like goals must be on one touch shots, or give and go plays, etc.. *This is the favorite game for some of the pro players I have coached over the years. *Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.

https://youtu.be/wCXU_A25JZY



15'

Cassie

C1-C6 - Continuous 2-1 Russia U18 F

<https://youtu.be/7T2ZWkytwco>



15'

Tom

D100 Two Second Game Key Points: 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. 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).

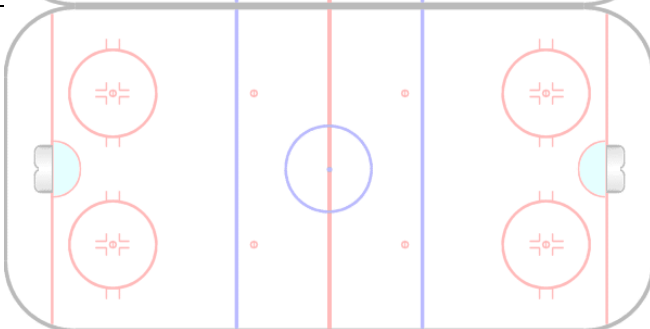
D100 Two Second Game – College

<https://youtu.be/PVy5NjFsV9w>



5'

Get pucks and meet in the middle circle for team cheer.



Parent meeting in upstairs room.



Explanation/Notes:
