



Inferno Red

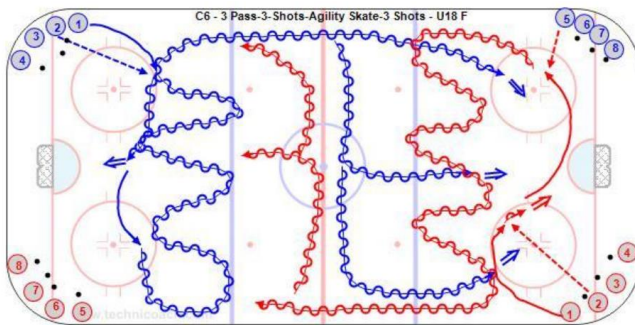
Practice Plan

Date:09-28-22

Time:17:30-15:45

Venue: Max Bell

Lines:	Notes:
Agility skating with puck and shots	Full ice passing-weave-shots-middle drive
D hinge	F1-F2-F3 rotate and shots
Transition game for puck support	Russian scrimmage – all situations
Fitness activity	Team cheer
Meet in room	



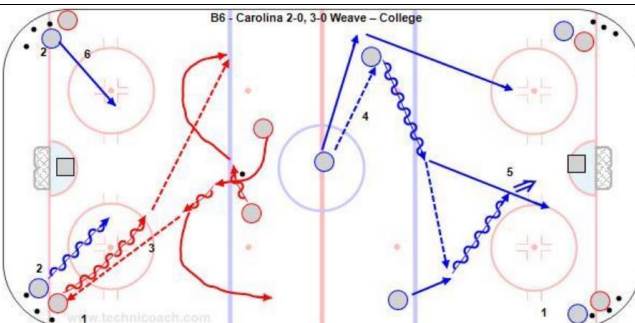
10'

Tom

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points: Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles. **Description:** 1. Three leave from diagonal corners. 2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot. 3. 2 and 3 repeat getting passes from 3 and 4. 4. Give a target and get a pass from 5-6-7 in the other corner. 5. Skate up and back to the blue line and top of the circle three times. 6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot. 7. 5-6-7 repeat from the other diagonal corners. 8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<https://youtu.be/JqCQVaiwwA>



10'

Tom

B6 - Carolina 2-0, 3-0 Weave – College

Key Points: In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc.. **Description:** 1. Players start from the four corners. 2. One player leave from each corner at one end, skate down the middle lane exchanging passes. 3. Pass to a player at either corner who drive skates hard to the middle

lane with the puck. 4. Three players fill the three lanes and weave by passing and following their pass. 5. Finish the rush will a shot on net and all three crash for a rebound. 6. The next two players follow the rush and regroup with a player at the far end.

<https://youtu.be/rTaNDctDKtc>

T2 - B200 - 4 D Hinging - Fake - U17 M



10'

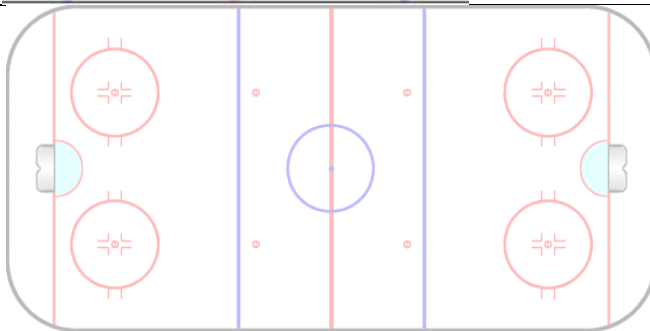
T2 - B200 - 4 D Hinging - Fake - U17 M

Cassie with D

4 F Hinge and Pass up to the other D who practice hinging

Add fakes.

<https://youtu.be/lPeWxik4pA0>

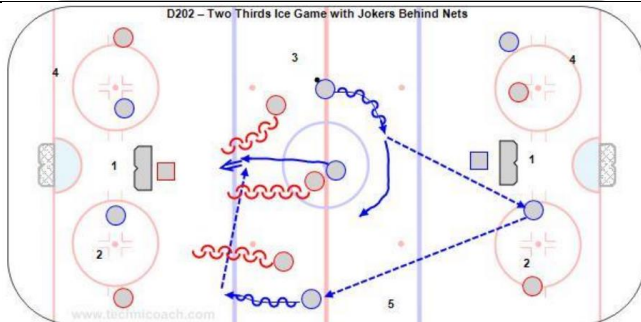


10'

T2 - 3-0 Cycle - Over - Pass Low-High F3 Shoot - U18 M

<https://youtu.be/O-tlKggJtUw>

Jim with forwards

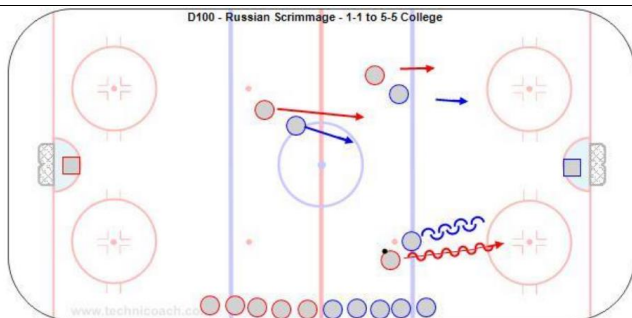


15'

Jim explain

D202 – Two Thirds Ice Game with Jokers Behind Nets Key Points: Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc. Description: 1. Nets are at the top of the circles in each end. 2. Extra players are jokers who can pass or shoot and are behind their own net. 3. Play 1-1 to 5-5 or 1-2,

2-2, 3-2, 3-3, 3-4, 4-4. 4. Have jokers from each team behind the nets. 5. Play games with modified rules to practice individual and team skills,
<https://youtu.be/vE83XiyCS48>



15'

Cassie

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

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must FIO – Figure It Out.

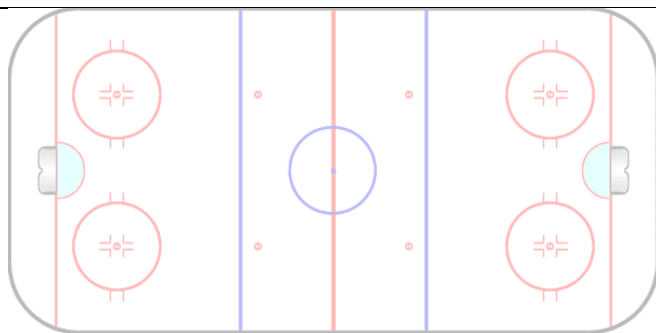
Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40”.
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

*Play hard – ‘Enjoy the Game’,

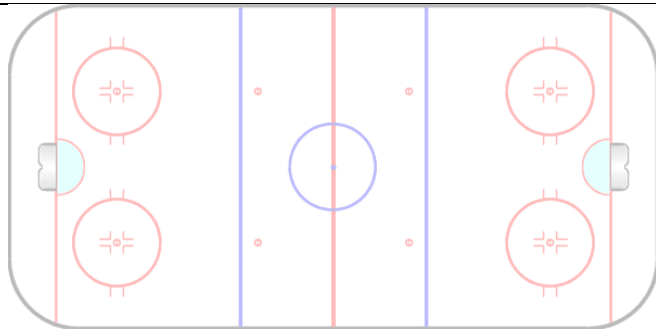
Let the ‘Game be the Great Coach’, Have Fun.

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



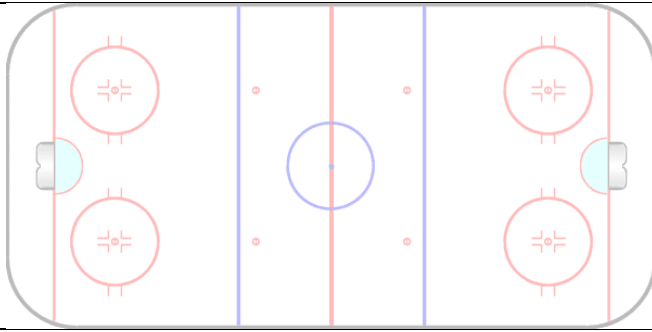
10'

Jim and Cassie decide on a game or skating for fitness.



5'

Meet in middle for cheer.



*Players meet with coaches in dressing room.
Introduce themselves to Jim.
Tell them about time lines.*
