



Team

Practice Plan

Date: 09-26-22

Time: 19:00-20:15

Arena: Fr. Bauer

Lines:

Two pass game x 2

Breakout 1-0, 2-0, 3-0

Cross ice wrist passing

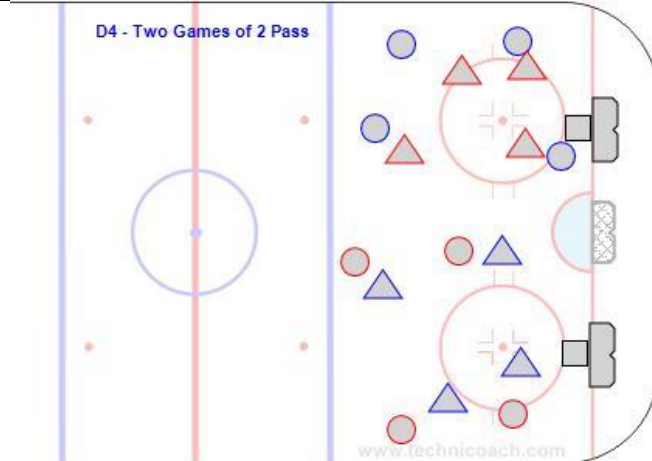
2 net game -Shot-Tip-Rebound Game

Notes:

Transition skate Shots from point

Sprint skating

Parent Meeting after



12;
Two games of 2 pass.
Jim and Cassie monitor on game each.

Rules

- Two games at once.
- Two passes must be made before you can score.
- Puck must stay inside the zone. If it goes over the blue line the other team gets possession.
- Modified rules are possible but tonight they learn the game.
- One coach can play to make it 4-4 if we have 15 skaters.



8'
B2 Transition Skate Shooting – U15 Boy's
Key Points:

Keep 2 hands on the stick and keep the feet moving. Hit the net.

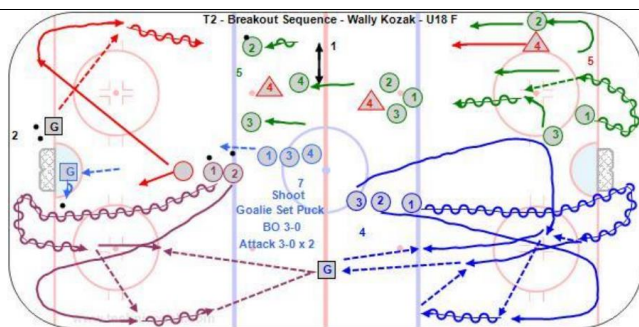
Description:

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until they are all gone.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=271&topic=288#288>

<https://youtu.be/RRVp29xJRXQ>



20'

Cassie pass side goalie is not on in first sequence..

T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.

1. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.

2. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.

3. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass back to D who passes to the other forward.

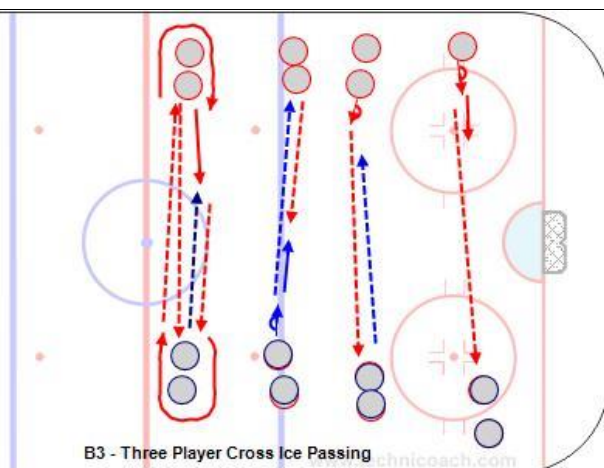
We will stop here today.

4. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.

5. Attack 3-1 backchecker and score at the other end.

6. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

<https://youtu.be/995uo789DdY>



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B3 - Three Player Cross Ice Passing - College W

Cassie leads this drill

Skate across and make as many passes as possible.

No noise, wrist passes.

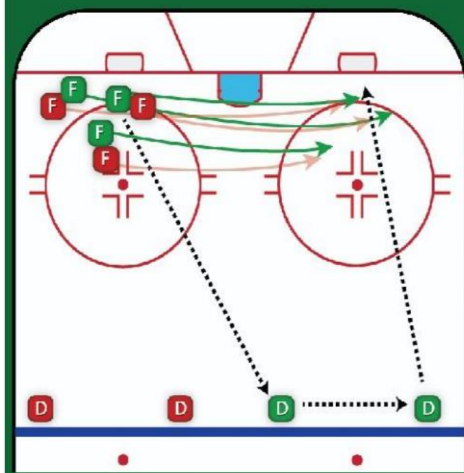
Stress hands away from body - follow thru at target- heel to middle rotation..

Receive- sticks square-hands relaxed-back-middle to back half of stick.

Switch after third rep.

<https://www.facebook.com/tom.molloy.5836/videos/10159610574020931>

SHOT/TIP/REBOUND GAME



OFFENSIVE OBJECTIVE:

- Score by getting to the hard area.
- Create layers at the net.
- Take the goalie's eyes away.

DEFENSIVE OBJECTIVE:

- Own the net front.
- Get your check on your hip.
- Take sticks away.

- Goals can only be scored off of tips/re-directs, rebounds, or if the goalie is screened. Clean shots do not count!

- Drill starts with a 3v3 on either net.

- When the defensive team (green in this diagram) gets possession, they attack the opposite net and sprint for net front position.

15'

D400 – Shot-Tip-Rebound Game

Jim run this. Switch every 75"

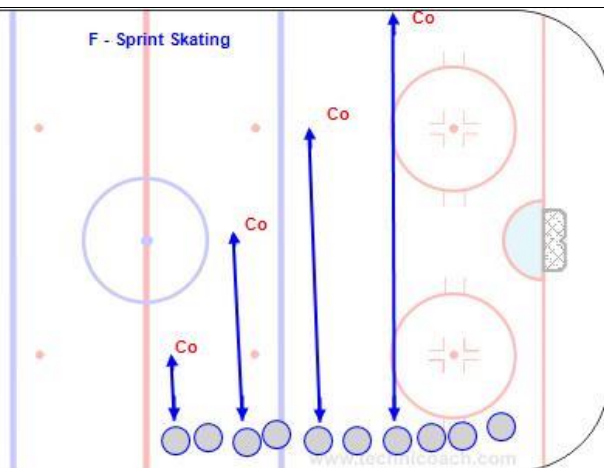
Key Points;

Defensive players must pass to their point to be on offense.

Description:

1. Two nets on the goal line.
2. 5 players on each side
3. 3 F and 2 D
4. D must shoot or shot pass.
5. Goals only on tips, screens, rebounds.

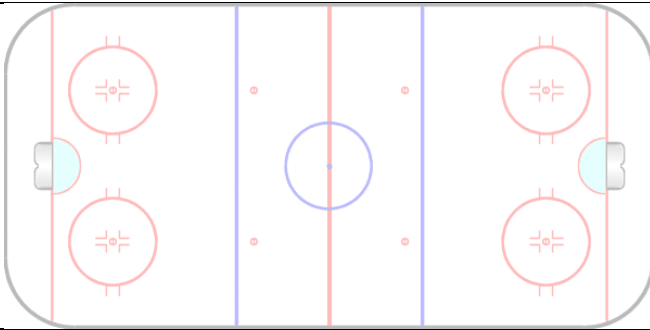
F - Sprint Skating



5' Replace Sprint skating with

D200 - Bench Ball U13 Girls

<https://www.facebook.com/tom.molloy.5836/videos/5670212923021637?idorvanity=631135947796206>

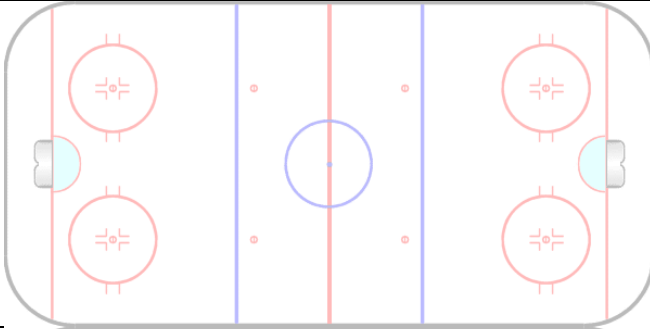


3'

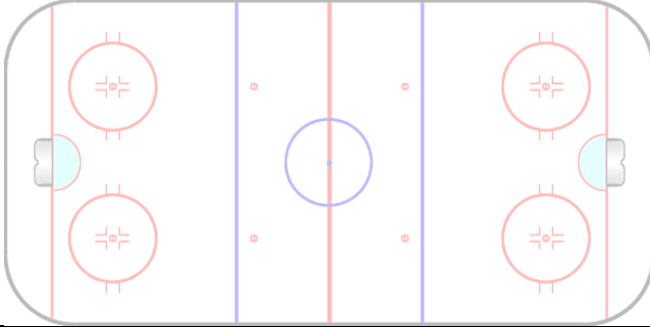
Meet in middle for the cheer. Coaches touch gloves with all players.

Parent meeting after.

I will talk with other coach to see if he wants to scrimmage the last 15' and we will do the last game later.



Explanation/Notes:



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