



# Inferno Red

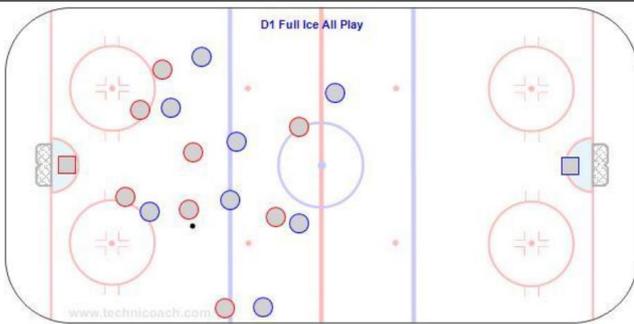
# Practice Plan

Date: 10-02-22

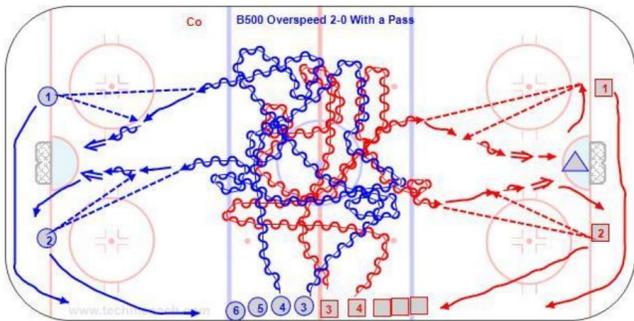
Time: 9:45-10:45

Venue: Winsport

Lines:	Notes:
Overspeed	Regroup x 2 – Pass – 1-1 - Shot
Two puck game	Offensive triangle
3-0 – 3-1 – 3-2 sequence	Hinging
Backchecking Game 2-2	



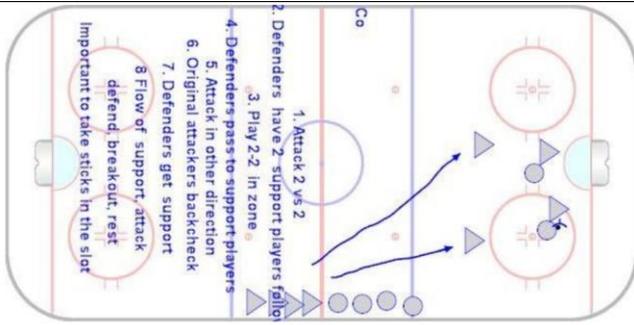
**10'**  
 D1 Full Ice All Play – Two Puck Game Key Points: Everyone plays shinny style. Description: 1. All play at the same time. Coach has three pucks. 2. Use two pucks and throw another on the ice when one is scored. 3. Leave the pucks in the net. Count pucks when all three are scored. 4. When the goalie freezes the puck the attackers back up behind the hash marks. \* Only one shot at a time. If the goalie isn't watching then a goal doesn't count.



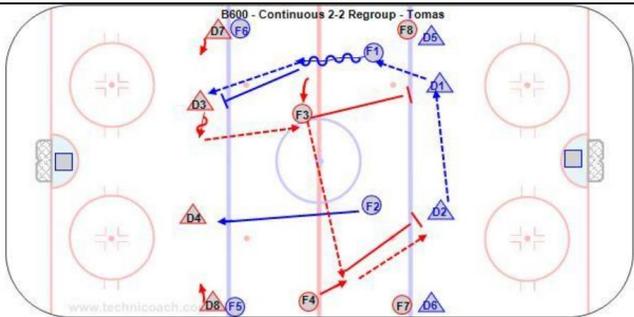
**15'**  
 B500 Overspeed 2-0 with a Pass – U18 W  
**Tom**  
 Key Points: Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.  
 Description: 1. Line up along boards on one side. 2. Players 1 and 2 start on the goal line. 3. Players 3 and 4 leave and make moves at top speed. 4. Coach whistle every 7" and they players attack the net. 5. Closest attacker give and go with 1 or 2. 6. Second closest do a tight turn then give and go with 1 or 2. 7. With only one goalie go one way only. 8. After passing return to the back of the line.

<https://youtu.be/ByBqQUu0jJ8>

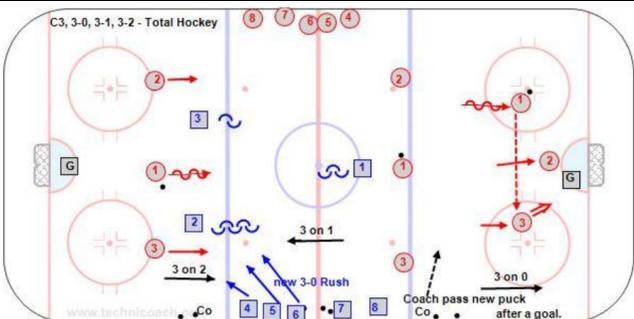
**10' Tom**  
 DT100 Backchecking Transition Game Key Points: Attack quickly and the defender tie up the stick on the rebound then look for the puck.  
 Description: Full ice game with the defenders



getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.  
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>



**15' Cassie**  
 B600 - Continuous 2-2 Regroup – Tomas  
 Key Points: Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end. Description: 1. D1-D2 pass to F1-F2. 2. F1-F2 regroup with D3-D4. 3. F1-F2 forecheck vs. D3-D4. 4. F3-F4 support D3-D4. 5. D3-D4 make a regroup pass to F3-F4. 6. F3-F4 now regroup with D5-D6 and forecheck. 7. Continue the regroup and forecheck sequence. \* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score. \* Use one or two D and from one to three F. A great way to practice quick regroupings and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.  
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017022510351288>  
<https://youtu.be/dB6DPGuHn3s>



**10' Jim -**  
 C3, 3-0, 3-1, 3-2 - Total Hockey  
 Key Points: Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.  
 Description:  
 1. One group on each side in the neutral zone.  
 2. Everyone attacks and defends.  
 3. Play rebounds until a goal or the puck is behind the net or outside the dots.

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4. 4. Coach pass new puck if a goal is scored.
  5. One defender follow the rush on 3-0 and two follow the 3-1 rush. 6. Keep score.
  5. <https://youtu.be/OBtYaeTCSDA>
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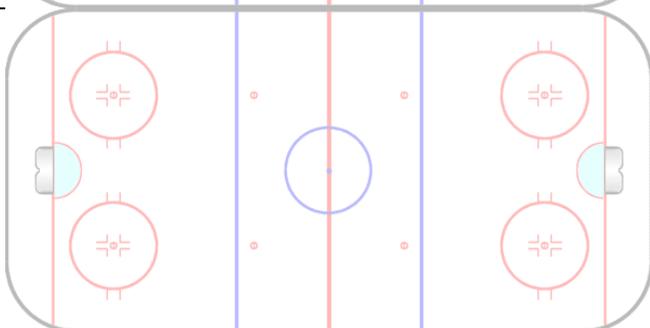


**1'**  
**Cheer in middle – touch gloves.**  
**Meet in room with coaches.**



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**Explanation/Notes:**



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