



Team Inferno Red

Practice Plan

Date: 10-15-22

Time: 12:30-1:30

Arena: Fr. Bauer

Lines:

2 goalies work with Melissa
Tomas NZ 2-2 RG and Forecheck
D RG and Pass x 2
Full ice transition 2-1 to 3-3
Stick on stick checking

Notes:

Puck protection
4 blue line pass and shoot
D read rush 1-1 , 2-2, 3-1
Warm up shots from 3 lanes



20' Melissa with goalies
10'

B500 - Puck Battles 1-1- Pro

Key Points:

Protect the puck by shielding with the body and moving it out of the defenders reach. Defender keep the stick on the ice and blade on blade.

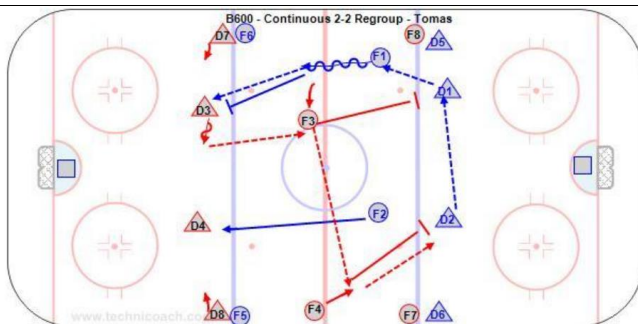
Description:

1. Pair up with a partner.
2. Start with a puck along the boards facing each other about 3 m. from the puck.
3. Battle for the puck in a small area on the whistle.
4. Go 10" and the player with no puck do push-ups.
5. Move the puck 3 m. from the boards and start from the boards.
6. Battle again for 10".
7. No puck do push-ups.

*Players can also start about 3m. from the boards (10 feet) with the puck against the boards.

* A good progression is to play 2-2 keepaway with 1 point for 7 consecutive passes, then to 4-4 and have rules such as only backhand passes, or one hand only on the stick.

<https://youtu.be/rzAB4Zz2gQs>



10"

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.

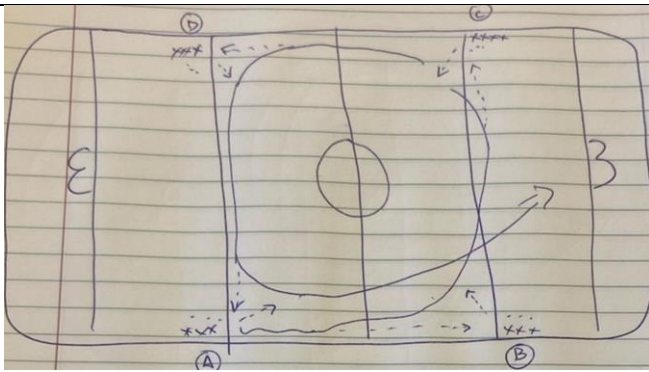
Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. 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 regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<https://youtu.be/dB6DPGuHn3s>



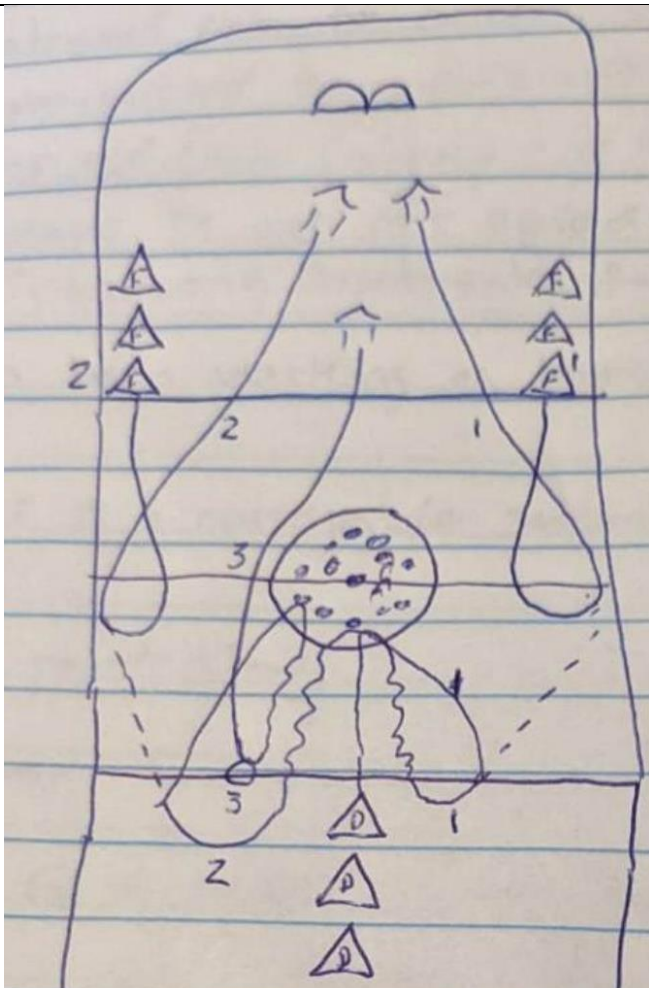
10' Cassie

4 PASS SHOOT DRILL - GIVE + GO'S

- 1) (A) + (C) LEAVE AT SAME TIME -- ONCE FINISHED ALTERNATE TO (B) + (D)
- 2) PASS TO LINE UP ICE IN NEUTRAL ZONE -- RECEIVE PUCK BACK -- GO THROUGH TO EVERY LINE INCLUDING THE ONE YOU STARTED AT -- SPEED TO SHOT AFTER 4 PASSES
- 4) HUSTLE OUT TO SAME SIDE LINE AFTER SHOT + STOPPING AT NET (IE: (A) WOULD END UP AT (B))

KEY POINTS

- * GOOD TIMING / RECEPTION + PASSING
- * BE READY FOR PASSES IN LINE
- * STOP AT NET AFTER SHOT
- * CARRY PUCK W/ SPEED TO SHOT



10'

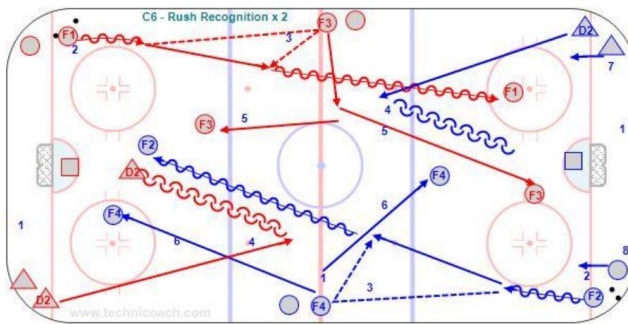
Jim D transition Pass x 2

- 11 (Done simultaneously at each end)

1. D skates from blue line to center circle to retrieve puck, skate backwards with puck and passes to F1 on right side boards. F1 skates w/puck and shoots, then follows shot and stays at net for screen/rebound of F2 + D1.

2. D skates back to circle gets another puck, skates backwards w/puck to left side + passes to F2. F2 carries, shoots, follows shot and screens for D1 shot.

3. D1 gets another puck from center circle, skates backwards w/ puck, tight turn at blue line, carries up ice and slap shot.



10'

C6 - Rush Recognition x 2 – U18 F

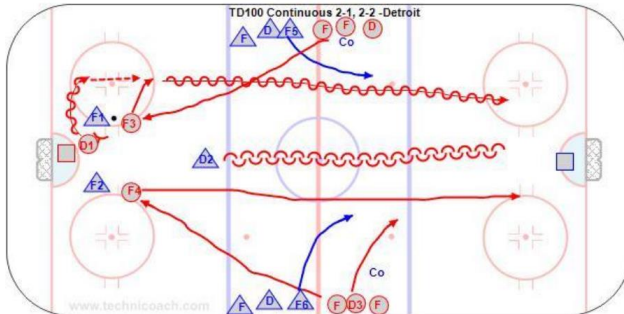
Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<https://youtu.be/0VnIOFNtoN0>

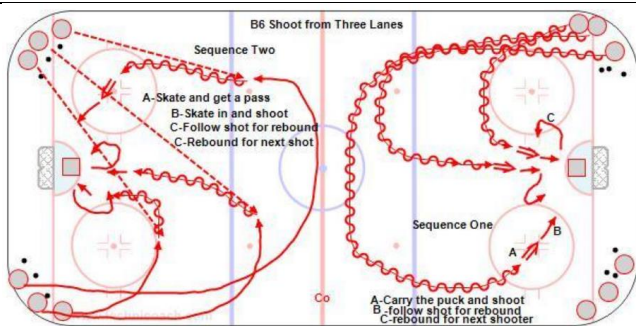


10'

DT100 Continuous 2-1, 2-2 – Detroit

Key Points: Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description: 1. F1 and F2 attack vs D1. 2. F3 and F4 support D1 as far as the hash marks. 3. D2 support F1 and F2 passively from the point. 4. D1 make a breakout pass to F3 or F4. 5. F3-F4 attack D2 in the other direction. 6. F5 and F6 support D2 and D3 support F3 and F4. 7. Continue this flow. 8. Add a D to make it a 2 on 2. Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.



5'

B6 Shoot from Three Lanes

Key Points:

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

Players can all be in one corner or in both. After shooting switch corners.

Sequence One

A - Carry the puck and shoot.

B - Follow the shot for a rebound.

C - Circle back and rebound for the next shooter.

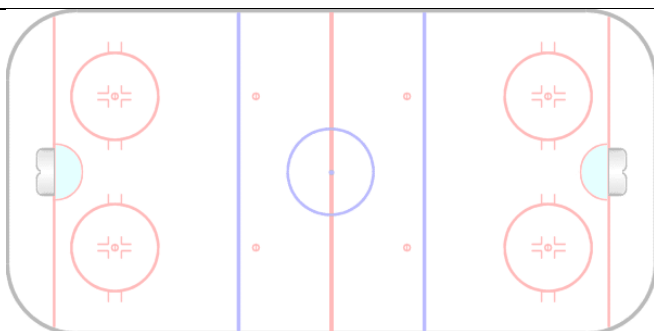
Sequence Two

A - Skate and get a pass from the opposite corner.

B - Accelerate and shoot while moving.

C - Follow the shot for a rebound.

D - Rebound for the next shooter.



Explanation/Notes: