



## Team Inferno Red

## Practice Plan

Date: 10-16-22

Time: 17:30-18:30

Arena: Frank McCool

### Lines:

Agility skating, shots

Intro to overload power play

Cross and drop – catch and release shot

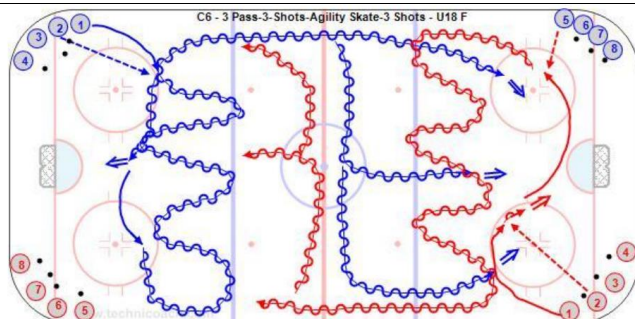
Game with regroup and puck support

### Notes:

Passing and puck handling

Goaltending practice

Transition – quick attack – backcheck



10'

### 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.

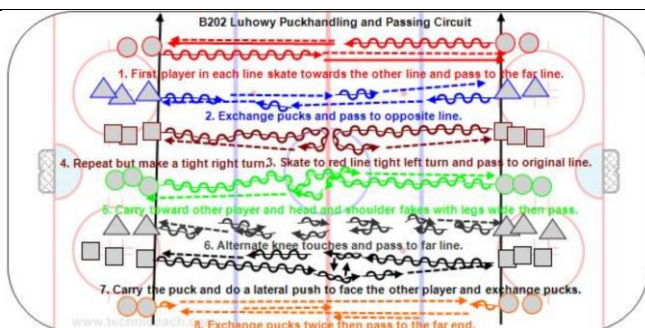
Description: 1. Three leave from diagonal corners. 2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot. 3. 2 and 3 repeat getting passes from 3 and 4. 4. Give a target and get a pass from 5-6-7 in the other corner. 5. Skate up and back to the blue line and top 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:

1 Forward skating

2. Face far end front and backward

3. Crosby turns.

<https://youtu.be/IqCQValiwwA>



20' Goalies with Mel

10'

### B202 - Passing Sequence - Luhowy - College W

Key Points:

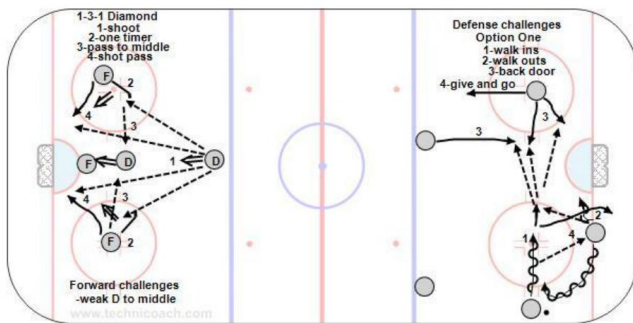
Control the puck and “lock and load” when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end. Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest. 1.

First player in each line skate towards the other line and pass to the far line. 2. Exchange pucks and pass to opposite line. 3. Skate to red line tight left turn and pass to original line. 4. Repeat but make a tight right turn. 5. Carry toward other player and head and shoulder fakes with legs wide then pass. 6. Alternate knee touches and pass to far line. 7. Carry the puck and do a lateral push to face the other player and exchange pucks. 8. Exchange pucks twice then pass to the far end. \*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

<https://youtu.be/Kcck79Q5-ac>



## 10' - Jim Introduce Overload PP

Power Play Options: Overload to a Diamond

Option One:

Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down.

-If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option. -Original low player attack the seam again.

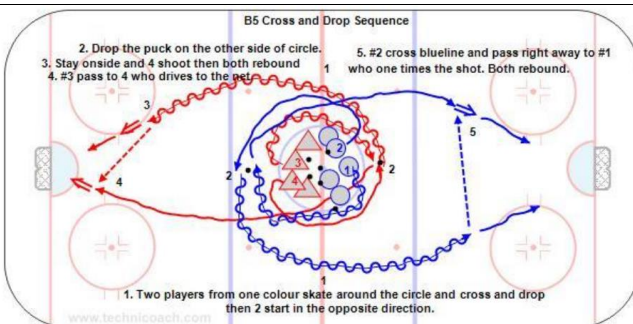
RULES and READS

-When you get the puck either you or the puck moves. No standing still.

-If the weak side D comes down to back door the weak side F slide back. Look for defenders staring at the puck and move into the passing seams behind them.

-Create 2 on 1's. -Short passes that only beat one defender.

\* Progress to a high cycle.



## 10'

## B4 - Cross-Drop-One Timer-Catch-Release - College

Key Points: Players are inside the middle circle.

Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction. 2. Drop the puck on the other side of circle. 3. Stay onside and 4 shoot then both rebound 4. #3 pass to 4 who drives to the

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net. 5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

[https://youtu.be/HHHs\\_8VNjwY](https://youtu.be/HHHs_8VNjwY)

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### DT200 - 2-2 Backchecking Game - College F

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.

<https://youtu.be/UfZxUQxIXhk>

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### 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:

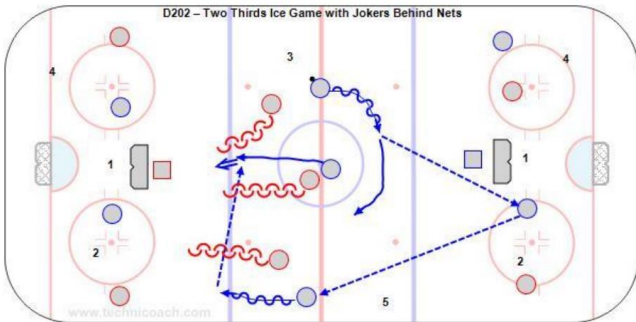
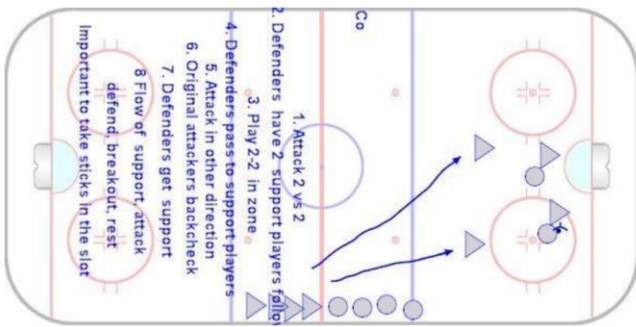
1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>

*Pucks*

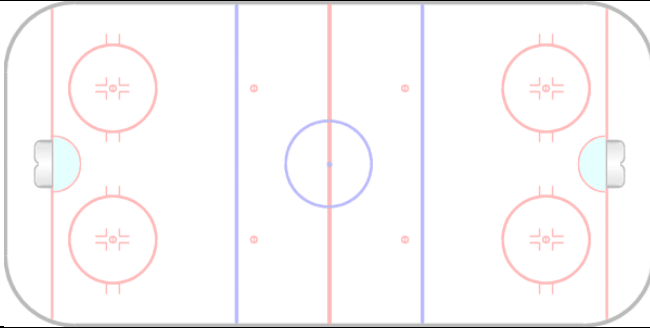
*Cheer in middle*

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**Explanation/Notes:**



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