



Inferno Red

Practice Plan

Date: 10-19-22

Time: 19'00-20'00

Arena: East Calgary

Lines:

Tight turn with fake

3 lane shots

Stick on puck

Dzone 5-5 Defender sticks upside down

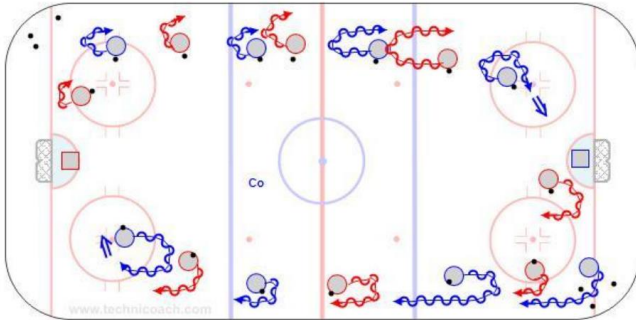
Notes:

Big Moves 4 lines and shot

Puck Protection

Power play game

Pearn 5-5 rotation



3' Tom – Cassie Demo – fake inside tight turn out.

A300 Tight Turns-Three Hard Strides-Shot - U18 F

<https://youtu.be/pamQ9ULvy2U7>

Big moves - Jim

Four lines. Skate to red line, turn back and shoot from 4 lanes.

A300 Tight Turns-Three Hard Strides-Shot

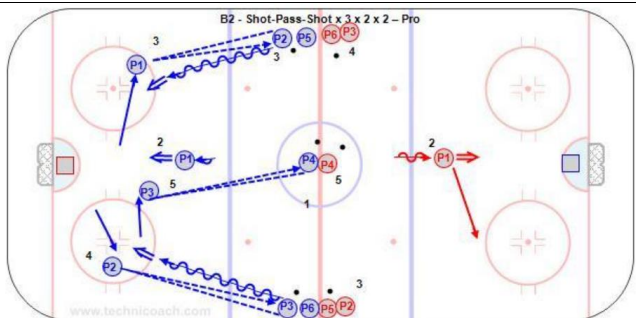
Key Points: Tight turn towards the boards and take three hard strides. Shoot while skating.

Description:

First no puck. Fake inside tight turn outside and go hard other way. Add pucks.

1. All of the players have a puck and skate around the rink. 2. On the coaches whistle turn towards the boards and take three hard strides and then slow up. 3. Next whistle tight turn toward the boards and go the other direction. 4. Shoot at both ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131124153747585>



5' Tom

B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

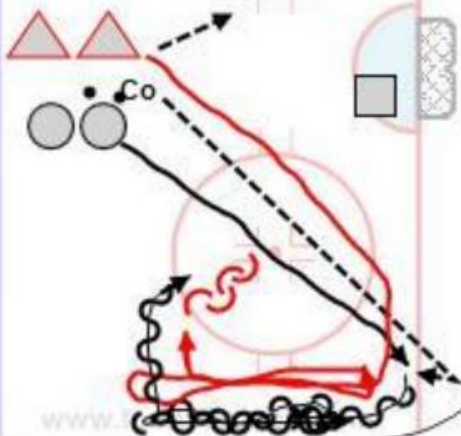
Description:

1. Players line up at the red line with pucks facing each end. 2. P1 in middle leave and shoot. 3. P1 turn and exchange passes with P2 on the right who shoots. 4. P2 turn inside and exchange passes with P3 on the left who shoots. 5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots. 6. After passing the player replace the player they passed to. 7. Continue this rotation.

<https://youtu.be/sIO0FFCNd3g>

B6 Puck Protection and Stick on Puck

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



10' Cassie and Jim show defensive skating. Toe caps facing defender and stick on puck.

C6 Puck Protection and Stick on Puck

Key Points: Attacker protect the puck by making tight turns and shielding it with the body.

Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
4. On the whistle attacker try to score.
6. Alternate corners.

T2 - Bob Johnson 10 Second Power Play Game



12'

T2 - Bob Johnson 10 Second Power Play Game

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

Description:

1. Play 5 vs. 1 at one end of the ice.
 2. Coach pass to the power play who try to score.
 3. One defender aggressively challenge the puck carrier.
 4. Whistle each 10" and a new defender hustle in and original out of zone.
 5. Keep score.
 6. After each blue has defended once then they are on offense and reds on defense.
 7. Add a second defender for 5 on 2.
- *This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.

<https://youtu.be/jOMFSb4as1s>



10'

5-5 – Defenders sticks upside down

D400 Team Play Scrimmage

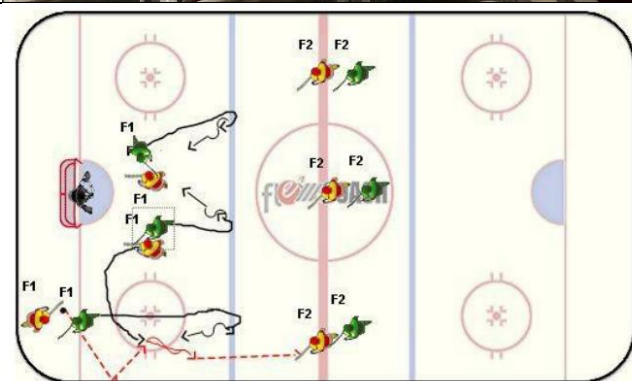
Key Points:

On offense try to create 2 on 1's and constantly go to the net and change the point of attack. On defense play from the defensive side with the stick on the puck, communicate and everyone cover one attacker.

Description:

1. Coach either shoots in a puck or offense starts with a puck on the whistle.
2. Offense gets about 20' to score.
3. If defenders get the puck out the coach puts a new puck in.
4. Switch roles and lines on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123919178>



13'

5-5 Pearn rotation

DT400 5-5 Perry Pearn Game Rotation

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

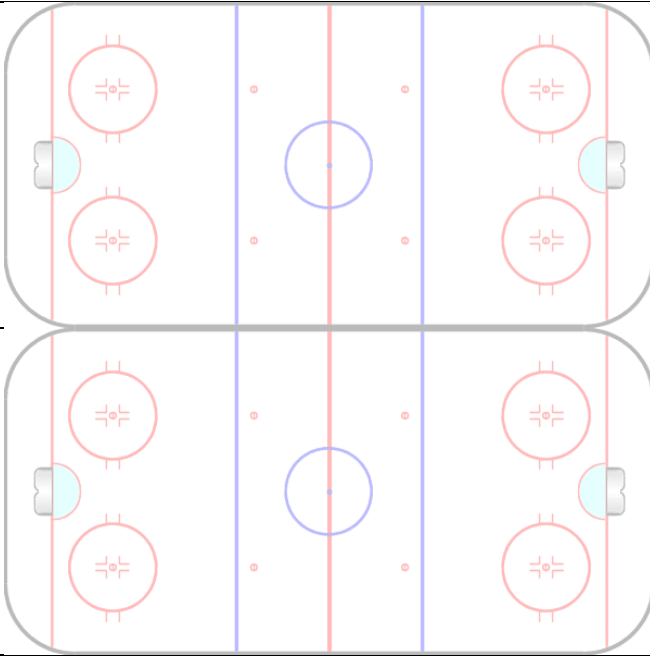
Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.

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2. 2. Three players attack three defenders.
 3. 3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
 4. 4. Three new players attack vs the original offensive players.
 5. 5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

<https://youtu.be/bSbwtYECAew>

Cheer in middle



Explanation/Notes:
