



Inferno Red

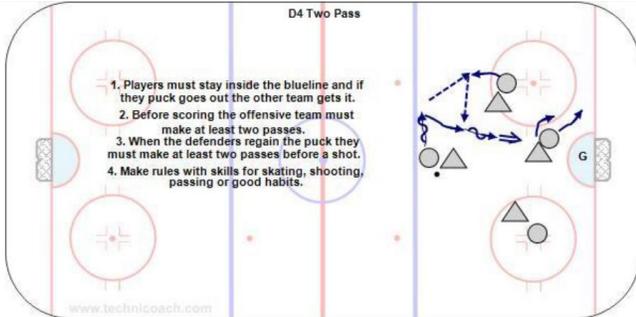
Practice Plan

Date: 10-22-22

Time: 12:15-13:45

Venue: East Calgary

Lines:	Notes:
Two pass with escape moves	Small horseshoe
Mel goalie 15' each	Breakouts 5-0 x 2 – 3=2 back – many options
Continuous 2-2 Regroup – Tomas	Full ice 5-5 – One pass in each zone
Continuous 2-1 transition game	10 puck shootout
Wally meet with parents to create team goals	



10' Must make an escape move before passing or shooting.

D4 Two Pass – U15 Boy's

Key Points: Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description: 1. Players must stay inside the blueline and if they puck goes out the other team gets it. 2. Before scoring the offensive team must make at least two passes. 3. When the defenders regain the puck they must make at least two passes before a shot. 4. Make rules with skills for skating, shooting, passing or good habits.

(6) Facebook - College W

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe - MRU

Key Points: This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

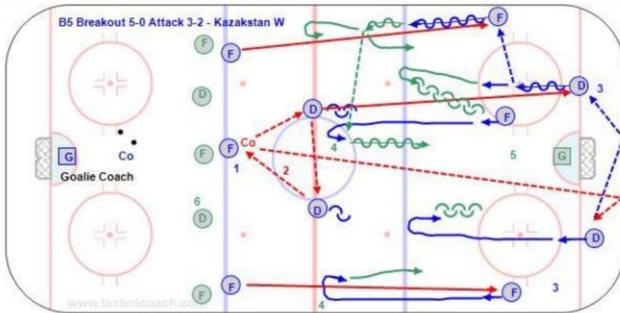
1. Skate to the top of the circle and pass. 2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter. 3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one. 4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane. 5. Screen or

rebound for the next shooter.

<https://youtu.be/VgW3XTM1JXQ>

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/WpzJHnGNcpl>



15' Mel take goalies one at a time for 15'

T2 - B5 Breakout 5-0 Attack 3-2 - Kazakhstan W

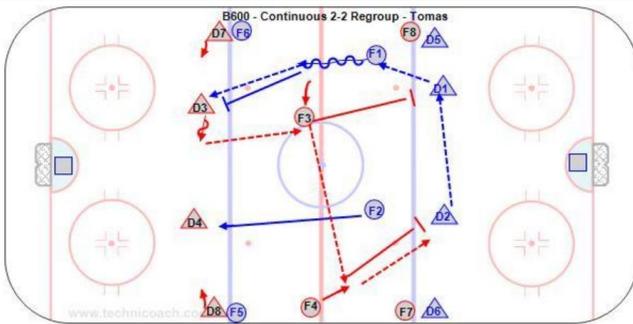
Key Points:

On the breakout either the player or the puck moves right away. Face the puck and give a target.

Description:

1. Line up at far blue line. 2. Coach pass to D who go D to D and back to coach who shoots puck in.
3. Five players break out.
4. Turn back at the red line and the three F attack the two D 3 on 2.
5. Play out the 3-3 until the whistle.
6. Next group repeat.

<https://youtu.be/aAmvQbFuEJ8>



15'

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.

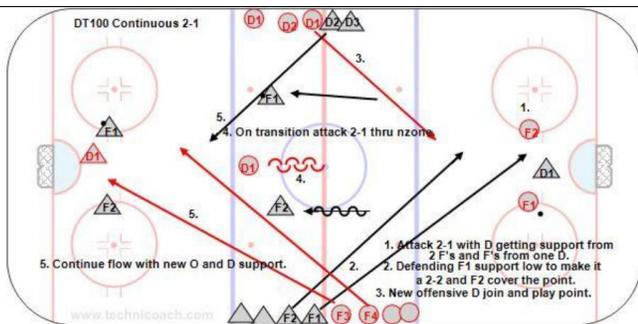
Description:

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>



15'

DT100 Continuous 2-1 with 85ers.

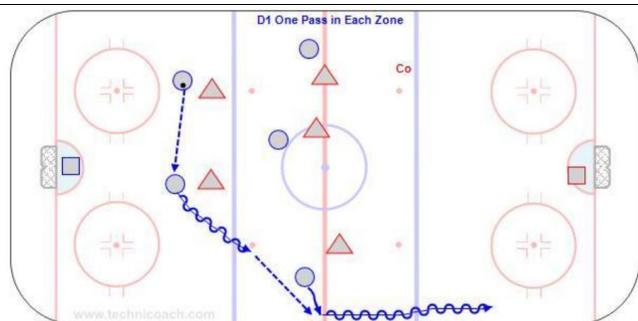
Key Points: New players don't leave the line-up until the puck enters the offensive zone. On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
2. Defending F1 support low to make it a 2-2 and F2 cover the point.
3. New offensive D join and play point.
4. On transition attack 2-1 thru nzone.
5. Continue flow with new O and D support. - Continue the flow of 2-1 in nzone and 3-3 at each end.

-Dump-ins and regroupings can be added.

<https://youtu.be/3USLKIjp3r8>



15'

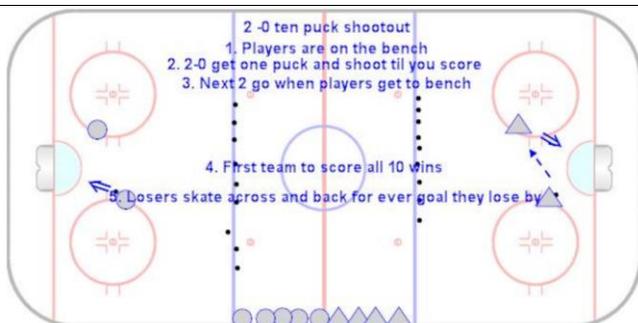
D100 5-5 One Pass in Each Zone

Key Points: Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<https://youtu.be/EhbNMhICMSs>



15'E1 10 puck 2-0 shootout E1 10 puck 2-0 shootout

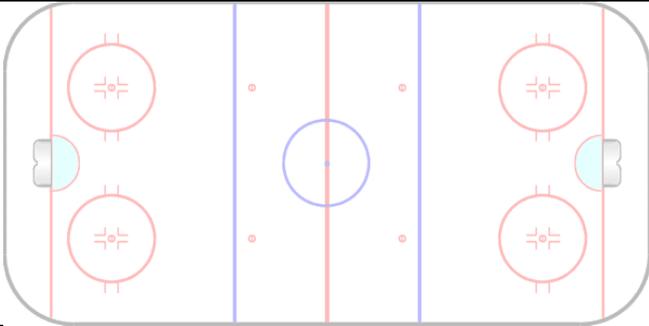
Key Points: Allow only one or maybe two passes before shooting. Place 10 pucks on the goal line or less if you don't have much time.

Description:

1. Players are on the bench and can't leave until the scorers get within one stick length of the gate.
2. Race back to the bench hard to simulate changing on the fly.
3. Score then shoot again
4. Goalie can shoot the puck away but keep it in the zone.
5. Losing team do something like skate or push

ups for each goal they lose by.
E1 - 10 Puck 1-0 and 2-0 Shootout – College W
<https://youtu.be/juYo1G0qBNc>

cheer



Explanation/Notes:
