



## Inferno Red

## Practice Plan

**Date: 10-29-22**

**Time: 19:00-20:15**

**Venue: Seton**

Lines:	Notes:
Two Pass with escape moves	Agility, balance, 3 shots, 3 passes
Carolina 2-0 1 3-0 Pass-follow pass-shot	Neutral zone regroup and forecheck-Tomas
Rush recognition 1-1, 2-1- or 3-1	Full ice game with at one pass each zone
Full ice backchecking game	Two shot shootout and skate

**9' Jim and Cassie enforce rule at eachend.**

**D - Two pass and must make an escape move.**

D4 Two Pass – U15 Boy's – Escape move

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7203#7203>

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

College W

<https://www.facebook.com/518555930/videos/10159250449880931/>



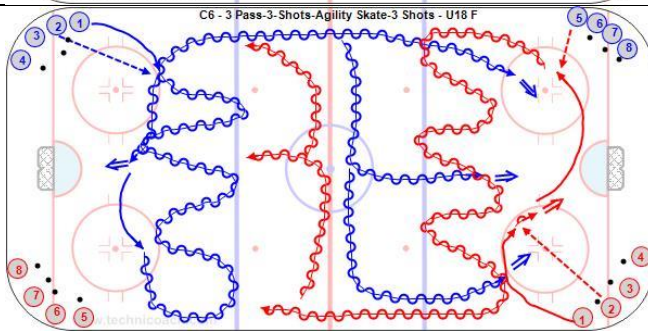
**8' Jim and Cassie one end each**

**B6 - 3 pass-3 zig-3 shots**

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=591#591>

<https://youtu.be/SBxKxjOECyl>



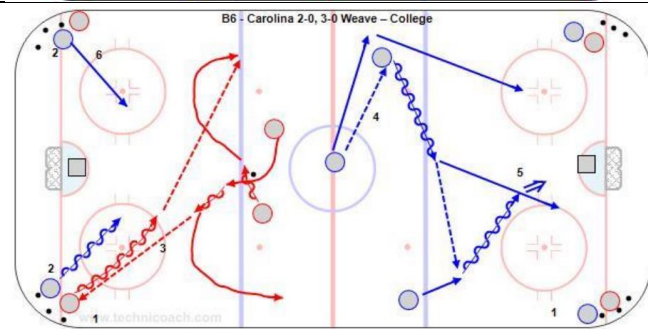
**10' Jim and Cassie one end each**

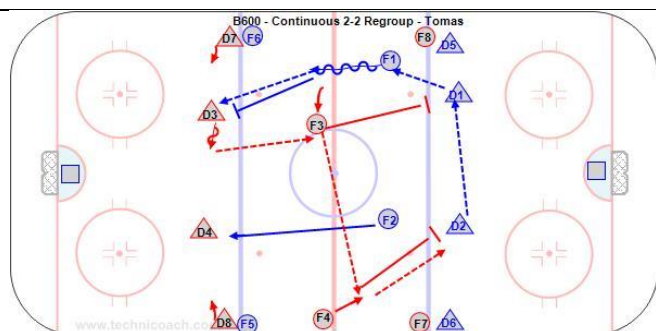
**B - Carolina 2-0 then 3-0**

B6 – Carolina - 2 Cross and Drop - Regroup - 3-0 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8030#8030>

<https://youtu.be/lcaEbVO51MQ>





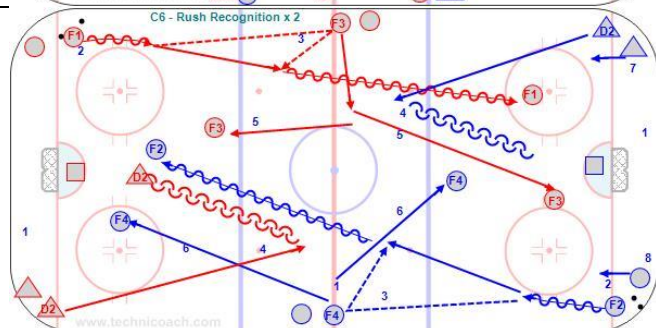
## 10' Jim forwards and Cassie Defense

### T2 - Tomas Regroup 2-0 x 2

B600 - Continuous 2-2 Regroup – Tomas

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7855#7855>

<https://youtu.be/dB6DPGuHn3s>



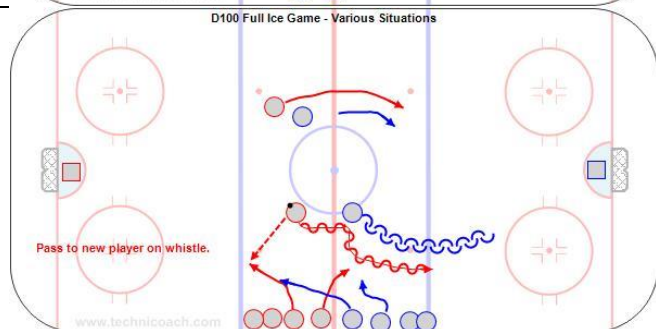
## 10' Jim forwards and Cassie Defense

### C - Rush Recognition 1-1 or 2-1 or 3-1

C6 - Rush Recognition x 2 – U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7993#7993>

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



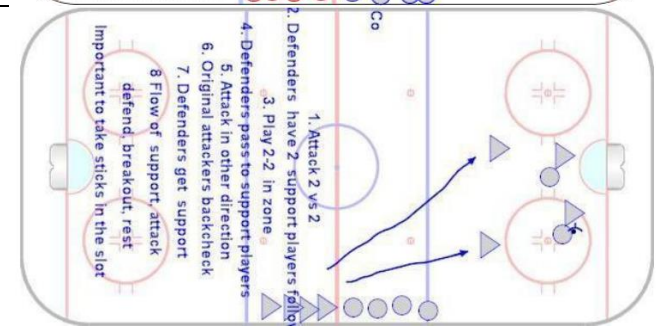
## 10' Tom ref, Jim an Cassie either play or one on each bench.

### D100 - 5-5 Rule one pass in each zone.

D1 One Pass in Each Zone - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1691#1691>

<https://youtu.be/EhbNMhICMSs>



## 10' Tom ref, Jim an Cassie either play or one on each bench.

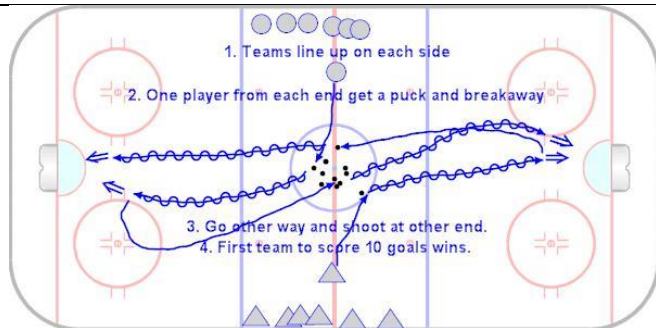
### DT100 – 3-3 Backchecking Game

Team skate across and back if goal is scored on a rebound.

DT100 Backchecking Transition Game 1-1 to 3-2 – Czech

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=712&topic=818#818>

<https://youtu.be/xoHj-6vH7d4>



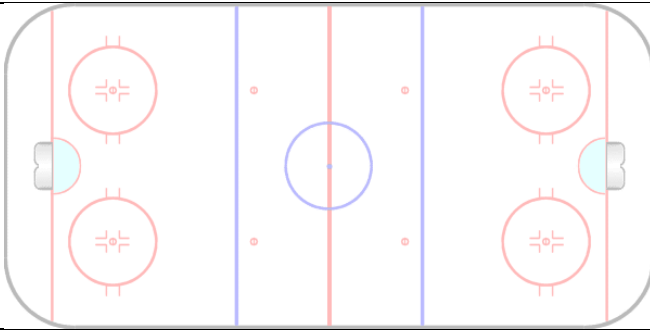
## 7'

### Two shot shootout – Keep score

E1 Two Shot Shootout - Czech U20 and Youth

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1697#1697>

<https://youtu.be/VEJr4NJOH18>



**Explanation/Notes:**

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