



Inferno

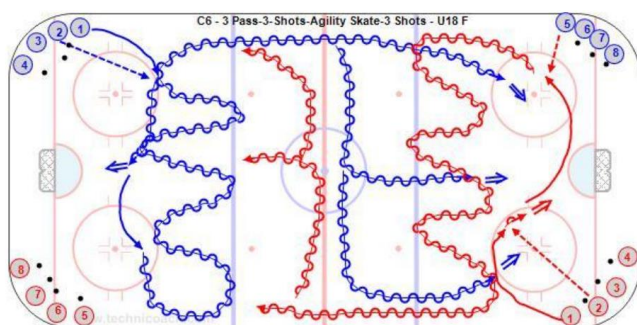
Practice Plan

Date: 11-7-22

Time: 19:00-20:00

Venue: Max Bell

Lines:	Notes:
14 skater – zero goalies	Angling
1-1, 2-1, 2-2	Agility, balance, edges, shot, pass
Neutral zone regroup – Puck Suuport	Puck support and passing
Regroup game	

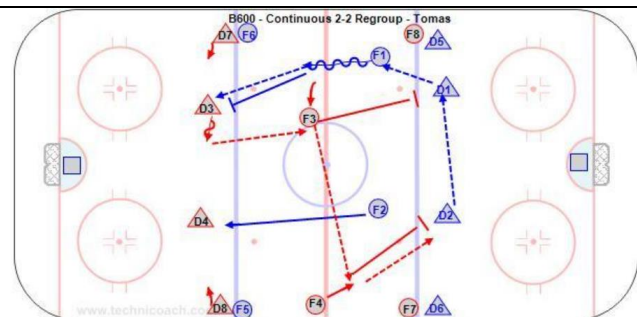


10'

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. <https://youtu.be/JqCQValiwwA>



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:

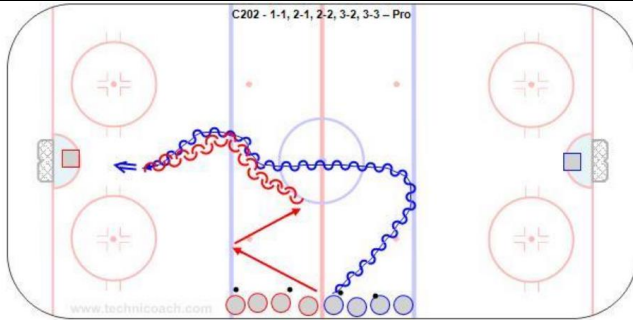
1. D1-D2 pass to F1-F2. 2. F1-F2 regroup with D3-D4. 3. F1-F2 forecheck vx. D3-D4. 4. F3-F4 support D3-D4. 5. D3-D4 make a regroup pass to F3-F4. 6. F3-F4 now regroup with D5-D6 and forecheck. 7. Continue the regroup and forecheck sequence.

* 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'

C202 - 1-1, 2-1, 2-2, 3-2, 3-3 – Pro

Key Points:

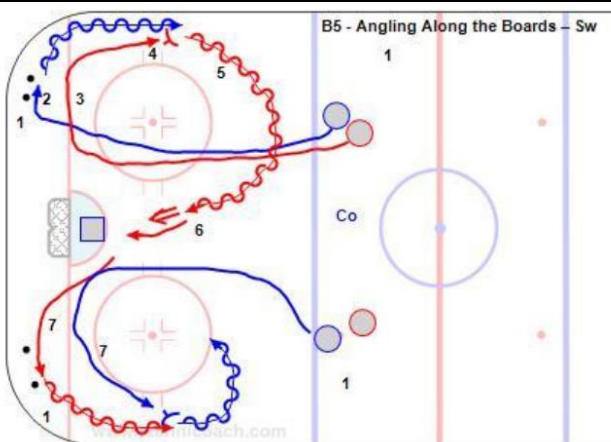
Start with a 1-1 but many situations are possible.

Everyone practices attacking and defending.

Description:

1. Players line up along the boards on one side and leave from the red line. 2. First blue is the attacker and then red. 3. Both players skate back to their blue line and then skate toward the red line. 4. Attacker can carry the puck or bounce it off the boards. 5. Defender close the gap and skate back if attack is down the middle. 6. Angle from inside if the attacker goes wide. 7. Vary the number of attackers and defenders. <https://youtu.be/kP35VIBpSwA>

2.



10'

B5 - Angling Along the Boards – Sw

Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

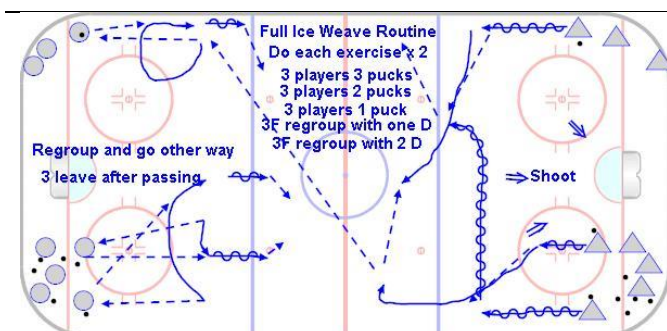
Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner. 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane. 3 - F2 follows from slightly behind and steers F1 along the boards. 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.' 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck. 6 - F2 skates into the slot and shoot - rebounds. 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

T3 - Angling Along the Boards – College

<https://youtu.be/9x2B0bHkgfU>



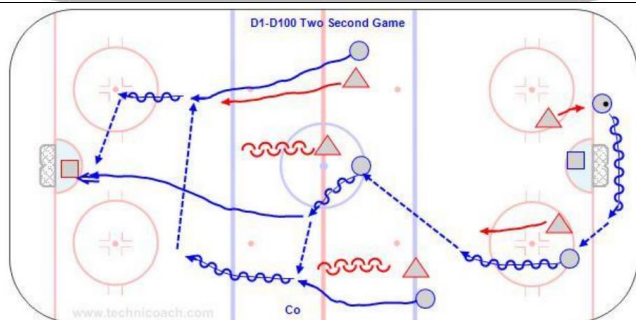
10'

5'

3-0 Weave and attack

5'

3-0 Weave 5' Regroup with Jim and attack.



10'

D1-D100 Three Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

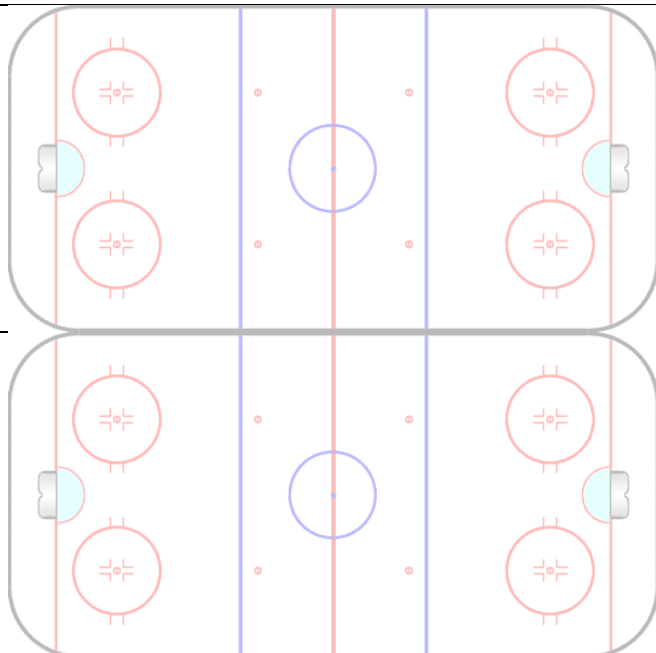
1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 3 seconds.
3. Stress that when you get the puck the order of priorities should be: A-Make a play. B-Regroup. C-Gain a zone.

3. When over 3 seconds the other team gets the puck (coach monitor)

D100 Two Second Game – College

<https://youtu.be/PVy5NjFsV9w>

Cheer in middle



Explanation/Notes:



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