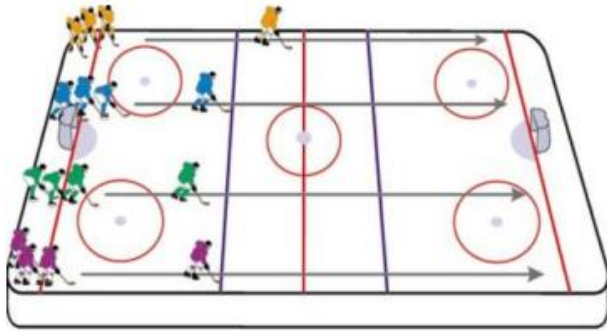




GHC U18

Practice Plan One

Date:	Time:	Arena: Great Plains
Lines:	Notes:	
Balance and edges.		
Overspeed with pass and shot		
Two pass game at each net		
Machie gun pass and shoot drill		
Russian scrimmage – Full ice game		
10' Fitness skate - dot. Middle. Dot. Boards x 2		



15' A200 - Edges and Balance-Shoot in 4 Lanes

A2 - Edges and Balance Warm up

Key Points:

Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

Description:

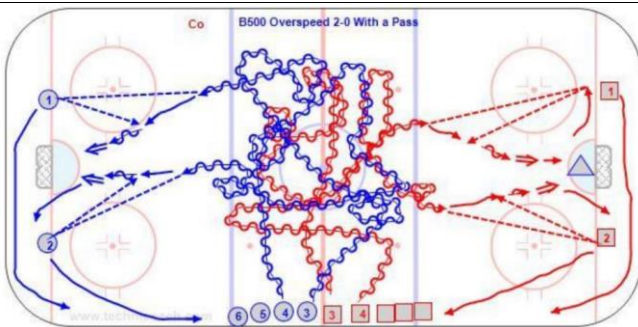
Gaston leads a skating warm up.

Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges.

<https://youtu.be/a7C9o5CmFSA>

A200 - Edges and Balance-Shoot in 4 Lanes - U15 G

https://youtu.be/hNKj3rk9_a0



10'

B200 Overspeed with a Pass - U18 F and U17

It is important to do some overspeed training where players skate and do all the skills at a top speed.

Key Points:

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle.
Follow the shot, look for rebounds.

B500 Overspeed with a Pass - U18 G

<https://youtu.be/ByBqQUu0jJ8>

12' Two pass at each net

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.

D4 Two Pass – U15 Boy's

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

13'.

B6 - Machine Gun - 2 Pass x 2 - Shot - U15 G

Key Points:

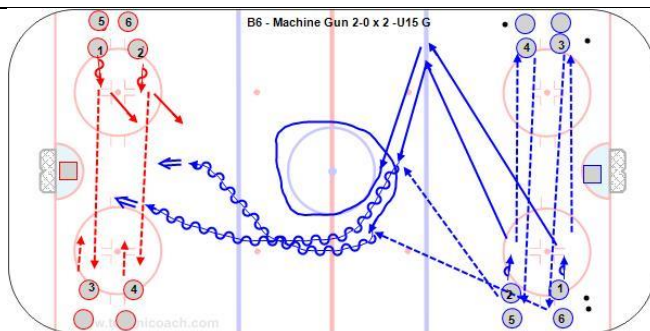
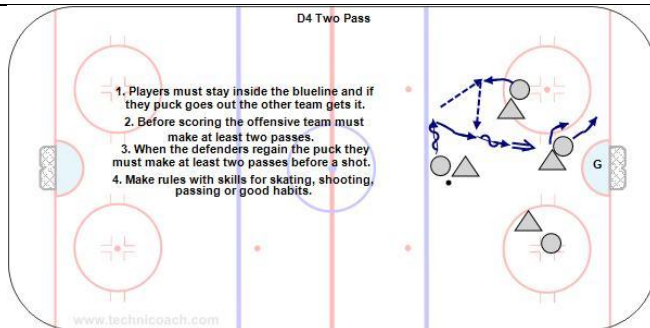
Two Cross ice passes at each end. 1 skate across neutral zone for a pass and go in and shoot. 2 Skate around circle, get a pas then go in and shoot.

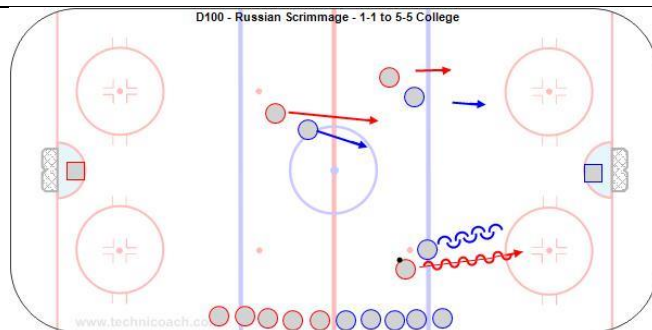
Description:

- A. 1 and 2 pass across ice to 3-4
- B. 1 and 2 skate across into the neutral zone.
- C 3 and 4 pass across to 5-6
- D. 5 pass to 1 and 6 to 2.
- E. 1 skat down and shoot.
- F. 2 skate around middle circl, get pass from 6, skate down and shoot. .

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

https://youtu.be/kjvc_kuhYsY





15'

D100 - Russian Scrimmage - 1-1 to 5-5

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

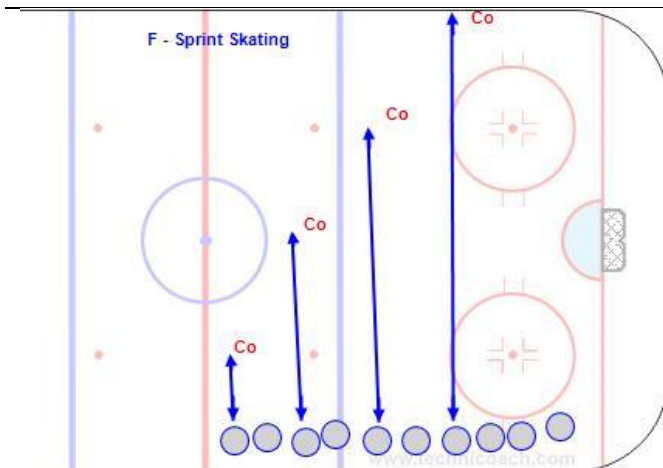
** Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.*

College Men

<https://youtu.be/z5vxH8Z-iV8>

D100 - Russian Scrimmage - U15 G

<https://youtu.be/7wme1xfCvfQ>

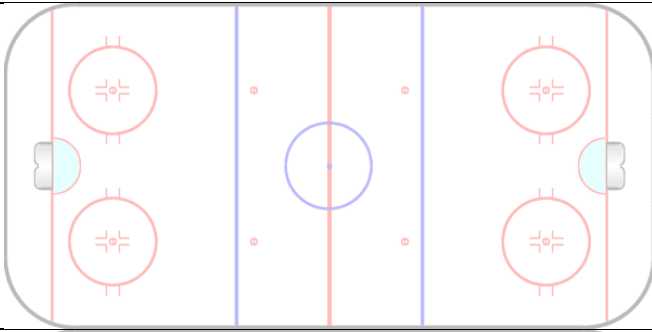


10' Fitness skate - dot. Middle. Dot. Boards x 2

Players on boards.

On Whistle in 4 Groups – One leave at a time

- **Near dot and back**
- **Middle dot and back**
- **Far dot and back**
- **Gar boards and back.**



Explanation/Notes:



Explanation/Notes:

