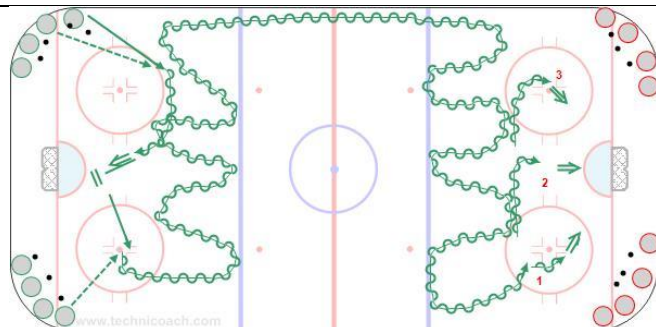




GHC U18

Practice Plan Two

Date:	Time:	Arena:
Lines:	Notes:	
Zig zag agility Skate and shots 4 options.		
Games of quick transition at each net		
Multiple pass and 1-1		
Power play game – full ice		
Poddy 1-1, 2-1, 2-2, 3-2		
Ladder skate		



12'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

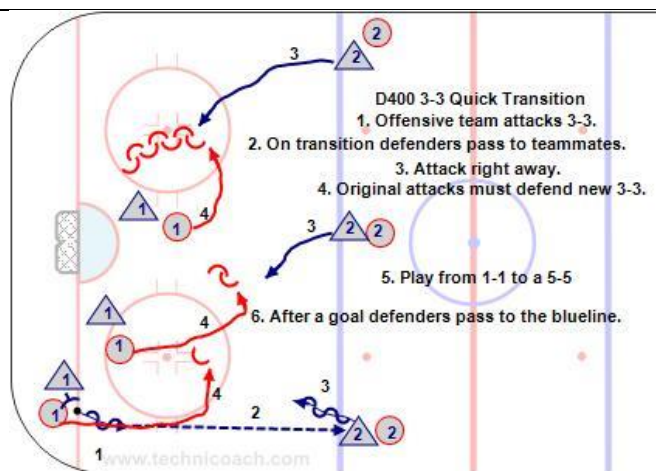
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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.

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

<https://youtu.be/04Rz3o5fYfY>



15'

DT400 Game of Quick Transition – One game at each end and one in middle

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.

2. On transition to offense the defenders pass to their teammates waiting behind the blue line.

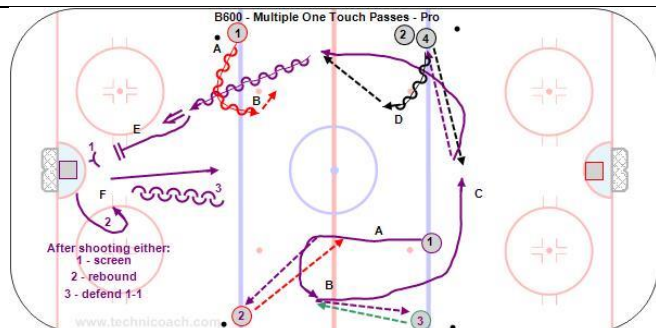
3. Attack right away (don't have to wait for teammates to get onside in this game.)

4. Original attackers now defend and communicate with each other on how to stop the attack.

5. After a goal the defenders is allowed to pass to the new attackers.

DT400 - 2-2 Game of Quick Transition – U15 G

<https://youtu.be/qPKwI8eD-Fg>



13' Multiple pass and 1-1

B600 - Multiple One Touch Passes – Pro

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

A. 1 exchange passes with 2.

B. 1 turn out and exchange passes with 3.

C. 1 skate across and exchange passes with 4.

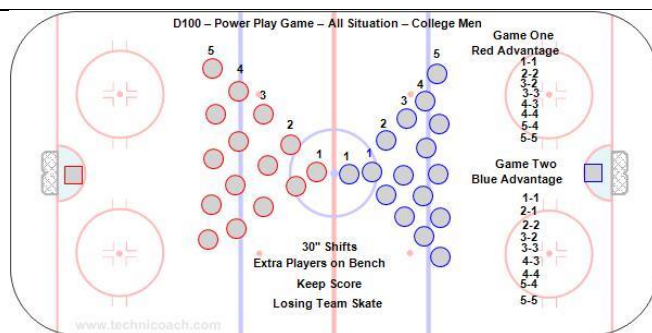
D. 4 skate to the inside and pass to 1 skating wide up the ice.

E. 1 shoot and follow the shot.

F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

C600 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>



15' power play game

D100 – Power Play Game – All Situation – College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.

2. You can play situations up to $\frac{1}{4}$ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.

3. One team gets the advantage first. In the diagram the Red gets the advantage first.

4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.

5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.

6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.

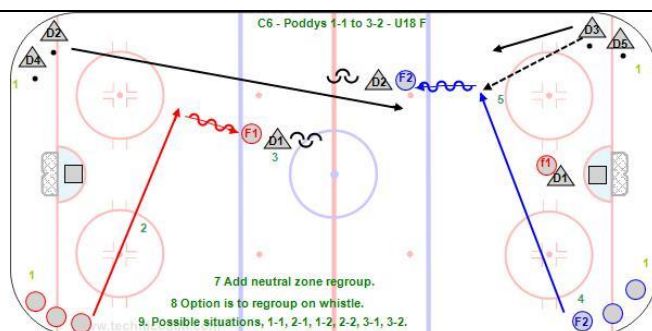
7. Keep Score and losing team skate or push ups

Collete Men

<https://youtu.be/7qLLlc30nbE>

D100 - Power Play Scrimmage x 2 x 3 - U15 G

<https://youtu.be/VkH4tzSvU9k>



10' Poddy 1-1, 2-1, 2-2, 3-2

C6 – Poddy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.

2. F1 skate across the top of the circle and get a pass from D2 who follows.

3. D1 defend the 1-1 attack.

4. F2 leave from the other end when the original attack passes the top of the circle.

5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.

6. Two or three forwards can attack vs. one or two defenders.

7. Add F2 regroup with D3 in the neutral

zone.

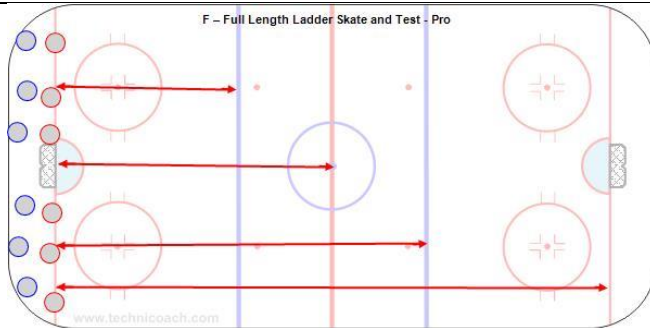
8. Another variation is regroup only if the coach blows a whistle.

9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

*** Have the D join the attack and don't start the next rep until the puck is out of play.**

C6 – Poddy's 1-1 to 3-2 – Wally - U18 F

<https://youtu.be/NYAhiCwcA-4>



10'

Ladder skate

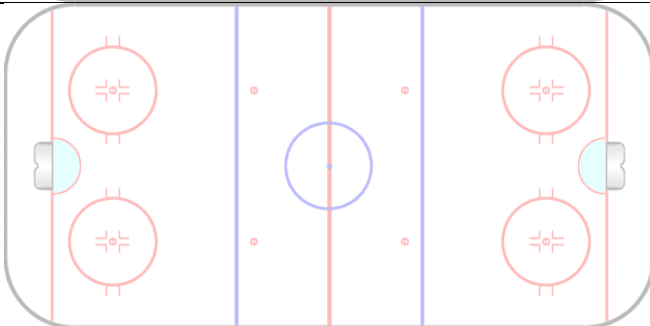
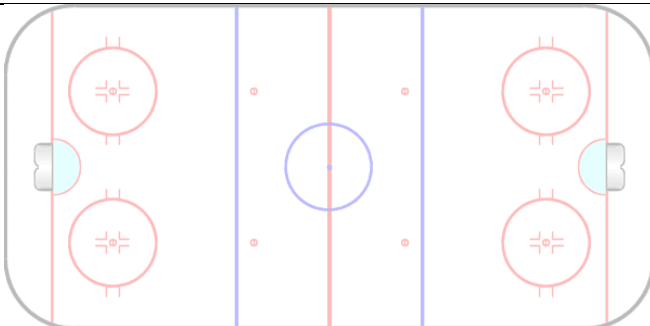
Players at the end in 4 groups. Stop facing the player box each direction.

Blue line back

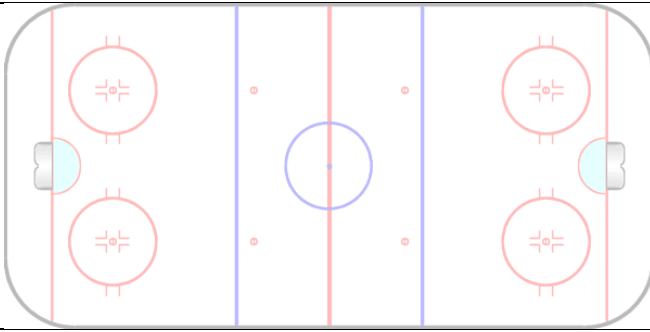
Red line back

Far blue line back

Far end and back



Explanation/Notes:



Explanation/Notes:
