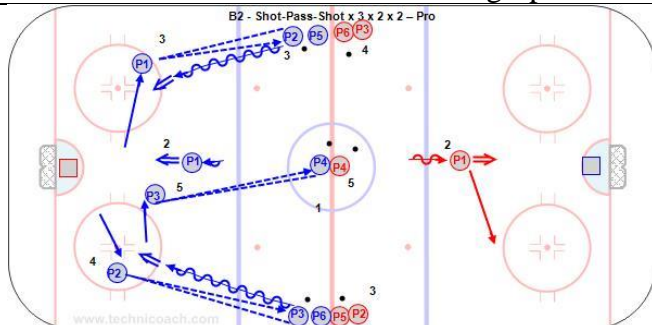




GHC U18

Practice Plan Four

Date:	Time:	Arena: Great Plains
Lines:	Notes:	
B2 - Give-Go-Shoot - U18 M	F - D400 - 1-1 x 2 x 2 – Pro	
DT400 - 3-3 Krusel Battling Game – U18 F		
B6 1-0, 2-0, 3-0 Small Horseshoe		
B600 - Continuous 2-2 – 3-2 Regroup – Tomas -	U18 W	
C600 - Neutral Zone Regroup - Attack 3-2 -	U15 G	
DT100 Continuous 2-2 - 3-2 With Tag-up – Pro		



10'.

B2 - Give-Go-Shoot - U18 M

Key Points:

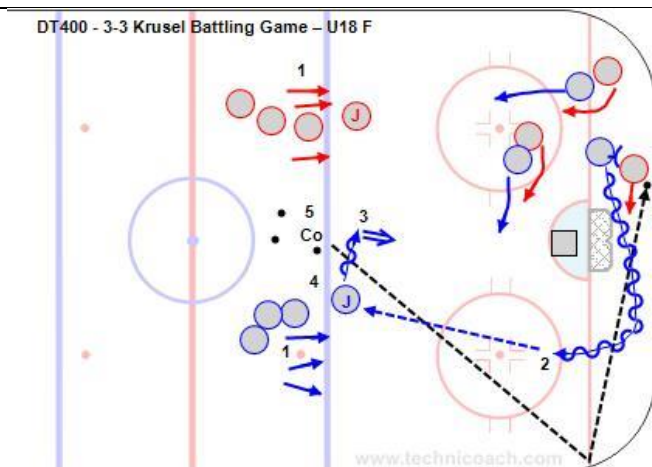
Practice taking the pass and shooting from the triple threat position. Pull in or push out to change the shooting angle.

Description:

1. F1 pass to coach, skate to forehand side.
2. Coach pass to F1
3. F1 shoot quickly.
4. Change angle by pull in or push out then release.
5. Repeat with F2-F3, etc.

B2 - Give-Go-Shoot - U18 M

<https://youtu.be/MAZxs10eFVI>.



15'

DT400 - 3-3 Krusel Battling Game – U18 F

Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.
4. Play 30' shifts and pass to the coach on the whistle.

5. If a point pass goes out the other point-man gets the puck.

* Players must race to get onside before the next puck is shot in.

* Players at the point can pass or shoot but they can't go in.

* Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..

https://youtu.be/wCXU_A25JZY

12'

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

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.

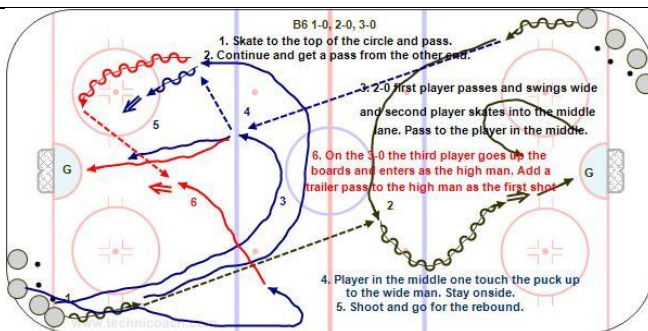
<https://youtu.be/VgW3XTM1JXQ>

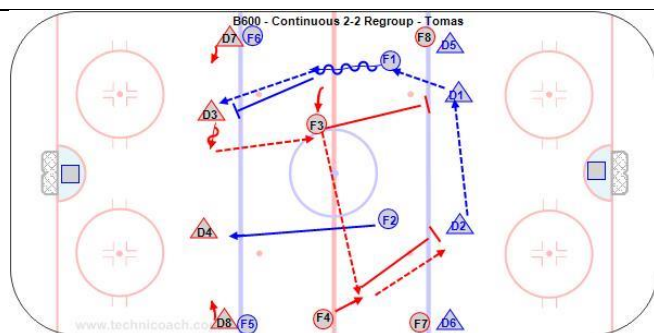
B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/SDCuSWSSuDE>

On 4 nets Czech Youth

<https://youtu.be/t0lkMoRCrCc>





8'

Key Points:

B600 - Continuous 2-2 – 3-2 Regroup – Tomas - U18 W

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.

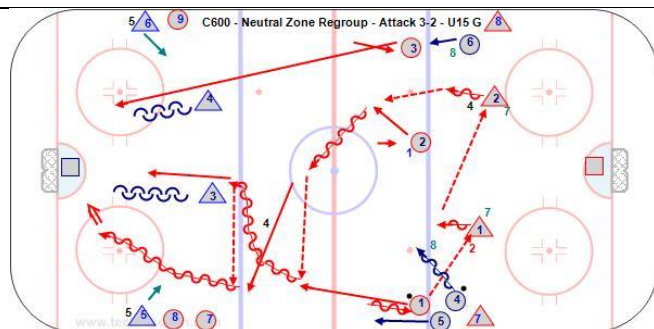
Description:

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 regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

<https://youtu.be/dB6DPGuHn3s>



7'

C600 - Neutral Zone Regroup - Attack 3-2 - U15 G

Key Points:

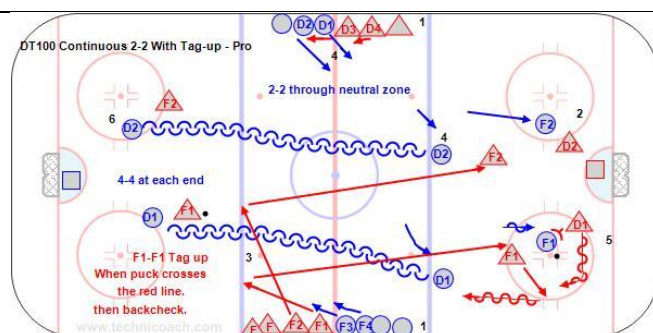
Players line up on each side, blue D with R forwards and at the other end R forwards with B defense. Start by F's weaving thru neutral zone passing and then regroup with their own D. D hinge and pass up to the forwards and follow the play up the ice. Three new forwards follow and regroup with two new D and attack the original D 3-2. Follow this flow end to end.

You need at least 8 D and 12 F for this drill. Use the same flow with less players i.e. Regroup with 2 F and attack 2-1.

Description:

1. Red forwards 1-2-3 weave passing puck thru neutral zone.
2. Red forwards regroup with the red D 1-2.
3. Red D hinge and pass up to the forwards.
4. Red F attack 3-2 vs two blue D.
5. Two new blue D 5-6 step out.
7. Red D 1-2 follow the attack into Nzone.
8. Three Blue forwards follow and weave thru nzone passing to each other.
9. Blue forwards 4-5-6 regroup with blue D 3-4.
10. Blue forwards attack 3-2 vs Red D 1-2.

C600 - Neutral Zone Regroup - Attack 3-2 U15 G
<https://youtu.be/IGyeY2vnjD8>



13'.

DT100 Continuous 2-2 - 3-2 With Tag-up – Pro

Key Points:

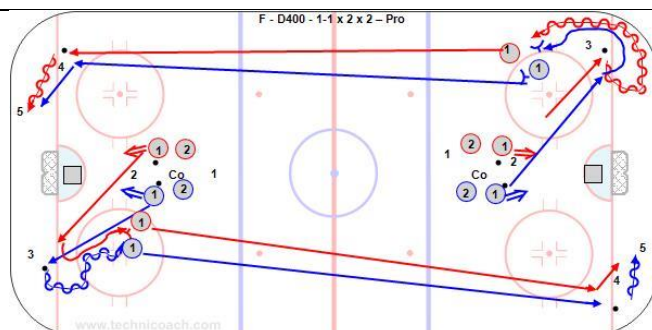
Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
 2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
 3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
 4. Blue D1-D2 support rush from the point.
 5. Play 4-4 at each end.
- * Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.*

** You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.*

<https://youtu.be/pBE2B41Zklc>



10'.

F - D400 - 1-1 x 2 x 2 – Pro

Key Points:

Play 20" at each to simulate a 40" shift. Protect the puck and go to the net. Could be done 2-2 with a large group or 1-1 at one end and 2-2 at the other so 6 players are going at once so they have a proper work/rest ratio. Simulate your teams w/r in games. If you have 4 lines then 1/3 and if you have 3 lines then 1 time work and 2 times rest.

Description:

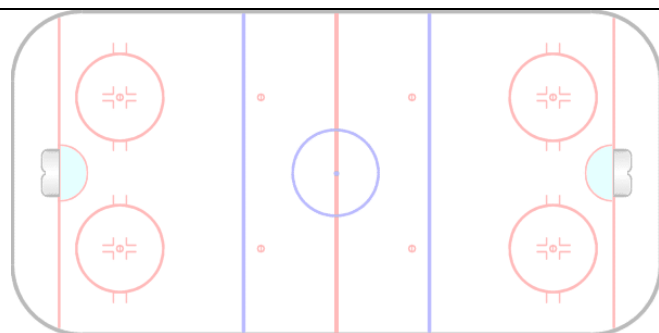
1. Players line up at each end in two lines at the top of the slot.
2. Start with each player taking a shot.
3. Race for a loose puck and play 1-1 with both players trying to score.
4. Coach blow whistle after 20" and players switch end and race for a loose puck.
5. Battle to score at the other end.

** Defend with toe caps facing the attacker from the defensive side and stick on the puck.*

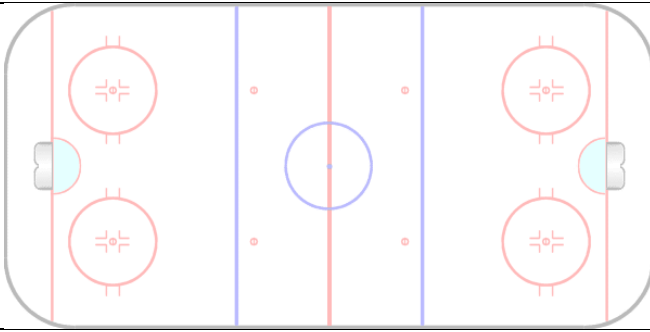
** Attacker must go to the net and create space with quick stick and body fakes.*

** Great game like battle for fitness and individual offensive and defensive skills.*

<https://youtu.be/pjVZghcNHjc>



Explanation/Notes:



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