



GHC U18

GHC Practice Five

Date: | **Time:** | **Arena: Great Plains**

Lines:

A300 Skating and Puck Handling
Warmup - U15 G

B4 - 1-0 Outside-Middle Shots-
Czech U17 -

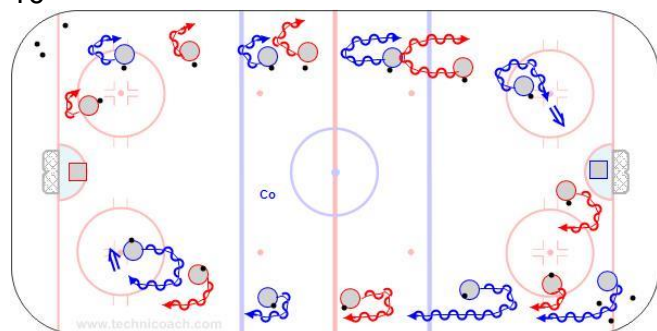
D200 One Net King's Court
Tournament

C6 - Rush Recognition x 2 -
U18 F

D200 - 3-3 Game - Change
on Their Own

Notes:

10'

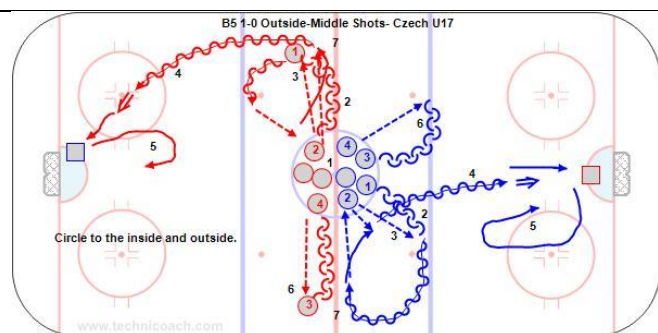


10'

A300 - Skating and Puck Handling Warm up - U15 G

F and Bwd striding
Cutbacks one and two
Moves at the dots one side
Linear crossovers between top of circles other side
Coaches warm up goalies.

<https://youtu.be/eykwvsQJhHg>



10'

B4 - 1-0 Outside-Middle Shots- Czech U17 - Pro

Key Points:

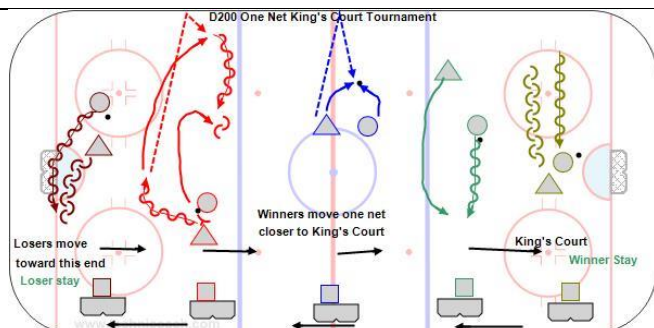
Keep the feet moving and shoot. Follow the shot for a rebound.

Description:

- 1 leave and exchange the puck twice with 2 while circling wide.
- 2 make a third pass to 1.
- 1 skate in and shoot from the wide lane.
- Repeat but circle inside to outside and shoot from the middle.
- After shooting 1 circle back and rebound for the next

shooter.

<https://youtu.be/ztlo-Bz3dfc>



15'

D200 One Net King's Court Tournament

Key Points:

Encourage hard fakes when a player picks up the puck. Play from 1-1 to 3-3 and include rules for modified games.

Description:

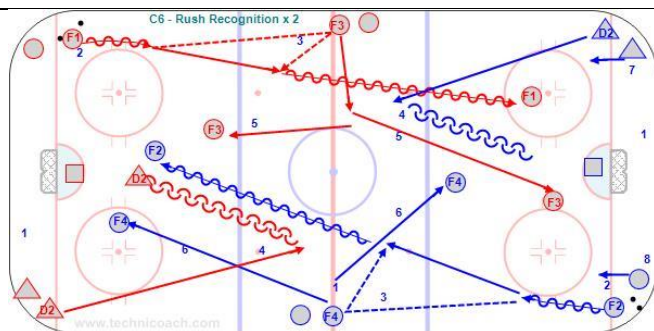
1. Have nets on one side of the ice with enough room for players to go behind the net.
2. Play from 1-1 to 3-3.
3. To transition to offense the player must bounce the puck off the boards on the other side.
4. Keep score and then rotate after the game.
5. Winner move one net down toward the King's Court.
6. Winner at the 'Kings Court' and loser at the last net stay don't move.
7. Players who lose move one net away from the King's Court.
8. In a tie play 'rock-paper-scissors' to determine a winner.
9. Play at least the number of games so the player starting in the last court can progress to King's Court.

**Make passing or puck carrying rules that practice good habits.*

<https://youtu.be/bPo-03Gy0ko>

10'

C6 - Rush Recognition x 2 - U18 F



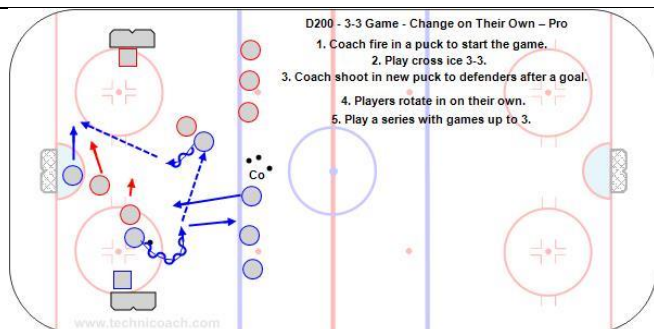
Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

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



10'

D200 - 3-3 Game - Change on Their Own – Pro

Key Points:

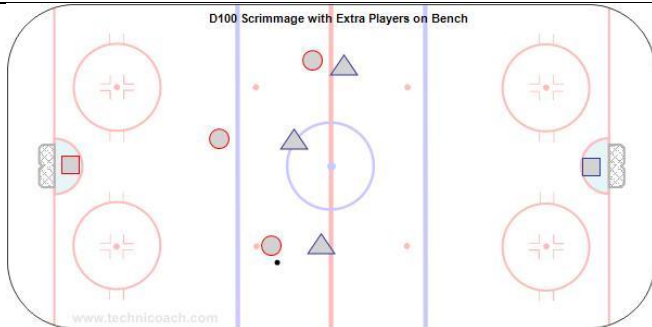
Play cross ice game of 3-3 first team to score 3 goals wins. Players change on their own. Coach put in a new puck when original puck is out of play.

Description:

1. Coach fire in a puck to start the game.
2. Play cross ice 3-3.
3. Coach shoot in new puck to defenders after a goal.
4. Players rotate in on their own.
5. Play a series with games up to 3.

D200 - 3-3 Game - Change on Their Own – Pro

<https://youtu.be/GjewG4FLaa8>



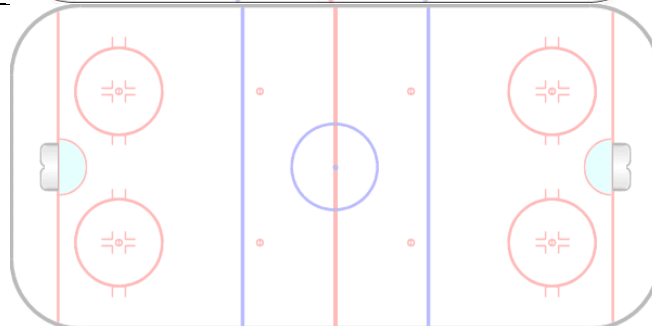
15' full ice 5-5 game

D100 – 5-5 Full Ice Game

One team on each bench.

Coaches ref

Keep score



Explanation/Notes:



Explanation/Notes: