



U15 Black

Practice Plan

Date: 09-03-24

Time: 8:45-10:00

Arena: Max Bell - Bracko

Lines:

15 F – 8 D – 3 G Divided white and dark

A200 - Big Moves Puckhandling Jim

B6 - 1 High 1 x 2 Low Shooting

Three Games of Quick Transition

D100 – Full Ice Game of 5-5 – 45" shifts

Parent meeting 15'

Notes:

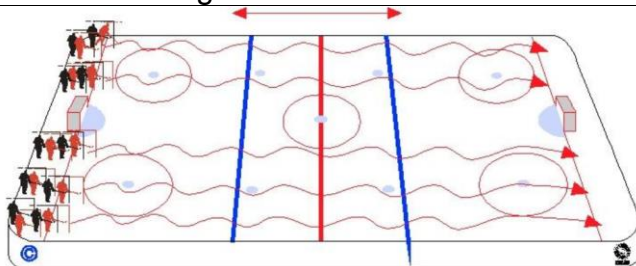
Goalies at one end with coaches 20'

B600 - Tomas Nzone Continuous Regroup

B6 - 1 High 1 x 2 Low Shooting

Kings Court Rotation each 5'

Team cheer in middle



20' Goalies with Kaylin, Emily, Myla
10"

A200 - Big Moves Puckhandling Jim

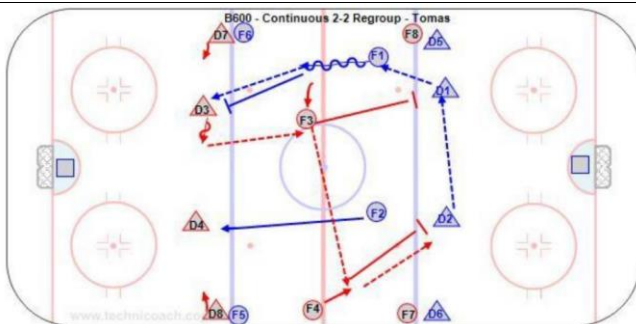
Key Points:

Learn to carry the puck all around the body with loose shoulders, head up, quietly rolling the wrists and the bottom hand moving up and down the shaft.

Description:

1. Jim demonstrate and the rest follow down the ice.
2. Reach as far back and forward with the puck, next pass the puck up from behind.
3. Eberle move, fake then pull the puck behind you with the back of the stick as you slide back.
4. Spin and pass the puck to yourself forward.
5. Fake backhand pass or shot and spin to the forehand.
6. Legs wide apart, hands close together, head-shoulder fakes, quick direction change.
7. Quick toe drag tight to the toes, fake going forehand then slide to the backhand side.
8. Fake backhand and move quickly across to the forehand.
9. Skate on direction and move the puck as far as possible the other direction.
10. Yo-yo the puck by pushing it in front and pull back with the toe of the stick.
11. Pass to yourself through the legs spinning to the backhand.
12. Crosby heel to heel slide alternate sides.
13. Pass to yourself in front of the defenders toes and behind the heel of the stick

<https://youtu.be/fdGBVie39s>



10' Tomas Nzone RG

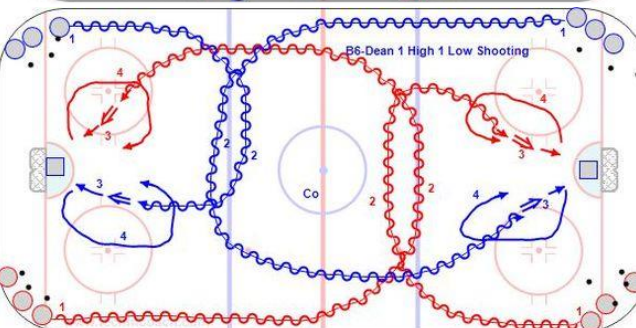
B600 - Continuous 3-2 Regroup – Tomas - U18 F

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.

B600 - Tomas Nzone Continuous Regroup - U15 G

<https://youtu.be/pJAnKFzvMtU>



10'

B6 - 1 High 1 x 2 Low Shooting - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

Description:

1. One player leaves from each corner.
2. One high one low on each side.

3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

<https://youtu.be/hzhm55hiiBw>

10'

C1-C6 Pass Regroup - 1-1 and 2-1 x 2

Key Points:

Attack with speed and go hard to the net. On the 2-1 make the first play early so there is a second play. Defend with a tight gap and ox the shooter out on the 1-1. On the 2-1 keep the puck to one side and take the stick of the wide player after the shot.

Description:

1. F1 at each end pass to D1 coming out of the corner.
2. D1 make a pivot and pass to F1 and follow the play.
3. F1 turn back at the far blue line and attack 1-1 vs. D1.
4. D1 mirror F1 and skate backwards to defend the rush.
5. F2 and D2 at repeat at each end.
6. Change the drill to a 2-1 with F1-F2 attacking vs. D1 at each end.

https://youtu.be/DbvCmK_M5wc

15' Kings court 2-2 – 8 D – 7 F3 nets

Three Games of Quick Transition

2 on 2

Attack-Defend-Pass-Rest

DT400 - Quick Transition 2-2 - 3-3 - U15 G

<https://youtu.be/pShl478NNA4>

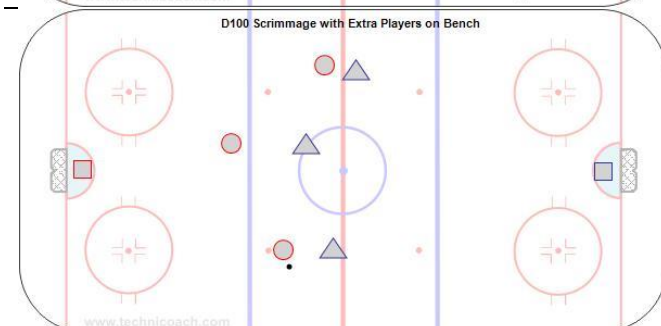
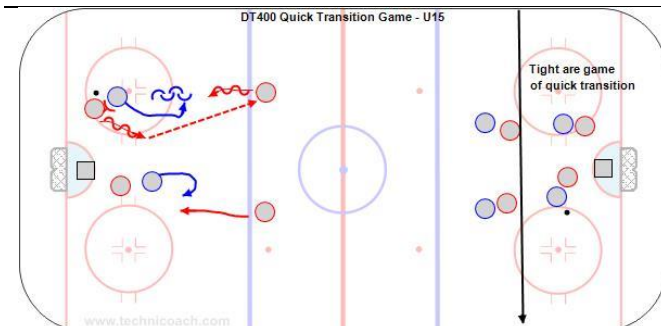
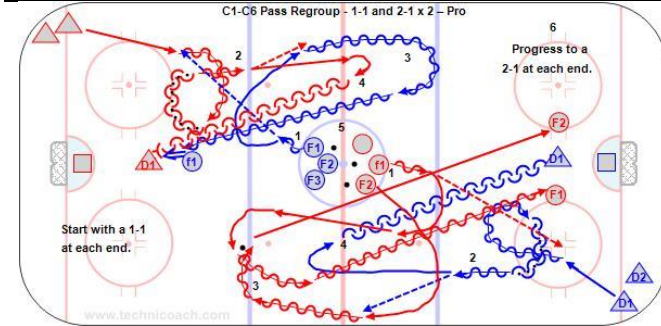
DT400 - 2-2 Game of Quick Transition – U15 G

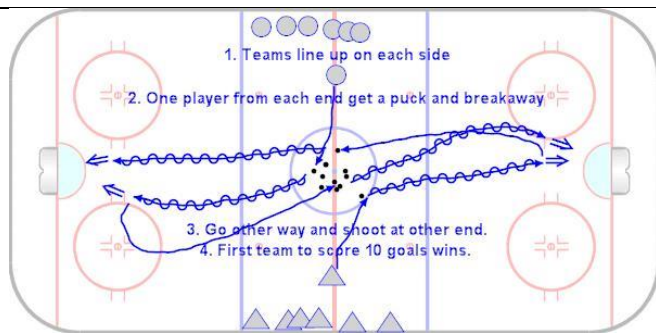
<https://youtu.be/qPKwl8eD-Fg>

10'

D100 – Full Ice Game of 5-5

Coach blow whistle after about 45' for a change.





8'

E1 - Two Shot Shootout - Czech Youth

Key Points:

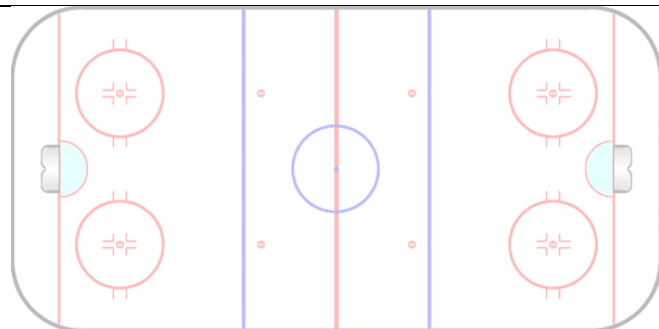
Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

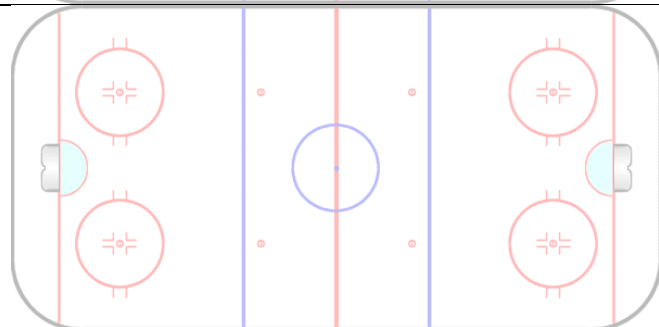
1. Teams lines up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score.

- *Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps*

<https://youtu.be/VEJr4NJOH18>



2' cheer



15' Parent meeting