



## Fire Black U15

## Practice Plan

**Date:** 09-06-24 | **Time:** 18:45-20:00 | **Arena:** Fr. Bauer

### Lines:

B6 - Pass-Agility-Zig-Shoot x 2

D1 One Pass in Each Zone

T2 - Breakout Sequence - Wally Kozak

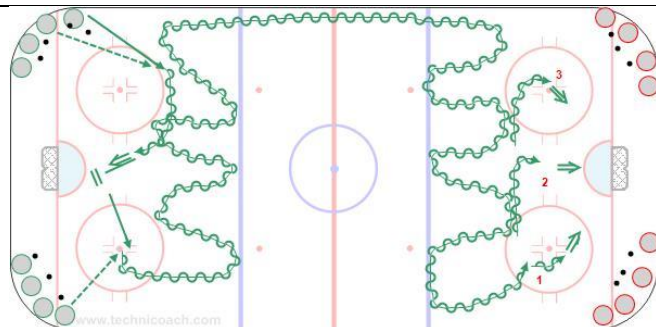
Team Cheer

### Notes:

C6 – Pardy's 1-1 to 3-2

DT100 - Continuous 2-1 to 3-2 - U15

D100 – Power Play Game – All Situation



10'

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

-forward, transition, Crosby, Backward skating

Pass

Shoot

Pass

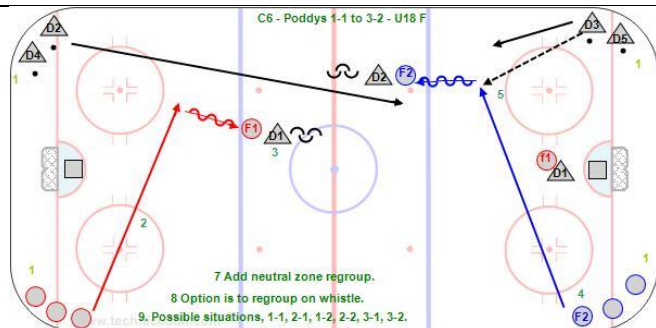
3 agility

Linear crossover

3 agility

Shoot from 3 lanes

<https://youtu.be/04Rz3o5fYfy>



10'

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

#### Key Points:

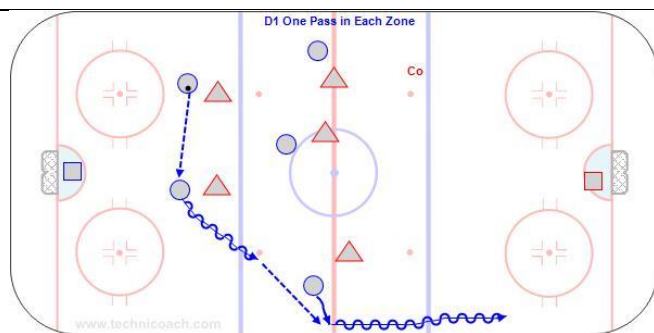
Attack with speed and defend with tight gaps.  
Add regroup. Vary the number of attackers and defenders.

#### 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.

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



10'

## **D1 One Pass in Each Zone - U18 F**

### Key Points:

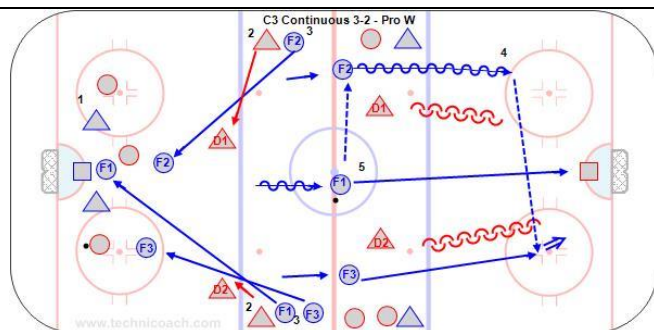
Close support, skate to open ice with the puck, give a target.

### Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOnI>



15'

## **DT100 - Continuous 2-1 to 3-2 - U15**

### Key Points:

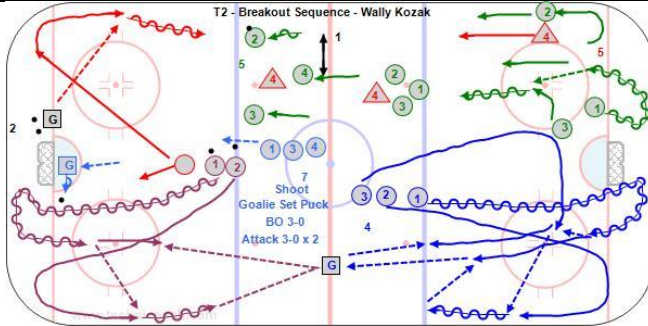
Attack with speed. New point players support the attack and new forwards support the defenders. Practice offensive and defensive team play concepts.

### Description:

1. Start with a 3 on 2 attack.
2. When the puck crosses the blue line two new players join the attack supporting from the point.
3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.'
4. Attack with a middle drive and cycling until the whistle.
5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point.

*\* Regroups and dump-ins can be added to this drill.*

*\* Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.*



15'

### **T2 - Breakout Sequence - Wally Kozak – College Men**

#### *Key Points:*

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

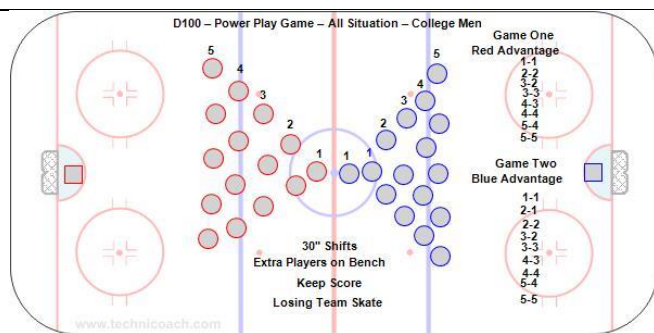
#### *Description:*

##### Sequence One:

1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

##### Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
  7. Add the coach or a player who just did a rep pinch on the boards.
  8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
  9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
  10. Players line up at the top of the circles and goalies at the red line ready to pass.
  11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
  12. Regroup with the goalie who passes back to the other player.
  13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
  14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.
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<https://youtu.be/zD3G8WVzFDo>

13'

### **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:**

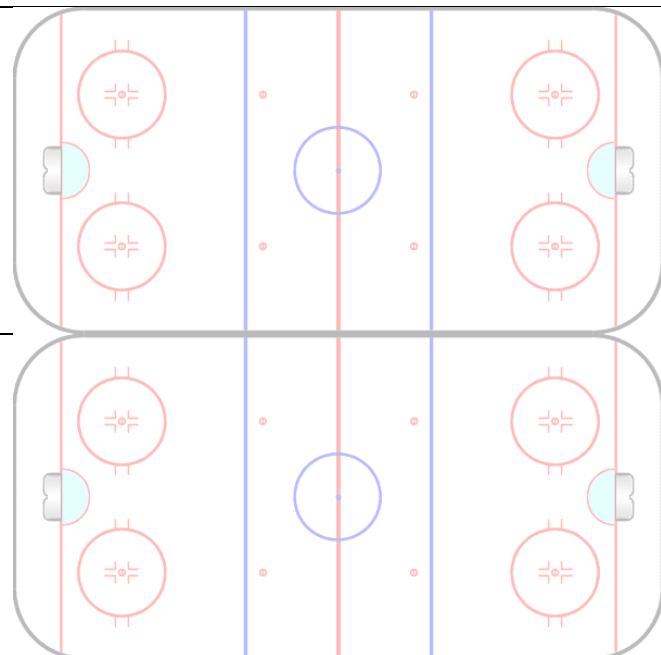
1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to  $\frac{1}{4}$  of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage 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

#### **College Men**

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

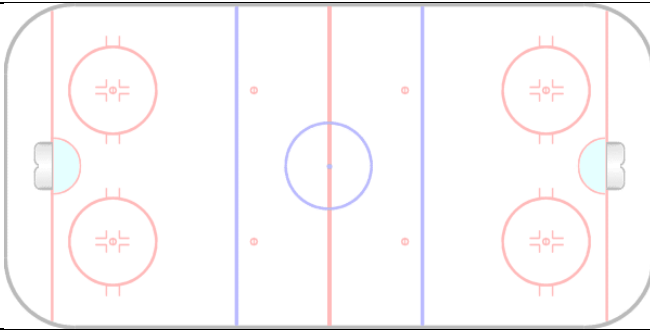
### **D100 - Power Play Game 1-1 to 5-5 - U15 G**

<https://youtu.be/2QsKXbo1Cqg>



2' Team Cheer in Middle

#### **Explanation/Notes:**



**Explanation/Notes:**

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