



Team Black

Practice Plan

Date: 09-23-24

Time: 18:00-19:00

Arena: ECTAS

Lines:

2' Cutbacks and moves

28' Goalies at one end

F neutral zone - **B202 - Passing in 4 Groups**

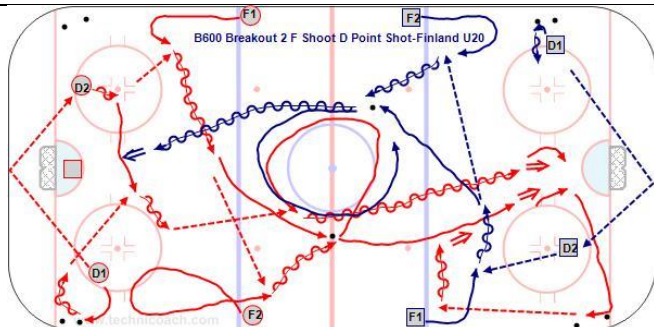
DT400 - Perry Pearn Game Rotation – 5-5

Notes:

B6-600 Flow -Breakout 2 F Shoot - D Point Shot

D one end - **T1 - A500 - D Breakout Options**

T2 - 5-0 Breakout Options Routine



2' Cutbacks and moves

10'

B6-600 Flow -Breakout 2 F Shoot - D Point Shot -

Key Points:

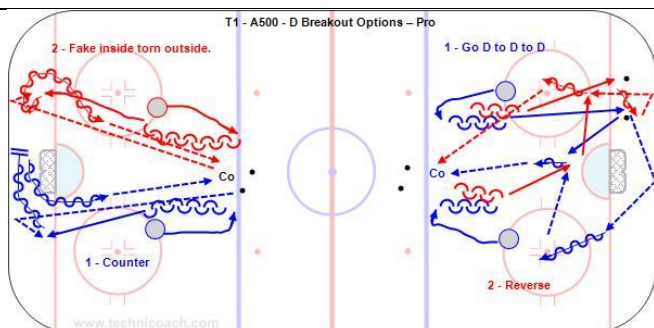
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F2 while F1 move in for a shot pass and rebound.

https://youtu.be/567GJB_Cgpc



28' Goalies at pme end

10' D at one end and F in middle

10'

T1 - A500 - D Breakout Options – Pro

Key Points:

D get in the habit of looking over one shoulder to read where the pressure is coming from and fake into then skate away from pressure.

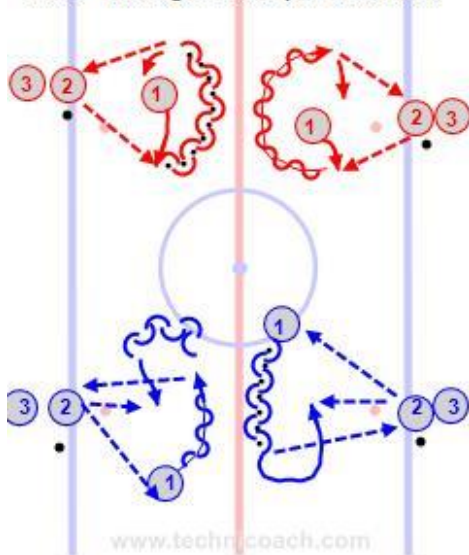
Description:

1. Coach dumps the puck in from the blueline and one
- 2 D start at the top of the circle.
2. D skate up to the blueline and then backward pivot to the inside and get the dump in.
3. Two D alternate at each side going back for the puck and pass to the coach.
4. Turn to forward and shoulder check one way to read the pressure.
5. First dump 'Counter' by driving to the far post at the back of the net then out original way.
6. Second puck fake to the inside and tight turn outside.

7. Skate between the dots before passing to the coach.
8. Progress to two D leave at once.
9. Start with 'Over' D to D behind net then hinge back to D in middle x 2.
10. Next practice the 'Reverse' x 2.
11. Players switch to the original side when the skate up to the blue line.
12. Pass puck hard off the boards so it comes back to partner inside the dots.

<https://youtu.be/qeYFGFCrDoE>

B202 - Passing in 4 Groups - Czech U20



10' – in neutral zone

B202 - Passing in 4 Groups - Czech U20

Key Points:

Keep moving, give a target, skate in all directions, make forehand and backhand passes. Face the puck at all times and pass from the triple threat position. Add stick and head fakes before passing.

Description:

1. Pass from the blue line into the neutral zone in groups of three, usually a forward line.
2. Player 1 at a time skate and exchange three or four passes with 2, first player in line.
3. Rotate with the player 2 skating and exchange with player 3.

<https://youtu.be/C9KYthXMhc4>

10'

T2 - 5-0 Breakout Options Routine - Russian U20

Key Points:

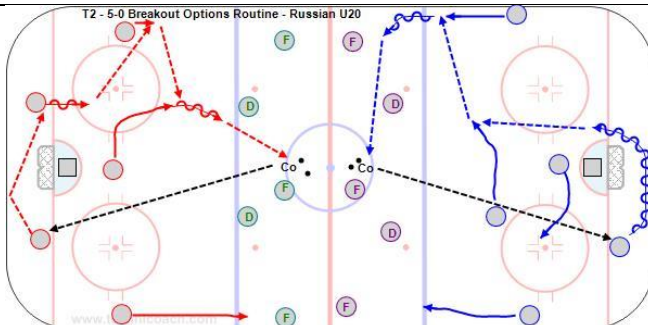
Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

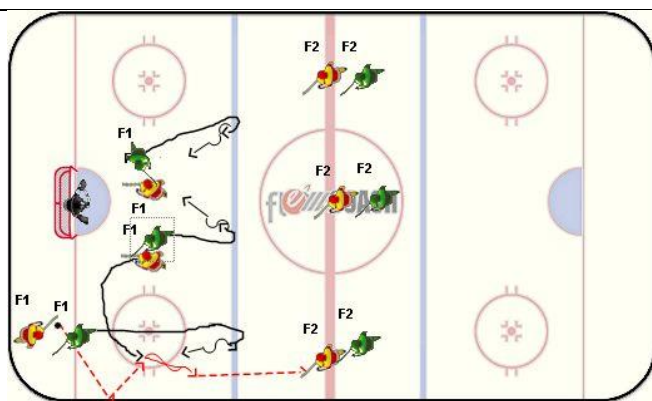
Description:

1. Two units of five wait near the red line to break out of each end.
2. Coach at each end shoot the puck in.
3. Unit of 5 break out using various options.
4. Pass to the coach.
5. Coach shoot the puck in and the other unit break out.
6. Continue rotating and practice the various options.

<https://youtu.be/dJ-gmPtTcHM>

T2 - 5-0 Breakout Options Routine - Russian U20





10'

DT400 - Perry Pearn Game Rotation – 5-5

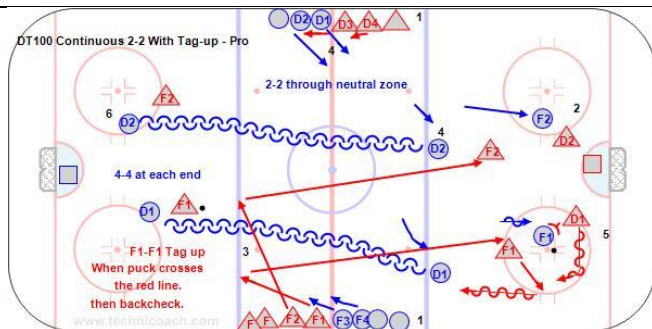
Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone). The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).
6. Allow offensive players to cross the blue line on transition.

<https://youtu.be/bSbwtYECaew>



10'

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up

Evelyn and Mila play D

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 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.

5. Play 3-3 at each end. New players go the other way.

<https://youtu.be/MInmHmN4wvs>

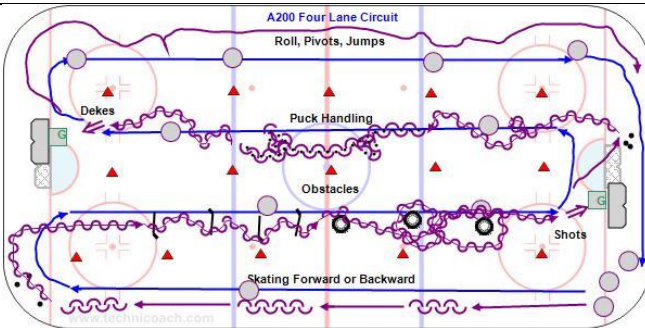
** In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.*

https://youtu.be/Zc_IQEA9dX8

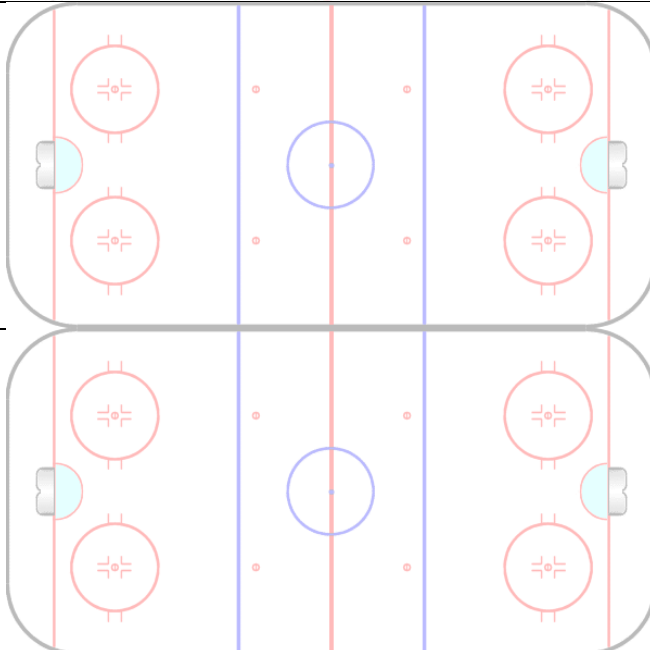
8'

Butterfly conditioning skate

<https://www.facebook.com/share/v/WiFYVzghBiniBQee/>



2' Team Cheer



Explanation/Notes:
