



Team

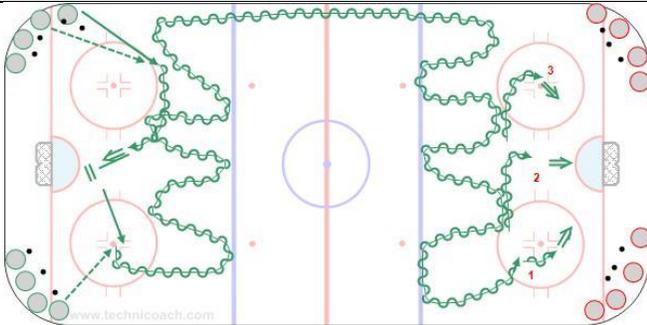
Practice Plan

Date: 11-21-24

Time: 20:15-21:30

Arena: Max Bell

Lines:	Notes:
B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G	T2 - 5-0 - Tomas - Breakout Options
PP 2 Jim - Overload	PP1 Jim 1-3-1
T2 - Bob Johnson 10 Second Power Play Game	C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4, 3-2 to 5-5
C3 Reijo 1-1 Both Sides - Gap Control	E1 Change on the Go with Pass Shootout
Team Cheer in centre circle	B300 - Tschumi Around the Clock One Touch Passing



10'

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

Key Points:

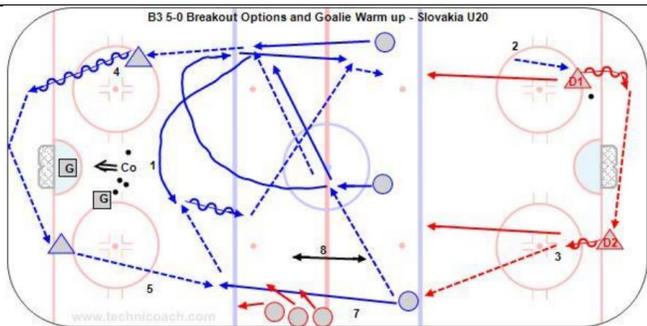
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

<https://youtu.be/vA4EchKwVhE>



12'

T2 - 5-0 - Tomas - Breakout Options

Key Points:

This is a routine for the start of practice instead of simply skating around the ice mindlessly. Go through all of the various breakout options with D to D passes and quick ups. Rotate regroupings so all four defense start the play and the three forwards get the first pass. Forwards skate to the 'Big Ice' when they get a pass and fill the three lanes one touch passing. Description:

1. Start with coach warming up goalies at one end and three forwards and two defense at each end.
2. Blue line of 5 regroup with the Red D1. 3. Red D1 either do a quick up or D to D below

the goal line.

4. One touch down the ice and regroup with Blue D1 or D2.

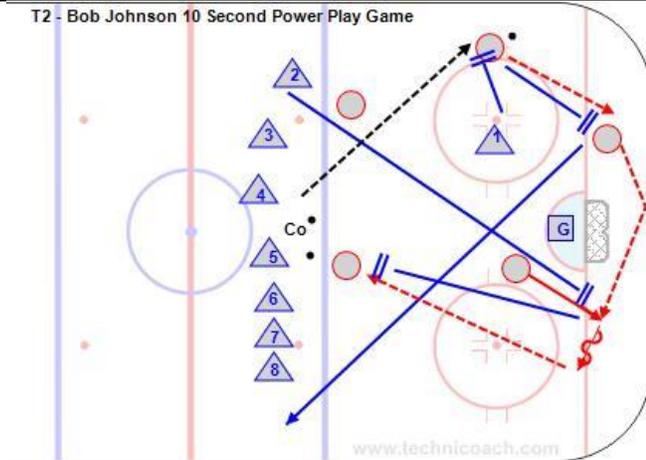
5. Blue D quick up or low D to D.

6. Repeat so each D pair gets two breakouts.

7. Red forwards follow and take their first breakout from the white D.

<https://youtu.be/ZMugl0bnTeE>

T2 - Bob Johnson 10 Second Power Play Game



10' PP 1 then PP2 x 2

T2 - Bob Johnson 10 Second Power Play Game - U18 F

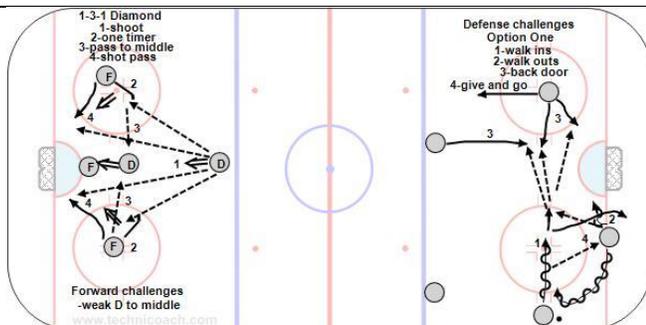
Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

<https://youtu.be/jOMFSb4as1s>



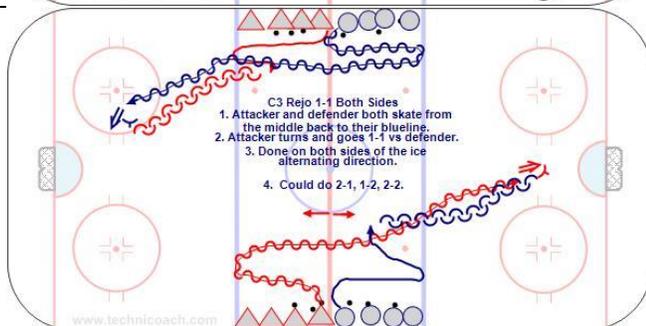
20'

10' Each at one End

PP 2 Jim - Overload

10'

PP1 Jim 1-3-1



10'

1-1 no stick

C3 Reijo 1-1 Both Sides - Gap Control -

Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

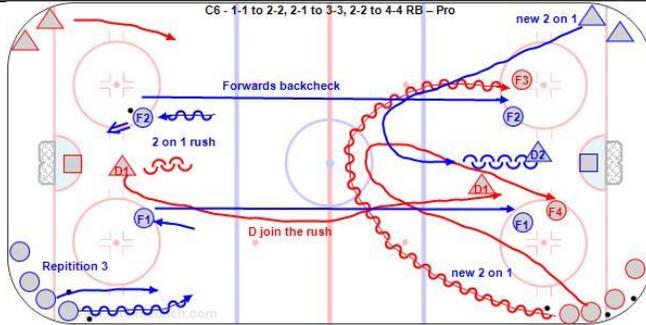
Description:

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.

3. Done on both sides of the ice alternating direction.

4. Could do 2-1, 1-2, 2-2.

<https://youtu.be/8nziC2xxlso>



10'

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4, 3-2 to 5-5 - RB Pro

Key Points:

Defenders communicate, attack with speed, O and D fight to control the slot.

Description:

1. D in one corner and F in the other corner at both ends.
2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
4. Keep attacking and defending until the whistle.
5. Add a forward to make it a 2-1 until the whistle when they join to create a 3-3.
6. Players must communicate who to cover on defense.
7. Attack with speed to beat the backchecker on the 2-1.
8. Play with good habits: stop at the net, D tie up sticks, create rebounds.
9. Keep Score to increase intensity.
10. You need at least 8 F and 4 D to do the 2-1.
11. Add another D making it a 2-2 rush and 4-4 at each end.
12. With 2-2 you need at least 8 F and 8 D.
13. You can also do this drill with all the player playing both F and D.

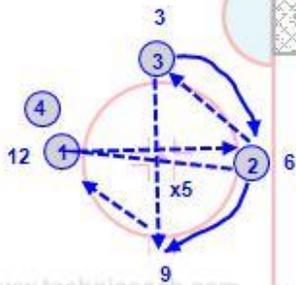
** If you have 20 skaters you can do a 3-2 rush and 5-5 at each end.*

** This sequence can be done as a one puck transition game with either active or passive support.*

C3 - 2-1 - F Backtrack-D Join Rush - Pro

<https://youtu.be/BQTdYFkTrwo>

- B300 Tschumi Around the Clock One Touch**
- A. 1 and 2 one touch five times 6-12 o'clock
 - B. 2 pass to 3 at 3 o'clock.
 - C. 3 one touch across to 2 at 9 o'clock.
 - D. 2 one touch to 4 at 12 o'clock.
 - E. Repeat with 4 passing to 3 x 5.



5'

B300 - Tschumi Around the Clock One Touch Passing - College W

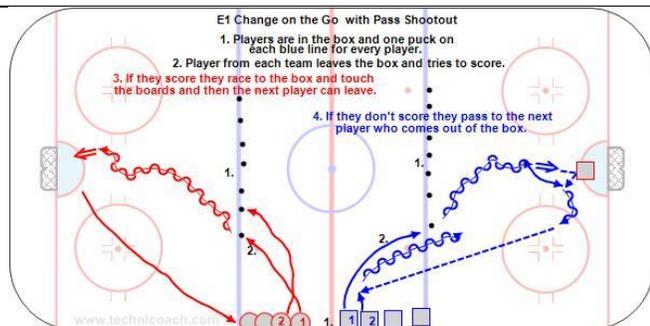
Key Points:

One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- A. 1 and 2 one touch five times 6-12 o'clock.
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.

<https://youtu.be/hW741n4yGLQ>



10'

E1 Change on the Go with Pass Shootout

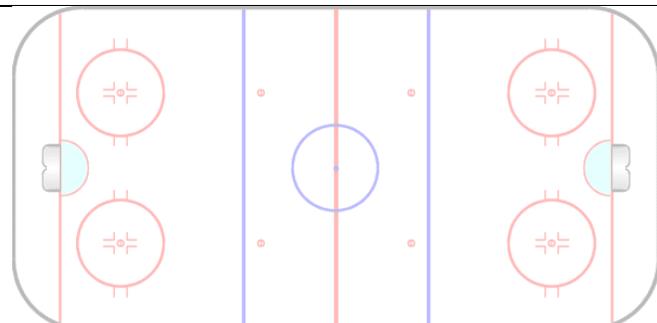
Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

- 1. Players are in the box and one puck on each blue line for every player.
- 2. Player from each team leaves the box and tries to score.
- 3. If they score they race to the box and touch the boards and then the next player can leave.
- 4. If they don't score they pass to the next player who comes out of the box.
- 5. Losing team do something for every goal they lose by.

<https://youtu.be/VRtwyRqRv2I>



2'

Cheer in middle
