



Fire Black

## Practice Plan

Date: 12-03-24

Time: 18:00-19:15

Arena: Village Square

### Lines:

A200 - Chaos Puck Handling - Youth

B6 - 2 Cross and Drop - Regroup - 3-0 - Pro

PP 1 then PP 2 Jim

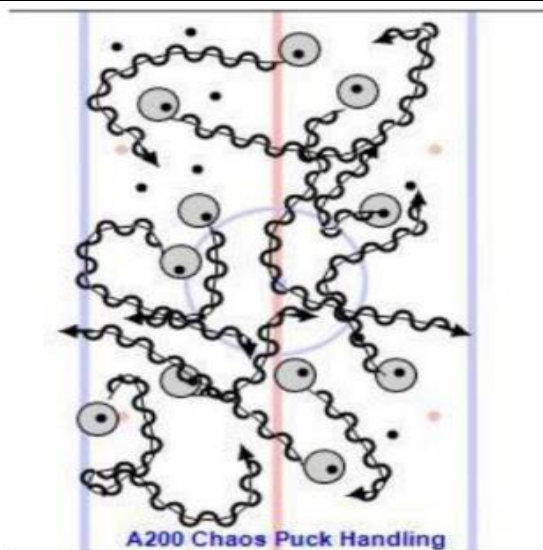
### Notes:

**B6 - Dizzy - Timing Around Circles - College F**

**D4 Two Pass - U15 Boy's**

PK 1 then PK 2 Tom - Emily

**T2-4 - Power Play-Penalty Kill Sequence - Pro**



10' Coaches shoot on goalies

**A200 - Chaos Puck Handling - Youth**

*Three of these boy's made NHL, one was ROY and still playing. Two first rounders.*

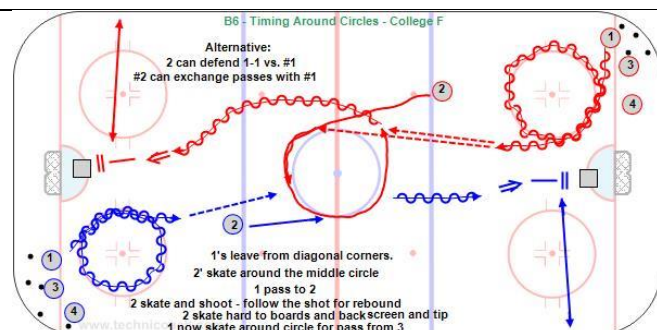
#### Key Points:

Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

#### Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designates the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

<https://youtu.be/82IGJrKNBXM>



10'

**B6 - Dizzy - Timing Around Circles - College F**

#### Key Points:

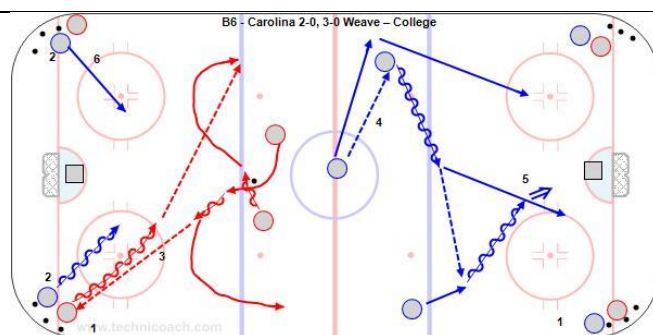
Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip.

Possible 1-1 and catch and release.

#### Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

<https://youtu.be/ckOiQ9QI72E>



10'

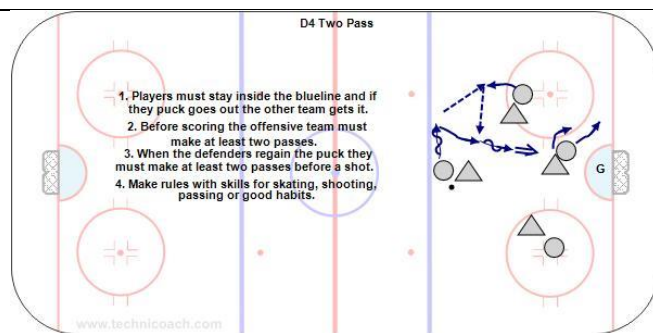
### **B6 - 2 Cross and Drop - Regroup - 3-0 – Pro** **Key Points:**

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

#### **Description:**

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

<https://youtu.be/lcaEbVO51MQ>



10'

### **D4 Two Pass – U15 Boy's**

#### **Key Points:**

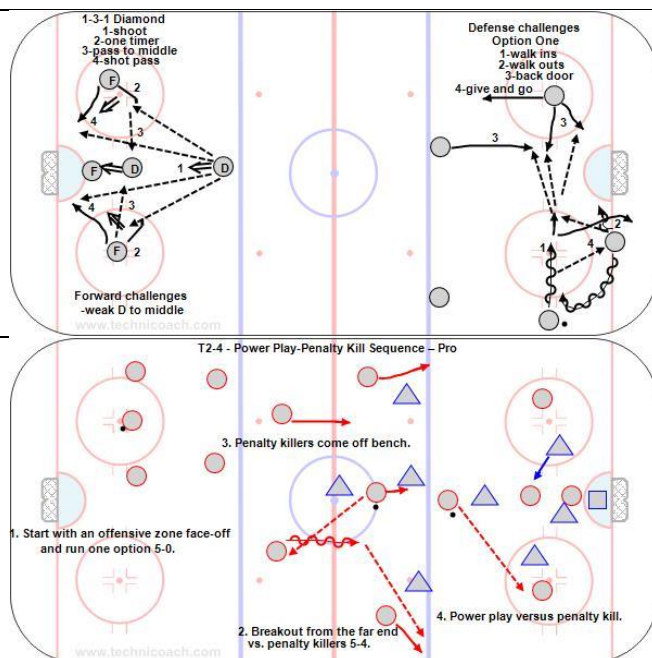
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

#### **Description:**

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

### **D4 Two Pass – U15 Boy's**

<https://youtu.be/3O8K3nNC3gc>



**20'**

**10'Group 1 PP with Jim one end. 1-3-1 PK with Tom Emily other end.**

**10'**

**Group 2 PP with Jim – Umbrella and Low Spread PK with Tom**

**13'**

### **T2-4 - Power Play-Penalty Kill Sequence – Pro**

#### Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

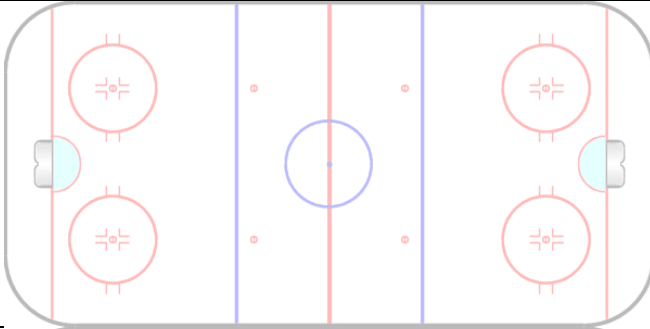
#### Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.
  - \* Breakout with a double swing and five attack.
  - \* Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.
  - \* Aggressive penalty kill when the puck is loose or the attackers back is turned.
  - \* Option one is to have the wide players on their forehand side for one timers.
  - \* Option two is to have a passing PP with right and left handed shots on the right and left sides.
  - \* Rotate positions and keep moving.
  - \* Defender stay with the puck carrier but do not chase passes.
  - \* Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.
  - \* Many teams give the goalie the walk out player jam and cover the other four.
  - \* Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.
  - \* A coach can use this sequence to practice from 3-3 to 5-5.

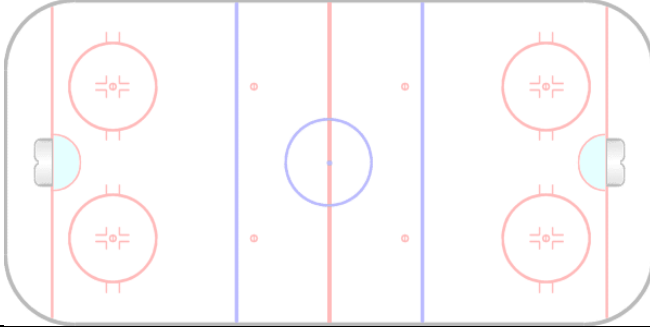
<https://youtu.be/VadXPVkBb4I>



2'  
*Team Cheer in middle*



**Explanation/Notes:**



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