



Team

Practice Plan

Date: 10-20-25

Time: 16:00-17:30

Arena: Max Bell

Lines:

Mila, Emily shoot on goal.

Notes:

A3-B500 Skills Warm up Routine

B202 - Passing Overspeed - U18 - College F

D4 Two Pass

T3 - 1-1 Puck Protection-Stick on Stick

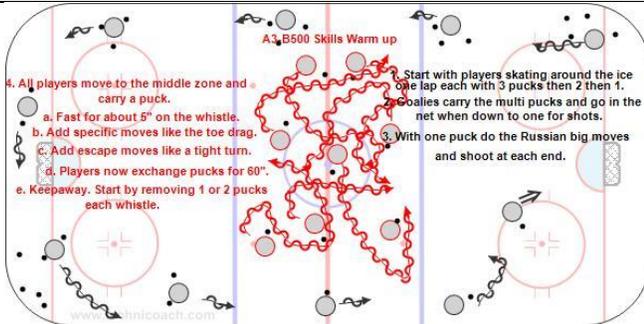
T3 - C202 - 1-1 Angling - College M

B2 - Point Shot-Screen - Point to Low then Across

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4

D100 – Power Play Game 1-1 – 5-5 x 2

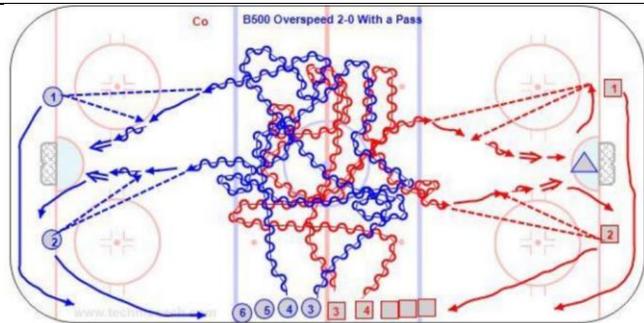
Team Cheer



Mila, Emily shoot on goal.

5'

A3-B500 Skills Warm up Routine



10'

B202 - Passing Overspeed - U18 - College F

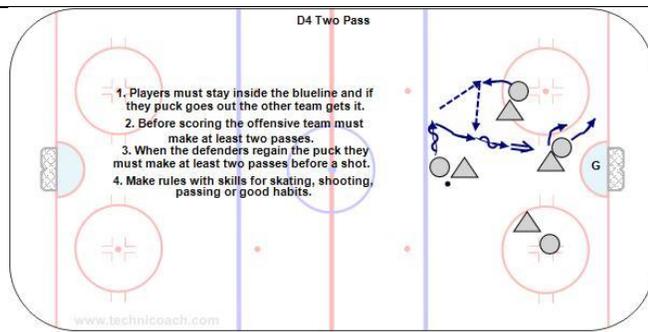
Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

1. Two red and two blue leave from the line.
2. Make as many passes as possible in 7".
3. On the whistle player with the puck give and go with a player below the goal line and shoot.
4. Second player get a pass from the side then give and go low and shoot.
5. On the same whistle two new players from each colour leave from the line.
6. After the shot become a passer near the net.
7. Low passers return to the line up.

<https://youtu.be/XMUegmfH7Y>



10'

D4 Two Pass – U15 Boy's

Key Points:

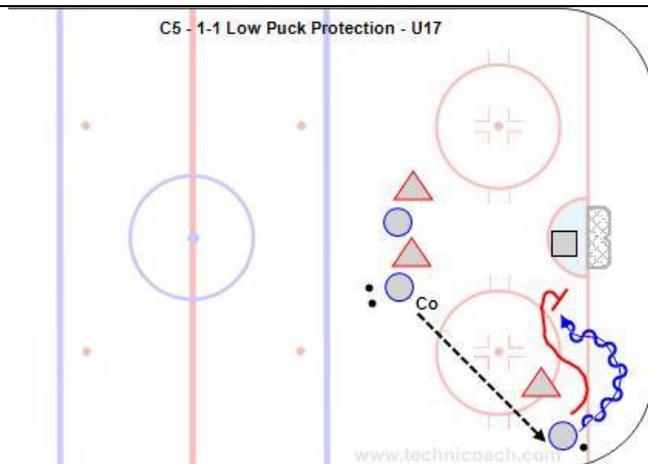
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice '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/3O8K3nNC3qc>



10'

T3 - 1-1 Puck Protection-Stick on Stick - C U18 F

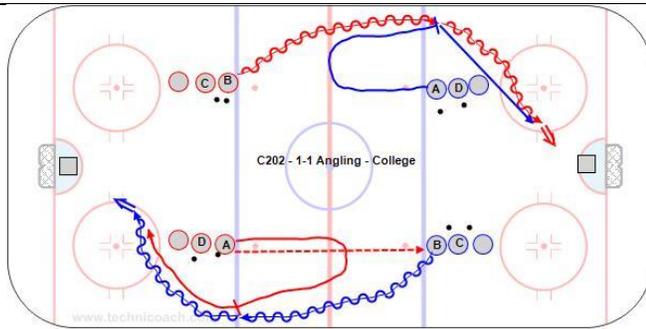
Key Points:

Blue protect the puck with cutbacks, red mirror blue with stick on the puck and toe caps forward. Pin on the whistle with free hand pushing lower back, knee between legs and stick wrap.

Description:

- 1 - Blue protect puck with cutbacks.
2. Red mirror blue with toe caps forward.
3. Red keep stick on ice and on blue stick.
4. On whistle red pin blue to boards, free arm on lower back, stick on puck in front.

<https://youtu.be/F-cvydJiZSI>



10'

T3 - C202 - 1-1 Angling - College M

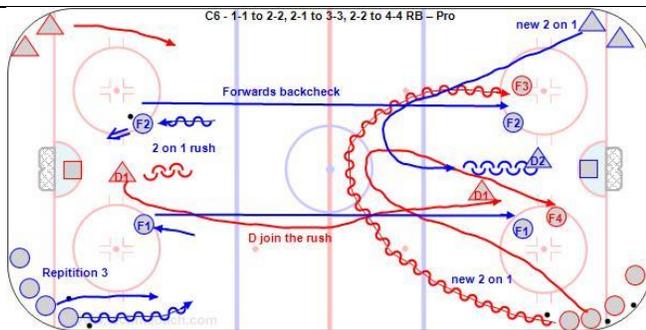
Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check B.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>



13'

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

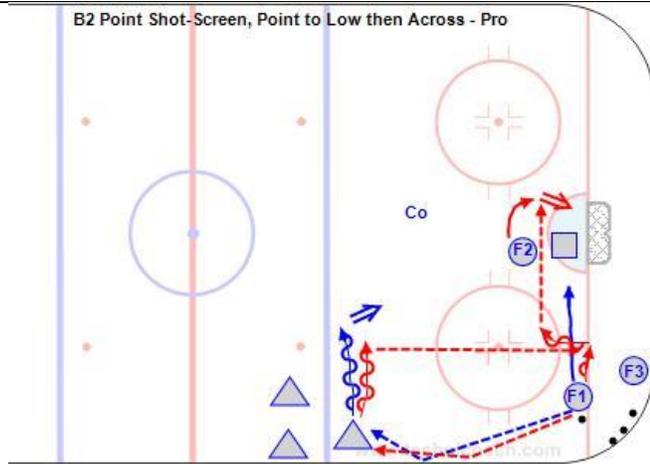
Key Points:

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.

<https://youtu.be/3xSV1IU3awE>



10'
B2 - Point Shot-Screen - Point to Low then Across - Pro

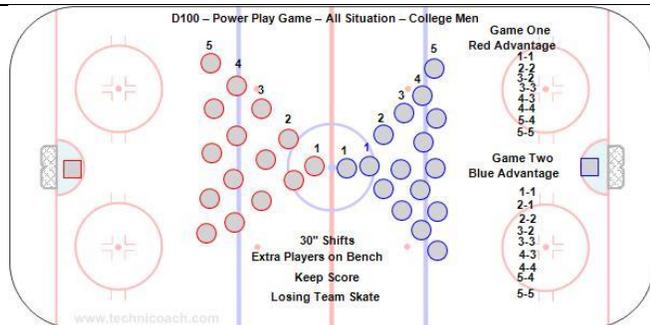
Key Points:

The key is for D1 move between the dots and hit the net. On the second play D1 must freeze the defender with a fake shot and then pass down to F1. F2 must give a target and be strong on his stick to tap a hard pass in.

Description:

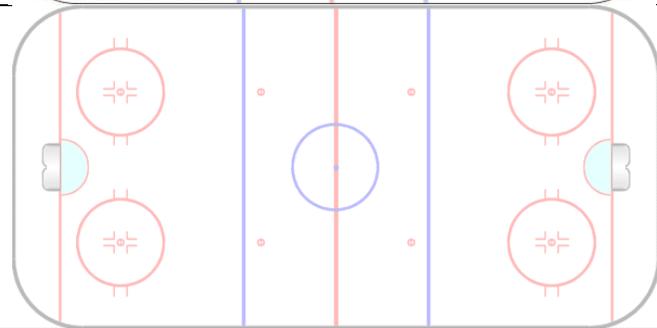
1. F1 pass to D1 at the point.
2. D1 drag and shoot while F2 screen and F1 go to the net for a tip or rebound.
3. F1 get a new puck and pass to D1.
4. D1 fake a shot and pass straight down to F1.
5. F1 skate at the net to become a threat and pass across to F2 who slides back to the far post.

https://youtu.be/Ylo_xsxCsgA



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

<https://youtu.be/2QsKXbo1Cog>



Explanation/Notes:
