



# Fire Black U15

## Practice Plan

Date: 09-07-24

Time: 15f:15-19:00

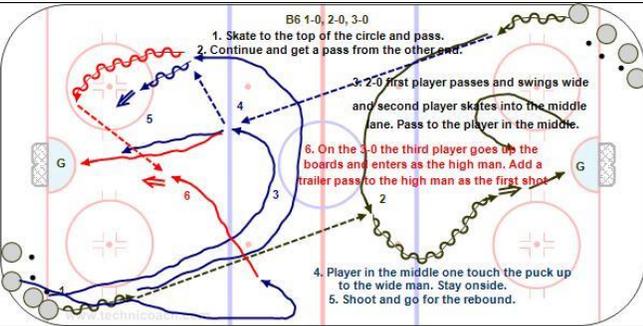
Arena:

Lines:	Notes:
60' outdoor magnetic board	Small horseshoe
Murdoch dice defense	Score vs passive 2-1-2
Controlled 5-5 scrimmage	Forecheck walk through
5-5 with dump in and freeze whistl	Flood
Jim power play into one end	Emily and Mila pk in one end
Specialty team sequence	PP game – one defender in nzone



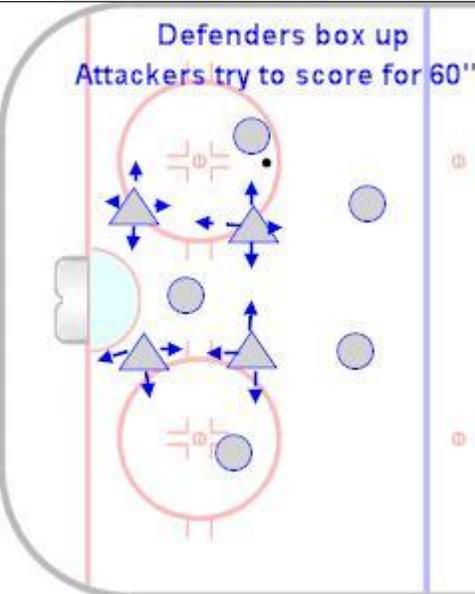
60'

Team play on magnetic board and walk through



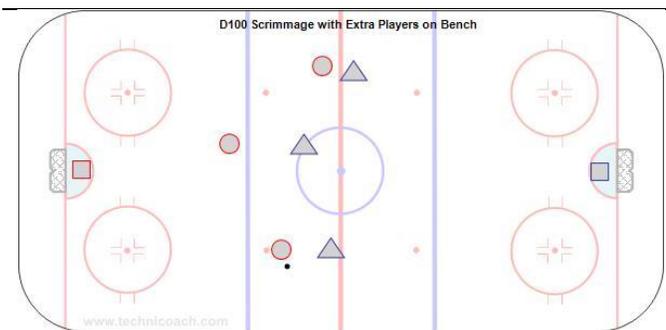
10'

Small horseshoe – 1-0 – 2-0

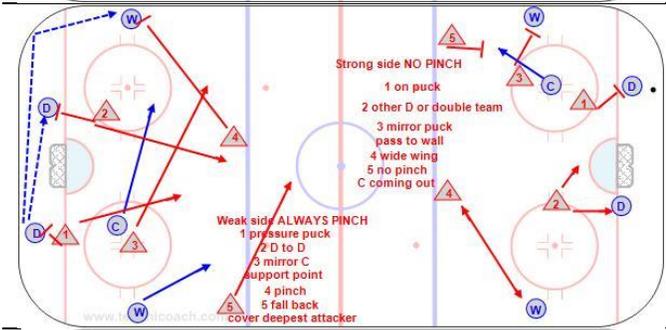


20'

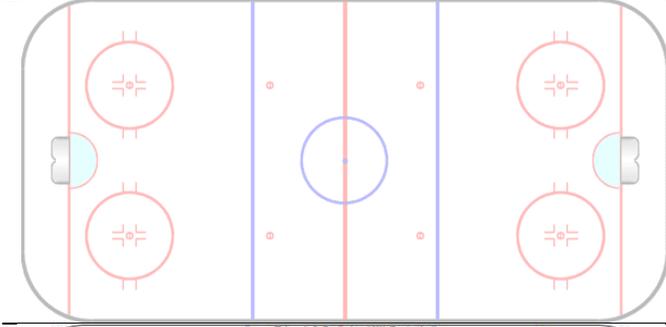
Murdoch dice defense. One stride then rotate



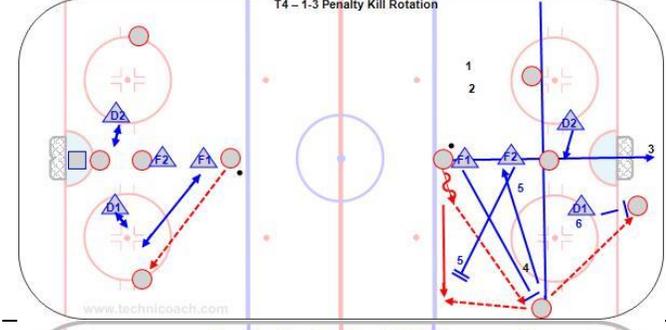
**15'**  
**5-5 controlled scrimmage**



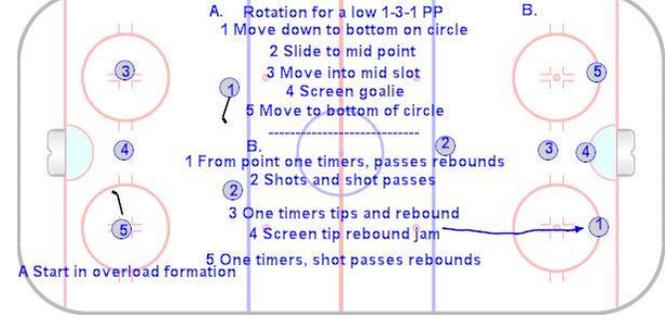
**15'**  
**Forecheck walk through**  
**All players at once.**



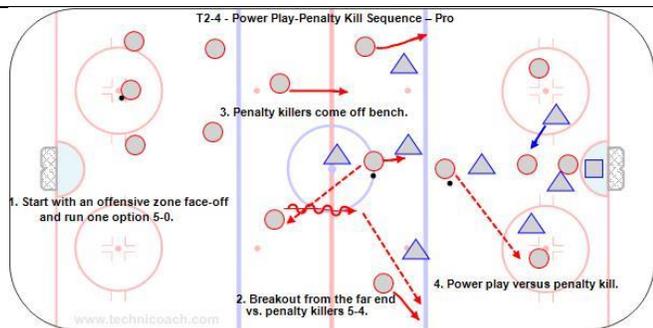
**15'**  
*Controlled scrimmage with dump in. Face-offs and review D coverage on lost draw.*



**15'**  
**Flood**  
**Go over pp magnetic board and pk.**



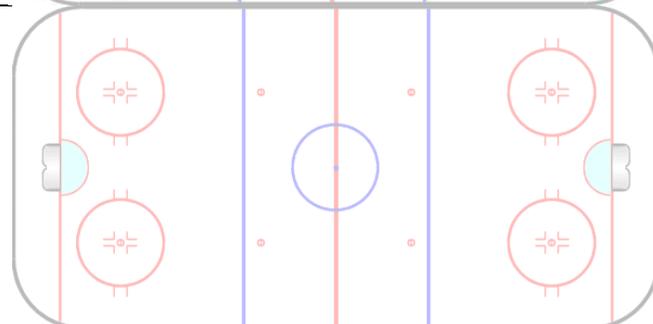
**15'**  
**Jim introduce pp to whites one end.**  
**Emily and Mila black pk**  
**Rotate after 15'**



20'  
Specialty team sequence



20'  
PP game with one defender in  
nzone.



Cheer

Name lineup for Sunday

Meet with parents 10'

