



Fire Black U15

Practice Plan

Date: 09-07-24

Time: 15f:15-19:00

Arena:

Lines:

60' outdoor magnetic board

Murdoch dice defense

Controlled 5-5 scrimmage

5-5 with dump in and freeze whistle

Jim power play intro one end

Specialty team sequence

Notes:

Small horseshoe

Score vs passive 2-1-2

Forecheck walk through

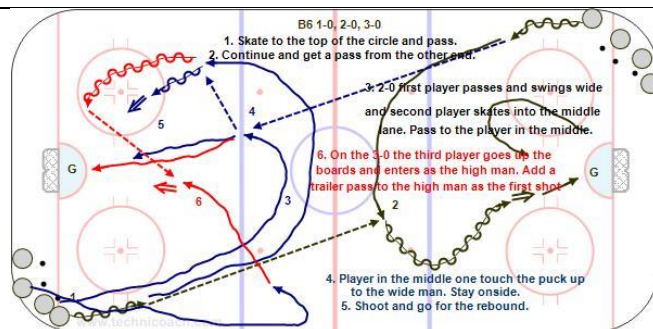
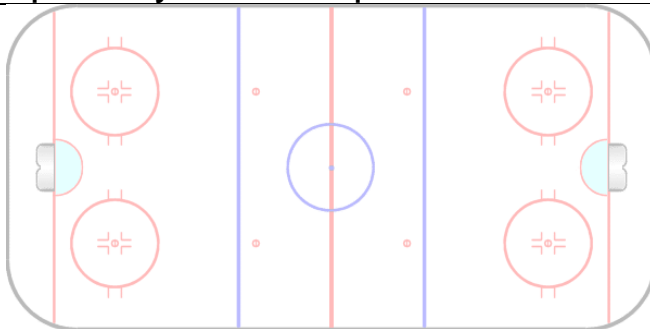
Flood

Emily and Mila pk in one end

PP game – one defender in nzone

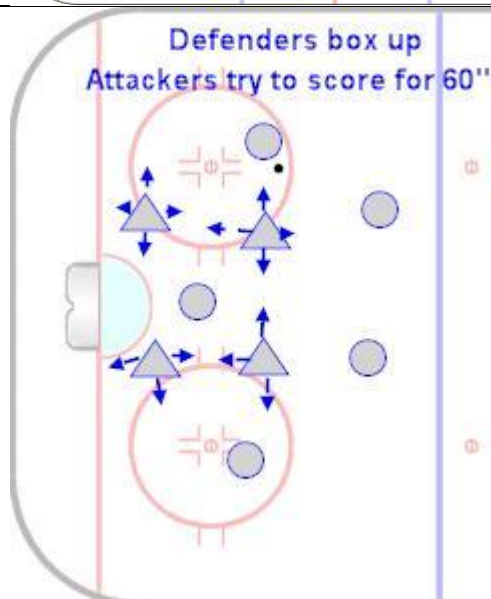
60'

Team play on magnetic board and walk through



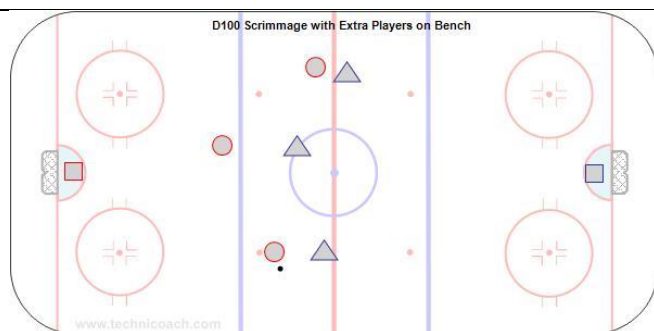
10'

Small horseshoe – 1-0 – 2-0

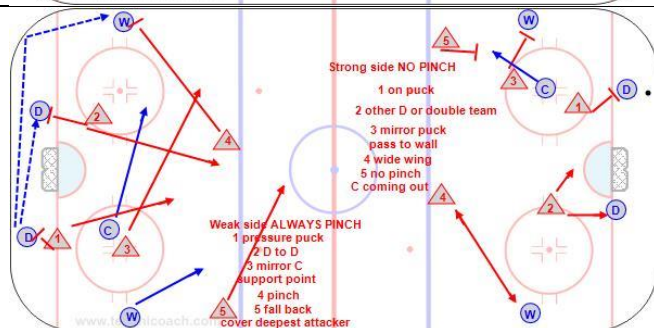


20'

Murdoch dice defense. One stride then rotate



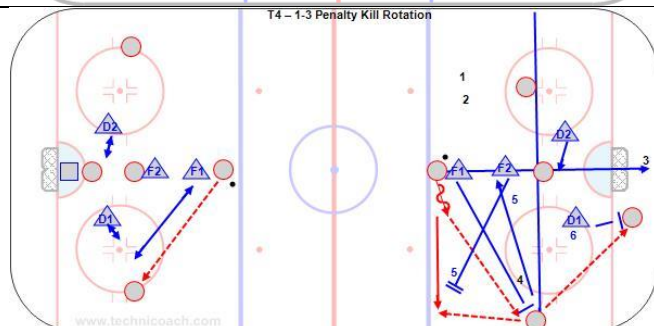
15'
5-5 controlled scrimmage



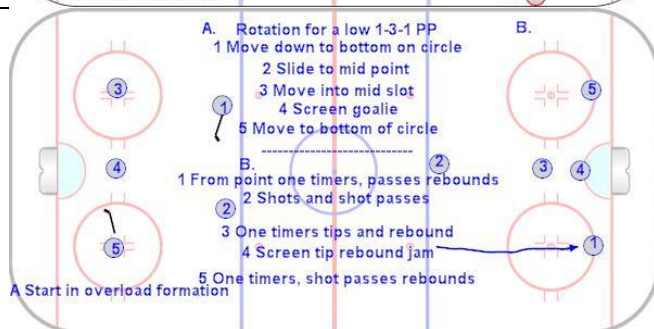
15'
Forecheck walk through
All players at once.



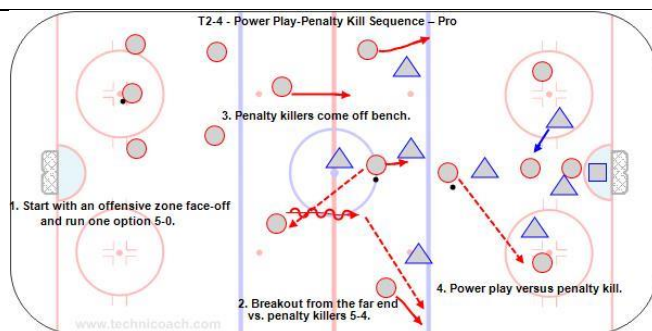
15'
Controlled scrimmage with dump in. Face-offs and review D coverage on lost draw.



15'
Flood
Go over pp magnetic board and pk.



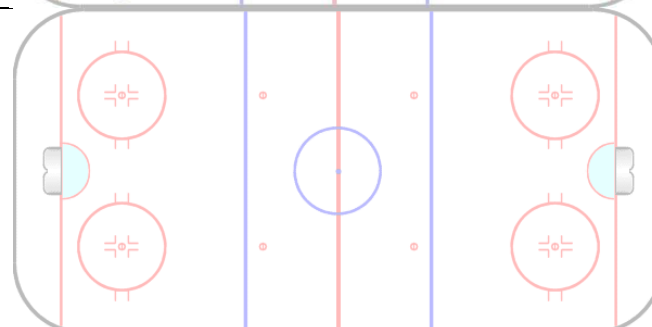
15'
Jim introduce pp to whites one end.
Emily and Mila black pk
Rotate after 15'



20'
Specialty team sequence



20'
PP game with one defender in
nzone.



Cheer

Name lineup for Sunday

Meet with parents 10'

