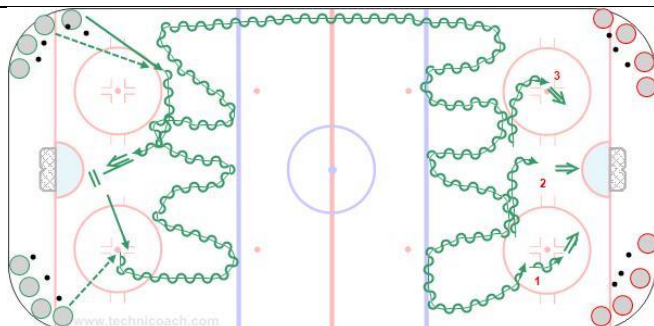




## Fire Black

## Practice Plan

<b>Date: 09-12-24</b>	<b>Time: 19:15-20:30</b>	<b>Arena: Fr Bauer</b>
<b>Lines: 13F – 2 G – 7 D</b>	<b>Notes:</b>	
Kaylin with goalies 20'	<b>B6 - 3 Shots, 3 Zig zags, 3 Shots</b>	
B202 - Luhowy Passing	<b>C500 1-1 - Race for Puck - Protection Battles</b>	
B6 - 2-0 x 2 Cross Pass x	<b>C3 - Breakout, Regroup, Attack 3-2 x 2</b>	
<b>B5 - Angling Along the Boards</b>	<b>DT100 - Continuous Game of 3-2 to 5-5</b>	
Team Cheer		



10'

### **B6 - 3 Shots, 3 Zig zags, 3 Shots – U15 G**

#### Key Points:

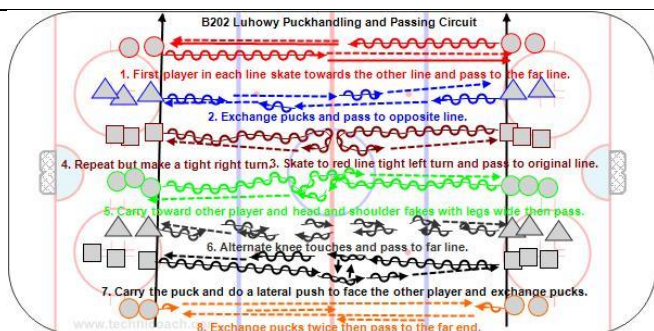
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

#### Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
  - a. carry the puck with the hands and feet moving all the time.
  - b. carry the puck only using the forehand side of the stick.
  - c. only use the backhand side of the stick.
  - d. transition skate facing the far end forward to backward to forward.
  - e. skate backward.
  - f. 360 degree turns.

[B6 - Pass-Agility-Zig-Shoot x 2 - U15 G.MOV](#)

[https://1drv.ms/v/s!AukXg5gWoW-9h\\_AM0G7xwK9QsFrYTq?e=IsDIXY](https://1drv.ms/v/s!AukXg5gWoW-9h_AM0G7xwK9QsFrYTq?e=IsDIXY)



10'

### **B202 - Luhowy Passing - U17**

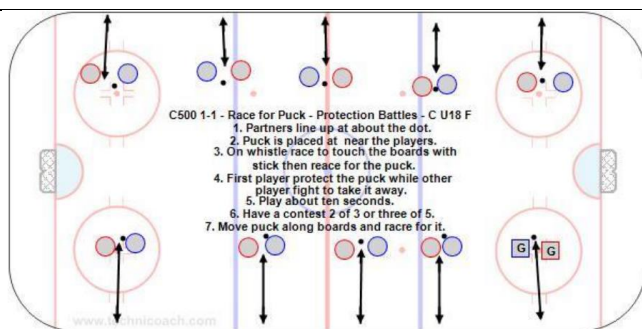
#### **Key Points:**

Practice all passes and incorporate balance and puck handling exercises.

#### **Description:**

1. Players face each other in groups of 2 to 4 at either end.
2. P1 skate with the puck and pass to P2.
3. Make various kinds of passes.
4. Exchange the puck on the forehand, backhand, one forward, one backward, etc..
5. Practice taking back passes, high passes, fake and pass, etc..
6. Ideally have groups of 4 players with 2 at each end for a good work/rest ratio.

<https://youtu.be/ILJlp747ZN4>



10'

### C500 1-1 - Race for Puck - Protection Battles - C U18 W

#### Key Points:

Race to touch boards with stick then get inside position and battle for the puck. Protect the puck with your body and reach. Defender get stick on the puck, use stick lifts and work to gain possession. Toe caps face the puck.

#### Description:

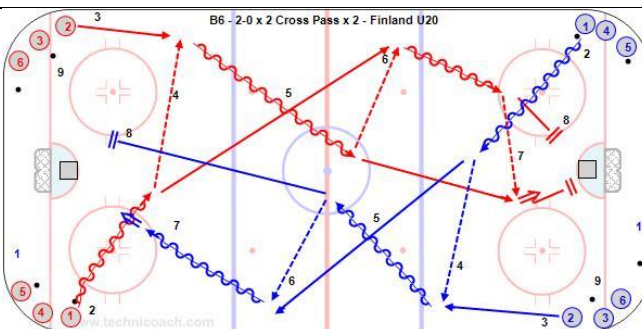
1. Partners line up at about the dot.
2. Puck is placed at near the players.
3. On whistle race to touch the boards with stick then race for the puck.
4. First player protect the puck while other player fight to take it away.
5. Play about ten seconds.
6. Have a contest 2 of 3 or three of 5.
7. Move puck along boards and race for it.

*\*Another example of 1-1 puck battles with pro players.*

<https://youtu.be/rzAB4Zz2gQs>

### C500 1-1 - Race for Puck - Protection Battles - C U18 F

<https://youtu.be/afOK9OhrMDI>



10'

### B6 - 2-0 x 2 Cross Pass x 2 - Finland U20

#### Key Points:

Attack with speed. Prepare to shoot by squaring up if on the off wing or give a target on the forehand. Shoot quickly with a 'one timer' or 'catch and release.' Always shoot hard.

#### Description:

1. Players start from the four corners.
2. Player 1 leave from diagonal corners and cut across to the 'Big Ice' between the dots.
3. Player 2 leave from diagonal corners and skate up the ice.
4. Player 1 pass to 2.
5. Player 2 skate to the 'Big Ice' and 1 takes the ice behind to the wide lane.
6. Player 2 pass to 1 for a wide entry into the offensive zone.
7. Players 1-2 attack with speed and play 'Poker' with the goalie and either pass or

shoot.

8. Only one pass in the offensive zone and both players crash the net for a rebound.

9. Alternate leaving from both corners.

<https://youtu.be/1acEylHssWQ>

10'

### **C3 - Breakout 5-2, Regroup, Attack 3-2 – RB Pro**

#### **Key Points:**

Players wait along the boards in the neutral zone in C3 Formation. Forecheckers go to one D each and react to D to D pass or double team. Goalie must help D by talking.

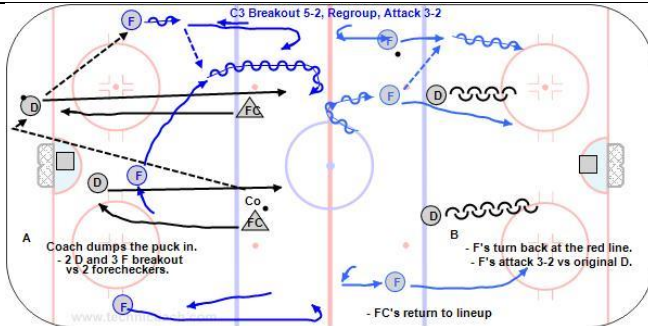
#### **Description:**

A.

- Coach dumps the puck in.
- 2 D and 3 F breakout vs 2 forecheckers.

B.

- F's turn back at the red line.
- F's attack 3-2 vs original D.
- FC's return to lineup.



[https://youtu.be/Kgh\\_Gjv3ZBc](https://youtu.be/Kgh_Gjv3ZBc)

10'

### **T3 - B5 - Angling Along the Boards – Sw**

#### **Key Points:**

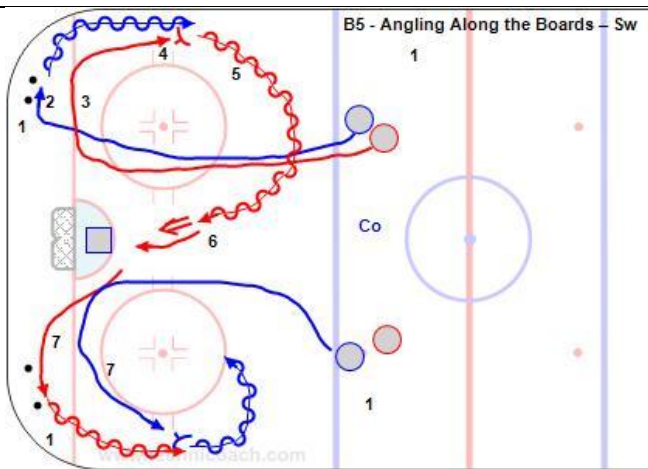
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

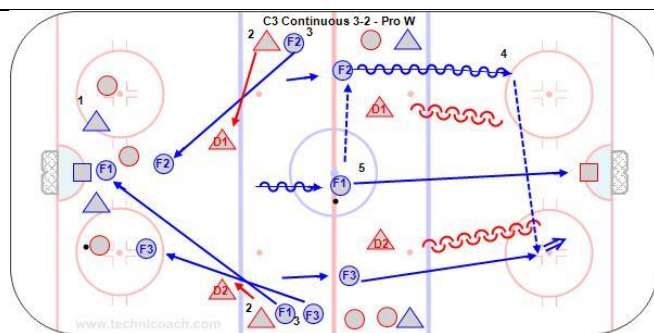
#### **Description:**

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

*\* Repeat alternating sides.*

<https://youtu.be/MF8RcS-fCz8>





15'

## DT100 Continuous 3-2 to 5-5 - Pro W

### Key Points:

Attack with speed. New point players support the attack and new forwards support the defenders. Practice offensive and defensive team play concepts.

### Description:

1. Start with a 3 on 2 attack.
2. When the puck crosses the blue line two new players join the attack supporting from the point.
3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.'
4. Attack with a middle drive and cycling until the whistle.
5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point.

*\* Regroups and dump-ins can be added to this drill.*

*\* Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.*

<https://youtu.be/ocvWDLZwnyQ>

### Team Cheer

