



Fire Black

Practice Plan

Date: 09-18-24

Time: 18:00-19:15

Arena: Rose Kohn

Lines: 11 F-2 G – 6 D

Notes:

Puck Ringette Tennis Ball game

B6 - 2 Pass-Double Zig-Shot x 3 x 2

B4-B6 - Quick Up x 2 - Point Shot

Defensive Skating – Toe Caps Face Attacker –

T2 1-3-1 PP Rotation

T4 - Penalty Kill 1-3 Sweep Rotation

Breakout and clear practice

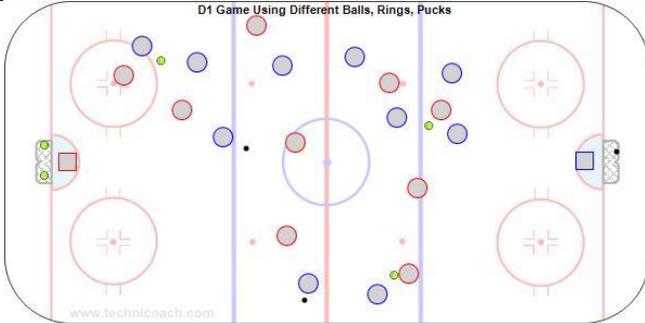
Breakout and clear practice

Pp scrimmage 1 ' each

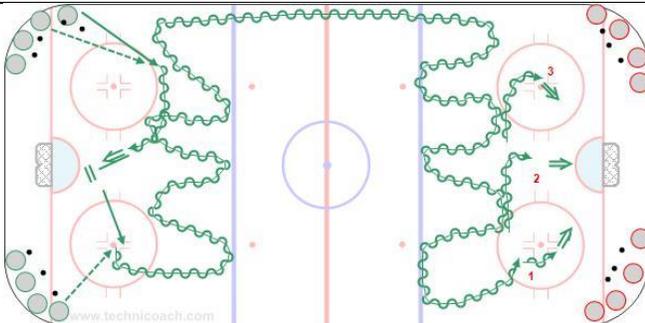
3-2 low in zone. Defenders sticks turned over

D walk line and shoot

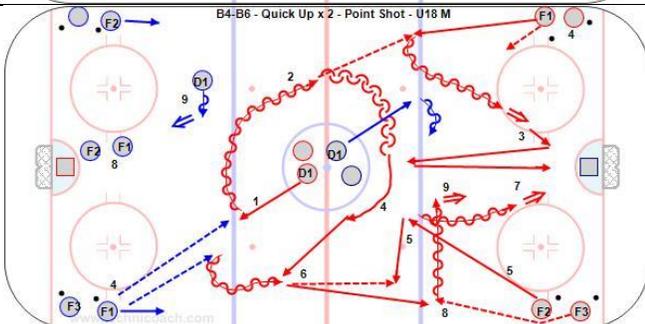
Full ice 2" game



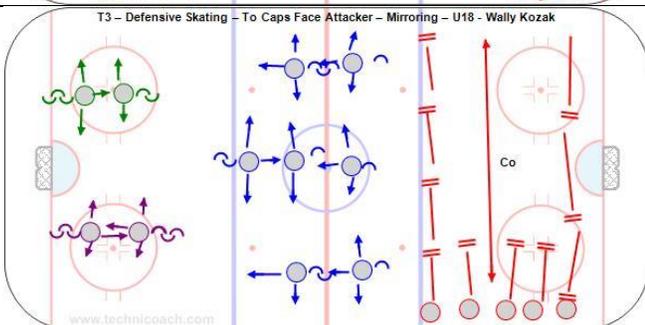
5'
Puck Ringette Tennis Ball game



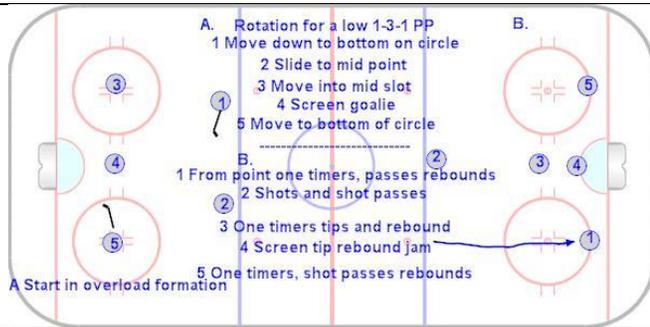
8'
B6 - 2 Pass-Double Zig-Shot x 3 x 2



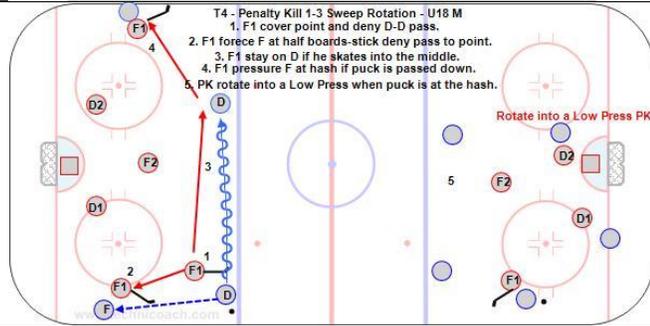
7'
B4-B6 - Quick Up x 2 - Point Shot - U18 M



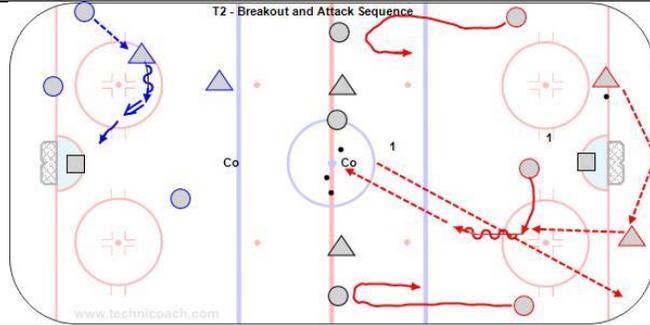
5'
T3 – Defensive Skating – Toe Caps Face Attacker – Mirroring – U18



10'
T2 1-3-1 PP Rotation



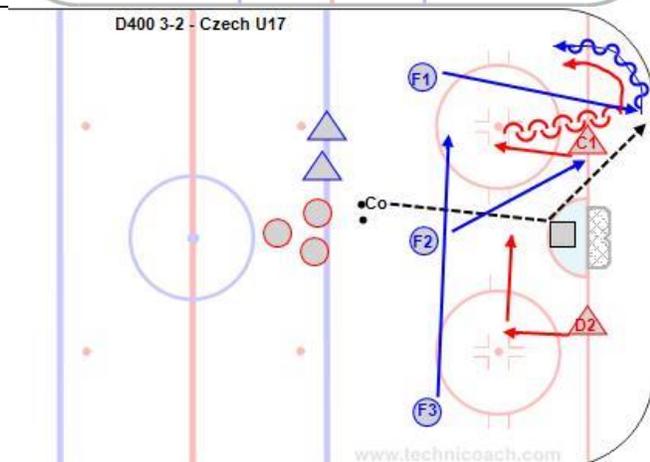
10'
T4 - Penalty Kill 1-3 Sweep Rotation - U18 M



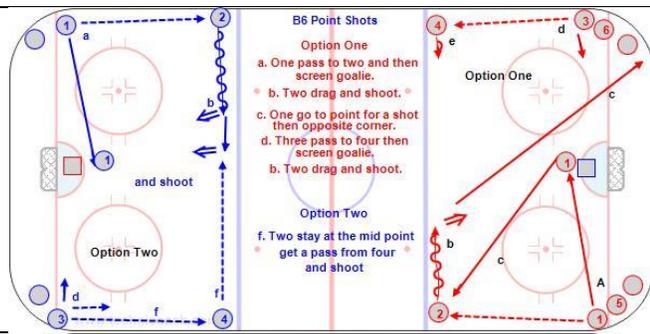
10'
T2 - Breakout and Attack Sequence



10;
Pp scrimmage 1 ' each



10'
3-2 low in zone. Defenders sticks turned over



B6 Point Shots

Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- b. Two drag and shoot.

Option Two

- f. Two stay at the mid point get a pass from four and shoot

10'
D walk line and shoot



D100 Two Second Game

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck

10'
Fill ice 2' game

Team cheer