



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

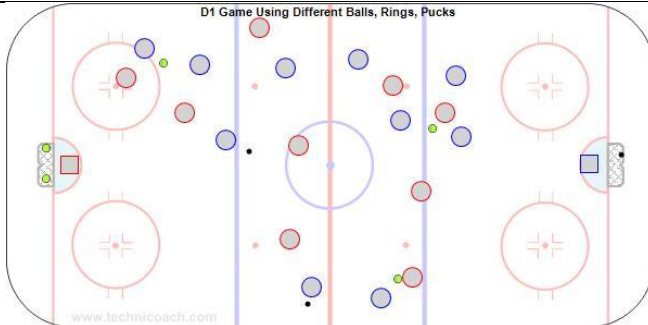
Breakout and clear practice

Pp scrimmage 1 ' each

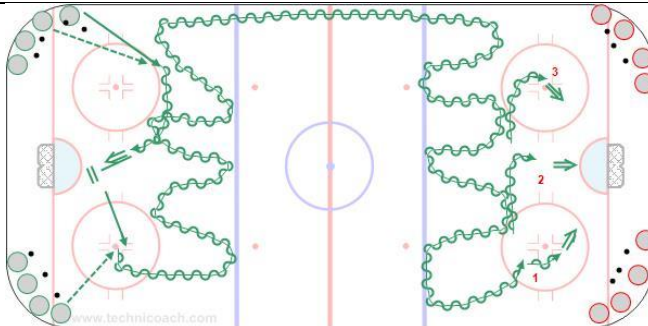
3-2 low in zone. Defenders sticks turned over

D walk line and shoot

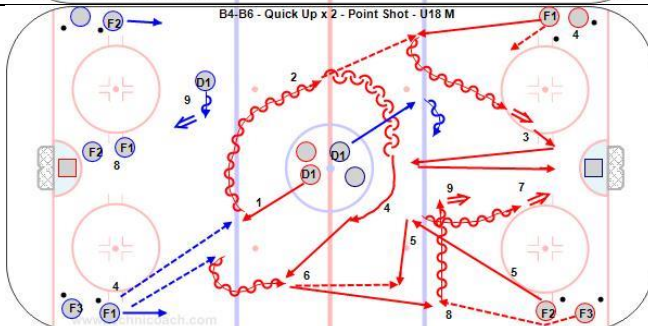
Full ice 2" game



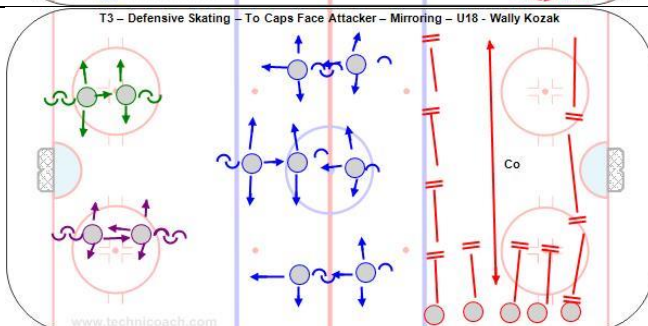
5'
Puck Ringette Tennis Ball game



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

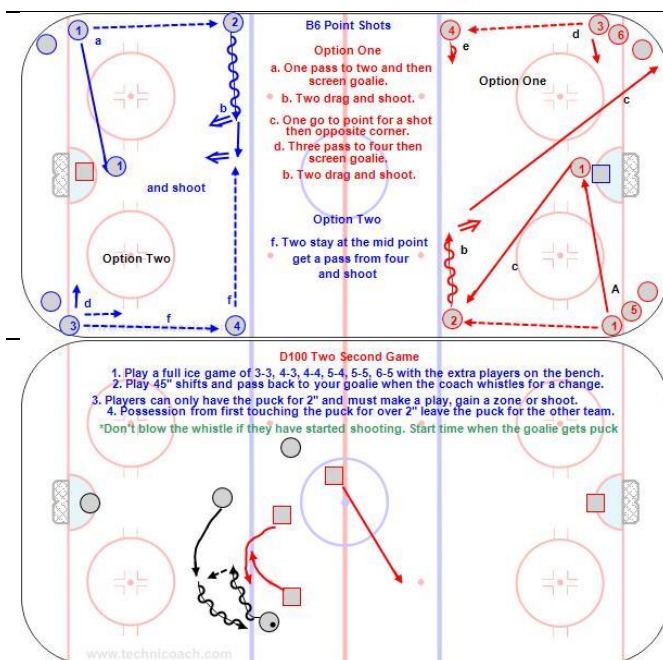


7'
B4-B6 - Quick Up x 2 - Point Shot - U18 M



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





10'
D walk line and shoot

10'
Fill ice 2' game

Team cheer