



## Fire Black

## Practice Plan

Date: 09-24-24

Time: 13:30-14:30

Arena: Crowchild

### Lines:

B4 - 1-0 Outside-Middle Shots- Czech U17

**B600 - Continuous 2-2 Regroup**

**D100 – 6-6 – One Defender In Neutral Zone**

Team Cheer

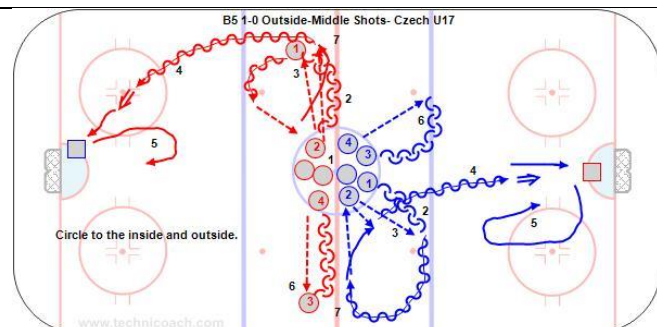
Parent Meeting in coach room – team play

### Notes:

**D4 Two Pass**

**T2 – D4 - Torpedo 6-5**

**D100 – Power Play Game – All Situation**



10'

**B4 - 1-0 Outside-Middle Shots- Czech U17 - Pro**

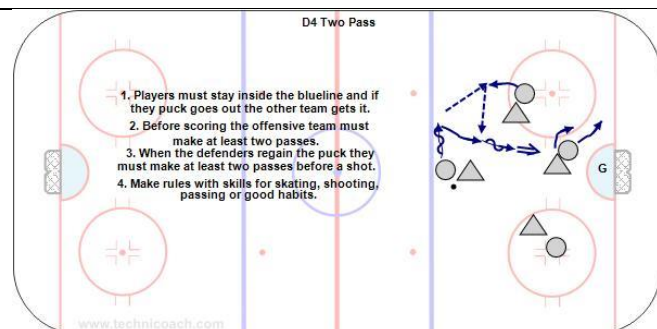
#### Key Points:

Keep the feet moving and shoot. Follow the shot for a rebound.

#### Description:

- 1 leave and exchange the puck twice with 2 while circling wide.
- 2 make a third pass to 1.
- 1 skate in and shoot from the wide lane.
- Repeat but circle inside to outside and shoot from the middle.
- After shooting 1 circle back and rebound for the next shooter.

<https://youtu.be/ztlo-Bz3dfc>



10'

**D4 Two Pass**

#### Key Points:

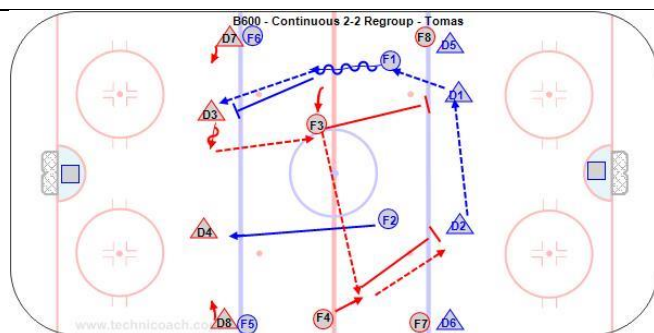
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

#### Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

*\* Only forehand passes and must ake escape move.*

<https://youtu.be/3O8K3nNC3gc>



## 20' Goalies with Kaylin and Mila

10'

## B600 - Continuous 2-2 Regroup – Tomas

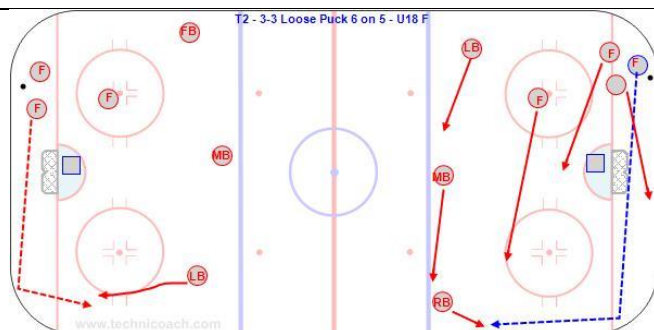
### Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

### Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

<https://youtu.be/dB6DPGuHn3s>



## 10' One goalie last 5'

## T2 – D4 - Torpedo 6-5 - U18 F

### Key Points:

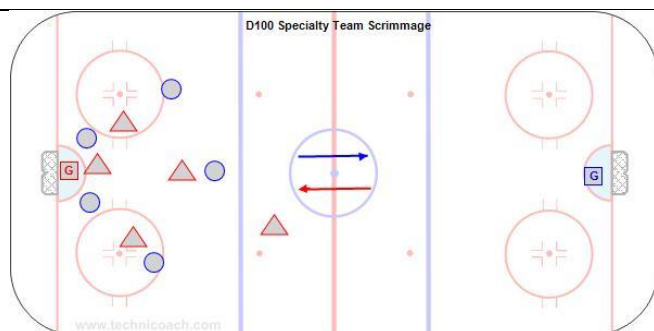
Forward play forward and defense play the right back, middle back and left back on their forehand sides to keep the puck in.

### Description:

1. Always two forwards on a loose puck and if they have two battling then 3 forwards.
2. Pinch on both sides with the Middle Back filling behind.
3. Left and Right back must keep the puck in on wide rims.
4. Reset when under pressure by putting the puck behind the net.
5. Three backs play high on the 1-3-2, one F take goalies eyes, one shot pass or tip, one mid slot.

T2 – D4 - Torpedo 6-5 - U18 F

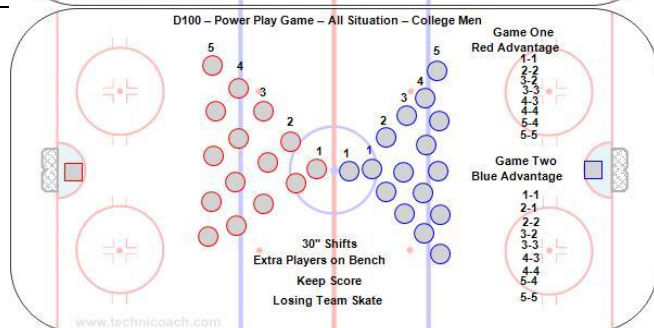
<https://youtu.be/YUSYeuHyhXw>



8'

### **D100 – 6-6 – One Defender In Neutral Zone**

Full ice with one defender on each side staying in the neutral zone making it 6-5 at each end.



10'

### **D100 – Power Play Game – All Situation – College Men**

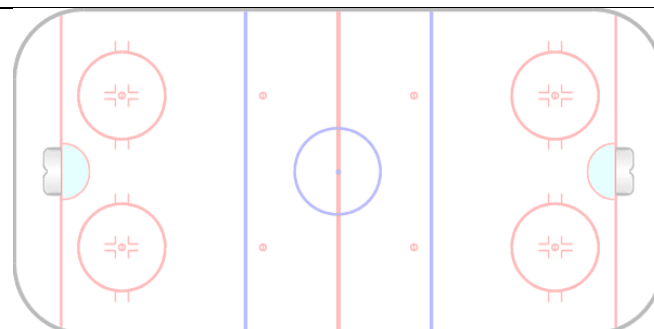
#### *Key Points:*

Teams take turns having the man advantage. Players must read the situation and adjust.

#### *Description:*

1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to  $\frac{1}{4}$  of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
7. Keep Score and losing team skate or push ups

<https://youtu.be/7qLLlc30nbE>

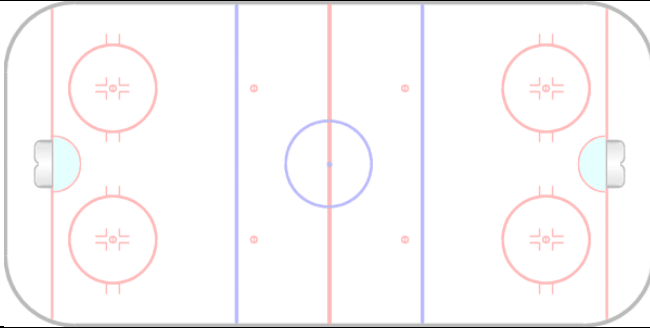


2'

*Team cheer in circle*



**Explanation/Notes:**



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