



# Fire Black

## Practice Plan

Date: 09-24-24

Time: 19:00-20:00

Arena: Crowchild

Lines: 12 F- 6 D -2 G

Notes:

A300 Moves at the dots

**One Timer Shots x 4**

**C3 Reijo 1-1 Both Sides - Gap Control -**

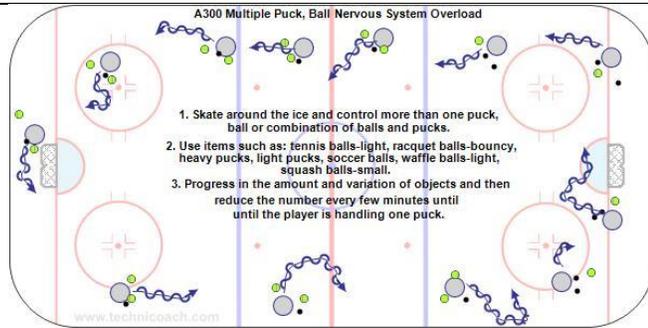
**Defense No Stick**

**D100 – Game of 3-3 – No Dump Ins**

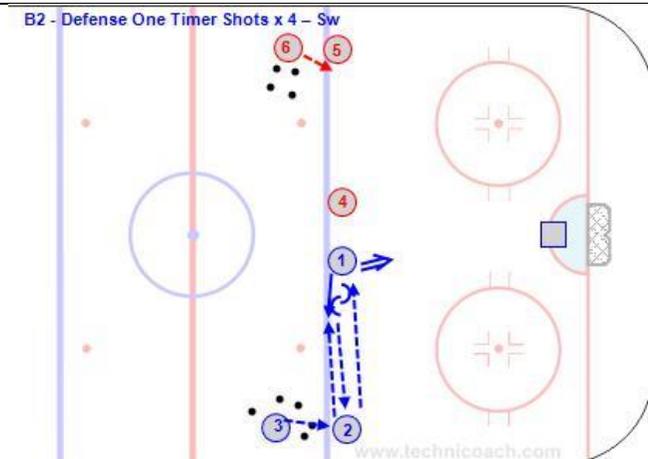
**Two Net – 2-0 x 2 Shootout**

**E1 Rebound Game**

Parent Meeting

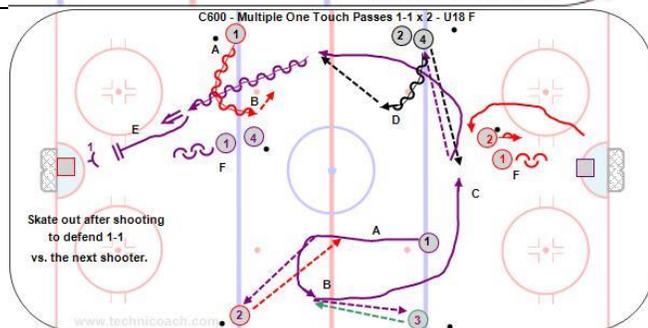


5'  
A300 Moves at the dots



10'  
**One Timer Shots x 4**

A - One Timer Shot – Sw  
[https://youtu.be/rtFKVr4K\\_lo](https://youtu.be/rtFKVr4K_lo)



10'  
**C600 - Multiple One Touch Passes 1-1 x 2**  
**Key Points:**

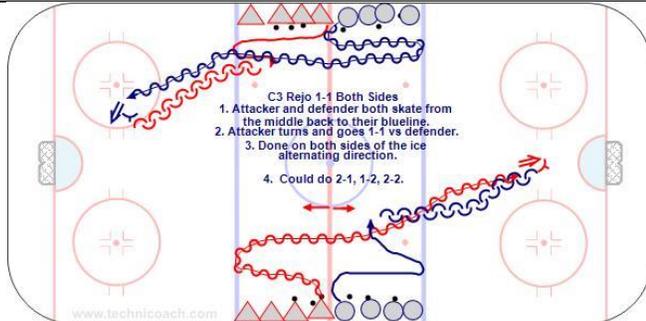
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

**Description:**

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

<https://youtu.be/7sdcZtyS6VY>



10'

### C3 Rejo 1-1 Both Sides - Gap Control Defense No Stick

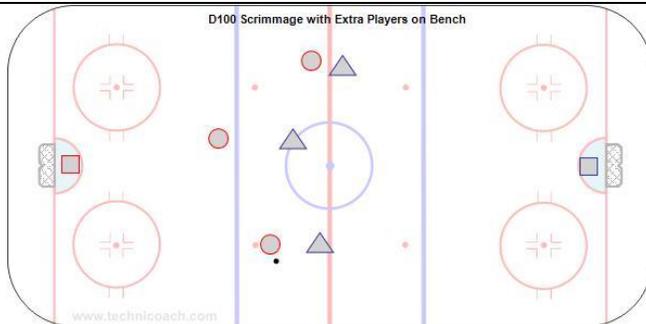
#### Key Points:

The defender needs to get within a stick length of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

#### Description:

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.
6. Defense no stick, so must play a tight gap and stay on defensive side.

<https://youtu.be/8nziC2xxlso>

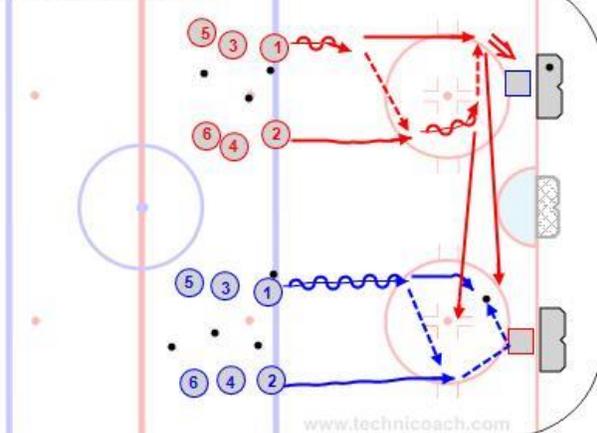


15'

### D100 – Game of 3-3 – No Dump Ins

Play full ice 3-3. Change on their own. No dump ins allowed or other team gets the puck. Tag up at red line after scoring and at top of the circle on frozen pucks.

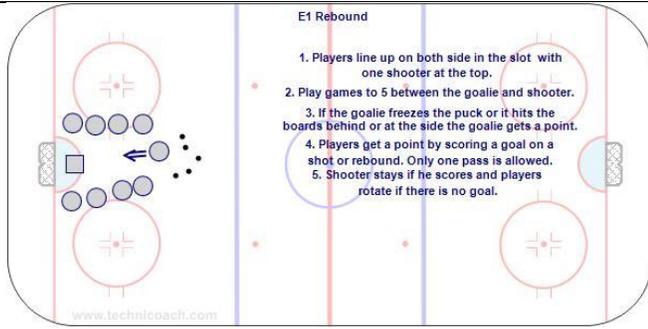
E1 - 2-0 x 2 SO Game - MRU



12'

### Two Net – 2-0 x 2 Shootout

Attack 2-0 at each net. You can steal the other teams puck and score. Race back on whistle or when both teams score.



- E1 Rebound**
1. Players line up on both side in the slot with one shooter at the top.
  2. Play games to 5 between the goalie and shooter.
  3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
  4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
  5. Shooter stays if he scores and players rotate if there is no goal.

6'

**E1 Rebound Game**

This is a scoring contest that seems to be loved by players of all ages everywhere in the hockey world.

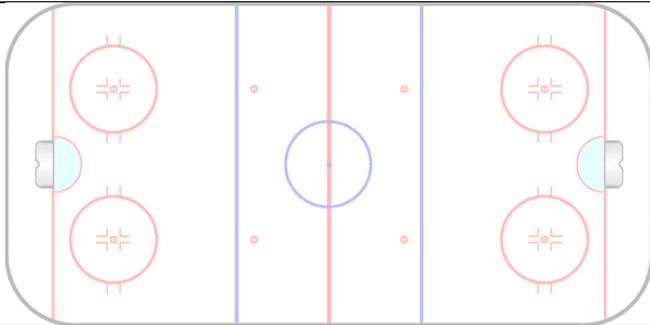
*Key Points:*

Make quick shots and one timers and goalie read the play.

*Description:*

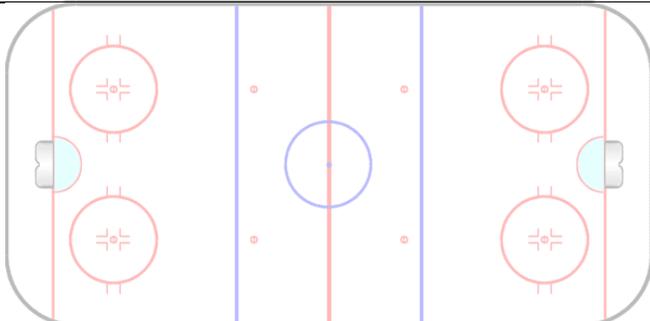
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<https://youtu.be/Fv7aj68wWRw>

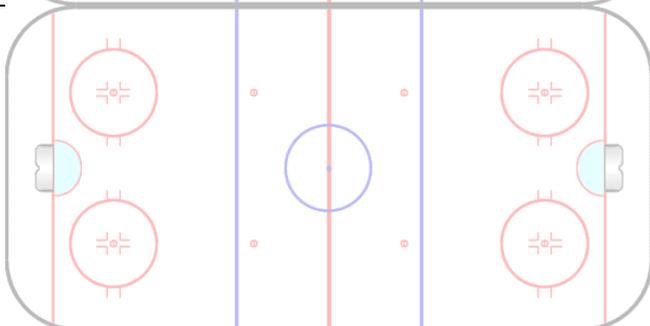


2'

*Team cheer*



**Parent and GHC meeting**



**Explanation/Notes:**

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