



## Fire Black

## Practice Plan

Date: 10-01-24

Time: 18:00-19:30

Arena: Village Square

### Lines:

Butterfly with Big Moves

**G - B6 Four Spot Shooting**

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 - Pro

**T4 - B5 - Low F Support D in Corner - Pro**

**E1 - Shootout Race from Dots**

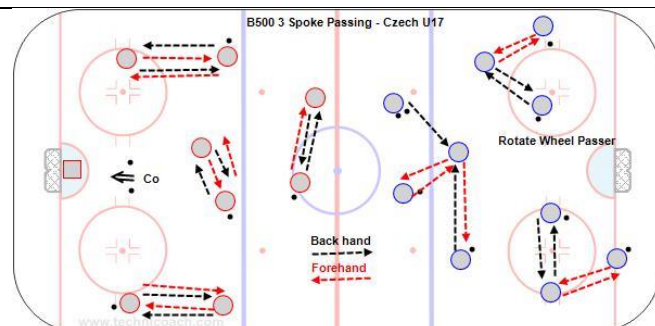
### Notes:

**B500 - 3 Spoke Passing**

**B6 - 2 Cross and Drop - Regroup - 3-0 - Carolina**

Forwards one timers x 4

**D100 - Russian Scrimmage - 1-1 to 5-5 College M**



10'

3' **Butterfly with Big Moves - Jim Lead**

7'

**B500 - 3 Spoke Passing - Czech U17 - Emily-Mila**

### Key Points:

Keep the hands away from the body and follow through at the target. The puck rotates toward the toe of the blade. Hands should be relaxed and the stick blade square to the puck. Backhands have to be taken from the middle to the heel of the blade of the blade adjusted to be square with the curve.

### Description:

1. Start with stationary partner passing alternating between forehand and back hand. Use wrist passes and focus on the giving and receiving being quiet.
2. Spoke pass with two pucks in groups of 3 or 4. One player takes passes from the other players. Alternate forehand and backhand.

<https://youtu.be/BObj4qIKYY>



10'

**G - B6 Four Spot Shooting - Slovakia U20**

### Key Points:

Shoot while moving and hit the net. Forwards screen and tip after shooting. Goalie must battle to see through the screen and control the rebounds.

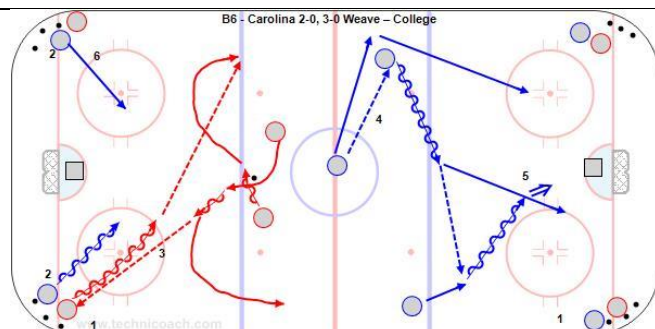
### Description:

1. F1 skate around the top of the circle and shoot - rebound - screen.
2. F2 skate around the top of the circle and shoot - rebound - screen.
3. D1 skate along the blue line inside the dot and shoot.
4. D2 skate along the blue line inside the dot and shoot.

*Repeat with the next group.*

*\* Option is to have a breakaway from the blue line as a fifth shooter*

<https://youtu.be/tGp0L4VQDdk>



10'

### **B6 - 2 Cross and Drop - Regroup - 3-0**

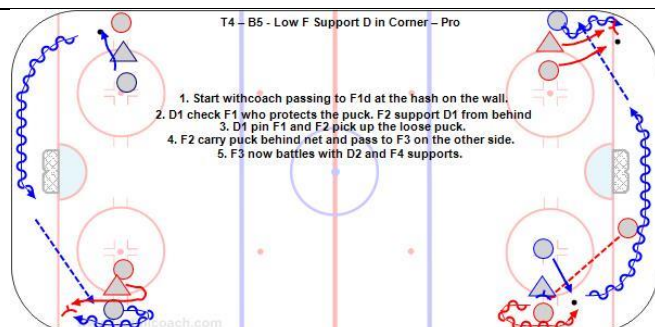
#### **Key Points:**

Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

#### **Description:**

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

<https://youtu.be/lcaEbVO51MQ>



17' - **7' Cassie and Tom with D - Forwards do one timers.**

12'

### **T4 - C5 - Low F Support D in Corner - Pro**

#### **Key Points:**

Play a 1-1 in each corner with F using escape moves and D mirror and pin. Supporting F pick up the loose puck, skate behind net and pass to F on other side. Defender keep stick on ice and on the puck, maintain net side, pin player with free hand on hips and drive knee between the legs. Supporting forward stay out of the battle on the D side. Pick up the loose puck.

#### **Description:**

1. Start with coach passing to F1d at the hash on the wall.
2. D1 check F1 who protects the puck. F2

support D1 from behind.

3. D1 pin F1 and F2 pick up the loose puck.

4. F2 carry puck behind net and pass to F3 on the other side.

5. F3 now battles with D2 and F4 supports.

#### **T4 – C5 - Low F Support D in Corner – Pro**

<https://youtu.be/6rzBGtnInfU>

**15'**

#### **D100 - Russian Scrimmage - 1-1 to 5-5 College M**

##### **Key Points:**

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

##### **Description:**

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

*\* Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>

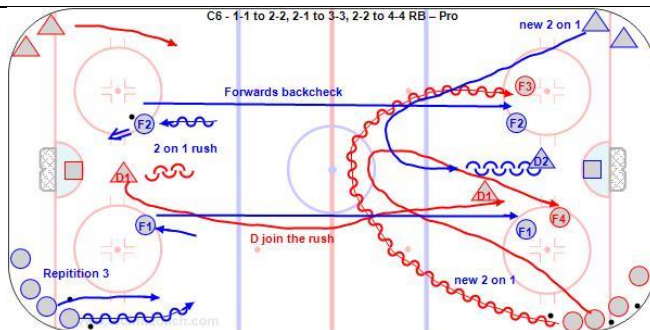
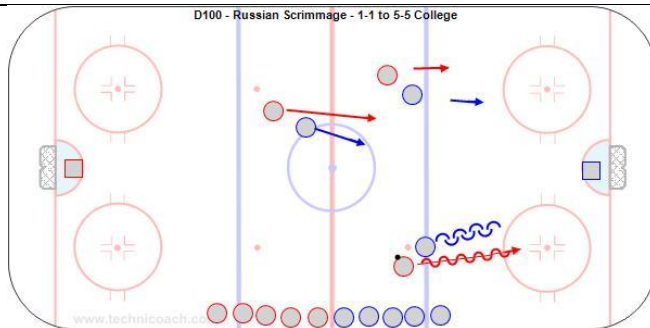
#### **C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 - Pro**

##### **Key Points:**

**Defenders communicate, attack with speed, O and D fight to control the slot.**

##### **Description:**

1. D in one corner and F in the other corner at both ends.
2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
4. Keep attacking and defending until the whistle.
5. Add a forward to make it a 2-1 until the whistle when they join to create a 3-3.



6. Players must communicate who to cover on defense.
7. Attack with speed to beat the backchecker on the 2-1.
8. Play with good habits: stop at the net, D tie up sticks, create rebounds.
9. Keep Score to increase intensity.
10. You need at least 8 F and 4 D to do the 2-1.
11. Add another D making it a 2-2 rush and 4-4 at each end.
12. With 2-2 you need at least 8 F and 8 D.
13. You can also do this drill with all the player playing both F and D.

***\* If you have 20 skaters you can do a 3-2 rush and 5-5 at each end.***

### **C3 - 2-1 - F Backtrack-D Join Rush – Pro**

<https://youtu.be/BQTdYFkTrwo>

10'

### **E1 – Shootout Race from Dots – U18 Boy's**

#### **Key Points**

**Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.**

*\*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.*

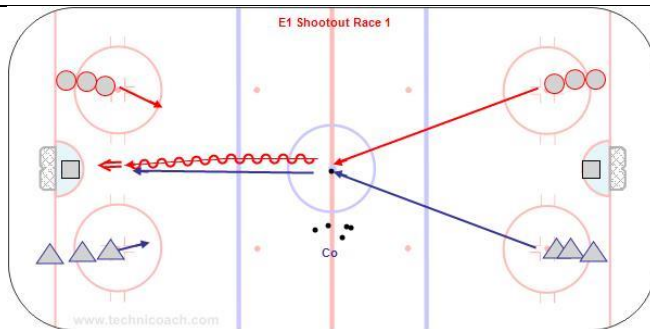
#### **Description**

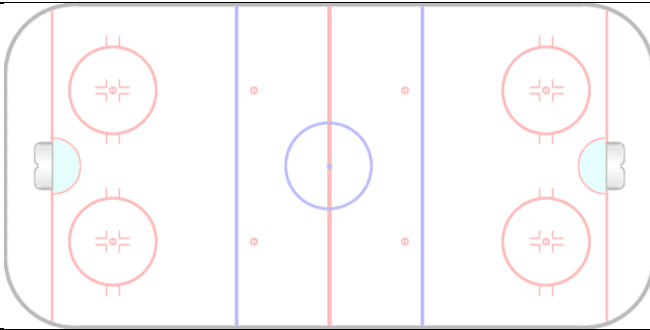
1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs. backchecking opponent.
4. Place another puck near the dot and repeat the other way.
5. Allow goals on rebounds that come straight out.

***\* Backchecker can't hook or hold but must take the stick on a rebound.***

***\* Keep score!!***

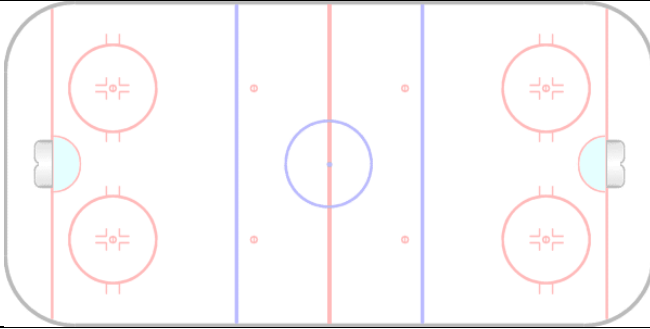
<https://youtu.be/pWdBW5Z1TXM>





2'

*Get pucks, Cheer in middle*



**Explanation/Notes:**

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