



Fire Black

Practice Plan

Date: 10-03-24

Time: 16:15-17:45

Arena: Crowchild

Lines:

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

D4 Two Pass Game x 2 – 4-4 - 5-5

DT400 3-3 Krusel Battling Game

T2 – Kozak Breakout sequence

D100 – 3-3 Full Ice Game

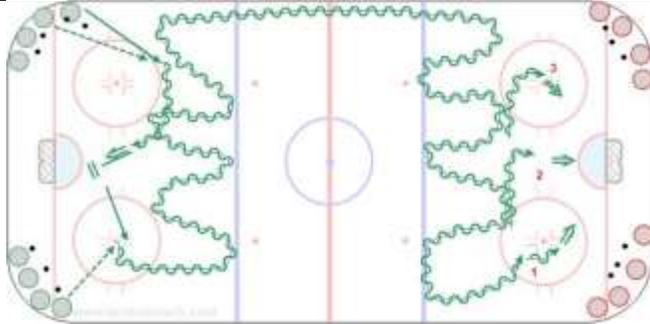
Notes:

F - Overspeed Skate with Tight Turn – 30’ - Marlene with goalies

C6 – Poddy’s 1-1 to 3-2

DT100 – Continuous 2-2 to 4-4

Team Cheer



10’

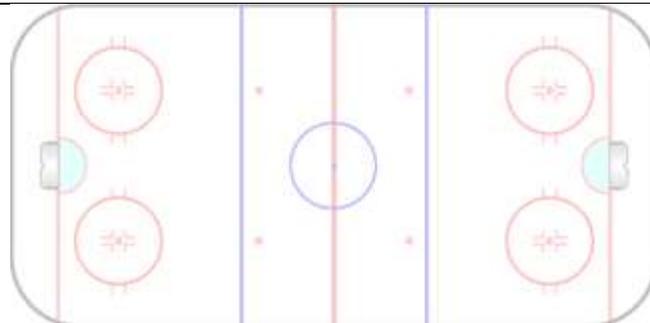
D Face far end x 2 – backward x 3

Forwards – transition skate, back, quick feet ,Crosby

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

-forward, transition, Crosby, Backward skating
Pass Shoot Pass 3 agility Linear crossover 3
agility Shoot from 3 lanes

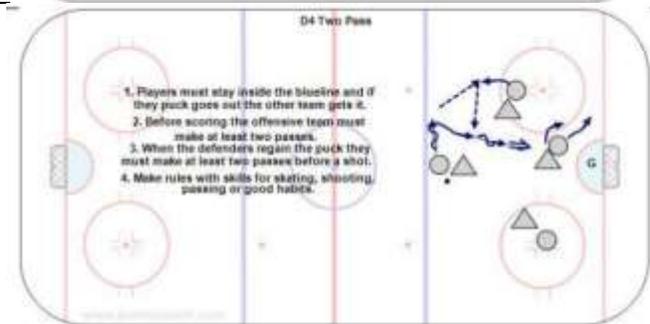
<https://youtu.be/04Rz3o5fYfY>



1’

F - Overspeed Skate with Tight Turn – Pro

<https://www.facebook.com/tom.molloy.5836/videos/944732294167165?idorvanity=631135947796206>



10’

D4 Two Pass Game x 2 – 4-4 - 5-5

Key Points:

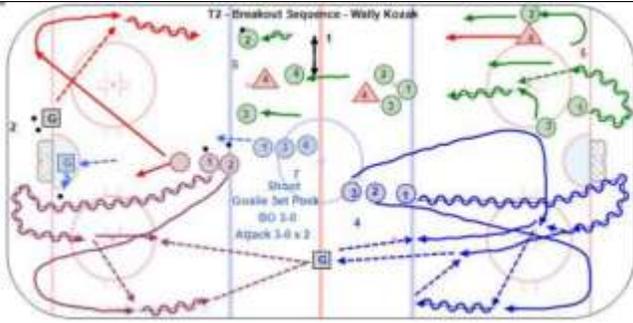
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce.

The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Skill Rules - Escape move before passing.

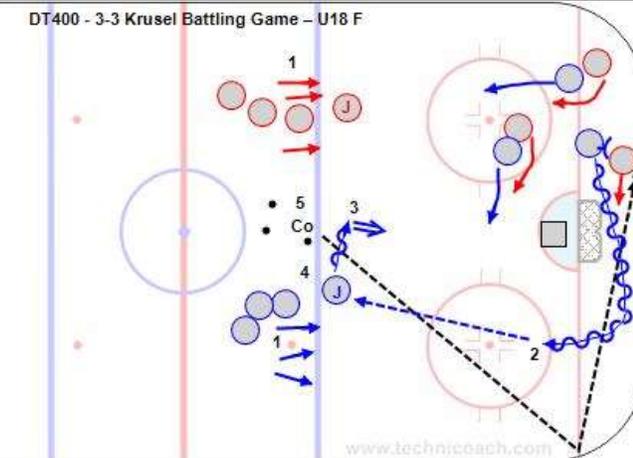
D4 Two Pass – U15 Boy’s

<https://youtu.be/3O8K3nNC3qc>



30' 30' - Marlene with goalies
15'
T2 – Kozak Breakout sequence

<https://youtu.be/zD3G8WVzFDo>



15'
DT400 3-3 Krusel Battling Game - Pro W

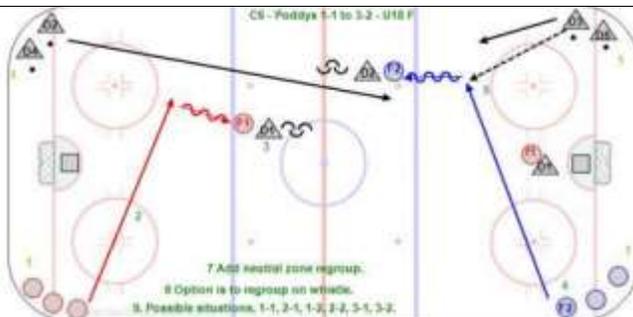
Key Points:

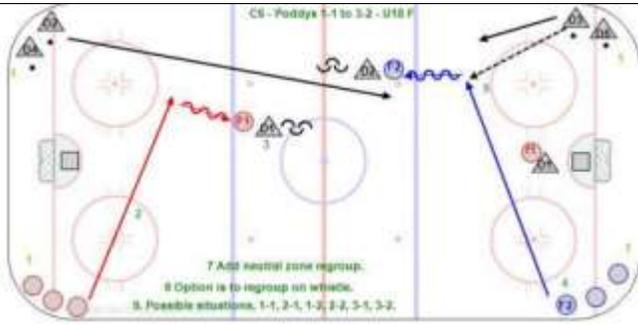
Transition happens when the defending team passes to their team mate at the point.
 The players must go from offense to defense when the puck is passed to the point and give support on both offense and defense.

Description:

1. Players line up behind the blueline in teams.
2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
3. The team that gains possession of the puck is on offense and tries to score.
4. The defending team must pass to their player at the point to be on offense.
5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
6. Play shifts of 20-30" then pass to the coach and hustle outside the blue line on the coaches whistle. *Alternative is to pass to your own team but they can't enter the zone until everyone is onside.*
7. The coach dumps a new puck in for the next group.

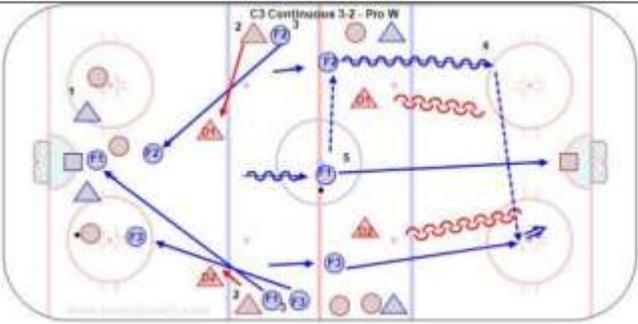
https://youtu.be/e80Cod_L2So





10'
Poddy's 2-1 – 2-2 – 3-2

C6 – Poddy's 1-1 to 3-2 – Wally - U18 F
<https://youtu.be/NYAhiCwcA-4>



10'
 DT100 – Continuous 2-2 to 4-4

DT100 - Continuous 2-2 - U15
<https://youtu.be/M7vsMMJ-87k>



15'
D100 – 3-3
Full ice game. Change on their own.
Losing team skate the five circles.