



# Fire Black

## Practice Plan

Date: 10-06-24

Time: 19:00-20:15

Arena: ECTAS

### Lines:

Russian Big Moves

Pass – 1-1 Regroup with F – 1-1

**C600 - Neutral Zone Regroup - Attack 3-2**

**D100 – 5-5 Full Ice Regroup Game**

Team Cheer in Middle

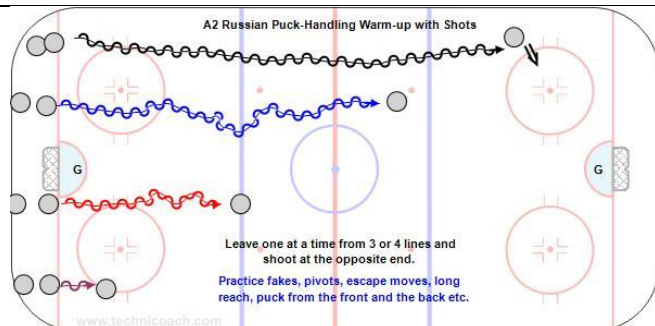
### Notes:

Jursino2-0 Passing

**Carolina 2-0 – 3-0**

**T4 - F3 Mirror-Backpressure - F1-F2 Backtrack**

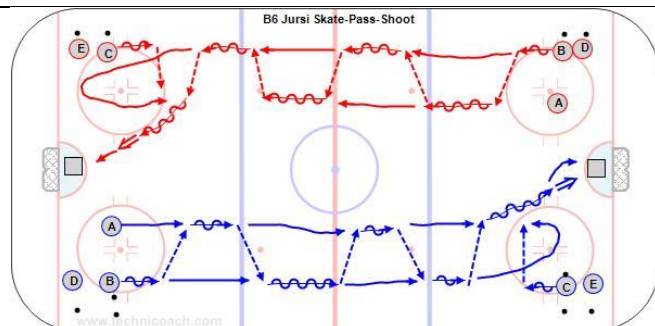
**E1 – 5 Puck Shootout Contest**



7'  
Russian Big Moves

A200 - Puck Handling Sequence – Jursinov  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?s=howtopic=6369&topic=6370#6370>

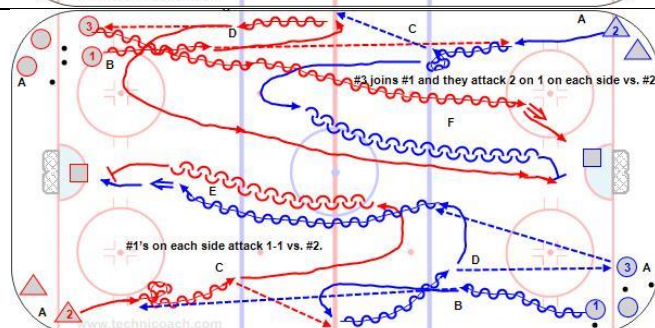
[https://youtu.be/ fdGBVje39s](https://youtu.be/fdGBVje39s)



8'  
Jursino2-0 Passing

**B6 Jursi Skate and Pass - U18 F**  
<https://youtu.be/9CYHXzW6zFs>

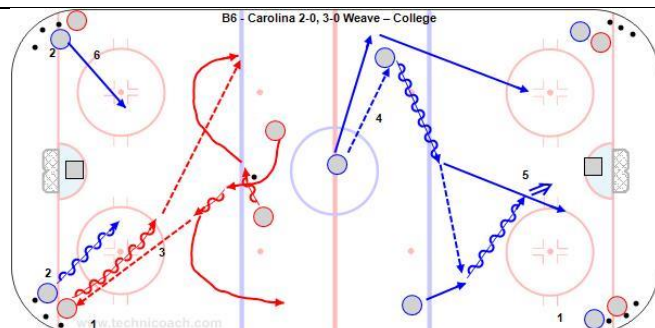
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1886#1886>



10'  
Pass – 1-1 Regroup with F – 1-1  
Same drill but first pass is to slashing F from other corner.

**C6 Regroup x 2, 1-1 and 2-1 – Pro**  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7013#7013>

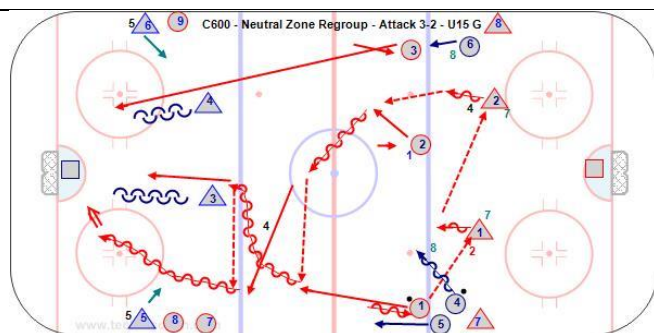
<https://youtu.be/IBeStMukGQA>



10'  
**Carolina 2-0 – 3-0**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8896#8896>

[https://youtu.be/KLEyOi\\_aJRI](https://youtu.be/KLEyOi_aJRI)

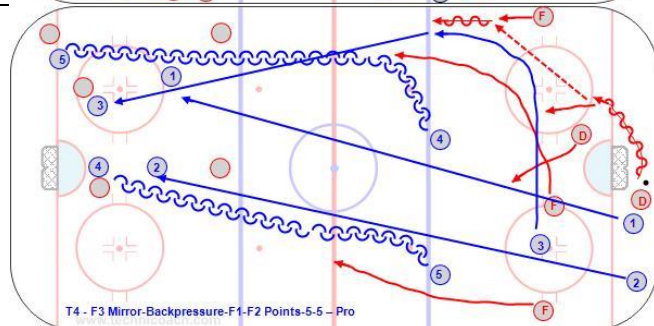


**10'**

### **C600 - Neutral Zone Regroup - Attack 3-2 - U15 G**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8900#8900>

<https://youtu.be/lGyeY2vnjD8>



**15'**

### **T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro**

#### **Key Points:**

F1-F2 forecheck deep while F3 mirror for a pass in the high slot F1-F2 backtrack hard on transition. When the puck goes side to side F3 Backpressure the puck carrier while F1-F2 Backtrack to the slot and pick up attackers. Good sticks, no hooking, defense play tight gaps.

#### **Description:**

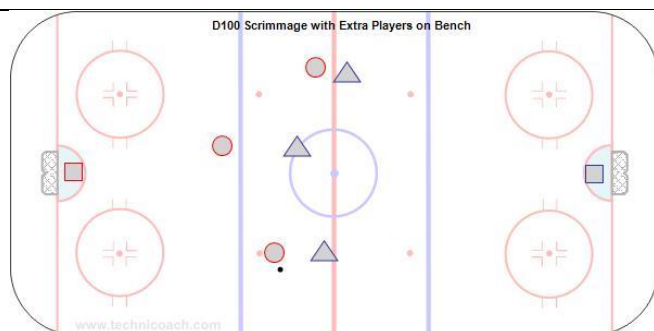
1. Start with the offensive D skating behind the net and pass to the C or W.
2. Defend with F1-F2 below the goal line and F3 high in the slot on the strong side.
3. F3 mirror the puck covering their C then backpressure the first pass.
4. F1-F2 back track through the middle lane to the slot and pick up attackers.
5. D1 pick up the C if he gets a pass and play a tight gap on the strong side.
6. D2 skate back through the middle and pick any attacker on the weak side.
7. Defend from the net out with 'one man on and a box behind, combined zone man on man.
8. 3 F's come back hard and first F back play the low 3-3, second mid-slot, third strong side point.

*\*D1 pinch on any wide rim and F3 fill behind.*

*\*If the breakout is on the strong side then F3 pressure the pass to the boards or middle.*

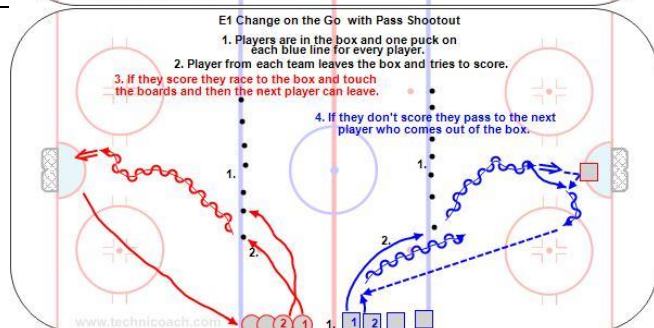
*\* D1 can pinch on a slow D to D and F3 fill behind.*

<https://youtu.be/bl-iigJfSdQ>



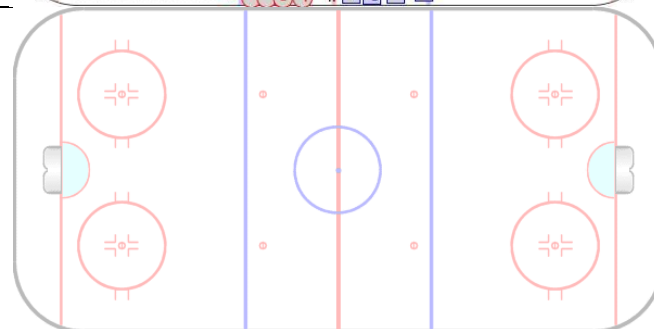
**10'**  
**D100 – 5-5 Full Ice Regroup Game**

*Team must regroup at least once before entering offensive zone.*



**7'**  
**E1 – 5 Puck Shootout Contest**

**E1 - 5 Puck Shootout with a Pass - U15 G**  
<https://youtu.be/XLAM35UUKvI>



**Team Cheer**