



Fire Black

Practice Plan

Date: 10-22-24

Time: 18:00-19:15

Arena: Village Square

Lines:

Kaylin with both goalies

D1- Puck Dog

T2 - 1-3-1 Diamond Power Play

Overload PP vs Low Press

T2-4 - Power Play-Penalty Kill Sequence

Cheer

Notes:

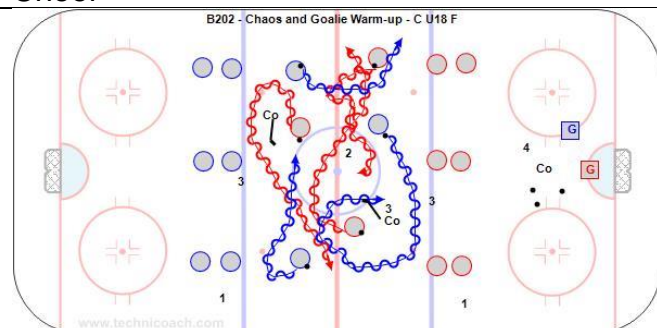
B202 - Chaos and Goalie Warm-up - C U18 F

B6 - Machine Gun - 2 Passes x 2 Timing and Shots

T4 - Penalty Kill 1-3 Sweep Rotation

Overload PP at one end

Power Play Game Full Ice



10' Kaylin with both goalies

B202 - Chaos and Goalie Warm-up - C U18 F

Key Points:

Protect the puck, make moves, fakes, pivots in all directions. Keep your head up and avoid the coaches poke check. Goalies work with a coach at one end.

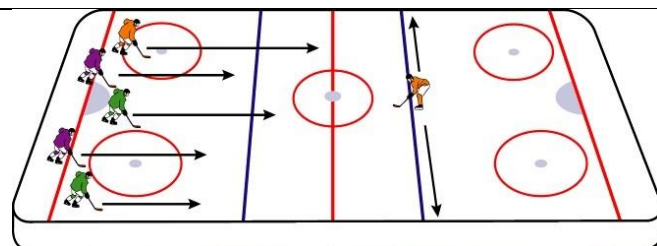
Description:

1. Players are in three lines on both sides of the neutral zone.
2. First player in each line handle the puck between the blue lines.
3. Coaches skate around and poke check at the puck.
4. Rotate every 15-20".
5. Goalie coach work on technique.

Options:

- * Add pass to the players at the front of the line.
- * Exchange pucks with the other players in the middle.
- * Knock the puck off other players sticks.
- * Do Overspeed intervals of 5-10".

<https://youtu.be/l9OmgC2cFL0>



10'

D1- Puck Dog - One End to Ringette Line

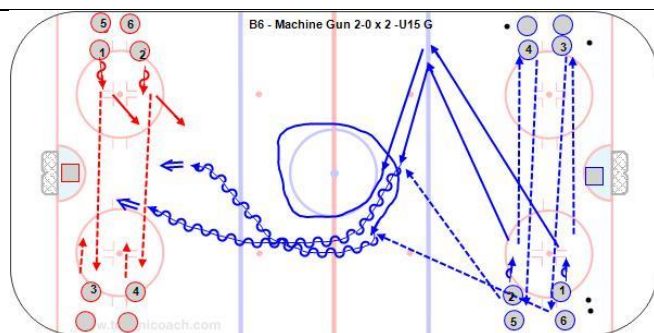
Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

<https://youtu.be/qUoOmOMdSSw>



10'

B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

A. 1 and 2 leave from each end and pass across to 3 and 4.

B. 3 and 4 pass across to 5 and 6.

C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

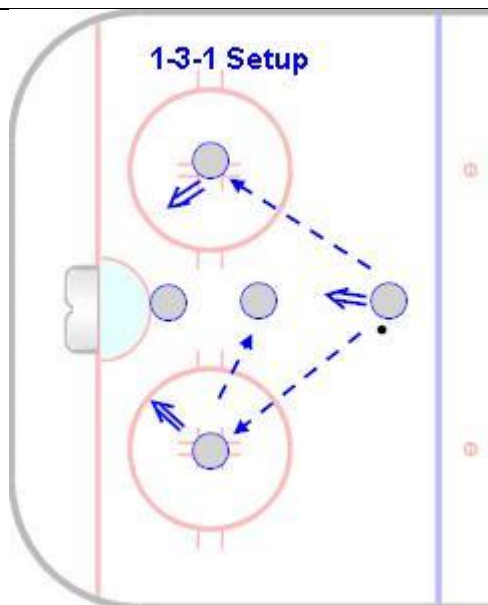
D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

https://youtu.be/kjvc_kuhYsY



10' – One End

T2 - 1-3-1 Diamond Power Play

Key Points:

4 natural triangles for one timers.

Middle player give close support to the puck.

Description:

A.

1. Practice opening the mid point by skating down with the puck and passing back.

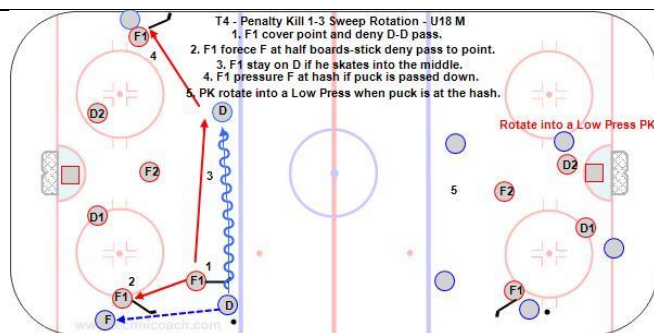
2. Add offensive and defensive players.

B.

1. Walk through vs passive pk then active pk in controlled scrimmage.

<https://youtu.be/LHDNSDOhIHw>

<https://youtu.be/Ljamlo-9peU>



10' One End

T4 - Penalty Kill 1-3 Sweep Rotation - U18 M

Key Points:

Strong side forward F1 sweeps down from point coverage to forcing the attacker on the half wall while denying pass back to point with stick. F1 will stay on offensive D1 if he skates across blueline and sweep if puck goes low again on opposite side.

This is the first part of this penalty kill. F2 will switch with F1 if the puck is passed back to the mid point.

Description:

1. F1 cover point and deny D-D pass.
2. F1 force F at half boards-stick deny pass to point.
3. F1 stay on D if he skates into the middle.
4. F1 pressure F at hash if puck is passed down.
5. PK rotate into a Low Press when puck is at the hash.

T4 - Penalty Kill 1-3 Rotation - U18 M

<https://youtu.be/EmN1Xt973lc>

10'

T2 D100 Power Play - Pro

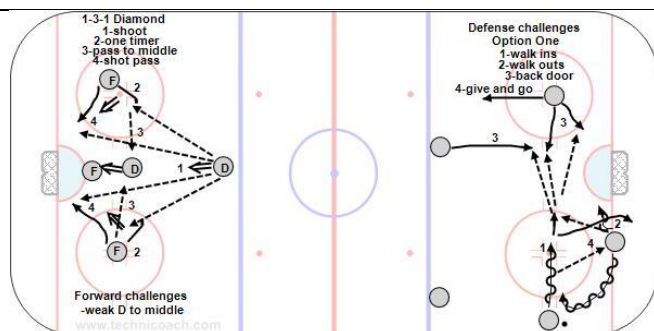
Key Points:

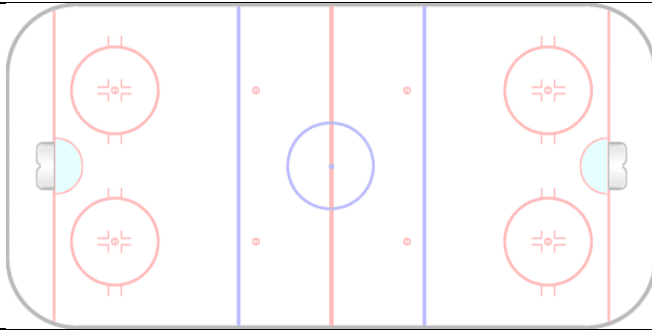
Practice focusing on the breakout, zone entry and Power Play.

Description:

1. Power play unit breaks out. This breakout has a double swing low, a forward mirroring the flow skating across the blue line and a stretch man skating across the other blue line.
2. Coaches monitor the play and put in another puck if the play ends too quickly.
3. Start in an overload and move into a 1-3-1 diamond.
4. Quick puck movement with the middle man supporting all 4 around the diamond.
5. Coaches talk with the players when they come back to the line-up.

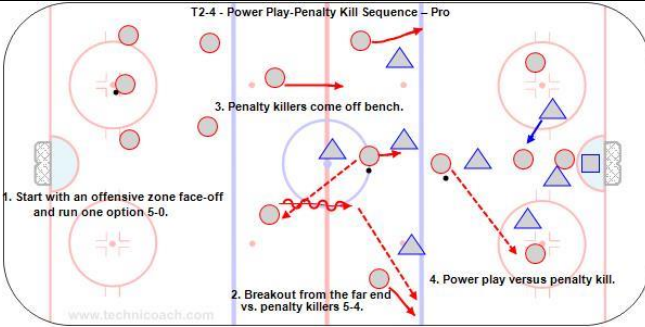
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10'

Overload PP vs Low Press



15'

T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

** Breakout with a double swing and five attack.*

** Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.*

** Aggressive penalty kill when the puck is loose or the attackers back is turned.*

** Option one is to have the wide players on their forehand side for one timers.*

** Option two is to have a passing PP with right and left handed shots on the right and left sides.*

** Rotate positions and keep moving.*

** Defender stay with the puck carrier but do not chase passes.*

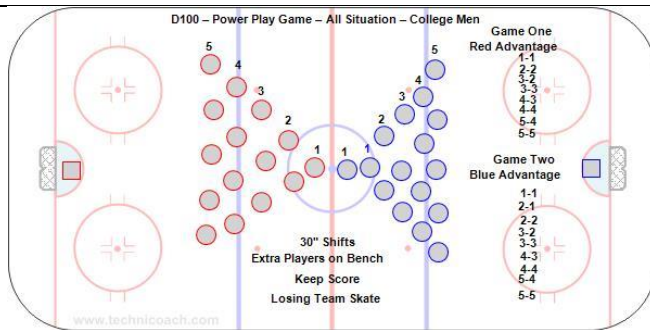
** Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

** Many teams give the goalie the walk out player jam and cover the other four.*

** Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*

** A coach can use this sequence to practice from 3-3 to 5-5.*

<https://youtu.be/VadXPVkB4I>



15'

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>

cheer
