



Fire Black

Practice Plan

Date: 10-24-24

Time: 16:15-17:45

Arena: Crowchild

Lines:

B6 - Passing 2-0 and 3-0 Wide. Middle. Wide Lanes

B6 - 3 Shots, 3 Zig zags, 3 Shots

T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch

B 5 1-2-3-4-5 passes each zone

6 on 5 game – one defender in nzone

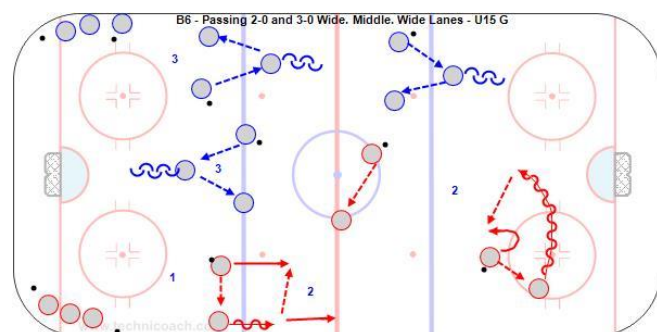
Notes:

D4 Two Pass

T2 - 5-0 BO - Wide Wing Slash - Stretch

DT100 Continuous 2-2 With Tag-up – Pro

1-1-1 Battle Game



8' - Coaches warm up goalies

B6 - Passing 2-0 and 3-0 Wide. Middle. Wide Lanes - U15 G

Key Points:

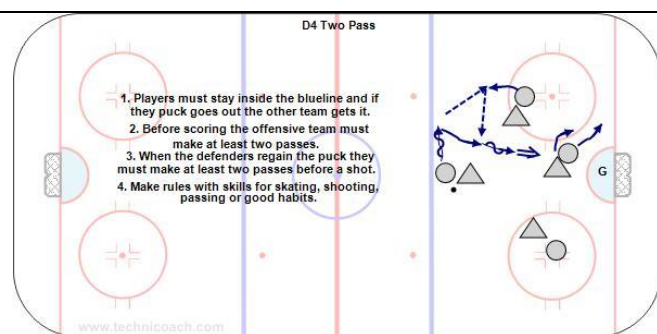
Warm up passing with a partner skating forward up and down the three lanes and then alternate one skating backward and two forward passing in the three lanes. Pass with quiet one touch wrist passes.

Description:

1. Start at the hash mark and two players skate out.
2. Two players skate down the three lanes exchanging passes.
3. Start at the hash on the other side and three players exchange passes.
4. One player skates backward while the other two skate forward and rotate each lane.

B6 - Passing 2-0 and 3-0 Wide. Middle. Wide Lanes - U15 G

https://youtu.be/KLEyOi_aJRI



12'

D4 Two Pass – U15 Boy's

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.'

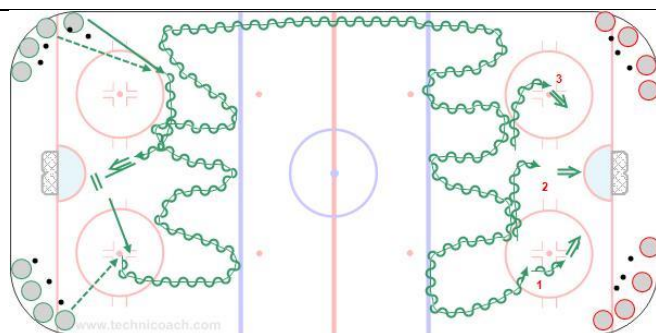
Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

Rule – Must make an escape move and goals on one timers.

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>



12'

B6 - 3 Shots, 3 Zig zags, 3 Shots -

Key Points:

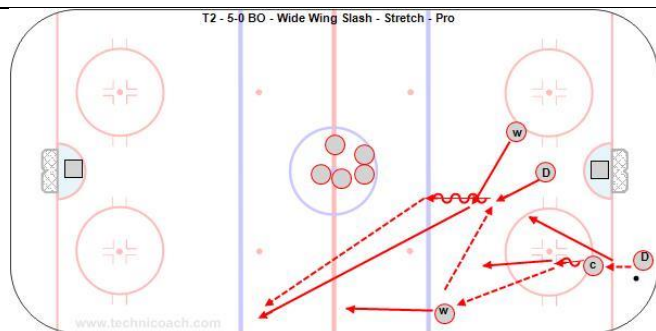
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles, Linear cross overs to the other blue line then repeat and shoot from three lanes. Repeat

Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

B6 – Double Zig zag – Agility Skate and Shoot – U15 G

<https://www.facebook.com/518555930/videos/pcb.1506779563565169/1898381097299644>



10'

T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

Key Points:

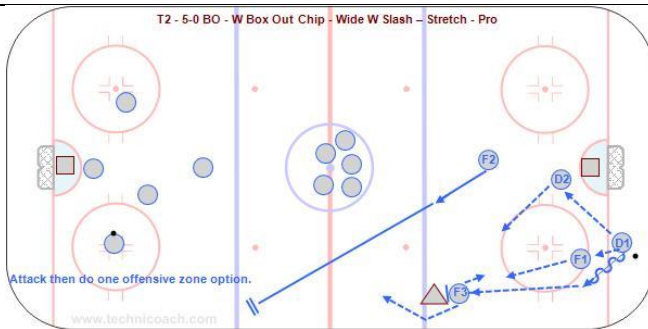
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.

6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/NfNPqFiZQA4>



10'

T2 - 5-0 BO - W Box Out Chip - Wide W Slash - Stretch - Pro

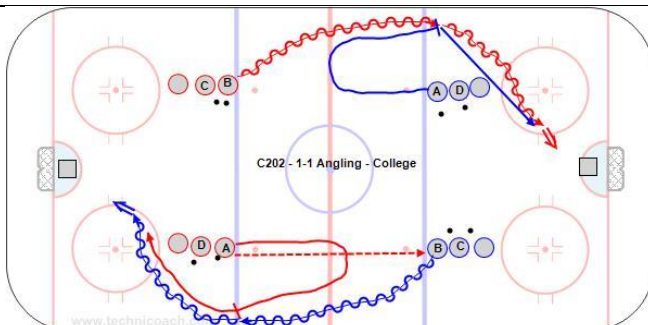
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/WMzyLhRCVCg>



10'

T3 - C202 - 1-1 Angling - College M

Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.

3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check A.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>

12'

DT100 Continuous 2-2 With Tag-up – Pro Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

** Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.*

** You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.*

<https://www.facebook.com/518555930/videos/pcb.1584504275792697/2234768993545345>

<https://youtu.be/pBE2B41Zklc>

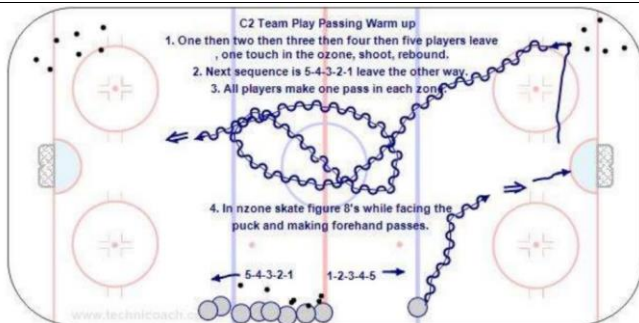
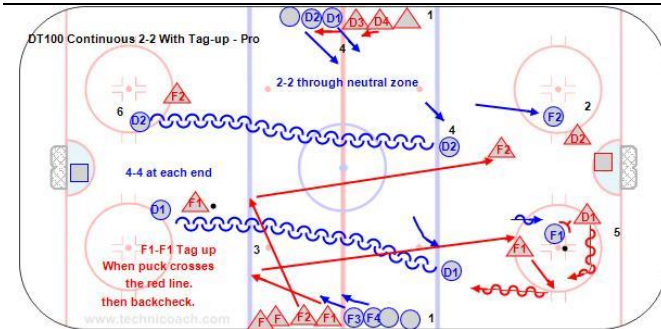
8' – Did this at the start of practice.

B3 - 1-2-3-4-5-5-4-3-2-1 Pass and Shoot Warm-up - U18 F

Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

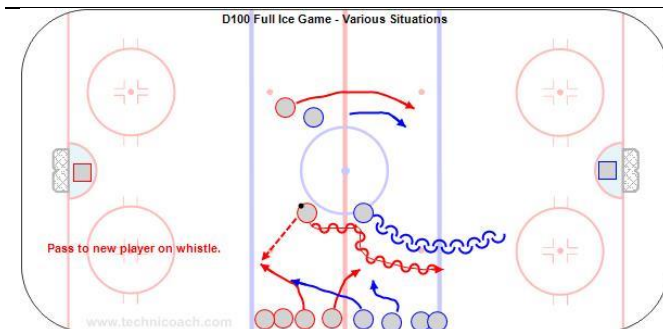
Description:



1. One then two then three then four then five players leave, one touch in the ozone, shoot, rebound.
2. Next sequence is 5-4-3-2-1 leave the other way.
3. All players make one pass in each zone.
4. In neutral zone skate figure 8's while facing the puck and making forehand passes.

*When there is only one player do a figure eight or touch both knees.

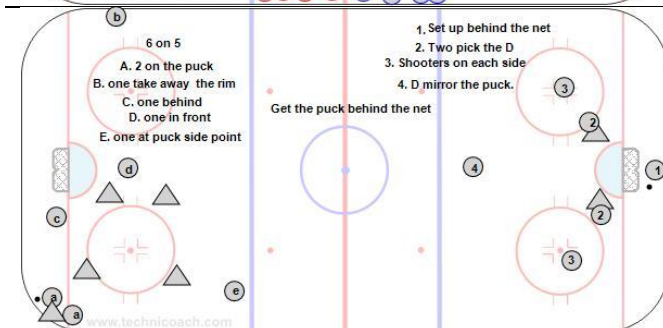
<https://youtu.be/8NpBFzvB4Os>



12'

D100 – 3 on 3 – No Dump Ins

Play full ice 3-3 with no dump ins but keep possession on the puck. Change on their own.



10'

T2 – 6-5 Scrimmage

One defending D stay in neutral zone.

T2 6 on 5 with the Goalie Pulled

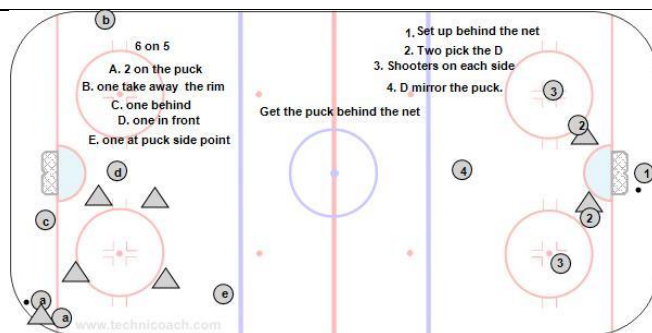
Key Points:

It is important to prepare your team for late in the game. Always two on the loose puck. Seal off the boards.

Description:

6 on 5 First get the puck deep into the offensive end.

- a. Make sure there are 2 on the puck b. one player take away the wide rim.
- c. one player behind net and one in front. - d point player on the puck side. Keep it deep
1. Try to walk out and score after picks set.
2. Two players pick the defense.
3. Two players get into scoring areas.
4. Defense mirror play and keep it deep unless there is a clear shot to the net.



10'

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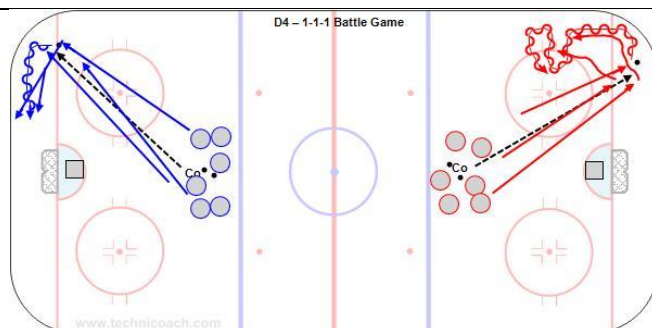
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D4 – 1-1-1 Battle Game x 2 - U15 G

Key Points

Battle for a loose puck and protect it and try to score.

Description

1. Players at each end above circles.
2. Coach dump puck in
3. 3 players race for the puck and compete against each other trying to score.
4. Play about 20".

<https://www.facebook.com/tom.molloy.5836/videos/450245578080053?idorvanity=631135947796206>