



Fire Black

Practice Plan

Date: 10-29-24

Time: 18:00-19:15

Arena: Village Square

Lines:

Notes:

A300 Puck Handling vs. Defender Warm-up

C600 - Multiple One Touch Passes 1-1 x 2

B200 Overspeed with a Pass - U18 F

C5 - Dump-in 3-2 – Pro

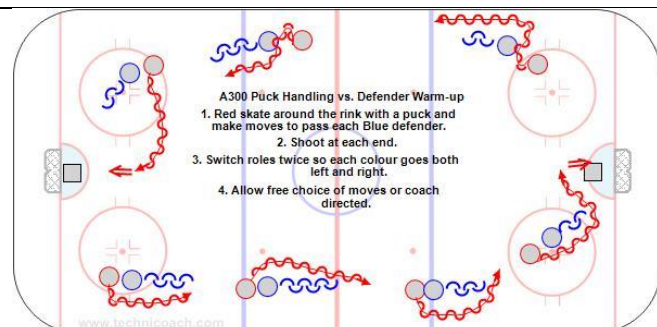
T2 - C6-C600 - Regroup x 3 - 3-2 - U15 G

T2 - Practicing the 1-3-1 Diamond Power Play Pro

T2 D100 Overload Power Play - Pro

T2-4 - Power Play-Penalty Kill Sequence

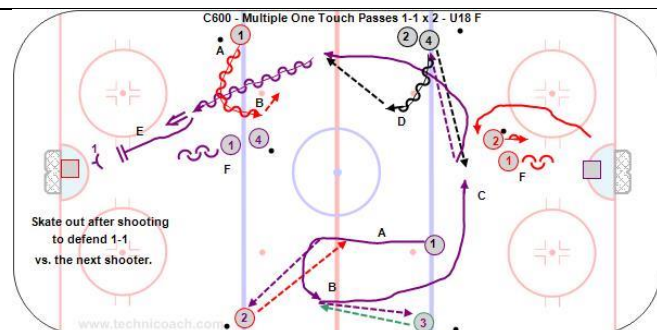
Cheer in middle



5' Emily shoot one end

A300 Puck Handling vs. Defender Warm-up

Jim lead attacking from side and putting puck behind stick in front of toes. Players alternate attacker then defender.



10'

C600 - Multiple One Touch Passes 1-1 x 2

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

A. 1 exchange passes with 2.

B. 1 turn out and exchange passes with 3.

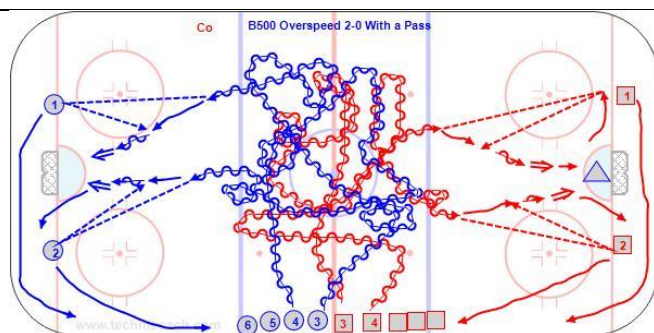
C. 1 skate across and exchange passes with 4.

D. 4 skate to the inside and pass to 1 skating wide up the ice.

E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.

F. Defend a 1-1 vs. the next shooter.

<https://youtu.be/7sdcZtyS6VY>



10'

B200 Overspeed with a Pass - U18 F

Key Points:

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net.

While the first group leaves the second group skates with a puck in the middle.

Follow the shot, look for rebounds.

Give and go with the group ahead and a one timer or other situation at full speed.

Whistle every 8 seconds.

B500 Overspeed with a Pass - U18 W

<https://youtu.be/ByBqQUu0jJ8>

10'

C5 - Dump-in 3-2 - Pro

Key Points:

Attack quickly and create 2 on 1 situations and shots that make the goalie go post to post. Defend and make it a 3-3 with the goalie making him only cover the strong side of the net.

Description:

1 – Start with a dump-in by the coach from the blue line.

2 – One defender be aggressive on the loose puck.

3 – Second defender read the next play. Attackers create 2-1's and triangles.

4 – Attackers outnumber the defenders on loose puck battles.

5 – Defenders must maintain the defensive side.

6 – Coach should set a time limit, i.e. 10-20" to score.

7- Give and go passes are the attackers best weapon.

**Always read, 'should I pressure or contain.*

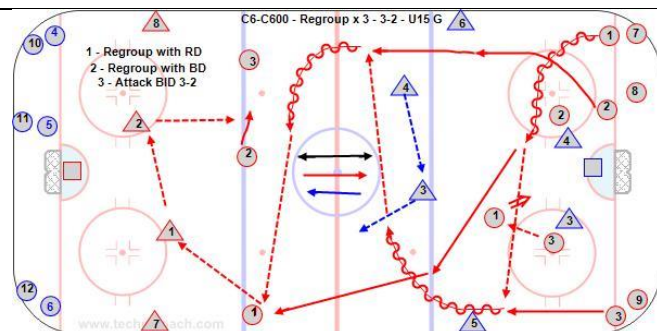
As long as the attack stays on one side it is a

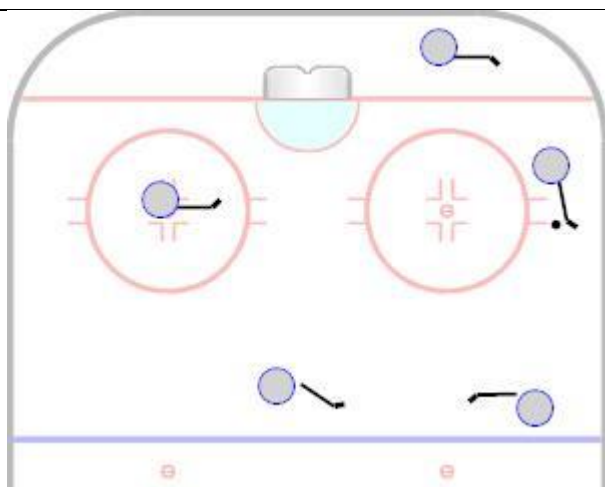


3-3 and the goalie is responsible to make strong side saves.

C5 Dump-in 3-2 – Pro

<https://youtu.be/zQLhly92cho>





10'

T2 D100 Overload Power Play - Pro

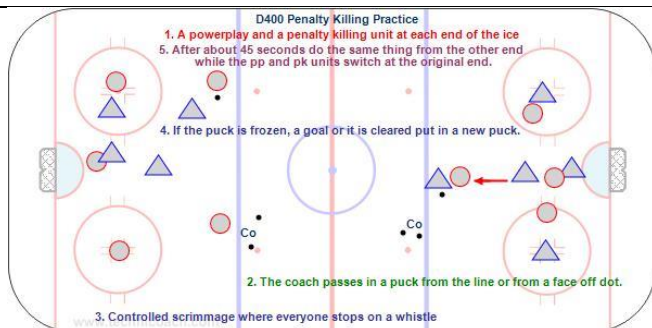
Key Points:

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.

https://youtu.be/4zqSM-OwN_Q



T4 - Penalty Kill Low Press - U18 M

Other end with PP practices with Jim

Key Points:

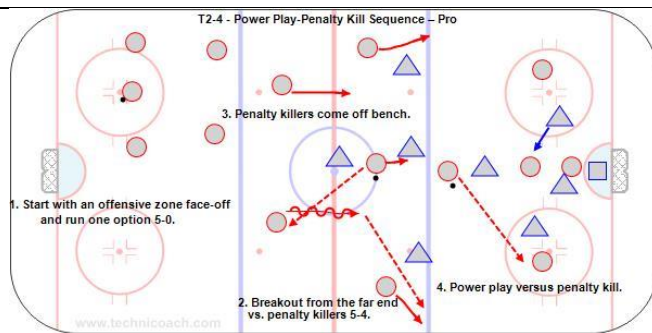
In this pk F1 pressure down ice inside the far blue line. In neutral zone F1 be at top of diamond, D1 below in middle, D2 wide lane F2 other wide lane. Set up with F1 to mid point, F2 behind, D1-D2 low. Puck at hash move into a low press.

Description:

1. F1 forecheck to far blue line.
2. F2-D2 cover wide lanes D1 middle lane low in a neutral zone diamond
3. Pressure puck at blue line to cause offsides.
4. F1 pressure pass to a flank either side.
5. If PP sets up at has PK with a low press, F1 on puck and a 3-3 low with F2 covering points.
6. If puck passed back to point F1 follow if possible or if too far F2 and F1 switch and F2 is now high.
7. Sticks in passing lanes, block shots, be aggressive when puck not under full control.

T4 - Penalty Kill 1-3 Rotation - U18 M

<https://youtu.be/EmN1Xt973lc>



10'

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

Team Cheer
