



## Fire Black

## Practice Plan

Date: 11-07-24

Time: 16:00-17:30

Arena: Henry Viney

Lines: 10 F, 6 D, 2 G

Parnter pass 2 pucks at once.

**D1 - Two Puck Game - U15 G**

**B4 - Cross and Drop Sequence – College M**

**E1 – Shootout Race From Dots**

Notes:

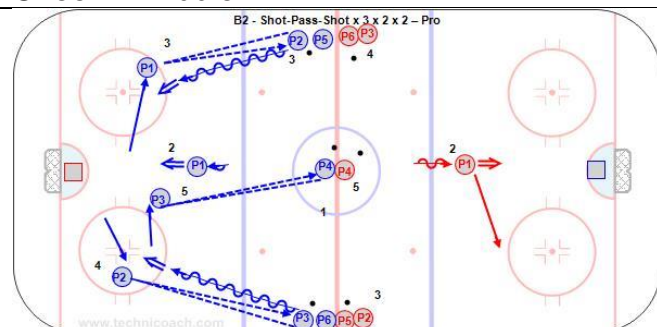
**B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro**

**B600 - Tomas 2-2 NZ RG-Forecheck**

**T4 - 5-5 Contain-Pressure Defensive Zone overage**

**D100 - Russian Scrimmage - 1-1 to 5-5**

Cheer in middle



7' \*2' Parnter pass 2 pucks at once.

**5'B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro**

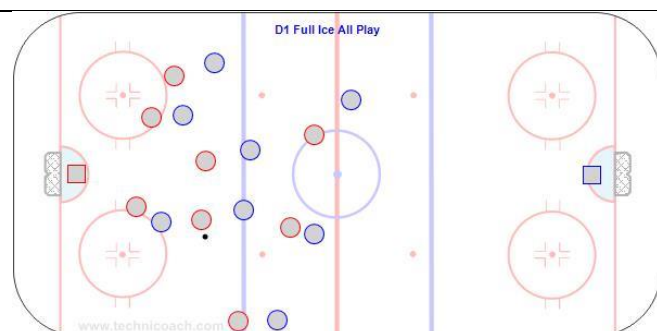
*Key Points:*

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

*Description:*

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<https://youtu.be/slO0FFCNd3g>

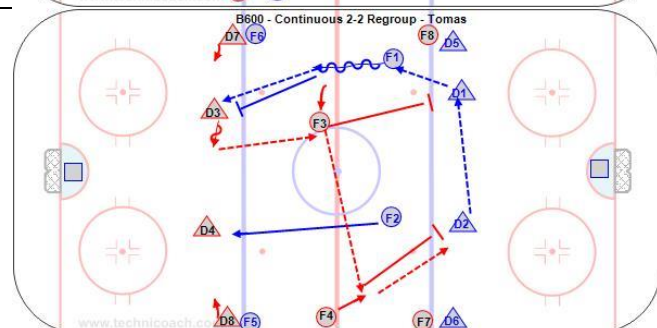


10'

**D1 - Two Puck Game - U15 G**

Full ice: start with 2 pucks, when goal is scored coach throw out another puck. Play til all pucks are in net.

<https://youtu.be/0WRTctOZ1w4>



10'

**B600 - Tomas 2-2 NZ RG-Forecheck - U18 M**

*Key Points:*  
This is a great video of the Tomas Neutral Zone Continuous Regroup. Tomas Pacina a Czech coach who spent a lot of time in Calgary and has worked with numerous NHL and National teams from various countries. These skills transfer directly to games

situations. You can add D to D, D scissor etc. as well as have 1-3 or 3 F.

**Description:**

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

**B600 - Tomas 2-2 NZ RG-Forecheck - U18 M**  
<https://youtu.be/CxFA8EQIYeQ>

**10'**

**B4 - Cross and Drop Sequence - College M**

Key Points:

Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

Options:

- a. One, two or three players leave at a time.
- b. After shooting one or two players defend the next rush, 1-1, 2-1, 2-2, 3-2, 3-3.
- c. Give + go with last shooters. Etc.

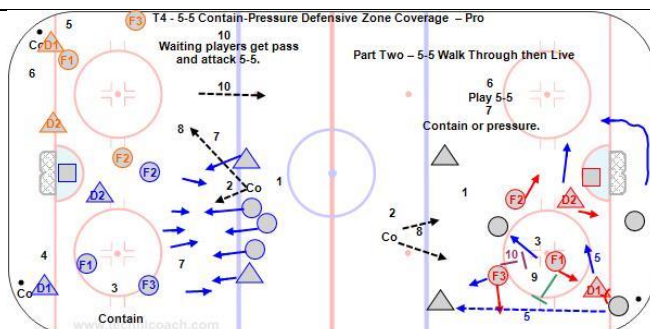
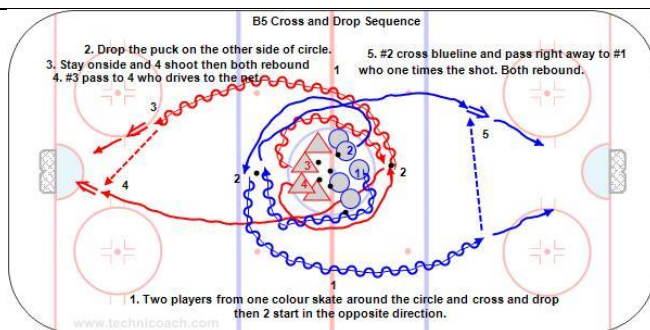
**B4 - Cross and Drop Sequence - College M**  
[https://youtu.be/HHHs\\_8VNJwY](https://youtu.be/HHHs_8VNJwY)

**18'**

**T4 - 5-5 Contain-Pressure Defensive Zone Coverage - Pro**

Key Points:

Everyone must see the puck and see their man. Stay on the net side (defensive) of the player they are covering. Sticks on the ice and in the passing lanes. It is a combined 'man to man-zone defense'. All defenders must cover one player. Closest defender to



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the puck on tight, 'Body on body and stick on the puck.' next closest a stick length away, third closest halfway, fourth and fifth closest maintain a 'man-you-puck triangle', see the puck and your man with the stick in the passing lane. Weak side defending forward pick up F3 if he is high in the slot.

*Description:*

*Part One – Defensive Zone Rotation Contain then Pressure (Swarm)*

1. 5 defenders start from the blue line with a coach in each corner.
2. Coach pass the puck to the corner and defenders skate into the zone. 'Man on Box Behind.'
3. Read offensive control and play 'man to man-zone defense.'
4. D1 on puck, D2 net front, F1 support D1 low, F2 mid slot, F3 puck side point.
5. Read no offensive control so pressure and outnumber the offense – 'Swarm.'
6. D1 on hard, D2 move to goal line, F1 close support for D1, F2 net front coverage, F3 move to boards above the hash marks. D2 and F3 intercept any low or high rim.
7. Pass to coach, players skate out - pass to the coach in the other corner - the 5 defenders rotate.
8. D2 to corner, F1 skate in front and to corner, F2 cover puck side point, F3 mid slot.
9. Repeat the contain and pressure, 'Swarm' walk through.
10. After each group has practiced a few times go live.
11. Repeat the walk through in both corners then skate out and pass to 5 attackers and defend 5-5.

*Part Two – 5-5 Walk Through then Live*

1. Set up in one zone with 5 attackers and 5 defenders.
  2. Coach pass the puck to the corner and all 5 defenders rotate.
  3. D1 on puck, D2 net front, F1 support D1, F2 mid slot - cover high offensive OF3, F3 puck side point.
  4. Pass puck to strong side point and all rotate.
  5. F3 up to point, F2 slide to mid slot, F1 cover high offensive OF3, D1 and D2 be half
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way or box OF1-OF2.

6. After the low and high walk through play 5-5 live.

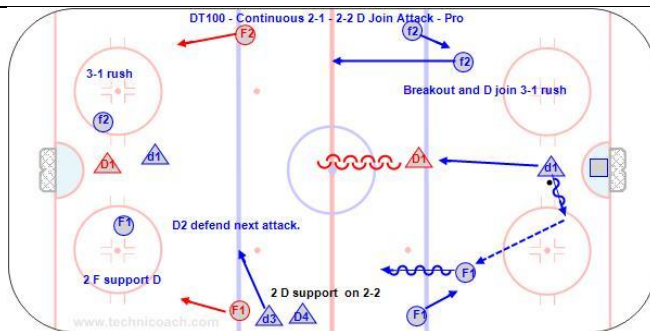
7. Communicate to switch between 'contain and pressure' defending.

8. Coach spot a new puck if the play ends right away.

9. F1 pressure the puck at the hash marks or half wall and D1 support.

10. F3 drop down to prevent a high walk-in if F1 is beaten on the wall.

<https://youtu.be/gREv1mFhTqU>



15'

### **DT100 - Continuous 2-1 - D Join Attack – Pro**

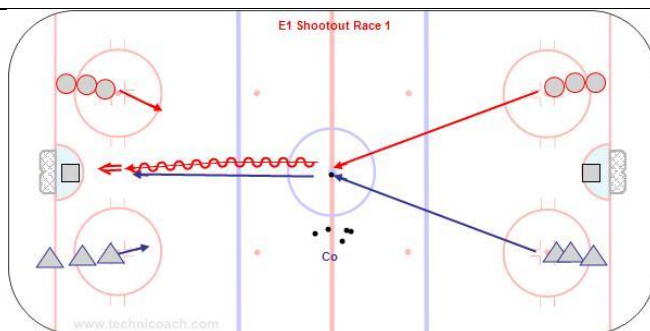
#### **Key Points:**

One puck game. If the puck is dumped out regroup and attack again. This transition game can be played like a continuous drill with the new players giving passive support. Another way is to play as a game and the new forwards help defend deep in the zone and the new offensive defenseman is part of the attack. So it is just an efficient way of changing lines on the go. This is the most game like practice drill/game a coach can use. Basically you can create any numerical situation or isolate team skills like the breakout and forecheck by making the attacking team dump the puck in. This video has the new players giving passive support. Examples of active and passive support full ice.

#### **Description:**

1. Attack 2-1 and two forwards give support to the D and one D follow to support the offense.
2. Defending team break out 2-1 and the D join to make it a 3-1.
3. Two defending F and one attacking D follow the play into the zone.
4. Make a 2-2 by two F and two D joining the play and one D be part of the rush.
5. This flow can be done from 1-1 which would make a 2-1 on the rush.
6. With a D joining a 2-1 is a 3-1 rush, 2-2 is a 3-2 rush.

<https://youtu.be/DHt3sCTOULA>



10'

### **E1 – Shootout Race From Dots –**

#### **Key Points**

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

\*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.

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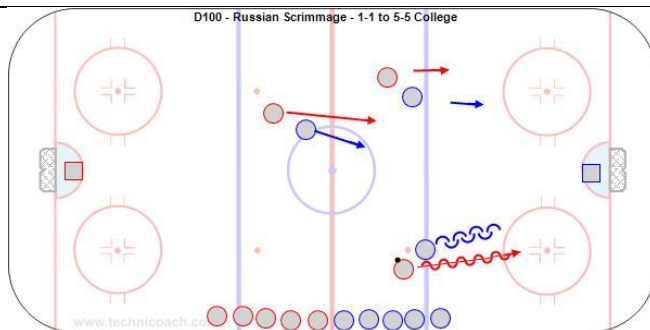
## Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which the coach puts on the middle dot.
3. Protect the puck and try to score vs. backchecking opponent.
4. Place another puck near the dot and repeat the other way.
5. Allow goals on rebounds that come straight out.

\* Backchecker can't hook or hold but must take the stick on a rebound.

\* Keep score!!

<https://youtu.be/pWdBW5Z1TXM>



10'

## D100 - Russian Scrimmage - 1-1 to 5-5 College M

### Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

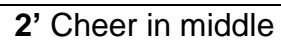
### Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

\* *Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>

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## 2' Cheer in middle