



Fire Black

Practice Plan

Date: 11-12-24

Time: 18:00-19:15

Arena: Village Square

Lines:

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

B6 - Breakout 2 F Shoot - D Point Shot

PP 1 then PP2 with Jim – Mila 10' each

T2-4 - Power Play-Penalty Kill Sequence

E1 – Two Shot Shootout

Notes:

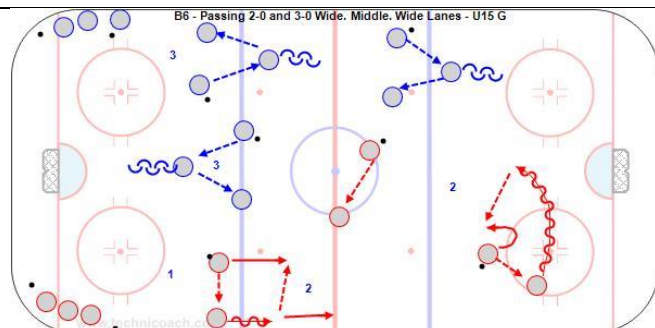
B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

G - Goalies with Kaylin

Tom Passing and puck protection skills.

T2 B6 3-0 Attack Options

Cheer in middle



5'

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

Key Points:

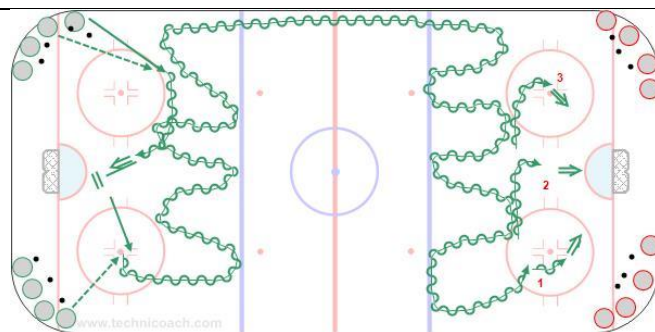
Warm up passing with a partner skating forward up and down the three lanes and then alternate one skating backward and two forward passing in the three lanes. Pass with quiet one touch wrist passes.

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.

** Option is to do the three lanes twice and start the 3-0 from the same place.*

B6 - Passing 2-0 and 3-0 Wide. Middle. Wide Lanes - U15 G
https://youtu.be/KLEyOi_aJRI



10'

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

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 cricles the fill the 3 lanes and shoot.

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. Skate to next blue line with linear crossovers and repeat 3 more zig zags at other end.
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 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

<https://youtu.be/vA4EchKwVhE>

10'

B6 - Breakout 2 F Shoot - D Point Shot – College M

Key Points:

Make hard passes, give a target, keep skating while making plays, skate between dots with the puck, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up and back get a puck and bank pass behind the net to D2. D1 goes to the corner.

2 – D2 pass to F1 breaking along the boards.

3 – F1 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

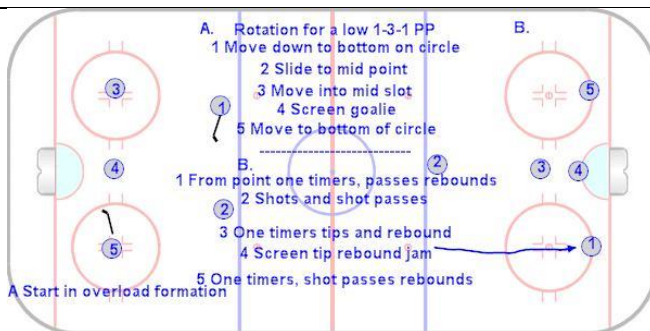
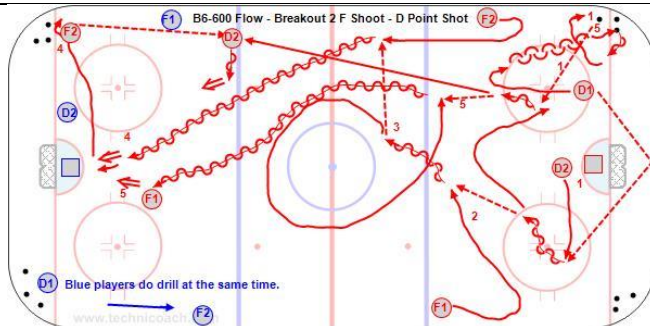
6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

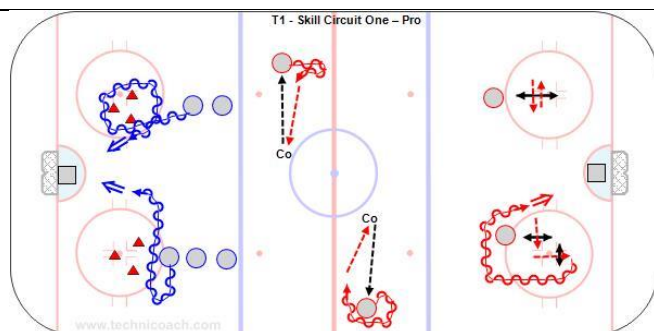
https://youtu.be/_x8QifCydsW

20'

– Goalies with Kaylin

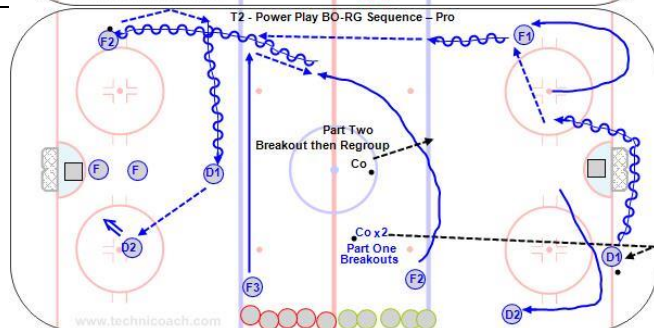
- PP 1 then PP2 with Jim – Mila 10' each – **New Groups**
-
- Tom in middle with other players.





20'

Two groups 10' each.
Passing and puck protection skills.



10'

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

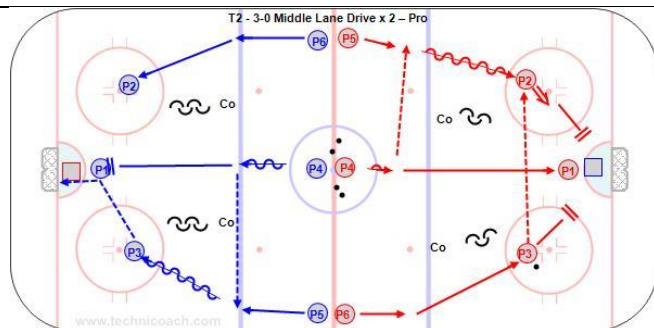
Key Points:

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.

<https://youtu.be/VadXPVkB4I>



10'

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.
2. Pass to the middle then the far wing.

Option

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the

far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

* The next stage is to get the fourth player joining the attack.

<https://youtu.be/iczxajmzhNY>

10'

E1 - Two Shot Shootout - Czech Youth

Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

Description:

1. Teams line up across from each other and the pucks are in the middle circle.

2. One player from each team leaves and shoot at opposite ends.

3. The same players turn back and get another puck from the middle and shoot at the other end.

4. Continue until all the players have shot and keep score.

- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<https://youtu.be/VEJr4NJ0H18>

Team cheer in middle

