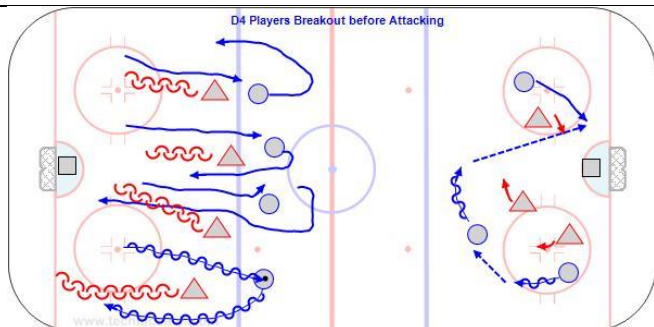




Fire Black

Practice Plan

Date: 11-19-24	Time: 18:00-19:15	Arena: Village Square
Lines: 12 F, 6 D, 2 G	Notes:	
A300 Moves at Dots – Cutbacks	D4 x 2 - Clear Zone - Scissors - U15 G	
B600 - Tomas 2-2 NZ RG-Forecheck - U18 M	DT400 - Pass to Point on Transition – Pro	
G – Golaies with Kaylin	B6 Skate and Shoot from Three Lanes	
T2 - Breakout Sequence - Wally Kozak – College	C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4, 3-2 - 5-5 RB	
D100 - Russian Scrimmage - 1-1 to 5-5	Team cheer	



5'

A300 Moves at Dots – Cutbacks

10'

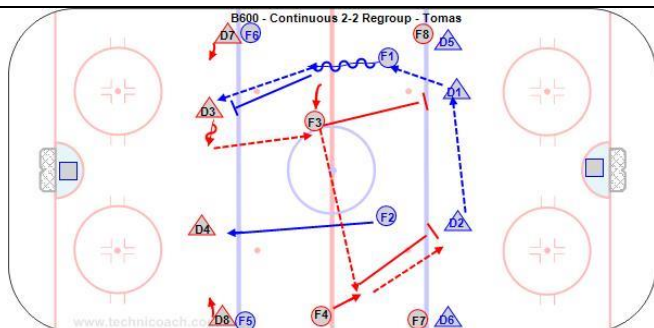
D4 x 2 - Clear Zone - Scissors - U15 G

Game in one zone. Players must breakout then get onside.

Rule:

At least one scissor exchange before you can score.

<https://youtu.be/FkZHYmazUvw>



20' Goalies with Kaylin

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.

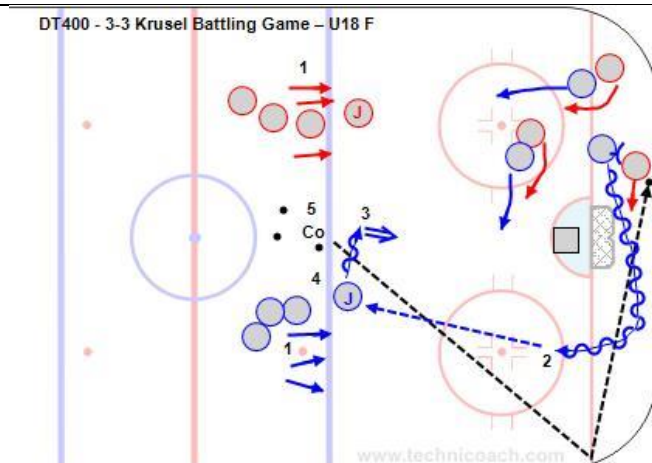
** Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*

** Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

B600 - Tomas Nzone Continuous Regroup - U15 G

<https://youtu.be/pJAnKFzvMtU>

DT400 - 3-3 Krusel Battling Game – U18 F



10' **One goalie from Kaylin**

DT400 - Pass to Point on Transition – Pro

Key Points:

Transition quickly from offense to defense.
Work on individual and team offensive and defensive skill.

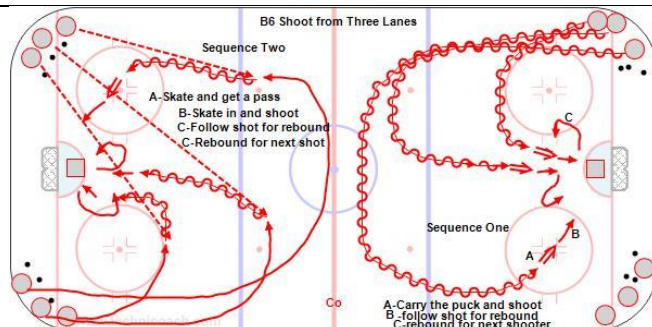
Description:

1. Play 3 on 3 at one end and both teams have a Joker at the point.
2. Transition to offense by passing to your Joker at the point.
3. Joker can pass or shoot but not skate in with the puck.
4. Switch every 30".
5. Use modified rules to isolate the skills to work on.

**Focus on offensive team skills like the cycle or defensive zone coverage.*

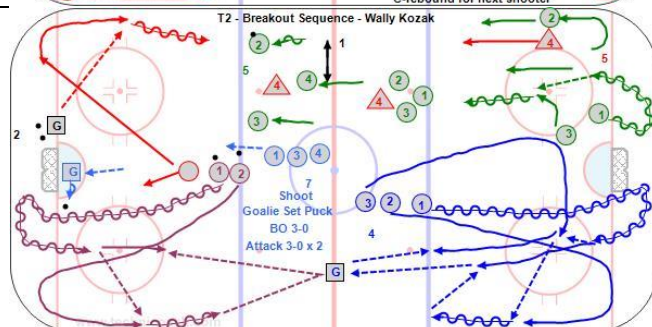
**Keep score and use this game to play tournaments.*

<https://youtu.be/14OK-Lpz0Tw>



10'

B6 Skate and Shoot from Three Lanes



15'

T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

Description:

Sequence One:

1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch

on the boards.

8. Four players leave, 1 dump and retrieve, 2 on

boards, 3 low and slow and 4 pressure one player.

9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.

10. Players line up at the top of the circles and goalies at the red line ready to pass.

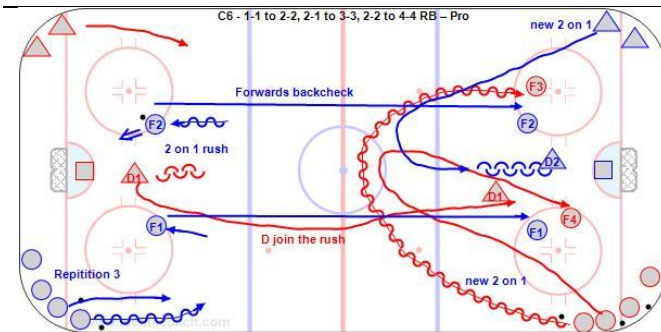
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.

12. Regroup with the goalie who passes back to the other player.

13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.

14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<https://youtu.be/zD3G8WVzFDo>



13'

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4, 3-2 - 5-5 RB - Pro

Key Points:

D joins the play and F backchecks on the whistle to practice offensive and defensive support.

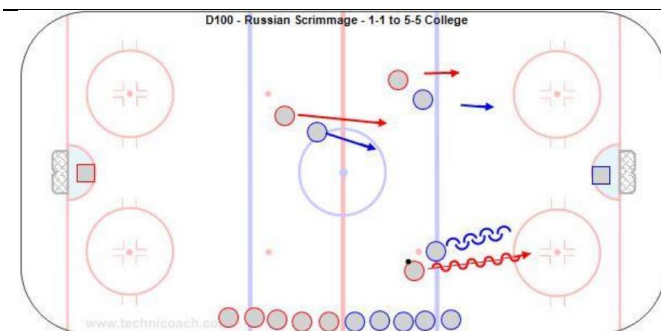
Description:

There is a 1-1 at one end and on the whistle there is another 1-1 at the far end. The D jumps up to support the attacker and the F must backcheck. It becomes a 2-2.

Progress to a 2-1 which becomes a 3-3, a 3-1 or 2-2 which become 4-4 and a 3-2 which becomes a 5-5.

This is a great situational drill.

<https://youtu.be/3xSV1IU3awE>



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

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.

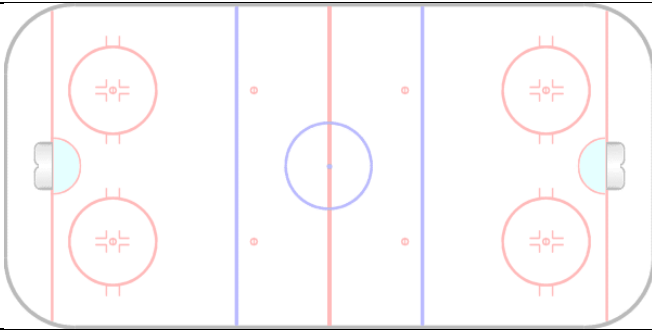
3. Shifts 30-40".

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>



2

Team cheer'

