



Fire Black

Practice Plan

Date: 11-26-24

Time: 18:00-19:15

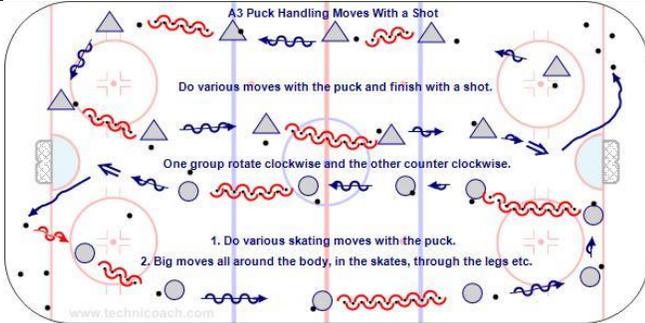
Arena: Village Square

Lines:

A300 x 2-Skating and Puck Handling Warm-up - Shots
B6 - Machine Gun - 2 Passes x 2 Timing and Shots
T2 B6 3-0 Attack Options – Pro
T4 – 1-3 Penalty Kill Rotation
T2-4 - Power Play-Penalty Kill
Team Cheer

Notes:

B6 - 1 High 1 Low Shooting x 2 - Pro
B2 - Coach Pass - D Drag-Shoot - Screen
T2 D100 Power Play
D100 – Power Play Game – All Situation



3'

A300 x 2 - Skating and Puck Handling Warm-up with Shots - Finland

Key Points:

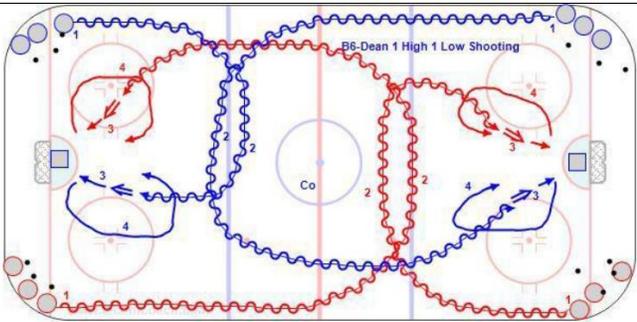
Do various moves with the puck and finish with a shot.

Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.

https://youtu.be/fE_tZqmtPaE



10'

B6 - 1 High 1 Low Shooting x 2 - Pro

Key Points:

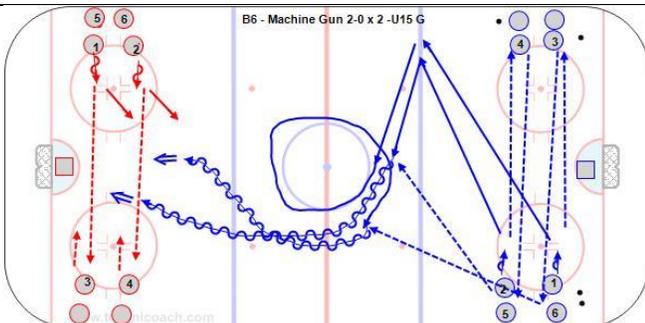
Shoot with your feet moving. Go to the other corner when finished. Players don't need whistles and can leave when the last play is finished.

Description:

1. One player leave with a puck from diagonal corners and skate around the dots at the far blue line.
2. At the same time players leave from the other corners and skate around the dots at the near blue line.
3. Shoot and follow the shot for a rebound.
4. After shooting either screen, circle back to rebound for the next shooter, give and go with the next shooter or defend a 1-1.

* Add pivots, Crosby's, any agility skating.

<https://youtu.be/hzhm55hiiBw>



10'

B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<https://youtu.be/WmpASHh7uL4>

10' Jim one end Cassie

B2 - Coach Pass - D Drag-Shoot - Screen - U18 F

Key Points:

Take pass and skate between dots and shoot.

Screen the goalie so he can practice finding the puck.

Description:

1. Coach pass and D drag puck inside dot and shoot.
2. D on off side take pass on backhand then drag and shoot on forehand.
3. after shoot then screen goalie.
4. Coach work with the other goalie in the neutral zone.

<https://youtu.be/2bbfnp7X0bs>

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 1

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

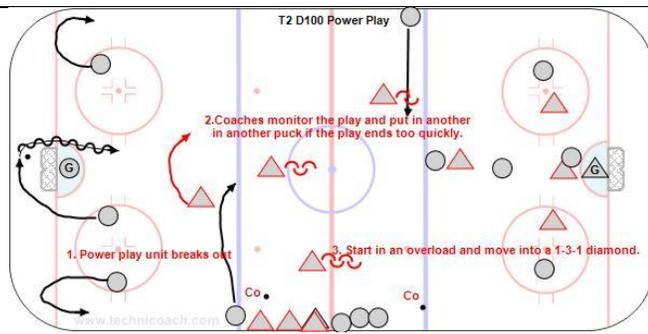
Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

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

<https://youtu.be/iczxajmzhNY>





20'- Rotate PP after 8'

T2 D100 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.

T2 - PP 1-3-1 Options - U18

<https://youtu.be/Yc9TKQaatPg>

T4 - 1-3 Penalty Kill Rotation

Key Points:

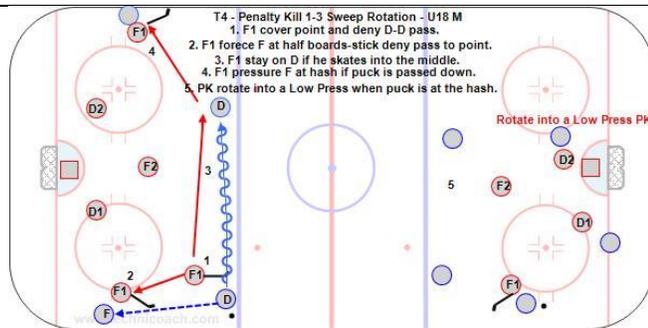
Forwards play in an I with one forcing the puck at the point and on the sides. The defense play low on each side. When the puck is low play and aggressive low press. Pressure any bobbled puck or poor possession. Good defensive skating in straight lines with stick on the puck and toe caps facing the puck.

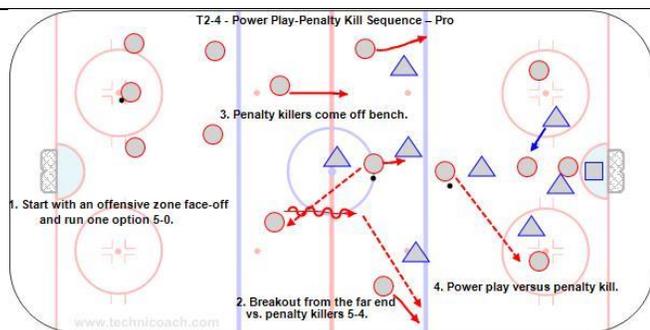
Description:

Walk Through 4 on 5:

1. Set up in a 1-3-1 power play and 1-3 penalty kill.
2. Start from the mid point and had a controlled scrimmage of 5-4.
3. Divide the defensive zone into four quadrants of responsibility; F1-F2 high, D1-D2 low.
4. F1 pressure down the wall with the stick denying a pass to the point.
5. F2 pressure a return pass to the point and F1 fall under and cover the mid slot.
6. Play a low press if the puck moves from the half boards down.
7. Constantly decide whether to pressure or contain.

<https://youtu.be/NkdQdJZH1-g>





8'

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

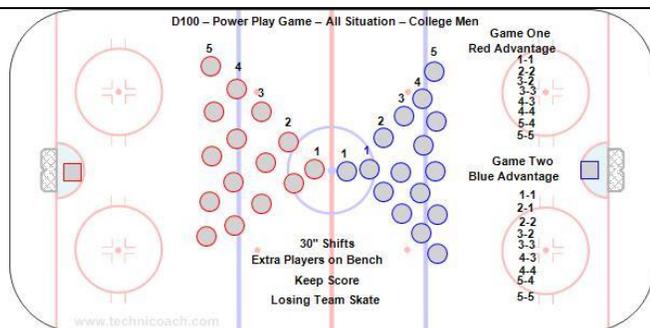
Key Points:

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>



12' **Start at 3-3**

D100 – Power Play Game – All Situation – College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can do all situations with 18 skaters - 9 each team.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
7. Keep Score and losing team skate or push ups

<https://youtu.be/7qLLlc30nbE>

Team Cheer
