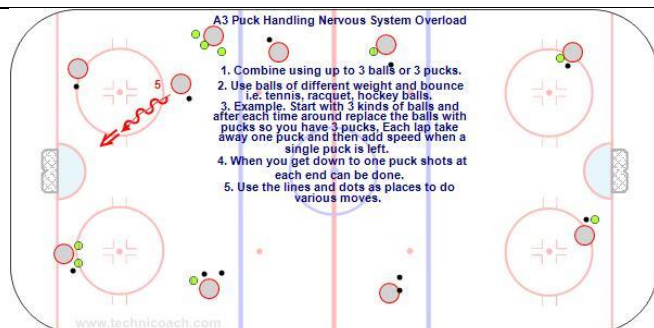




## Fire Black

## Practice Plan

Date: 11-28-24	Time: 16:00-17:30	Arena: Henry Viney
Lines: 12 F-7 D-2 G	Notes:	
A300 - Stickhandle Proprioceptive Overload - Pro	B6 1-0, 2-0, 3-0 Small Horseshoe – U18 F	
B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G	B200 Overspeed with a Pass - U18 F	
C6 1-1 to 2-2 – 2-1-3-3 D Join F Backcheck	T3 – Continuous Angling Along the Boards	
D100 – 4-4 One Pass in Each Zone	E1 - Shootout Race with a Tight Turn -	
Cheer in middle		



3'

### A300 - Stickhandle Proprioceptive Overload - Pro

#### Key Points:

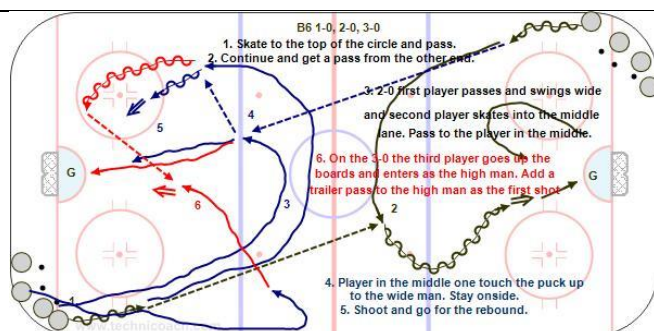
Use multiple pucks and balls to overload the nervous system and control them all around the body. With one puck over extend to increase your reach. Separate the movement of the upper and lower body, loosen the shoulders and use head and shoulder fakes. Practice moving the puck from the stick to the skates and back, as well as controlling the puck from in front and behind.

The exercises can be done off ice as well. Of course the speed has to be increased and it all has to be put into game situations vs. opponents.

#### Description:

1. Handle two or three, four pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.
10. Handle two or three, four different kinds of balls around the body. i.e. tennis, racquet, hockey, Keep the balls within a stick length and under control.

<https://youtu.be/UzDm9MxGuBc>



10'

### B6 1-0, 2-0, 3-0 Small Horseshoe –U18 F

#### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

---

**Description:**

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<https://youtu.be/VqW3XTM1JXQ>

**B6 - Small Horseshoe 2-0 - U18 F**

<https://youtu.be/SDCuSWSSuDE>

---

**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 circles the fill the 3 lanes and shoot.

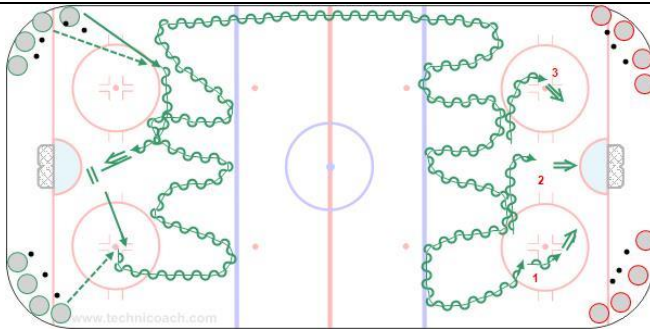
**Description:**

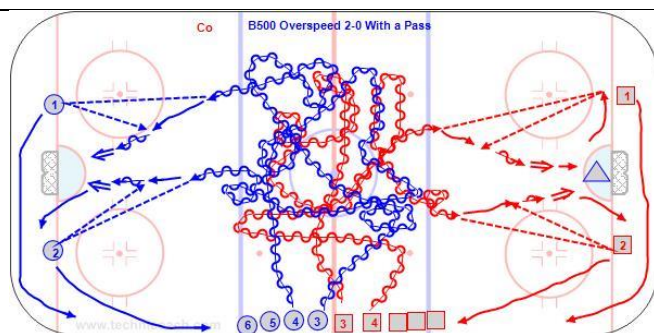
1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Skate to next blue line with linear crossovers and repeat 3 more zig zags at other end.
3. Do skills while zig zagging 3 times such as;
  - a, 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'

### B200 Overspeed with a Pass - U18 F

It is important to do some overspeed training where players skate and do all the skills at a top speed.

Key Points:

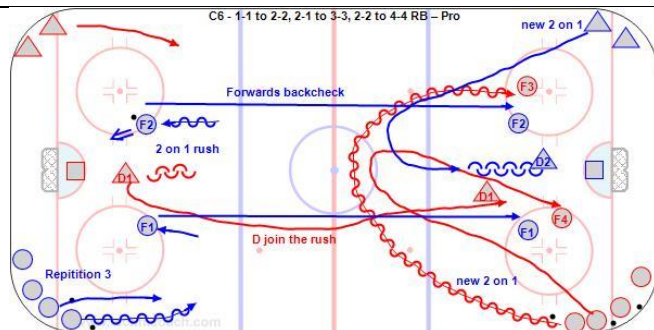
Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

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. Stress that they shoot while skating at top speed like Ovechkin. While the first group leaves the second group skates with a puck in the middle. Follow the shot, look for rebounds. You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.

### A202 - 3-0 Chaos Overspeed x 2 - U17

[https://youtu.be/C7\\_3jViAf3w](https://youtu.be/C7_3jViAf3w)



10'

### C6 1-1 to 2-2 - 2-1-3-3 D Join F Backcheck

Key Points:

D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

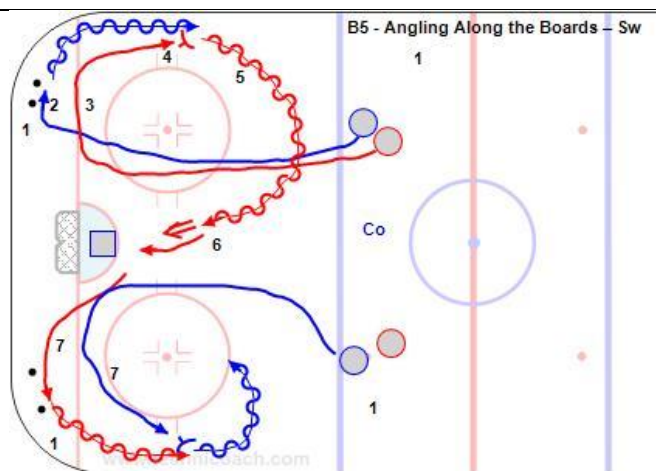
Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

*\*Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move up to the blue line and start with a pass in the neutral zone.*

### C3 - 2-1 - F Backtrack-D Join Rush - Pro

<https://youtu.be/b0wNxcP8vAQ>



10'

### **T3 – Continuous Angling Along the Boards –** **Key Points:**

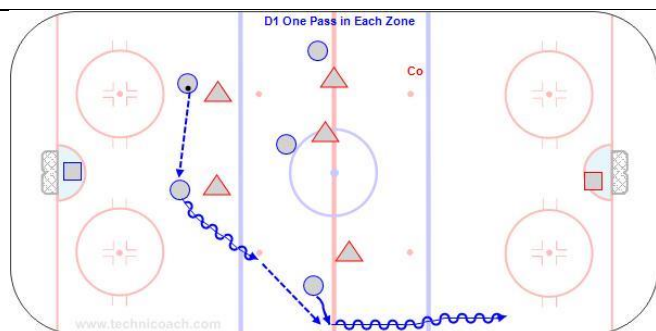
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

#### *Description:*

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
  - 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
  - 3 - F2 follows from slightly behind and steers F1 along the boards.
  - 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
  - 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
  - 6 - F2 skates into the slot and shoot - rebounds.
  - 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.
- \* Repeat alternating sides.

\* Do this drill at both ends.

<https://youtu.be/9x2B0bHkgfU>



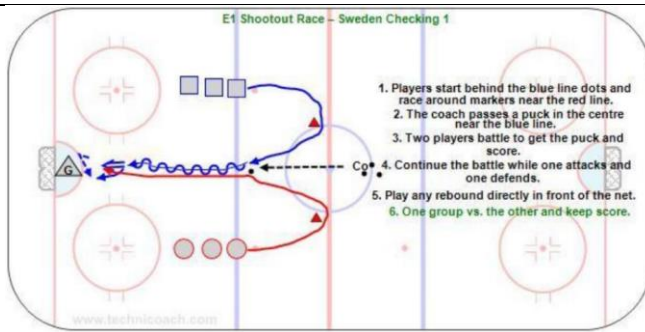
### **D100 – 4-4 One Pass in Each Zone - U18 F** **Key Points:**

Close support, skate to open ice with the puck, give a target.

#### *Description:*

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<https://youtu.be/EhbNMhICMSs>



**10'**

## **E1 - Shootout Race with a Tight Turn - SW**

### **Key Points:**

Players do tight turns and protect the puck.

No penalties.

### **Description:**

1. Players line up in the neutral zone and the coach has pucks to dump inside blueline.

2. Players start from the blueline and race to the top of the circle, tight turn, back around the nzone faceoff dot and then compete for the puck.

3. Key is to gain the inside position for the puck and box opponent out. No penalties but fight hard.

4. Goals come from the original shot or a quick shot following any rebound in the slot.

5. Keep score.

<https://youtu.be/W48li9-J7NE>

Team cheer