



Fire Black

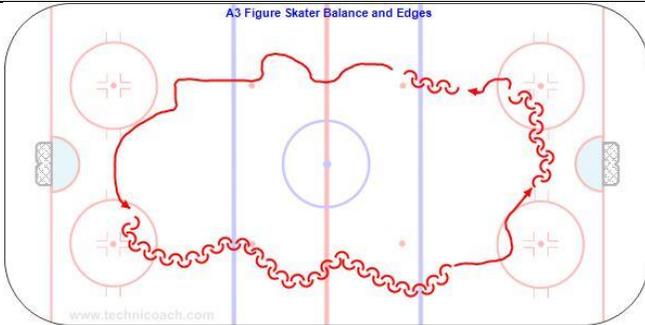
Practice Plan

Date: 12-12-24

Time: 16'00-17:30

Arena: Max Bell

Lines:	Notes:
A3-300 - Agility - Balance - Edges - Pro	B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G
B6 - 2-0 x 2 Cross Pass x 2 - Finland U20	D4 Two Pass – U15 Boy's
D100 Two Second Game - College	T3-B2 - Point Shot and Net Front Battle - U15 G
Team Cheer	E1 Change on the Go with Pass Shootout - U18 F



5'

A3-300 - Agility - Balance - Edges - Pro

Pro's work on skating skills with team skating coach during the summer.

A300- Crosby-Jam Turn – Pro

https://youtu.be/L_CO0l8cHG4

A300 - Crosby-Choctaw-Backward Agility – Pro

<https://youtu.be/9ZdkHu6uguM>

A300 - Skate Fake-Jab Turn – Pro

<https://youtu.be/LivcmZ31fb8>

A300 - Crosby and Jab – Pro

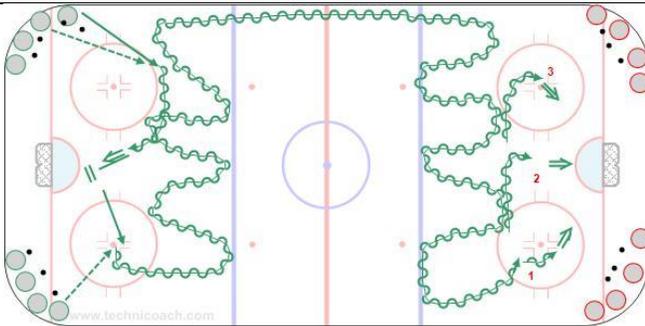
<https://youtu.be/Xy8m-l1FNl8>

A300 - Crosby Inside - Jab Turn – Pro

<https://youtu.be/fBK523p1UVE>

A300 - Fake Inside Edge Around W Puck – Pro

<https://youtu.be/kaZXRQS78RA>



10'

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

Key Points:

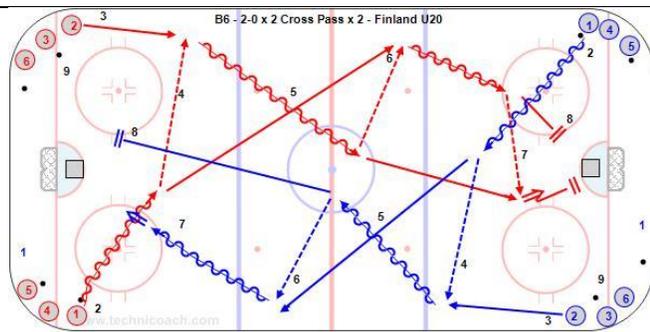
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

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; Jab turn – Backwards – Crosby - ttransition

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

<https://youtu.be/vA4EchKwVhE>



10'

B6 - 2-0 x 2 Cross Pass x 2 - Finland U20

Key Points:

Attack with speed. Prepare to shoot by squaring up if on the off wing or give a target on the forehand. Shoot quickly with a 'one timer' or 'catch and release.' Always shoot hard.

Description:

1. Players start from the four corners.
 2. Player 1 leave from diagonal corners and cut across to the 'Big Ice' between the dots.
 3. Player 2 leave from diagonal corners and skate up the ice.
 4. Player 1 pass to 2.
 5. Player 2 skate to the 'Big Ice' and 1 takes the ice behind to the wide lane.
 6. Player 2 pass to 1 for a wide entry into the offensive zone.
 7. Players 1-2 attack with speed and play 'Poker' with the goalie and either pass or shoot.
 8. Only one pass in the offensive zone and both players crash the net for a rebound.
 9. Alternate leaving from both corners.
- * After shooting skate to the blueline and defend 2-1 or 2-2.

<https://youtu.be/1acEyIHssWQ>



10'

D4 Two Pass – U15 Boy's

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

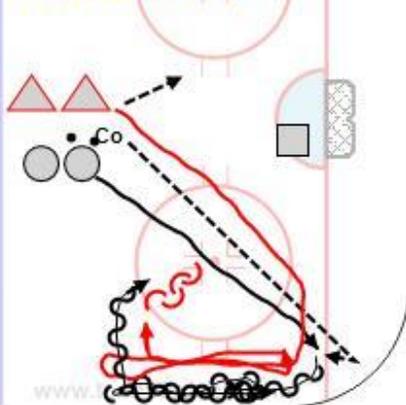
Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>

- B6 Puck Protection and Stick on Puck**
1. Coach dump the puck into the corner.
 2. Offensive player protect the puck for 5".
 3. Defensive player stay net side with stick on the puck.
 5. On the whistle attacker try to score.
 6. Alternate corners.



10'

Two lines

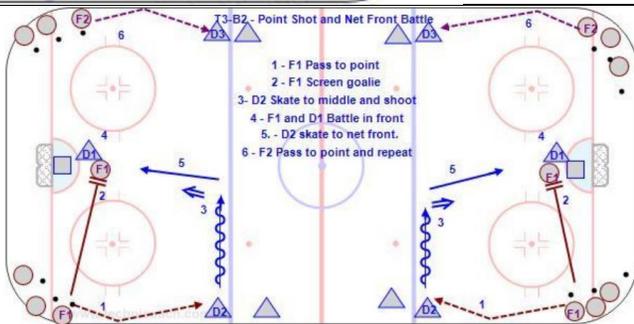
Dump puck in corner

First player protect puck

Second player defend toe caps face attacker

Attacker try to score on whistle

Repeat in other corner.



T3-B2 - Point Shot and Net Front Battle - U15 G

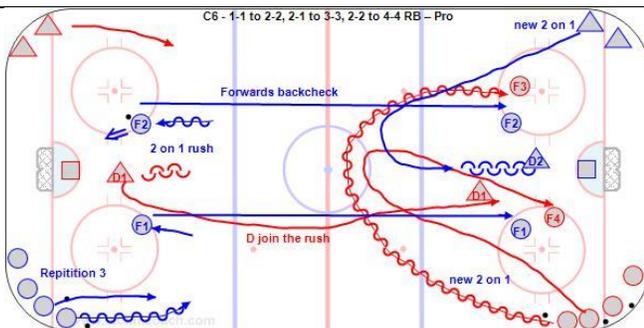
Key Points:

F1 screen the goalie and keep stick free to tip the shot. D1 box out F1 and seal the stick to the outside to prevent tips. D2 skate along the line inside the dots and shoot about waist high to make tips easier.

Description:

- 1 - F1 Pass to point
- 2 - F1 Screen goalie
- 3- D2 Skate to middle and shoot
- 4 - F1 and D1 Battle in front
5. - D2 skate to net front.
- 6 - F2 Pass to point and repeat.
7. F1 go to point to block shot

<https://youtu.be/jyYkXBgQAZg>



13'

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

Key Points:

Defenders communicate, attack with speed, O and D fight to control the slot.

Description:

1. D in one corner and F in the other corner at both ends.
2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
4. Keep attacking and defending until the

whistle.

5. Add a forward to make it a 2-1 until the whistle when they join to create a 3-3.

6. Players must communicate who to cover on defense.

7. Attack with speed to beat the backchecker on the 2-1.

8. Play with good habits: stop at the net, D tie up sticks, create rebounds.

9. Keep Score to increase intensity.

10. You need at least 8 F and 4 D to do the 2-1.

11. Add another D making it a 2-2 rush and 4-4 at each end.

12. With 2-2 you need at least 8 F and 8 D.

13. You can also do this drill with all the player playing both F and D.

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

<https://youtu.be/BQTdYFkTrwo>

12'

D100 Two Second Game - College

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.

2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.

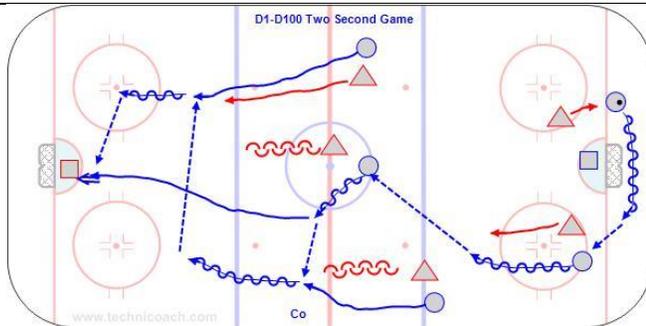
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.

4. Possession from first touching the puck for over 2" leave the puck for the other team.

5. Encourage talking, facing the puck, always give a target, skate into passes and get open.

6. Scoring team must skate back to the red line before forechecking.

** Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have*



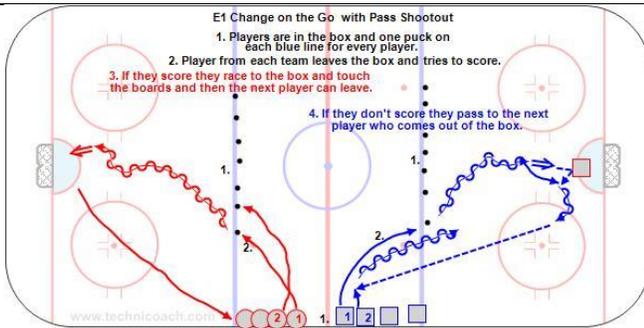
a consequence.

* An option is to pass back to your goalie on the whistle.

* Another option is to give another 2" with the puck if the player makes an escape move.

* The 2" rule can be used in SAG cross or half ice games as well.

<https://youtu.be/PVy5NjFsV9w>



10'

E1 Change on the Go with Pass Shootout - U18 F

Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

**To make it realistic the goalie should practice starting from the goal line and coming out.*

<https://youtu.be/VRtwyRqRv2I>

Team cheer in middle circle
