



## Fire Black

## Practice Plan

Date: 12-17-24

Time: 18:00-19:15

Arena: Village Square

Lines: 12 F – 6 D – 2 G

Notes:

A300 – Puckhandle with tight jab turns on whistle

**A200 Big Moves \_ Russian Warm-up with shots**

**B600 - Multiple One Touch Passes**

**B600 - Continuous 3-2 Regroup – Tomas - U18 F**

20' Kaylin with Goalies

DT400 - Krusel Battling Game 3-3 - U15 G

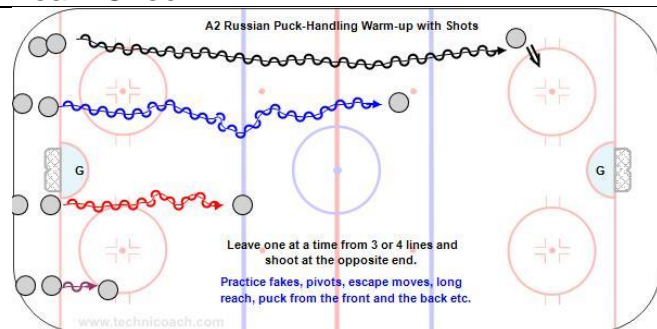
**T4 - 4-5 Penalty Kill vs Umbrella**

**T2 – 1-3-1 Power Play**

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

**B6 – Pass to Point-Screen-Block Pt Shot – D deception**

Team Cheer



3'  
A300 – Puckhandle with tight jab turns on whistle.

10' **Jim demonstrate**  
**A200 Big Moves \_ Russian Warm-up**

### Key Points:

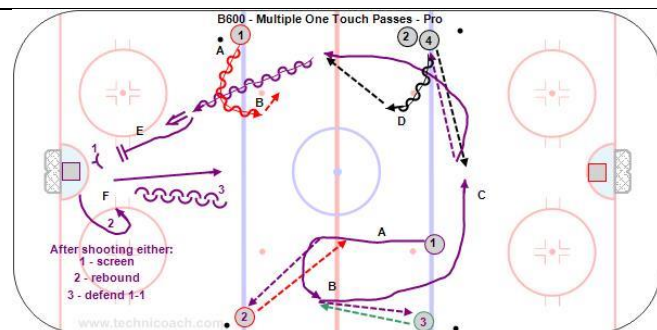
Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

### Description:

- Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

A200 - Puck Handling Sequence - Russian Olympic Coach – Jursinov

[https://youtu.be/\\_fdGBVje39s](https://youtu.be/_fdGBVje39s)



10'  
**B600 - Multiple One Touch Passes – Pro**

### Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

### Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.

D. 4 skate to the inside and pass to 1 skating wide up the ice.  
 E. 1 shoot and follow the shot.  
 F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

### C600 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>

20' Kaylin with Goalies or one goalie handle rimes.

10'

### B600 - Continuous 3-2 Regroup – Tomas - U18 F

\* Add dump in at one end, breakout with a low 3-2 where the attackers forecheck to get the puck and score. 5' each colour

#### Key Points:

Forwards support with timing and a good target.  
 Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

#### Description:

1. D1-D2 pass to F1-F2-F3.
2. F1-F2-F3 regroup with D3-D4.
3. F1-F2-F3 forecheck vx. D3-D4.
4. F4-F5-F6 support D3-D4.
5. Dump in at one end and regroup at other end.
7. Continue the regroup and forecheck sequence.

### B600 - Tomas Neutral Zone Regroup 3 F - U15 G

[https://youtu.be/\\_3lkCsp6UNI](https://youtu.be/_3lkCsp6UNI)

10' Kaylin with one goalie other end.

### DT400 - Krusel Battling Game 3-3 - U15 G

#### Key Points:

Transition happens when the defending team passes to their team mate at the point.  
 The players must go from offense to defense when the puck is passed to the point and give support on both offense and defense.

#### Description:

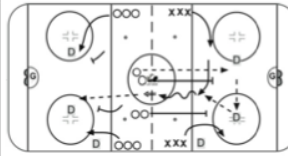
1. Players line up behind the blueline in teams.
2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
3. The team that gains possession of the puck is on offense and tries to score.
4. The defending team must pass to their player at the point to be on offense.
5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
6. Play shifts of 20-30" then pass to the coach and

#### Tomas's Continuous 2 on 2 Regroup

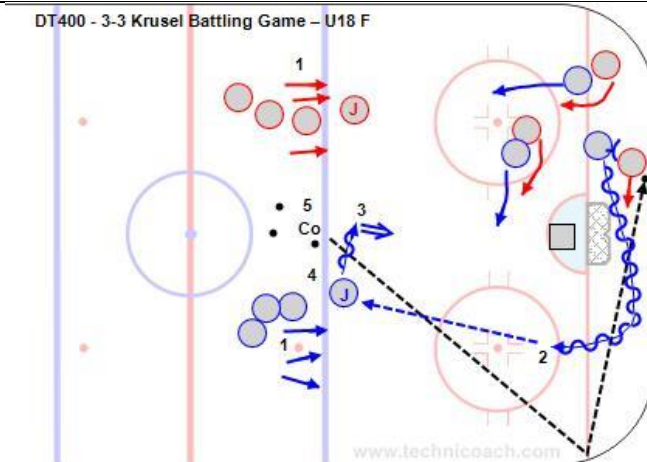
##### Execution Points:

O1 and O2 Forecheck 2 D in NZ. X1 and X2 support the D on a regroup. Random practice – read and act. Regroup forwards (X1-X2) pass puck to far D and forecheck them as O3 and O4 support the D on regroup. Continuous drill.

Teaching Points: Regroup Fw's support with timing and good target. Anchor low or high. Take what they give you. Jump across, get open.



#### DT400 - 3-3 Krusel Battling Game – U18 F

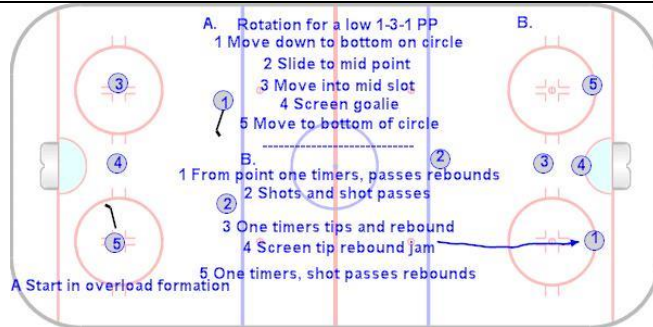


hustle outside the blue line on the coaches whistle. *Alternative is to pass to your own team but they can't enter the zone until everyone is onside.*

7. The coach dumps a new puck in for the next group

DT400 - Krusel Battling Game 2-2 - U15 G

<https://youtu.be/ToYTSGI18IQ>



20'

## T2 – 1-3-1 Power Play

10' x 2

Jim Mila one end PP new group one.

Tom Emily one end PK

Switch

Jim Mila one end PP new group two.

Tom Emily one end PK



10' x 2

## T4 - 4-5 Penalty Kill vs Umbrella

Key Points:

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible.

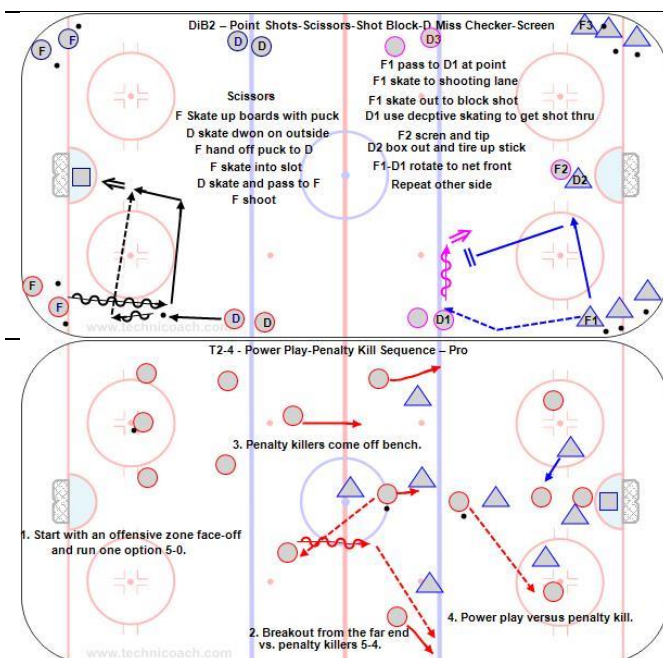
High forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

Description:

1. High press vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

\* Another option called the low press but not covered here is the forward force the pass low and play a low 3-3. Strong side D pressure a low pass, D in front covers slot and weak side forward has the high 2-1. The forwards switch sides if the puck is passed to the point and the weak side F goes there.

<https://youtu.be/NJ21DSB2VEw>



10'

## B6 – Pass to Point-Screen-Block Pt Shot – D deception – U15 G

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/VadXPVkBb4I>

### Explanation/Notes: