



## Fire Black

## Practice Plan

Date: 12-19-24

Time: 16:00-17:30

Arena: Henry Viney

### Lines:

**B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 GF**

D4 – Two Pass – Goals on give and go

**C6 - Continuous Jursinov 1-1's -**

**C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 – 3-2 to 5-5**

Team Cheer

### Notes:

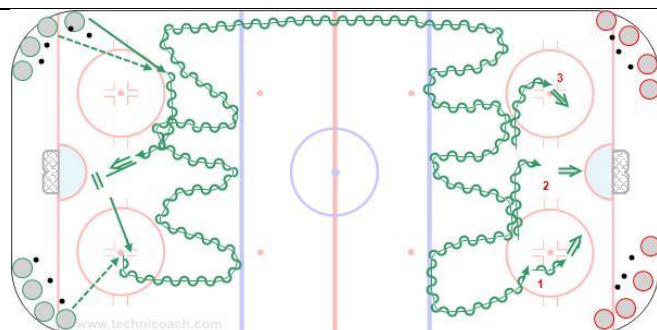
Choice-Multiple-Machine Gun-Dizzy

Choice – Tomas - Carolina

**C6 - Continuous Jursinov 1-1's -**

**D100 – Power Play Game – All Situation**

**E1 Speed Scoring 2-1 to 2-2 – Finland**



3'

Individual warm up'

10'

**B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 GF**

### Key Points:

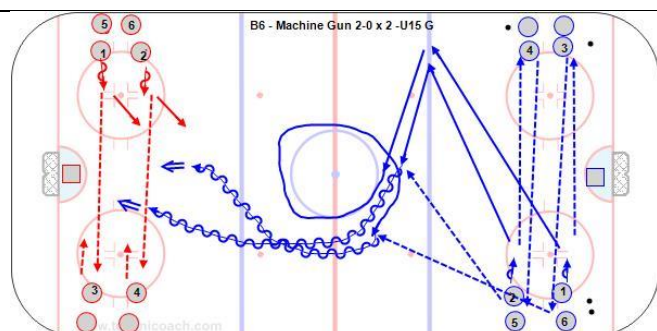
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

### 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

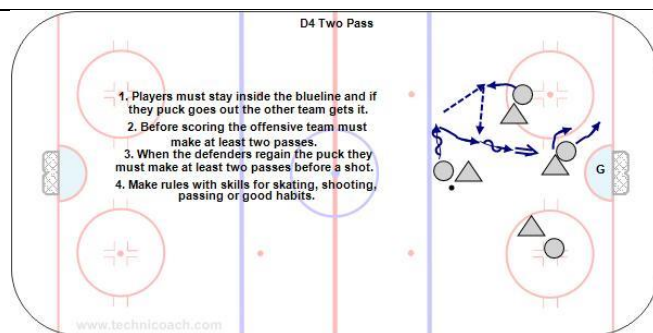
### Flow Passing Drills

Players Choice

Machine Gun

Dizzy

Multiple Pass



10'

## D4 Two Pass – U15 Boy's

**\*Must give and go before you score.**

### Key Points:

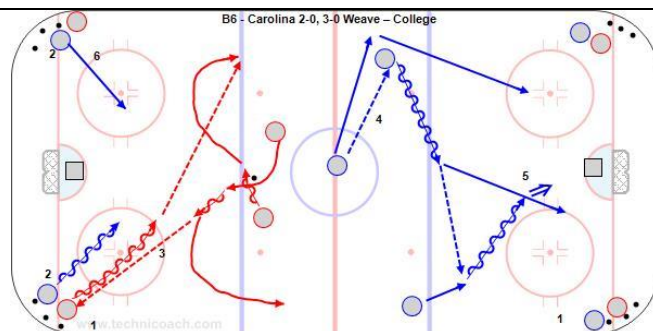
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice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

### Description:

1. Players must stay inside the blue line 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/3O8K3nNC3qc>

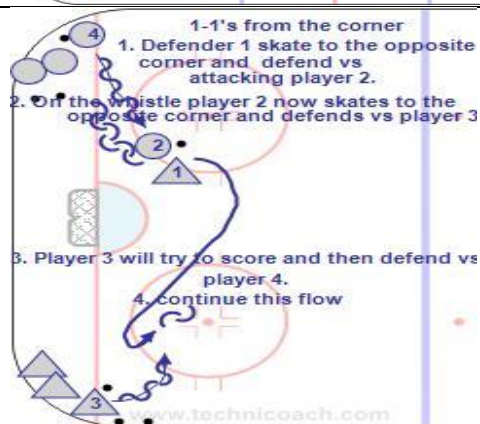


10'

## Player Choice

## Tomas 2-2

## Carolina



10'

## C6 - Continuous Jursinov 1-1's -

### Key Points

Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

### Description:

1-1's from the corner

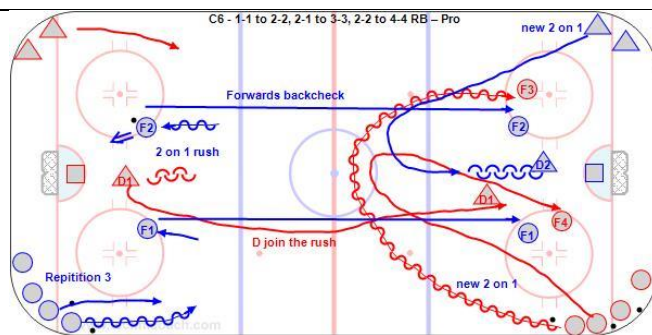
1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

## C6 - Continuous 1-1 from Corners - College W

<https://youtu.be/7N6DJqQTZjY>

## C6 - Continuous Jursi 1-1 - Russian U18 F

<https://youtu.be/1WUYI5XLP-Y>



10'

**C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 - 3-2 to 5-5**

**Key Points:**

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

**Description:**

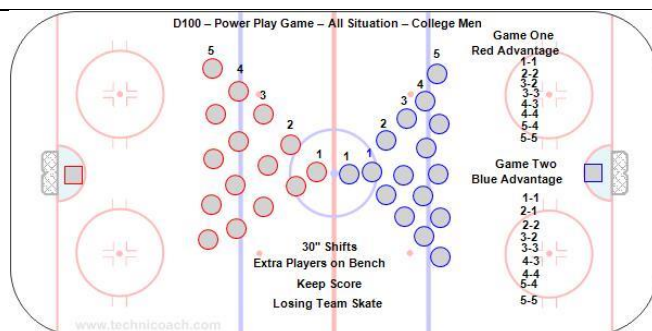
1. D in one corner and F in the other corner at both ends.
2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
4. Keep attacking and defending until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

*\* If you have 20 skaters you can do a 3-2 rush and 5-5 at each end.*

*\* This sequence can be done as a one puck transition game with either active or passive support.*

C6 - 2-1 D Join F Backcheck - U15 G

<https://youtu.be/lnhIefKX4Ek>



12'

**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.

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4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.

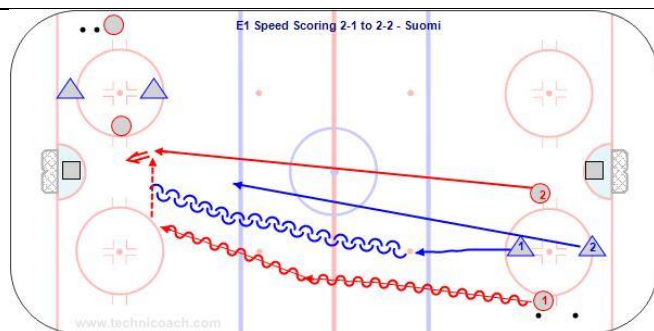
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.

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

D100 - Power Play Game 1-1 to 5-5 - U15 G

<https://youtu.be/2QsKXbo1Cog>



**10'**

### **E1 Speed Scoring 2-1 to 2-2 – Finland**

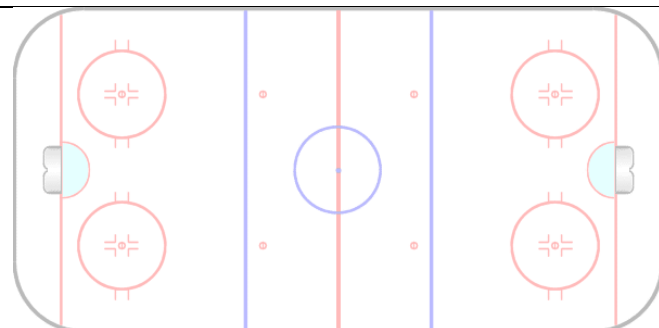
#### Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

#### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<https://youtu.be/CJeQogDhiAw>



**2' Team Cheer**

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