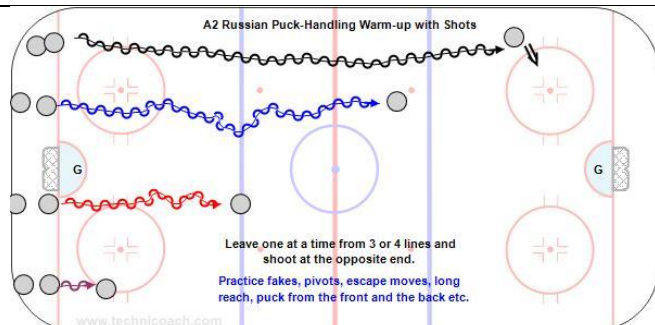




## Fire Black

## Practice Plan

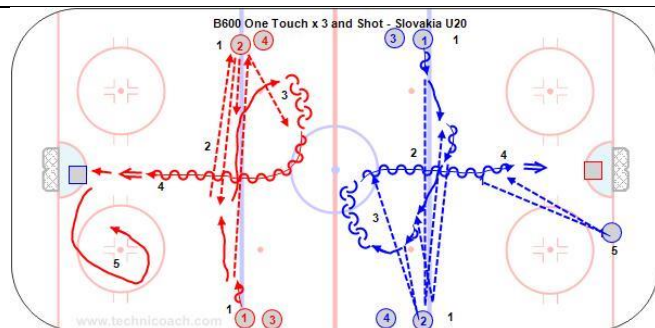
<b>Date: 01-02-25</b>	<b>Time: 16:15-17:45</b>	<b>Arena: Crowchild</b>
<b>Lines: 2 G – 5 D – 10 F</b>	<b>Notes:</b>	
A200 - Russian Big Moves Sequence - Jim-U15 G	<b>B600 - One Touch x 3 and Shot - Slovakia U20</b>	
Moves at dots and cutbacks.	<b>C6 – Pardy's 1-1 to 3-2 – Wally - U18 F</b>	
<b>D100 Two Second Game - College</b>	<b>D400 Game - Random Numbers - U15 G</b>	
<b>D202 – Two Thirds Ice Game - Jokers Behind Nets</b>	<b>E1 - Two Shot Shootout - Czech Youth</b>	
<b>Sprint Skating</b>	<b>Team Cheer</b>	



3' – Moves at dots and cutbacks.  
12'

A200 - Russian Big Moves Sequence - Jim-U15 G

<https://youtu.be/awfVJDpnBvQ>



10'

**B600 - One Touch x 3 and Shot - Slovakia U20**

### Key Points:

Face the puck, keeping the hands away from the body and stick square to the puck.

### Description:

1. Players are lined up at the blue lines at each end.
2. Player 1 exchange cross ice passes with player 2.
3. After the second pass player 1 skate backward into the neutral zone to receive the third pass.
4. Player 1 attack the net and shoot-rebound.
5. Player 1 either: circle back to rebound for player 2, exchange passes with player 2, screen the goalie for player 2, defend a 1-1 vs. player 2.
6. Player 2 repeat the drill with player 3.

*\* As in most unopposed shooting drills the shooter can then screen, circle back for the a rebound from the next shooter, give and go with the next shooter or go out and play a 1-1 wither passive or aggressive..*

<https://youtu.be/jbUBuMFhEhY>



10'

## C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

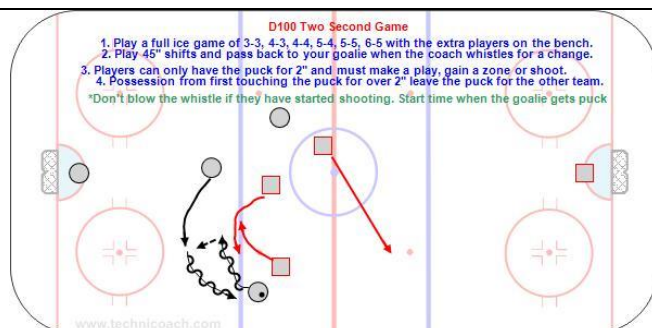
### Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

### Description:

1. Attackers and defenders are in corners at each end.
  2. F1 skate across the top of the circle and get a pass from D2 who follows.
  3. D1 defend the 1-1 attack.
  4. F2 leave from the other end when the original attack passes the top of the circle.
  5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
  6. Two or three forwards can attack vs. one or two defenders.
  7. Add F2 regroup with D3 in the neutral zone.
  8. Another variation is regroup only if the coach blows a whistle.
  9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.
- \* Have the D join the attack and don't start the next rep until the puck is out of play.

<https://youtu.be/NYAhiCwcA-4>



10'

## D100 Two Second Game - College

### Key Points:

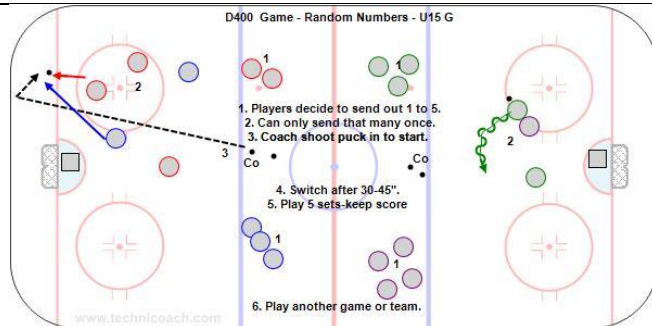
Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

### 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.

<https://youtu.be/PVy5NjFsV9w>



15'

### **D400 Game - Random Numbers - U15 G**

**Key Points:**

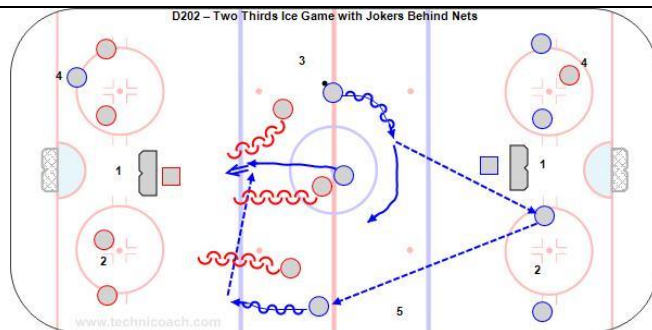
This is a great game where players decide how many players to send from 1 to 5. Can only send that many once. Keep track of score then either start a new game or play a new team.

**Description:**

1. Players decide to send out 1 to 5.
2. Can only send that many once.
3. Coach shoot puck in to start.
4. Switch after 30-45".
5. Play 5 sets-keep score.
6. Play another game or team.

D400 Game - Random Numbers - U15 G

<https://youtu.be/p428EkGvWUc>



15'

### **D202 - Two Thirds Ice Game with Jokers Behind Nets**

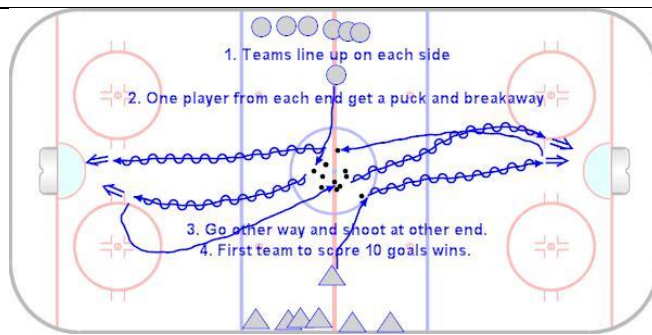
**Key Points:**

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

**Description:**

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>



15'

## E1 - Two Shot Shootout - Czech Youth

### Key Points:

Players should come in and make a hard move and shoot. The general rule on a breakaway is if the goalie is out far deke and if he backs in shoot.

### Description:

1. Teams line up across from each other and the pucks are in the middle circle.

2. One player from each team leaves and shoot at opposite ends.

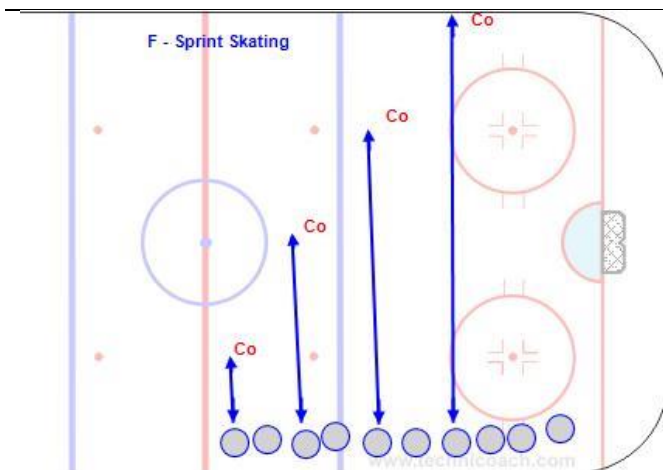
3. The same players turn back and get another puck from the middle and shoot at the other end.

4. Continue until all the players have shot and keep score.

- You can also decide the winner by saying the most goals in a certain time or the first team to 10 or another total wins.

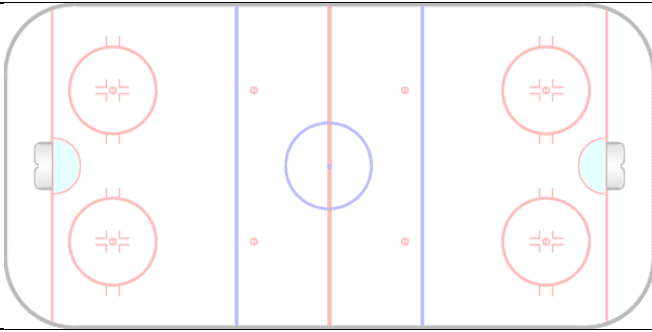
- Players that score no goals do 2 laps, those who score one goal skate one lap and those who score on both shots zero laps.

<https://youtu.be/VEJr4NJOH18>



5'

## Sprint Skating



**Cheer**

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