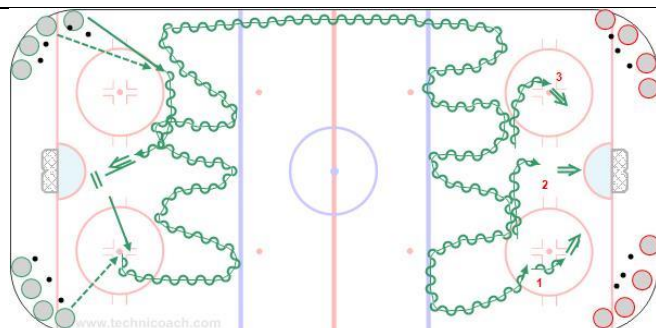




Fire Black

Practice Plan

Date: 01-07-25	Time: 18:00-19:15	Arena: Village Square
Lines: 12 F – 7 D – 2 G	Notes:	
Individual moves	B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 GF	
B600 One Touch x 2 - Diagonal C U18 W	C3 - 1-1 and 2-1 x 2 – Pro	
DT400 - Two Net Game - C U18 W	T2-4, D4 – Reilly Team Play Rotation	
F – Conditioning skate	Team cheer	



3'

Individual moves

12'

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

Key Points:

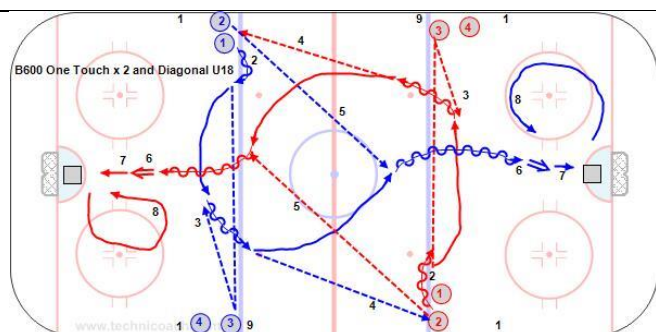
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

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' Cassiie

B600 One Touch x 2 - Diagonal C U18 W

Key Points:

Pass hard, face the puck, give a target, cut into the pass, pass while moving, rebound with the stick on the ice, quick feet.

Description:

1. Line up in B600 Formation at each blue line stripe.
2. Diagonal corners leave at the same time.
3. #1 one touch with #3.
4. #1 pass to #2.
5. #2 stretch pass to same colour #1.
6. #1 skate in and shoot.

7. #1 follow the shot for a rebound.
8. #1 circle back and rebound for the next shooter.
9. Repeat from the opposite diagonal corners with #3 leaving.

https://youtu.be/dKP_RRRHC1w

10' Everyone both attack and defend.

C3 - 1-1 and 2-1 x 2 – Pro

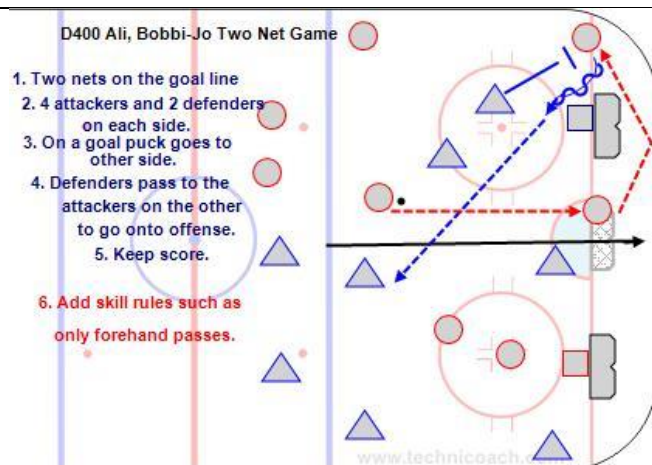
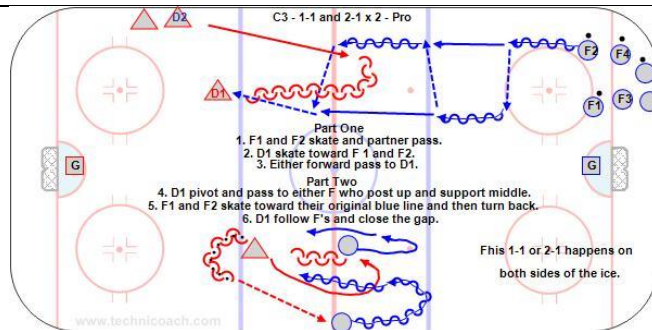
Key Points:

Defender do Mohawk and Choctaw turns to keep a tight gap. Identify the most dangerous man and give the least dangerous to the goalie while denying pass across. F's attack with speed and make the first play near the blue line to allow for a second play.

Description:

1. F1 and F2 skate and partner pass.
 2. D1 skate toward F1 and F2.
 3. Either forward pass to D1.
 4. D1 pivot and pass to either F who post up and support middle.
 5. F1 and F2 skate toward their original blue line and then turn back.
 6. D1 follow F's and close the gap.
 7. F1 and F2 attack 2-1 vs. D1.
- * This 1-1 or 2-1 happens on both sides at the same time.

<https://youtu.be/SkJptv0cxGc>



15'

DT400 - Two Net Game - C U18 W

Emily

Key Points:

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

Description:

1. Start with one to five whites attacking one net vs. one to five darks.
2. On a goal, frozen puck or transition the dark pass to their players at the blue line.
3. New darks attack the net on the other side and the original whites skate hard across and defend.

*This game requires quick transition and

communication about who to cover on defense.

*Attack quickly to take advantage of the unorganized defense.

* Keep score and implement rules for good habits, team play or technique.

<https://youtu.be/XxsQGkfqeDU>

15'

Jim 5' review pk rotation 10' game

T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

**The play rotates from end to end.*

T2-4 - Reilly PP-PK Game – College

<https://youtu.be/uLF7yFsbGyg>

Pro Team

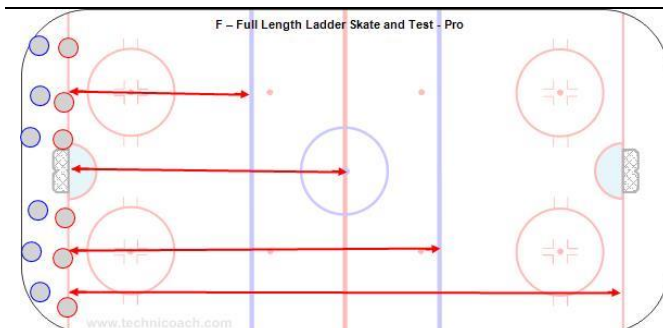
<https://youtu.be/AYIPjishwnw>

8'

Cassie

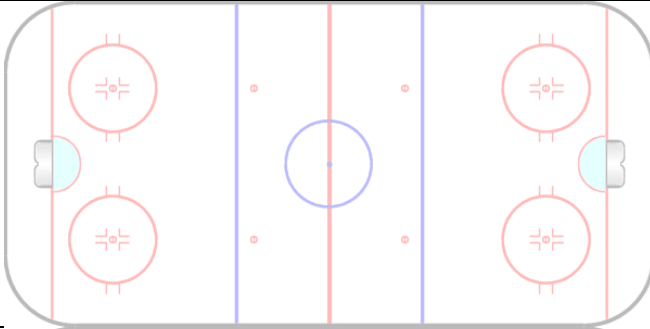
F Conditioning Skate in 4 Groups

<https://youtu.be/QabRhPI6X9s>

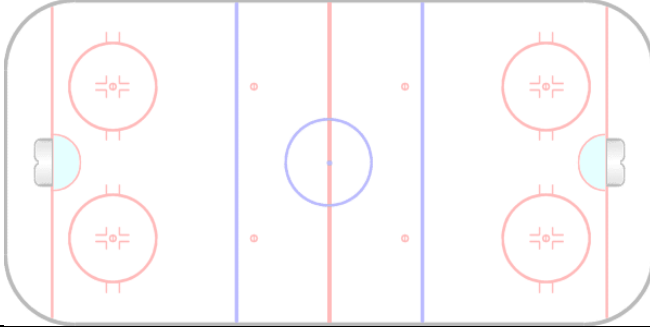




2'
Team Cheer



Explanation/Notes:



Explanation/Notes:
