



Fire Black

Practice Plan

Date: 01-09-25

Time: 16:00-17:30

Arena: Max Bell

Lines:

G - Kaylin with goalies

B202 - 4 x 2 Chaos Overspeed – College

B6 1-0, 2-0, 3-0 Small Horseshoe

C6 - Continuous Jursinov 1-1's

D100 – Power Play Game – All Situation

Teem cheer

Notes:

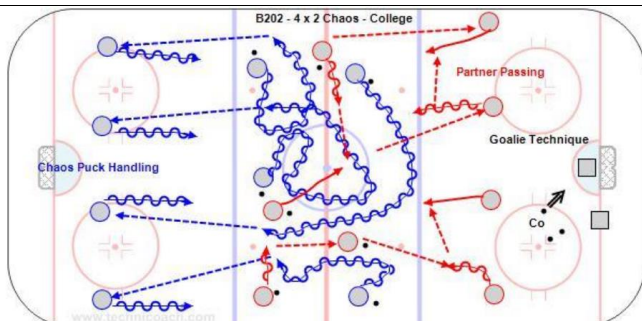
A300 – Individual Moves - Cutbacks

D5 Keepaway Contests

B2 - Defense Individual Skill and Partner Drills

DT100 - Continuous 2-2 No Positions

F - D100 Two 1 on 1 Games at Once



20' Kaylin with goalies

3'

A300 – Individual Moves

B202 - 4 x 2 Chaos Overspeed – College

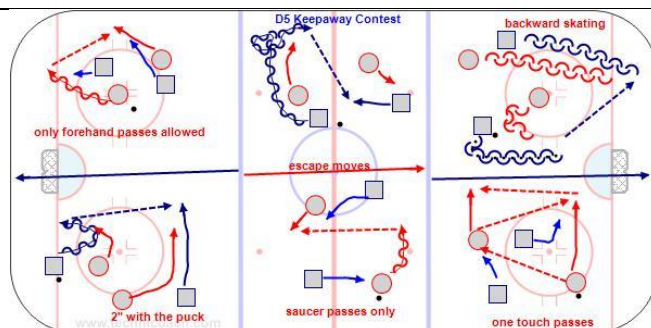
Key Points:

Overspeed with the puck. Go as fast as possible making moves and cutbacks. Pass quickly always facing the partner.

Description:

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
2. On the whistle pass to the first player in the line you started in.
3. Break into two groups of two.
4. Pass quickly in the neutral zone.
5. One the whistle pass to the line you came from.
6. Goalie training with the coach at one end.

<https://youtu.be/fEGcEqZUQAE>



10'

D5 Keepaway Contests

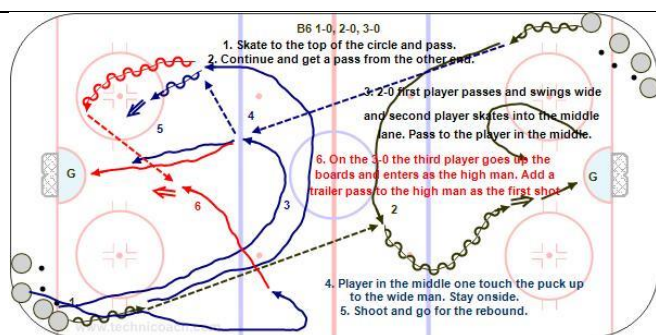
Key Points:

All 4 Game playing roles are practiced. Have rules like, only forehand passes, only backhand, an escape move before passing, 3 hard strides, one touch, 2 " only, all skate backward, hold the stick with only one hand, saucer passes. 5 or 7 passes = 1 point.

Description:

1. Groups have an area of the rink or else one group at a time has so many seconds to make as many passes as possible.
2. Good activity to warm up with if the goalies are working with a coach.
3. Use rules that include skating, passing skills, puck handling skills such as pivots.
4. Practice good habits like taking 3 hard strides when you get the puck or pass and get open.
5. Keep score and switch opponents. 1 point for every 5-7 passes.

<https://youtu.be/1zNtBuW8Tvk>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe

Key Points:

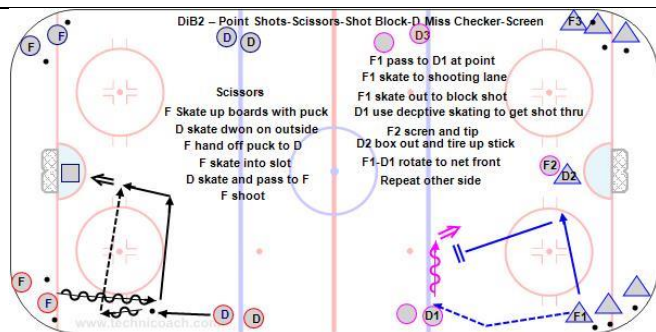
This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/SDCuSWSSuDE>



10'

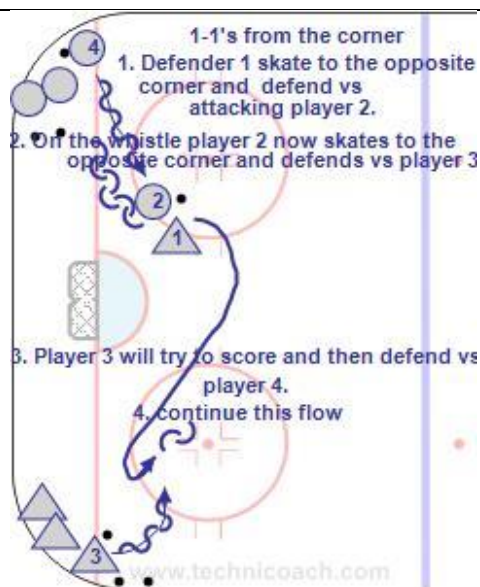
B2 - Defense Individual Skill and Partner Drills – Pro

Practice drag and shoot – F to D scissors – Blocking shots from the net out..

Jim Playfair is a great coach for the details that defensemen need to be successful at the pro level. In this video there are many offensive skills such as drag and shoot, shot pass, taking the rim off the boards and shooting, hinging with a partner etc.

B2 - Defense Individual Skill and Partner Drills – Pro

<https://youtu.be/SGWDrCi3qss>



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.

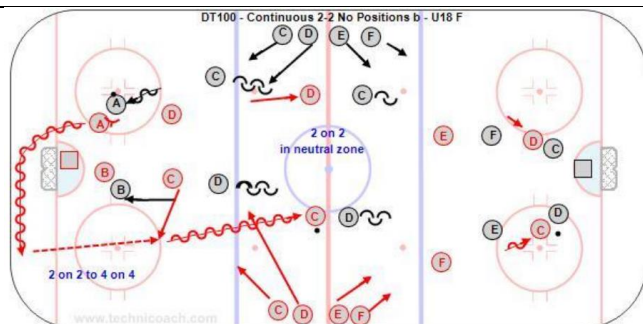
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

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'

DT100 - Continuous 2-2 No Positions - U18 F

Key Points:

Everyone plays both forward and defence in this transition game. They have to FIO (figure it out) in the defensive and offensive zones so two players are deep on the attack and defending and two at the point on offense and two covering the point on defense. 'Keep Score', it is a 'Game' with no whistles and constant 'Changing on the Go.'

Description:

1. Black A-B attack vs. Red A-B.

2. Black C-D follow when the puck crosses the blue line and support at the point.

3. Red C-D follow from the other side and cover the point.

4. Play 4-4 in the zone.

5. On a goal, frozen puck or change of possession Red C-D attack vs. Black C-D.

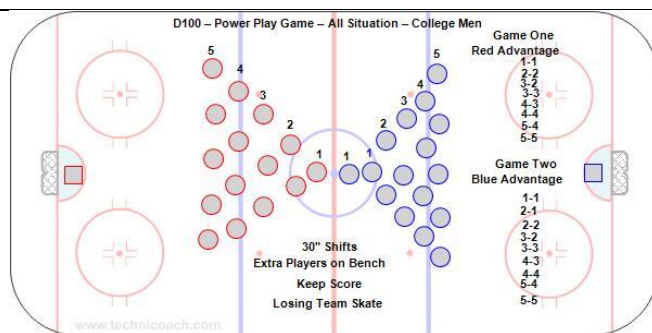
6. Red E-F support the attack at the point and Black E-F cover the point.

7. Continue this flow.

* This sequence can be done 1-1 to 2-2, 2-1 to 3-3, 3-2 to 5-5 or random combinations that create odd man advantages in the attacking or defending end.

* Teach players to read the game situation by sending out 1-2 or 3 new attackers or defenders. This causes players to communicate and adjust how they defend or attack. It may be a power play or penalty kill; players have to read it and act. Dump the puck in to work on the forecheck or quick breakout. Use your imagination as a coach to develop players with 'Game Sense'.

<https://youtu.be/lczCYMOjLuA>



15'

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.
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

<https://youtu.be/7qLLlc30nbE>



10'

F - D100 Two 1 on 1 Games at Once

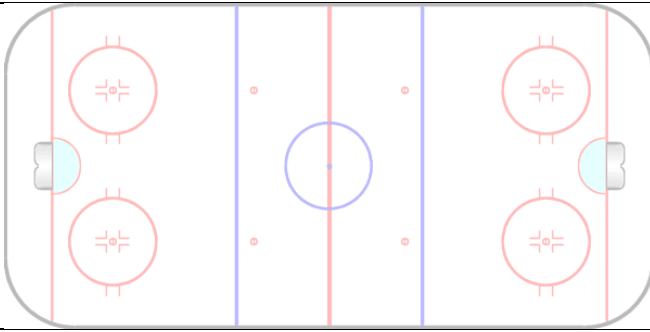
Key Points:

One coach should watch that the players won't collide. It is important to look behind and for the player with the puck to skate away from oncoming players. This is a great game for 1-1 and conditioning.

Description:

1. Players line up along the boards one group on each side of the red stripe.
2. One player of each team leave every 15".
3. Coach blow whistle each 15" and players play for 2 whistles (30")
4. Pass to a teammate when the second whistle blows.
5. Only two pucks on the ice and get the puck out of the net after a goal.
6. After scoring touch the red line before defending.
7. Keep score.

<https://youtu.be/yHmyXh1OHkI>



Cheer in middle
