



Fire Black

Practice Plan

Date: 01-14-25

Time: 16:15-17:30

Arena: Village Square

Lines:

Moves at dots, tight turns, partner attack triangle.

T2 - Breakout Sequence - Wally Kozak

T2 - 3-0 Middle Lane Drive – Offensive Triangle x 2

DT400 Quick Transition Game F 3-3 D 2-2

Cheer in middle

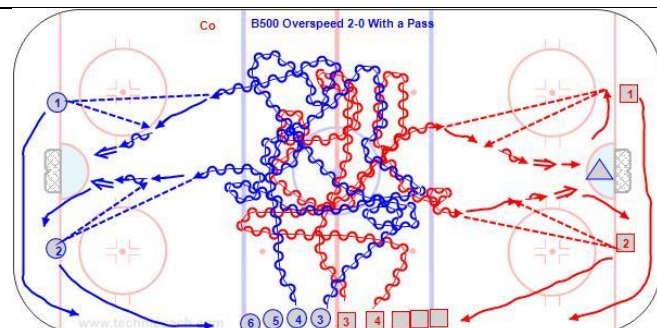
Notes:

B500 Overspeed 2-0 With a Pass

T2 - Continuous 5-0 x 3 - Cassie

B2 Point Shots - Give-Go-Shoot - Russian U20

D100 Full Ice 5-5



5'

A300 - Moves at dots, tight turns, partner attack triangle.

10'

B500 Overspeed 2-0 with a Pass – U18 F

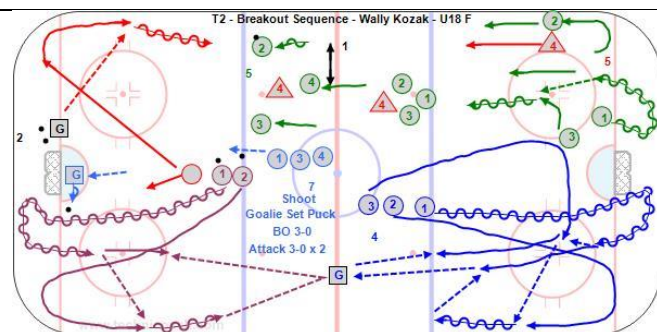
Key Points: Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle when last player shoots and then players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line. B500

Overspeed with a Pass - U18 W

<https://youtu.be/ByBqQUu0jJ>



15'

T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

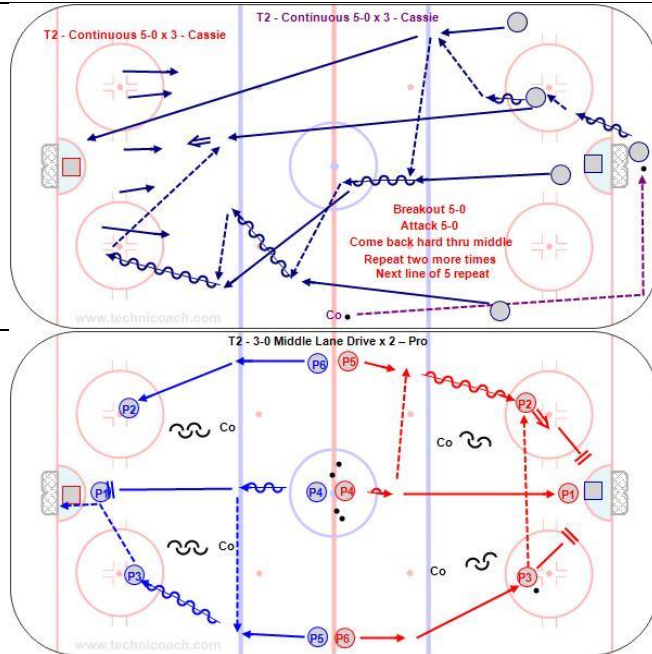
1. Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.
2. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
3. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
4. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass back to D who passes to the other forward.
5. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing

option or pressure the puck carrier.

6. Attack 3-1 backchecker and score at the other end.

7. Pass to Goalie. Goalie Set up [Puck](#). Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

<https://youtu.be/995uo789DdY>



10'

T2 - Continuous 5-0 x 3 - Cassie

10' Forwards with Tom

T2 - 3-0 Middle Lane Drive – Offensive Triangle x 2

Key Points:

First player over the blue line without the pick drive hard to the net trough the middle lane. Be ready for a pass and stop in front to put in a rebound.

Description:

1. Half the team on each side of the red line up in middle and each wing.
2. Coaches give passive resistance from the blue line to the top of the circles.
3. P1 leave from the middle lane with a puck.
4. P1 pass to either P2 on the left or P3 on the right.
5. P1 skate hard to the net.
6. P2 skate with the puck and choose: A. Shoot B. pass across to P3 who shoots. C. Pass to P1.
7. Everyone crash the net for a rebound.
8. Skate hard back to the blue line.

https://youtu.be/0_F54MI3p-s



10' Cassie and Emily

B2 Point Shots - Give-Go-Shoot - Russian U20

Key Points:

Quick feet and shoot while moving. On the one timer follow through with the stick and front knee pointing to the target.

Description:

B2 Defense Point Shots

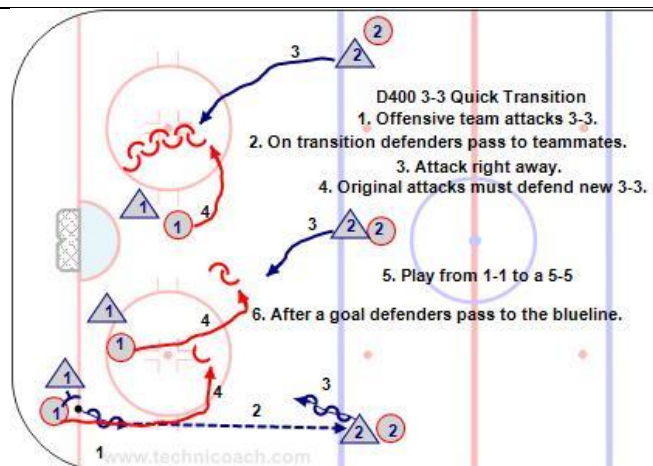
1. D1 get puck from along boards, skate inside the dots and shoot.
2. D1 get another puck then pass to D2 for one timer.
3. D2 repeat passing to D3.

B600 Forwards Give-Go-Shoot

1. F1 skate and pass across to F2.
2. F2 pass back to F1 who shoots while skating.
3. F2 repeats from the other side give and go with F3.

*Screening and timing for rebounds can be added.

https://youtu.be/SO_G8CffB3s



10'

Forwards at one end and D other end. Forwards play with their line.

DT400 Quick Transition Game - U15 B

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense:

Role 1. *Puck carrier.*

Role 2. *Support puck carrier.*

Defense:

Role 3. *Check puck carrier.*

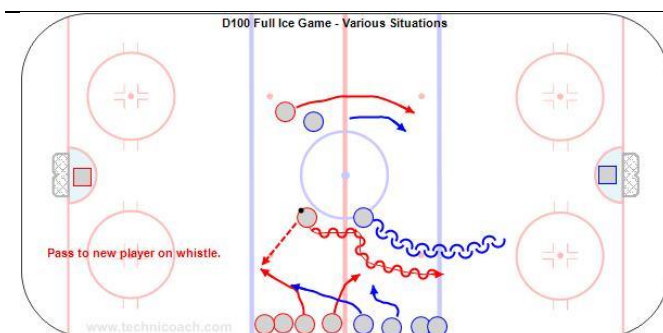
Role 4. *Cover away from the puck.*

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

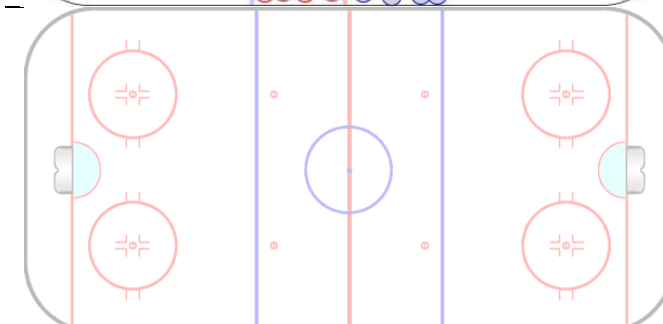
DT400 - Quick Transition Game - U15 B

<https://youtu.be/ecxLc1JGBVY>

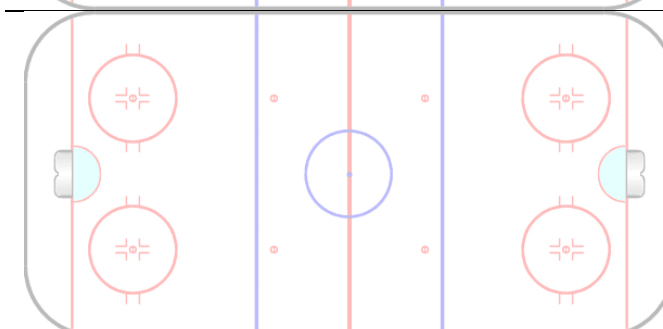


13'
D100 Full Ice 5-5

Emily ref.
Play with their lines.



2'
Team Cheer



Explanation/Notes: