



Fire Black

Practice Plan

Date: 01-21-25

Time: 18:00-19:15

Arena: Village Square

Lines:

20' Kaylin with goalies

B202 - 4 x 2 Chaos Overspeed

D4 - Two Pass Game with only Forehand Passes

T3 - C202 - 1-1 Angling

D1-D100 Two Second

Captains meet with coaches

Notes:

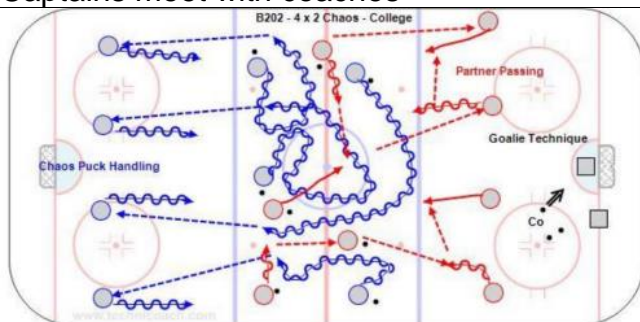
A300 – Individual Moves

D5 – Keepaway Contest x 3 – Forehand Pass

B600 - Multiple One Touch Passes

C6 - 1-1 to 2-2, 2-1 to 3-3,

Cheer



3' Individual Puck handling

20' Kaylin - Goalies

10'

B202 - 4 x 2 Chaos Overspeed – College

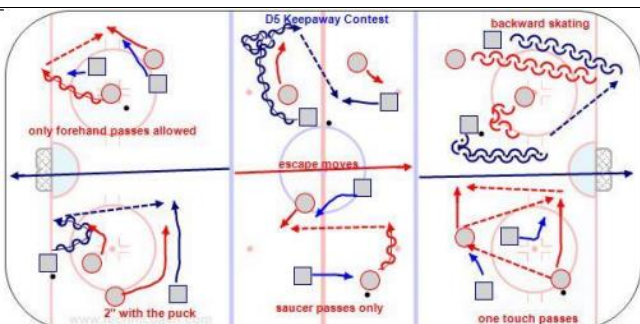
Key Points:

Overspeed with the puck. Go faster than usual 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 to Practice Skills and Good Habits

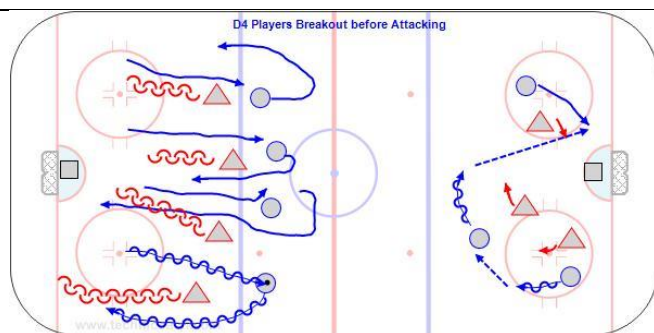
Key Points:

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'

D4 - Two Pass Game with only Forehand Passes - U18 F

Key Points:

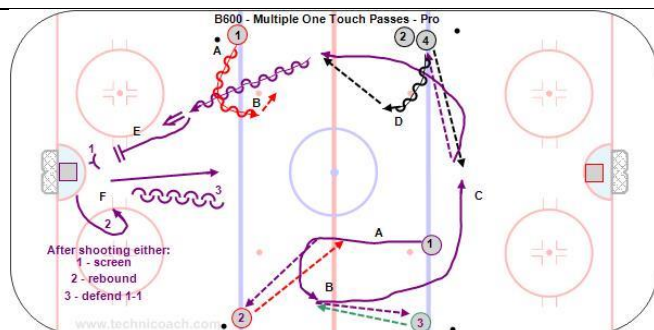
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

All players must clear the zone and be onside when they attack.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<https://youtu.be/5mUOjqmtKSQ>



10'

C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

Key Points:

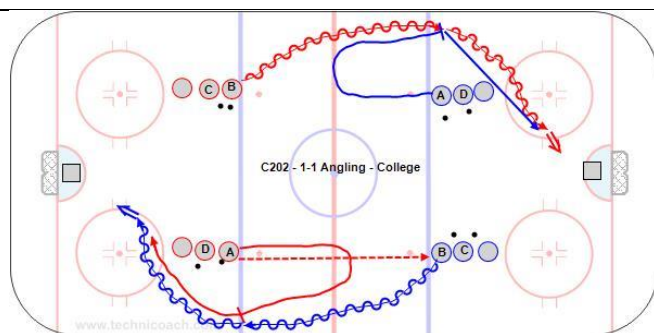
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<https://youtu.be/7sdcZtyS6VY>



10'

T3 - C202 - 1-1 Angling - College M

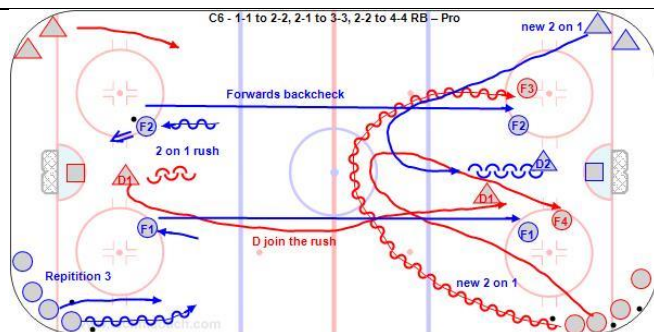
Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check A.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>



10'

C6 - 1-1 to 2-2, 2-1 to 3-3 - RB Pro

Key Points:

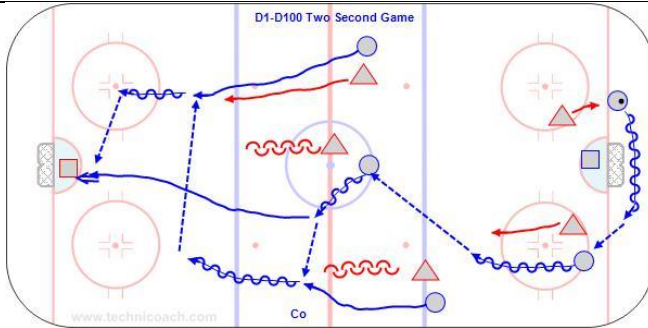
Defenders communicate, attack with speed, O and D fight to control the slot.

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.

<https://youtu.be/3xSV1IU3awE>



12'

D1-D100 Two Second Game - College M-W

Key Points:

This is one of the best activities a coach can use to promote close puck support and on ice vision. Players need to learn to play the game seamlessly which means to look around before they get the puck, automatically skate to open ice when they get the puck, supporting players must anticipate the next play, always face the puck and give a target and get open for a pass. Players also need to practice passing while skating and turning away from pressure.

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

**This game can be played full, cross, half ice or it can be a rule in keepaway games with 2 or more players.*

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

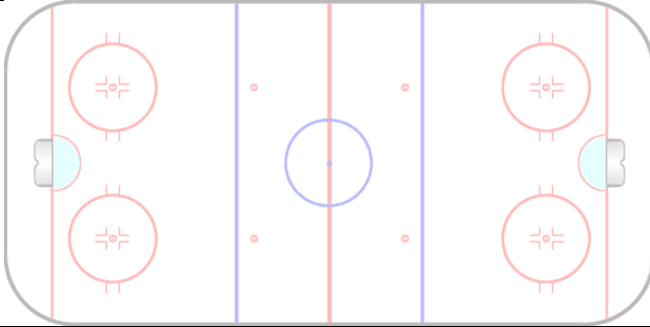
Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:
A-Make a play.
B-Regroup.
C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

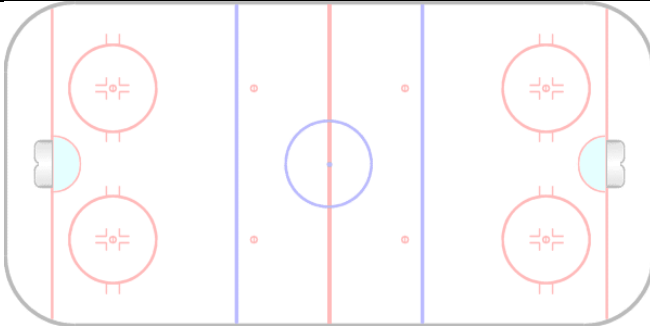
D100 Two Second Game – College M

<https://youtu.be/PVy5NjFsV9w>



2'
Cheer in Middle

Talk with captains



Explanation/Notes:
