



Fire Black

Practice Plan

Date: 01-23-25

Time: 16:15-17:45

Arena: Crowchild

Lines:

A200 – Jim Big Moves – Shots 4 Lines

B6 - Carolina 2-0, 3-0 Weave – College

Power Play one End with Jim 10' x 2

DT400 3-3 Krusel Battling Game - Pro W

D400 Two Net Game 4-2 x 2 - Pro W

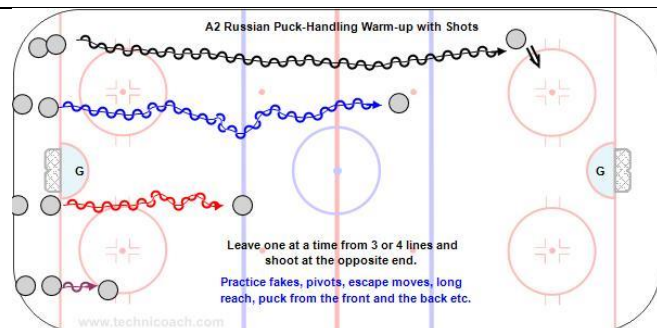
Notes:

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

C3 Reijo 1-1 Both Sides - Gap Control - RB Pro

T2 - Bob Johnson 10 Second Power Play Game

E1 - Relay Race Shootout 1-0, 2-0



10'

A200 – Jim Big Moves – Shots 4 Lines

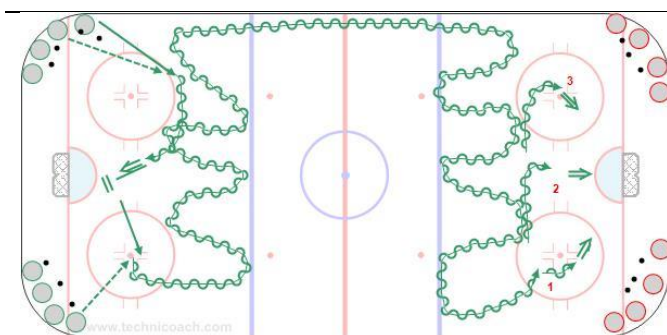
Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
- B. Practice moves and fakes while skating down the ice and finish with a shot on net.
 1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
 2. Fake the slapshot and accelerate around the defender on the forehand.
 3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
 4. Fake a backhand pass or shot and rotate the body in a convincing manner.
 5. Fake the backhand and pull the puck across to the forehand.
 6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
 7. Fake a wrist shot and spin on the backhand.
 8. Fake a wrist shot and spin to the forehand.
 9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
 10. Combine the moves.

<https://youtu.be/hWArs-S2qKQ>



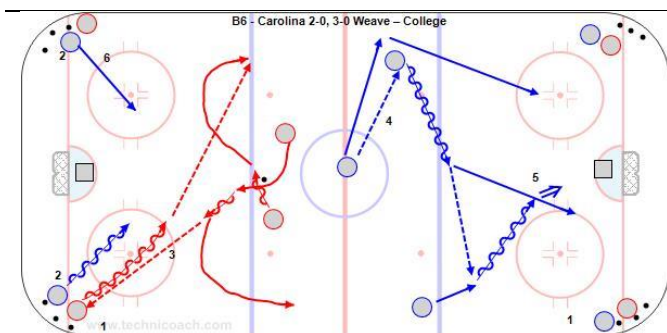
10'

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

Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles

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

<https://youtu.be/vA4EchKwVhE>



10'

B6 - Carolina 2-0, 3-0 Weave – College

Key Points:

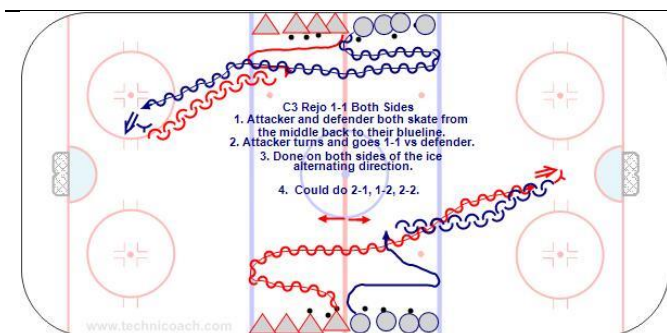
In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

Description:

1. Players start from the four corners.
2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.
4. Three players fill the three lanes and weave by passing and following their pass.
5. Finish the rush will a shot on net and all three crash for a rebound.
6. The next two players follow the rush and regroup with a player at the far end.

B6 - Carolina 2-0 - 3-0 - U15 G - 2

<https://youtu.be/WMw04c6beHo>



10'

C3 Rejo 1-1 Both Sides - Gap Control - RB Pro

Key Points:

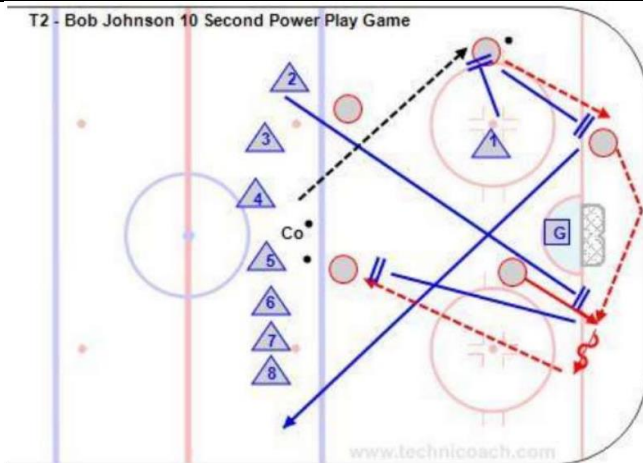
The defender needs to get within a stick length of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.

2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<https://youtu.be/8nzjC2xxlso>



20'

Power Play one End with Jim

10' x 2

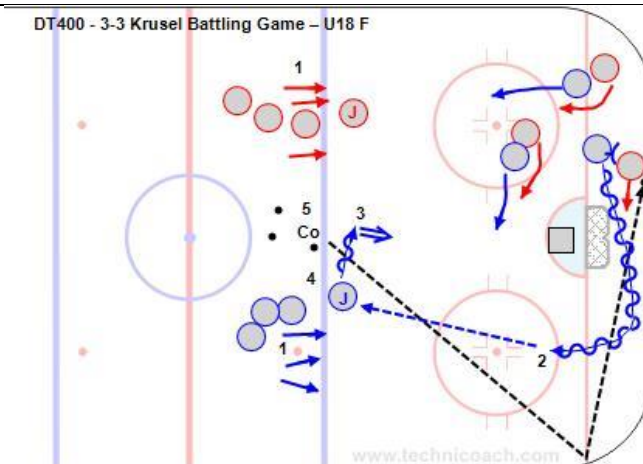
Alternate PP 1 and PP 2 one end with Jim and play Johnston PP game at other end.

T2 - Bob Johnson 10 Second Power Play Game - U18 F

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense. Description: 1. Play 5 vs. 1 at one end of the ice. 2. Coach pass to the power play who try to score. 3. One defender aggressively challenge the puck carrier. 4. Whistle each 10" and a new defender hustle in and original out of zone. 5. Keep score. 6. After each blue has defended once then they are on offense and reds on defense. 7. Add a second defender for 5 on 2.

<https://youtu.be/jOMFSb4as1s>



10'

DT400 3-3 Krusel Battling Game - Pro W

Key Points:

Transition happens when the defending team passes to their team mate at the point. The players must go from offense to defense when the puck is passed to the point and give support on both offense and defense.

Description:

1. Players line up behind the blue line in teams.
2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
3. The team that gains possession of the puck is on offense and tries to score.

4. The defending team must pass to their player at the point to be on offense.
5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
6. Play shifts of 20-30" then pass to the coach and hustle outside the blue line on the coaches whistle. *Alternative is to pass to your own team but they can't enter the zone until everyone is onside.*
7. The coach dumps a new puck in for the next group.

https://youtu.be/e80Cod_L2So

D400 Two Net Game 4-2 x 2 - Pro W

Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

T2-DT400 - 4-2 x 2 power Play Game - U15 G

<https://youtu.be/HWQoQm0io0s>

10'

E1 - Relay Race Shootout 1-0, 2-0

1. Race to score.
2. Goal touch red line before next shooter.
3. No goal – get rebound and pass to line when you get to blue line.

Cheer in middle.

