



## Fire Black

## Practice Plan

Date: 01-28-25

Time: 18'00-19:15

Arena: Villag Square

### Lines:

A300 Tight Turns-3 Hard Strides – Moves at Dots

B6 - Timing Around Circles - College F

DT400 Quick Transition Game - U15 B

T2 D400 – Diamond 1-3-1 Power Play - Pro

T4 – High Press Rotation

D100 – Power Play Game – All Situation

### Notes:

Partner Pass and Check – Cassie

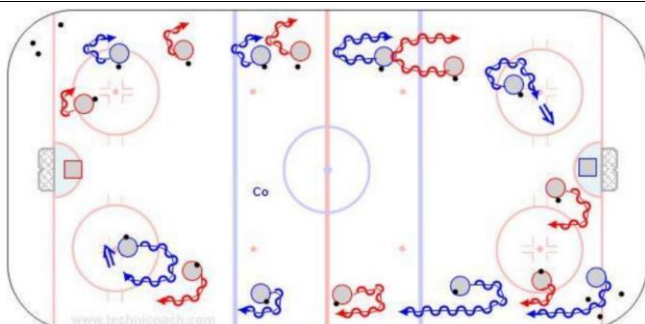
T3-C2 - 2-2 Surfing - U18 M

T2 Spread Power Play 2 Below Goal Line - Pro

T4 - 4-5 vs Low Spread PP

T4 – 3-5 PK vs Spread PP

Team cheer in middle circle



5'

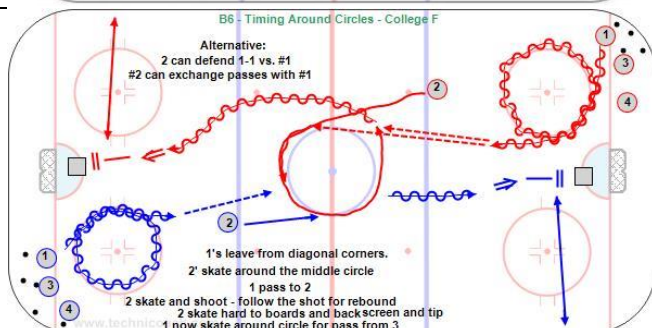
A300 Tight Turns-Three Hard Strides – Moves at Dots

<https://youtu.be/pamQ9ULvy2U>

5'

Partner Pass and Check – Cassie

Mila-Emilsy shoot on goalies.



10'

B6 - Timing Around Circles - College F  
Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip.

Possible 1-1 and catch and release.

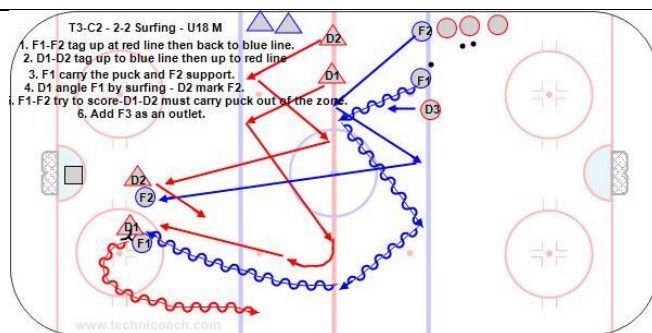
### Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

### Options:

Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.

<https://youtu.be/ckOiQ9QI72E>



10'

### T3-C2 - 2-2 Surfing - U18 M

#### Key Points:

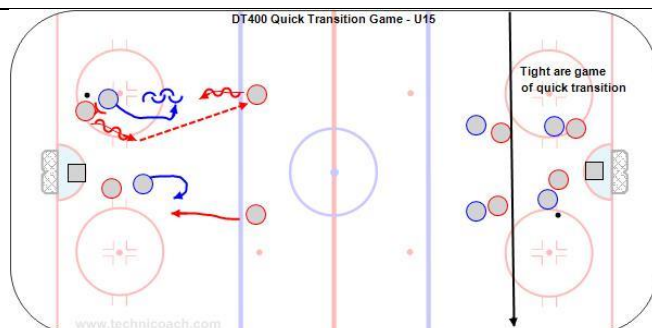
Play 2-2 with attackers trying to score and defenders angle by surfing and forcing the puck into the wide lane. Defenders must carry the puck out of the zone.

Start 2-2 and then progress to a 2-3 one forward coming in late to be low and slow for outlet.

#### Description:

1. F1-F2 tag up at red line then back to blue line.
2. D1-D2 tag up to blue line then up to red line.
3. F1 carry the puck and F2 support.
4. D1 angle F1 by surfing - D2 mark F2.
5. F1-F2 try to score-D1-D2 must carry puck out of the zone.
6. Add F3 as an outlet.

<https://youtu.be/jdBBMFWWRAw>



10'

### 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:

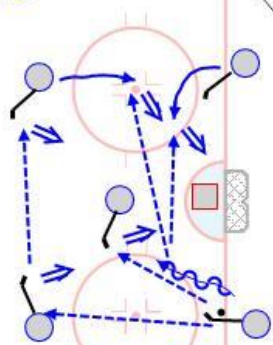
1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive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

#### T2 Spread Power Play 2 Below Goal Line

A one timer power play.  
Players can rotate positions,  
walk out for back door plays,  
set pick and screens.



10' x 2 – Two Groups – Switch after 10'  
Gold PP vs Black PK

#### T2 Spread Power Play 2 Below Goal Line - Pro Key Points:

A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

#### Description:

1. Set up with two players below the goal line and the high attackers just above the top of the circles.
2. Quick passes to make the defenders move.
3. Read when the defender has the 'Stare' looking low and find shooting seams.
4. Walk-out for back door plays to the other low player or a point man coming down.

<https://www.youtube.com/watch?v=LqnpJXI9Xxg>

10' x 2 – Two Groups – Switch after 10'  
Black PP vs Gold PK

#### T2 D400 – Diamond 1-3-1 Power Play - Pro Key Points:

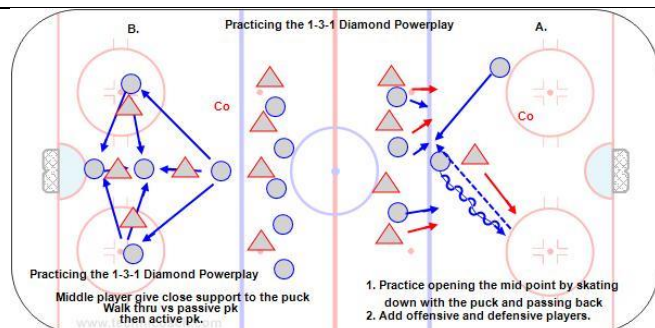
Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

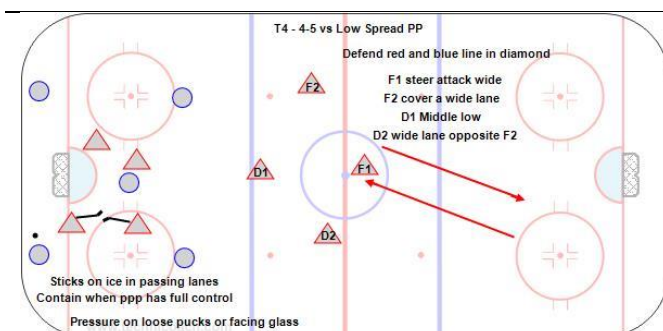
#### Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

T2-4 - D400 PP and PK 5-4 – Pro

<https://youtu.be/3GX5ewD7u90>

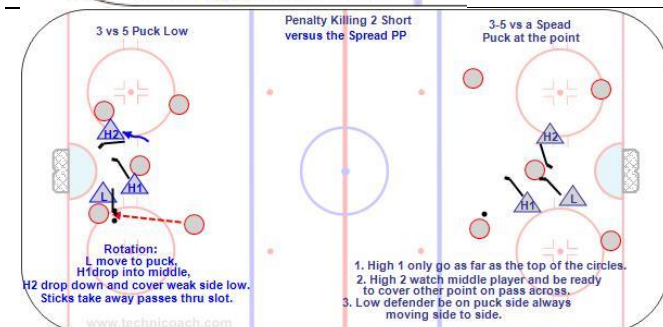




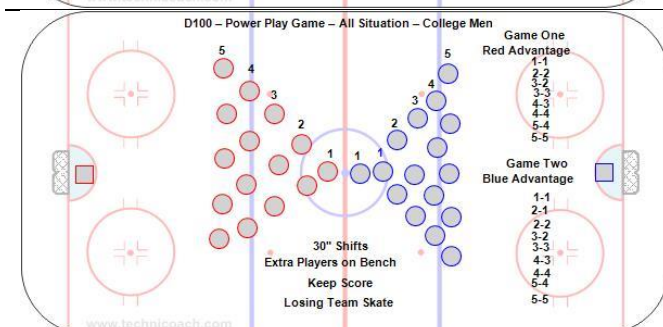
## T4 - 4-5 vs Low Spread PP



## T4 - High Press Rotation



## T4 - 3-5 PK vs Spread PP



10'

## 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

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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>

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