



Fire Black

Practice Plan

Date: 01-30-25

Time: 16:00-17:30

Arena: Max Bell

Lines:

Moves at dots and cutbacks

B6 – 3 Shots, 3 Passes, 3 Zig-Zags, Shots

T2 - Skills for C Low and Slow Breakout – Pro

C6 - Willy 1-1 to 2-2 – Pro

D100 – 3-3 – Not Du,[mp ins

Notes:

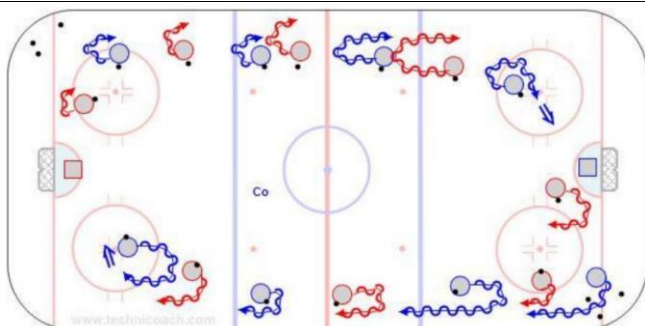
Partner puck protection and Cassie take away

Two Pass – Only FH – One scissor

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

T2 - B6 - 3 Breakout-Attack-F Cycle up and Drop to D -

Team Cheer

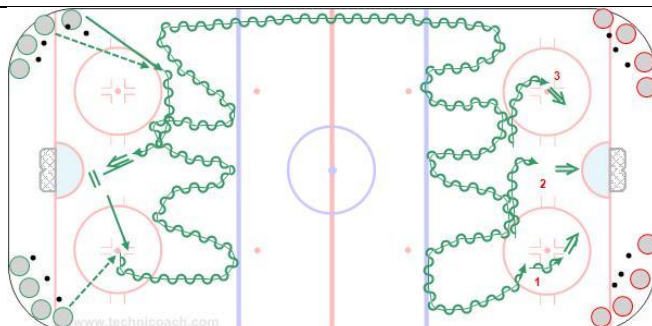


4'

Moves at dots and cutbacks

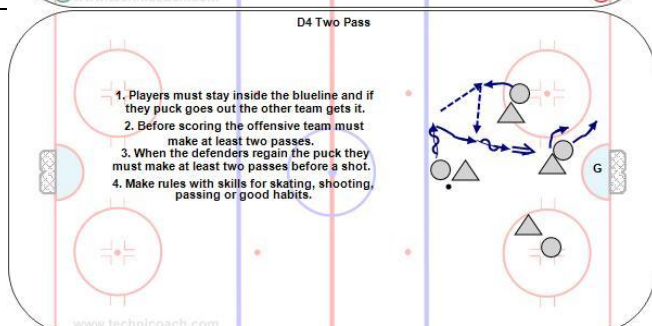
4'

Partner puck protection and Cassie taakeaway



12'

B6 – 3 Shots, 3 Passes, 3 Zig-Zags, Shots

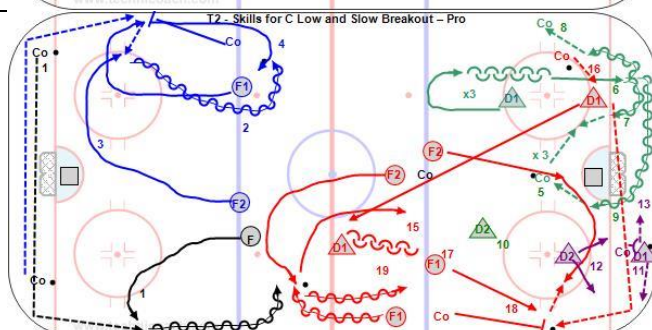


10'

D4 - Two Pass

Only Forehand

At least one scissors



15'

T2 - Skills for C Low and Slow Breakout – Pro

Key Points:

Centre or low forward has to swing low and slow to support the wing on the boards for a one touch redirect pass. This is effective against a team pressures the pass to the boards. A pass to the centre is the most effective because he is between the dots and has a lot of options with the puck. Players

have to help each other by communicating on the ice.

<https://youtu.be/NCjzZJ0BIRs>

10'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

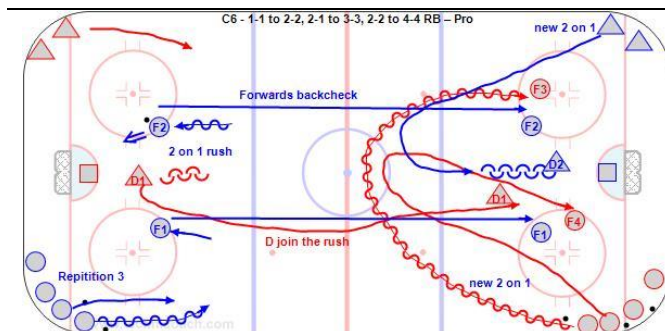
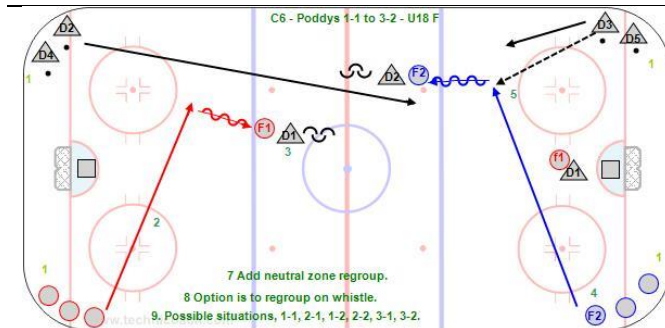
** Have the D join the attack and don't start the next rep until the puck is out of play.*

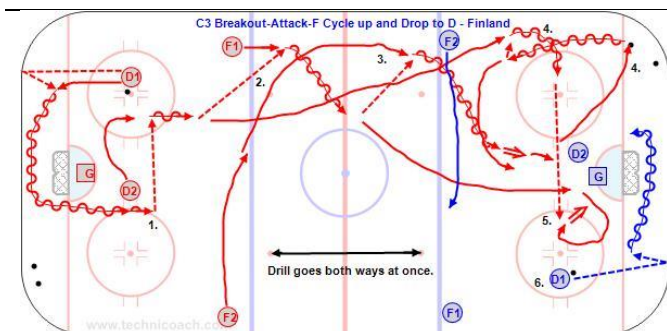
<https://youtu.be/NYAhiCwcA-4>

10'

C6 - Willy 1-1 to 2-2 - Pro

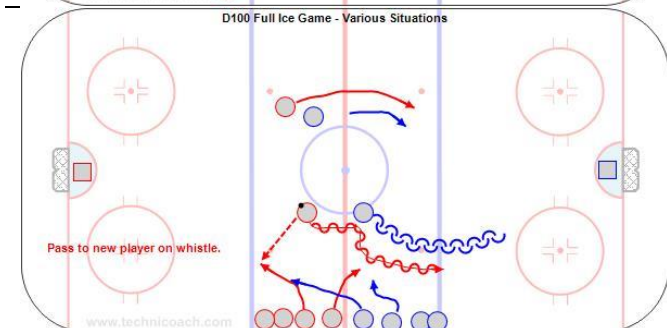
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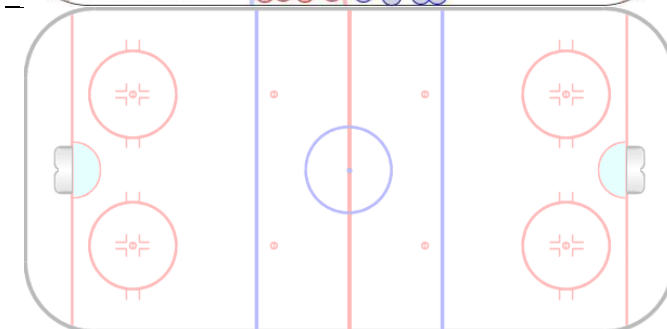
10'

T2 - B6 - 3 Breakout-Attack-F Cycle up and Drop to D - Finland



13'

D100 – 3-3 – Not Du,[mp ins



Explanation/Notes: