



# 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:

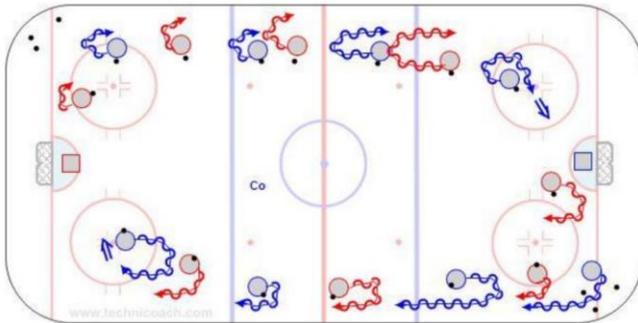
Partner puck protection and Cassie take away

Two Pass – Only FH – One scissor

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

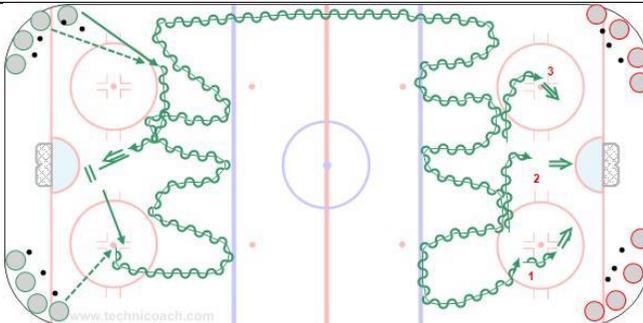
T2 - B6 - 3 Breakout-Attack-F Cycle up and Drop to D -

Team Cheer

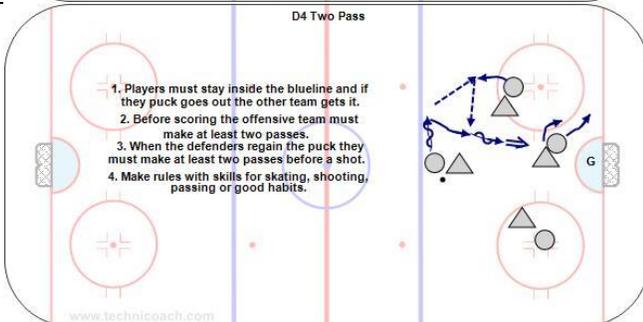


4'  
Moves at dots and cutbacks

4'  
Partner puck protection and Cassie taakeaway



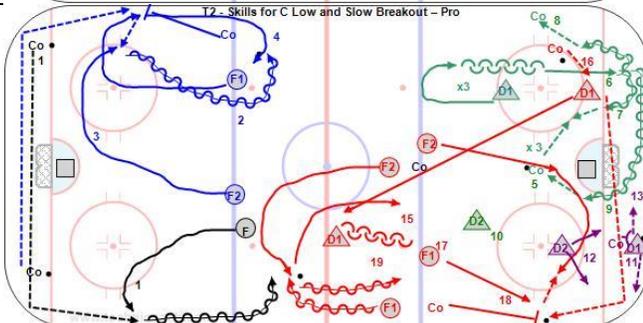
12'  
**B6 – 3 Shots, 3 Passes, 3 Zig-Zags, Shots**



10'  
**D4 - Two Pass**

Only Forehand

At least one scissors

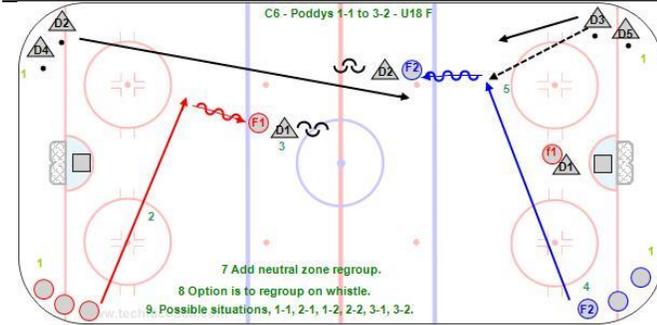


15'  
**T2 - Skills for C Low and Slow Breakout – Pro**  
**Key Points:**

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/NCjzZJOBIRs>



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.

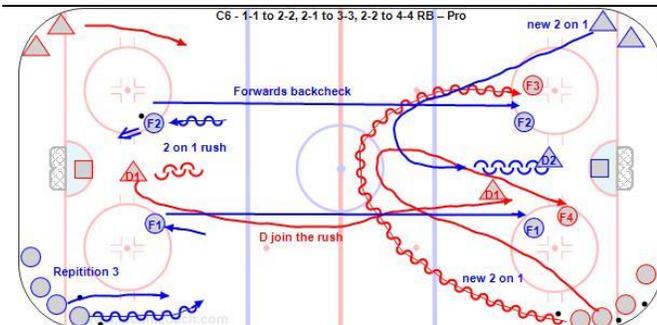
\* Have the D join the attack and don't start the next rep until the puck is out of play.

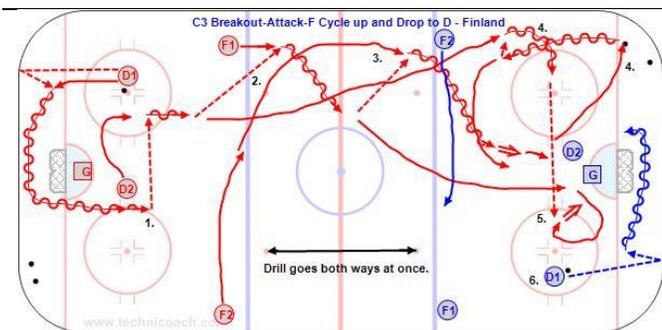
<https://youtu.be/NYAhiCwcA-4>

10'

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

[https://youtu.be/GeQH0\\_LCxgg](https://youtu.be/GeQH0_LCxgg)





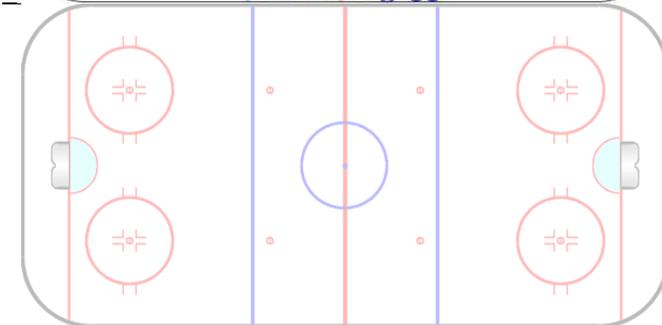
10'

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



13'

**D100 - 3-3 - Not Du,[mp ins**



**Explanation/Notes:**

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