



Fire Black

Practice Plan

Date: 02-04-25

Time: 18:00-19:15

Arena: Village Square

Lines:

A300 – Moves, tight turns, stick lift and box out

B4-B6 - Continuous Pass and Shoot Pro W

Dallas D zone walk through

D100 Two Second Game - College

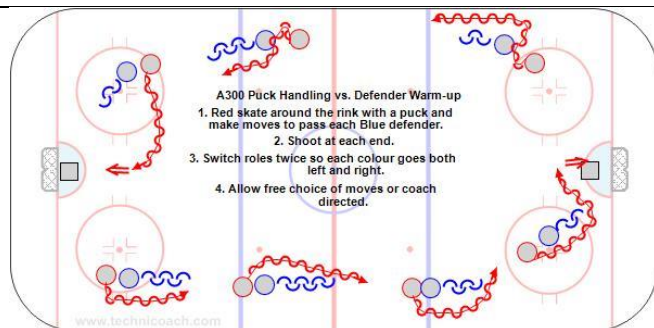
Notes:

B6 - 1 High 1 Low Shooting x 2 – Pro

B2 Point Shots - Give-Go-Shoot - Russian U20

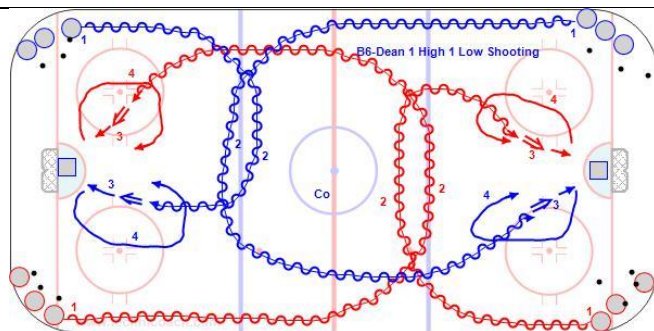
C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

Team Cheer



5/

A300 – Moves, tight turns, stick lift and box out



10'

B6 - 1 High 1 Low Shooting x 2 - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Players don't need whistles and can leave when the last play is finished.

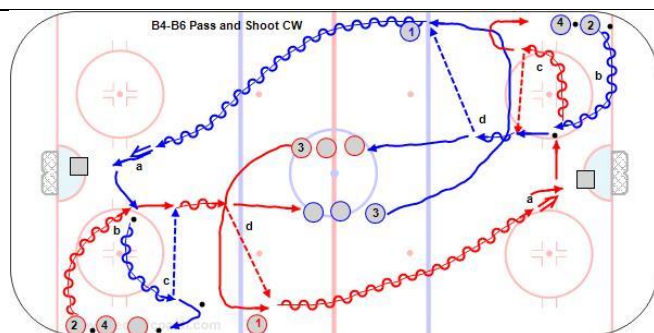
Description:

1. One player leave with a puck from diagonal corners and skate around the dots at the far blue line.
2. At the same time players leave from the other corners and skate around the dots at the near blue line.
3. Shoot and follow the shot for a rebound.
4. After shooting either screen, circle back to rebound for the next shooter, give and go with the next shooter or defend a 1-1.

** Add pivots, Crosby's, any agility skating.*

** Another option is to add exchange pucks with the player leaving from the diagonal corner.*

<https://youtu.be/hzhm55hiiBw>



10'

B4-B6 - Continuous Pass and Shoot Pro W

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

- Start - 1 skate down the boards and shoot and follow the shot for a rebound.
- 2 leave from corner then cross and drop to 1.
- 1 carry the puck wide and pass back to 2.
- 2 pass wide to 3.
- 3 shoot and cross with 4.
- After passing 1 go to corner, 2 to the centre circle.

<https://youtu.be/H9N4O8tdrp8>



10'

B2 Point Shots - Give-Go-Shoot - Russian U20

Key Points:

Quick feet and shoot while moving. On the one timer follow through with the stick and front knee pointing to the target.

Description:

B2 Defense Point Shots

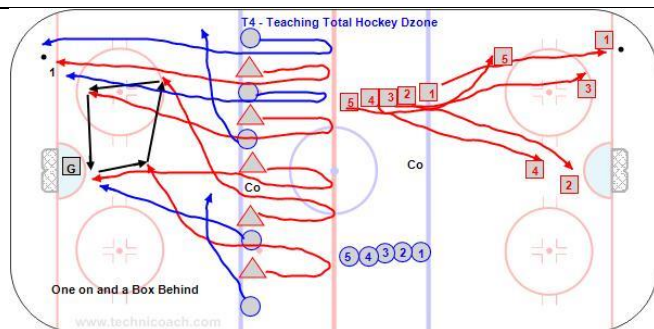
- D1 get puck from along boards, skate inside the dots and shoot.
- D1 get another puck then pass to D2 for one timer.
- D2 repeat passing to D3.

B600 Forwards Give-Go-Shoot

- F1 skate and pass across to F2.
- F2 pass back to F1 who shoots while skating.
- F2 repeats from the other side give and go with F3.

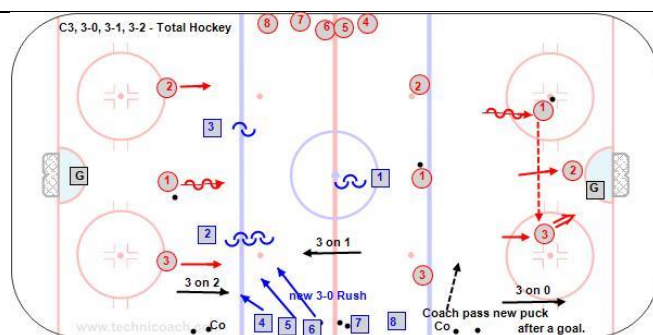
*Screening and timing for rebounds can be added.

https://youtu.be/SO_G8CffB3s



10'

Dallas D zone walk through



15'

C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

Key Points:

Forwards create 2-1 situations with close support and speed. One player always hard to the net on a middle drive on a shooting play and a wide drive if they are open. Headman the puck and move through the neutral zone quickly and make the first pass in the offensive zone early. Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

Description:

Players are lined up along the boards in the C3 formation. Have 2 colours of jerseys and play one team vs the other if you have enough players. You can have D on one side and F on the other or they can wait on the side they will be playing.

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).
2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).
3. Attack 3-2 in the original direction.
4. Three F from the other coloured team attack 3-0 on the vacant end.
5. Repeat sequence.
6. Coach count how many goals the team scores in 6 min. (or another time).
7. Keep a record of how many goals were scored.
8. F can score on rebounds above the goal line.
9. Next time if the F's score less goals the G and D win and if they score more goals the F win.

This example is Total Hockey where all the players play both forward and defense. This prepares the D to know what to do on the attack and F to be able to defend when they cover the point or are the first F back on the rush.

<https://youtu.be/OBtYaeTCSDA>

13'

D100 Two Second Game - College



Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
6. Scoring team must skate back to the red line before forechecking.

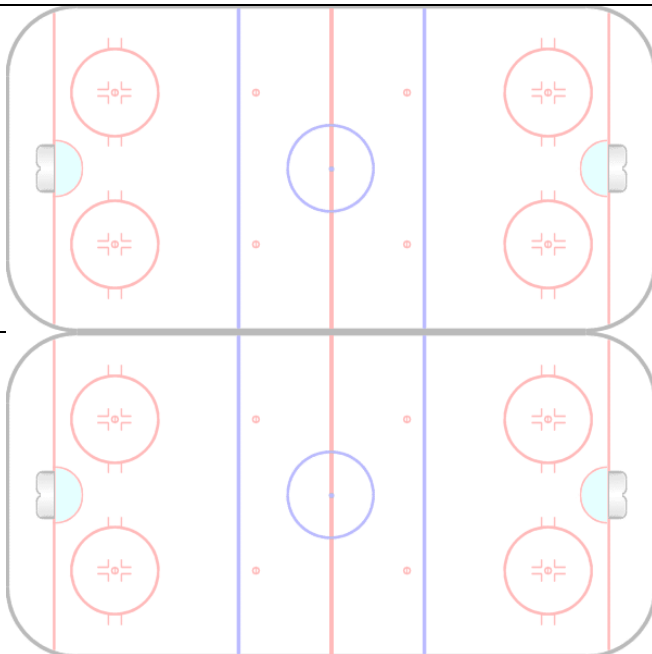
* Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.

* An option is to pass back to your goalie on the whistle.

* Another option is to give another 2" with the puck if the player makes an escape move.

* The 2" rule can be used in SAG cross or half ice games as well.

<https://youtu.be/PVy5NjFsV9w>



Team Cheer

Explanation/Notes:
