



Fire Black

Practice Plan

Date: 02-06-25

Time: 16:99-17:30

Arena: Henry Viney

Lines:

25' – Kaylin with Goalies

B6 - 1 High 1 Low Shooting x 2 – Pro

B500 – Puck Protection Keepaway

B2 - Up-Across-Cross Pass-Shoot – Belfry

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

E1 - 2-0, 3-0 x 2 SO Game

Notes:

Puck Handling, tight turns, stick lift and box out.

B300 - Around the Clock One Touch Passing

D2 - Four Station – goalie, 3-3 Keepaway

C3 Reijo 1-1 Both Sides - Gap Control

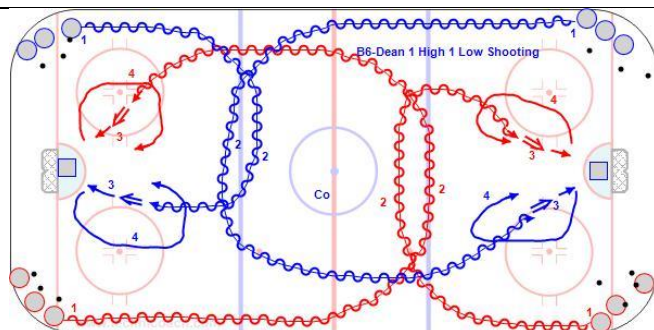
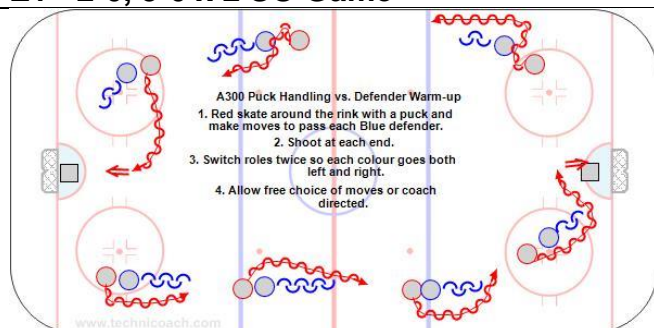
DT400 Two Net Game 4-2 x 2 - Pro W

Team cheer in middle

25' – Kaylin with Goalies

5'

Puck Handling, 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.

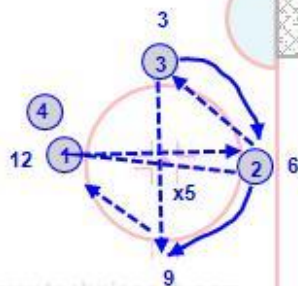
* Add pivots, Crosby's, any agility skating.

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

<https://youtu.be/hzhm55hiiBw>

B300 Tschumi Around the Clock One Touch

- 1 and 2 one touch five times 6-12 o'clock
- 2 pass to 3 at 3 o'clock.
- 3 one touch across to 2 at 9 o'clock.
- 2 one touch to 4 at 12 o'clock.
- Repeat with 4 passing to 3 x 5.



5'

B300 - Tschumi Around the Clock One Touch Passing - College W

Key Points:

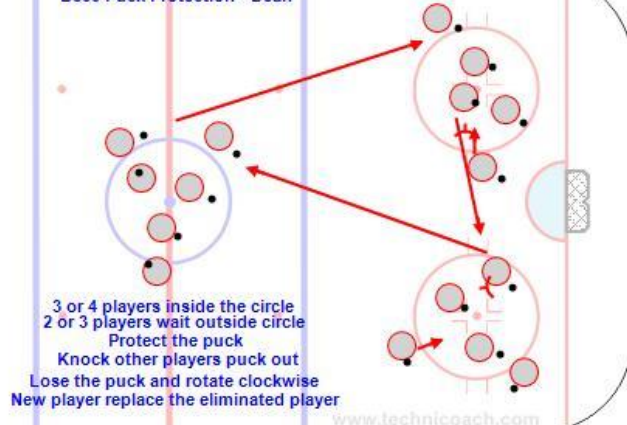
One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- 1 and 2 one touch five times 6-12 o'clock.
- 2 pass to 3 at 3 o'clock.
- 3 one touch across to 2 at 9 o'clock.
- 2 one touch to 4 at 12 o'clock.
- Repeat with 4 passing to 3 x 5.

<https://youtu.be/hW741n4yGLQ>

B500 Puck Protection - Dean

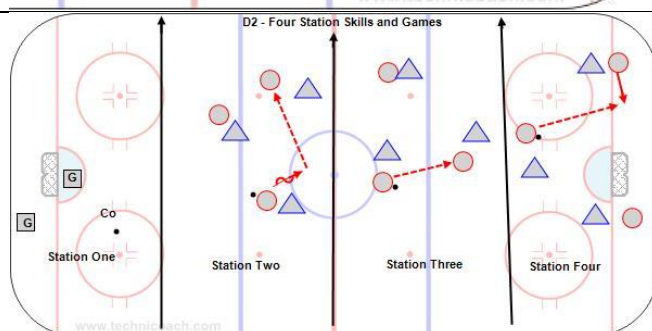


5'

B500 – Puck Protection Keepaway

*Protect the puck inside the circle while poking it off other players sticks.
If you lose the puck rotate clockwise to the next circle.*

Goal is to be in as few circles as possible.



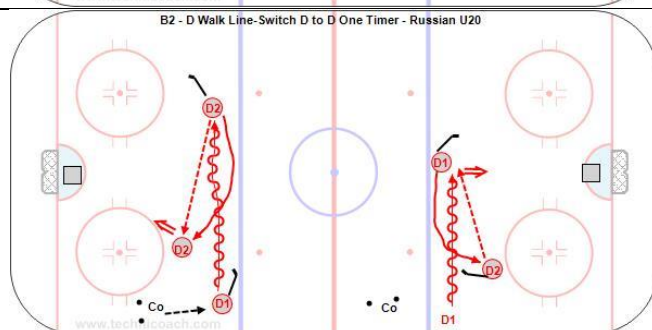
10'

D2 - Four Station Skills and Games

Station One – Goalie Training

Stations 2 to 4 – 3-3 Keepaway

- 5 passes 1 point
- Rotate - rule one scissors required



10'

B2 - Up-Across-Cross Pass-Shoot - Belfry

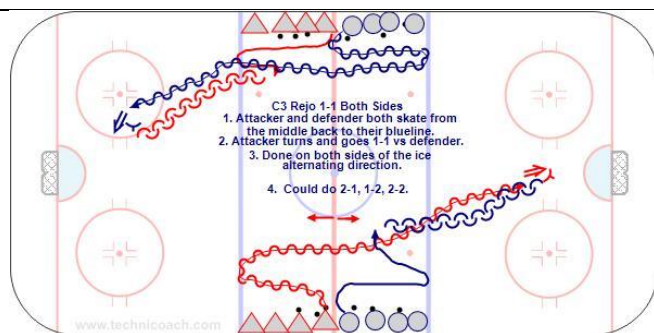
Key Points:

Pass and move.

Description:

- F to D scissor to F
- 1 pass up to 2
- 2 pass across to 3
- 3 pass to 1 skating into middle
- 1 Shoot
- 4 pass up to 3-5-3

<https://youtu.be/bapvEtrSgds>



10'

C3 Rejo 1-1 Both Sides – 2-2 One Side - Gap Control - RB Pro

Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. 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.

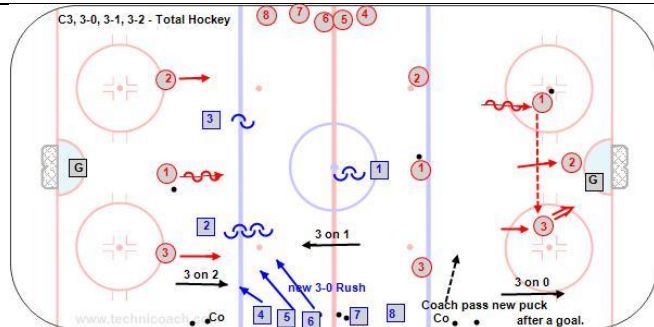
Description:

1. Attacker and defender both skate from the middle back to their blue line.
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/8nziC2xxlso>

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>

10'

DT400 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.

D400 - 2 Net 4-2 Each Side - U20 M

<https://youtu.be/m0PSvI40Ggg>

10'

E1 - 2-0, 3-0 x 2 SO Game – U18 F

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

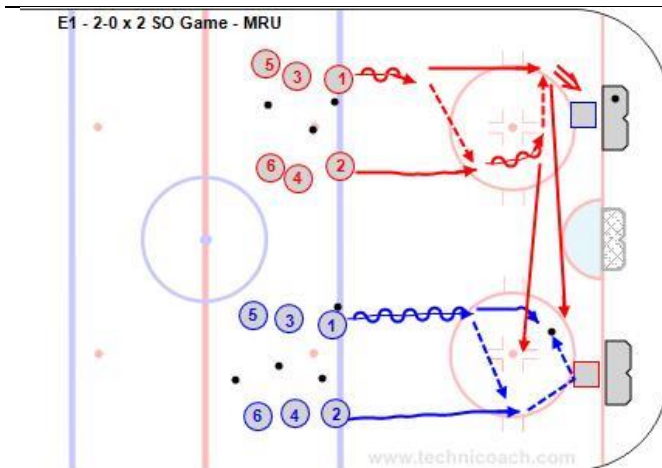
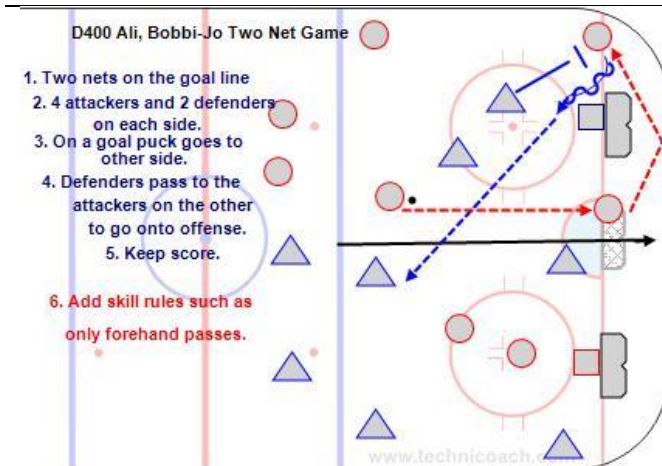
Description:

There is one point for every goal and each contest gets 20".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race



across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 20" next rep.

F - First team to 20 wins.

The game is from a university practice and the video is from a U18 F team.

<https://youtu.be/ss-rEHpfr5w>
