



Fire Black

Practice Plan

Date: 02-11-25

Time: 18:00-19:15

Arena: village Square

Lines:

D4 – Game at Each End

DT400 - 3-2 x 2 – Defend – Attack Rotation

T2 - Tomas Continuous Breakout

E1 - Ten Puck Shootout with a Pass

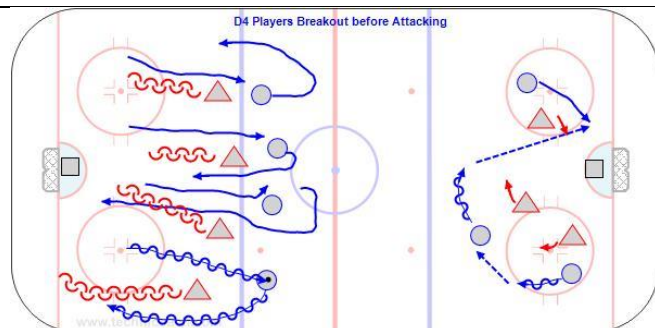
Notes:

Machine Gun 2-0 x 2

B600 - Tomas Neutral Zone Regroup 3 F - U15 G

D100 – Full Ice 2” Game

Team cheer in middle



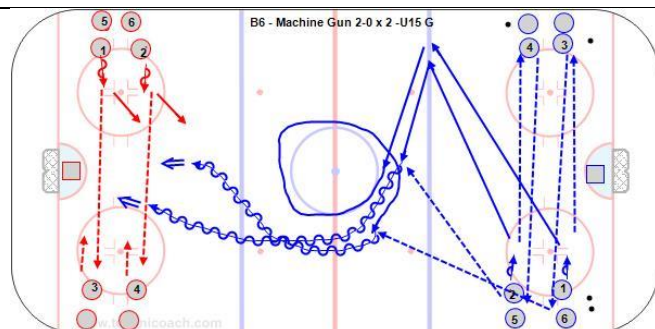
10”

D4 – Game at Each End

Clear zone and get onside to be on offense.

D4 - Clear Zone to Transition to Offense - U15 G

<https://youtu.be/M3Trc43KlQc>

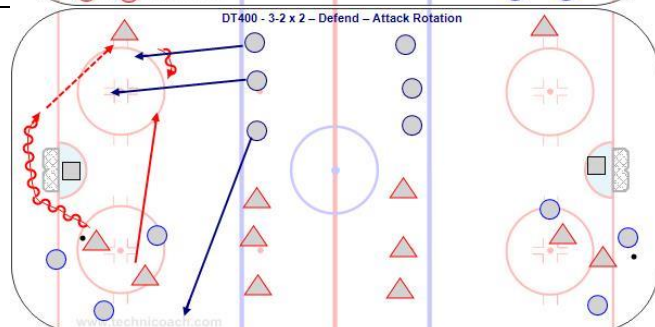


10’

Machine Gun 2-0 x 2

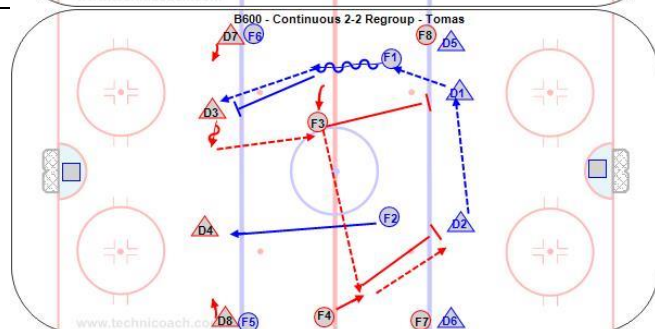
B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

https://youtu.be/kjvc_kuhYsY



DT400 - 3-2 x 2 – Defend – Attack Rotation

<https://www.facebook.com/518555930/videos/pcb.1661345714775219/1040232294530547>



10’

B600 - Tomas Neutral Zone Regroup 3 F - U15 G

<https://youtu.be/3IkCsp6UNI>

Add dump in and breakout.

T2 - Tomas Continuous BO - U15 G.

<https://youtu.be/gtrapQ0Viyc>

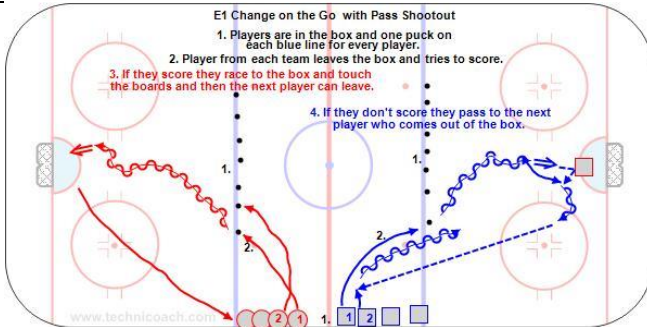


D100 – Full Ice 2” Game

Players can only carry the puck for 2” and must pass or shoot.

2” Game – College Men

<https://youtu.be/PVy5NjFsV9w>



10'

E1 – Ten Puck Shootout with a Pass

E1 – Ten Puck Shootout with a Pass - U15 G

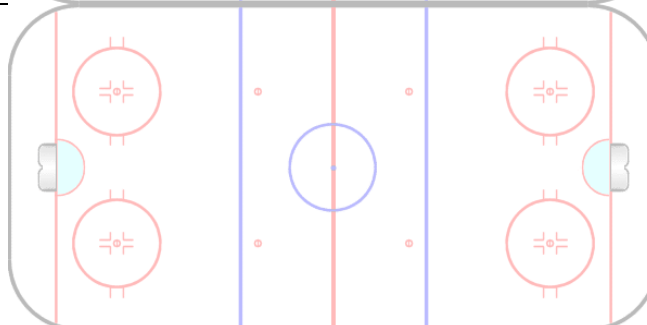
<https://youtu.be/XLAM35UUKvI>



Team cheer in middle



Explanation/Notes:



Explanation/Notes: