



Fire Black

## Practice Plan

Date: 02-12-25

Time: 18:45-20:00

Arena: Great Plains

Lines:

B2 - Transition Skate Shooting

**C500 Puck Protection 1-1 Battles – Pro**

DT400 Half-ice Transition Game of 1-1 – 2-1

E1 – Shootout Race From Dots

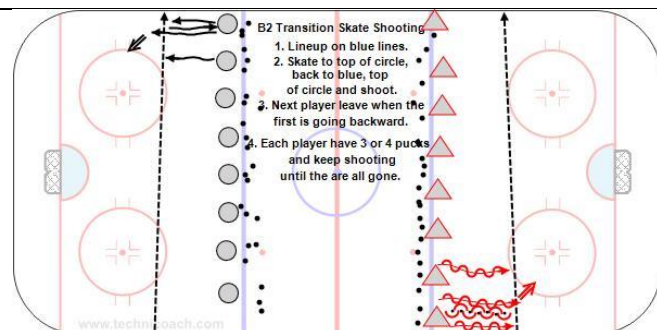
Notes:

Ringuette Each End Clear Zone to be on Offense

**C3 - 15 Goal 3-0 3-1, 3-2**

**C600 - Multiple Passes 1-1 - U15 G**

**Team Cheer**



5'

**B2 - Transition Skate Shooting - College F**

Key Points

Keep 2 hands on the stick and keep the feet moving. Hit the net.

B2 Transition Skate Shooting

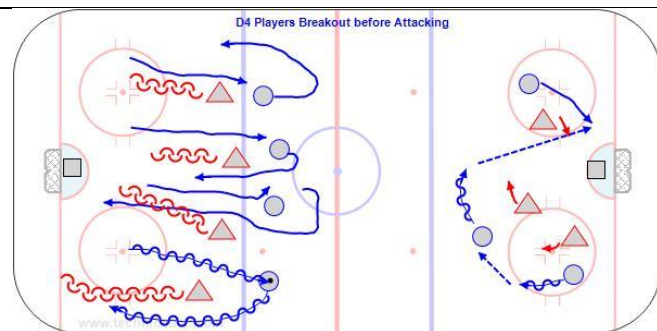
1. Lineup on blue lines.

2. Skate to top of circle, back to blue, top of circle and shoot.

3. Next player leave when the first is going backward.

4. Each player have 3 or 4 pucks and keep shooting until the are all gone.

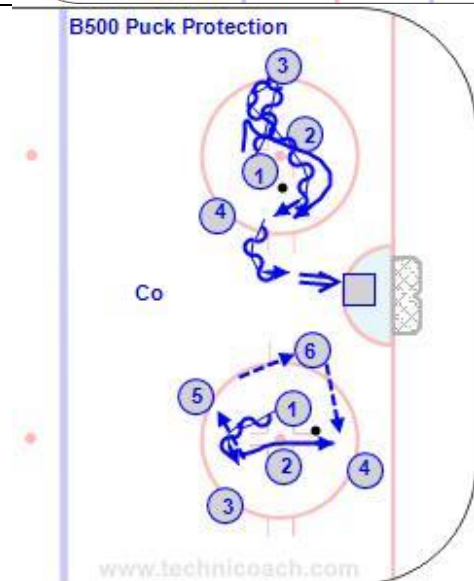
<https://youtu.be/uJfXMMQkfNo>



10'

**Ringuette Each End Clear Zone to be on Offense**

Make a Crosby or tight turn when you have the puck.



10'

**C500 Puck Protection 1-1 Battles – Pro**

Key Points:

Protect the puck with the back. Get defender to reach or straighten their knees.

Description:

A. 1 on 1 battle and go to the net.

1. Place the puck on the dot and race for it from the circle on the whistle.

2. Play 1-1 and -protect the puck and go to the net and try to score on the whistle.

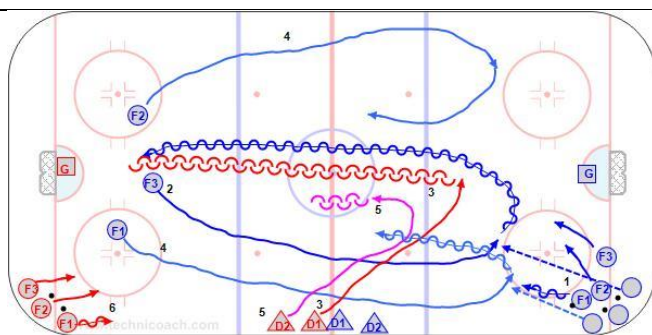
B. 1-1 Battle with passes to Jokers.

1. Race for the puck on the middle dot.

2. Battle 1-1 protect the puck and pass to Jokers.

3. Go to the net on the whistle.

<https://youtu.be/rzAB4Zz2gQs>



10'

### C600 - Multiple Passes 1-1 - U15 G

Key Points:

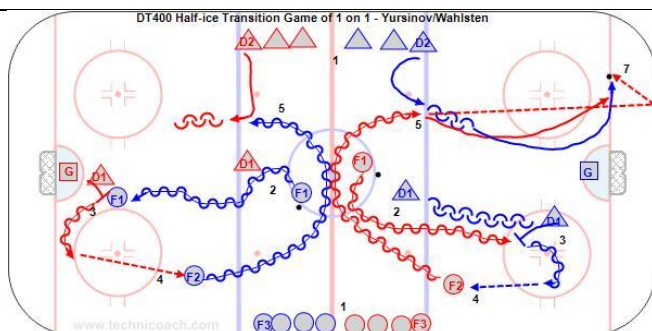
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

- 1 exchange passes with 2.
- 1 turn out and exchange passes with 3.
- 1 skate across and exchange passes with 4.
- 4 skate to the inside and pass to 1 skating wide up the ice.
- 1 shoot and follow the shot.
- 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

C600 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>



10'

### DT400 Half-ice Transition Game of 1-1 – 2-1

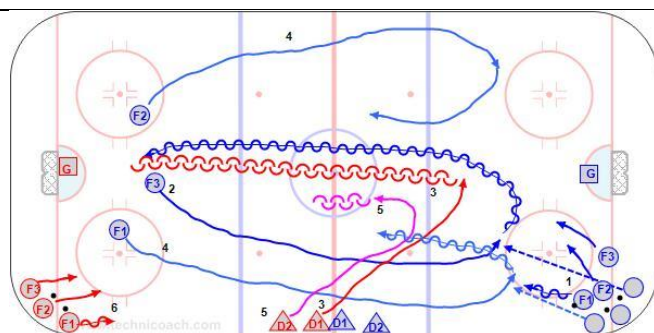
Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<https://youtu.be/gpwq4mR0OP0>



10'

### **C3 - 15 Goal 3-0 3-1, 3-2 - 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.

#### 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).

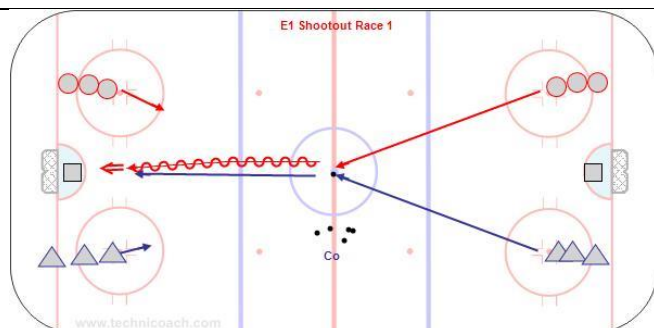
2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour. (coach puts in a new puck if there is a goal).

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.

<https://youtu.be/XEzo7LCXkN0>



10'

### **E1 – Shootout Race From Dots**

#### Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*\*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.*

#### Description

1. Players are lined up behind the face of dots at each end.

2. A player from each team race for the puck which the coach puts on the middle dot.

3. Protect the puck and try to score vs. backchecking opponent.

4. Place another puck near the dot and repeat the other way.

5. Allow goals on rebounds that come straight out.

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*\* Backchecker can't hook or hold but must take the stick on a rebound.*

*\* Keep score!!*

<https://youtu.be/pWdBW5Z1TXM>

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**Team Cheer**

**Explanation/Notes:**

