



**Fire Black**

## Practice Plan

**Date: 02-13-25**

**Time: 16:15-17:45**

**Arena: Crowchild**

### Lines:

Goalie training – Marlene one end

**A300 – Jim Demonstrate Moves – Players Follow**

**B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G**

**Power Play – Penalty Kill Practice x 2**

**D100 - 3-3 - U15 G**

### Notes:

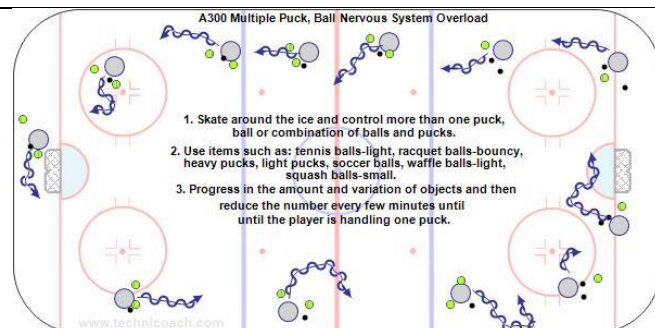
One timer shot

D2 - Four Station Skills and Games

**B6 - Carolina 2-0 - 3-0 - U15 G**

T2-4 - Specialty Team Sequence

Team cheer in middle

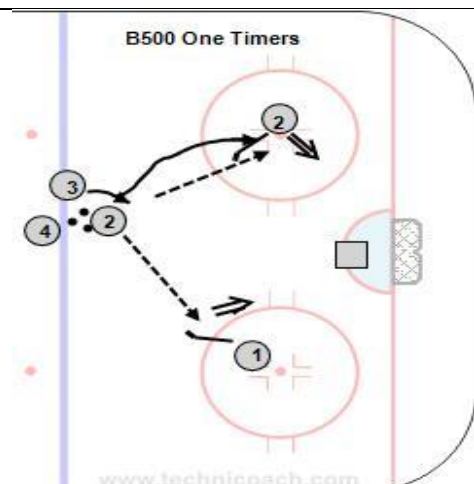


5'

**A300 – Jim Demonstrate Moves – Players Follow**

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>



5'

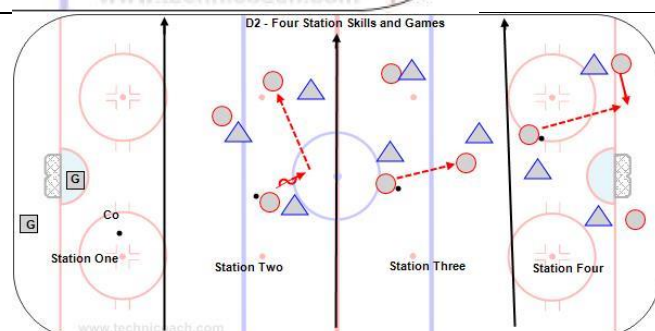
### Partner One Timers

Partner pass skating forward – skate backward and shoot one timer on return pass.

Shoot at the boards or on net.

B2 - Partner One Timers x 4 - U15 G

<https://youtu.be/31hRTcBPIEE>



10'

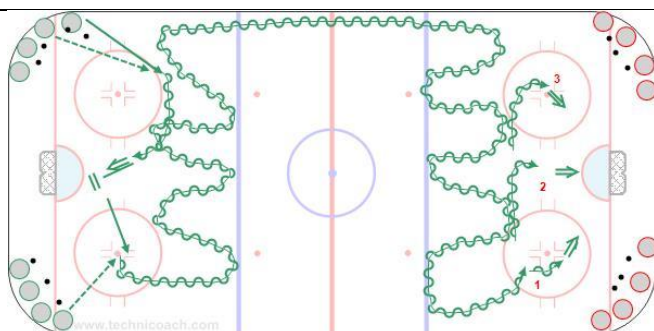
D2 - Four Station Skills and Games

Goalie Training at one zone.

3-3 Keepaway other three zones.

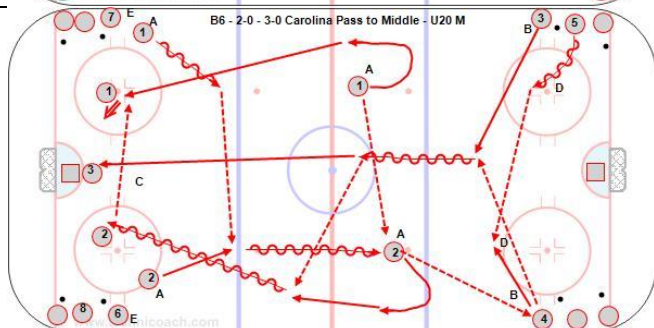
One point for 5 passes. Add rule player must make an escape move before passing.

<https://www.facebook.com/518555930/videos/pcb.1663064984603292/1607119006838180>



## B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

<https://youtu.be/vA4EchKwVhE>



10'

## B6 - Carolina 2-0 - 3-0 - U15 G

B6 - Carolina 2-0 - 3-0 - U15 G

<https://youtu.be/WMw04c6beHo>



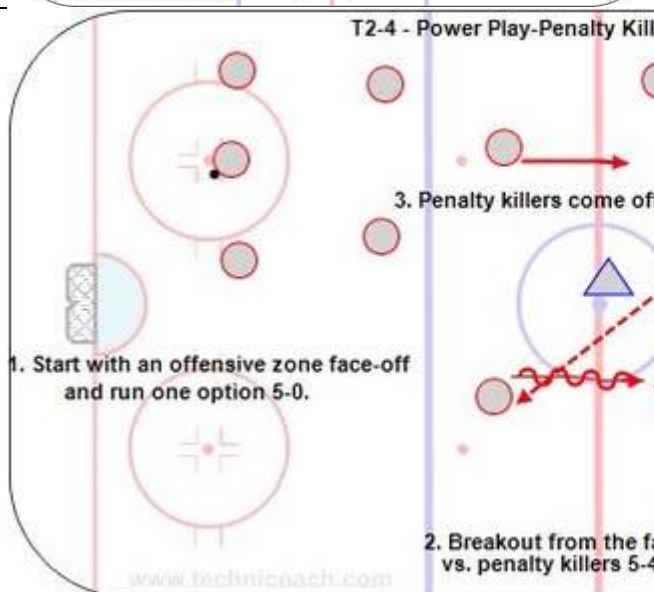
20'

## Power Play – Penalty Kill Practice x 2

1-3-1 PP with Jim-Mila one end.

High Press PK with Tom-Cassie-Emily one end.  
Switch after 10'

<https://www.facebook.com/518555930/videos/pcb.1663053197937804/639902118414701>



15'

## T2-4 - Power Play-Penalty Kill Sequence – Pro

### Key Points:

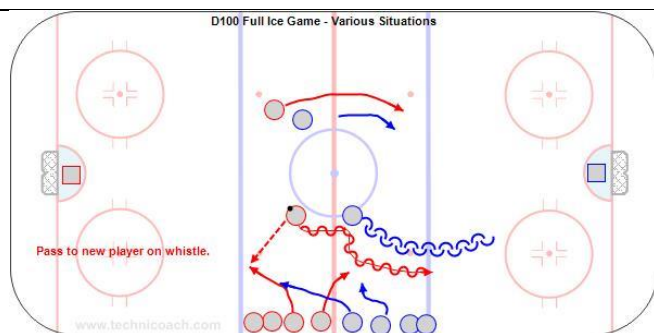
Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

### Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

<https://youtu.be/VadXPvMb4I>

<https://www.facebook.com/518555930/videos/pcb.1663046644605126/1346393799849309>



15'

**D100 - 3-3 - U15 G**

Change on the go.

No dump ins allowed.

<https://youtu.be/j-5Znt-vO4>

**Team cheer in middle.**

