



Fire Black

Practice Plan

Date: 02-18-25

Time: 18-00-18:15

Arena: Village Square

Lines:

Moves at dots and tight turns

T3 - B5 - Angling Along the Boards – Sw

C5-C6 - Continuous Low 2-1

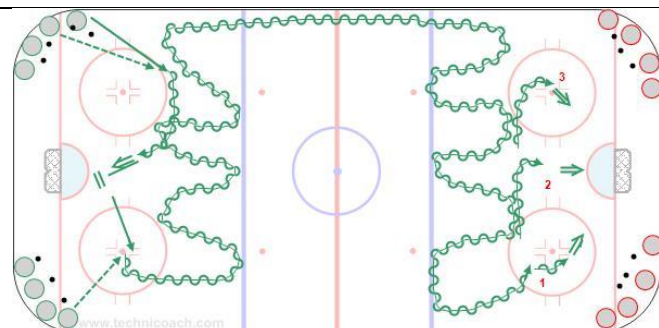
Team cheer in middle

Notes:

B6 – Zig Zag x 4

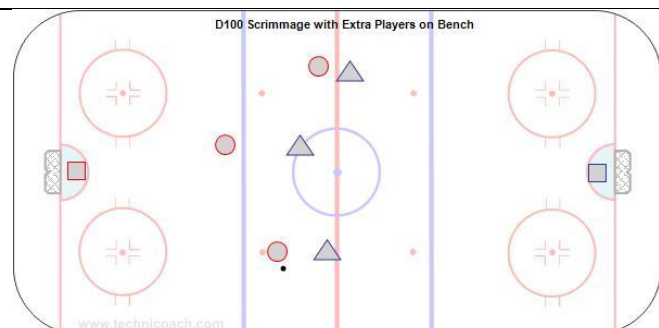
C6 - Continuous 1-1 Out of the Corner

D4 Two Touch Game x 2

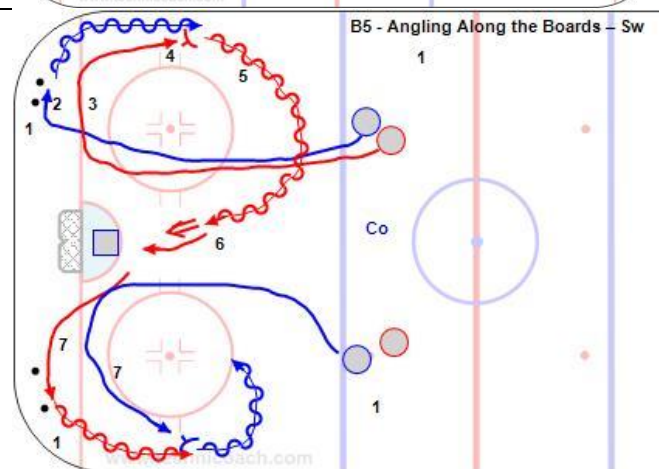


3'
Moves at dots and tight turns

12'
B6 – Zig Zag x 4
1 Backward
2 Face far end
3 Backward
4 Quick hands and quick feet



10'
D100 – Full Ice Ringette
5 on 5 change on the go.

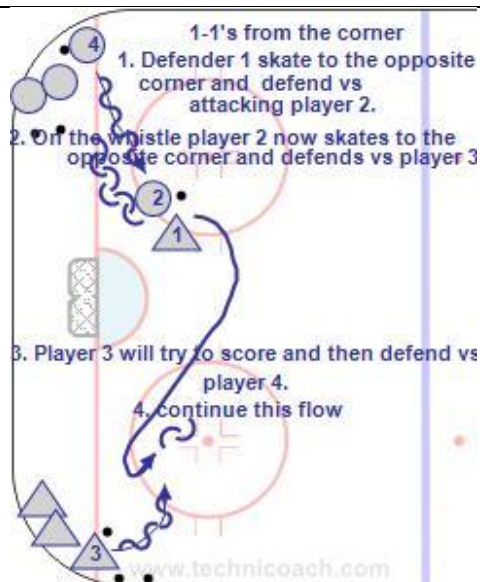


10'
T3 - B5 - Angling Along the Boards – Sw
Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

1 - Players line up just outside the blue line near the dots, puck are in each corner.
2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
3 - F2 follows from slightly behind and steers F1 along the boards.
4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
6 - F2 skates into the slot and shoot - rebounds.
7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.



* Repeat alternating sides.

T3 - Angling Along the Boards – Sw

<https://youtu.be/S1yhITXCqSE>

10'

C6 - Continuous 1-1 Out of the Corner - Pro and Russian W

Key Points:

Start with the coach giving passive pressure and progress to partner with passive pressure, then try to score on the whistle and then full battle. The player should shoulder check and go into the corner on an angle. Get the hands up on the glass and protect the puck with the skates to prepare for getting hit. Otherwise make a hard fake and get in and out with the puck quickly.

Description:

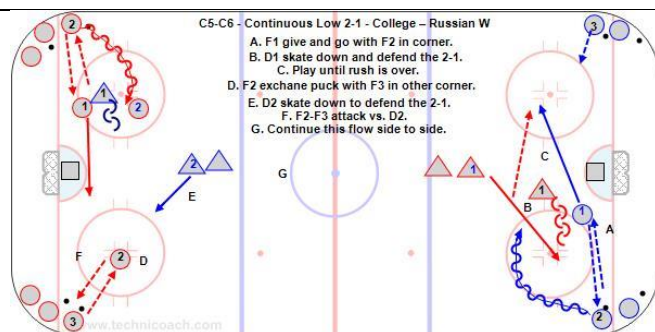
1. Shoot the puck into the corner and practice protecting the puck doing cutbacks along the boards and go to the net on the whistle. Alternate sides.
2. Shoot the puck in while a coach gives passive resistance and poke the puck if it is exposed.
3. Partner now gives passive resistance with the stick on the puck from the Defensive Side and on the whistle battle to score.
4. Closest player dump the puck in the corner and do cutbacks to protect the puck on the boards; on the whistle battle to score. Alternate corners.
5. Have a contest to see which teams scores the most.

C6 1-1 Both Corners-Jursi Russian RB

<https://youtu.be/7N6DJqQTzjY>

C6 - Continuous Jursi 1-1 - Russian U18 F

<https://youtu.be/1WUYI5XLP-Y>



10'

C5-C6 - Continuous Low 2-1 - College – Russian W

Key Points:

Continuous 2-1 from each corner. Forwards attack twice and then go back to the lineup. Defense rotate in from the top of the circle. D deny pass across and a post to post rush.

Description:

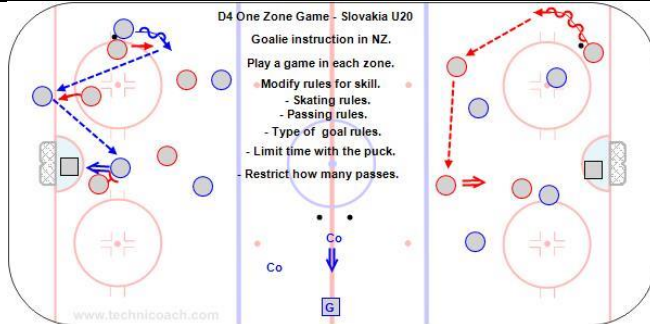
- A. F1 give and go with F2 in corner.
- B. D1 skate down and defend the 2-1.
- C. Play until rush is over.
- D. F2 exchange puck with F3 in other corner.
- E. D2 skate down to defend the 2-1.
- F. F2-F3 attack vs. D2.
- G. Continue this flow side to side.

C6 - Continuous Low 2-1 - College W

<https://youtu.be/ub82Q2HowWw>

C5-C6 - Continuous 2-1 Russia U18 W

<https://youtu.be/7T2ZWKytwco>



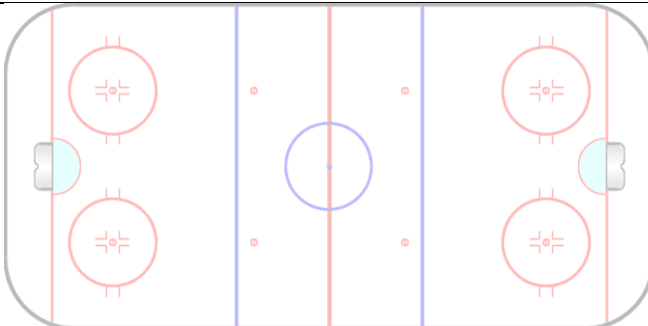
18'

D4 Two Touch Game x 2

One 9' game in each end

Switch and winners play one end and losers other end.

Players allowed 2 touches only. We will allow puck to be put on forehand after receiving a pass on backhand.



2'

Team cheer in middle

Explanation/Notes:



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