



## Fire Black

## Practice Plan

Date: 02-22-25

Time: 17:30-18:30

Arena: Max Bell

Lines: 12 F, 6 D, 2 G

Notes:

D1 – Two Puck Game – All Play

B6 – Small Horseshoe 1-0, 2-0

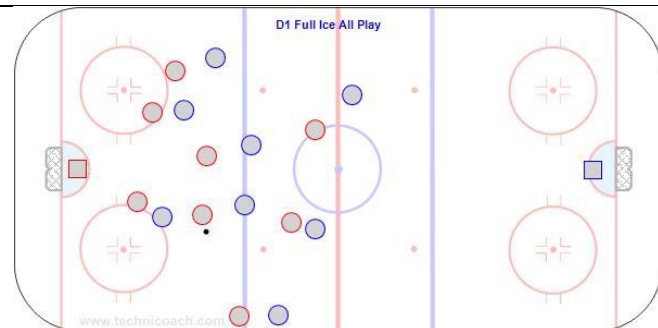
C6 Regroup x 2, 1-1 and 2-1 – Pro

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

DT400 - Krusel Battling Game 2-2 - U15 G

E1 – Shootout Race from Dots – U18 Boy's

Team Cheer



10'

D1 – Two Puck Game – All Play

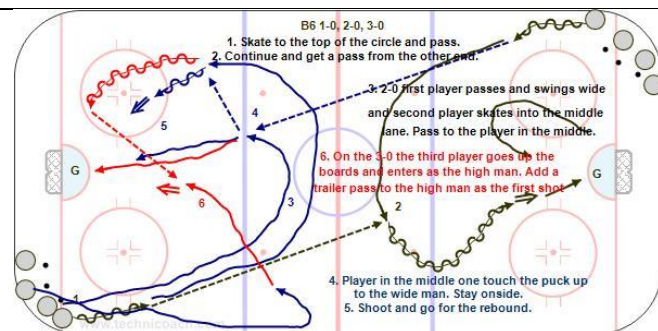
Start with 2 pucks and leave puck in net after a goal.

New puck after first goal.

Go down to one puck.

Winning teams scores at least 2 goals.

<https://www.facebook.com/tom.molloy.5836/videos/616801687878329?idorvanity=631135947796206>



10'

B6 – Small Horseshoe 1-0, 2-0

B6 - Small Horseshoe - U15 G

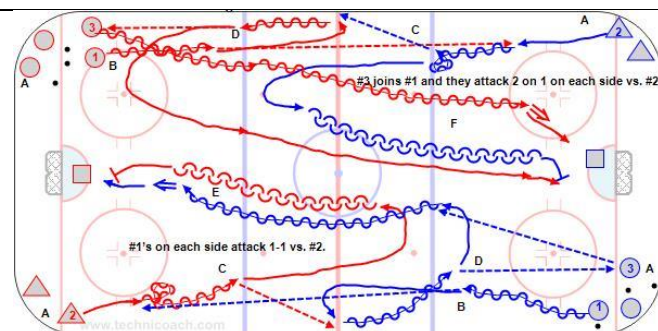
<https://youtu.be/3rvPI0BXEY4>

DT400 - Krusel Battling Game 2-2 - U15 G

<https://youtu.be/ToYTSGI18IQ>

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

<https://www.facebook.com/518555930/videos/pcb.1662436417999482/577577255435376>



10'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

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A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

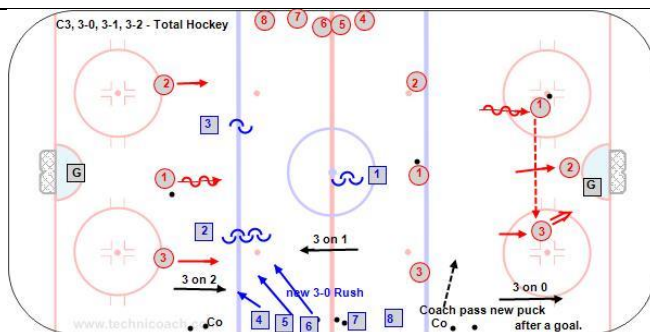
D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*\* With younger players stagger the start so each corner leaves after the first pass.*

<https://youtu.be/IBeStMukGQA>



10'

**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).

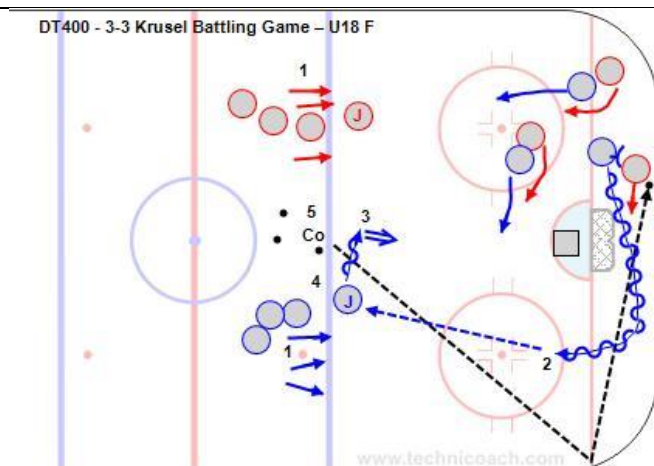
7. Keep a record of how many goals were scored.

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.

<https://youtu.be/OBtYaeTCSDA>

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10'

**DT400 – 2-2 x 2 Krusel Battling Game***Key Points:*

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

*Description:*

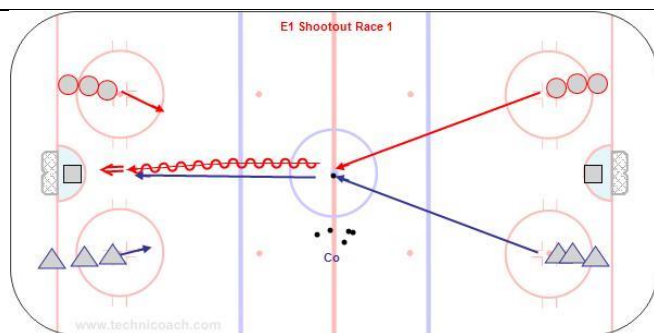
1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.
4. Play 30' shifts and pass to the coach on the whistle.
5. If a point pass goes out the other point-man gets the puck.

\*Players must race to get onside before the next puck is shot in.

\*Players at the point can pass or shoot but they can't go in.

\*Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..

DT400 - Krusel Battling Game 2-2 - U15 G

<https://youtu.be/ToYTSGI18IQ>


10'

**E1 – Shootout Race from Dots – U18 Boy's***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.

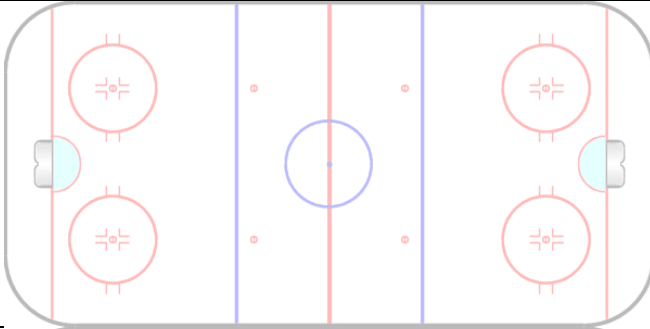
*\* Backchecker can't hook or hold but must take the stick on a rebound.*

*\* Keep score!!*

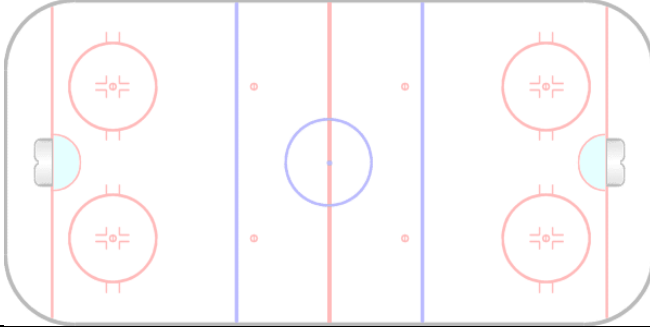
<https://youtu.be/pWdBW5Z1TXM>



*Team Cheer in Circle*



**Explanation/Notes:**



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