



Fire Black

Practice Plan

Date: 02-23-25

Time: 15:15-16:15

Arena: Max Bell

Lines:

A300 - Moves at dots and tight turns.

B4-B6 - Continuous Pass and Shoot - Pro W

DT100 Continuous 3-2 to 5-5 - Pro W

E1 - D202 - Neutral Zone Game 2-2, 3-3 - U18 F

Wally Kozak – Power of Positive – Negative

Notes:

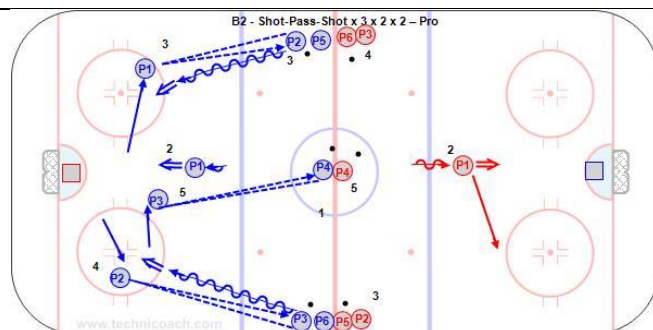
B5 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

C6 - Rush Recognition x 2 - U18 F

D202 – 2/3 Ice Game -Jokers Behind Nets-U18 F

Cheer

Energy – Relaxation exercises



2'

A300 - Moves at dots and tight turns.

8'

B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro

Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.

2. P1 in middle leave and shoot.

3. P1 turn and exchange passes with P2 on the right who shoots.

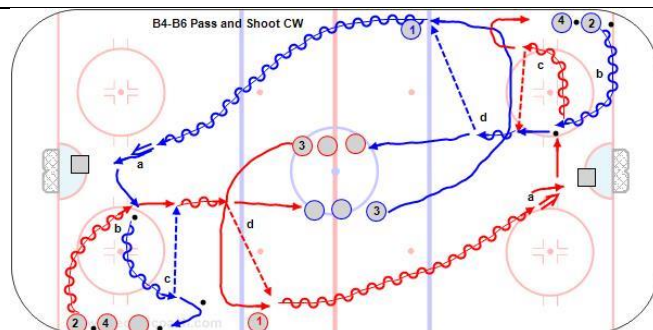
4. P2 turn inside and exchange passes with P3 on the left who shoots.

5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.

6. After passing the player replace the player they passed to.

7. Continue this rotation.

<https://youtu.be/sIO0FFCnd3g>



10' Jim

B4-B6 - Continuous Pass and Shoot - Pro W

Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description:

a. Start - 1 skate down the boards and shoot and follow the shot for a rebound.

b. 2 leave from corner then cross and drop to 1.

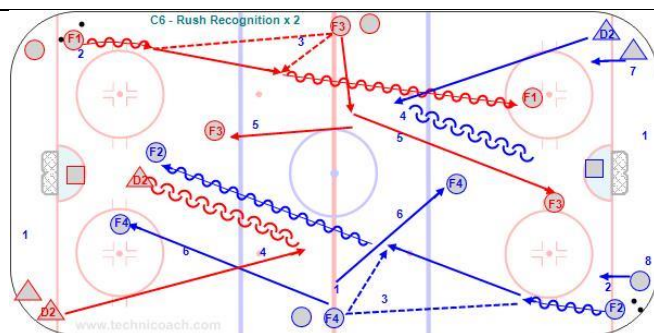
c. 1 carry the puck wide and pass back to 2.

d. 2 pass wide to 3.

e. 3 shoot and cross with 4.

f. After passing 1 go to corner, 2 to the centre circle.

<https://youtu.be/H9N4O8tdrp8>



10'

C6 - Rush Recognition x 2 - U18 F

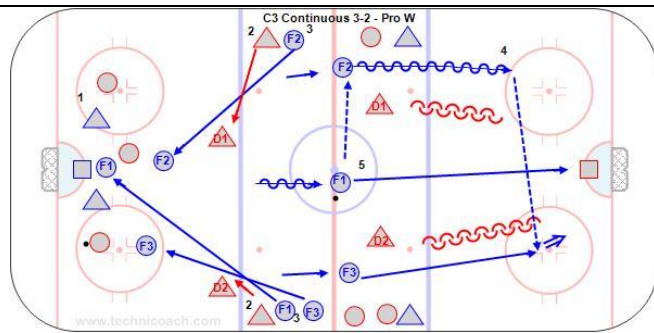
Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<https://youtu.be/0VnIOFNtoN0>



10'

DT100 Continuous 3-2 to 5-5 - Pro W

Key Points:

Attack with speed. New point players support the attack and new forwards support the defenders. Practice offensive and defensive team play concepts.

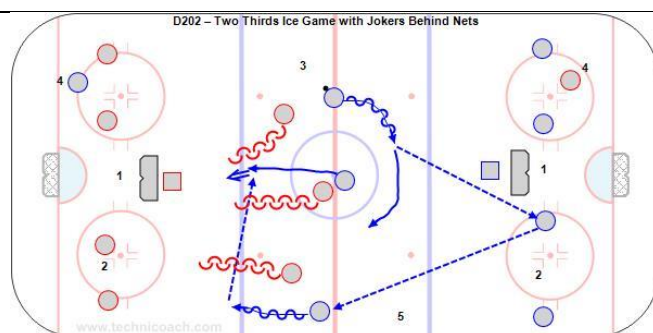
Description:

1. Start with a 3 on 2 attack.
2. When the puck crosses the blue line two new players join the attack supporting from the point.
3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.'
4. Attack with a middle drive and cycling until the whistle.
5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point.

* Regroups and dump-ins can be added to this drill.

* Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.

<https://youtu.be/ocvWDLZwnyQ>



10' Jim

D202 – Two Thirds Ice Game with Jokers Behind Nets - U18 F

Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>



10'

E1 - D202 - Neutral Zone Game 2-2, 3-3 - U18 F

Key Points:

Be ready for a new puck after a goal, frozen puck or wide shot. Be ready for a new puck after a goal,

Description:

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.
3. Coach pass new puck to his defending team when the puck is out of play.
4. 20-30 second shifts.
5. Keep score and the losing team skate or some other punishment.

** Important to face the play with and without the puck in the 'Triple Threat' position.*

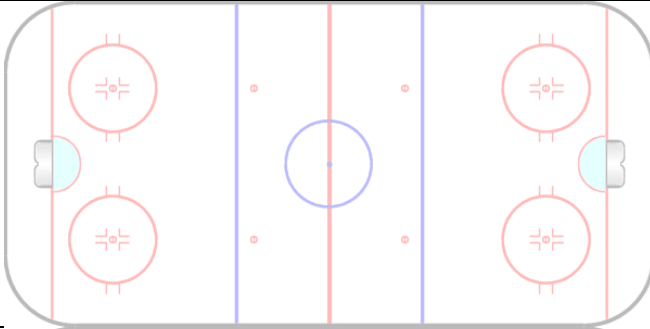
** Create space by making fakes and escape moves.*

** Play situations from 1-1, 1-2, 2-2, 2-3, 3-3 and add passing to the Jokers.*

<https://youtu.be/yRfv5kNr0IE>

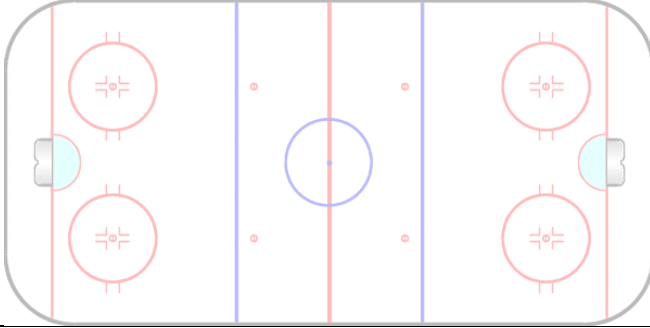


Team cheer



Wally Kozak

Relaxation and Power of Positive and Negative energy.



Explanation/Notes: