



# Fire Black

## Practice Plan

Date: 02-25-25

Time: 18:00-19:15

Arena: Village Square

Lines:

Notes:

Moves at dots and Cutbacks

Machine Gun – Pass and Shoot

**B600 - Tomas 2-2 NZ RG-Forecheck**

**DT400 Quick Transition Game**

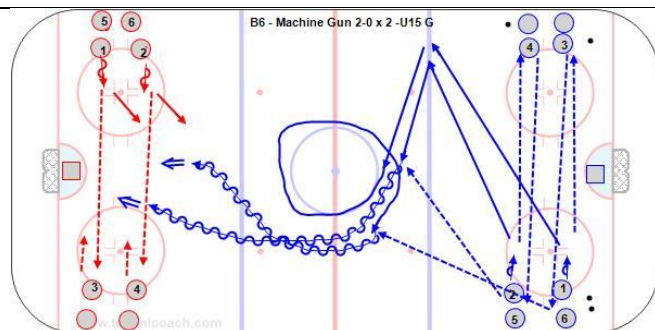
**T2 – D400 – Diamond 1-3-1 Power Play – Pro**

T4 - 4-5 PK vs. Overload – Umbrella - 1-3-1 Diamond

**T2 - Power Play BO-RG Sequence – Pro**

**D100 – Full Ice Game of 3-3**

Cheer in middle



3'

**Moves at dots and Cutbacks**

10'

**B6 - Machine Gun - 2 Passes x 2 Timing and Shots -**

Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

A. 1 and 2 leave from each end and pass across to 3 and 4.

B. 3 and 4 pass across to 5 and 6.

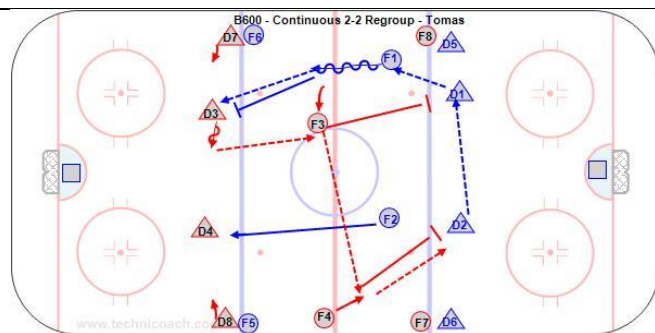
C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.

D. 1 shoot-rebound-screen.

E. 2 shoot.

F. 3 and 4 repeat in the other direction.

<https://youtu.be/WmpASHh7uL4>



10'

**B600 - Tomas 2-2 NZ RG-Forecheck**

Key Points:

This is a great video of the Tomas Neutral Zone Continuous Regroup. Tomas Pacina a Czech coach who spent a lot of time in Calgary and has worked with numerous NHL and National teams from various countries. These skills transfer directly to games situations. You can add D to D, D scissor etc. as well as have 1-3 or 3 F.

Description:

1. D1-D2 pass to F1-F2.

2. F1-F2 regroup with D3-D4.

3. F1-F2 forecheck vs. D3-D4.

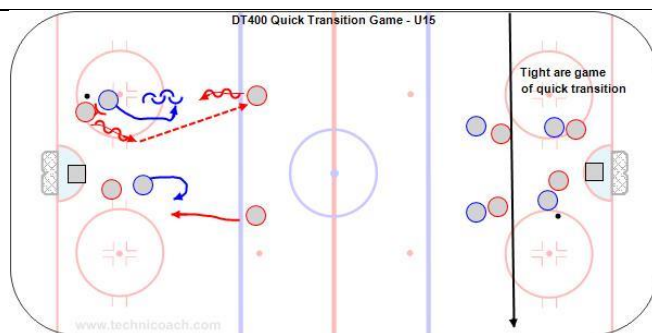
4. F3-F4 support D3-D4.

5. D3-D4 make a regroup pass to F3-F4.

6. F3-F4 now regroup with D5-D6 and forecheck.

7. Continue the regroup and forecheck sequence.

<https://youtu.be/CxFA8EQIYeQ>



10'

## DT400 Quick Transition Game - U15 B

### Key Points:

Players must quickly transition between the 4 game playing roles.

### Offense:

Role 1. Puck carrier.

Role 2. Support puck carrier.

### Defense:

Role 3. Check puck carrier.

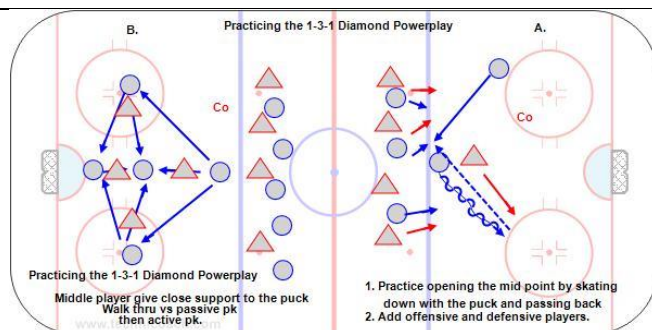
Role 4. Cover away from the puck.

### Description:

1. D Play 2 on 2, F 3- 3 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

DT400 - Quick Transition Game - U15 B

<https://youtu.be/ecxLc1JGBVY>



10'

## T2 – D400 – Diamond 1-3-1 Power Play - Pro

Group 1 one end Jim - group 2 other- Tom PK

### Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

### Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

T2-4 - D400 PP and PK 5-4 – Pro

<https://youtu.be/3GX5ewD7u90>

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T2-4 D400 PK and PP Rotation Detroit – Pro  
<https://youtu.be/C7uJNHDJpNM>

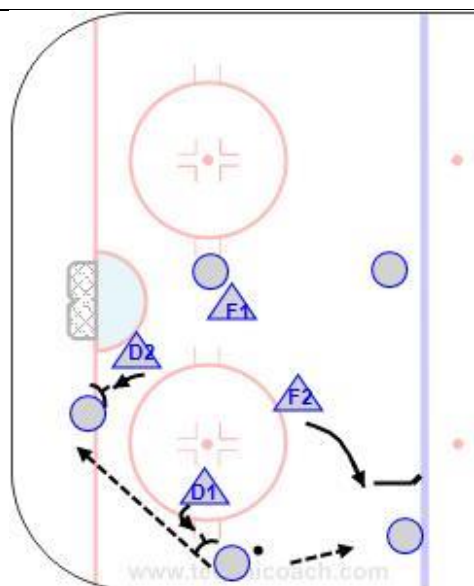
T2-4 D400 Specialty Team Situations – Pro  
<https://youtu.be/pBr5QkfUQoU>

T2 4 D400 BO 5 4 PP PK Czech U20  
[https://youtu.be/oEhu\\_kAqvCY](https://youtu.be/oEhu_kAqvCY)

T2-4 - D400 - 5-4 - Russian U20  
<https://youtu.be/WASWO1FYlgw>

T2-4 - D400 - 5-4 - Russian U20  
<https://youtu.be/WASWO1FYlgw>

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10'

Group 2 one end Jim - group 1 other Tom PK

**T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond**

*Key Points:*

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible.

High forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

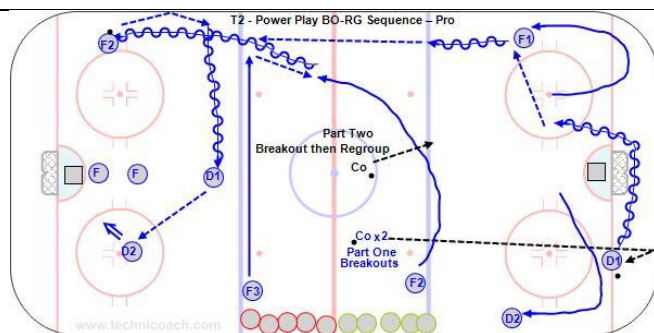
*Description:*

1. High press vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

*\* Another option called the low press but not covered here is the forward force the pass low and play a low 3-3. Strong side D pressure a low pass, D in front covers slot and weak side forward has the high 2-1. The forwards switch sides if the puck is passed to the point and the weak side F goes there.*

<https://youtu.be/NJ21DSB2VEw>

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10'

### **T2 - Power Play BO-RG Sequence - Pro**

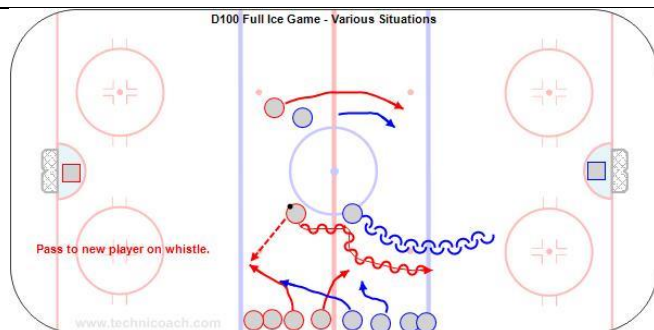
Key Points:

Time the skating to be available for a pass. Move the puck up ice quickly. Be there for the touch back on the stretch pass. Enter the zone and pass back to the D on the boards. Support from all three lanes on the regroup. Any power play option can be worked on this way.

Description:

1. Power play unit breakout a puck dumped in by the coach.
2. D1 go back for the puck.
3. F1 swing to D1's forehand corner D2 other corner.
4. F2 either swing low with F1 or come across the high slot.
5. F3 stretch at the far blue line and cut across to get open or post up to touch back.
6. Move the puck up quickly and cross the blue line past the top of the circle.
7. Kick the puck back to the strong side D and set up the power play.
8. Create one scoring chance and coach blow the whistle.
9. Do a second breakout using a different pass option.
10. On the second rep first do a breakout-attack then a regroup-attack.
11. Coach spot a new puck near the far blue line for the regroup.
12. Each group of five do two breakouts then the breakout-regroup rep.

<https://youtu.be/X9unAkVA1QM>



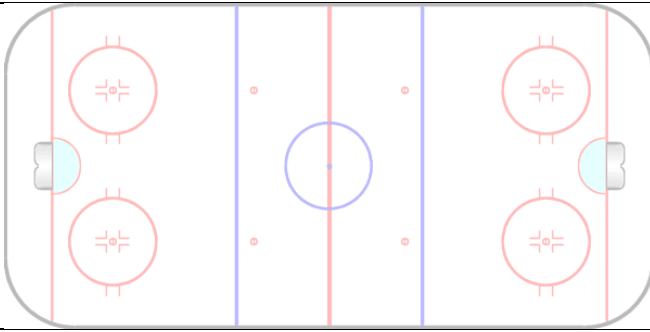
10'

### **D100 - Full Ice Game of 3-3**

*No Dump Ins*

**Team Cheer.**





**Explanation/Notes:**

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