



Fire Black

Practice Plan

Date: 02-03-25

Time: 18:00-19:15

Arena: Village Square

Lines: 12 F, 8 D, 2 G

Notes:

A300 - Skating and Puck Handling Warm up - U15 G

B6 - Timing Around Circles - College F

B600 - Give and Go - Wall Support - Shot x 2 - Pro

T3 - Defensive Skating - Toe Caps Face Attacker

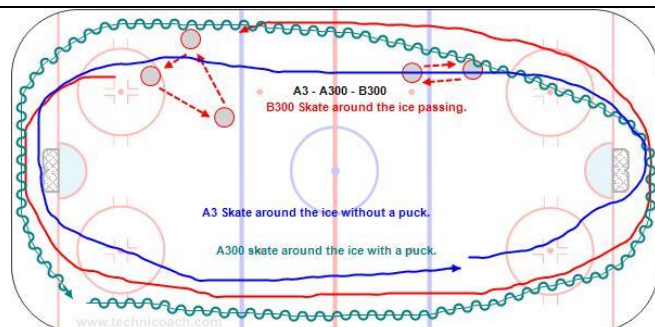
C6 - Continuous 1-1 Corner - Hash - Top of Circle

C3 - 15 Goal 3-0 3-1, 3-2 - U18 F

T3 - Blocking Shots - University Men

C6 - 1-1 to 3-2 - Wally - U15 F

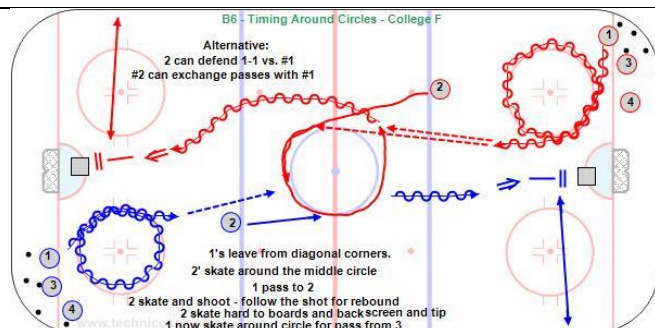
Team Cheer in Middle



5'

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>



10'

B6 - Timing Around Circles - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8280#8280>

<https://youtu.be/ckOiQ9QI72E>

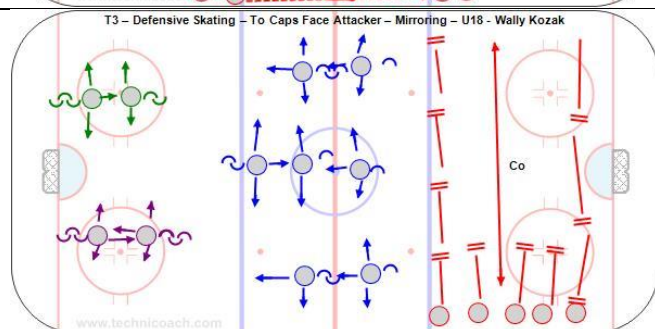


10'

B600 - Give and Go - Wall Support - Shot x 2 - Pro - 1-1 vs Next Shooter

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6742#6742>

<https://youtu.be/rcPZ7LZCbnA>

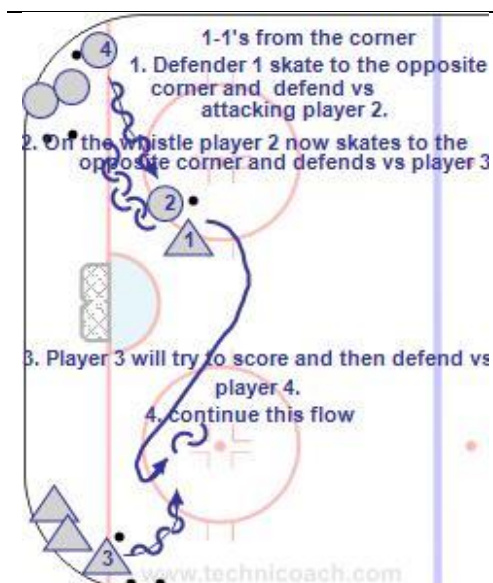


5'

T3 - Defensive Skating - Toe Caps Face Attacker - Mirroring - U18 - Wally Kozak

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8097#8097>

<https://youtu.be/lpmZCbDqeqQ>

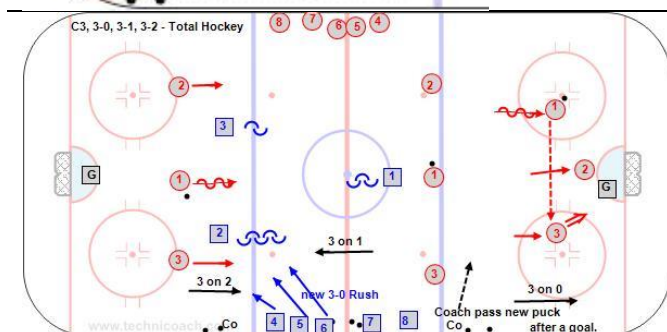


12'

C6 - Continuous 1-1 Corner – Hash – Top of Circle - Pro and Russian W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2152&topic=3272#3272>

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

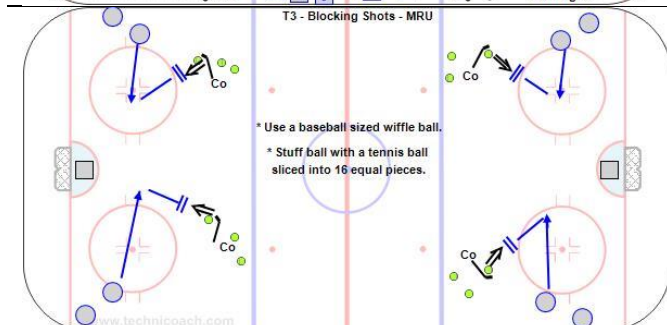


12'

C3 - 15 Goal 3-0 3-1, 3-2 - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=397#397>

<https://youtu.be/XEzo7LCXkN0>



10'

T3 - Blocking Shots –University Men

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7841#7841>

MRU

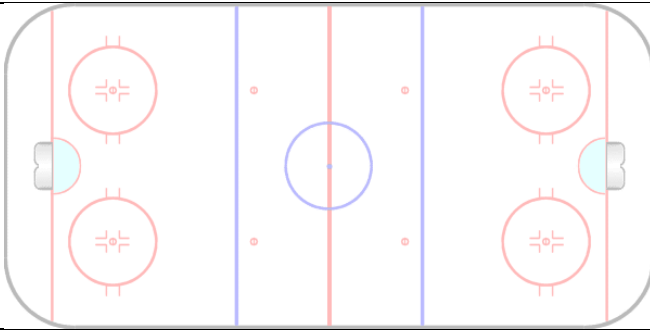
<https://youtu.be/dlaz0akcWrE>



10'

C6 – Poddys 1-1 to 3-2 – Wally - U18 F

<https://youtu.be/NYAhiCwcA-4>



Team Cheer
