



Fire Black

Practice Plan

Date: 02-06-25

Time: 16:15-17:30

Arena: Crowchild

Lines:

Goalie training with Kaylin and Mila.

B600 - Tomas 2-2 NZ RG-Forecheck - U18 M

T2 - B5 5-0 Breakout Practice - U18 F

DT100 - Continuous 2-2 - U15

Team Cheer in Middle Circle

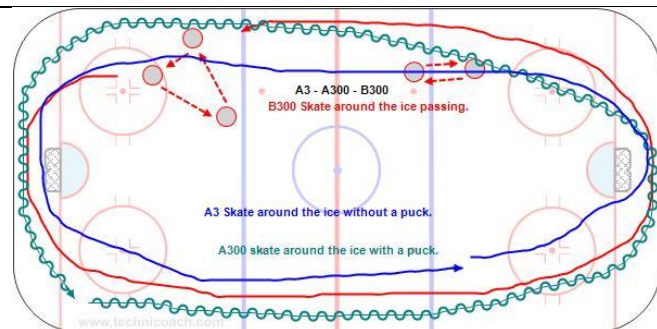
Notes:

Team play review in dressing room with Tom.

B6 - Double Zig zag - U15 G

DT100 - Continuous 2-1 - U15 G

E1 - Ten Puck Shootout with a Pass - U15 G



15'

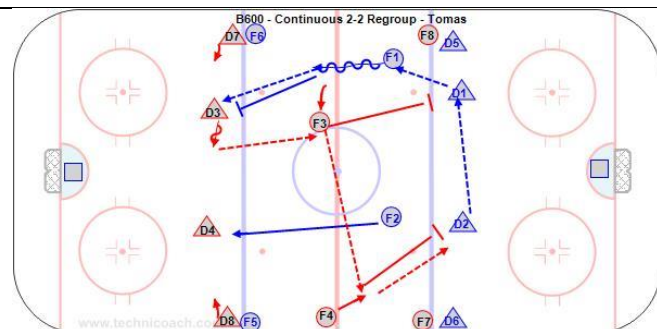
Goalie training with Kaylin and Mila.

Team play review in dressing room with Tom.

5'

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>

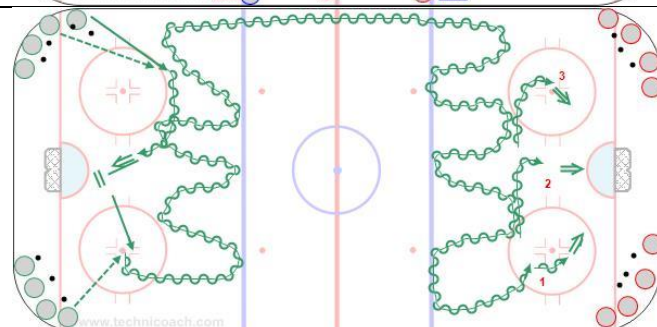


10'

B600 - Tomas 2-2 NZ RG-Forecheck - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>

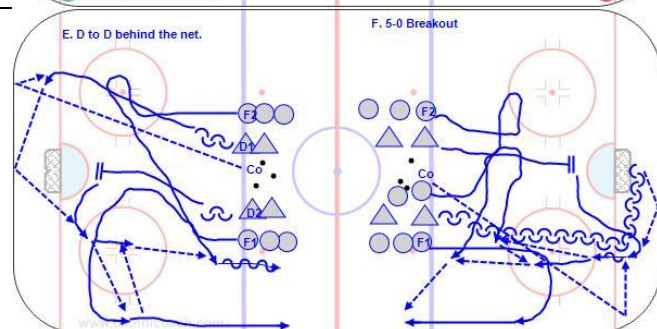
<https://youtu.be/CxFA8EQIYeQ>



10'

B6 - Double Zig zag - U15 G

<https://youtu.be/DGzvB-HRt1s>

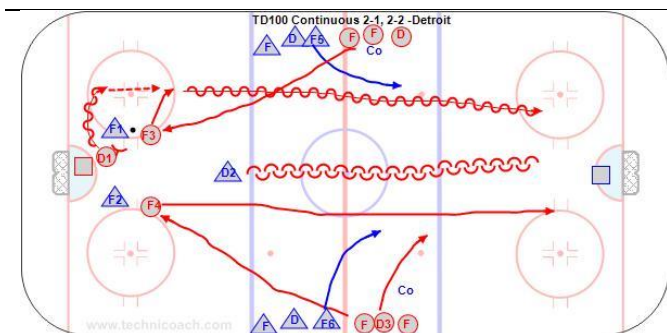


10'

T2 - B5 5-0 Breakout Practice - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6119#6119>

https://youtu.be/wyF_w3ygnsM



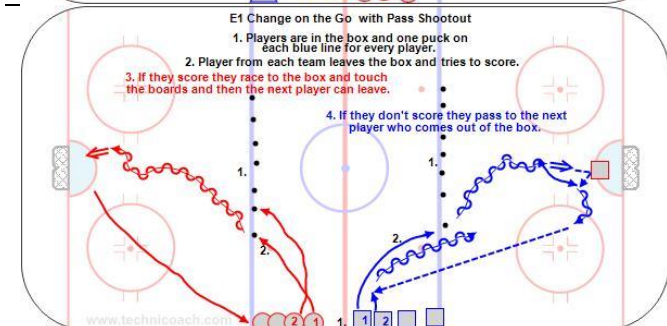
10'

DT100 - Continuous 2-1 - U15 G

<https://youtu.be/9M7-bjqBk>

DT100 - Continuous 2-2 - U15

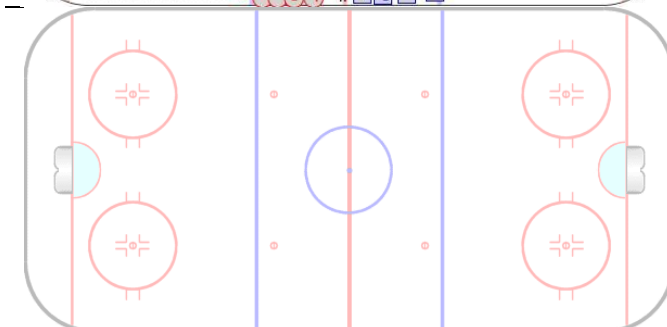
<https://youtu.be/M7vsMMJ-87k>



10'

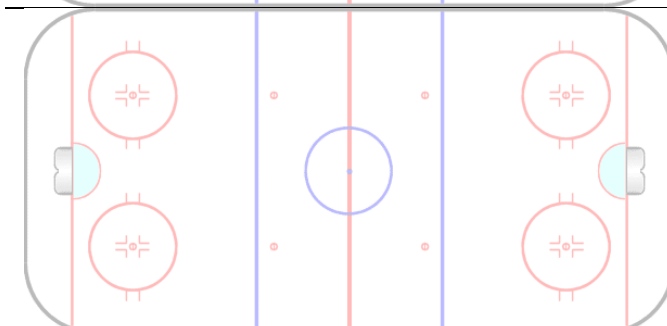
E1 - Ten Puck Shootout with a Pass - U15 G

<https://youtu.be/XLAM35UUKvI>

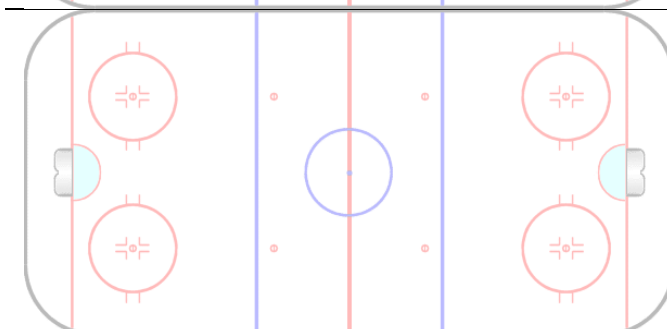


2'

Team Cheer in Middle Circle



Explanation/Notes:



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