



Fire Black

Practice Plan

Date: 03-10-25

Time: 17:30-18:45

Arena: Fr. Bauer

Lines:

B2 – Transition skate shooting

D escape moves vs. checker at one end.

D4 Goals on passes across Royal Road

Dt100 – Continuous 2-1 to 3-3 – 2-2-4-4

Team cheer.

Notes:

20' Kaylin Goalies

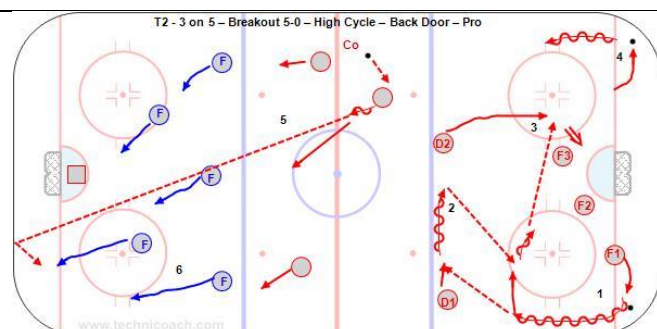
F1-D1-F1-D2 - Shoot

B4 – Double Cross and Drop – one timer

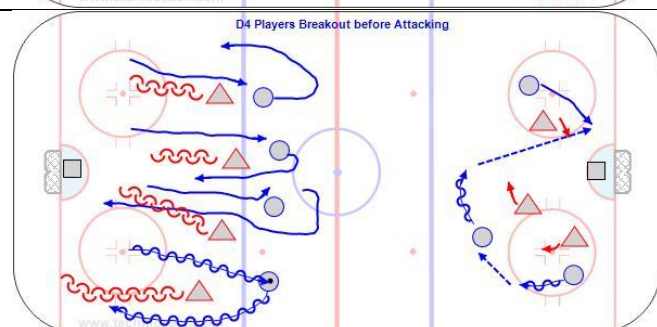
D100 – 2" game



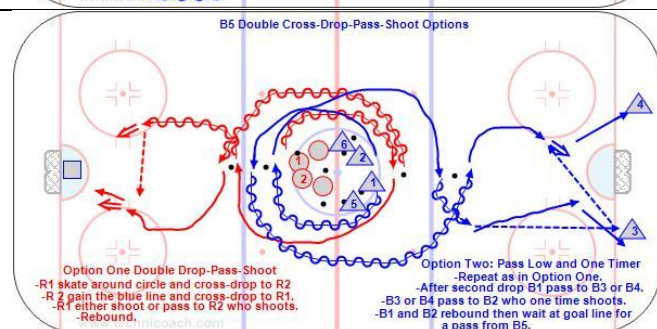
7'
B2 – Transition skate shooting
B2 - Transition Skate Shooting - U15 G
https://youtu.be/TXjoNn8_1TI
20'
Kaylin Goalies
10'
D escape moves vs. checker at one end.



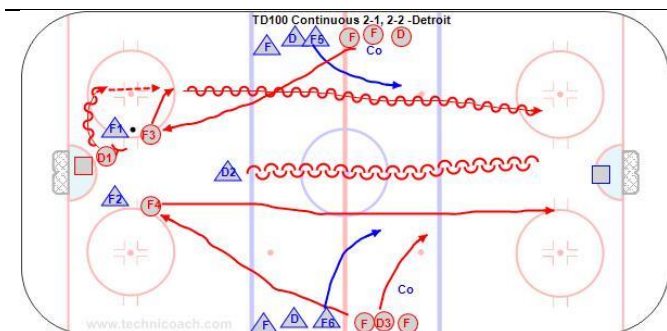
10'
B6 - F1-D1-F1-D2 - Shoot
Just the backdoor play at one end.
<https://youtu.be/4FOLYgufGQ0>



10'
D4 – Get onside
Goals on passes across Royal Road
D4 - Clear Zone to Transition to Offense - U15 G
<https://youtu.be/M3Trc43KlQc>



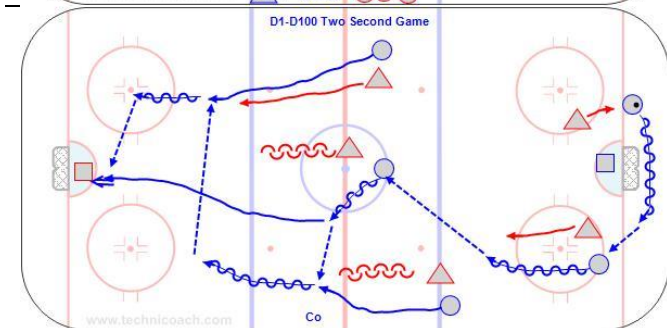
10'
B4 – Double Cross and Drop – one timer
B6 - 2-0 x 2 Cross Pass x 2 - U15 G
<https://youtu.be/HgKu9CvLmzM>



10'
DT100 – Continuous 2-1 to 3-3 – 2-2-4-4

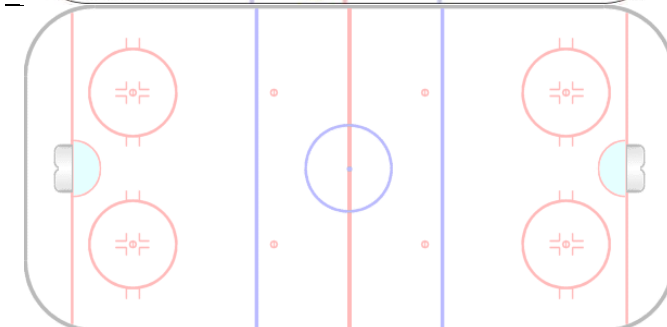
DT100 - Continuous 2-1 - U15 G
<https://youtu.be/9M7-bjqBk>

DT100 - Continuous 2-2 - U15
<https://youtu.be/M7vsMMJ-87k>

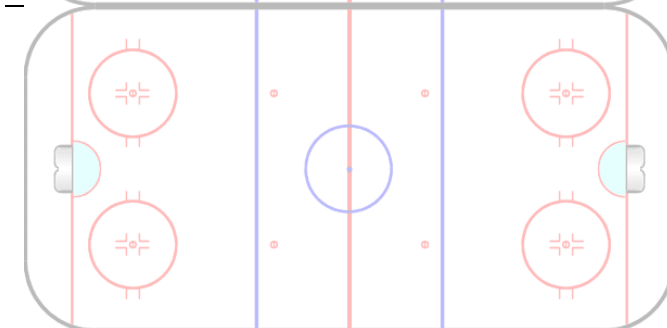


13'
D100 – 2" game

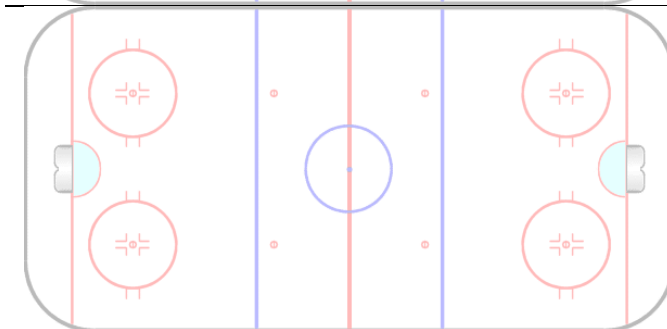
College Men
<https://youtu.be/PVy5NjFsV9w>



2'
Team Cheer



Explanation/Notes:



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