



# Fire Black

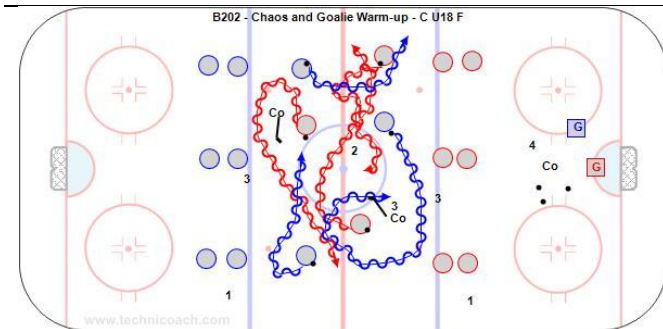
# Practice Plan

Date: 09-02-25

Time: 19:45-21:00

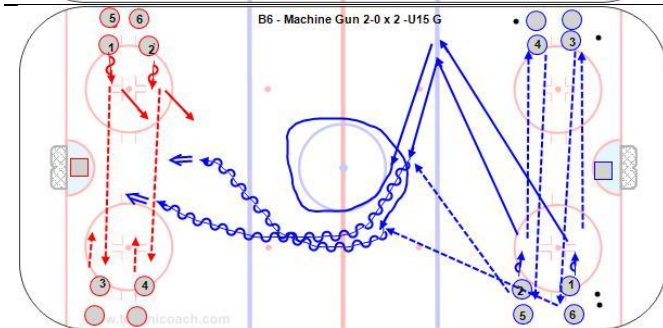
Venue: Norma Bush

Lines: 14 F, 3 G, 8 F	Notes:
Individual Puck Handle	B202 - Chaos and Goalie Warm-up
B6 - Machine Gun - 2 Passes x 2 Timing - Shots	B600 - Continuous 3F-2D Regroup – Tomas
C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4	D100 One Pass in Each Zone
D1-D100 Two Second Game	E1 - Shootout Race
Team Cheer	Meet with Parents in coach room



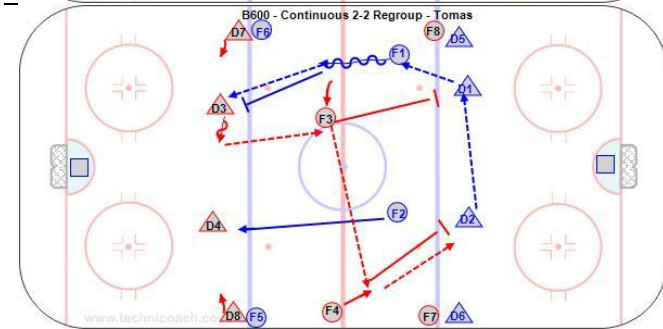
10'  
 2' Individual Puck Handle  
 8'

B202 - Chaos and Goalie Warm-up - C U18 F  
<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7783#7783>  
<https://youtu.be/I9OmgC2cFL0>



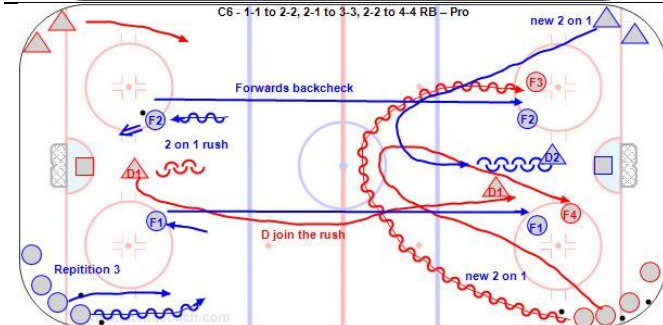
10' – Just pass first time add circle 5' in  
 ^B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7834#7834>  
<https://youtu.be/WmpASHh7uL4>



10'  
 \*B600 - Continuous 3-2 Regroup – Tomas - U18 F

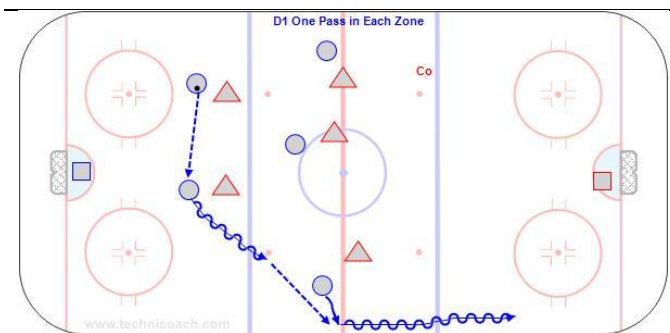
<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7855#7855>  
<https://youtu.be/dB6DPGuHn3s>



12'  
 C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7300#7300>

<https://youtu.be/3xSV1IU3awE>



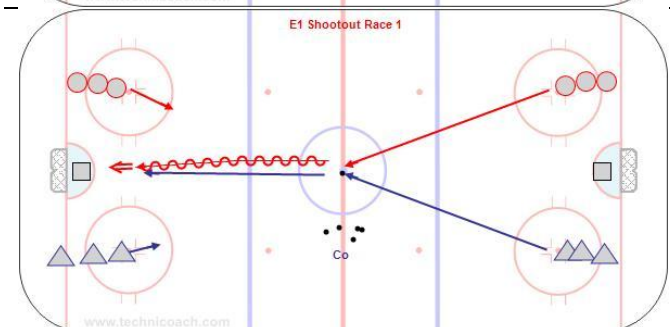
**13'**  
**D100 One Pass in Each Zone - U18 F**  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1691#1691>

<https://youtu.be/EhbNMhICMSs>



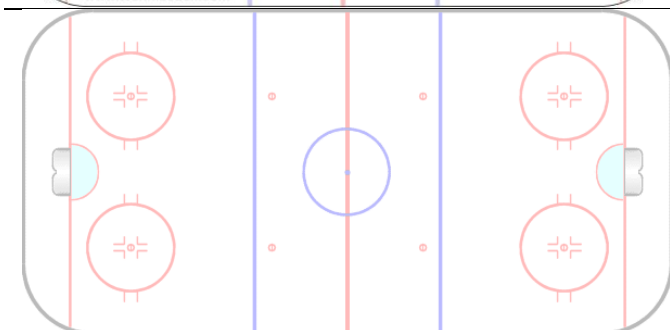
**10'**  
**D1-D100 Two Second Game - College M-W**  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1695#1695>

<https://youtu.be/PVy5NjFsV9w>



**9'**  
**E1 - Shootout Race**  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7473#7473>

<https://youtu.be/i-ol256GDbc>



**1'**  
**Team Cheer**