



# Fire Black

# Practice Plan

Date: 09-03-25

Time: 19:45-21:00

Venue: Norma Bush

Lines: 8 D, 15 F, 3 G

Notes:

Skating and Puck Handling Warm up

**B6 - Pass-Agility-Zig-Shoot x 2**

C600 - Multiple One Touch Passes 1-1 x 2

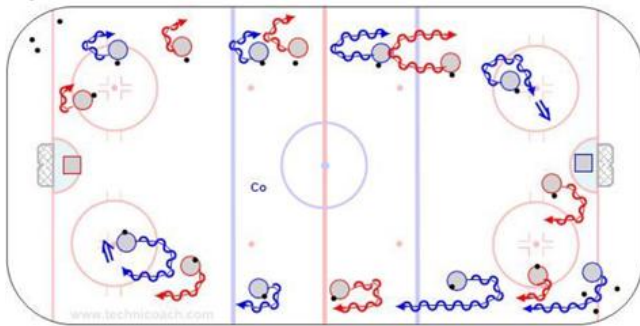
**C3 Reijo 1-1 2-1 Both Sides - Gap Control**

DT400 – Perry Pearn 3-3 x 2

**DT100 Continuous 2-2 - 3-2 With Tag-up**

E1 – Two Shot Shootout

Team Cheer

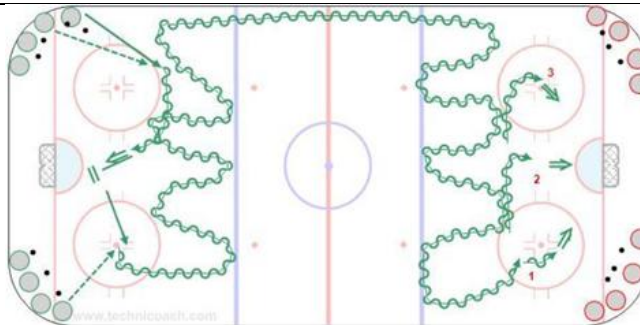


3'

<https://youtu.be/eykwvsQJhHg>

**A300 - Skating and Puck Handling Warm up - U15 G**

F and Bwd striding  
Cutbacks one and two  
Moves at the dots one side  
Linear crossovers between top of circles other side  
Coaches warm up goalies.

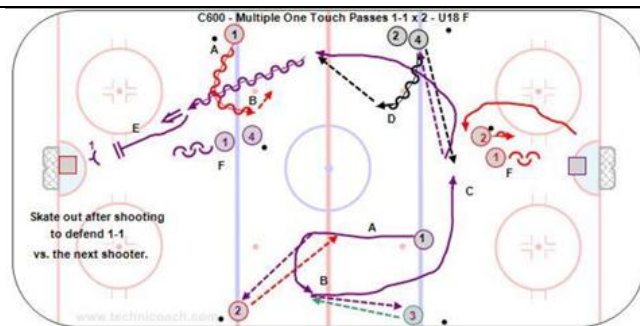


12'

**B6 - Pass-Agility-Zig-Shoot x 2 - U15 G**

**Key Points:**  
Passing, agility skating, shots.

<https://youtu.be/04Rz3o5fYfY>

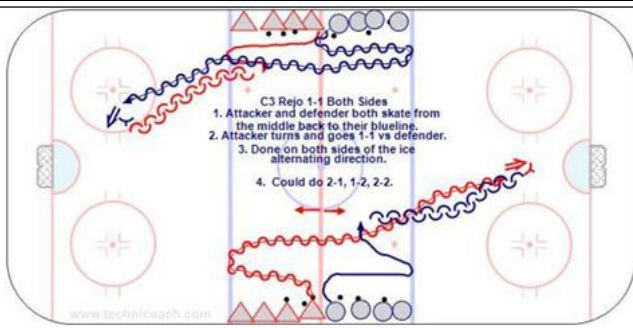


10''

**C600 - Multiple One Touch Passes 1-1 x 2**

**Key Points:**  
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

<https://youtu.be/7sdcZtyS6VY>

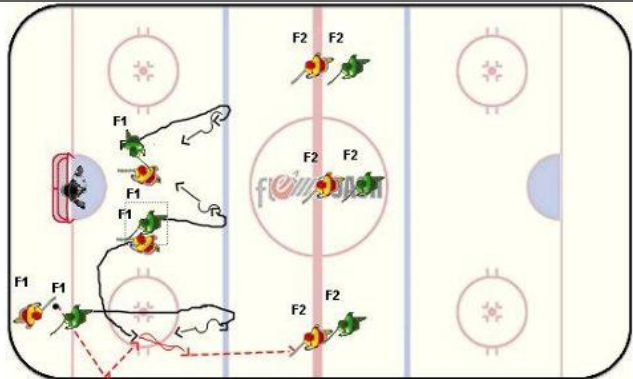


10'

**C3 Rejo 1-1 2-1 Both Sides - Gap Control**  
**Key Points:**

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

<https://youtu.be/8nziC2xxlso>



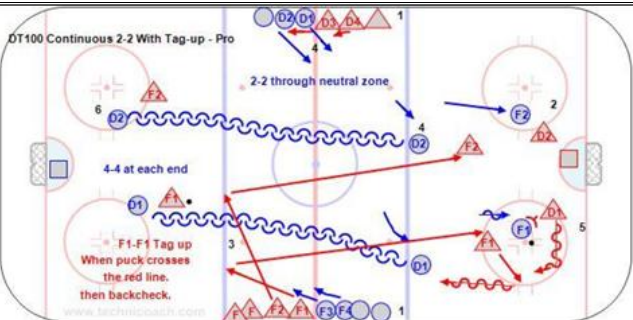
15'

**DT400 - Perry Pearn Game Rotation – 5-5**

Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

<https://youtu.be/bSbwtyECAew>

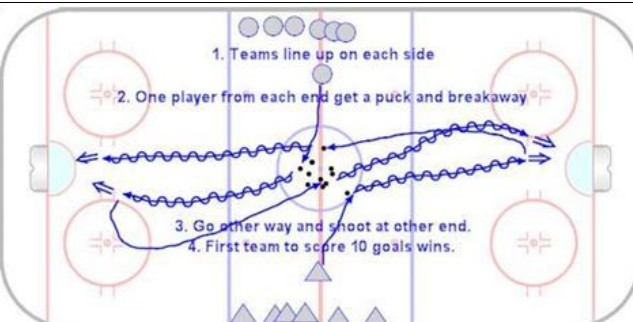


15'

**DT100 Continuous 2-2 - 3-2 With Tag-up**

\* You can play this transition game from 1-1 to 3 2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.

<https://youtu.be/pBE2B41Zklc>



9'

**E1 – Two Shot Shootout**

**Description:**

1. Teams lines up across from each other and the pucks are in the middle circle.
2. One player from each team leaves and shoot at opposite ends.
3. The same players turn back and get another puck from the middle and shoot at the other end.
4. Continue until all the players have shot and keep score. .

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<https://youtu.be/VEJr4NJOH18>

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1'

Team cheer in middle

