



Fire Black

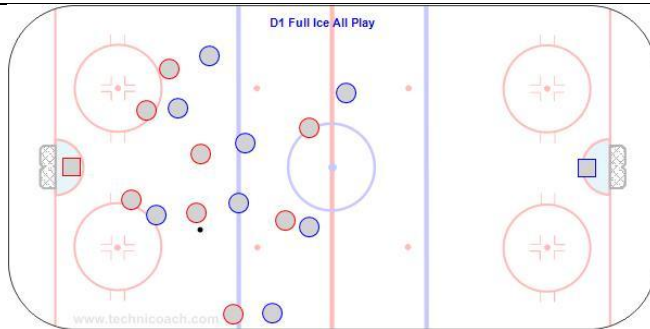
Practice Plan

Date: 09-05-25

Time: 16:30-17:30

Venue: Stew Hendry

Lines: 8 D, 15 F, 3 G	Notes: Focus is on breakouts-goalie pass
Two puck game	High low shooting
Kozak breakouts – goalie passing	Tomas RG and breakouts
Russian Scrimmage – Dump ins	D100 3-3 – no dump ins
Team cheer	

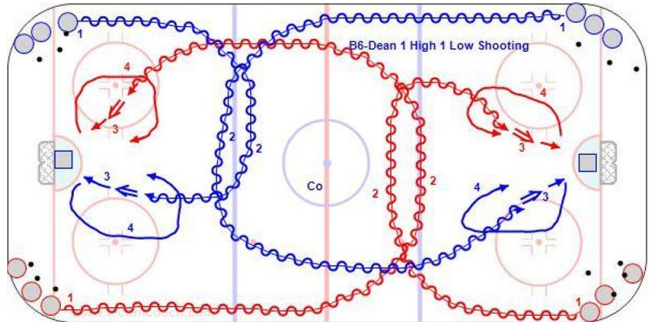


8'

D1 – Two Puck Game

All play.

Two pucks and when one is scored coach throws out another. Get down to one puck.



10'

B6 - 1 High 1 Low Shooting - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

Description:

1. One player leave from each corner.
2. One high one low on each side.
3. Shoot, follow the shot.
4. Each shooter rebound for the next shooter.

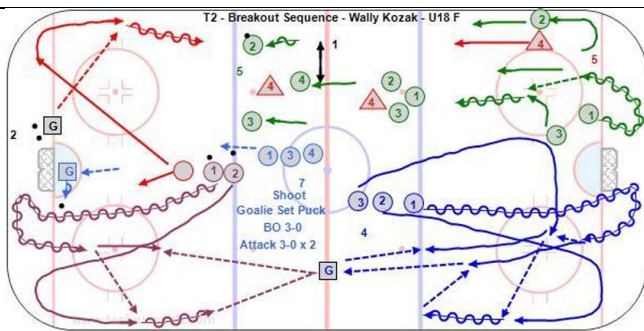
<https://youtu.be/hzhm55hiiBw>

B6 High-Low-Shot then Agility-Shot - Prospects

<https://youtu.be/4qXbWsbKCno>

B6 High Low Shooting with Pass - U20

<https://youtu.be/XnLYkYF-hQ>



10''

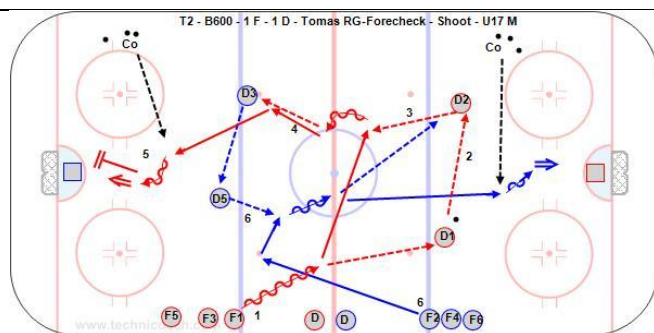
T2 - Breakout Sequence - Wally Kozak - Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

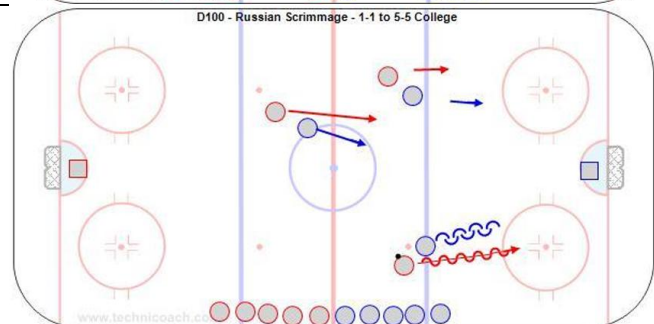
1. Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.
2. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
3. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
4. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass back to D who passes to the other forward.
5. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.
6. Attack 3-1 backchecker and score at the other end.
7. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

<https://youtu.be/995uo789DdY>



10'
T2 - 2-2 Breakout-Shoot In-Forecheck-Breakout - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/1015926130585093>
1



10'
D100 - Russian Scrimmage - 1-1 to 5-5 College M

Key Points:

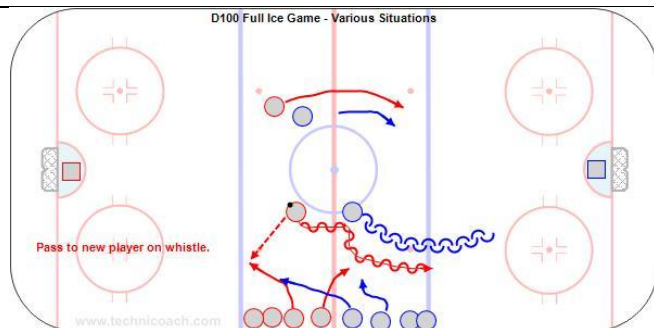
Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

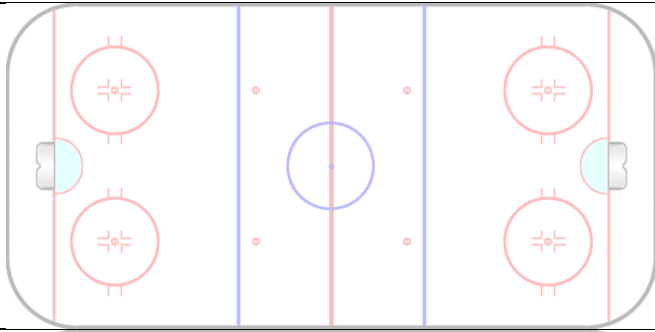
1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40”.
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

** Play hard – ‘Enjoy the Game’, Let the ‘Game be the Great Coach’, Have Fun.*

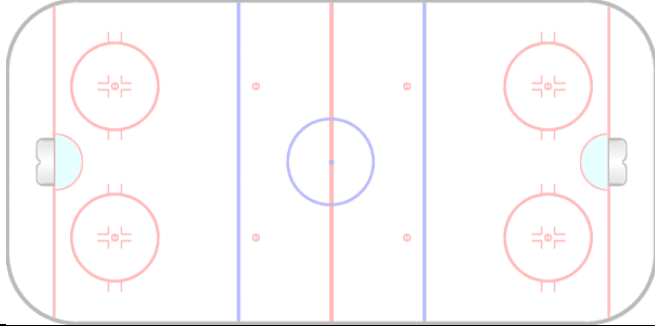
<https://youtu.be/z5vxH8Z-iV8>



10'
D100 – 3-3 Game with No Dump ins



Team Cheer



1' cheer
