



Fire Black

Practice Plan

Date: 09-12-25

Time: 19:00-24:15

Venue: Optimist

Lines: 3 G, 15 F, 7 D

A300 - Skating and Puck Handling Warm up

T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D

C600 - Breakout - 2-1 x 2

DT400 - Krusel Battling Game 2-2 - U15 G

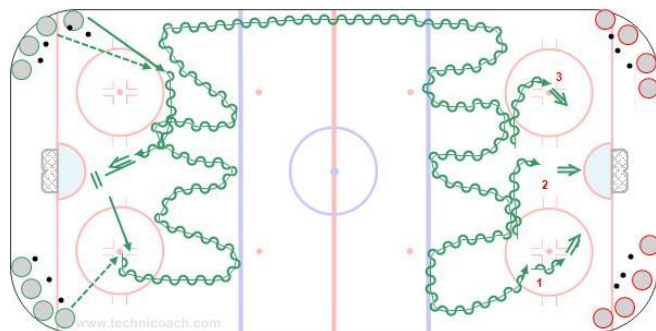
Notes:

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

C3 - 1-1 - Rexi - D no stick - U15 G

B600-C600 - 1-0 Regroup x 2 - 2-1 RG x 2

Team Cheer



2'

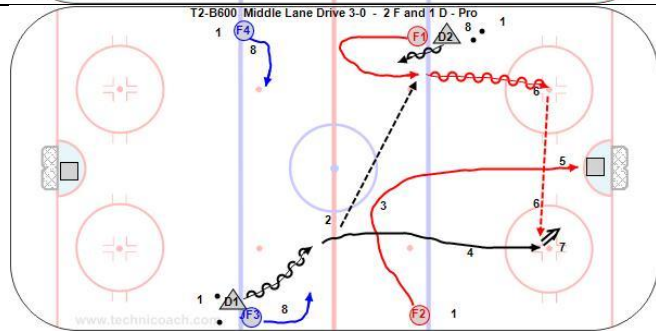
A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>

10'

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

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

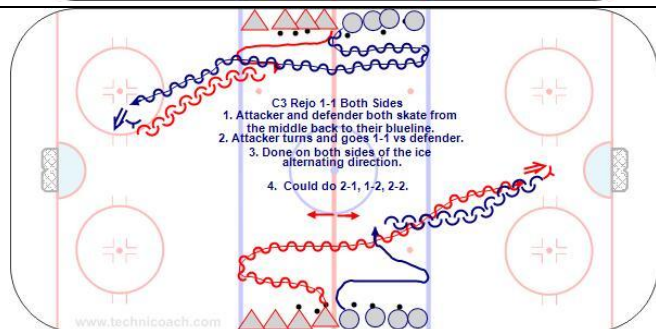


12' Brooke

*T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D - Pro

<https://www.hockeycoachingabcs.com/forum/vicwtopic.php?showtopic=7657&topic=7871#7871>

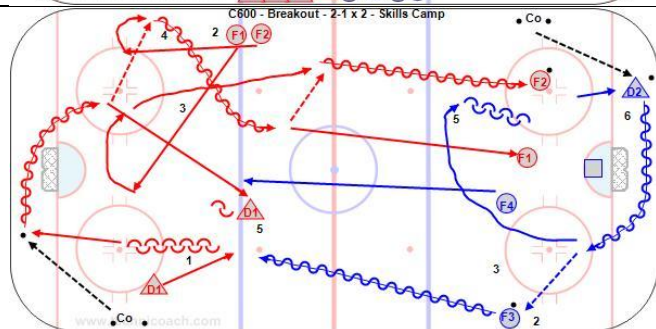
<https://youtu.be/mAG8TtOmymQ>



12' Tom

C3 - 1-1 - Rexi - D no stick - U15 G

<https://www.facebook.com/518555930/videos/pcb.1561436814766110/567163339330358>

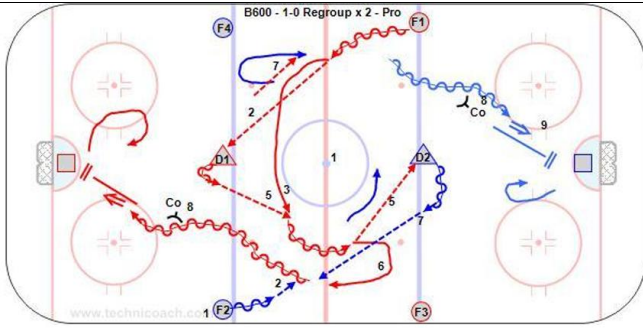


12' Emily

*C600 - Breakout - 2-1 x 2

<https://www.hockeycoachingabcs.com/forum/vicwtopic.php?showtopic=7657&topic=7895#7895>

<https://youtu.be/h0L2QtV-Aak>



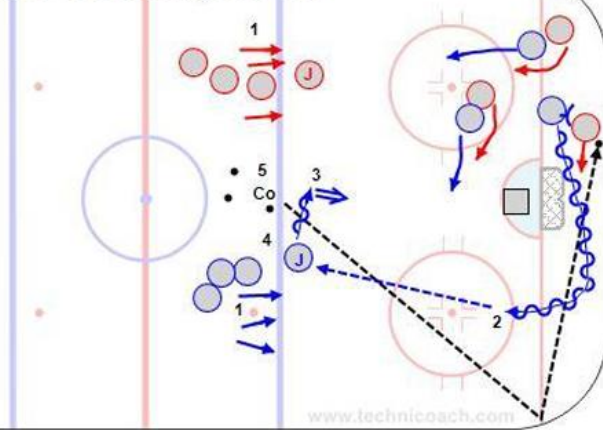
12' Mila

B600-C600 - 1-0 Regroup x 2 – 2-1 RG x 2 - Pro

<https://www.hockeycoachingabc.com/forum/viewtopic.php?showtopic=7657&topic=7897#7897>

<https://youtu.be/L06Yaz1IrtQ>

DT400 - 3-3 Krusel Battling Game – U18 F

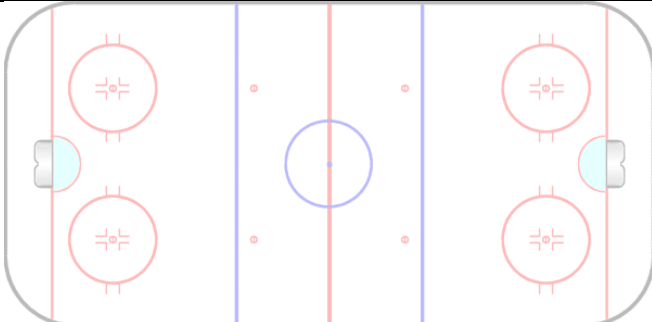


16'

DT400 - Krusel Battling Game 2-2 - U15 G

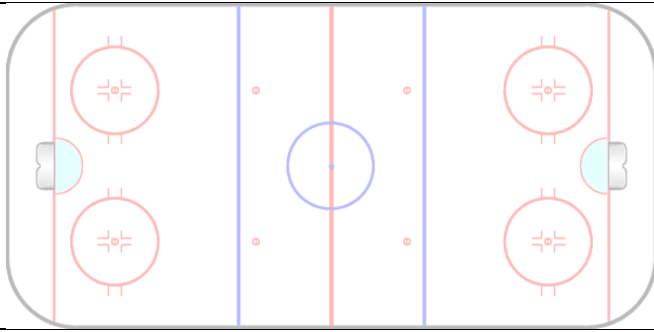
<https://youtu.be/ToYTSGI18IQ>

Explanation/Notes:



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