



Fire Black

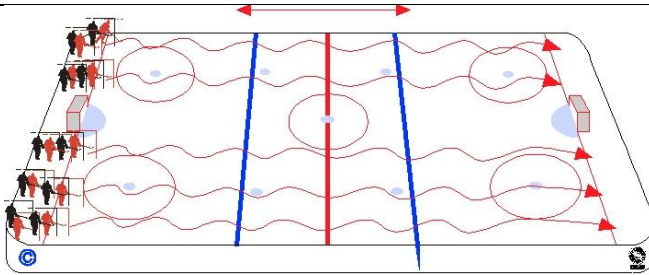
Practice Plan

Date: 09-16-25

Time: 16:30-17:45

Venue: Max Bell

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|---|--|
| Lines: 3 G, 5 D, 12 F | Notes: Introduce PP and Pk Skills |
| A300 - Skating and Puck Handling Warm | A200 – Russian Puck Handling - U15 G - Jim |
| B600 - Tomas Neutral Zone Regroup 3 F | C1-C6 Pass Regroup - 1-1 and 2-1 x 2 |
| T2 – D400 – Diamond 1-3-1 Power Play | High Press PK – Tom Emily |
| T2-4 - 5-4 - Specialty Team Sequence | |
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| | |



25' Kaylin with Goalies

2'

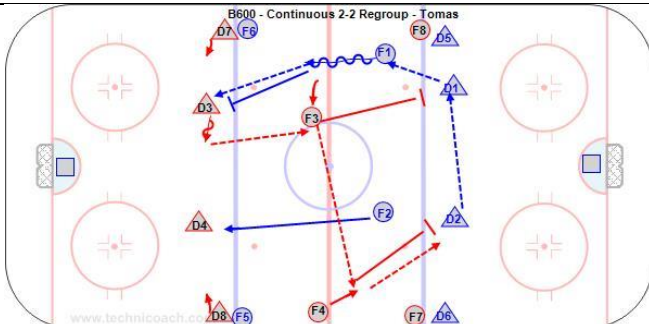
A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>

12' - Jim

A200 Puck Handling - U15 G

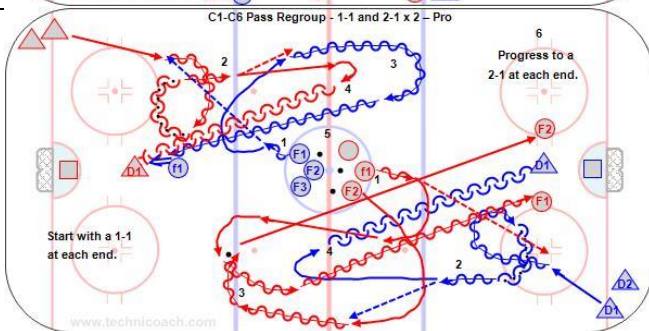
<https://youtu.be/J6V77ljgEko>



10'

B600 - Tomas Neutral Zone Regroup 3 F - U15 G

<https://youtu.be/3lkCsp6UNI>

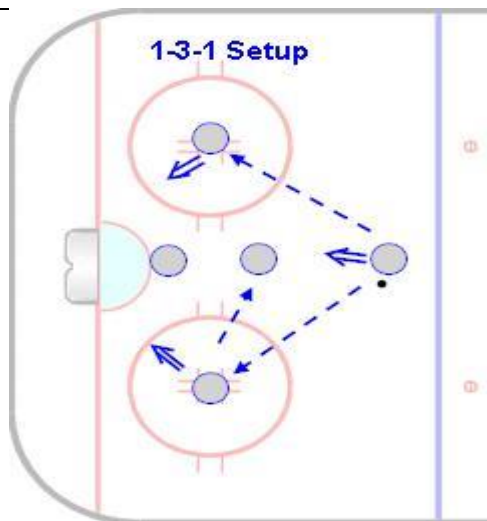


10'

C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7941#7941>

https://youtu.be/DbvCmK_M5wc



10'

**T2 – D400 – Diamond 1-3-1 Power Play -
PP1 – Jim Mila, Brooke**

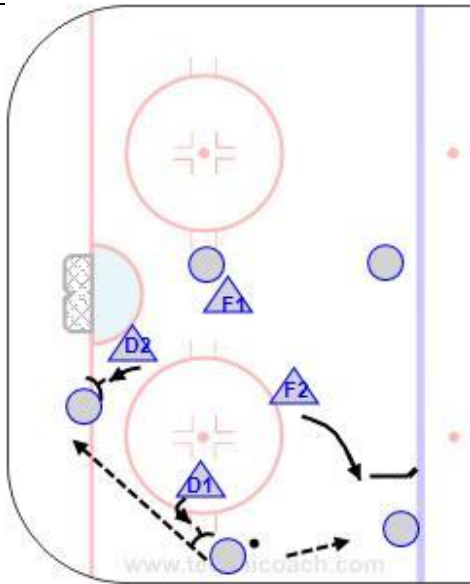
Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting **lanes**.

Switch after 10'



10'
 PP 2
 PK - Tom, Emily – PK

T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

Key Points:

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible.

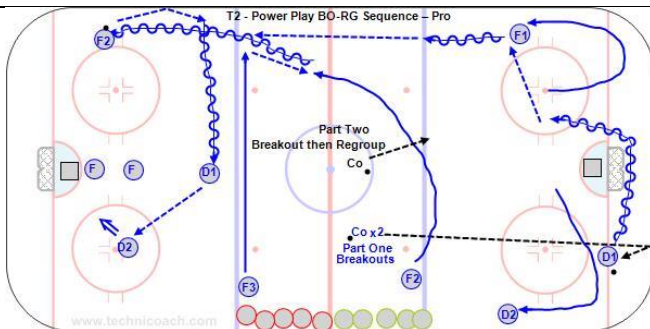
High forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

Description:

1. High press vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

<https://youtu.be/NJ21DSB2VEw>

T2-4 – High Press PK vs Overload – U15 G
<https://youtu.be/z5BOmpNXhPM>



12'
T2-4 - 5-4 - Specialty Team Sequence -

Key Points:

Great way to practice attack options without then with defenders. You could do face-off plays, then dump down and practice both breakouts and forechecks. Video has defenders on ice ready to jump in. I like the way the pro's do it and players jump in from box.

Description:

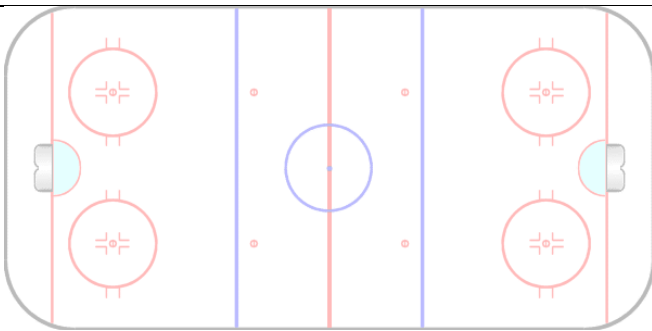
1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.
6. Practice both the drop back and rugby breakout.

T2 - 5-4 Specialty Team Sequence

<https://youtu.be/lt8-Ld17-0U>

1'

Cheer in middle



Explanation/Notes:



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