



# Fire Black

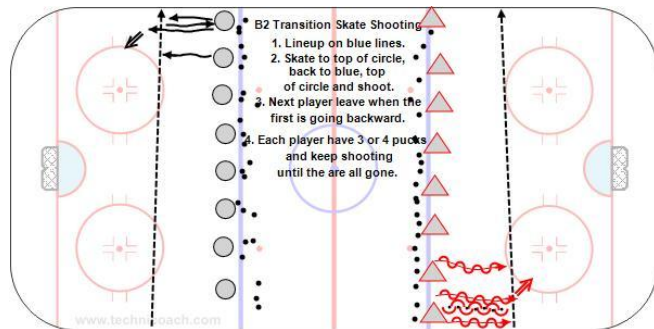
# Practice Plan

Date: 09-18-25

Time: 20-00-21:00

Venue: Seton

|   |                                    |
|---|------------------------------------|
| Lines: 2 G-12 F – 6 D                         | Notes: Individual defensive skills |
| Transition skate shots                        | Small horseshoe                    |
| Game of quick transition                      | Swedish andling along boards       |
| Stick on puck                                 | Jusi continuous 1-1 out of corners |
| 3-3 game with no dump ins                     | Team cheer in middle               |
| Meet with parents to organize volunteer roles |                                    |

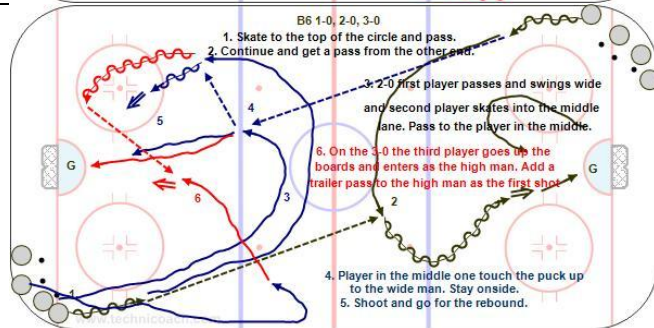


5'

## B2 - Transition Skate Shooting - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=271&topic=288#288>

<https://youtu.be/RRVp29xJRXQ>

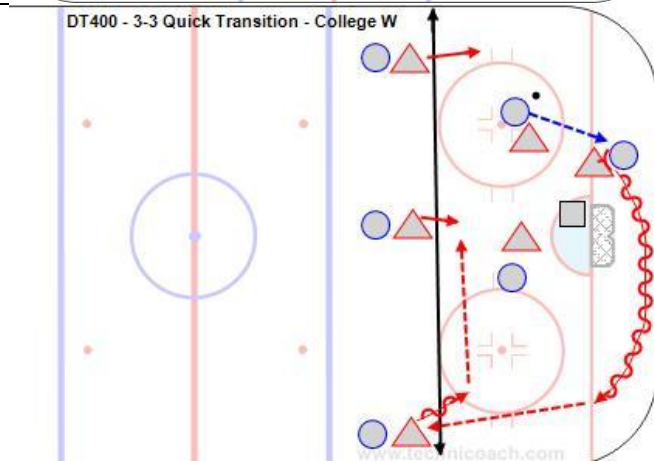


8'

## B6 1-0, 2-0, 3-0 Small Horseshoe

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7848#7848>

<https://youtu.be/VgW3XTM1JXQ>

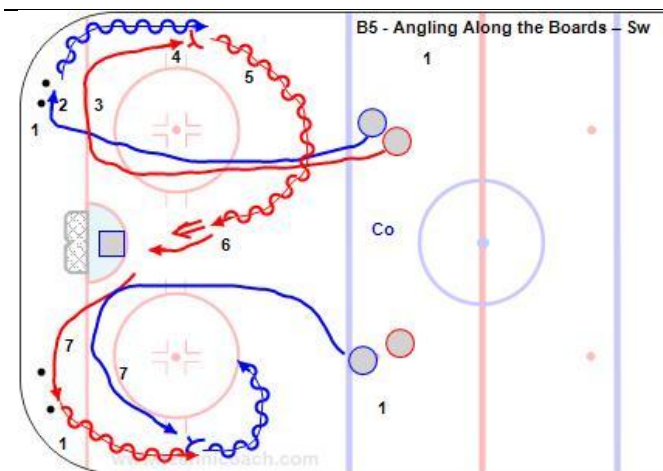


10'

## DT400 Game of Quick Transition –

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5171#5171>

<https://youtu.be/ecxLc1JGBVY>

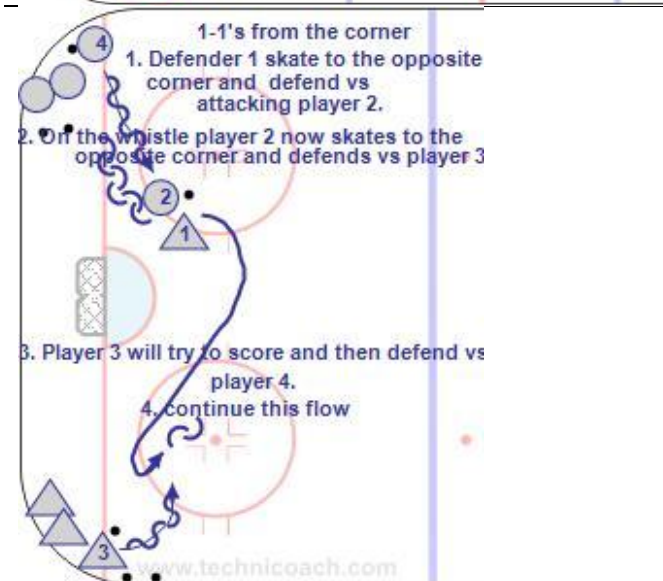


10'

**T3 - B5 - Angling Along the Boards – Sw**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6876#6876>

<https://youtu.be/MF8RcS-fCz8>

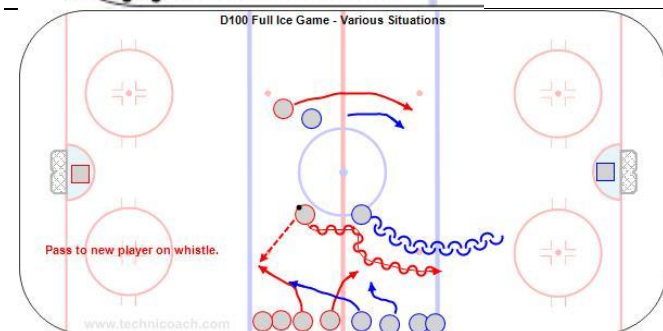


10'

**T3-C6 - Continuous 1-1 Out of the Corner**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2152&topic=3272#3272>

<https://youtu.be/1WUYI5XLP-Y>



10'

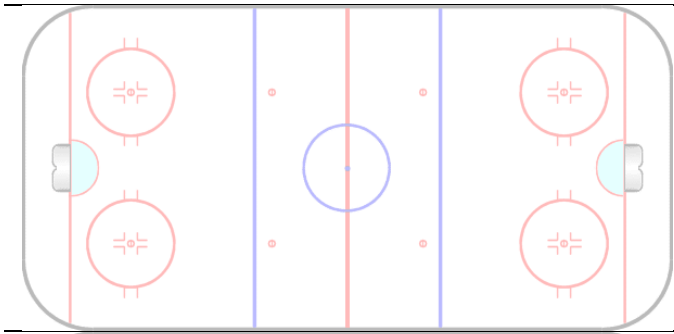
**D100 – Full Ice 3-3**

Change on the go.  
No dump ins allowed.  
Touch red line after scoring a goal.

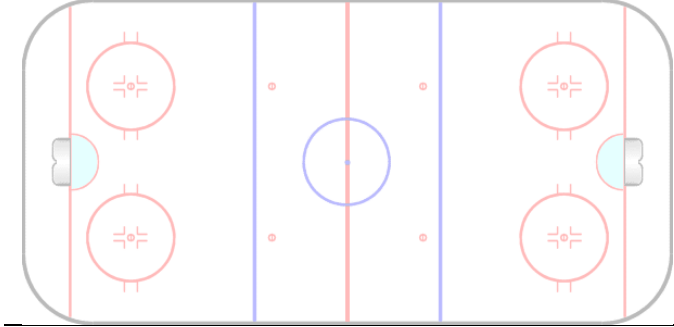


**Team Cheer**

**Parent meeting in coach room.**



Explanation/Notes:



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