



Fire Black

Practice Plan

Date: 09-19-25

Time: 19:00-20:15

Venue: Max Bell

Lines:

Notes:

Goalie Training – 30'

Handle 2 pucks each.

A500 – Protect Puck Inside Circles

T3 - B500 - Stick on the Puck - RB Pro

C500 1-1 - Race for Puck - Protection Battles - C U18 W

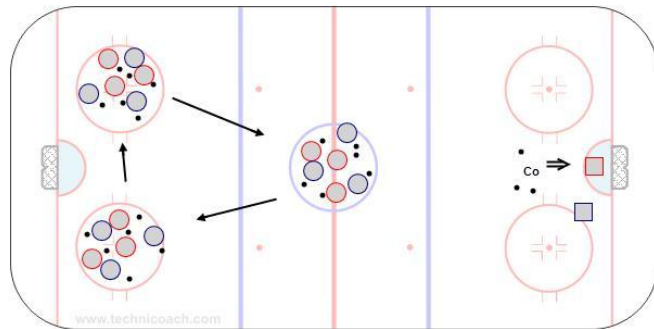
T2 - 5-0 Breakout Options Routine - Russian U20

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

C6 - 1-1 to 2-2. D join rush - F backcheck - U15 G

D100 - Power Play Game 1-1 to 5-5 - U15 G

Cheer in middle



30' Goalie Training

2' Handle 2 pucks each.

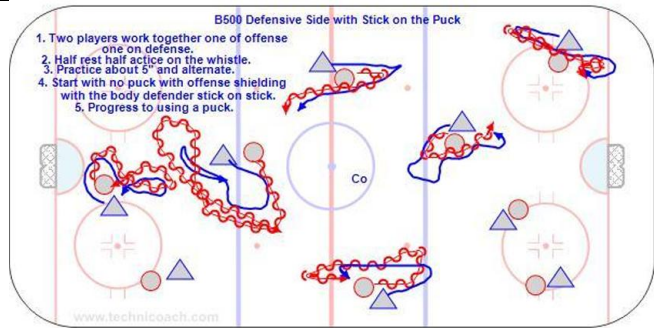
8'

A500 – Protect Puck Inside Circles

Start 56 in each circle.

Protect the puck and pike check others.

If you lose the puck rotate to the next circle to the right.



10'

T3 - B500 - Stick on the Puck - RB Pro

Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.

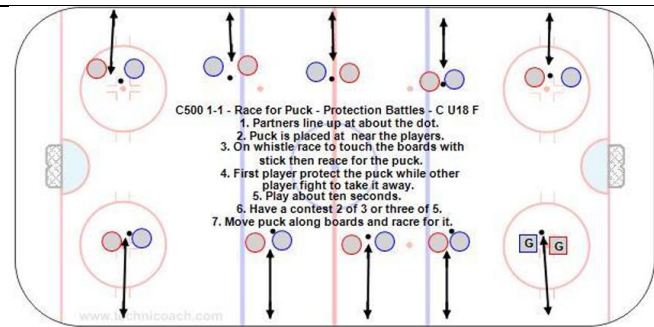
2. Half rest half active on the whistle.

3. Practice about 5" and alternate.

4. Start with no puck with offense shielding with the body defender stick on stick.

5. Progress to using a puck.

<https://youtu.be/96B75fCsSvM>



10'

C500 1-1 - Race for Puck - Protection Battles - C U18 W

Key Points:

Race to touch boards with stick then get inside position and battle for the puck. Protect the puck with your body and reach. Defender get stick on the puck, use stick lifts and work to gain possession. Toe caps face the puck.

Description:

1. Partners line up at about the dot.

2. Puck is placed at near the players.

3. On whistle race to touch the boards with stick then race for the puck.

4. First player protect the puck while other player fight to take it away.

5. Play about ten seconds.

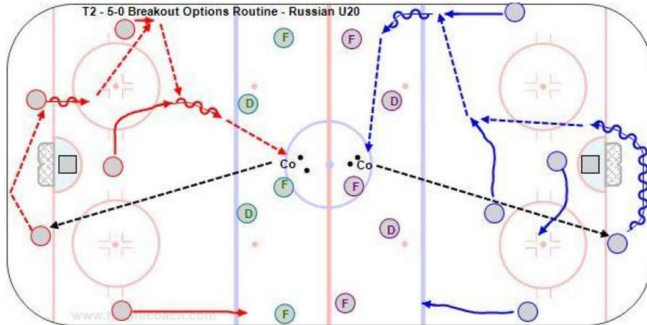
6. Have a contest 2 of 3 or three of 5.

7. Move puck along boards and race for it.

**Another example of 1-1 puck battles with pro players.*
<https://youtu.be/rzAB4Zz2gQs>

C U18 F

<https://youtu.be/afOK9OhrMDI>



10'

T2 - 5-0 Breakout Options Routine - Russian U20

Key Points:

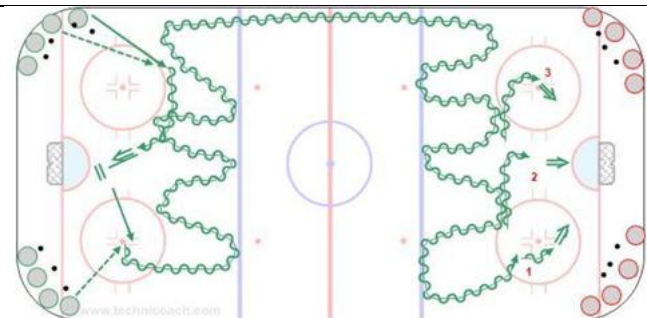
Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

Description:

1. Two units of five wait near the red line to break out of each end.
2. Coach at each end shoot the puck in.
3. Unit of 5 break out using various options.
4. Pass to the coach.
5. Coach shoot the puck in and the other unit break out.
6. Continue rotating and practice the various options.

**This is a good routine to do at the start of practice to review the breakout and get everyone involved.*

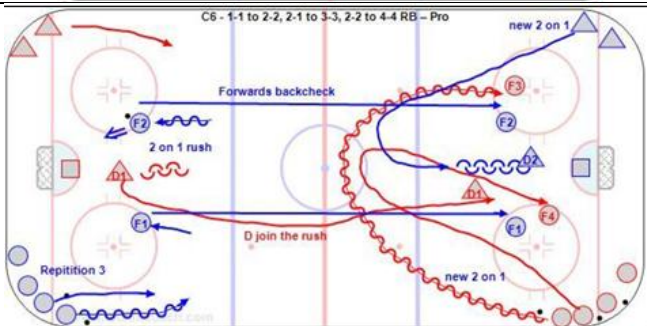
<https://youtu.be/dJ-gmPtTcHM>



10'

B6 - 2 Pass-Double Zig-Shot x 3 x 2 - U15 G

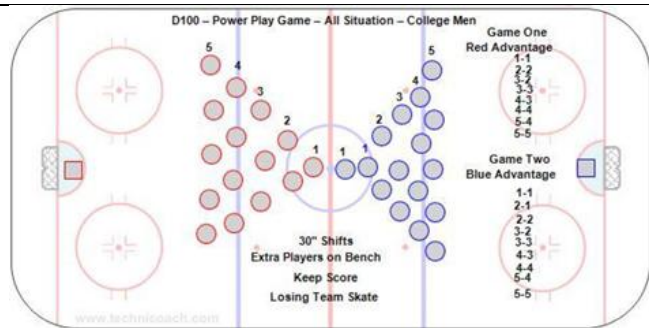
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10'

C6 - 1-1 to 2-2. D join rush - F backcheck - U15 G

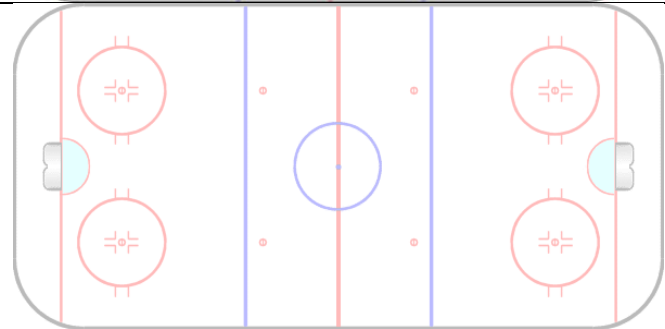
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10'

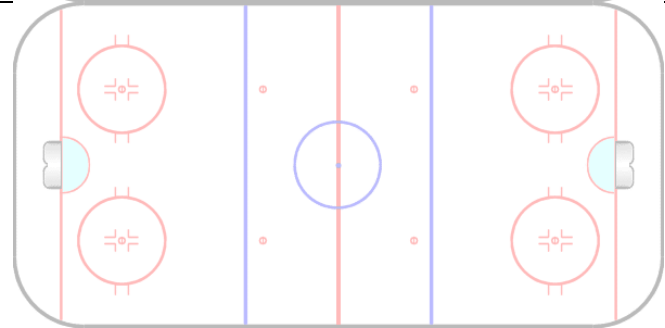
D100 - Power Play Game 1-1 to 5-5 - U15 G

<https://youtu.be/2QsKXbo1Cog>



1'

Team Cheer



Explanation/Notes:
