



Fire Black

Practice Plan

Date: 09-20-25

Time: 13:30-14:45

Venue: Crowchild

Lines: 2 G – 12 F – 6 D

Notes: Theme – defensive zone coverage

Two Pass

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

B2 - Coach Pass - D Drag-Shoot - Screen

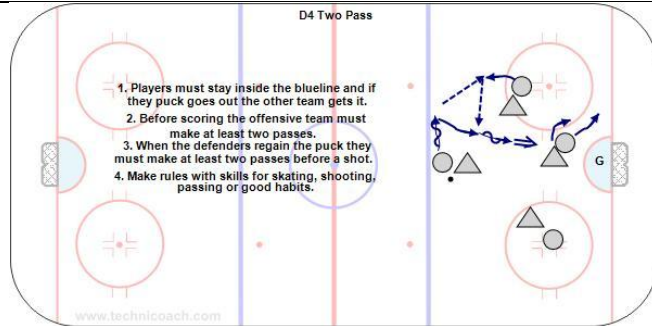
T4 - Defensive Zone Skating - RB Pro

DT100 - Continuous 3-2 to 5-5

D202 – Two Thirds Ice Game with Jokers Behind Nets

E1 - 1-1 Puck Carrier Either Way - U17

Cheer in middle



10'

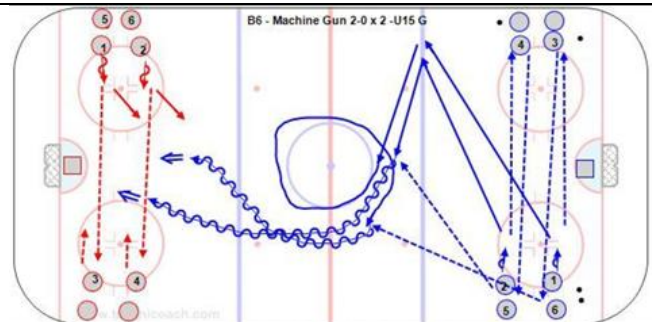
D4 -Two Pass

5' Must make an escape move with puck.

5' Make at least one scissors before a sho.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4895#4895>

<https://youtu.be/uXesDVFYuDQ>

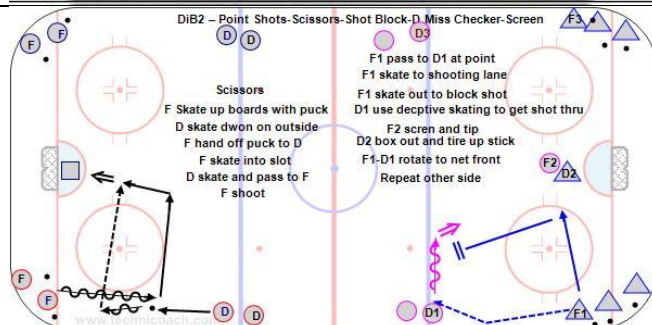


10'

B6 - Machine Gun - 2 Pass x 2-Shot – U

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7834#7834>

https://youtu.be/kjvc_kuhYsY



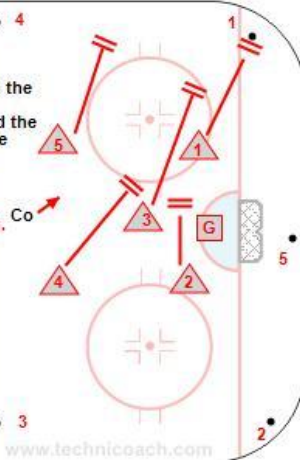
B2 - Coach Pass - D Drag-Shoot - Screen –

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8812#8812>

<https://youtu.be/2bbfnp7X0bs>

B500 Defensive Zone Skating • 4

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.



12'

T4 - Defensive Zone Skating - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1126#1126>

<https://youtu.be/SkXnlmn6IXk>

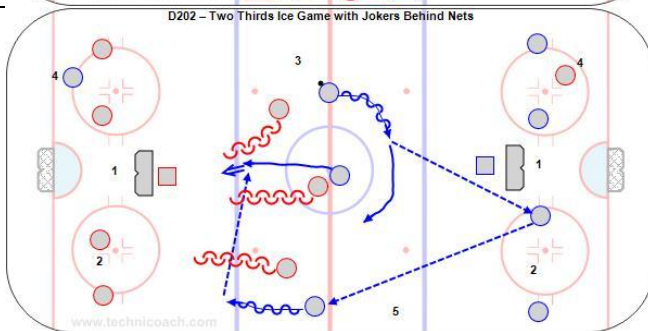
12'

DT100 Continuous 3-2 to 5-5 - Pro W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7205#7205>

<https://youtu.be/ocvWDLZwnyQ>

D202 - Two Thirds Ice Game with Jokers Behind Nets



13'

D202 - Two Thirds Ice Game with Jokers Behind Nets - U18 F and College W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8017#8017>

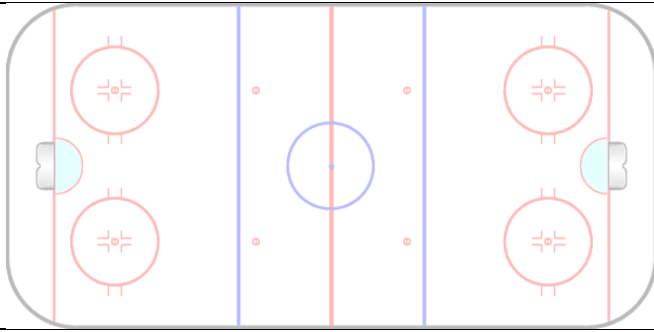
<https://youtu.be/DKleCLtBnxY>

8'

E1 - 1-1 Puck Carrier Either Way - U17

<https://www.facebook.com/tom.molloy.5836/videos/10159612049015931>

Team cheer in middle



Explanation/Notes:
