



Fire Black

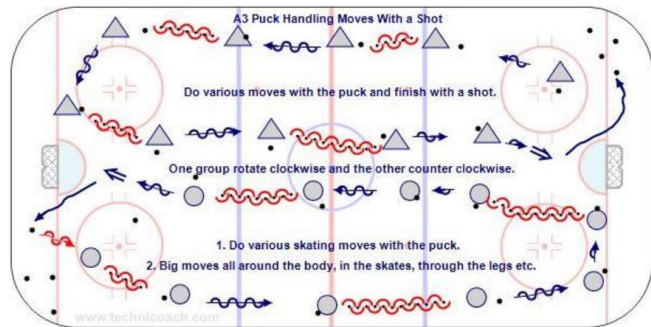
Practice Plan

Date: 09-23-25

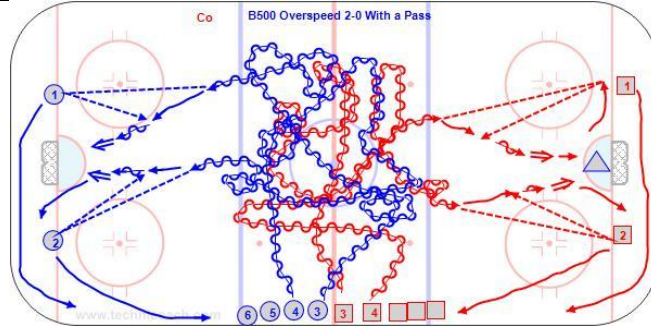
Time: 18:45-20:00

Venue: Max Bell

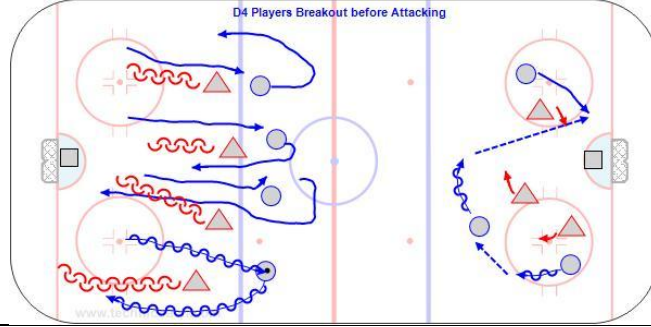
Lines:	Notes:
A300 x 2 - Skating and Puck Handling Warm-up with Shots – Finland	B200 Overspeed with a Pass
D4 - Clear Zone to Transition to Offense	Power Play 1 – PK 2 – Switch PP 2 PK 1
T4 - 4-5 Penalty Kill vs. Overload	T2-4 - Power Play-Penalty Kill Sequence – Pro
T2-4, D4 – Reilly Team Play Rotation	Team cheer in middle



10'
A300 x 2 - Skating and Puck Handling Warm-up with Shots – Finland
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6116#6116>
<https://youtu.be/fEtZgmtPaE>

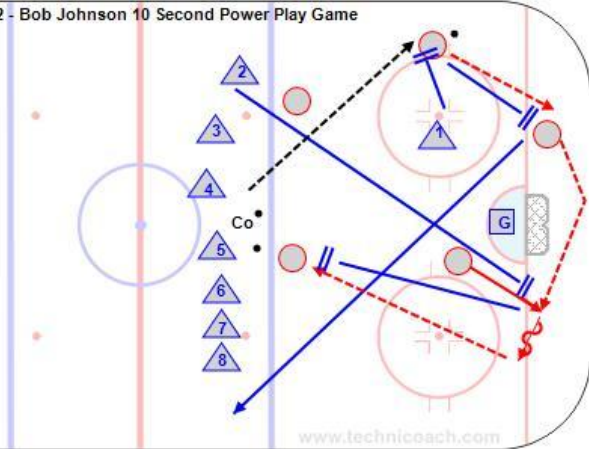


10'
B200 Overspeed with a Pass - U18 F
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=375#375>
<https://youtu.be/XMUeqfmfH7Y>



10'
D4 - Clear Zone to Transition to Offense - U15 G
Two Second Game
<https://youtu.be/M3Trc43KIQc>

T2 - Bob Johnson 10 Second Power Play Game

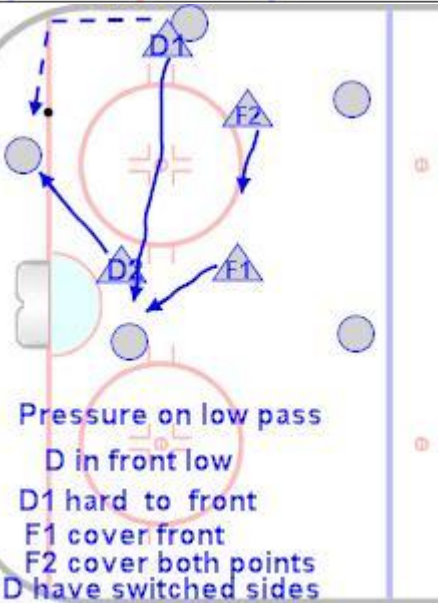


10'
Jim, Mila one end.

Power Play 1 – PK 2
Review 1-3-1 PP

T2 - Bob Johnson 10 Second Power Play Game
<https://youtu.be/jOMFSb4as1s>

Switch after 10'



Pressure on low pass
D in front low
D1 hard to front
F1 cover front
F2 cover both points
D have switched sides

10'
Tom, Emily, Brooke one end

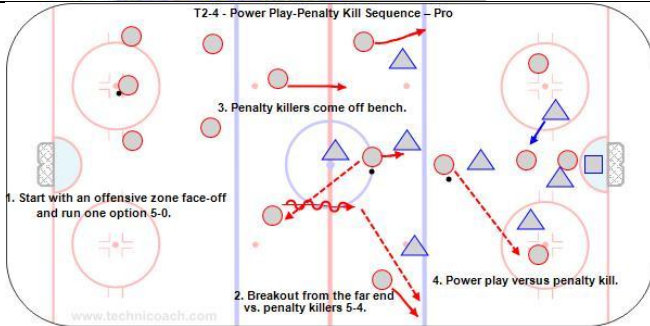
Power Play 2 – PK 1

T4 - 4-5 Penalty Kill vs. Overload –
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8036#8036>

<https://youtu.be/NJ21DSB2VEw>

Description of our PK principles on a magnetic board. Focus is our high press vs overload and diamond vs umbrella. Those are the PP we see in this league.

T2-4 - Power Play-Penalty Kill Sequence – Pro



1. Start with an offensive zone face-off and run one option 5-0.

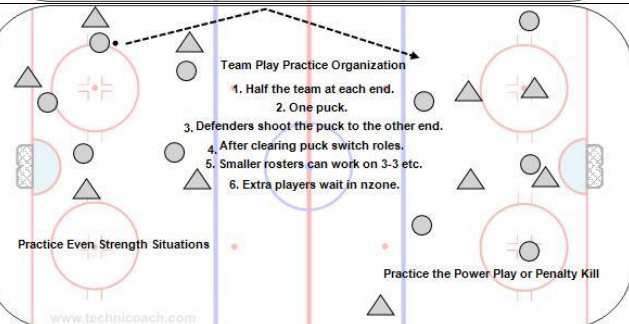
2. Breakout from the far end vs. penalty killers 5-4.

3. Penalty killers come off bench.

4. Power play versus penalty kill.

10'
T2-4 - Power Play-Penalty Kill Sequence – Pro
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7907#7907>

<https://youtu.be/VadXPVkB4I>



Team Play Practice Organization

1. Half the team at each end.
2. One puck.
3. Defenders shoot the puck to the other end.
4. After clearing puck switch roles.
5. Smaller rosters can work on 3-3 etc.
6. Extra players wait in nzone.

Practice Even Strength Situations

Practice the Power Play or Penalty Kill

13'
T2-4, D4 – Reilly Team Play Rotation

Key Points:
Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:
1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.

3. The other end starts with the white on the offense first.

T2-4 - Reilly PP-PK Game – College

<https://youtu.be/uLF7yFsbGyg>

**The play rotates from end to end.*

Explanation/Notes:



Explanation/Notes:

