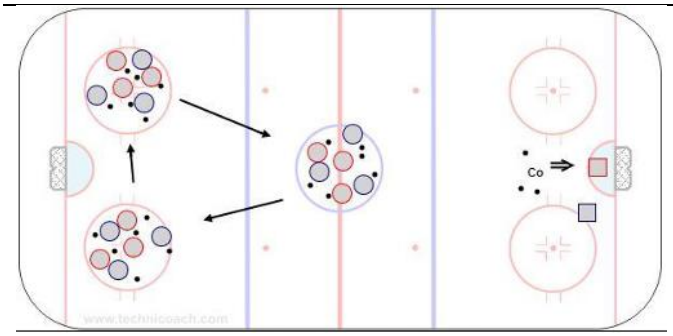
Fire Black

Practice Plan

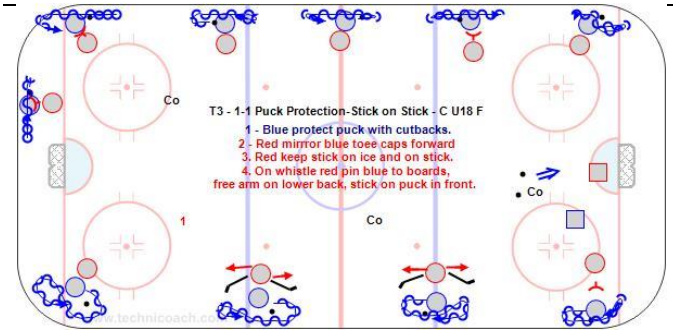
Date: 09-25-25	**Time: 18:30-19:45**	**Arena: Max Bell**

Lines:	**Notes:**
Puck handling around and at dots.	30’ Goalies with Marlene
B500 – Protect puck inside circles	**T3 - 1-1 Puck Protection-Stick on Stick - C U18**
T3 - Blocking Shots – from the net out.	C6 – Pardy’s 1-1 to 3-2
T4 2-1-2 Pinch on a Wide Rim – walk thru	B600 - Tomas Neutral Zone Regroup 3 F - U15 G – Dump in
D100 – Power Play Game – All Situation	



30’
Goalies at one end with Marlene
2’
Puck handling around and at dots - cutbacks

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 - 1-1 Puck Protection-Stick on Stick - C U18 F
Key Points:
Blue protect the puck with cutbacks, red mirror blue with stick on the puck and toe caps forward. Pin on the whistle with free hand pushing lower back, knee between legs and stick wrap.
Description:
1 - Blue protect puck with cutbacks.
2. Red mirror blue with toe caps forward.
3. Red keep stick on ice and on blue stick.
4. On whistle red pin blue to boards, free arm on lower back, stick on puck in front.

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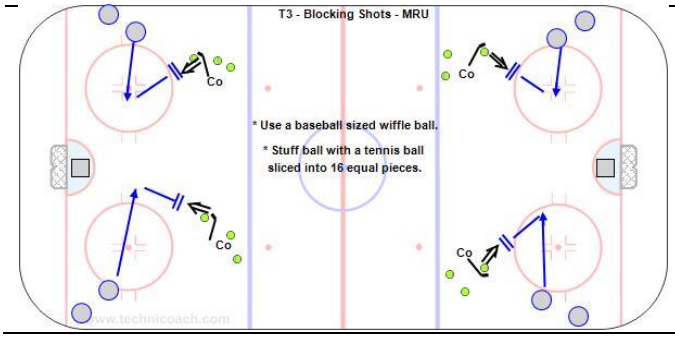
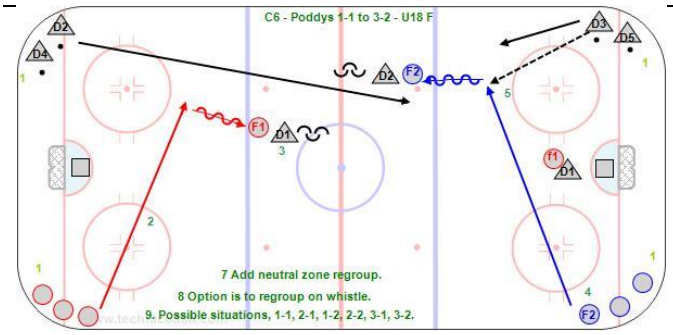


.10’ At one end – no goalies
T3 - Blocking Shots – from the net out.
Start F on corner-pass to point – D shots
Skate to defensive side and look where the net is, then out toward the shooter.



10'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroups. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. *Add F2 regroup with D3 in the neutral zone.*
8. *Another variation is regroup only if the coach blows a whistle.*
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

** Have the D join the attack and don't start the next rep until the puck is out of play.*

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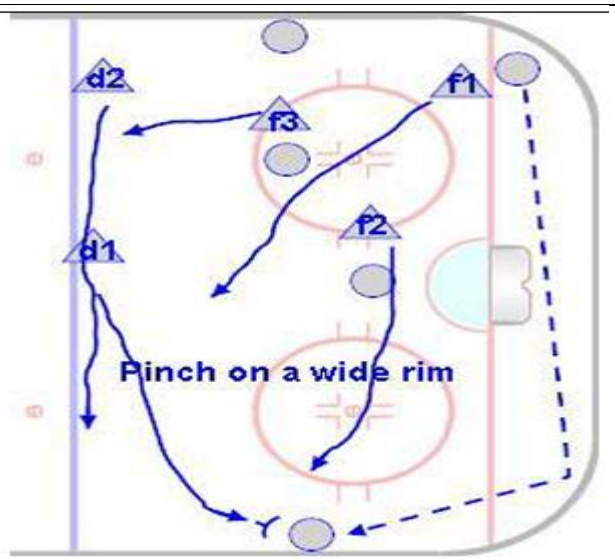


13'

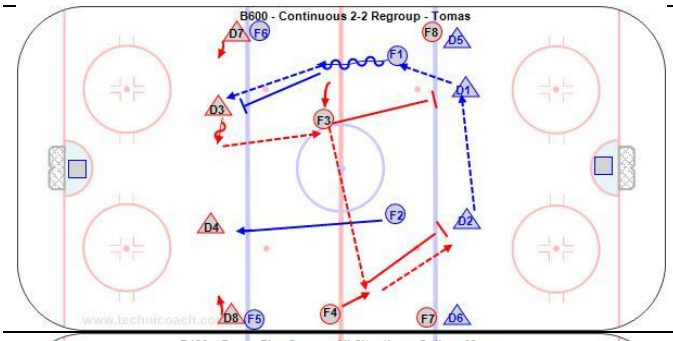
T4 2-1-2 Pinch on a Wide Rim

Key Points:

The middle D get to the puck as or before it is being received.

Description:

1. F1 make contact and skate thru the middle when the puck is rimmed.
2. F2 pressure the pass receiver.
3. F3 cover original strong side point.
4. D1 pinch down on pass receiver.
5. D2 slide across and fill in behind the pinching D2.
6. D1 stay in and join F1 and F2 on the cycle while F3 stays at the mid point



10’

B600 - Tomas Neutral Zone Regroup 3 F - U15 G – Dump in and goalie handle puck

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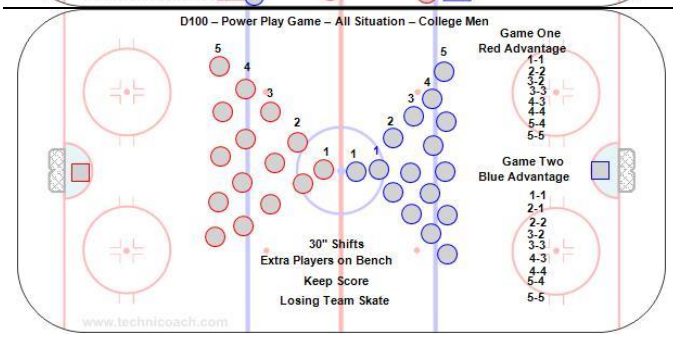

10’

D100 – Power Play Game – All Situation – College Men

Key Points:

Teams take turns having the man advantage. Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to ¼ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30” shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
7. Keep Score and losing team skate or push ups

College Men

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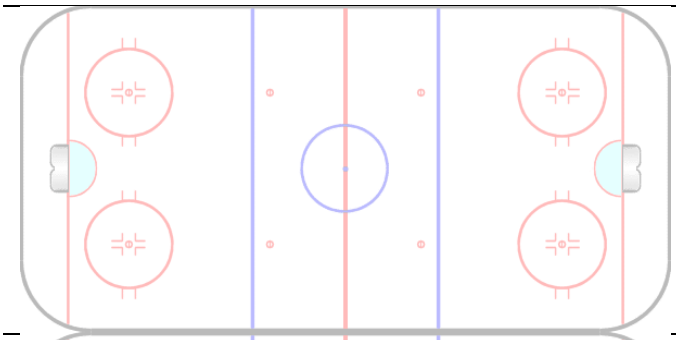
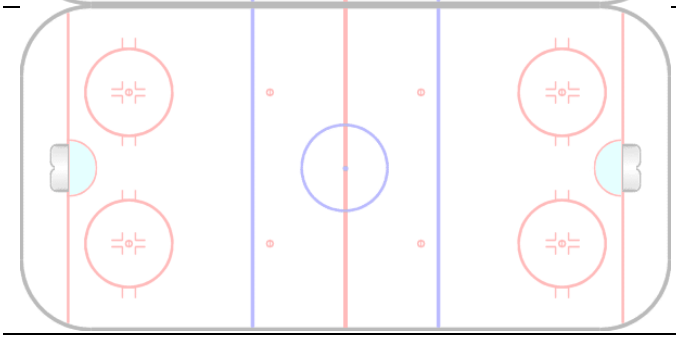


Cheer



Explanation/Notes: