



# Fire Black

# Practice Plan

Date: 10-07-25

Time: 18:00-19:15

Venue: Village Square

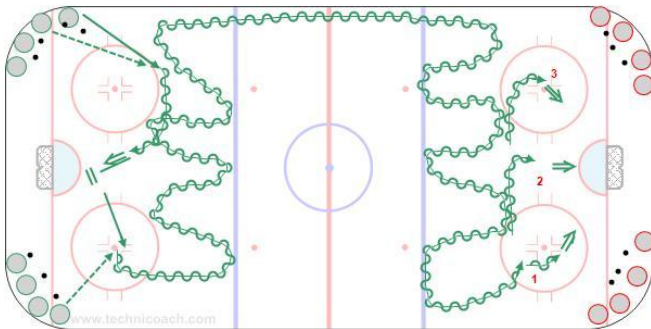
Lines:	Notes:
Moves at dots, tight turns	<b>B6 – 3 Shots, 3 Zig-zags, 3 Shots</b>
<b>T2 - Breakout Sequence - Wally Kozak</b>	<b>Kaylin both goalies then 10' with each</b>
<b>B600 - Continuous 3-2 Regroup – Tomas</b>	<b>DT400 3-3 Krusel Battling Game</b>
<b>C5-C6 - Continuous Low 2-1</b>	<b>C1-C6 Pass Regroup - 1-1 and 2-1 x 2</b>
<b>E1 - Two Shot Shootout</b>	Team cheer in middle

3' – Moves at dots, tight turns

12'

**B6 – 3 Shots, 3 Zig-zags, 3 Shots - U15 G**  
<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7940#7940>

<https://youtu.be/DGzvB-HRt1s>  
face far end, backwards, Crosby, fast hands fast feet.

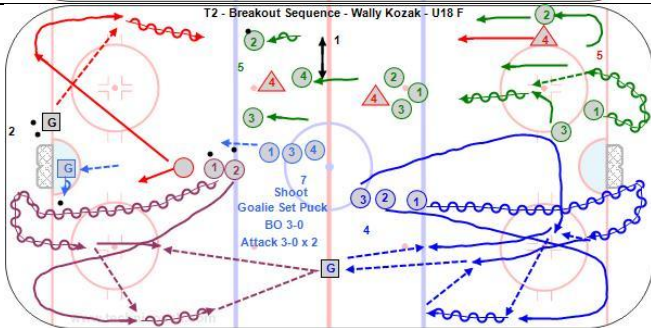


10'

**T2 - Breakout Sequence - Wally Kozak - U18 F**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8058#8058>

<https://youtu.be/995uo789DdY>



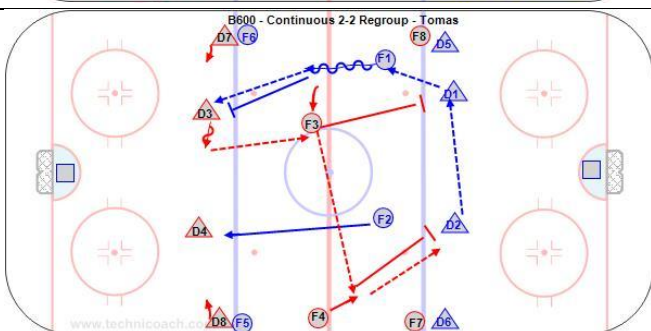
10' **Kaylin with goalies**

**Do with 4 lines. One then 2 D-D then scissor**

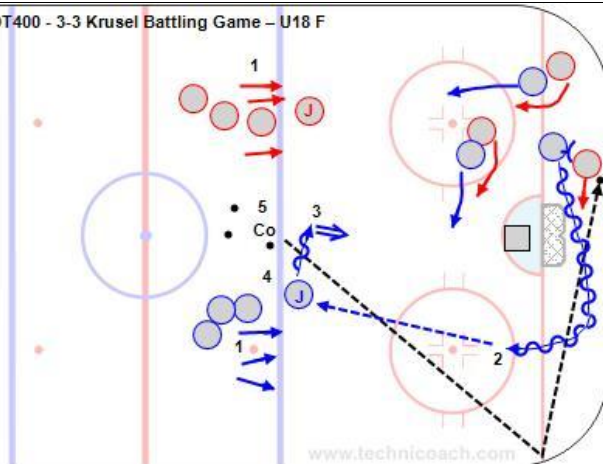
B600 - Tomas 3-2 NZ RG-Forecheck - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>

<https://youtu.be/CxFA8EQIYeQ>



DT400 - 3-3 Krusel Battling Game – U18 F



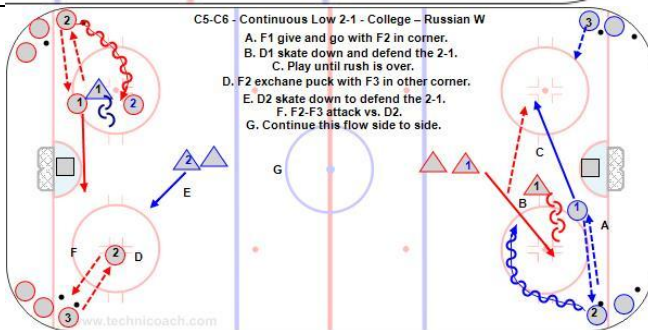
10' Kaylin with one goalie

DT400 3-3 Krusel Battling Game - Pro W  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6978&topic=6991#6991>

[https://youtu.be/e80Cod\\_L2So](https://youtu.be/e80Cod_L2So)

C5-C6 - Continuous Low 2-1 - College – Russian W

- A. F1 give and go with F2 in corner.
- B. D1 skate down and defend the 2-1.
- C. Play until rush is over.
- D. F2 exchange puck with F3 in other corner.
- E. D2 skate down to defend the 2-1.
- F. F2-F3 attack vs. D2.
- G. Continue this flow side to side.



10' Kaylin one goalie

C5-C6 - Continuous Low 2-1 - College – Russian W

Key Points:

Continuous 2-1 from each corner. Forwards attack twice and then go back to the lineup. Defense rotate in from the top of the circle. D deny pass across and a post to post rush.

Description:

- A. F1 give and go with F2 in corner.
- B. D1 skate down and defend the 2-1.
- C. Play until rush is over.
- D. F2 exchange puck with F3 in other corner.
- E. D2 skate down to defend the 2-1.
- F. F2-F3 attack vs. D2.
- G. Continue this flow side to side.

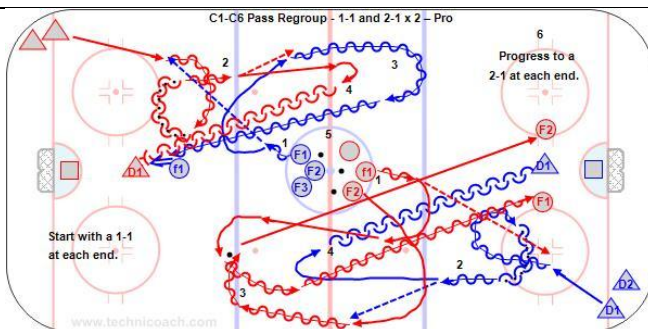
C6 - Continuous Low 2-1 - College W

<https://youtu.be/ub82Q2HowWw>

C1-C6 - Continuous 2-1 Russia U18 W

<https://youtu.be/7T2ZWkytwco>

C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

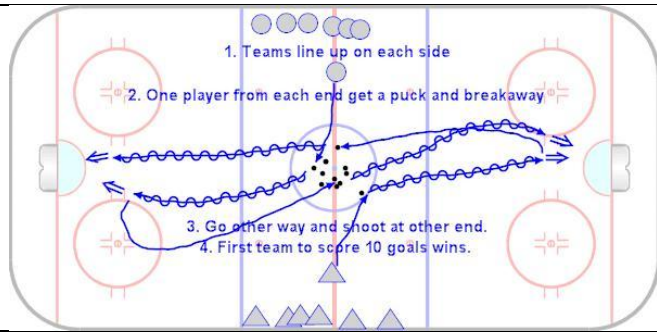


10'

C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7941#7941>

[https://youtu.be/DbvCmK\\_M5wc](https://youtu.be/DbvCmK_M5wc)

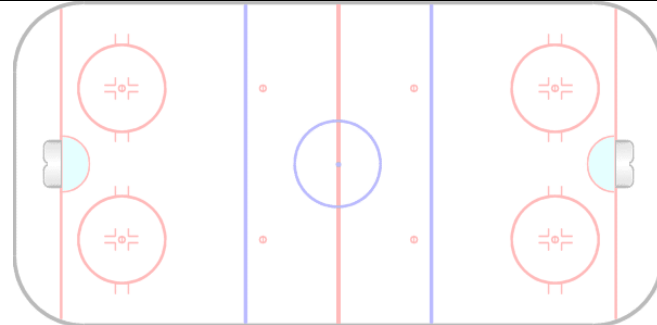


8'

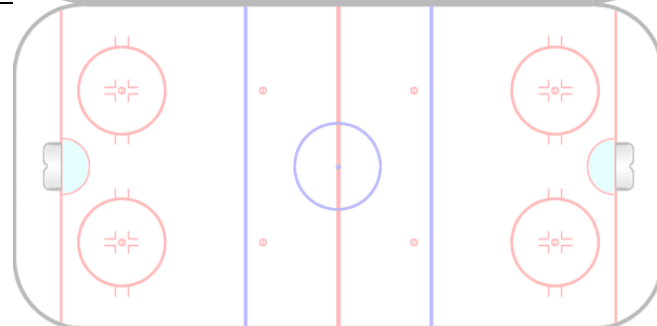
**E1 - Two Shot Shootout - U20**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=376#376>

<https://youtu.be/VEJr4NJOH18>



**Cheer**



**Explanation/Notes:**

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