



Fire Black

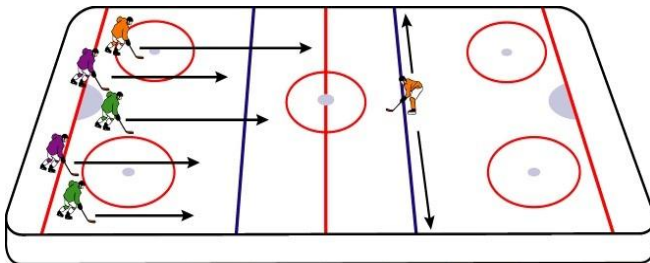
Practice Plan

Date: 10-21-25

Time: 10-21-25

Venue: Village Square

Lines:	Notes:
British Bulldog	Puck Dog
D4 - One Zone Game x 2	B6 - Machine Gun
T2 - Breakout Sequence -	DT100 – Continuous 3-2 to 5-5
D100 – Game with at Least One Pass each Zone	E1 – 2-0 x 2 Game - MRU



12'

6' British Bulldog

Use deception with fakes and pivots

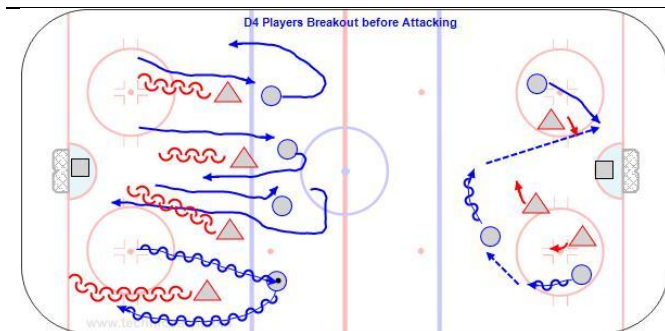
6' Puck Dog

Use the same deception as in bulldog to evade checkers.

Coaches warm up goalies at one end.

[D100 - Puck Dog - Jasper.wmv](#)

<https://1drv.ms/v/c/bd6fa116988317e9/EekXq5gWoW8ggL0rUAEAAAABGtf9go-X4zVs5RGU2ctafq?e=X9dJ1I>



10'

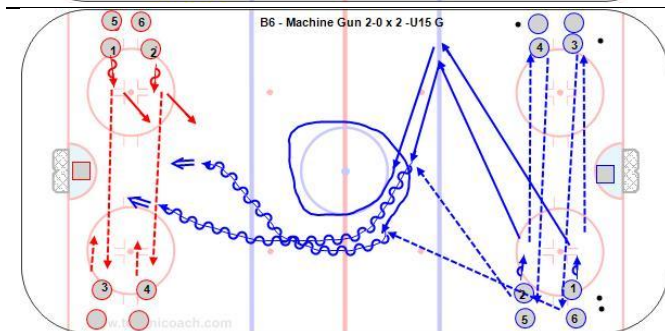
D4 - One Zone Game x 2

Rule is you have to clear zone and get outside to go onto offense.

Only one pass allowed, so player has to use deception and moves to get a shot.

D4 - Clear Zone to Transition to Offense - U15 G

<https://youtu.be/M3Trc43KIQc>

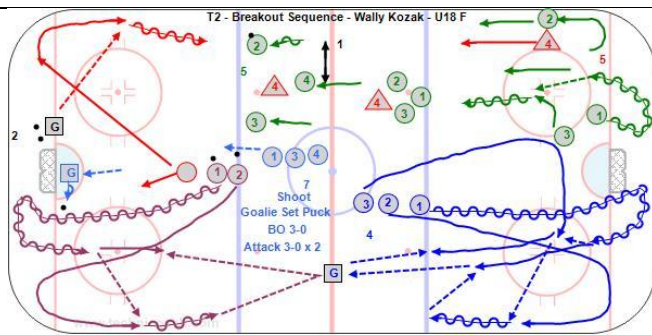


10'

B6 - Machine Gun

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

https://youtu.be/kjvc_kuhYsY



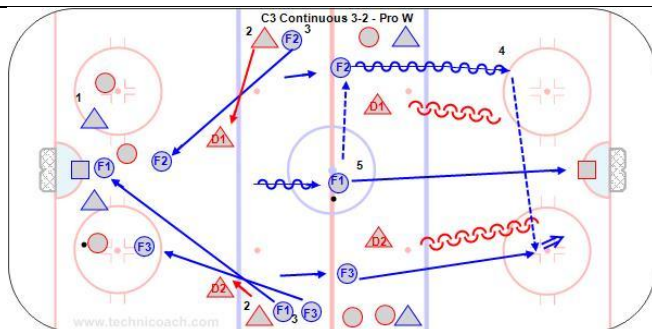
10'
T2 - Breakout Sequence - Wally Kozak - U18 F

Focus on W backing into pinching D and touch back to C or chip out.

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

T2 - Breakout Options

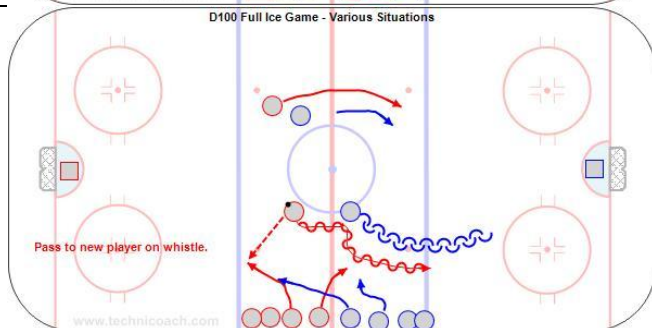
<https://www.youtube.com/watch?v=jEhYhKLTGhE>



10'
DT100 – Continuous 3-2 to 5-5

DT100 Continuous 3-2 to 5-5 – Dukla Czech U20

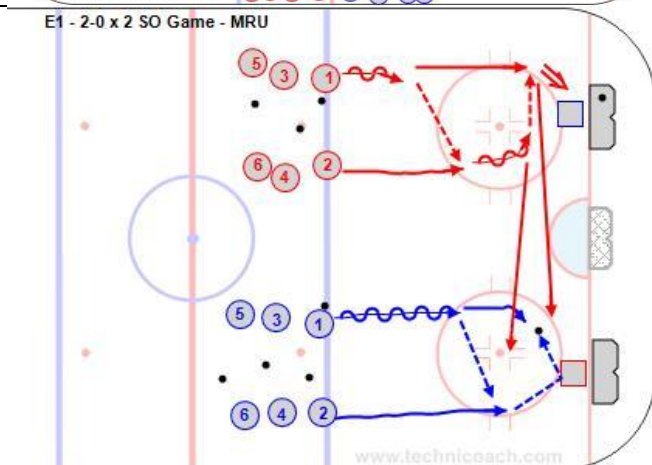
<https://youtu.be/xcbokEplsTQ>



10''
D100 – Game with at Least One Pass each Zone

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOnI>



E1 – 2-0 x 2 Game – MRU

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

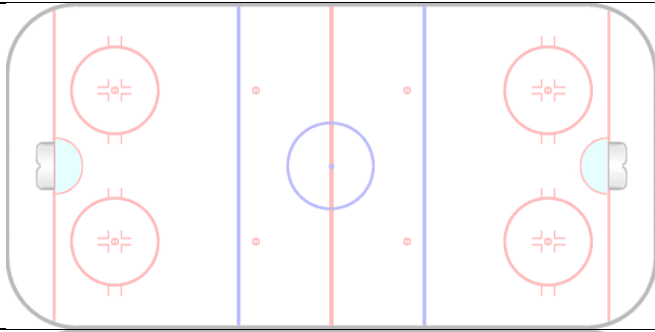
A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

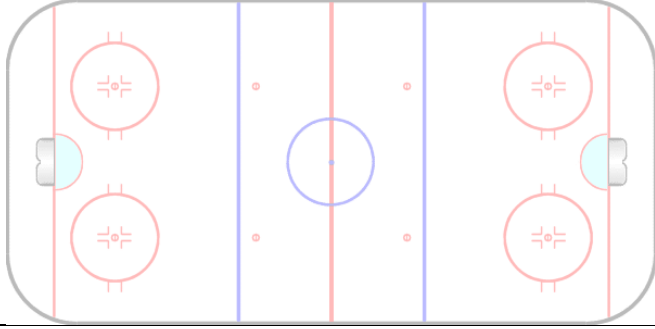
C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

<https://1drv.ms/v/c/bd6fa116988317e9/EekXg5qWoW8ggL1LTAEAAAABdy1jmEyEW7Gqv5T4dVMnXA?e=AXEgqe>



Team Cheer



Explanation/Notes:
