



Fire Black

Practice Plan

Date: 10-23-25

Time: 4:15-5:45

Venue: Crowchild

Lines:

Notes:

Coaches warm up goalies

Puck Handle in 3 circles

B500 3 Spoke Passing - Czech U17

B500 Defensive Side with Stick on the Puck

T3 - Defensive Skate - One Leg Puck Toe Caps Square

B6 – 3 Shots, 3 Zig-zags, 3 Shots

C6 Jursinov 1-1's from the Corner

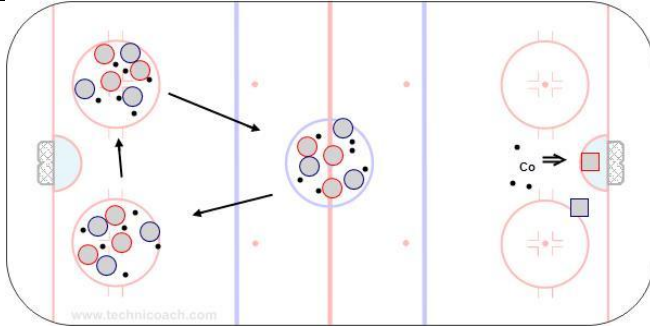
T2-4 - BO-RG-FC - 3 F - Tomas

T2 Spread Power Play 2 Below Goal Line

T4 - Penalty Kill 3-5vs. 2-1-2 Spread PP

T2-4 - Power Play-Penalty Kill Sequence

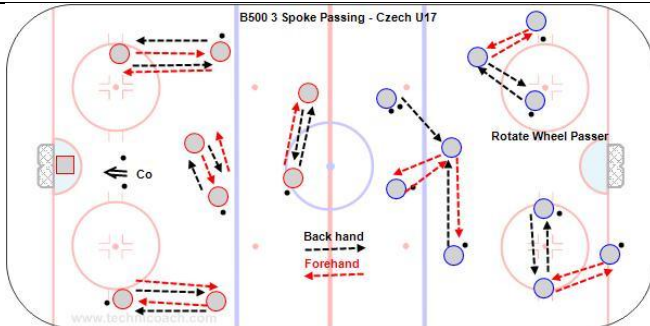
D100 – 3-3 Game with No Dump ins



6'

A500 – Protect Puck Inside Circles

Start 6 in each circle. Protect the puck and pike check others. If you lose the puck rotate to the next circle to the right.



6;

B500 3 Spoke Passing - Czech U17

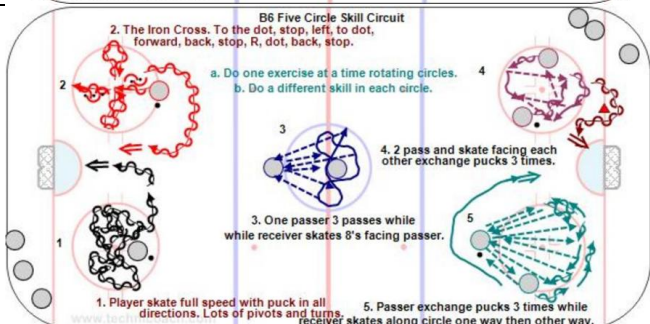
<https://youtu.be/BObj4qlKYyY>



6'

B500 Defenders Stick on the Puck - RB Pro

<https://youtu.be/x2L1BQXe30U>

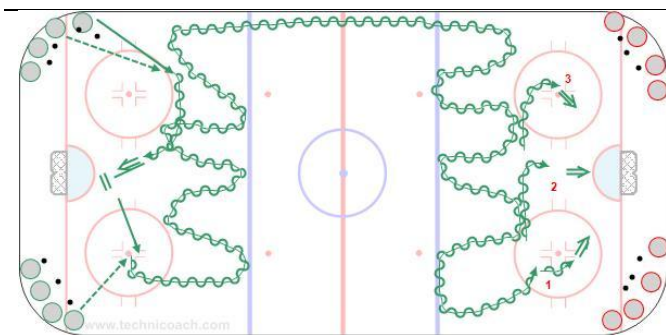


12'

T3 - Defensive Skate - One Leg Puck Toe Caps Square - Cronin - #2 on diagram

<https://youtu.be/ClaKbnbPoqk?si=3TycqeKfTbM3EaXH>

Kayla demonstrate – Iron Cross 3 circles



10

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'

C6 Jursinov 1-1's from the Corner

Key Points

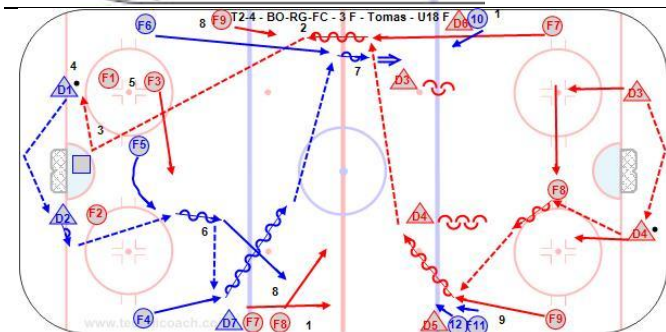
Stay D side stick on the puck, body on body and keep a tight gap within a stick length.
 This is a drill the Russian Jursinov used. You can do 2-1 and 2-2 as well.

Description:

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3
3. Player 3 will try to score and then defend vs player 4.
4. continue this flow

C6 - Continuous 1-1 from Corners - College W

<https://youtu.be/XGdZ41RwhMw>



10"

T2-4 - BO-RG-FC - 3 F - Tomas

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. Coach can focus on one aspect of the game or have a coach with the D, one with the F and one with the G. This could be the 'Magic Warm-up Drill.'

Description:

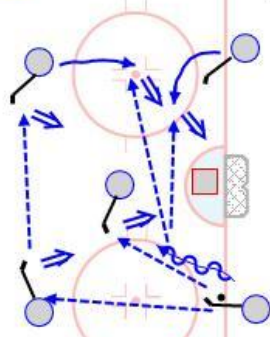
1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. Red F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. Red D1-D2 go back for the puck.
5. White F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. Add tasks like Red D1-D2-F1-F2-F3 breakout and everyone must touch the puck up ice.
7. Red F1-F2-F3 shoot the puck in and forecheck vs. White D1-D2.
8. White F4-F5-F6 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

T2 - Tomas Continuous BO - U15 G.

<https://youtu.be/qtrapQ0ViyC>

T2 Spread Power Play 2 Below Goal Line

A one timer power play.
Players can rotate positions,
walk out for back door plays,
set pick and screens.



www.technicoach.com

10' One group each end

T2 Spread Power Play 2 Below Goal Line - Pro

Key Points:

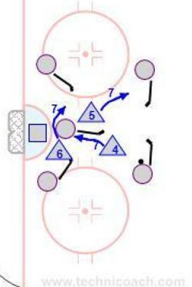
A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

Description:

1. Set up with two players below the goal line and the high attackers just above the top of the circles.
2. Quick passes to make the defenders move.
3. Read when the defender has the 'Stare' looking low and find shooting seams.
4. Walk-out for back door plays to the other low player or a point man coming down.

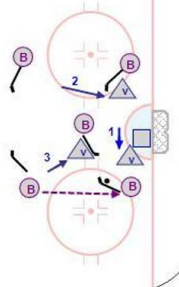
<https://www.youtube.com/watch?v=LqnpJXI9Xxg>

T-PK 3-5 vs a Spread PP



Spread Power Play

Resembles 5 on Dice



T4 - Penalty Kill 3-5vs. 2-1-2 Spread PP

Key Points:

Play 3-3 close to the puck, deny passes through the seams with the stick, skate straight lines. Pressure any loose puck. Block shots and keep the triangle tight. Don't get tied up with an attacker.

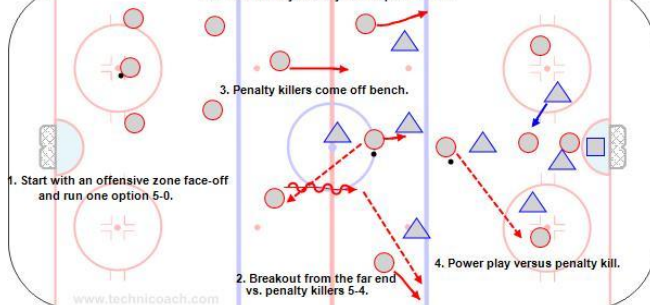
Against a 2-1-2 spread.

Description:

1. Two high defenders who rotate top of the slot when the puck is at the point, mid-slot when at the other point or low on the weak side, low back door when the puck is low.
2. Low defender go east-west on the strong/puck side.
* Low Dice or Spread causes players to turn their back.
* Players have to defend with heads on a swivel.
* 3-3 strong side and give attack 2 players farthest from the puck.
* D to D pass. Rotate; low defender to other side, mid-slot defender to top of circle, top of circle to mid slot.
* Puck passed low. Rotate; low D to strong side, weak side high defender low weak side, other to mid slot.
Take away back door tap in and give up options that are two passes away.

<https://youtu.be/RF1IYZF7SnE>

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



10'

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

Key Points:

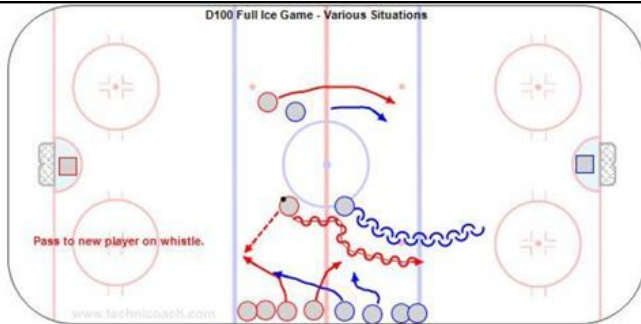
Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power

play create shooting lanes, screen, crash for rebounds.

Description:

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. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

<https://youtu.be/lt8-Ld17-0U>



10'

D100 – 3-3 Game with No Dump ins

D100 - 6-5 at Each End - One Defending D in Neutral Zone

Cheer in middle