



Fire Black

Practice Plan

Date: 10-28-25

Time: 18:00-19:15

Venue: Village Square

Lines:

A300 – Moves at Dots and Tight Turns

G – Goalies at one end with Kaylin

T1 - Scoring Stations c U17 m

T2 - B5 - Triangle - F1 Pass Behind F2 - F3 - Shoot

C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

Notes:

B2 – Transition Skate Shooting

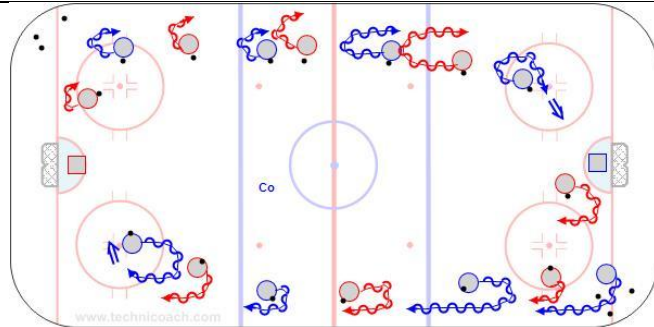
B202 - 4 x 2 Chaos Overspeed – College

B - Hinge Rotation

T2 - B202 - Four Chamber Attack – College M

D100 Two Second Game - College

Cheer in middle



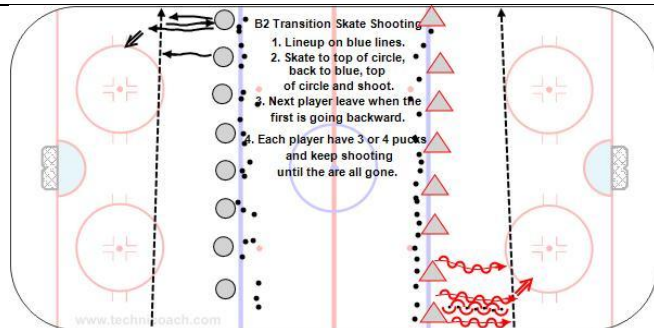
5'

A300 – Moves at Dots and Tight Turns

Hands close together, legs wide apart. Make head, shoulder, stick fakes at each dot.

A300 - Skating and Puck Handling Warm up - U15 G

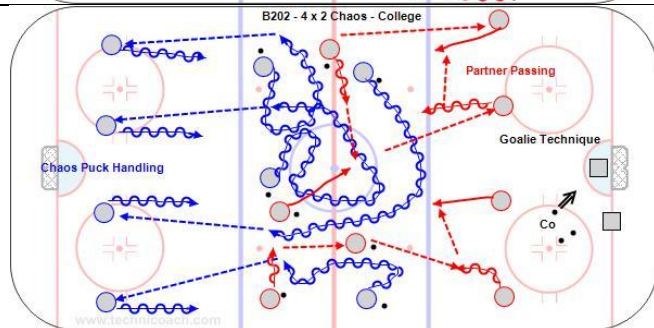
<https://youtu.be/eykwvsQJhHg>



5'

B2 - Transition Skate Shooting - U15 G

https://youtu.be/TXjoNn8_1TI

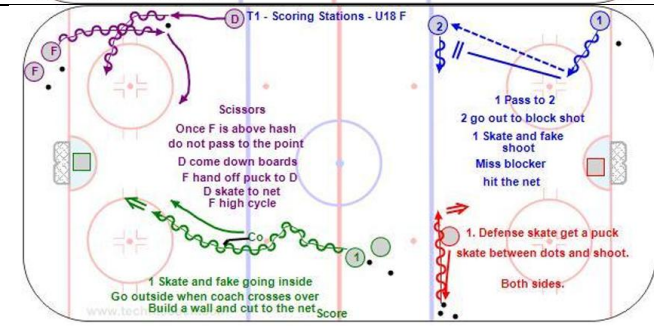


20' Kaylin with goalies

10'

B202 - 4 x 2 Chaos Overspeed – College

<https://youtu.be/fEGcEqZUQAE>



10' One end no goalie

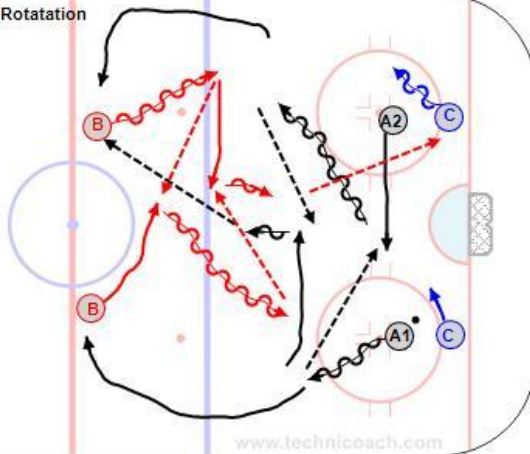
T1 - Scoring Stations - C U17 B

Ten-minute video of the Canadian team working on scoring.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8060#8060>

<https://youtu.be/TZGWV2DWpDU>

B - Hinge Rotation



10' - In neutral zone with D

B - Hinge Rotation

Key Points:

Skate quickly up the side or to the middle while your partner creates a hinge below in the middle or above on the wall. Replace the pair you pass to in the line.

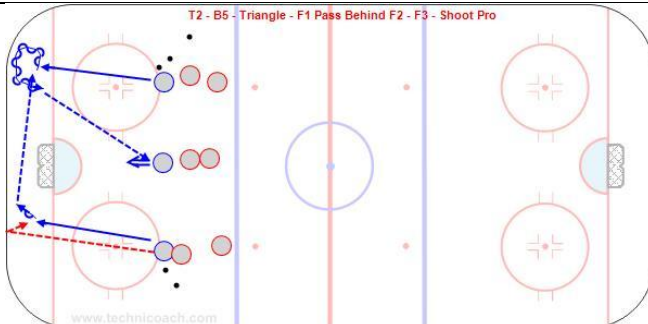
Description:

1. A1 carry the puck wide and pass back to A2 in the middle.
2. A2 now carry the puck wide and pass back to A1.
3. A1 skate and pass to B1 who repeats the passes in the other direction.
4. A-B-C's do the same.
5. Next repetition A1 skate to the middle and pass wide and up the ice to A2.
6. Third rep A1 skate across and drop to A2 and they switch sides.

T2 - B200 - 4 D Hinging - Fake - U17 M

<https://youtu.be/IPeWxik4pA0>

T2 - B5 - Triangle - F1 Pass Behind F2 - F3 - Shoot Pro

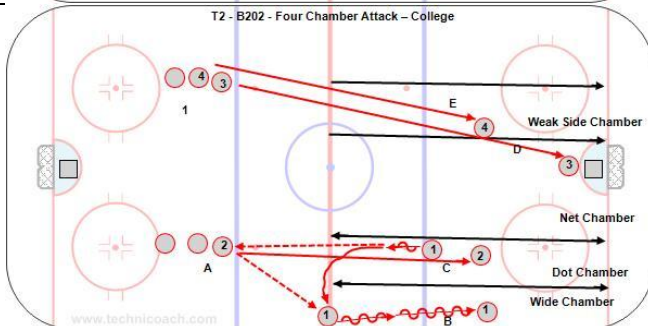


At far end with forwards

T2 - B5 - Triangle - F1 Pass Behind F2 - F3 - Shoot Pro

<https://youtu.be/Za209ppoOIQ>

T2 - B202 - Four Chamber Attack - College



10'-

T2 - B202 - Four Chamber Attack - College M

Key Points:

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

Description:

- A. Players are in two lines facing each other across the neutral zone.
- B. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.
- C. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.
- D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.
- E. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.
- F. Fifth attacker support from the point.
- G. Repeat the other way.

* Players 1-2 attack the widest defender and can cross and drop, 1 skate to the inside and pass to the outside

to 2 who crosses and takes the ice behind, 1 chip and 2 chase, etc. Important that 2 skates hard and takes a defender with him.

<https://youtu.be/0gMgG3rkXzg>



10'

C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

Key Points:

Forwards create 2-1 situations with close support and speed. One player always hard to the net on a middle drive on a shooting play and a wide drive if they are open. Headman the puck and move through the neutral zone quickly and make the first pass in the offensive zone early. Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

Description:

Players are lined up along the boards in the C3 formation. Have 2 colours of jerseys and play one team vs the other if you have enough players. You can have D on one side and F on the other or they can wait on the side they will be playing. 1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot). 2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal). 3. Attack 3-2 in the original direction. 4. Three F from the other coloured team attack 3-0 on the vacant end. 5. Repeat sequence. 6. Coach count how many goals the team scores in 6 min. (or another time). 7. Keep a record of how many goals were scored. 8. F can score on rebounds above the goal line. 9. Next time if the F's score less goals the G and D win and if they score more goals the F win. This example is Total Hockey where all the players play both forward and defense. This prepares the D to know what to do on the attack and F to be able to defend when they cover the point or are the first F back on the rush.

<https://youtu.be/OBTYaeTCSDA>



10'

D100 Two Second Game - College

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

<https://youtu.be/PVy5NiFsV9w>

Cheer in middoe