



## Fire Black

## Practice Plan

Date: 11-06-25

Time: 16:00-17:30

Venue: Henry Viney

Lines:

Notes:

**B600 - Continuous 3-3 Regroup**

Coaches warm up goalies

**B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro**

**B500 Overspeed 2-0 with a Pass**

DT400 Quick Transition Game

**B2 - D Walk Line-Switch D to D One Timer -**

**B2 - D to D Options x 4 - Point Shots - U17**

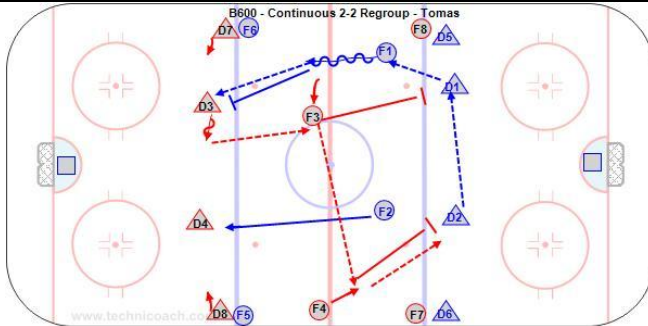
**B6 – Carolina - 2 Cross and Drop - Regroup - 3-0**

**C6 - Rush Recognition x 2 - U18 F**

**D202 – Two Thirds Ice Game with Jokers Behind Nets**

**E1 Shout Race**

Team Cheer in middle – Parent meet coach r



10'

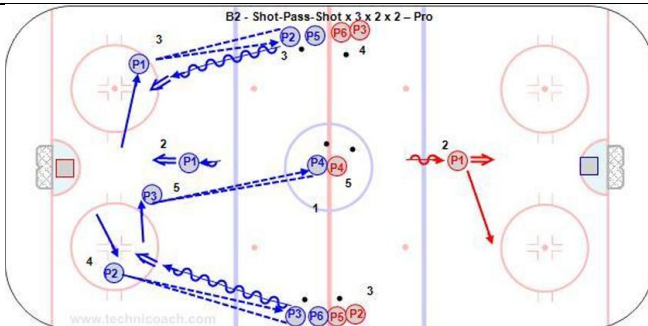
Coaches shoot on goalies.

**B600 - Continuous 3-3 Regroup – Tomas - Key Points:**

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

**Description:**

1. D1-D2 pass to F1-F2-F3
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.



10'

**B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro**

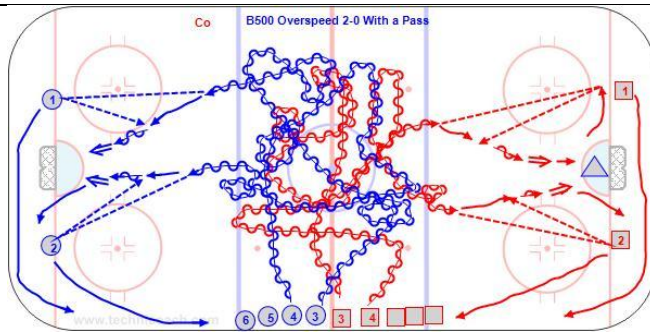
**Key Points:**

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

**Description:**

1. Players line up at the red line with pucks facing each end.
2. P1 in middle leave and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<https://youtu.be/sI0OFFCnd3g>



10'

### **B500 Overspeed 2-0 with a Pass**

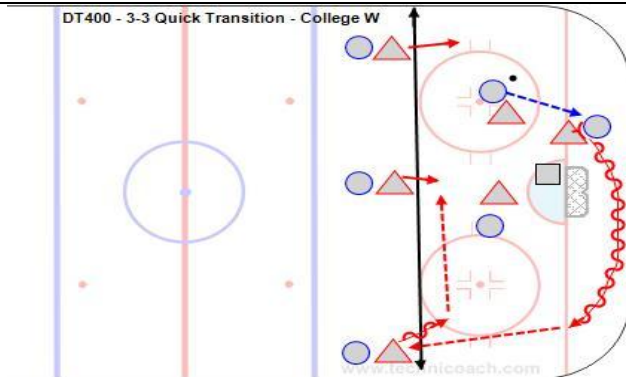
#### Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away using a catch and release shot.

#### Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle after last player shoots and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<https://youtu.be/ByBqQUu0jJ8>



10' **Forwards at one End Mila-Brooke**

### **DT400 Game of Quick Transition**

- **Goals from passes below goal line**

#### Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

#### Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get outside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

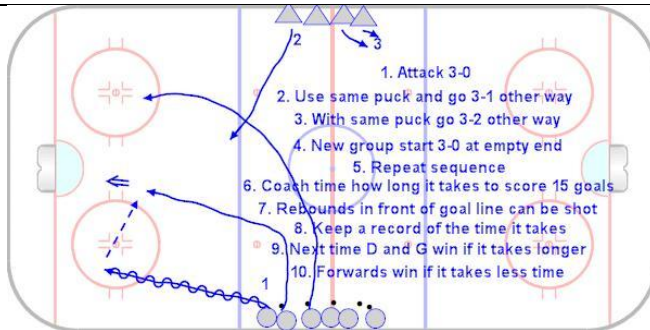
DT400 Quick Transition Game - U15

<https://youtu.be/ecxLc1JGBVY>



3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<https://youtu.be/0VnIOFNtoN0>



10'

**C3 - 3-0 3-1, 3-2 - 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.

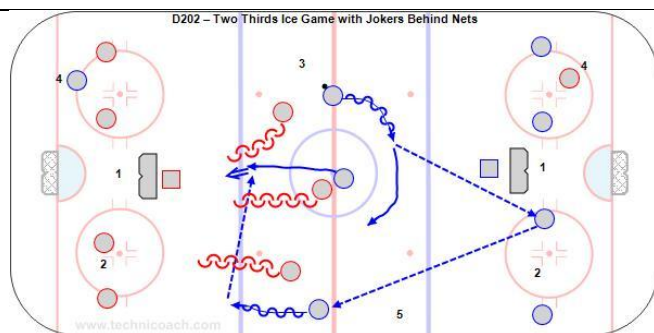
Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

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.

<https://youtu.be/XEzo7LCXkN0>



10'

### D202 – Two Thirds Ice Game with Jokers Behind Nets

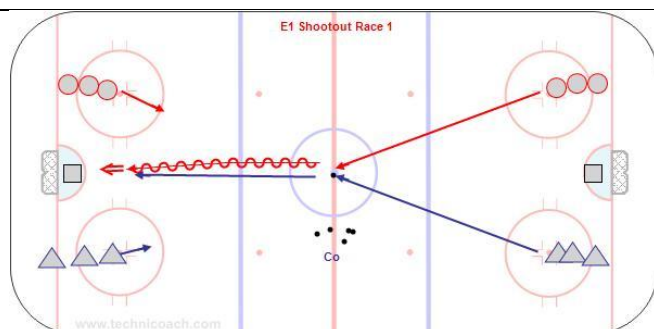
#### Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

#### Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>



10'

### E1 2-0 Change on Go Shootout - U18 F

#### Key Points:

The main goal of this shootout is for the goalies to battle and never give up on shots. It is more realistic if only one pass per shot is allowed but if the goal is for the goalie to battle put no restrictions on the shooters.

#### Description:

1. Half the team in each box and as many pucks on the blue line as the number of the largest team.
2. Two players leave from the box, get a puck from the blue line and shoot until they score.
3. After scoring race back and touch the player box gate so the next two can leave.
4. First team to score all the pucks wins.
5. Losers do a chore or exercise.

E1 2-0 Change on Go Shootout

<https://youtu.be/zmkEehfTlqk>

Team cheer in middle