



Fire Black

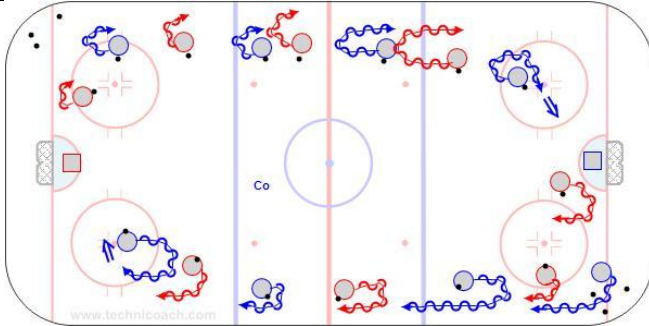
Practice Plan

Date: 11-11-25

Time: 11:40-12:30

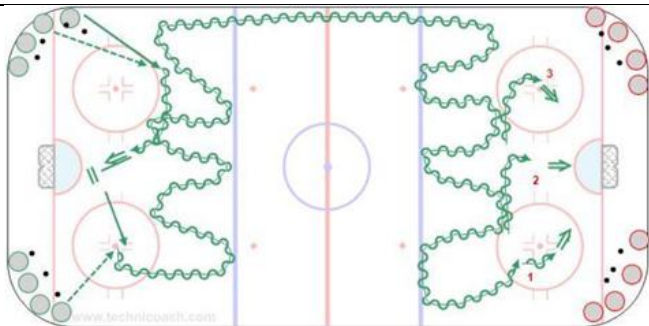
Venue: Crowchild

Lines:	Notes:
A300 – Moves at Dots and Tight Turns	B6 - Pass-Agility-Zig-Shoot x 2 - U15 G
B6 - Timing Around Circles	T3 - C202 - 1-1 Angling - College M
DT100 - Continuous 2-2 No Positions	D100 – Power Play Game – All Situation
Team Cheer in Middle	



5'
A300 – Moves at Dots and Tight Turns
 Hands close together, legs wide apart. Make head, shoulder, stick fakes fakes at each dot.

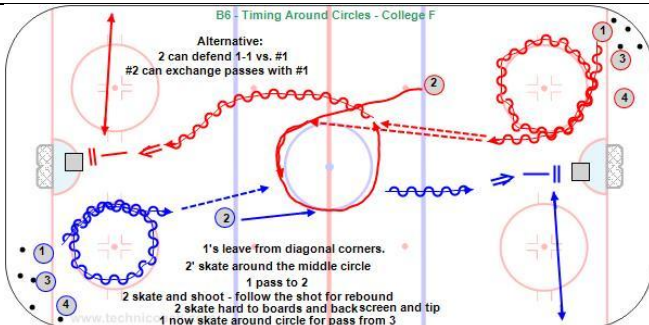
A300 - Skating and Puck Handling Warm up - U15 G
<https://youtu.be/eykwvsQJhHg>



10'
B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

Key Points:
 Passing, agility skating, shots.

<https://youtu.be/04Rz3o5fYfY>



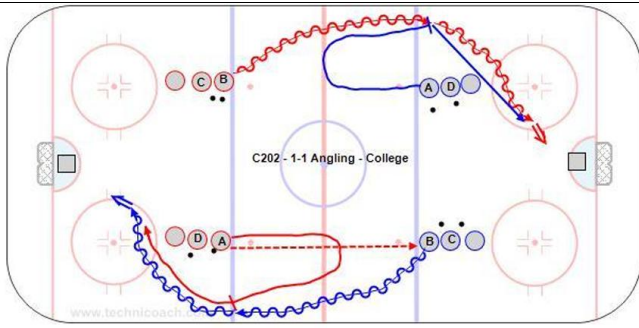
10'
B6 - Timing Around Circles – Dizzy - College W
Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

<https://youtu.be/ckOiQ9QI72E>



10'

T3 - C202 - 1-1 Angling - College M

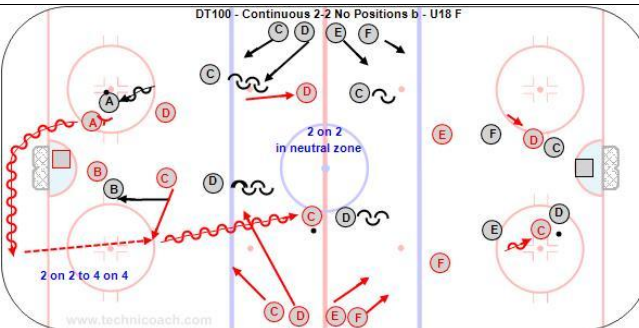
Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check B.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>

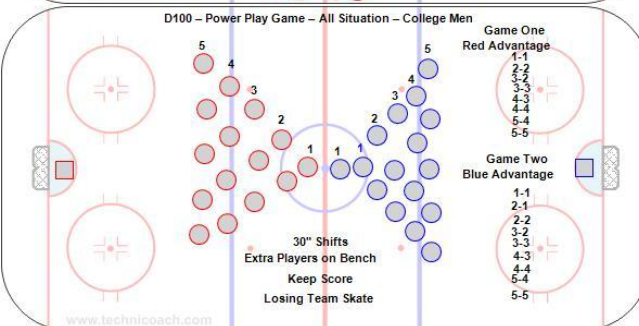


10'

DT100 - Continuous 2-2 No Positions - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8116#8116>

<https://youtu.be/lczCYMOjLuA>

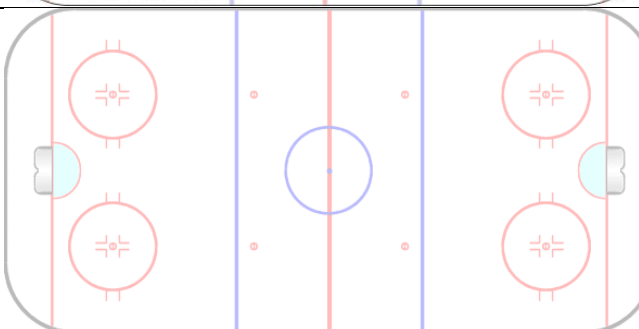


13'

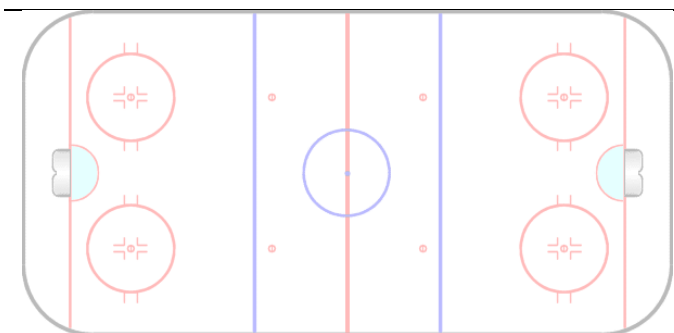
D100 - Power Play Game - All Situation - College Men

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8181#8181>

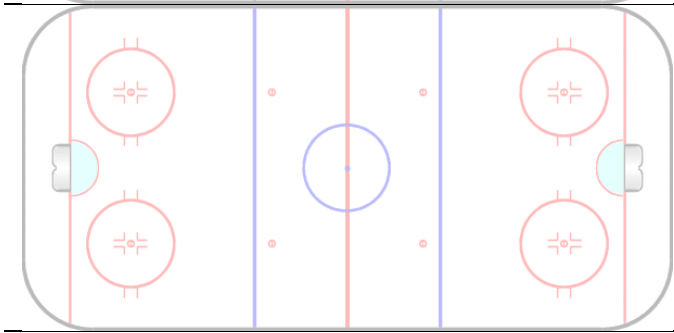
<https://youtu.be/7qLLlc30nbE>



Team Cheer in Middle



Explanation/Notes:



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