



# Fire Black

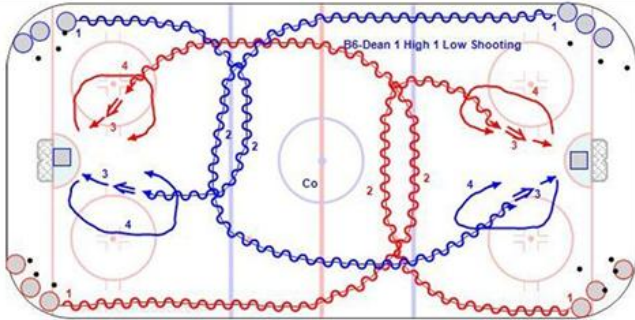
# Practice Plan

Date: 11-13-25

Time: 16:15-17:45

Venue: Crowchild

Lines:	Notes:
<b>B6 - 1 High 1 Low Shooting - Pro</b>	D4 x 2 - Clear Zone – Give and Go to Score
<b>B600 D Regroup x 2 Point Shot - Pro W</b>	D100 - Game- <b>One Pass Each Zone</b> - U15 G
<b>C6-600- 1-1 D Join F Backcheck 2-2 – Pro</b>	<b>T3 - Blocking Shots</b>
<b>Jim PP 1 – Tom PP 2 Tom High Press pk</b>	<b>Jim PP 12– Tom PP Tom High Press pk</b>
<b>T2-4, D4 – Reilly Team Play Rotation</b>	Team cheer



10'

## B6 - 1 High 1 Low Shooting - Pro

**Key Points:** Shoot with your feet moving. Go to the other corner when finished. Rebound for the next shooter.

**Description:** 1. One player leave from each corner. 2. One high one low on each side. 3. Shoot, follow the shot. 4. Each shooter rebound for the next shooter.

<https://youtu.be/hzhm55hiiBw>

B6 High-Low-Shot then Agility-Shot -

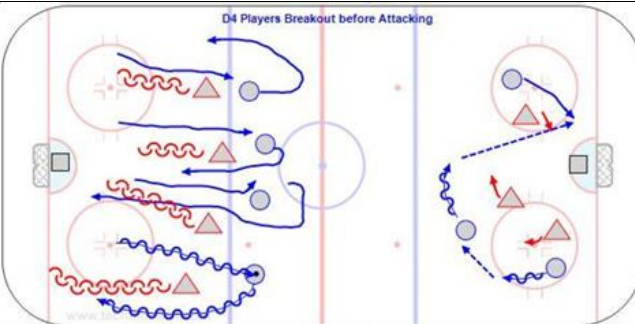
Prospects <https://youtu.be/4gXbWsbKCno>

B6 High Low Shooting with Pass - U20

<https://youtu.be/XnLYkYF-hQ>

B6 High-Low-Shot then Agility-Shot - Prospects

<https://youtu.be/4gXbWsbKCno>



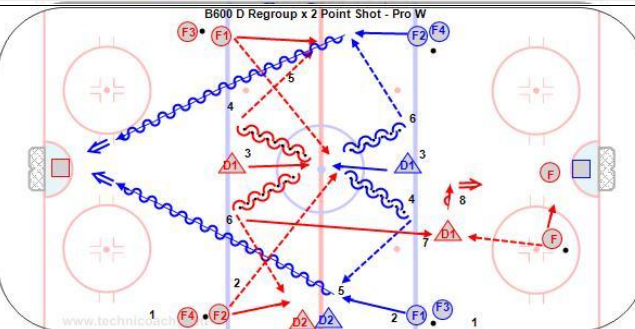
10'

## D4 Clear Zone to Attack Game

To transition to offense defenders must clear zone and get outside. Rule: There must be at least one scissors before you can score

D4 x 2 - Clear Zone – Give and Go to Score

<https://youtu.be/FkZHYmazUvw>.



10'

## B600 D Regroup x 2 Point Shot - Pro W

**Key Points:**

Face the puck. Give a target. Defensemen keep skating all the time. Pass hard. Shoot, rebound then screen.

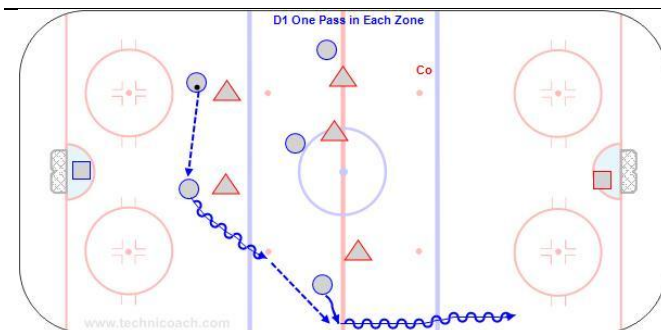
**Description.**

1. Forwards start from the four blue lines and defense at opposite blue lines.

2. Red F1 pass to Blue D1 and Blue F1 to Red D1.

3. D1's skate toward the red line for the pass.
4. Both D1's skate back toward the blue line then up ice to pass.
5. Blue D1 pass to Blue F1 and Red D1 to Red F1 who skate in for a shot.
6. D1's skate back and repeat getting a pass from F2 on the other side.
7. D1's follow the attack to the blue line and get a pass from F1 or F2.
8. D1's shoot from the point and F1-F2 screen.
9. D2's repeat with F3-F4's.

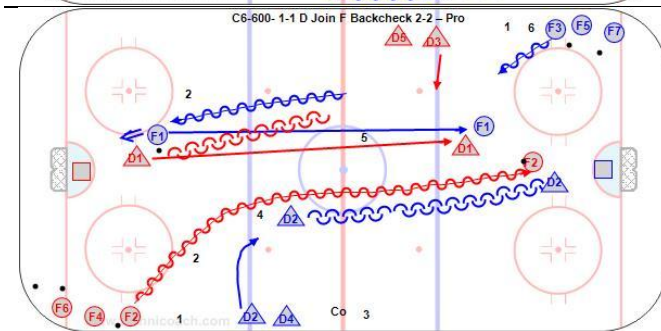
<https://youtu.be/HtBU5t6-hnl>



**D100**

**D100 - Game-One Pass Each Zone - U15 G**

<https://youtu.be/R6Z3yDaNOnI>



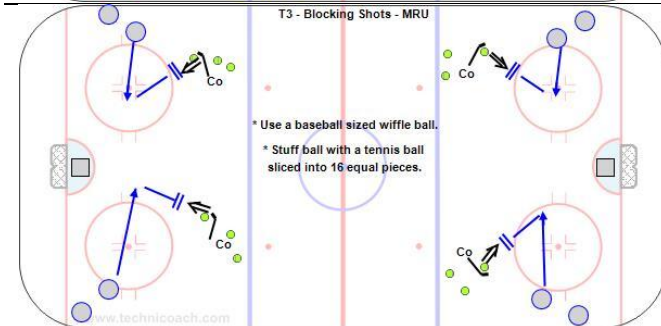
**10'**

**C6-600- 1-1 D Join F Backcheck 2-2 – Pro**

<https://www.hockeycoachingabc.com/forum/viewtopic.php?showtopic=7657&topic=8044#8044>

**4**

<https://youtu.be/RpWCh55hKDY>



**10'**

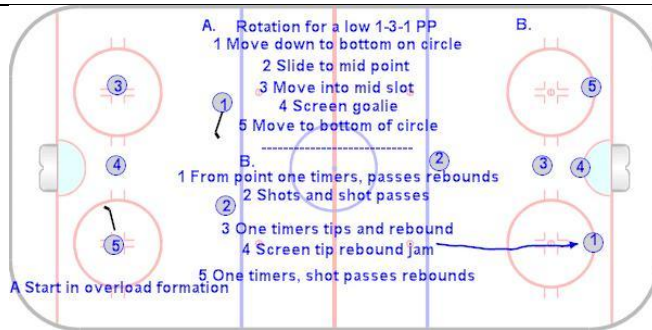
**T3 - Blocking Shots – from the net out.**

Start F on corner-pass to point – D shots

Skate to defensive side and look where the net is, then out toward the shooter.

T3 - Blocking Shots – MRU

<https://youtu.be/dIaz0akcWrE>



10'

Jim pp1

T2 - PP - Russian U20

<https://youtu.be/eEhVKbs7B5Y>



10'

T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

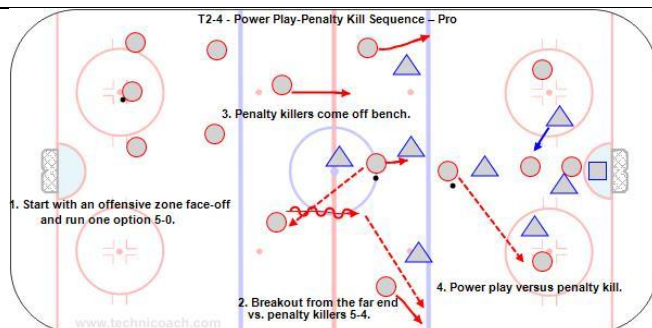
Key Points:

Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible. High forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

Description:

1. High press vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

<https://youtu.be/NJ21DSB2VEw>



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/VadXPVkbM4I>

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Cheer in middle

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