



# Fire Black

# Practice Plan

Date: 11-18-25

Time: 18:00-19:15

Venue: Village Square

### Lines:

A300 - Skating and Puck Handling Warm up - U15 G

B6-600 Flow -Breakout 2 F Shoot - D Point Shot -

B4 - Cross and Drop Sequence – College

DT400 3-3 Krusel Battling Game

Team cheer

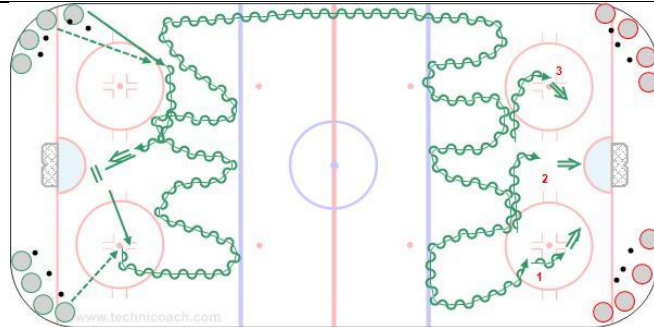
### Notes:

**B6 - Pass-Agility-Zig-Shoot x 2 - U15 G**

**B2 - One Timer Shots x 4**

**C6 – Pardy’s 1-1 to 3-2**

**D100 Two Second Game –**



3'

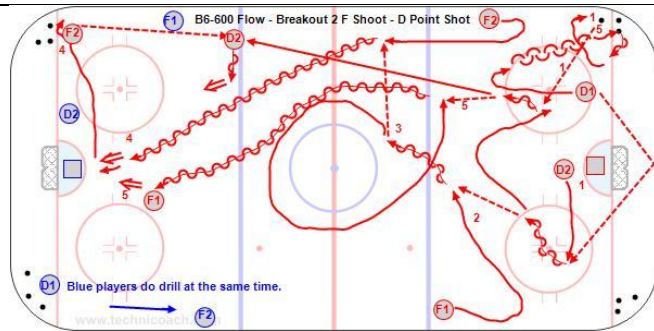
**A300 - Skating and Puck Handling Warm up - U15 G**

<https://youtu.be/eykwvsQJhHg>

10'

**B6 - Pass-Agility-Zig-Shoot x 2 - U15 G**

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



10'

**B6-600 Flow -Breakout 2 F Shoot - D Point Shot - Finland U20**

#### Key Points:

Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

#### Description:

*This happens the same time from each end.*

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F2 while F1 move in for a shot pass and rebound.

[https://youtu.be/567GJB\\_Cgpc](https://youtu.be/567GJB_Cgpc)

**B2 - Defense One Timer Shots x 4 – Sw**

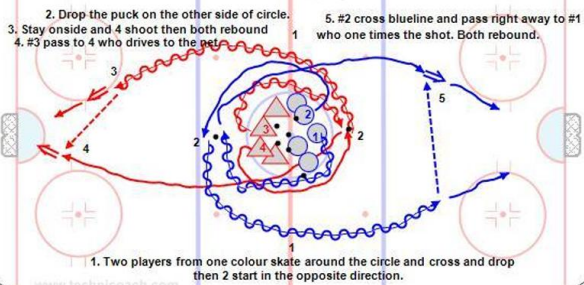


10'

Partners spread around the ice and take turns shooting 4 one timers.

**B2 - One Timer Shots x 4 – Sw**  
<https://youtu.be/EHPwgBrs-HI>

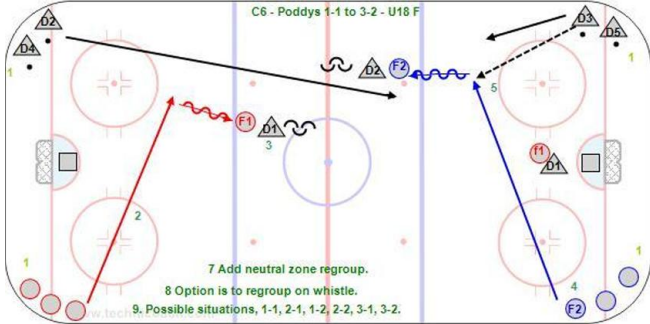
**B5 Cross and Drop Sequence**



10'

**B4 - Cross and Drop Sequence – College**  
[https://youtu.be/HHHs\\_8VNjwY](https://youtu.be/HHHs_8VNjwY)

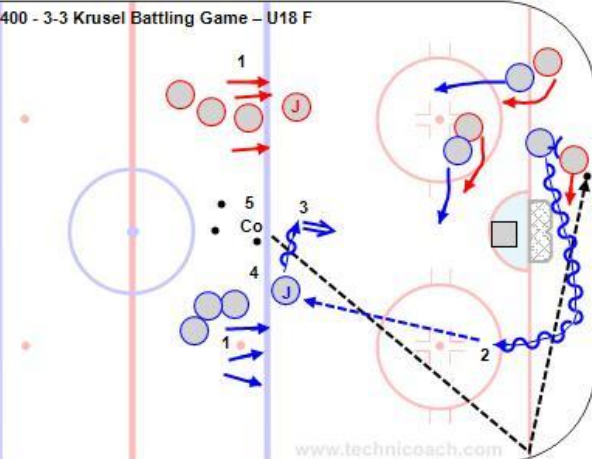
**C6 - Poddys 1-1 to 3-2 - U18 F**



10'

**C6 – Pardy's 1-1 to 3-2 – Wally - U18 F**  
<https://www.youtube.com/watch?v=NYAhiCwca-4>

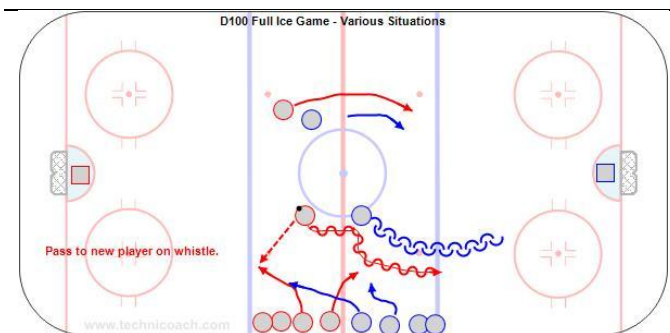
**DT400 - 3-3 Krusel Battling Game – U18 F**



10'

**DT400 3-3 Krusel Battling Game – ProW**  
[https://youtu.be/e80Cod\\_L2So](https://youtu.be/e80Cod_L2So)

D must shoot while attackers screen and defenders take sticks and box out.



10'

D100 Two Second Game – College  
<https://youtu.be/PVy5NjFsV9w>



Team Cheer



Explanation/Notes:

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