



Fire Black

Practice Plan

Date: 11-20-25

Time: 16:30-18:00

Venue: Village Square

Lines:

Kaylin with both goalies.

B6 – Machine Gun

T2-B5 – 5-0 Breakouts

C3 – 3-0 – 3-1 – 3-2

D4 – Reilly Power Play Game

Team cheer

Notes:

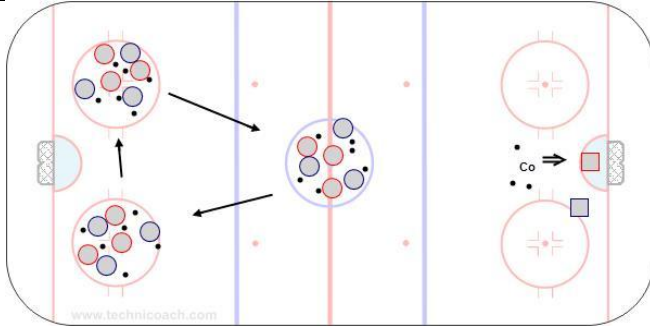
A300 – Puck Protection in Three Circles

B600 – Tomas 3 F Regroup

C4-C600 – 1-1, 2-1

T2-D100 – Power Play Game

E1 – 10 Puck Shootout



8'

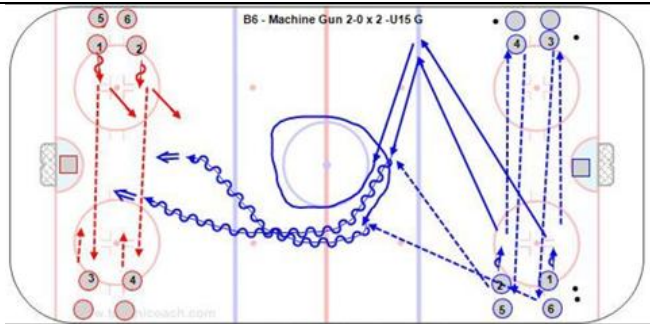
Kaylin with both goalies.

A500 – Puck Protection in Three Circles

Start 56 in each circle.

Protect the puck and pike check others.

If you lose the puck rotate to the next circle to the right.



10'

B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7834#7834>

<https://youtu.be/WmpASHh7uL4>



20'

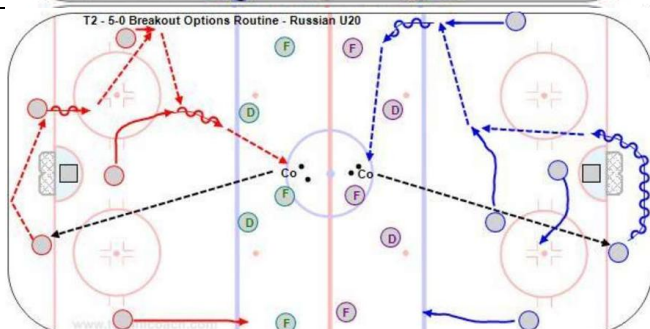
Kaylin both goalies

10'

B600 - Continuous 3-2 Regroup – Tomas - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7855#7855>

<https://youtu.be/dB6DPGuHn3s>



10'

T2 - 5-0 Breakout Options Routine - Russian U20

Key Points:

Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

Description:

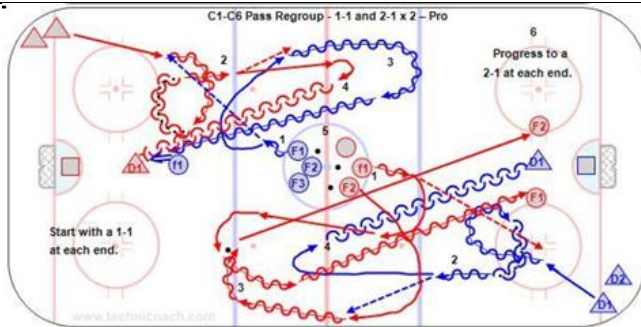
1. Two units of five wait near the red line to break out of each end.

2. Coach at each end shoot the puck in.

3. Unit of 5 break out using various options.
4. Pass to the coach.
5. Coach shoot the puck in and the other unit break out.
6. Continue rotating and practice the various options.

**This is a good routine to do at the start of practice to review the breakout and get everyone involved.*

<https://youtu.be/dJ-gmPtTcHM>

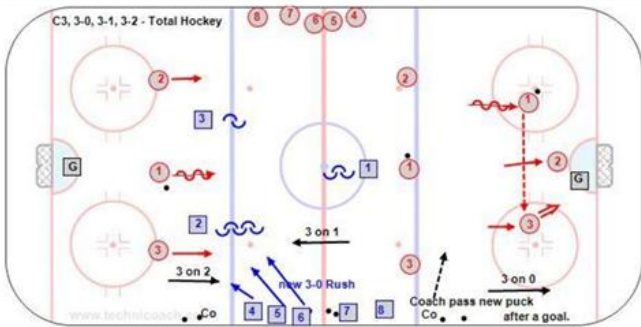


10'

C4-C600 – 1-1, 2-1

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7941#7941>

https://youtu.be/DbvCmK_M5wc

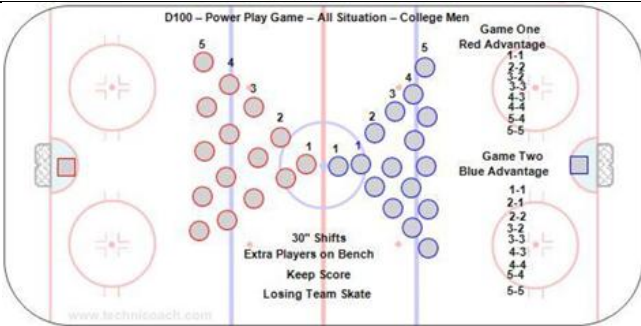


10'

C3 - Total Hockey - 3-0, 3-1, 3-2 - U18 F

Key Points:

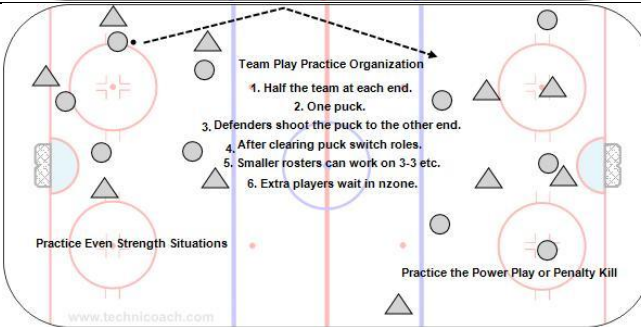
Total hockey because everyone plays all positions on offense and defense. Attack with a middle drive at top speed. Hit the net and drive for rebounds. Only allow one pass in the offensive zone on the 3 0. Attack with speed and make plays early while defenders delay the attack.



10'

D100 - Power Play Game 1-1 to 5-5 - U15 G

<https://youtu.be/2QsKXbo1Cog>



10'

T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

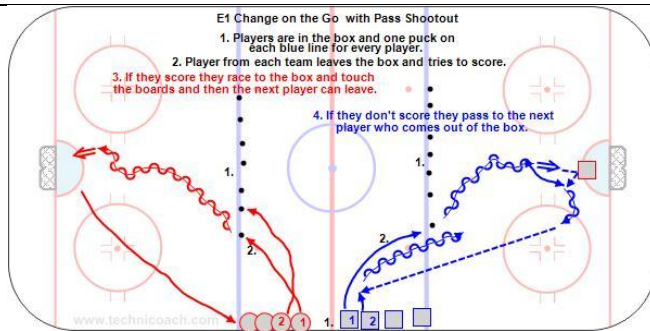
Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

T2-4 - Reilly PP-PK Game – College

<https://youtu.be/uLF7yFsbGyg>

**The play rotates from end to end.*



10'

E1 Ten Puck Shootout

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5170#5170>

<https://youtu.be/VRtwyRqRv2I>

Team Cheer
