



Fire Black

Practice Plan

Date: 11-25-25

Time: 18:00-19:15

Venue: Village Square

Lines:

Notes:

A300 – Moves at Dots and Tight Turns

A300 - Skating and Puck Handling Warm up - U15 G

B2 - Shot-Pass-Shot x 3 x 2 x 2

B6 - 2-0 x 2 Cross Pass x 2 - Finland U20

G – Kaylin Goalies

D2 - Four Station Skills and Games Station

T4 - Defensive Zone Skating

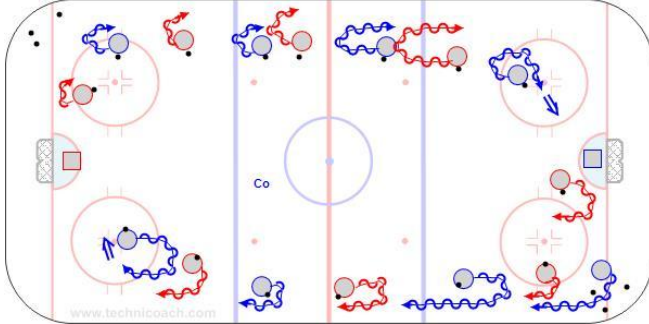
DT400 - Perry Pearn Game Rotation-Defender Sticks Over

C3 1-1 Both Sides - C-D No Sticks

DT100 Continuous 1-1, D Join Attack

DT400 Game of Quick Transition 2-2 x 2

Team Cheer



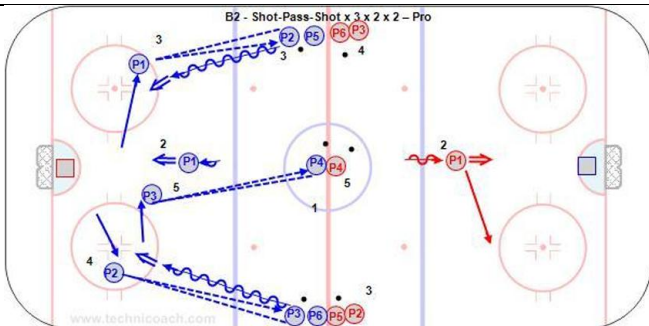
3'

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>

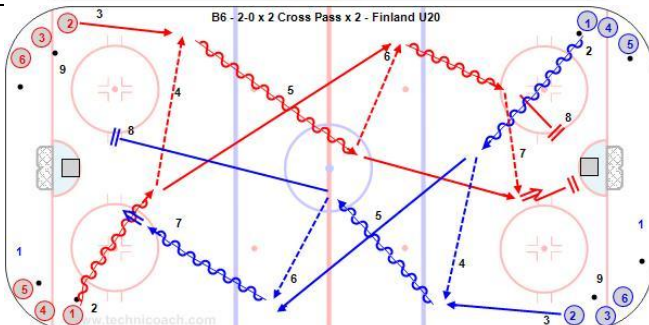


7'

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8045#8045>

<https://youtu.be/sIO0FFCnd3g>



10'

***B6 - 2-0 x 2 Cross Pass x 2 - Finland U20**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8125#8125>

<https://youtu.be/lacEylHssWQ>



20'

G – Kaylin Goalies

10'

D2 - Four Station Skills and Games Station

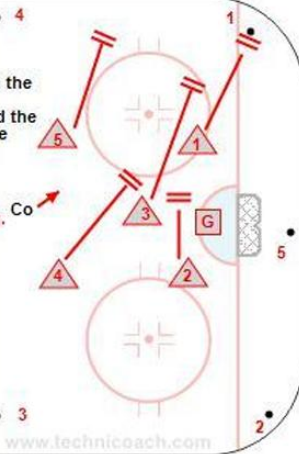
One – Goalie Training Stations

2 to 4 – 3-3 Keepaway - 5 passes 1 point -

Rotate - rule one scissors required

B500 Defensive Zone Skating

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

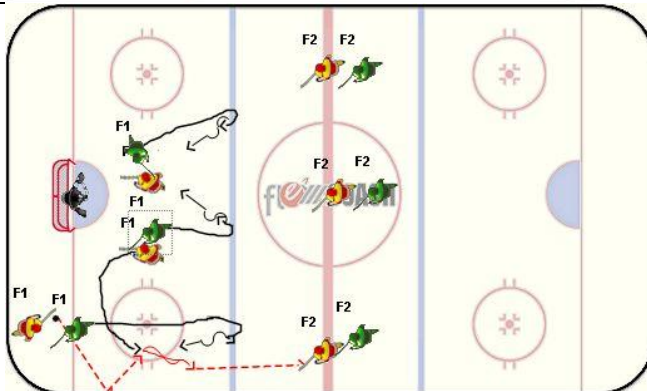


5'

T4 - Defensive Zone Skating - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1126#1126>

<https://youtu.be/SkXnlmn6IXk>



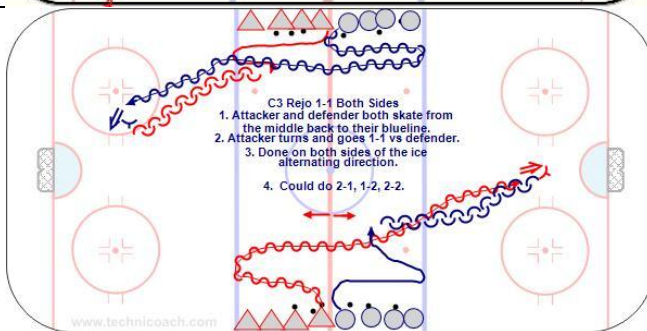
8'

5-5 Perry Pearn Rotation – Defenders sticks turned over. Change on the whistle.

DT400 - Perry Pearn Game Rotation – Youth

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1118#1118>

<https://youtu.be/bSbwtYECAew>



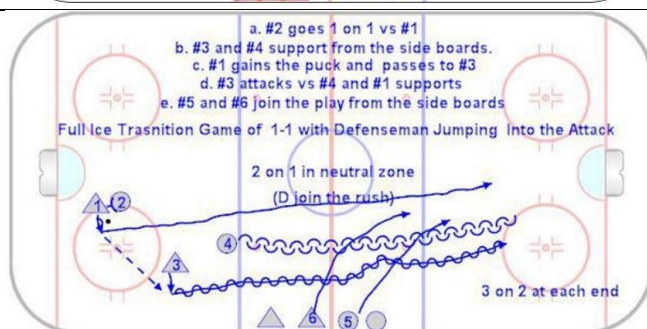
10'

D and C defend with no sticks.

C3 Reijo 1-1 Both Sides - Gap Control - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=901#901>

<https://youtu.be/8nziC2xxlso>



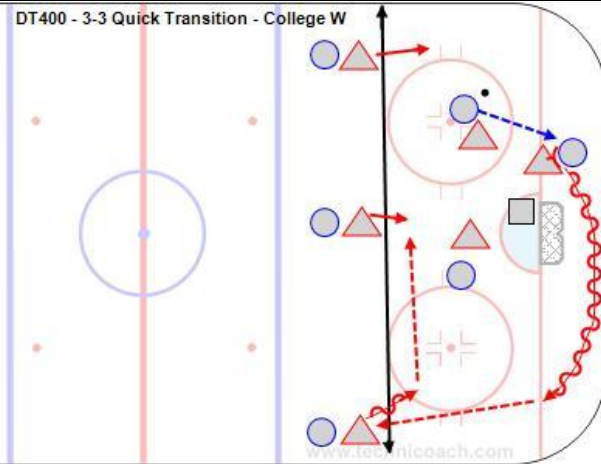
10;

***DT100 Continuous 1-1, D Join Attack - U18 F**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6309#6309>

<https://youtu.be/GH0qDr5qd24>

DT400 - 3-3 Quick Transition - College W



10'

DT400 Game of Quick Transition – U15

D – C one end W – other end

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5171#5171>

<https://youtu.be/ecxLc1JGBVY>

Team cheer