



Fire Black

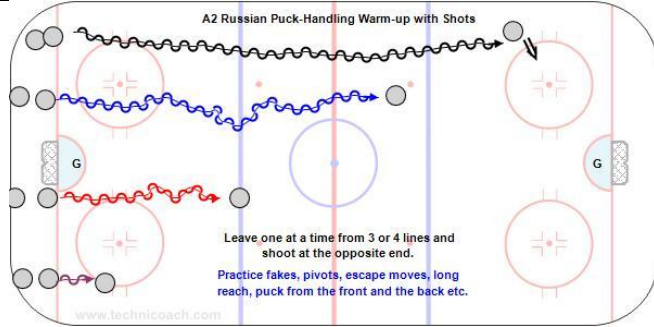
Practice Plan

Date: 11-27-25

Time: 16:00-17:30

Venue: Henry Viney

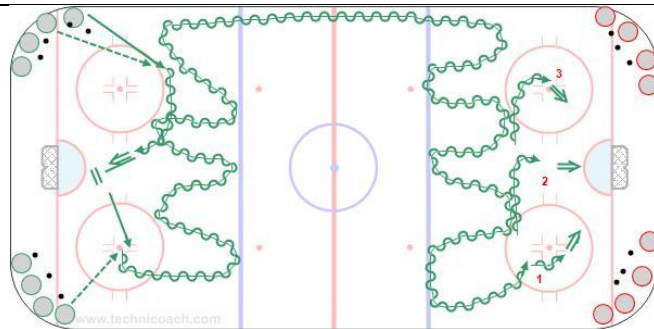
Lines:	Notes:
A200 - Vladimir Jursinov - Big Moves	A6 – 3 Shots, 3 Zig-zags, 3 Shots
B6 – Machine Gun	D4 – Two Pass – Rule-At Least One Scissor
C600 2-1 x 2 – Finish Play - Pro	C3 – 3-0 - 3-1 - 3-2
PP 1 – one end PP 2 other – Switch at 10'	T2-4 – Specialty Team Sequence
Team Cheer	



10'
A200 – Jim Lead - Big Moves

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8075#8075>

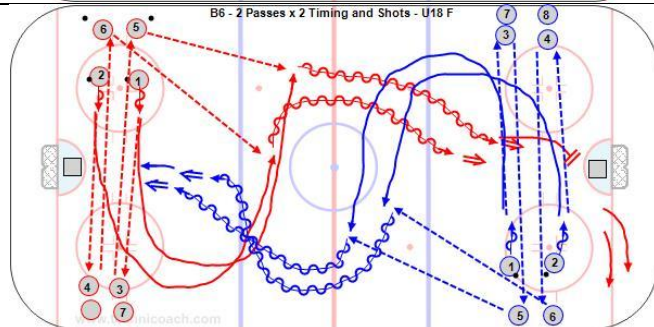
<https://youtu.be/hWArs-S2qKQ>



10'
A6 – 3 Shots, 3 Zig-zags, 3 Shots - U15 G

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7940#7940>

<https://youtu.be/DGzvB-HRt1s>



10'
B6 - Machine Gun - 2 Pass x 2 - Shot - U15 G

Key Points:

Two Cross ice passes at each end. 1 skate across neutral zone for a pass and go in and shoot. 2 Skate around circle, get a pas then go in and shoot.

Description:

A. 1 and 2 pass across ice to 3-4

B. 1 and 2 skate across into the neutral zone.

C 3 and 4 pass across to 5-6

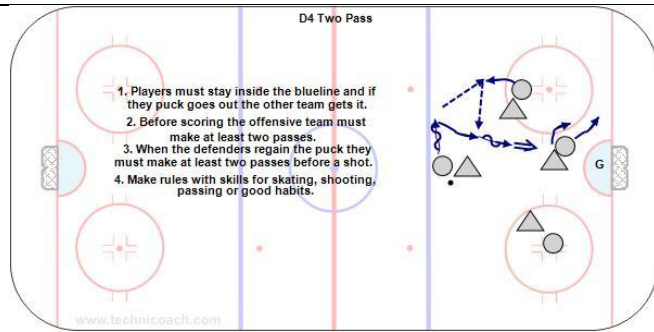
D. 5 pass to 1 and 6 to 2.

E. 1 skat down and shoot.

F. 2 skate around middle circl, get pass from 6, skate down and shoot. .

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

https://youtu.be/kjvc_kuhYsY



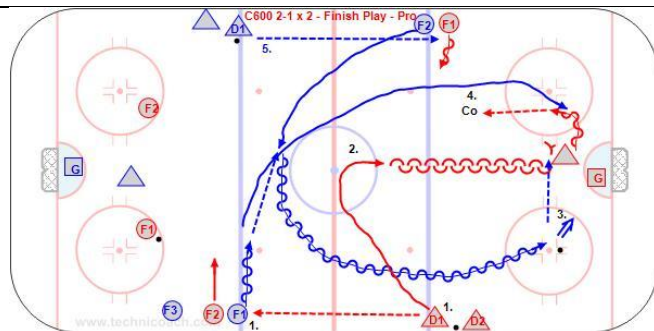
10'
D4 – Two Pass – Rule-At Least One Scissor

Key Points:
 Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Skill Rules - Escape move before passing.

D4 Two Pass – U15 Boy's

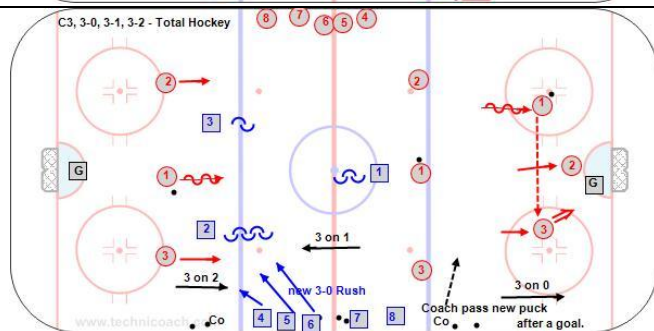
<https://youtu.be/3O8K3nNC3gc>



10'
C600 2-1 x 2 – Finish Play - Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8168#8168>

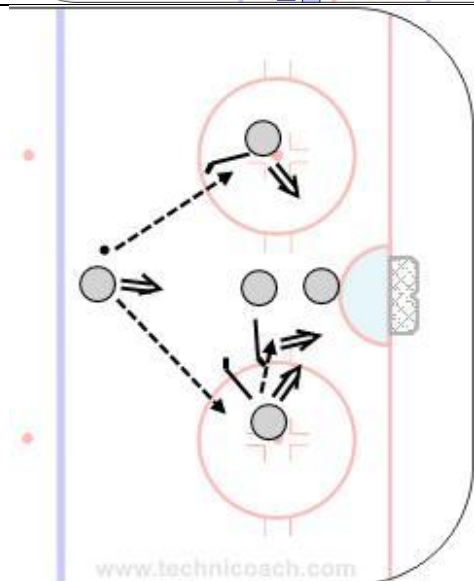
<https://youtu.be/-SXXOXO1Vro>



10'
C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6019#6019>

<https://youtu.be/OBtYaeTCSDA>



10'
Change to specialty team colours

Jim – Brooke with PP1

PP2 – Pk – Tom – Emily

T2 - 5-4 PP - Russian U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7560#7560>

<https://youtu.be/eEhVKbs7B5Y>

