



# Fire Black

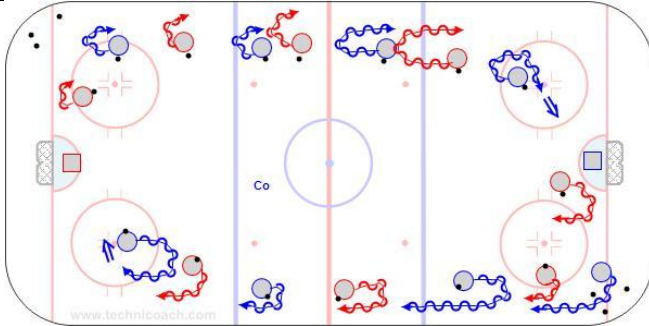
# Practice Plan

Date: 12-04-25

Time: 16:15-17:30

Venue: Crowchild

Lines:	Notes:
A300 – Moves at Dots and Tight Turns	<b>B2 - Transition Skate Shooting</b>
<b>B600 - Multiple One Touch Passes</b>	T2 – B600 - 5-0 - Tomas - Breakout Options
C6 – Poddy’s 1-1 to 3-2	D100 – Power Play Game – Pass Each Zone
T2-4, D4 – Reilly Team Play Rotation	<b>E1 - Gambling Shootout</b>
Cheer in middle circle	



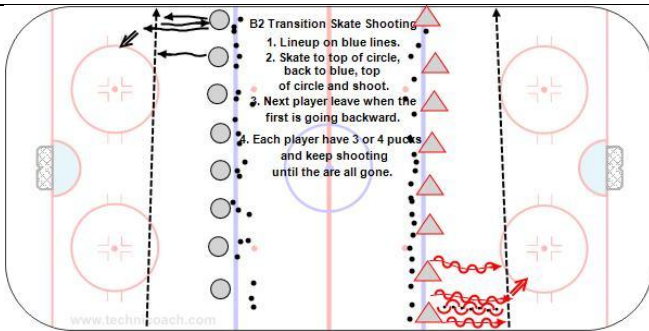
5'

### A300 – Moves at Dots and Tight Turns

Hands close together, legs wide apart. Make head, shoulder, stick fakes at each dot.

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>

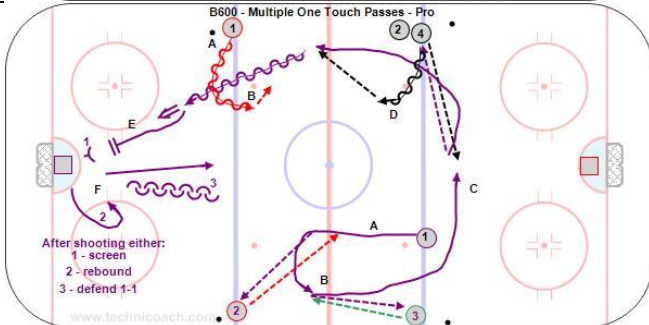


5'

### B2 - Transition Skate Shooting - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=271&topic=288#288>

<https://youtu.be/RRVp29xJRXQ>

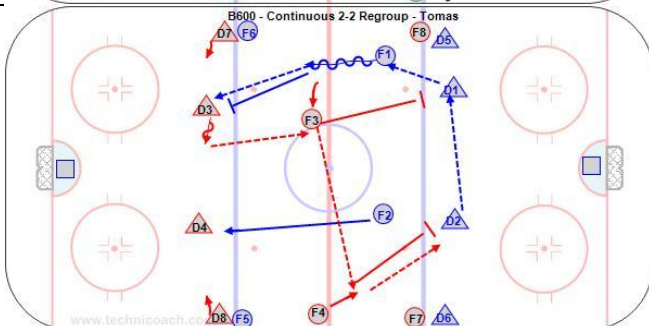


10'

### B600 - Multiple One Touch Passes – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7722#7722>

<https://youtu.be/uCBsG4KORMI>

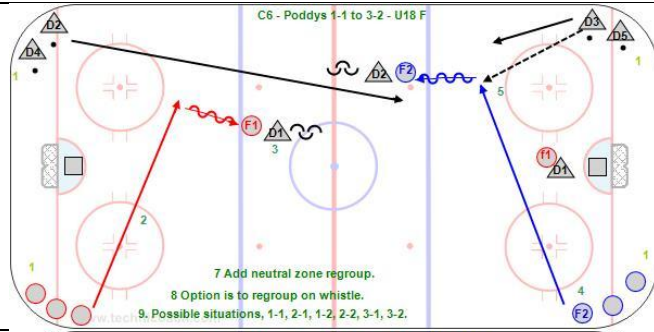


10-

### T2 – B600 - 5-0 - Tomas - Breakout Options

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6204#6204>

<https://youtu.be/ZMugl0bnTeE>

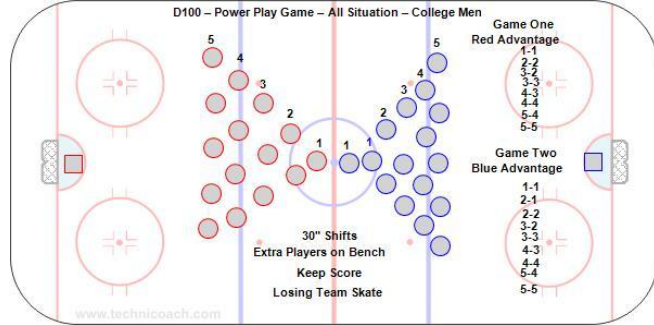


10'

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8081#8081>

<https://youtu.be/NYAhiCwcA-4>

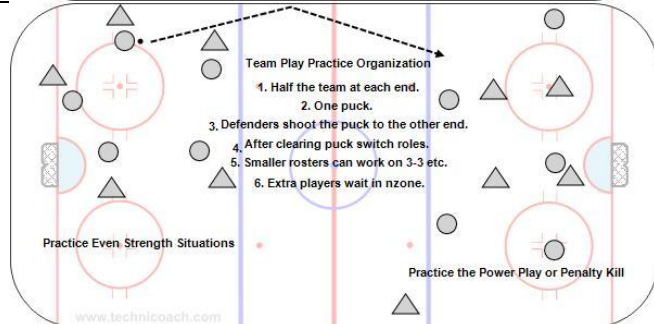


13'

**D100 – Power Play Game – Pass Each Zone**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8181#8181>

<https://youtu.be/7qLLlc30nbE>

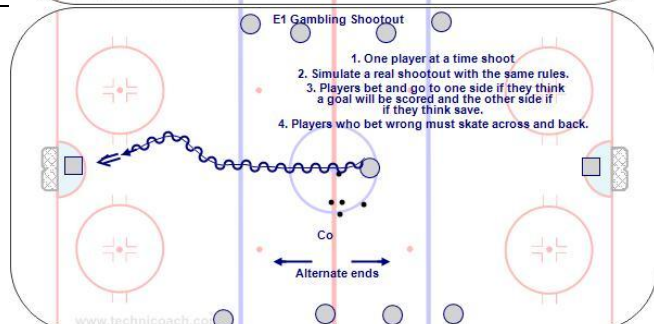


10-

**T2-4, D4 – Reilly Team Play Rotation - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6531#6531>

<https://youtu.be/AYIPjishwnw>



10'

**E1 - Gambling Shootout - U20 M**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2152&topic=2705#2705>

<https://youtu.be/TDmdz-06NNQ>



**Explanation/Notes:**

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