



Fire Black

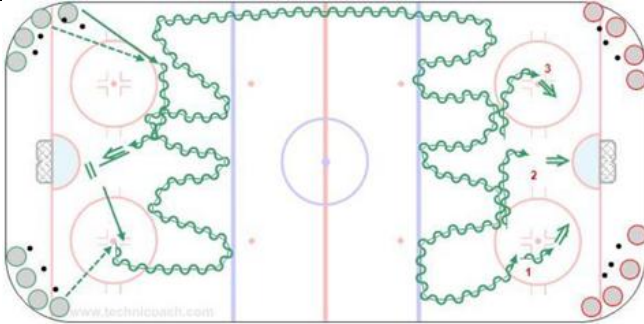
Practice Plan

Date: 12-09-25

Time: 18:00-19:15

Venue: Village Square

Lines:	Notes:
B6 - Zig-Zag - Agility Skate - Pass – Shoot	D2 - Four Station Skills and Games Station
DT 400 – Pearn 5-5 one end	B6 - Machine Gun - Pass Agility Skate - Shoot x 2
C202 - 1-1 Steer - Angle – Finish	D202 - 2/3 Ice Game - pass to Joker to be Offense
E1 - Shootout Race	Team Cheer



10'

B6 - Zig-Zag - Agility Skate - Pass – Shoot

<https://www.facebook.com/518555930/videos/pcb.1842676273308828/826042983713816>

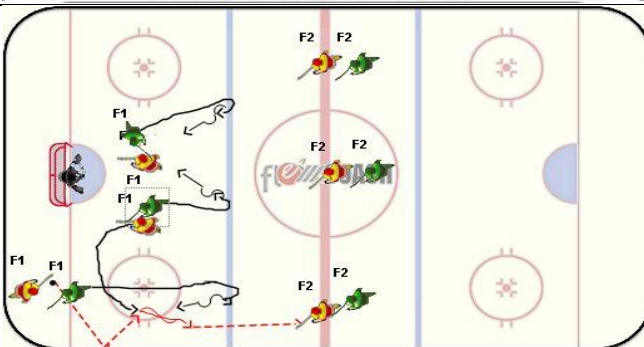


G – Kaylin Goalies

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



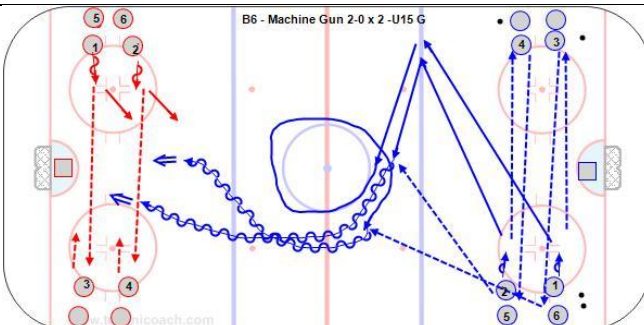
10' – **One goalie with Kaylin**

DT 400 – Pearn 5-5 one end

DT400 - Perry Pearn Game Rotation – Youth

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

<https://youtu.be/bSbwtyECAew>

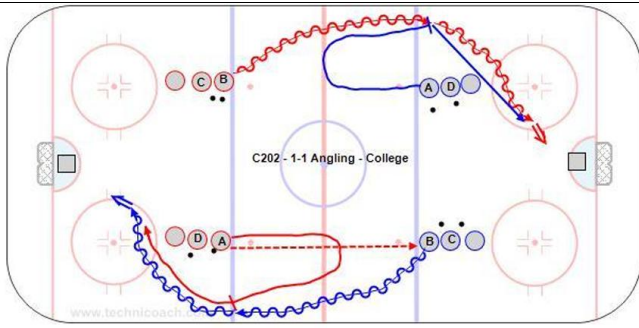


10'

B6 - Machine Gun - Pass Agility Skate - Shoot x 2

<https://www.facebook.com/tom.molloy.5836/videos/1181177590524233?idorvanity=631135947796206>

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



10'

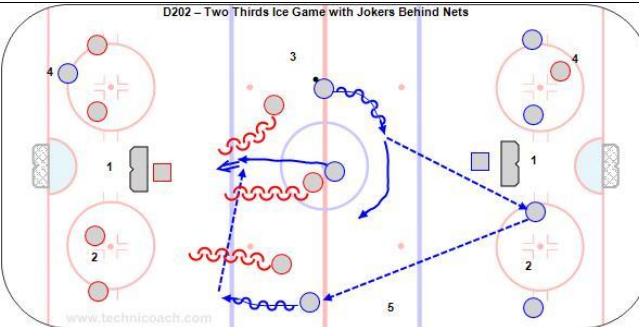
C202 - 1-1 Steer - Angle - Finish

<https://www.facebook.com/518555930/videos/pcb.1891058518470603/2365421577209898>

Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

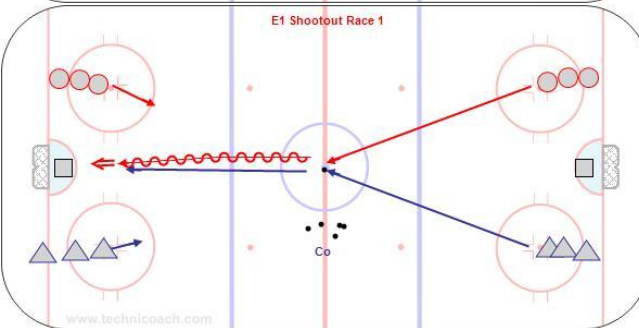
<https://youtu.be/iZ8q2L9cDRE>



13'

D202 - 2/3 Ice Game - pass to Joker to be Offense

<https://www.facebook.com/518555930/videos/pcb.1886496602260128/2332196150553132>



10'

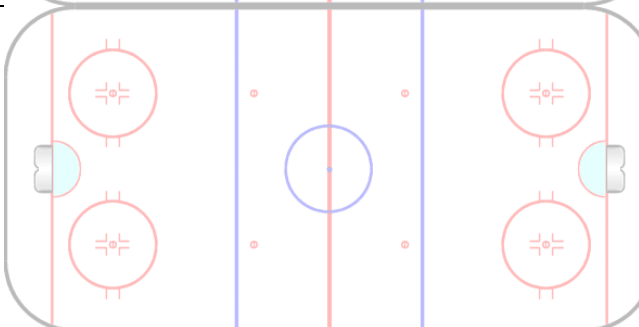
E1 - Shootout Race

<https://www.facebook.com/tom.molloy.5836/videos/3355805244568570?idorvanity=631135947796206>



2'

Team cheer



Explanation/Notes:

