



# Fire Black

# Practice Plan

Date: 12-11-25

Time: 16:00-17:30

Venue: Max Bell

Lines:

A300 – Moves at Dots and Tight Turns

B200 Overspeed with a Pass -

T2 – PP1 with Jim – PK Tom

T2-4 - Power Play-Penalty Kill Sequence – Pro

D200 - 3-3 - 3-2-1 Pucks - U18 F

Team cheer in middle

Notes:

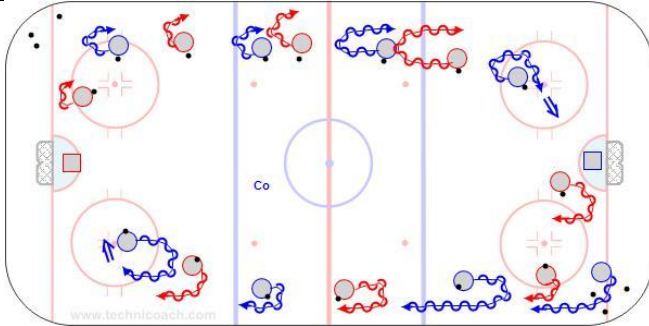
B6 1-0, 2-0, 3-0 Small Horseshoe

B600 - Tomas NZ Regroup – Dump In BO

T2 – PP2 with Jim – PK Tom

D4 x 2 – Clear Zone – Goals on Give and Go

E1 – Shootout Race From Dots – U18 Boy's



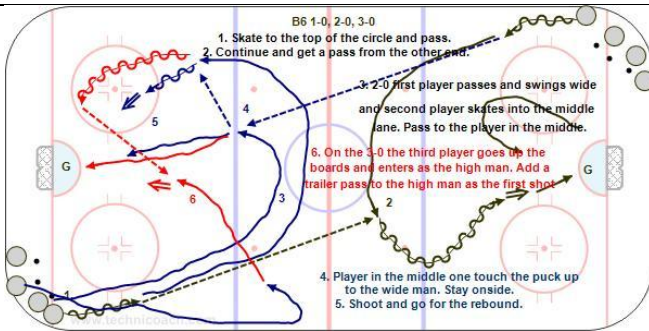
3'

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>



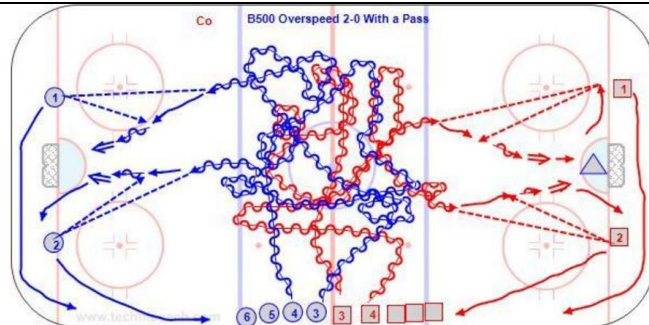
10'

B6 1-0, 2-0, 3-0 Small Horseshoe –

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7848#7848>

U18 F

<https://www.facebook.com/518555930/videos/pcb.702415750668225/10159386288325931/>

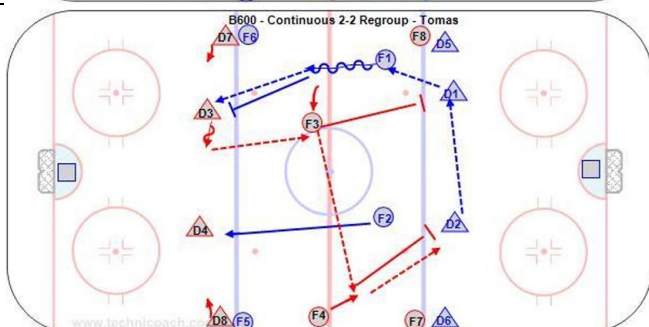


10'

B200 Overspeed with a Pass - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=375#375>

<https://youtu.be/XMUeqfmfH7Y>

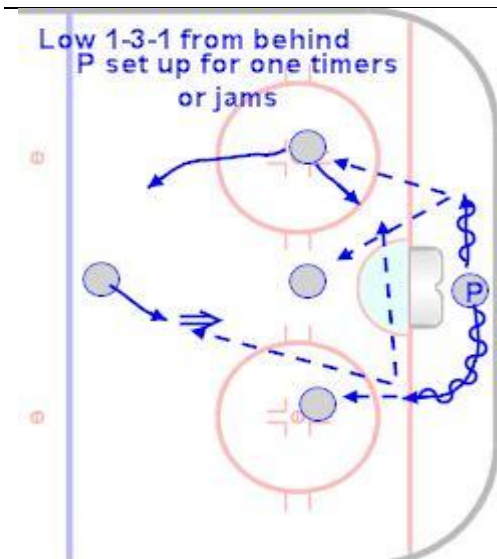


10' – Tomas NZ Regroup – Dump In BO

B600 - Tomas 2-2 NZ RG-Forecheck - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>

<https://youtu.be/CxFA8EQIYeQ>



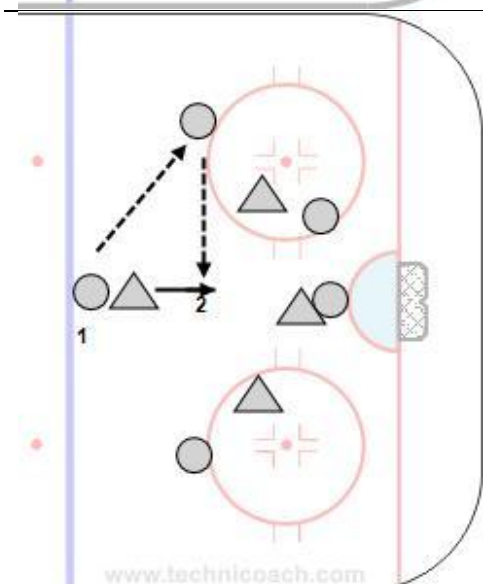
10'

T2 – PP1 with Jim – PK Tom

T2 - Practicing the 1-3-1 Diamond Power Play Pro and Russian

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=712&topic=723#723>

<https://youtu.be/LHDNSDOhIHw>



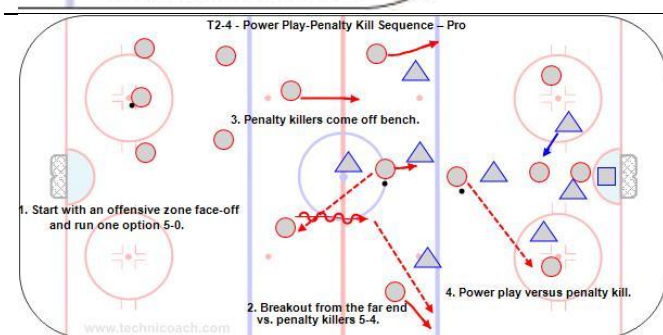
10'

T2 – PP2 with Jim – PK Tom

T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8036#8036>

<https://youtu.be/NJ21DSB2VEw>

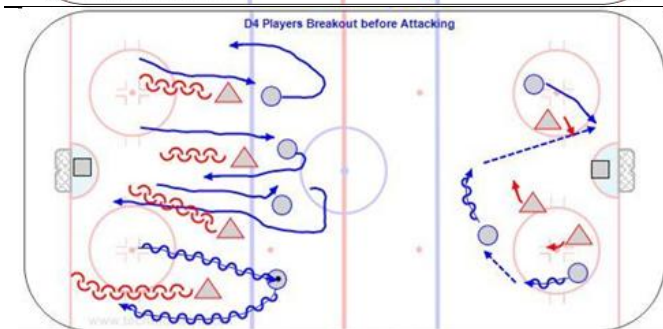


10'

T2-4 - Power Play-Penalty Kill Sequence – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7907#7907>

<https://youtu.be/VadXPVkJMb4I>



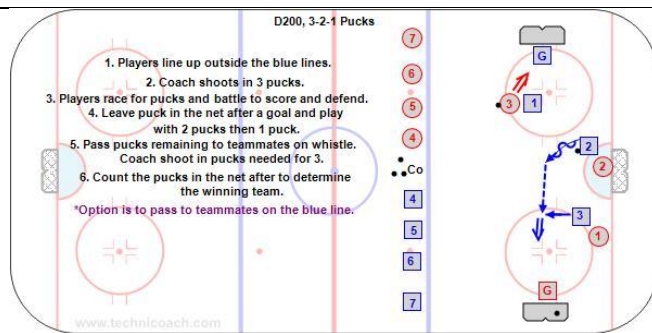
10'

**D4 Clear Zone to Attack Game**

To transition to offense defenders must clear zone and get outside. Rule: There must be at least one scissors before you can score

D4 x 2 - Clear Zone – Give and Go to Score

<https://youtu.be/FkZHYmazUvw>

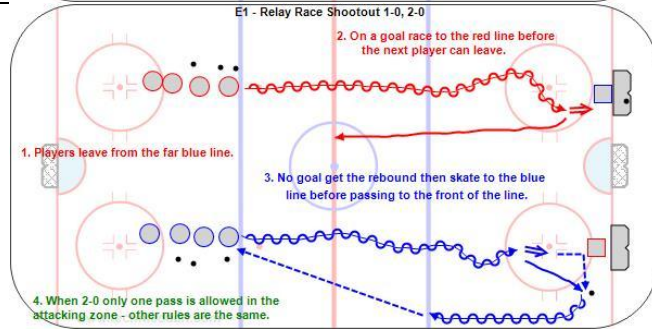


10'

D200 - 3-3 - 3-2-1 Pucks - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6334#6334>

<https://youtu.be/jgUexDVf8c0>



10'

E1 – Shootout Race From Dots – U18 Boy's

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7473#7473>

<https://youtu.be/pWdBW5Z1TXM>

Team Cheer