



Fire Black

Practice Plan

Date: 12-16-25

Time: 18:00-19:15

Venue: Village Square

Lines:

A300 – Moves at Dots and Tight Turns

Kaylin with goalies

T3 - Pressure Point and Shot Block x 2 Circuit - U17

DT400 Quick Transition Game x 2

Team cheer

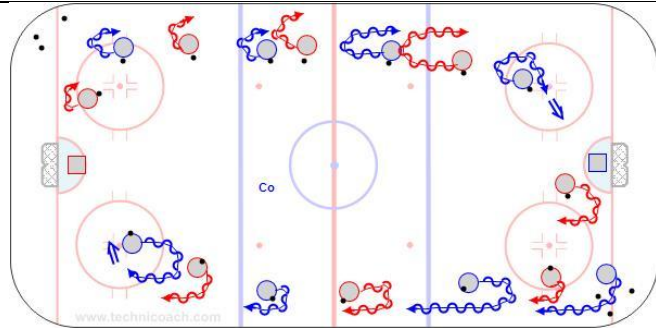
Notes:

T2 - Breakout Sequence - Wally Kozak – College

B202 - 4 x 2 Chaos Overspeed – College M

B6 - Timing Around Circles - College F

DT100 - 'Total Hockey' Continuous 2-2 No Positions



5'

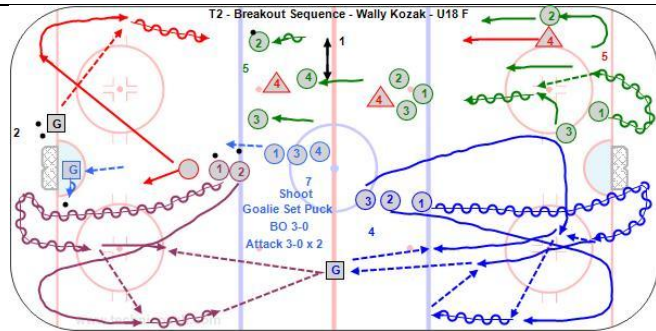
3'

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>



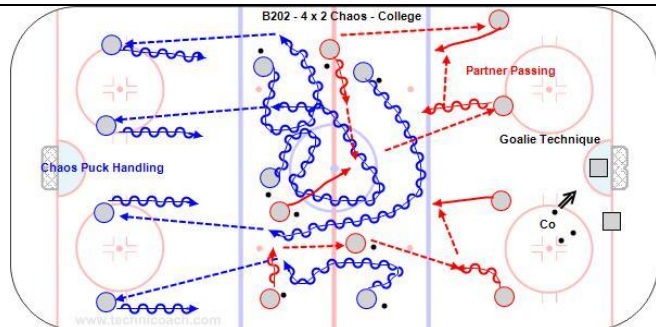
10'

T2 - Breakout Sequence - Wally Kozak – College

Goalies Passing

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8221#8221>

<https://youtu.be/zD3G8WVzFDo>

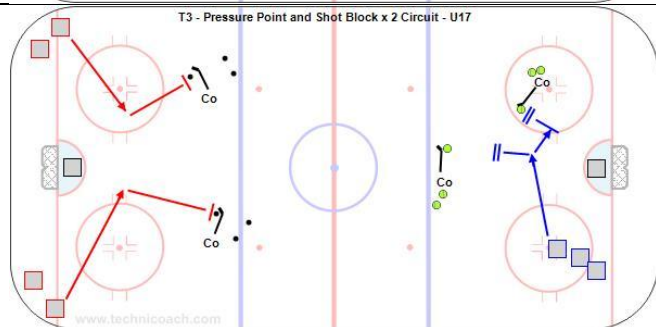


10' Kaylin with goalies

B202 - 4 x 2 Chaos Overspeed – College M

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8194#8194>

<https://youtu.be/fEGcEqZUQAE>



10'

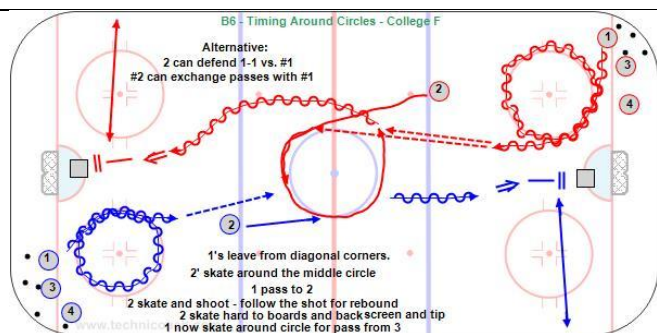
T3 - Pressure Point and Shot Block x 2 Circuit - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7369#7369>

<https://youtu.be/OXrrjkKtUOk> - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7369#7369>

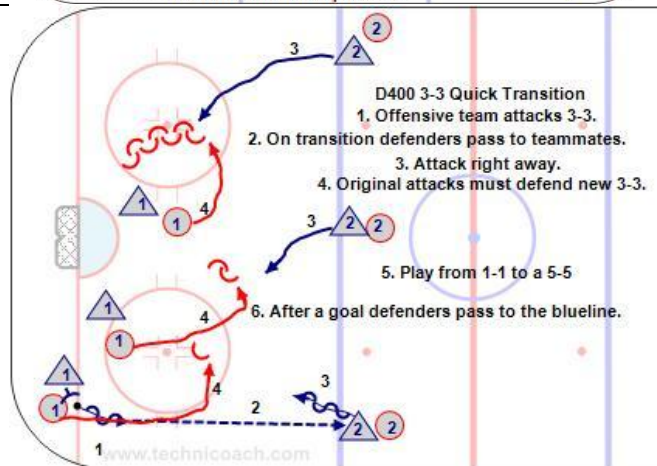
<https://youtu.be/OXrrjkKtUOk>



10' **Dizzy**

B6 - Timing Around Circles - College F
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8280#8280>

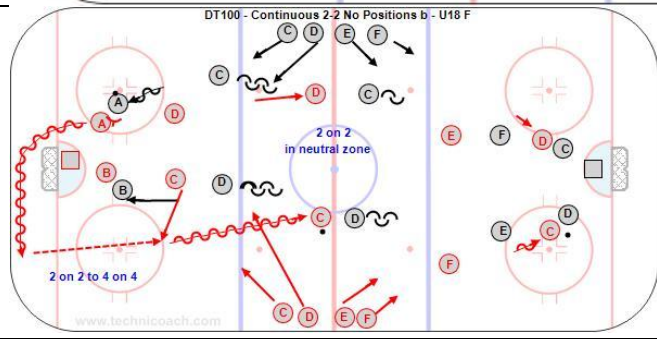
<https://youtu.be/ckOiQ9QI72E>



10'
DT400 Quick Transition Game x 2
F- 3-3 - D 2-2

<https://youtu.be/ecxLc1JGBVY>

<https://www.facebook.com/518555930/videos/pcb.784424482467351/10159723343230931>

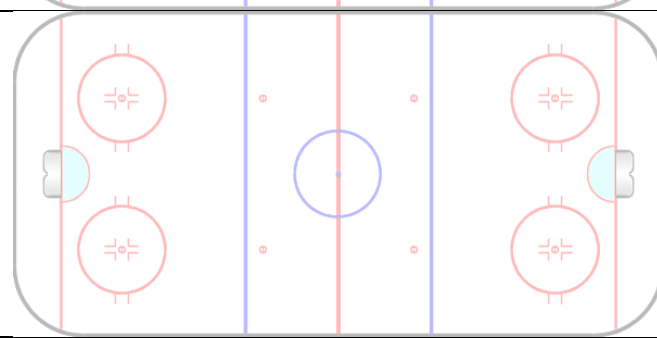
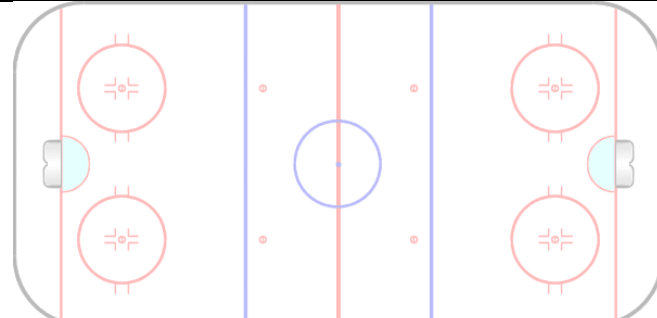


13'

DT100 - 'Total Hockey' Continuous 2-2 No Positions - U18 F
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=449&topic=479#479>

https://youtu.be/HKq0x-jl_Fg

Team cheer



Explanation/Notes:
