



Fire Black

Practice Plan

Date: 12-18-25

Time: 16:00-17:30

Venue: Henry Viney

Lines:

Puck Handling and cutbacks on Whistle

D4 Two Pass Game x 2 – 4-4 - 5-5

DT400 3-3 Krusel Battling Game - Pro W

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

Losers pick up pucks

Notes:

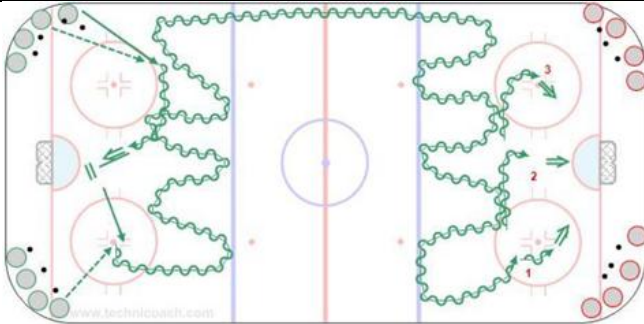
D4 Clear Zone to Attack Game

DT400 Quick Transition Game x 2

D100 - Russian Scrimmage - 1-1 to 5-5 College M

D100 – Power Play Game – All Situation – College M

Team cheer



Divide into two black and two white teams.

3'

Puck Handling and cutbacks on Whistle

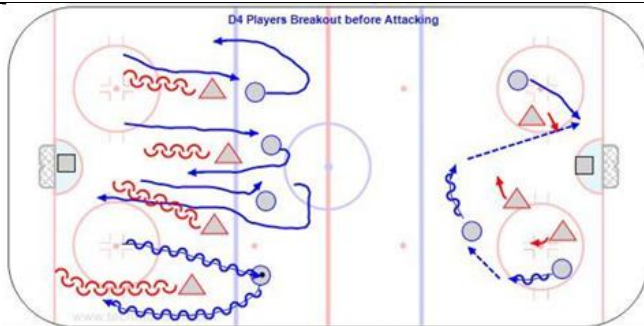
12'

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

Key Points:

Passing, agility skating, shots.

<https://youtu.be/04Rz3o5fYfY>



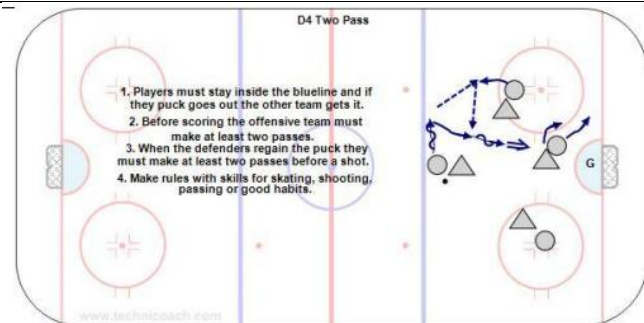
10'

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>



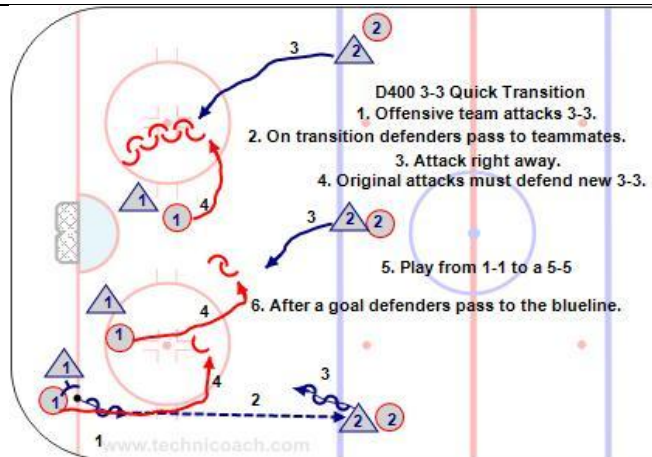
10'

D4 Two Pass Game x 2 – 4-4 - 5-5

Key Points:

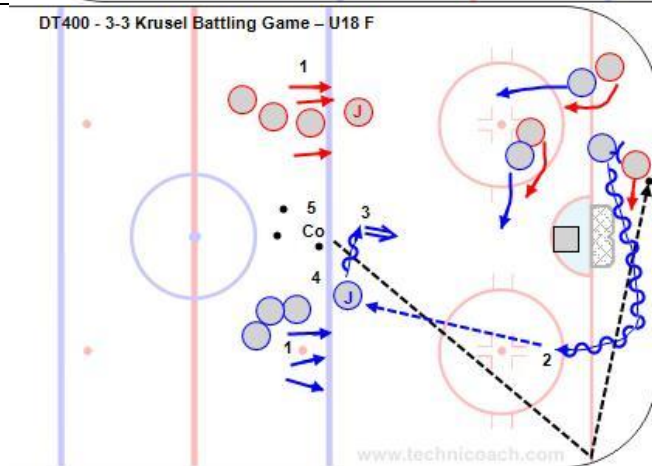
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. **D4 Two Pass –**

U15 Boy's <https://youtu.be/3O8K3nNC3gc>



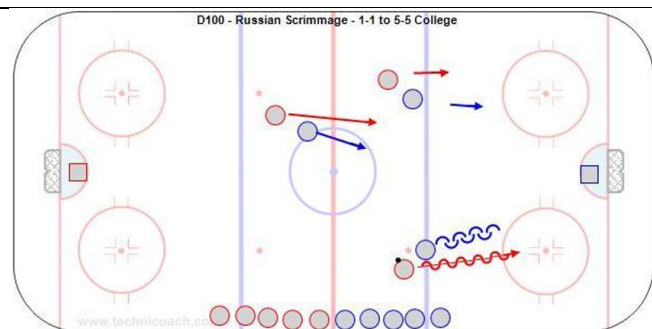
10'
DT400 Quick Transition Game x 2
F- 3-3 – D 2-2
<https://youtu.be/ecxLc1JGBVY>

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



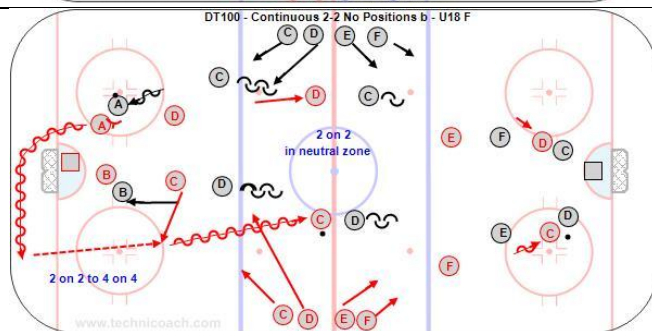
10'
DT400 3-3 Krusel Battling Game - Pro W
Description:
 1. Players line up behind the blueline in teams.
 2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
 3. The team that gains possession of the puck is on offense and tries to score.
 4. The defending team must pass to their player at the point to be on offense.
 5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
 6. Play shifts of 20-30" then pass to the coach and hustle outside the blue line on the coaches whistle. *Alternative is to pass to your own team but they can't enter the zone until everyone is onside.*
 7. The coach dumps a new puck in for the next group.

<https://youtu.be/e80CodL2So>



10'
D100 - Russian Scrimmage - 1-1 to 5-5
College M

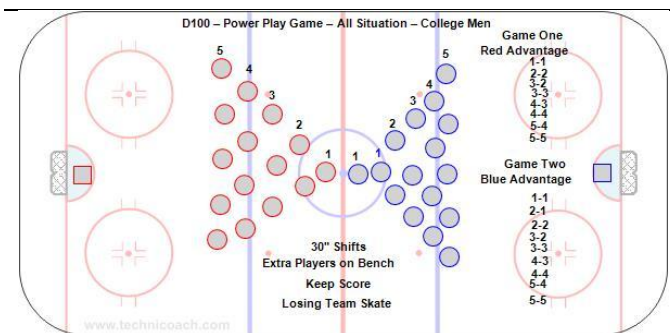
<https://youtu.be/z5vxH8Z-iV8>



10'
DT100 - 'Total Hockey' Continuous 2-2 No
Positions - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=449&topic=479#479>

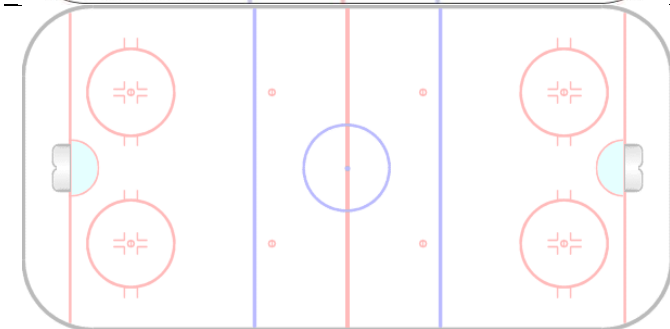
<https://youtu.be/HKq0x-ijFg>



13'
D100 – Power Play Game – All Situation – College Men

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

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



2'

Losing team pick up pucks

Team cheer