



Fire Black

Practice Plan

Date: 01-02-26

Time: 20:00-21:00

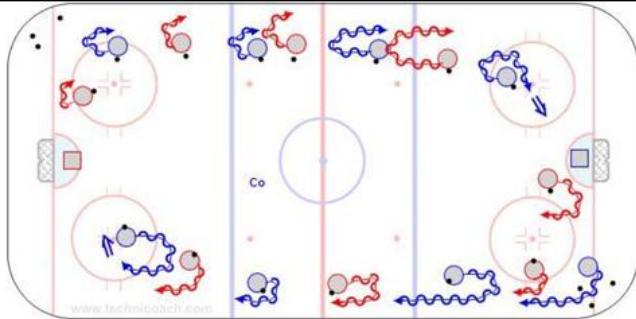
Venue: Max Bell

Lines:

- A300 - Skating and Puck Handling Warm up - U15 G
- B6 - Machine Gun - Pass Agility Skate - Shoot x 2
- C6 - Poddy Game Situation - 1-1, 2-1, 2-2, 3-2 Rushes
- T2-4 - Specialty Team Sequence**

Notes:

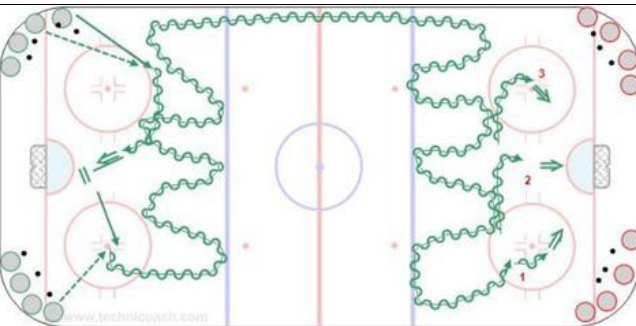
- B6 - Zig-Zag - Agility Skate - Pass - Shots**
- B600 - Tomas RG - Focus on D Hinges**
- D4 - Two pass. Clear zone to be on offence.**
- Cheer in middle



3'

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>



12'

B6 - Zig-Zag - Agility Skate - Pass - Shots

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



8'

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

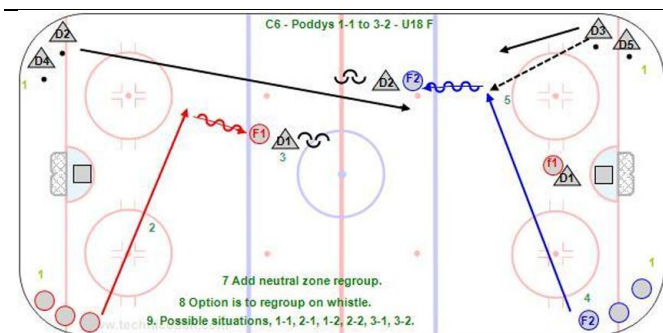
<https://www.facebook.com/tom.molloy.5836/videos/1181177590524233?idorvanity=631135947796206>



7'

B600 - Tomas RG - Focus on D Hinges

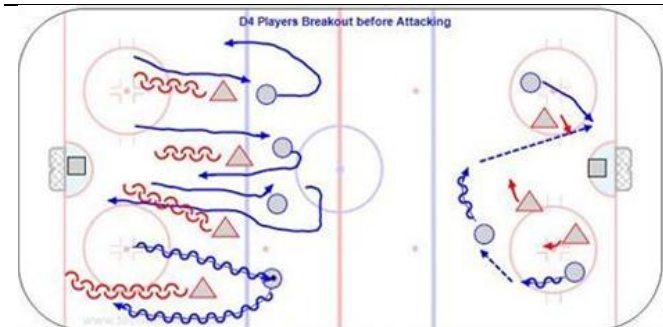
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8'

C6 - Poddy Game Situation - 1-1, 2-1, 2-2, 3-2 Rushes

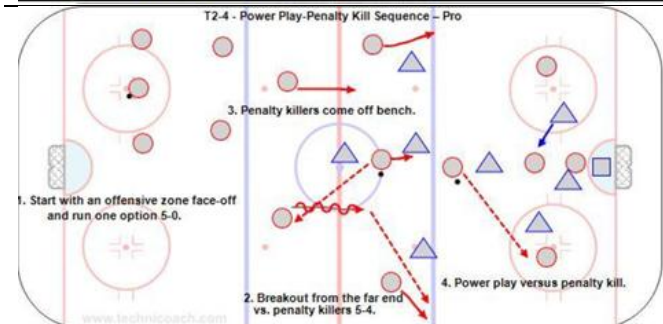
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7'

D4 - Two pass. Clear zone to be on offence.

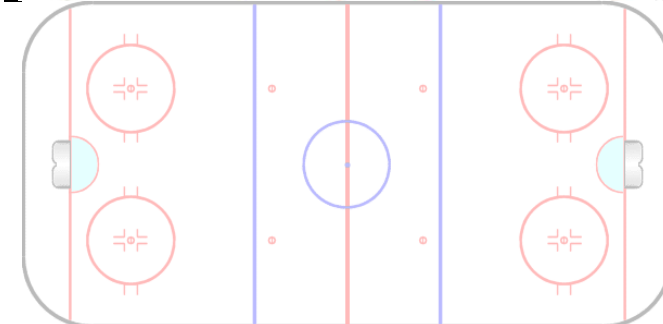
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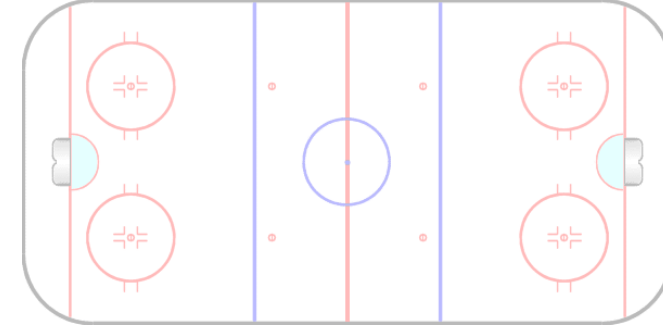
13'

T2-4 - Specialty Team Sequence

<https://www.facebook.com/tom.molloy.5836/videos/2029182564499285?idorvanity=631135947796206>



2' cheer.
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Explanation/Notes:
