



Fire Black

Practice Plan

Date: 01-06-26

Time: 18:00-19:15

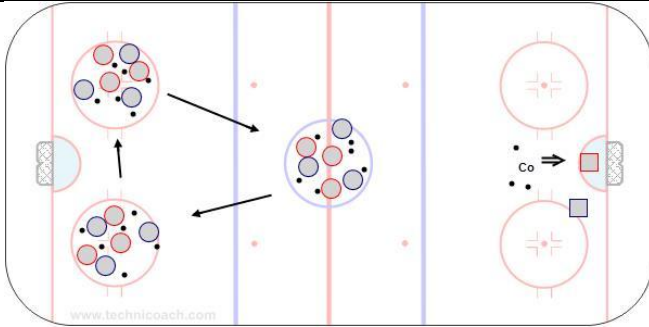
Venue: Village Square

Lines:

- Goalies meet with Kaylin.
- D500 – 4 Zones-Goalies-Keepaway**
- Puck Support – overload options**
- B600 - Multiple One Touch Passes – Pro**
- D100 – Power Play Game**

Notes:

- Skaters Protect puck in circles.
- Hunter with Kaylin. Athena with team.**
- T2 - Johnston PP Game vs 1 or 2 PK**
- C3 - 3-0 - 3-1 - 3-2 Contest - U18 F
- Cheer in middle



5'

Goalies meet with Kaylin.

Skaters Protect puck in circles. Lose puck rotate clockwise.

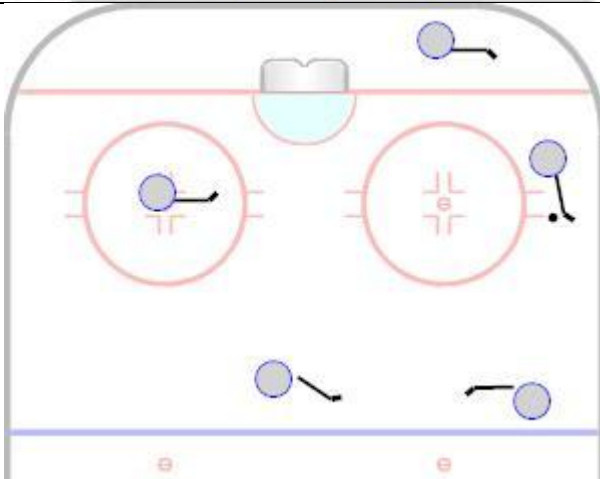
<https://www.facebook.com/watch?v=716780034749838>



10'

D500 – 4 Zones-Goalies-Keepaway – Rules – Give and go-Pass to third player-7 passes

<https://www.facebook.com/518555930/videos/pcb.1902787630631025/822061070815827>



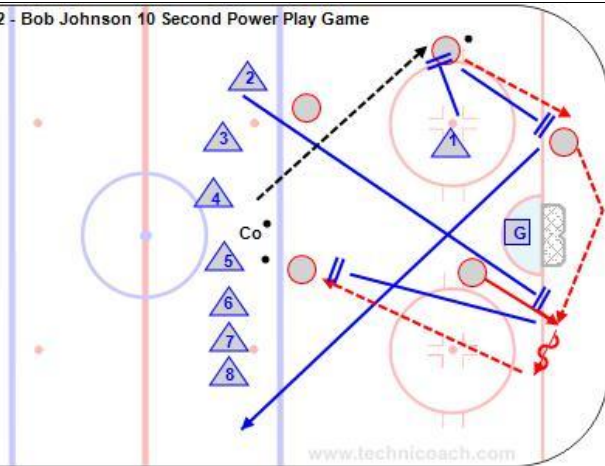
20'- Hunter with Kaylin. Athena with team.

5''

Puck Support

Walk through overload options for support on strong and weak side.

T2 - Bob Johnson 10 Second Power Play Game



15'

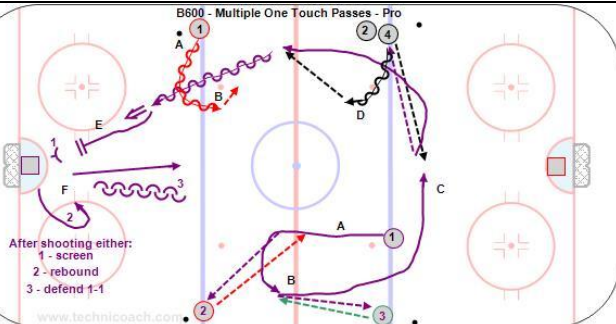
T2 - Johnston PP Game vs 1 or 2 PK

Black go first vs one then two checkers then white go. Keep score.

Give input on low support, back door, weak side D options, moving puck east to west, etc.

** This game can be used for other offensive situations from 2 to 6 attackers to promote quick thinking and close puck support.*

<https://youtu.be/k-QN7-OHhYY>

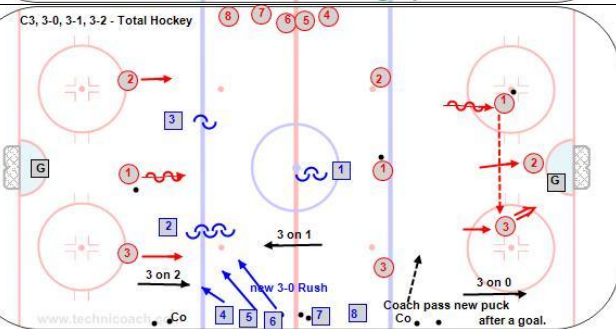


10'

B600 - Multiple One Touch Passes – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7722#7722>

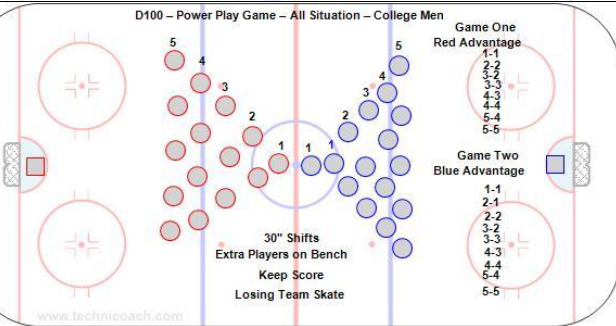
<https://youtu.be/uCBsG4KORMI>



C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6019#6019>

<https://youtu.be/OBtYaeTCSDA>



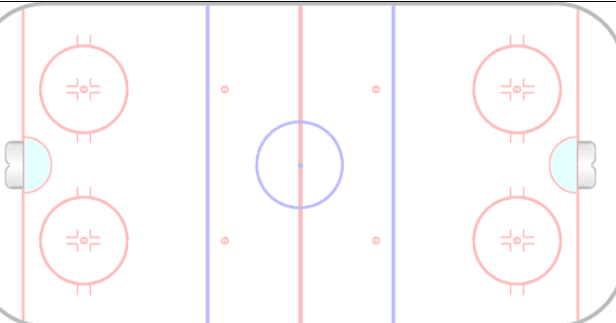
13'

D100 - Power Play Game - All Situation - College Men

Focus on puck support.

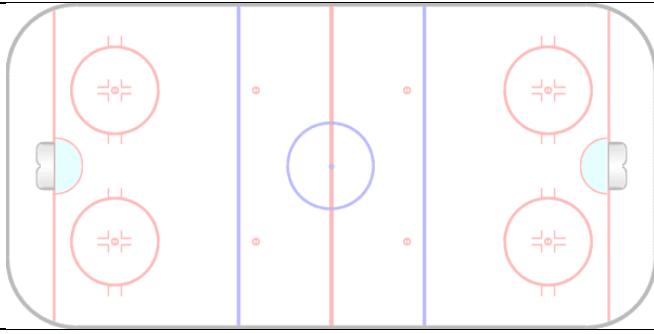
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8181#8181>

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



2'

Cheer in middle



Explanation/Notes:
