



Fire Black

Practice Plan

Date: 01-08-26

Time: 16:15-17:45

Venue: Crowchild

Lines:

Moves at Dots and tight turns

C202 - 1-1 Angling – College

DT100 Continuous 3-2 to 5-5 - Pro W

T4 – 1-3 Penalty Kill vs. 1-3-1 PP

Team Cheer

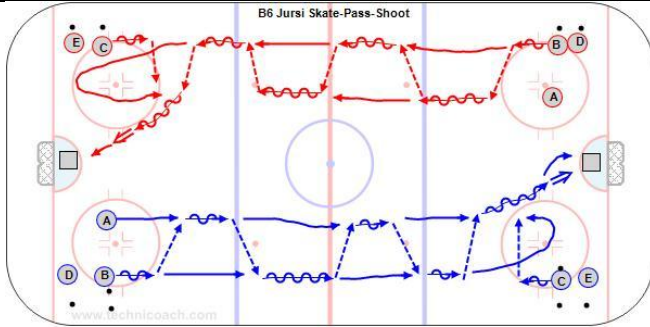
Notes:

B6 Jursi Skate and Pass - U18 F

C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

D100 Full Ice Game – 3-3

T4 – 1-3 Penalty Kill Rotation



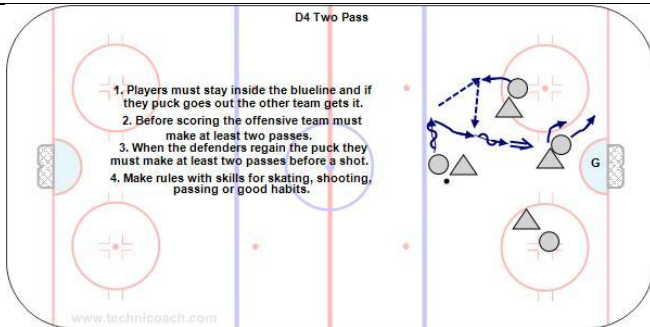
3'

Moves at Dots and tight turns

10'

B6 Jursi Skate and Pass - U18 F

<https://youtu.be/gSWhWvXq2bc>

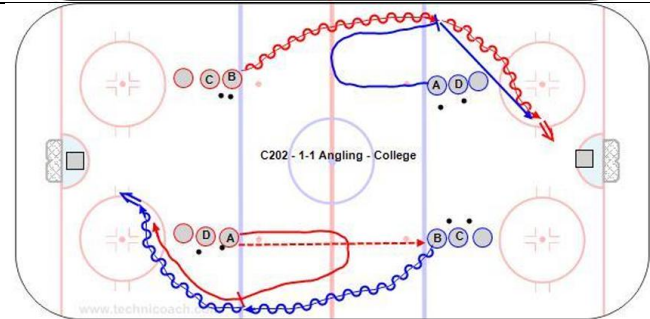


10'

D4 Two Pass – U15 Boy's – only forehand passes

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7203#7203>

<https://youtu.be/3O8K3nNC3gc>



10'

C202 - 1-1 Angling – College

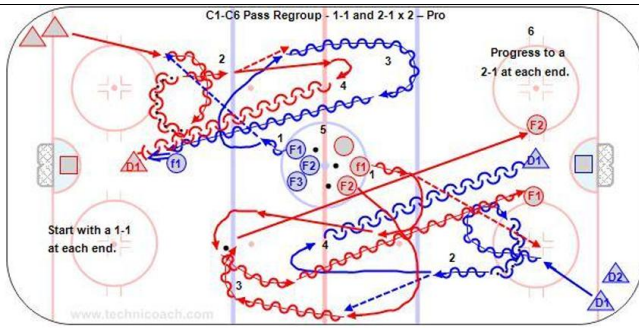
Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone. 2. A from each line pass across to B. 3. B skate down the boards with the puck and attack the net. 4. A skate forward then turn and angle check A. 5. Whoever wins the puck battle skate in to score and the other chase. 6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>



10'

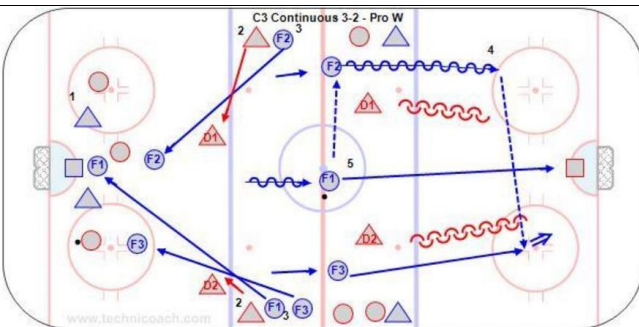
C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

Key Points:

Attack with speed and go hard to the net. On the 2-1 make the first play early so there is a second play. Defend with a tight gap and ox the shooter out on the 1-1. On the 2-1 keep the puck to one side and take the stick of the wide player after the shot. Description:

1. F1 at each end pass to D1 coming out of the corner.
2. D1 make a pivot and pass to F1 and follow the play.
3. F1 turn back at the far blue line and attack 1-1 vs. D1.
4. D1 mirror F1 and skate backwards to defend the rush.
5. F2 and D2 at repeat at each end.
6. Change the drill to a 2-1 with F1-F2 attacking vs. D1 at each end.

https://youtu.be/DbvCmK_M5wc



10'

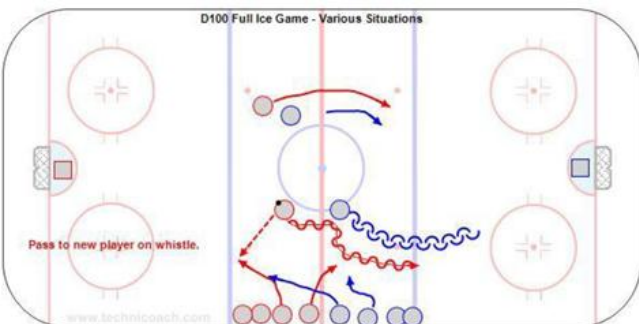
DT100 Continuous 3-2 to 5-5 - Pro W

Key Points:

Attack with speed. New point players support the attack and new forwards support the defenders. Practice offensive and defensive team play concepts. Description:

1. Start with a 3 on 2 attack.
2. When the puck crosses the blue line two new players join the attack supporting from the point.
3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.'
4. Attack with a middle drive and cycling until the whistle.
5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point. * Regroups and dump-ins can be added to this drill. * Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.

<https://youtu.be/ocvWDLZwnyQ>



10'

D100 Full Ice Game – 5-5

Key Points:

Switch between all four game roles.

1-puck carrier.

2-puck support.

3-check puck carrier.

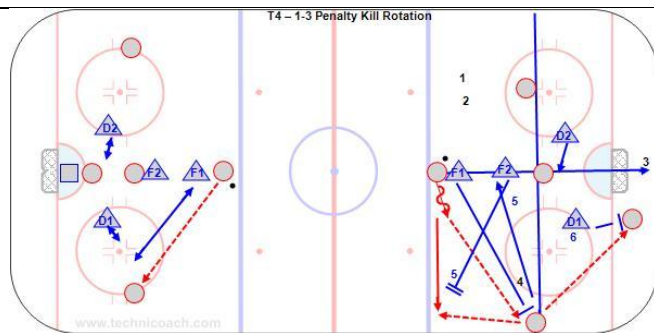
4-cover away from the puck. Situations: offense, defense, loose puck.

Description:

5-5 with extra players in the box. 2. Play 3-3. 3.

Players change on their own. 4. On a goal scoring team must touch the red line and team scored on get the puck and attack right away. 5. Keep score.

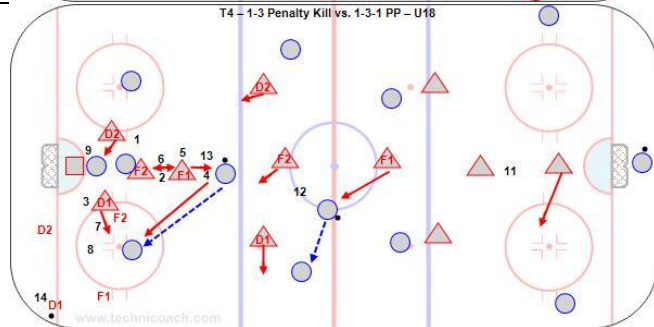
<https://www.facebook.com/tom.molloy.5836/videos/10159610797335931>



T4 – 1-3 Penalty Kill Rotation

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8214#8214>

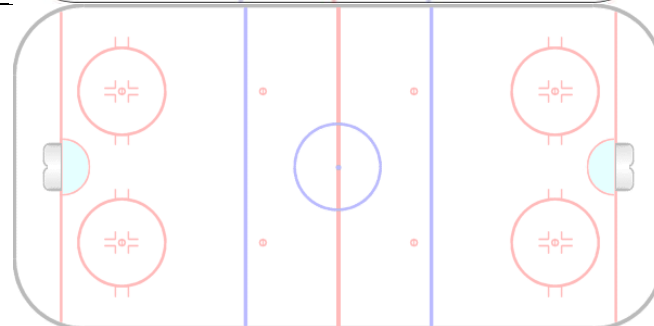
<https://youtu.be/NkdQdJZH1-g>



T4 – 1-3 Penalty Kill vs. 1-3-1 PP – C U18

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8213#8213>

<https://youtu.be/xMgYsn97h9Y>



**2'
Team Cheer**