



Fire Black

Practice Plan

Date: 01-13-25

Time: 15:15-17:15

Venue: Kozak

Lines:

A6 - 3 Passes - 3 Shots - 6 Agility Curves - 3 Shots

Kaylin train Goalies at one end

C3 Reijo 1-1 Both Sides – Defense No Sticks

D100 – 5-5 Game – One Pass in Each Zone

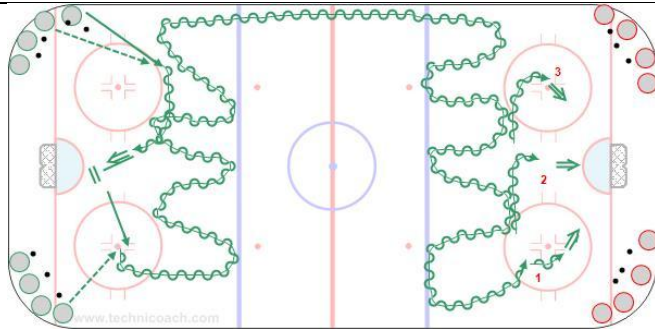
Notes:

A6 - High Low Shooting with Heel to Heel Turns

T4 – Defensive Zone Coverage

DT400 Game of Quick Transition x 2

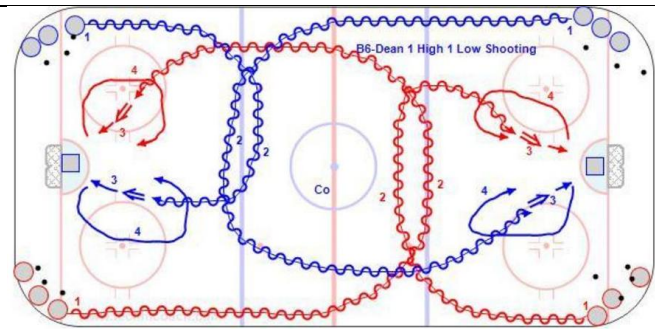
Team cheer



8'

A6 - 3 Passes - 3 Shots - 6 Agility Curves - 3 Shots

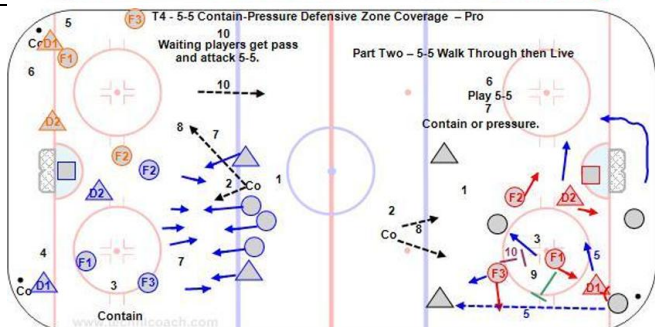
<https://www.facebook.com/518555930/videos/pcb.1841689676740821/2289929744800768>



7'

A6 - High Low Shooting with Heel to Heel Turns

<https://www.facebook.com/tom.molloy.5836/videos/1360850928774352?idorvanity=631135947796206>

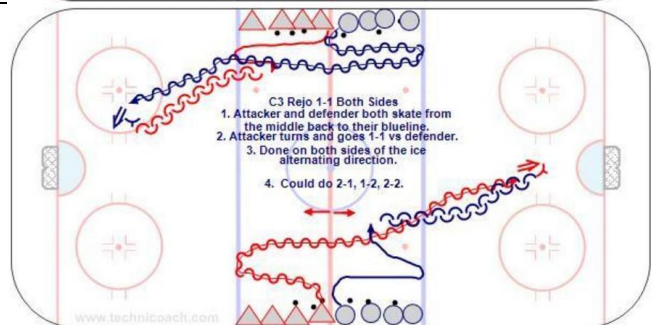


15'

Kaylin train Goalies at one end

T4 – Defensive Zone Coverage

<https://youtu.be/gREv1mFhTqU>



10'

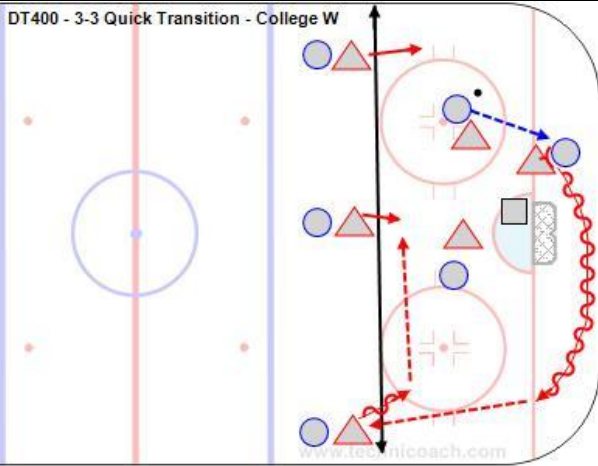
C3 Reijo 1-1 Both Sides – Defense No Sticks

Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking

<https://youtu.be/8nzjC2xxlso>

DT400 - 3-3 Quick Transition - College W



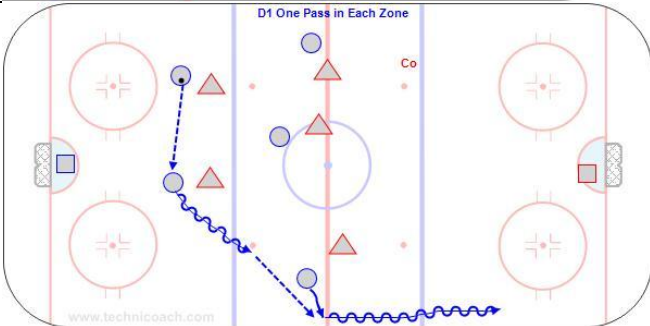
10'
DT400 Game of Quick Transition x 2

Key Points:
 The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Game of 2-2 at each end.

DT400 - 2-2 Game of Quick Transition – U15 G
<https://youtu.be/qPKwl8eD-Fg>

D1 One Pass in Each Zone

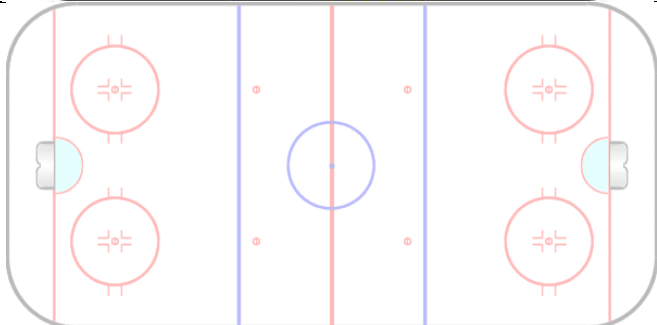


10'
D100 – 5-5 Game – One Pass in Each Zone

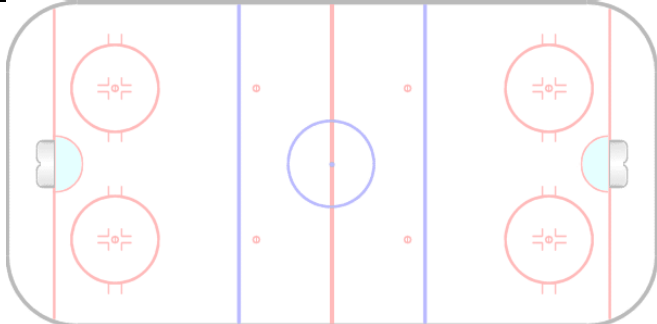
Players must make at least one pass in each zone or the other team gets the puck.

<https://youtu.be/EhbNMhICMSs>

Team cheer in middle



Explanation/Notes:



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