



Fire Black

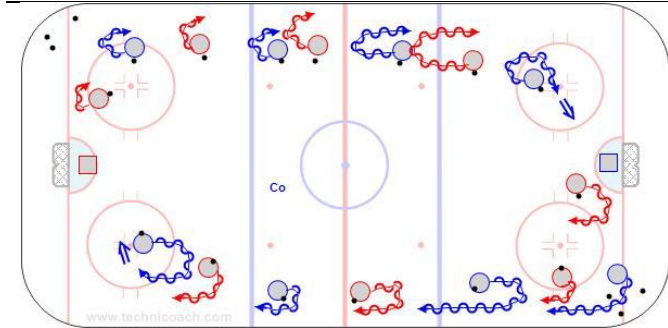
Practice Plan

Date: 01-15-26

Time: 16'00-17:30

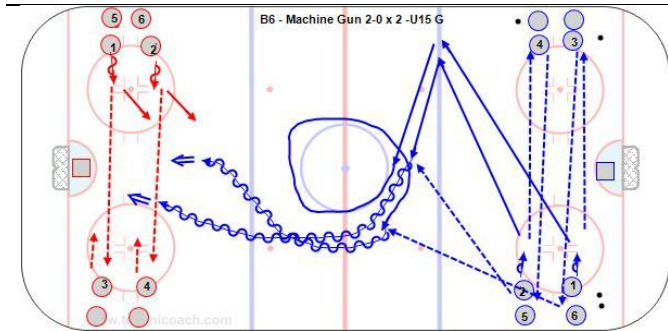
Venue: Max Bell

Lines:	Notes:
A300 – Moves at Dots and Tight Turns	B6 - Machine Gun - Pass Agility Skate - Shoot x 2
Tomas NZ Regroup – Dump In BO	T3-C6 - Continuous Low 2-1
DT100 Continuous 3-2 to 5-5	T2-4 - Power Play-Penalty Kill Sequence
E1 2-0 Change on Go Shootout -	Team Cheer
Team meeting	



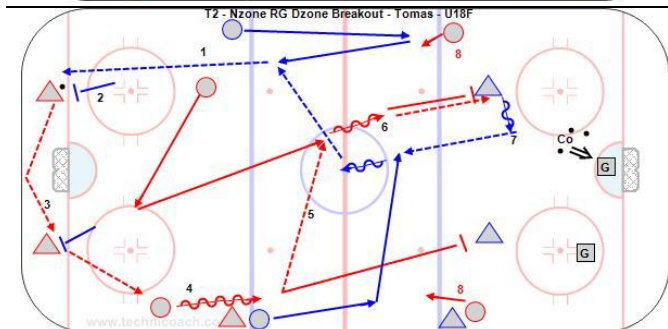
5'
A300 – Moves at Dots and Tight Turns
 Hands close together, legs wide apart. Make head, shoulder, stick fakes fakes at each dot.

A300 - Skating and Puck Handling Warm up - U15 G
<https://youtu.be/eykwvsQJhHg>



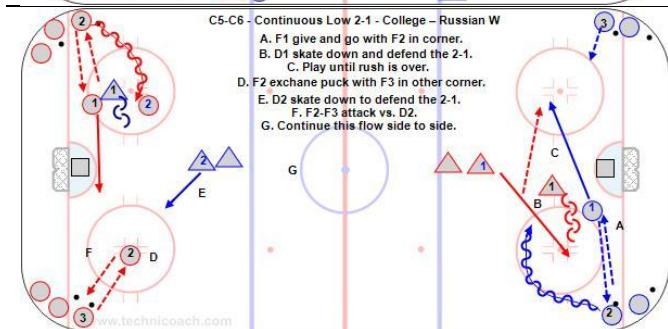
10'
B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7834#7834>

<https://youtu.be/WmpASHh7uL4>

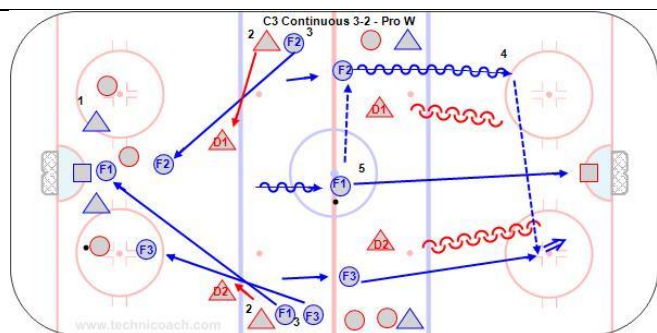


10'
B600 - Tomas 2-2 NZ RG-Forecheck - U18 M
<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>

<https://youtu.be/CxFA8EQIYeQ>



10'
T3-C6 - Continuous Low 2-1 - College W
<https://youtu.be/ub82Q2HowWw>

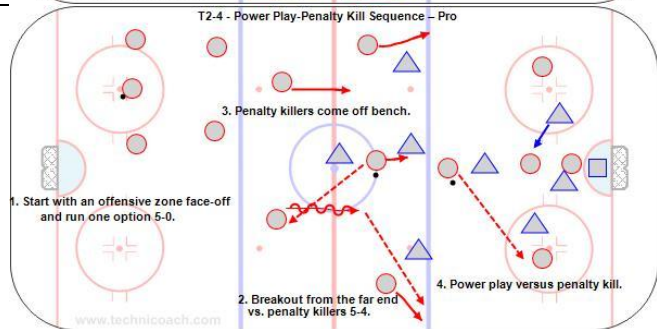


10'

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7205#7205>

<https://youtu.be/ocvWDLZwnyQ>

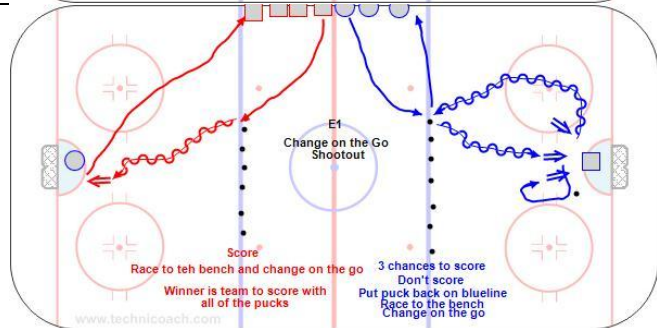


13'

T2-4 - Power Play-Penalty Kill Sequence - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7907#7907>

<https://youtu.be/VadXPVkJMb4I>



10'

E1 2-0 Change on Go Shootout - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6288#6288>

<https://youtu.be/zmkEehfTlqk>



2' Team Cheer

Captains meet in coaches room 5'

Team meet TBD 30'



Explanation/Notes:
