



Fire Black

Practice Plan

Date: 01-22-26

Time: 16:00-17:30

Arena: Henry Viney

Lines:

A300 - Skating and Puck Handling Warm up

D4 x 2 - Clear Zone - Scissors

C2 - Reijo 1-1, 2-2

T2-4 - Power Play-Penalty Kill Sequence

D100 - Power Play Game - All Situation

Notes:

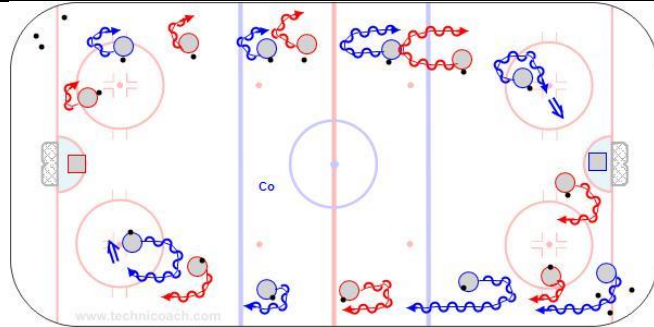
B6 - 3 Pass - 3 Agility - 3 Shots x 2

B202 Passing Overspeed

B6, 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4

T2-4 - Reilly PP-PK Game

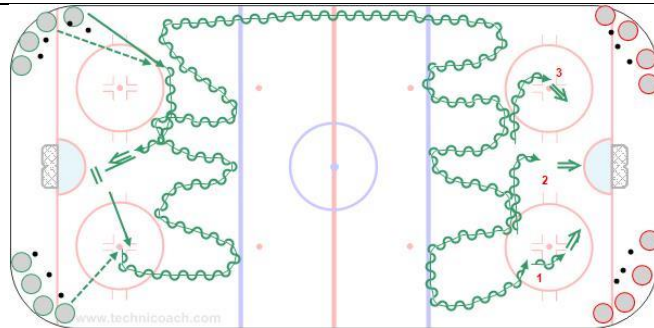
Team cheer



5'

A300 - Skating and Puck Handling Warm up - U15 G

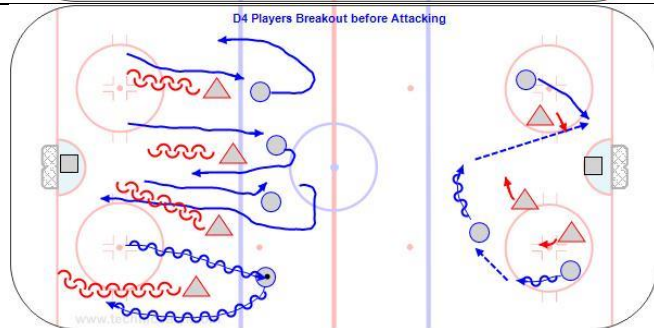
<https://youtu.be/eykwvsQJhHg>



10'

B6 - 3 Pass - 3 Agility - 3 Shots x 2 - College W

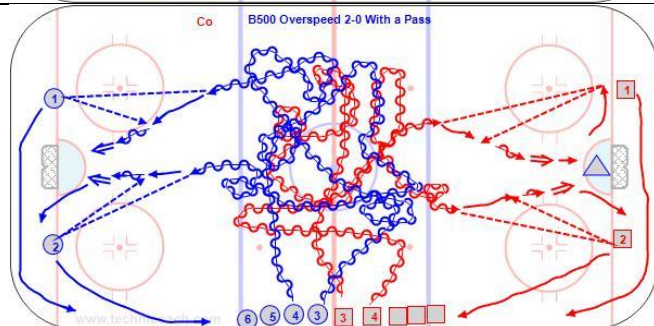
<https://youtu.be/Q4M4K-q7mGs>



10'

D4 x 2 - Clear Zone - Scissors - U15 G

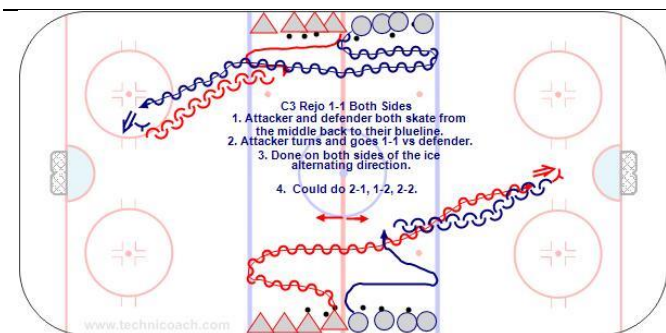
<https://youtu.be/FkZHYmazUvw>



10'

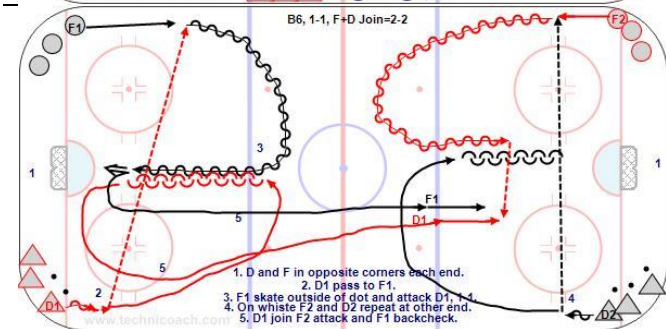
B202 Passing Overspeed - U18 F

<https://youtu.be/XMUeqfmfH7Y>



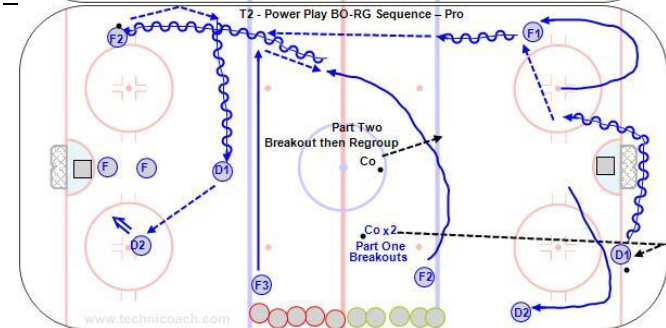
10'

C2 - Reijo 1-1, 2-2 – Pro
<https://youtu.be/PnBfqvdVy84>



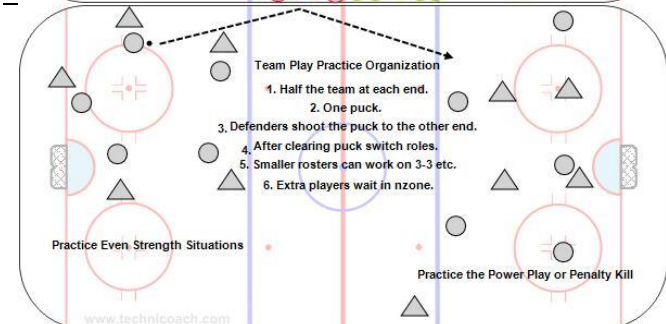
10'

B6, 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 - RB Pro
<https://youtu.be/hXGDa3YHUho>



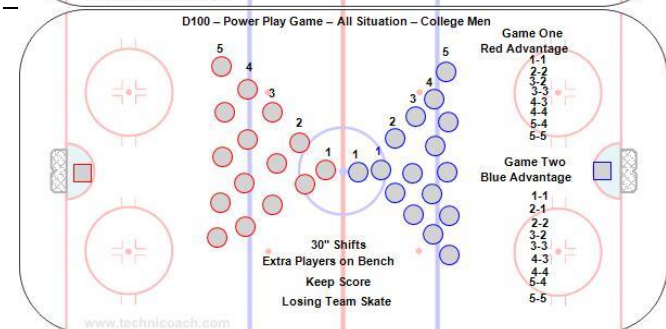
10'

T2-4 - Power Play-Penalty Kill Sequence – Pro
<https://youtu.be/VadXPVkB4I>



15'

T2-4 - Reilly PP-PK Game – College
<https://youtu.be/uLF7yFsbGyg>



15'

D100 – Power Play Game – All Situation – College Men
<https://youtu.be/7qLLIc30nbE>

2' Team cheer in middle