



# Fire Black

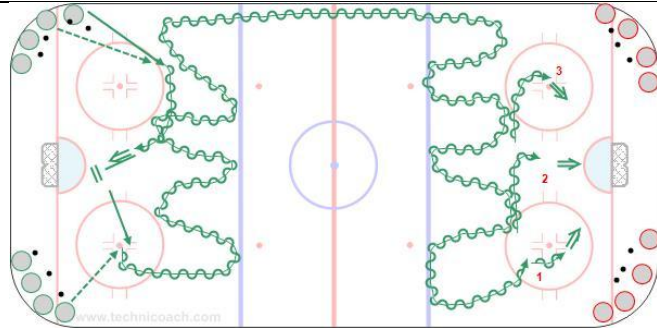
# Practice Plan

Date: 01-29-26

Time: 16:15-17:45

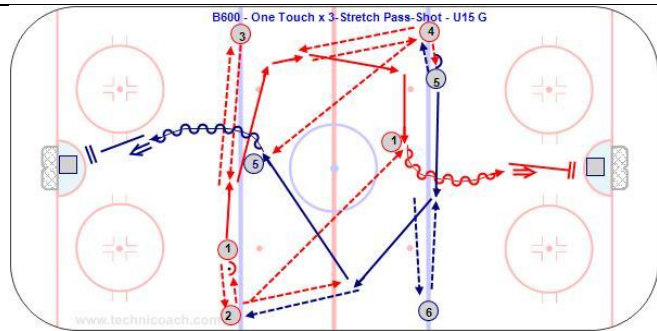
Venue: Crowchild

Lines:	Notes:
B6 - Pass-Agility-Zig-Shoot x 2	<b>B600 - Czech Quick Pass</b>
<b>D4 Two Pass</b>	<b>B600 - Tomas 3-2 NZ RG-</b>
<b>C1-C6 Pass Regroup - 1-1 and 2-1 x 2</b>	DT100- Continuous 2-1 with D Join Attack and F Backcheck
<b>T2 - 1-3-1 Diamond Power Play</b>	<b>T4 – 1-3 Penalty Kill Rotation</b>
<b>T2-4 - Power Play-Penalty Kill Sequence</b>	Cheer in middle



10'

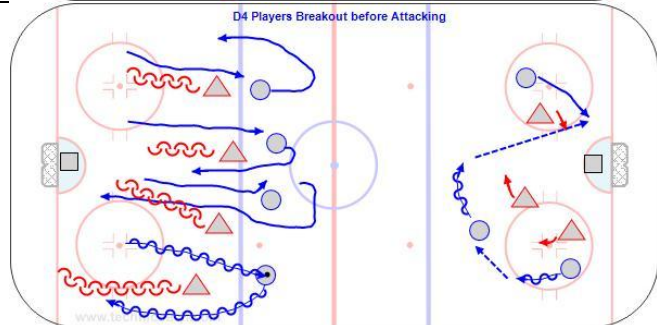
A6 - Pass-Agility-Zig-Shoot x 2 - U15 G  
<https://youtu.be/04Rz3o5fYfY>



10'

**B600 - Czech Quick Pass - College F**  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8282#8282>

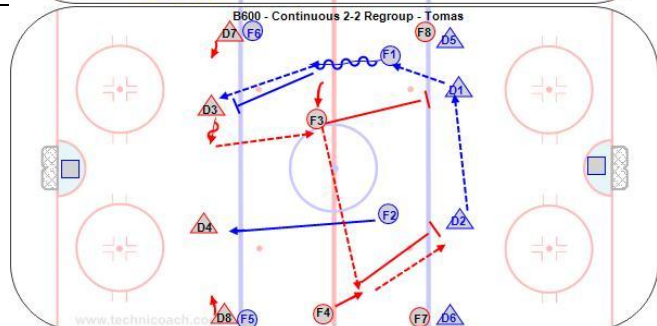
<https://youtu.be/hTfbfbmTPX8>



10'

**D4 Two Pass – U15 Boy's**  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7203#7203>

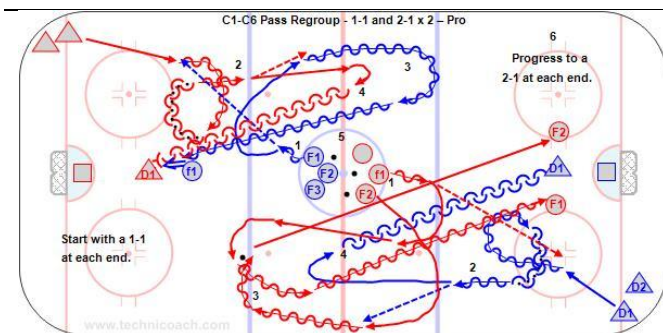
<https://youtu.be/3O8K3nNC3gc>



10'

**B600 - Tomas 3-2 NZ RG-Forecheck - U18 M**  
<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>

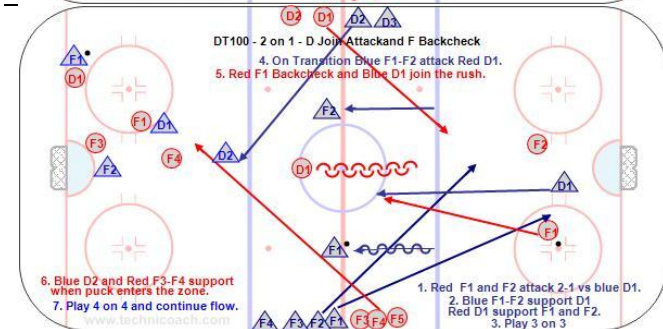
<https://youtu.be/CxFA8EQIYeQ>



10'  
C1-C6 Pass Regroup - 1-1 and 2-1 x 2 - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7941#7941>

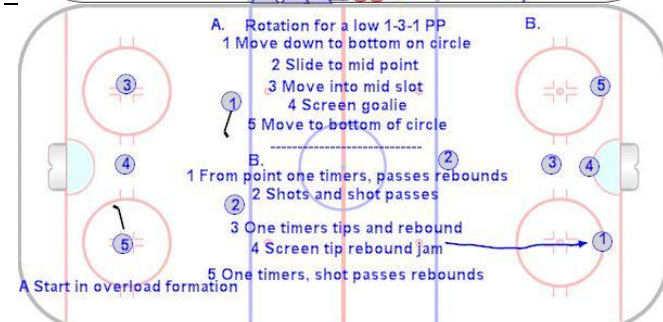
[https://youtu.be/DbvCmK\\_M5wc](https://youtu.be/DbvCmK_M5wc)



10'  
DT100- Continuous 2-1 with D Join Attack and F Backcheck - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=802#802>

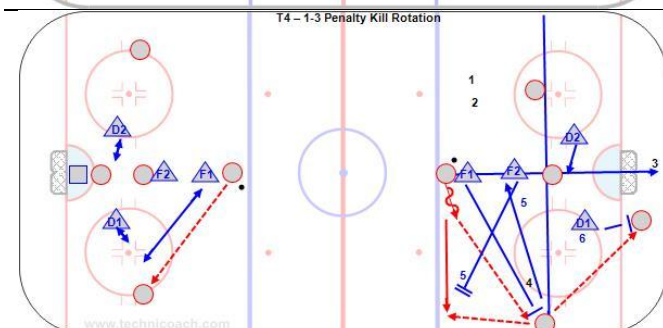
<https://youtu.be/09IHPvGvgYY>



10' x 2  
T2 - Practicing the 1-3-1 Diamond Power Play Pro and Russian

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=712&topic=723#723>

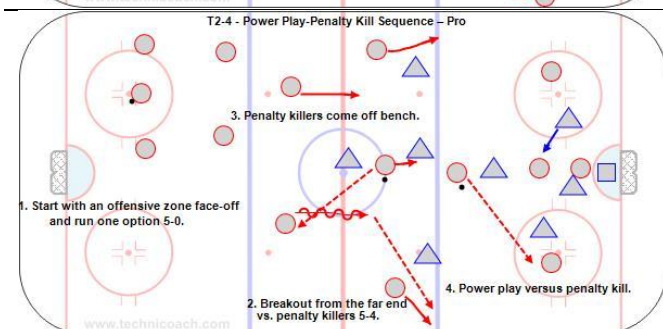
<https://youtu.be/LHDNSDOhIHw>



10' x 2  
T4 - 1-3 Penalty Kill Rotation - U18

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

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



10'  
T2-4 - Power Play-Penalty Kill Sequence - Pro

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

<https://youtu.be/VadXPvKmb4I>

cheer