



Fire Black

Practice Plan

Date: 02-03-26

Time: 18:00-19:15

Venue: Village Square

Lines:

Notes:

A300 – Moves at Dots and Tight Turns

D4 – Clear Zone – Two Second Game x 2

D4 – Clear Zone – Two Second Game x 2

B6 - Machine Gun - 2 Pass x 2-Shot

G – Kaylin Goalies

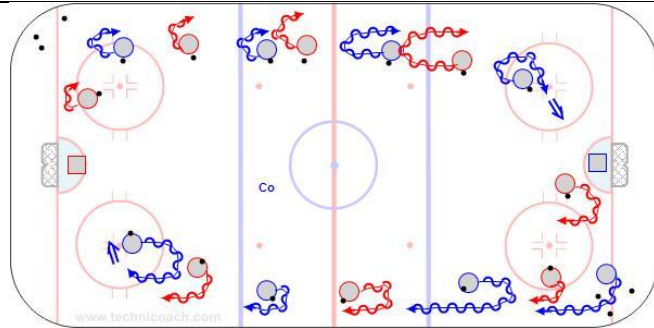
T4 - Review Torpedo Forecheck

D4 – Face-off Review One End

C3 – Rexi 1-1 - 2-1 - U15 G

D100 – 5-5 Scrimmage using Torpedo

Team Cheer



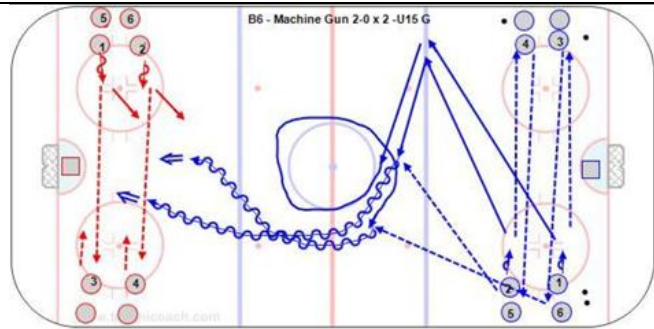
5'

A300 – Moves at Dots and Tight Turns

Hands close together, legs wide apart. Make head, shoulder, stick fakes at each dot.

A300 - Skating and Puck Handling Warm up - U15 G

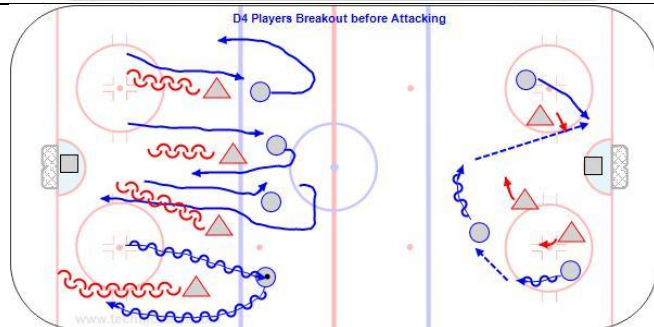
<https://youtu.be/eykwvsQJhHg>



B6 - Machine Gun - Pass Agility Skate - Shoot x 2

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

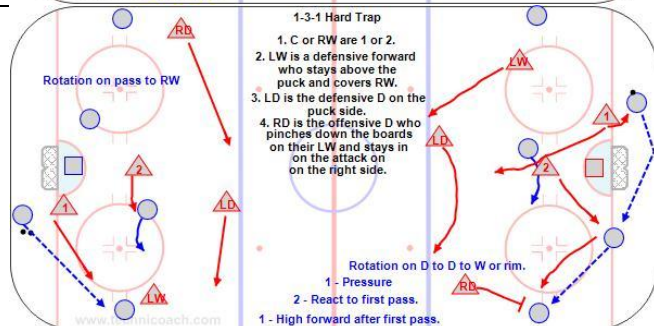
https://youtu.be/kjvc_kuhYsY



10'

D4 – Clear Zone – Two Second Game x 2

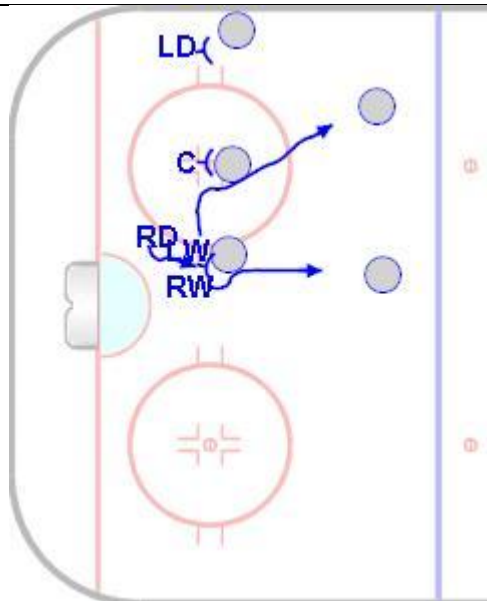
Game at each end, clear zone to be on offense. Can only carry puck for 2”.



20'

G – Kaylin Goalies

T4 - Review Torpedo Forecheck

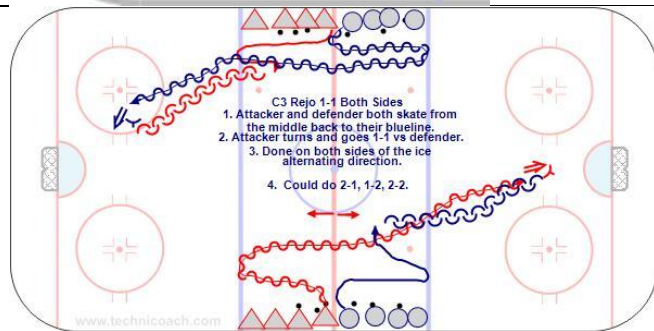


10'

G – Kaylin one goalie

D4 – Face-off Review One End

Walk through faceoff responsibilities and helping on a mixed draw.

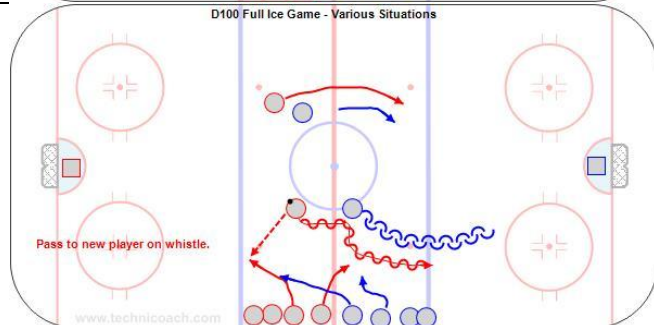


10'

C3 – Rexi 1-1 - 2-1 - U15 G

Defender stick upside down. Focus on staying on defensive side.

https://youtu.be/6Z_S0eyQ7yo



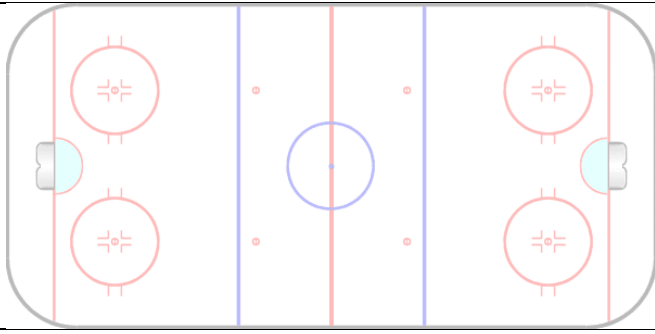
10'

D100 – 5-5 Scrimmage using Torpedo

Controlled scrimmage. Freeze on whistle for adjustments.



Team cheer



Explanation/Notes:
