



# Fire Black

# Practice Plan

Date: 02-05-26

Time: 16:00-17:30

Venue: Max Bell

Lines:

Notes:

**A6 - Zig-Zag - Agility Skate - Pass – Shots**

B600 Breakout 2 F Shots D Point Shot-

B6 - Five Shots x 2 – College

B600 – Continuous Breakouts

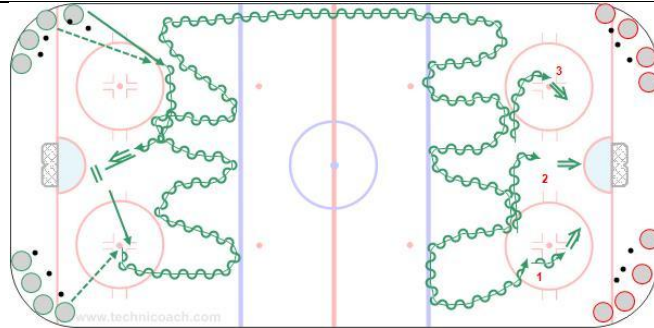
**D4Two second game x 2**

**C202 - 1-1, 2-1, 2-2, 3-2, 3-3**

T2-3 – PP – PK review each end

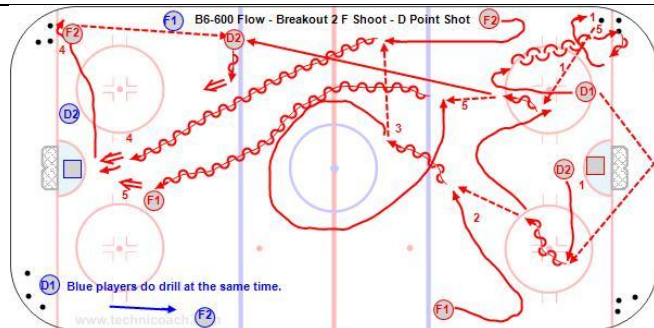
T2-4 p Specialty Team Sequence

Team cheer



10' **A6 - Zig-Zag - Agility Skate - Pass – Shots**

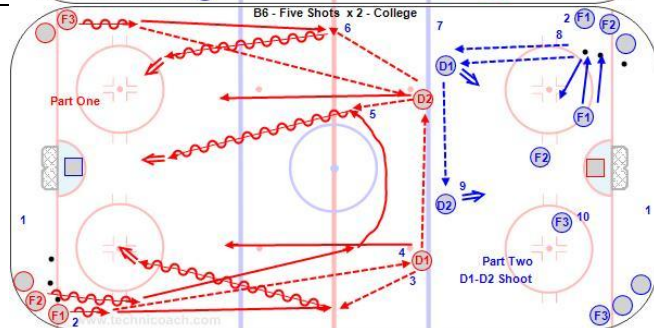
<https://www.facebook.com/518555930/videos/pcb.1842676273308828/826042983713816>



13'

B600 Breakout 2 F Shots D Point Shot-Finland U20

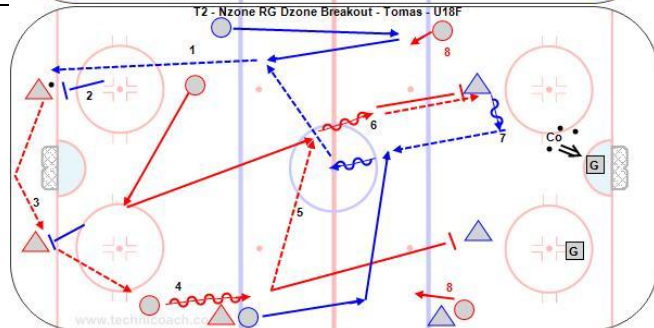
[https://youtu.be/567GJB\\_Cgpc](https://youtu.be/567GJB_Cgpc)



10'

B6 - Five Shots x 2 – College

<https://youtu.be/QC7hvuGCowI>

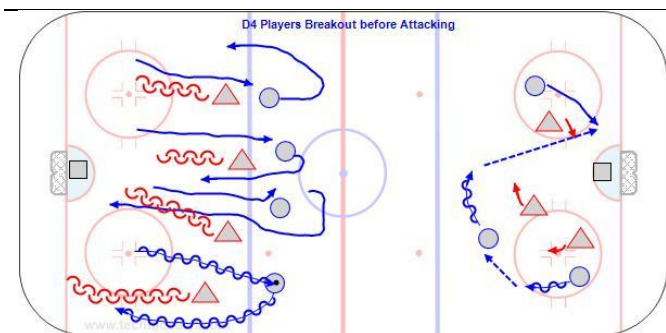


10'

**B600 - Tomas Nzone Continuous Regroup - U15 G**

<https://youtu.be/pJAnKFzvMtU>

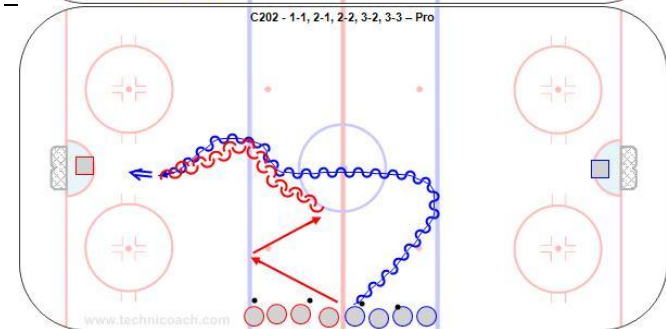
Add dump in breakout.



10'  
D4 Two second game x 2

D4 - Clear Zone to Transition to Offense - U15 G

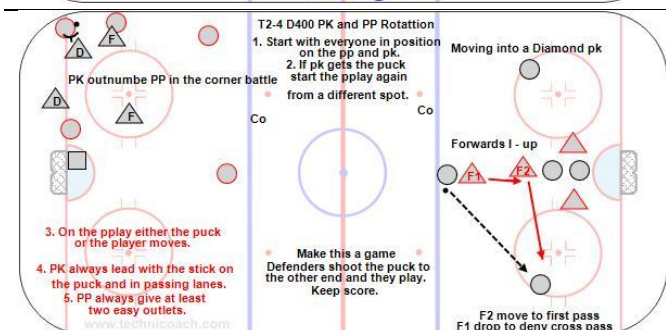
<https://youtu.be/M3Trc43KIQc>



10'  
C202 - 1-1, 2-1, 2-2, 3-2, 3-3 - Pro  
Great drill to practice surfing.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8295#8295>

<https://youtu.be/kP35VIBpSwA>

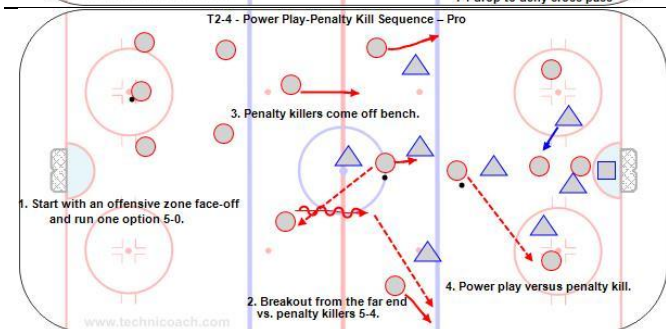


20'

Jim, Mila, PP one end

Tom, Emily, Brooke PK other end

Switch after 10'

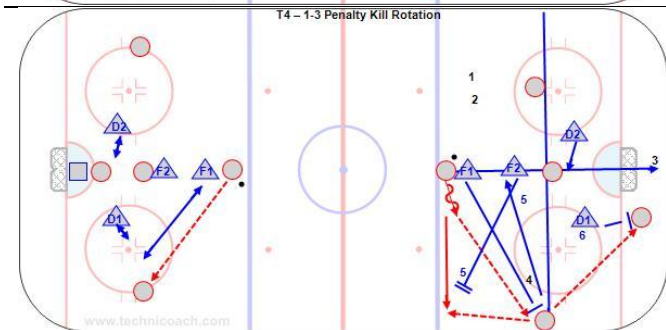


10'

T2-4 - Specialty Team Scrimmage and Principles of the Power Play and Penalty Kill

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8028#8028>

<https://www.youtube.com/watch?v=i02cdqIBpQ&feature=youtu.be>



Team cheer

For reference

T4 - 1-3 Penalty Kill Rotation - U18

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

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