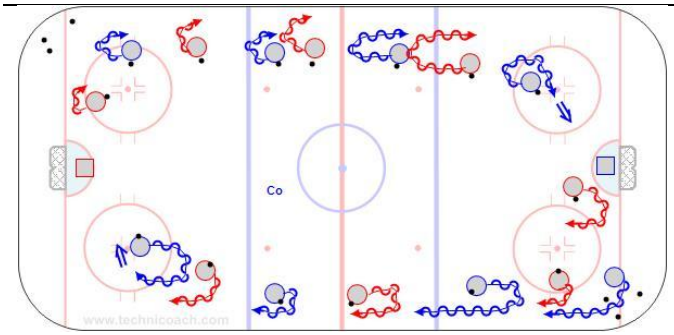
Fire Black **Practice Plan**

Date:02-10-26	**Time: 18:00-19:15**	**Venue: Village Square**

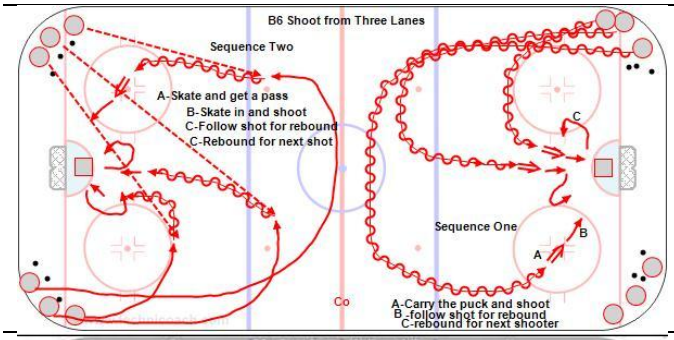
Lines:	**Notes:**
A300 - Puck Handling Moves at Dots-Tight Turns	**B6 – Shoot from 3 Lanes**
D500 – 4 Zones-Goalies-Keepaway	**T2 – Breakout Sequence**
C3 - 3-0 - 3-1 - 3-2 Contest	T2 - D-D - Quick up - Shot - High Cycle to D
E1 – Two Shot Shootout and Skate	Team Cheer



3’

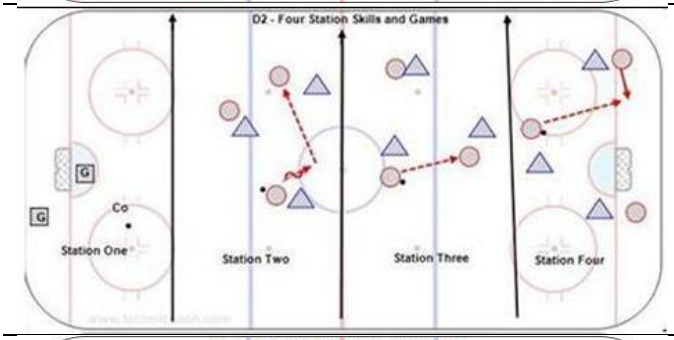
A300 - Puck Handling Moves at Dots-Tight Turns.

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



7’

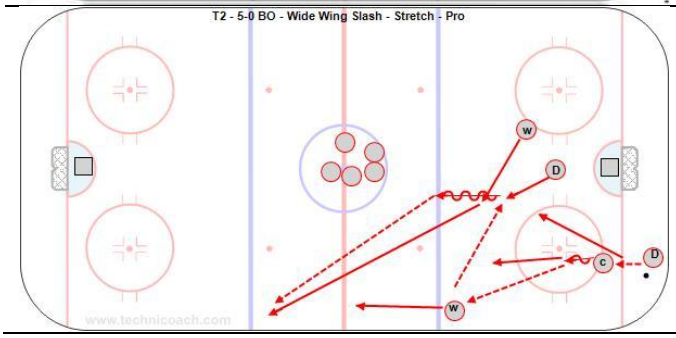
B6 – Shoot from 3 Lanes



15’

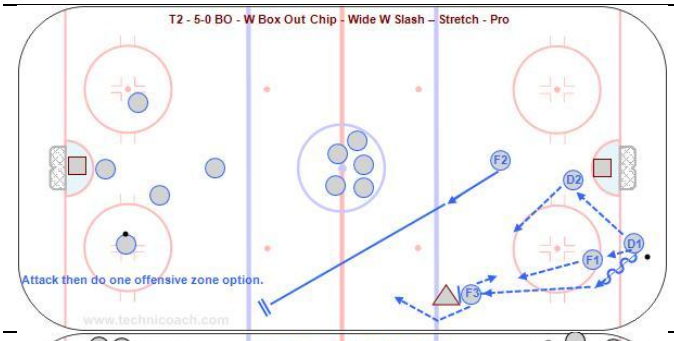
G – Goalies with Kaylin

D500 – 4 Zones-Goalies-Keepaway – Rules – Give and go-Forehand only – No return passes - 7 passes one point

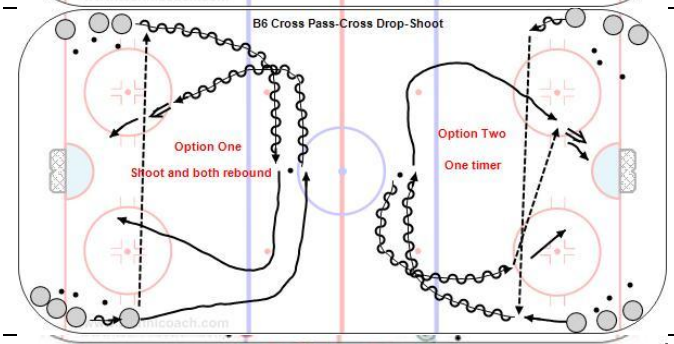


10’
Kaylin One Goalie
T2 - Breakout Sequence – Pro
T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

https://youtu.be/NfNPqFiZQA4

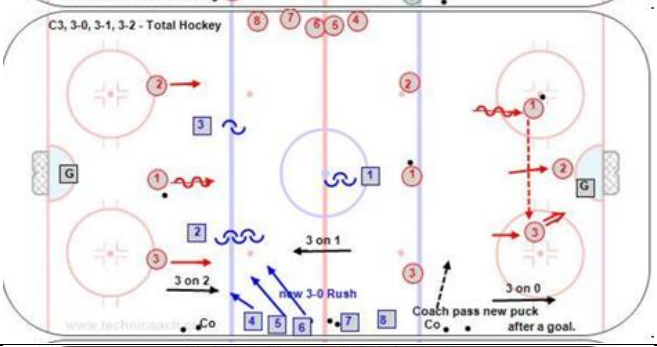


T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch – Pro



10’

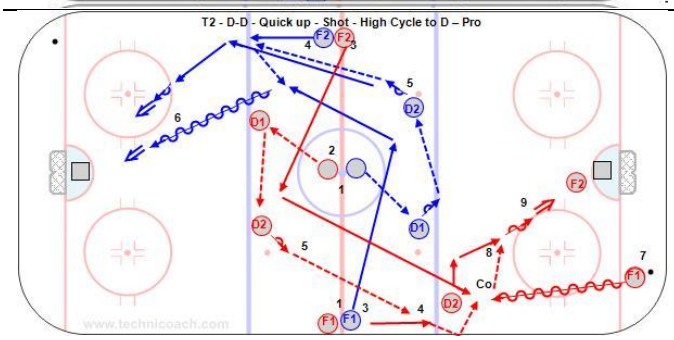
B6 – Shot off pad – Cross ice one timer.



C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

http://www.hockeycoachingabcs.com/forum/viewtopi c.php?showtopic=5858&topic=6019#6019

https://youtu.be/OBtYaeTCSDA



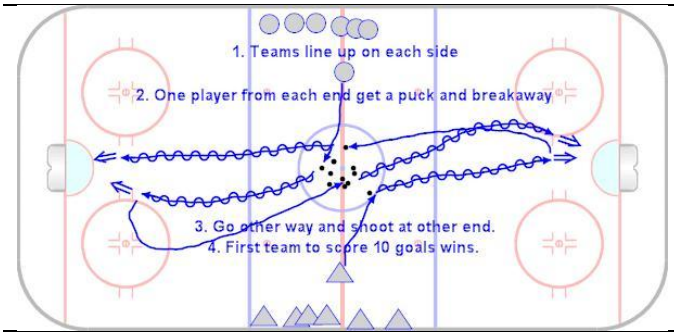
10’

T2 - D-D - Quick up - Shot - High Cycle to D – Pro

Great drill to activate the D into the attack.

https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8312#8312

https://youtu.be/et9QpT-p-s4



8’

E1 – Two Shot Shootout and Skate

Cheer