



Fire Black

Practice Plan

Date: 02-12-26

Time: 16'00-17:30

Venue: Henry Viney

Lines:

A300 - Partner Pass and Keepaway

B6 - Machine Gun - 2 Pass x 2-Shot

C6 - 1-1 to 2-2. D join rush - F backcheck

T4 - 1-3 Penalty Kill Rotation

T2-4 - Power Play-Penalty Kill Sequence

Team cheer

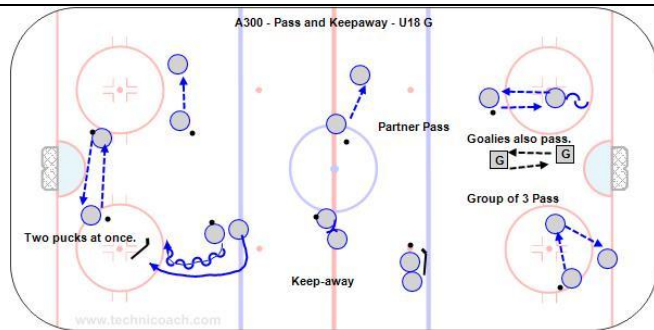
Notes:

B6 - Shot x 3 Passes x 3 Shots x 3

C3 Reijo 1-1 Both Sides - Gap Control

D100 - Power Play Game - All Situation

T2-4 - PP - PK at Each End

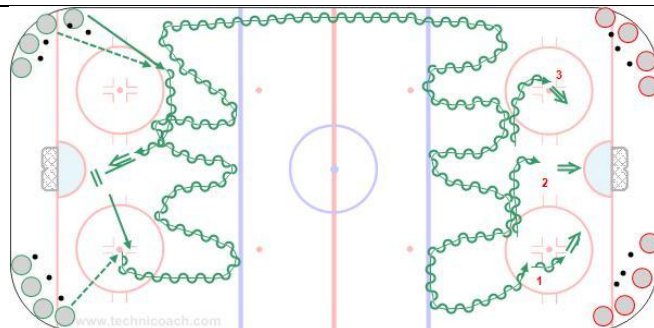


5'

A300 - Partner Pass and Keepaway

A300 - Pass and Keepaway - U18 G

<https://youtu.be/HYccFzSPs2I>

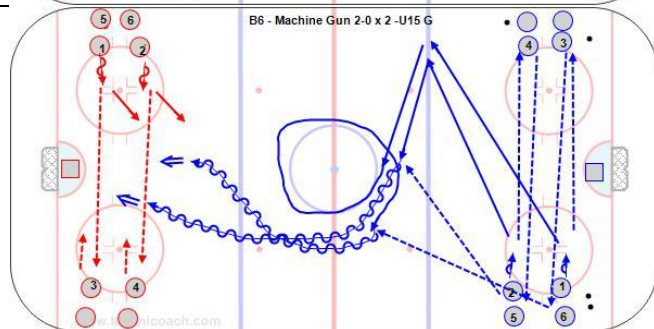


10'

B6 - Shot x 3 Passes x 3 Shots x 3 - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7065#7065>

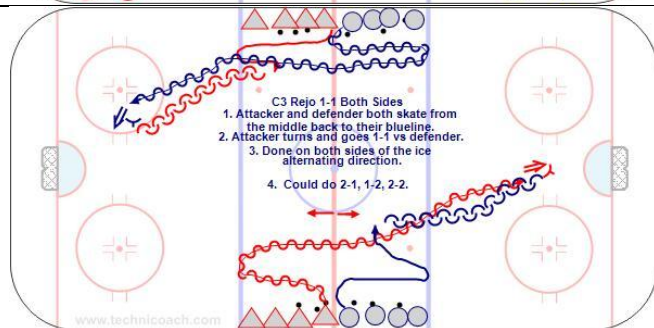
<https://youtu.be/iqwhPz1nzAE>



10'

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

https://youtu.be/kjvc_kuhYsY

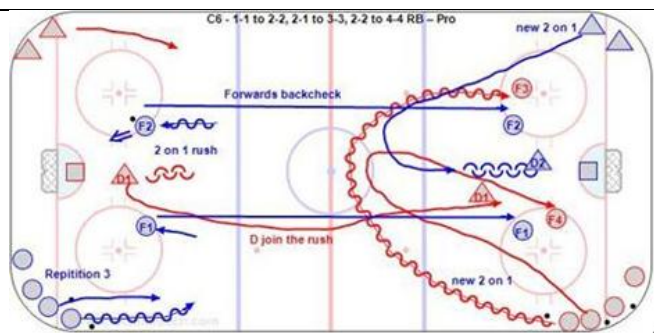


10'

C3 Reijo 1-1 Both Sides - Gap Control - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=901#901>

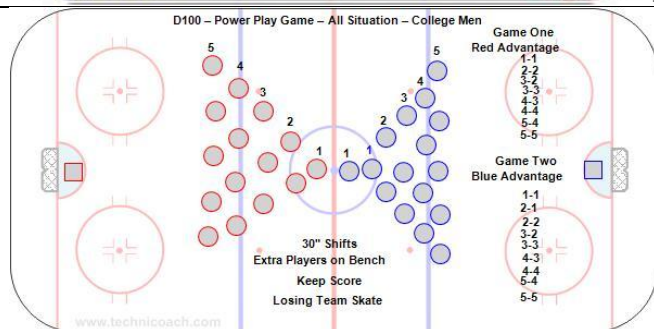
<https://youtu.be/8nzc2xxlso>



10'

C6 - 1-1 to 2-2. D join rush - F backcheck - U15 G

<https://youtu.be/13wGZ0JRdhU>

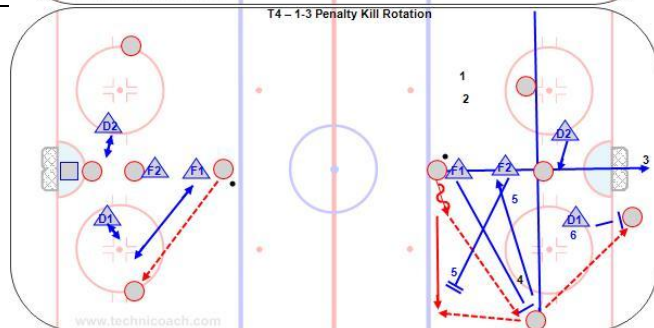


13'

D100 – Power Play Game – All Situation – College Men

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8181#8181>

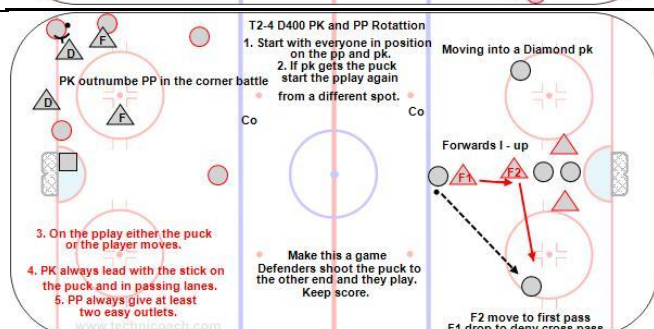
<https://youtu.be/7qLLlc30nbE>



T4 – 1-3 Penalty Kill Rotation

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

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



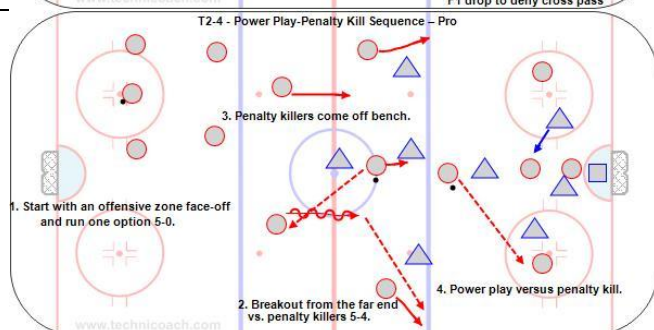
20'

T2-4 – PP – PK at Each End

Jim, Mila, PP one end

Tom, Brooke PK other end

Switch after 10'



10'

T2-4 - Power Play-Penalty Kill Sequence – Pro

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

<https://youtu.be/VadXPVkB4I>

Team Cheer