

Fire Black Practice 02-17-26

5' - Puck Handle moves at dots and tight turns on whistle.

10' - B200-Forwards overspeed with shot and pass overspeed at one end. B2- D four shot sequence at other end.

10' - Dizzy passing, timing, shot

10' - DT400 - 2 on 2 at each end.

10' - D4 - two pass x 2 - Gm one-goals originate from point - Gm two - low to high - across or high to low across

10' - DT100 - Continuous 2-2

10' - C6 - Poddy 1-1, 2-1, 3-1

8' - E1 - 10 Shot Shootout

Team cheer

Video clips from practice

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