

Fire black Practice 02-19-26

4:15-5:45 Crowchild

- 8' Short pass shooting. Stop at net.

- 7' 2 on 0 around center circle. Not one time practice, early pass and crazy net.

- 20' forecheck review. Half ice dump in. 1 FC -> 5FC

-need to practice how to check pass to C and D to

10' D

-Walk the line practice. Head up, parallel skating. 2 shots.

F -1 on 1 and 2 v 2. Coaches choice. Net at ringette line facing in

10' D

-5 skating pattern. Backwards. Pick up puck. Skate along Blueline. Chip down wall and pass to coach from behind net. Or wraparound.

F - Start at red line. Give and go. Get pass at blue line and cut to net. First against pylon then against back checker. Back checker can't take penalty.

10' 5 v 5 controlled scrimmage in lines.

10' 2 v 2 back checking drill

10' 5 v 5 2 second game loser does extra suicide skate

Practice Video

Part One and Two

<https://www.facebook.com/share/p/1KbuX3gBsG/>

<https://www.facebook.com/share/p/18P34MRXfi/>