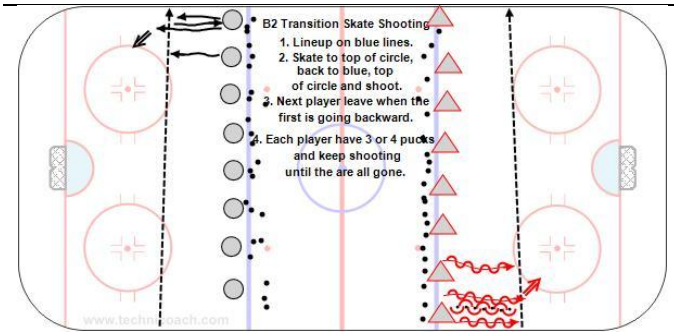
Fire Black **Practice Plan**

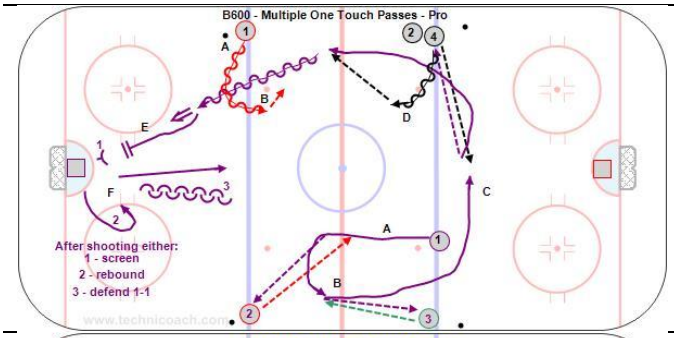
Date: 02-26-26	**Time: 16:00-17:30**	**Venue: Max Bell**

Lines:	**Notes:**
B2 – Transition Skate Shooting	**B600 – Multiple Pass and 1-1**
D4 – Clear Zone 2” Game	**C3 – Rexi 1-1, 2-1**
DT400 – Game of Quick Transition	**C1-C6 – 1-1 – 2-1 with Regroup**
PP1 – PK1	**PP2 – PK2 Tom**
T2-4 – Specialty Team Sequence	Team Cheer
Parent meet with coaches	



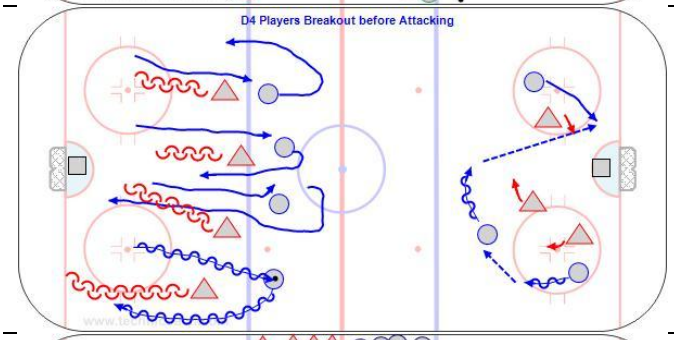
5’

B2 – Transition Skate Shooting



10’

B600 – Multiple Pass and 1-1



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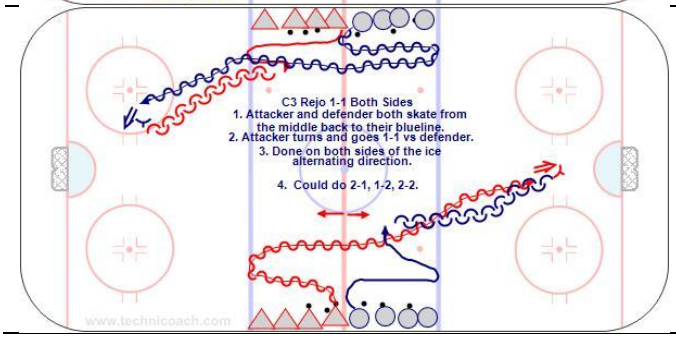
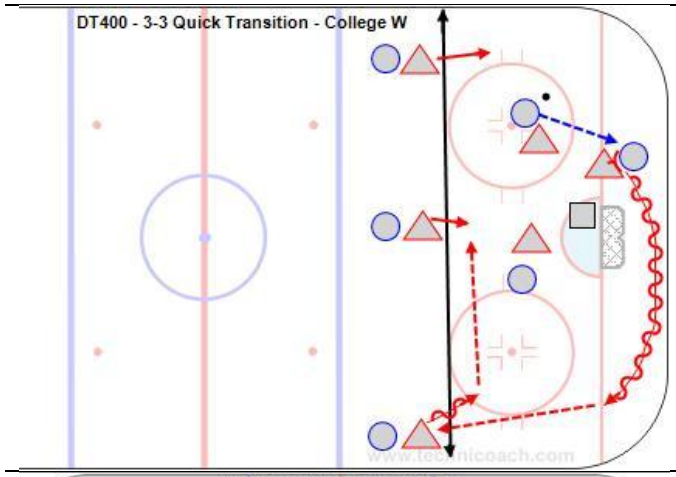
D4 – Clear Zone 2” Game



10’

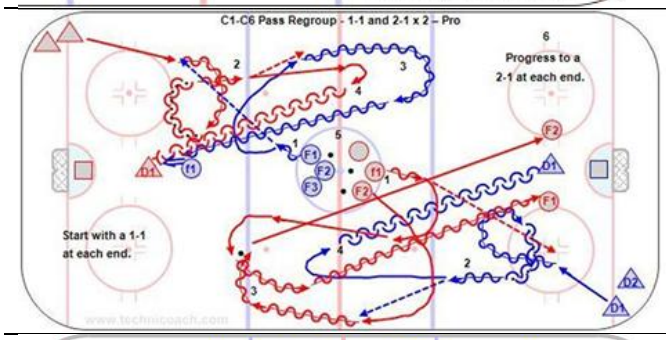
C3 – Rexi 1-1, 2-1



10’

DT400 – Game of Quick Transition

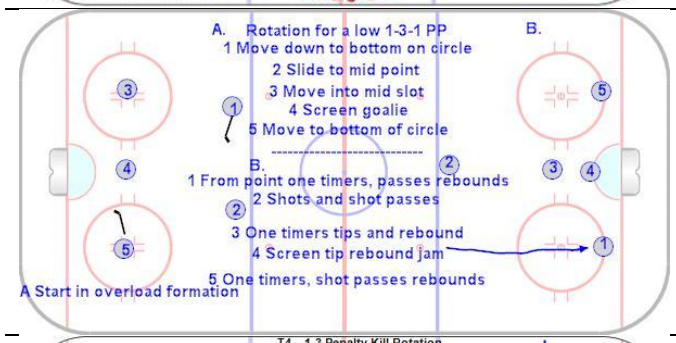
2-2 x 2



10’

C1-C6 – 1-1 – 2-1 with Regroup

RD and LW defend



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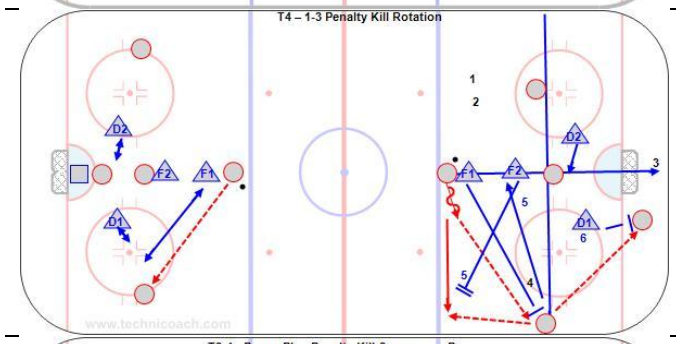
PP1 – PK1 Jim - Mila

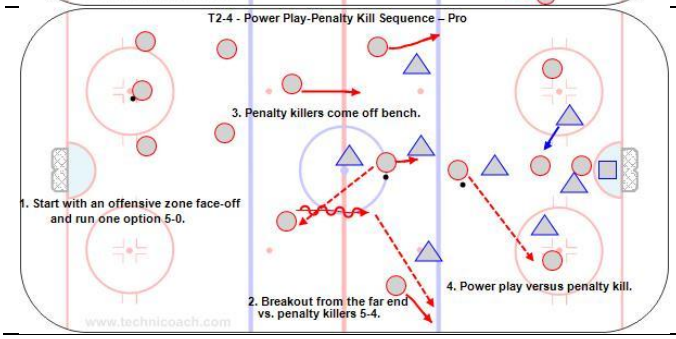
PP2 – PK2 Tom – Emily - Brooke



10’

PP1 – PK1 Tom – Emily - Brooke

PP2 – PK2 Jim - Mila



12’

T2-4 – Specialty Team Sequence

Team Cheer