



**Fire Black**

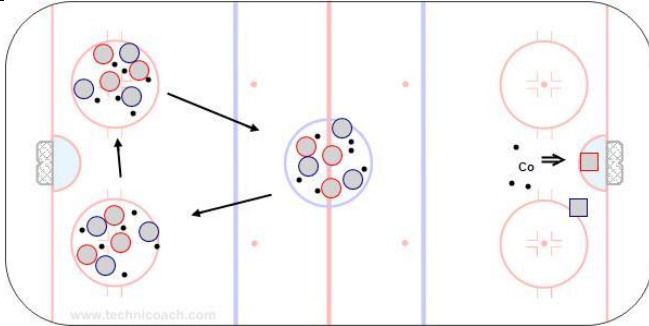
**Practice Plan**

**Date: 03-03-26**

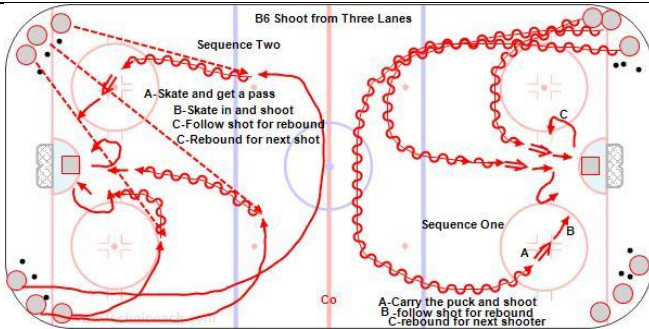
**Time: 18:00-18:15**

**Venue: Village Square**

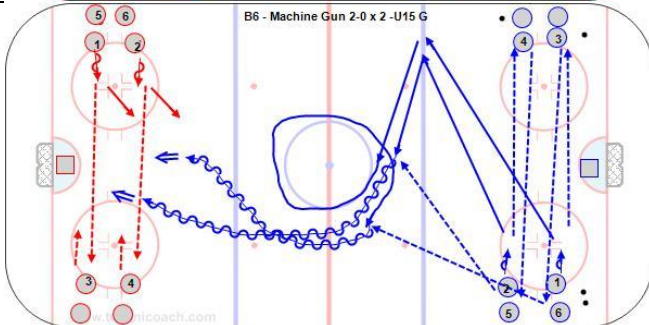
Lines:	Notes:
A00 – Puck Handle 3 Circles	B6 – Shots from 3 lanes
<b>B6 Machine Gun</b>	<b>Kaylin with goalies</b>
<b>F 3-3 Keepaway z 2 in Nzone</b>	<b>D Point Shots with deception</b>
<b>B6 – D Shoot – F Block Shots</b>	<b>C6 – 1-1, 2-1, F Backcheck D Join Rush</b>
D100 – Game - at least One Pass Each Zone	<b>DT400 – 2-2 Krusel Battle Game x 2</b>
<b>E1 – Shootout Race</b>	Cheer in middle



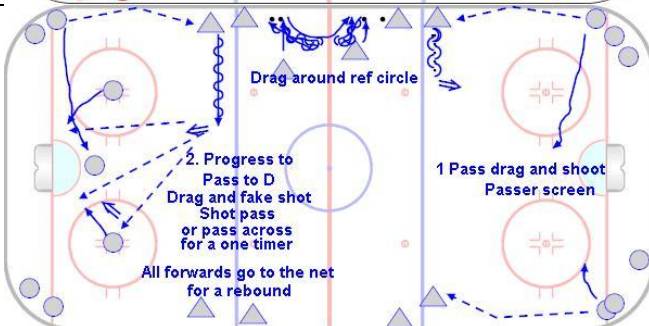
5'  
A00 – Puck Handle 3 Circles



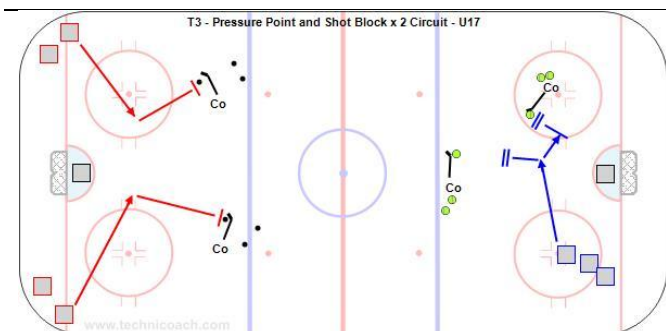
7'  
B6 – Shots from 3 lanes



8'  
**B6 Machine Gun**

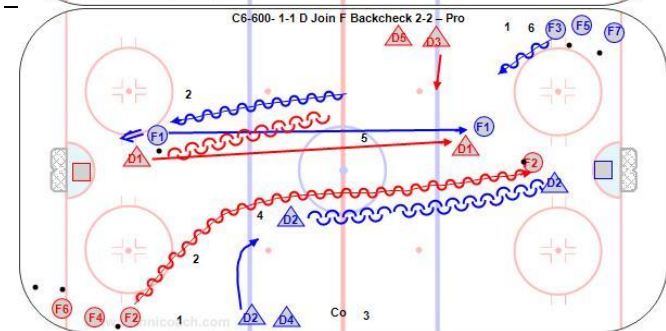


15' – Kaylin with goalies  
8' – F 3-3 Keepaway z 2 in Nzone  
- D Point Shots with deception at the blue line



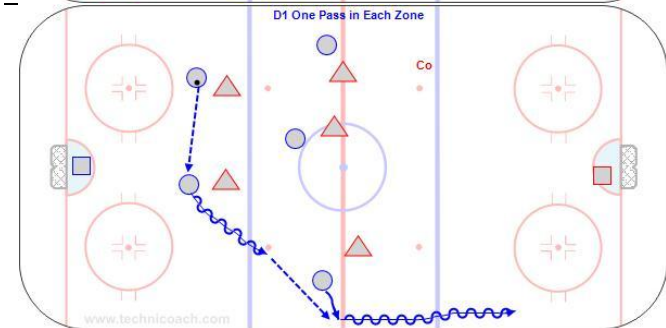
7'

B6 – D Shoot – F Block Shots



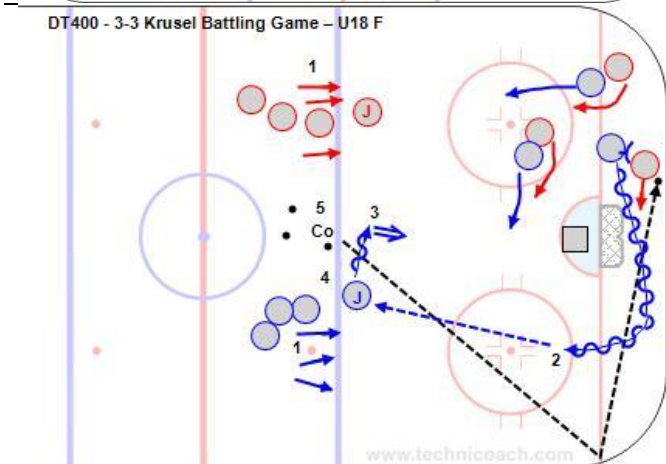
10'

C6 – 1-1, 2-1, F Backcheck D Join Rush



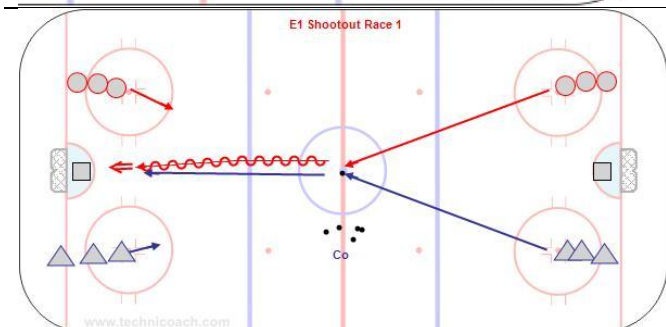
10'

D100 – Game - at least One Pass Each Zone



10'

DT400 – 2-2 Krusel Battle Game x 2



9'

E1 – Shootout Race

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Cheer in Middle

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