



Fire Black

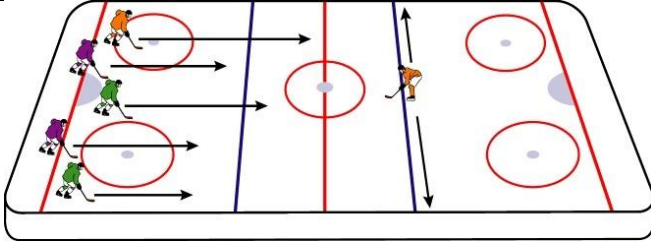
Practice Plan

Date: 03-10-26

Time: 17:15-18:30

Venue: ECTAS

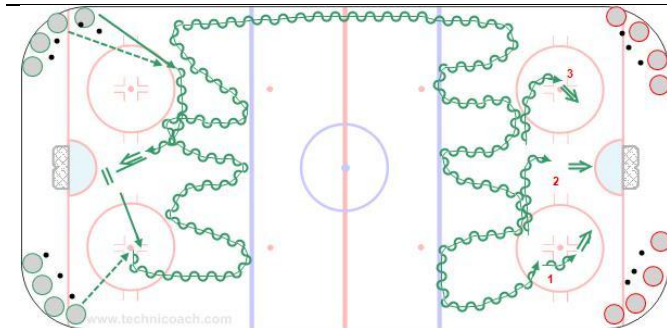
Lines:	Notes:
D200 – Puck Dog 2/3 ice	A6 - Pass-Agility-Zig-Shoot x 2
G-D500 – 4 Zones-Goalies-Keepaway	B4 – Cross-Drop-Pass - Shoot
DT400 – 1-1 and 2 on 1 x 2	DT400 - Two Net 3-2 - Pass Across to Transition
E1 - 2-0 x 2 SO Game	



5;

D200 – Puck Dog 2/3 ice

<https://youtu.be/gUoOmOMdSSw>



10'

A6 - Pass-Agility-Zig-Shoot x 2 - U15 G

<https://youtu.be/04Rz3o5fYfY>



15'

G-D500 – 4 Zones-Goalies-Keepaway

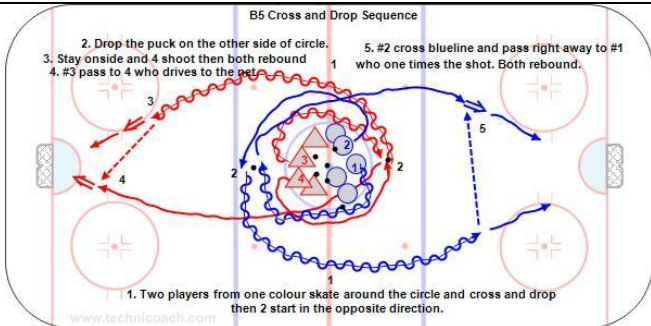
[https://youtu.be/xHO2jmkzhEA?si=Bwrsuazlsz0f -Ju](https://youtu.be/xHO2jmkzhEA?si=Bwrsuazlsz0f-Ju)

Keepaway 5' games. 5 passes equal 1 point

– all touch before repeating.

- Backhand passes
- Saucer passes

F with line – 2 groups of D same colour



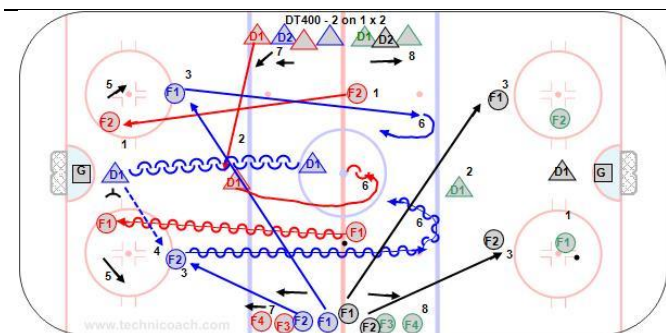
10'

B4 – Cross-Drop-Pass – Shoot

5' Pass off pads

5' Pass to player hard to far post

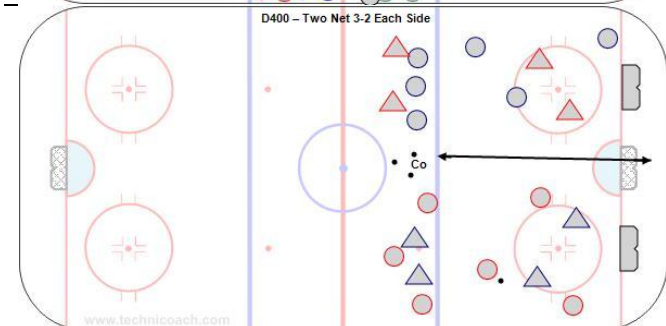
https://youtu.be/HHHs_8VNJwY



10'

DT400 – 1-1 and 2 on 1 x 2

DT400 - 2 on 1 Yursi-Juuso IIHF
<https://youtu.be/l-Uko5pKHkY>

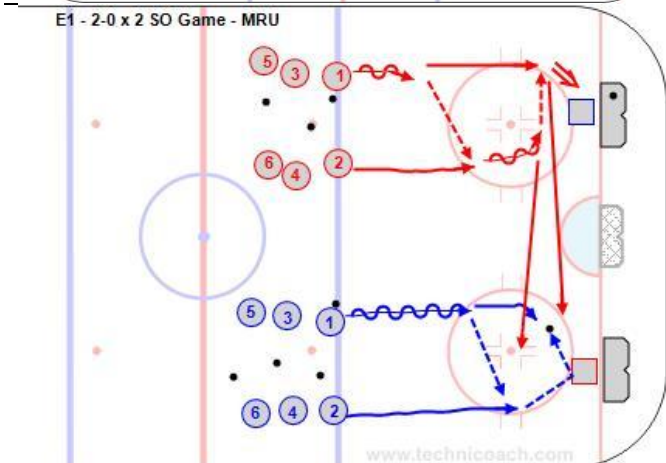


10'

DT400 - Two Net 3-2 - Pass Across to Transition - C U18 F

<https://youtu.be/SeUabpsxCVs>

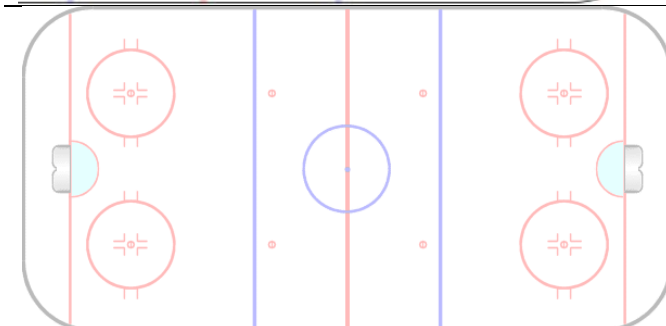
E1 - 2-0 x 2 SO Game - MRU



9'

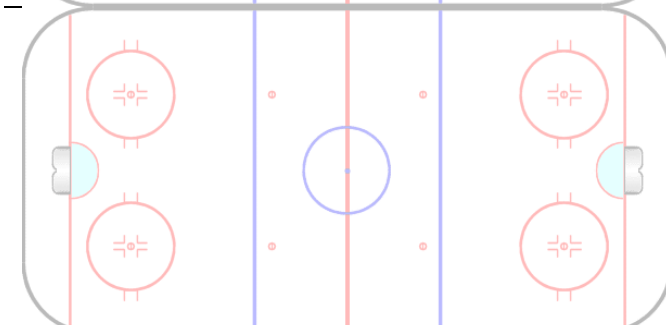
E1 - 2-0 x 2 SO Game – MRU

E1 - 2-0 Shootout Relay Race x 3 - U18F
<https://youtu.be/LBVj1ii9u2w>



1'

Team cheer



Explanation/Notes:
