



# Fire Black

## Practice Plan

Date: 03-16-26

Time: 17:30-18:45

Arena: Fr. Bauer

### Lines:

G – Kaylin Goalies

### A200 Puck Protection Circuit

B6 Breakout-Attack-F Cycle up and Drop to D

T3 - C202 - 1-1 Angling

D200 - 2-2 Shooting Jokers Behind Goals

Cheer in middle

### Notes:

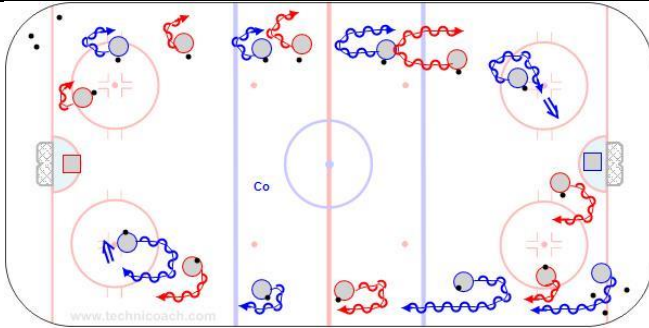
A300 Tight Turns-Three Hard Strides-Shot

B6 - 2-0 x 2 Cross Pass x 2

**B6 - Timing Around Circles**

T3 - C2 - 1-1 Surfing

**D200 Angling Game**



15'

G – Kaylin Goalies

A300 Tight Turns-Three Hard Strides-Shot

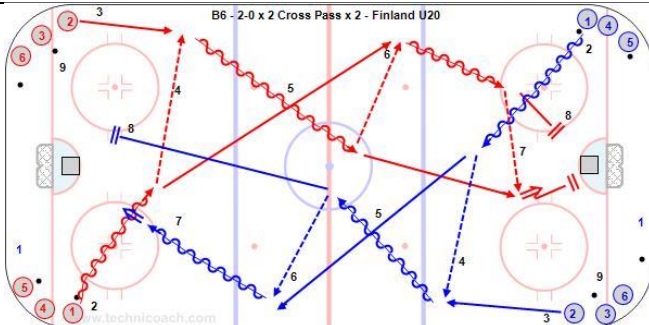
A300 Tight Turns-Three Hard Strides-Shot - U18 F  
<https://youtu.be/pamQ9ULvy2U>



10'

### A200 Puck Protection Circuit

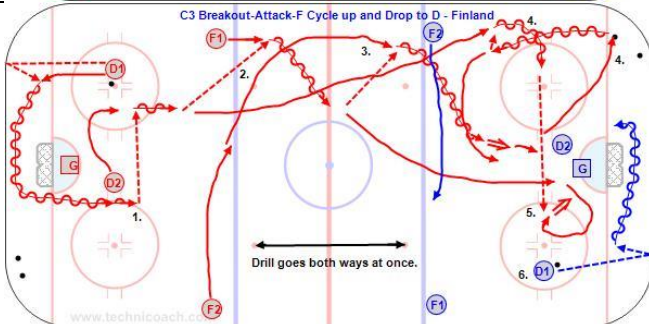
A500 - Puck Protection – Sw  
<https://youtu.be/RVptxsczfZc>



8'

B6 - 2-0 x 2 Cross Pass x 2 - Finland U20

<https://youtu.be/1acEylHssWQ>

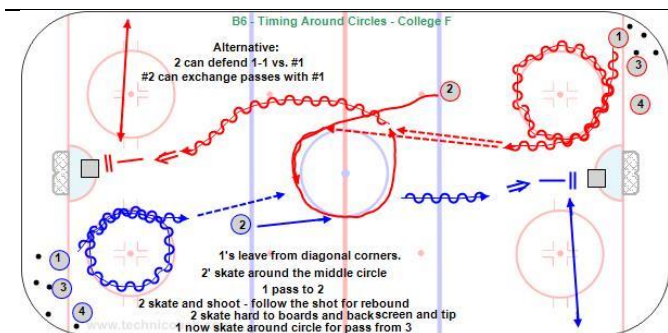


10'

### B6 Breakout-Attack-F Cycle up and Drop to D – Finland

B6 - Breakout-Attack-F Cycle up and Drop to D – Finland U20

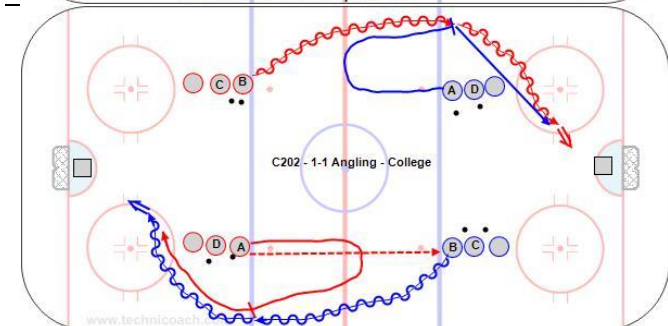
<https://youtu.be/1fe-pOFBfxc>



5'

**B6 - Timing Around Circles - College F**

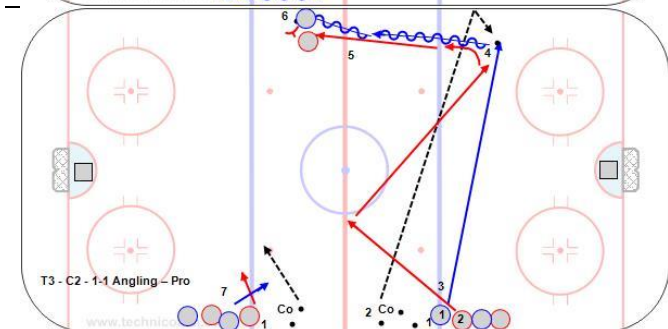
**B6 - 2-0 x 2 Timing Around Circles – Pro**  
<https://youtu.be/mzh1VYouD74>



10'

**T3 - C202 - 1-1 Angling – College**

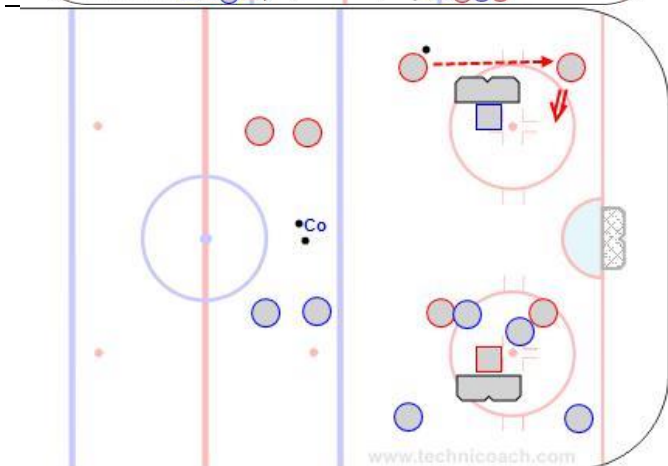
**C202 - 1-1 Angling – College**  
<https://youtu.be/iZ8q2L9cDRE>



10'

**T3 - C2 - 1-1 Surfing – Pro**

<https://youtu.be/dxJ3rNmvGNI>



10'

**D200 - 2-2 Shooting Jokers Behind Goals - U18 F**

**D200 - 2-2 Shooting Jokers Behind Goals - U18 F**  
<https://youtu.be/i72Q8IXaUBo>



9'

**D200 Angling Game**

<https://youtu.be/C3jN1H7xe4w>

---

---

Cheer in middle

---

---