



# Fire Black

# Practice Plan

Date: 03-18-26

Time: 19:00-20:00

Venue: ECTAS

**Lines:**

B600 - Tomas Neutral Zone Regroup 3

C3 - 1-0 - 2-1 - 4-2 -

**C3, 3-0, 3-1, 3-2**

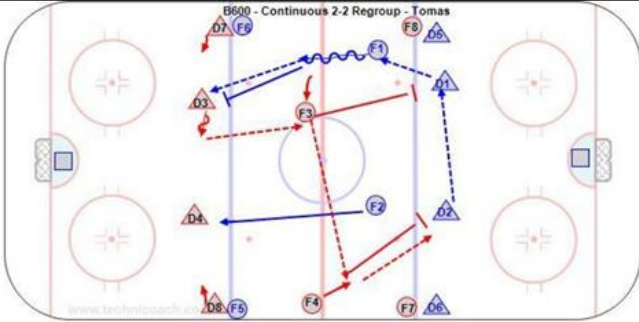
Cheer in middle

**Notes:**

**B600 - Multiple One Touch Passes**

**T4 - Defensive Zone Skating**

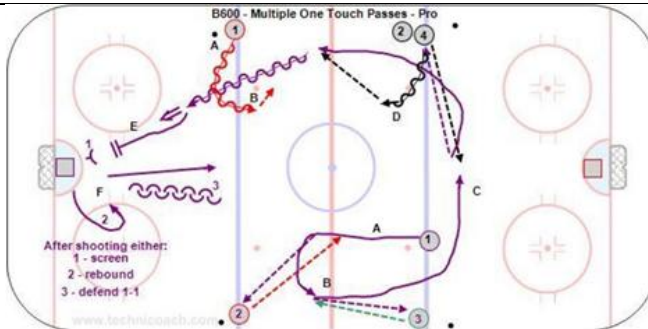
**D100 - 3-3**



10'  
B600 - Tomas Neutral Zone Regroup 3 F - U15 G

<https://youtu.be/3IkCsp6UNI>

B600 – Tomas Regroup Breakout - U15 Girls <https://www.facebook.com/groups/631135947796206/permalink/1387614492148344/?mibextid=uJjRxx>

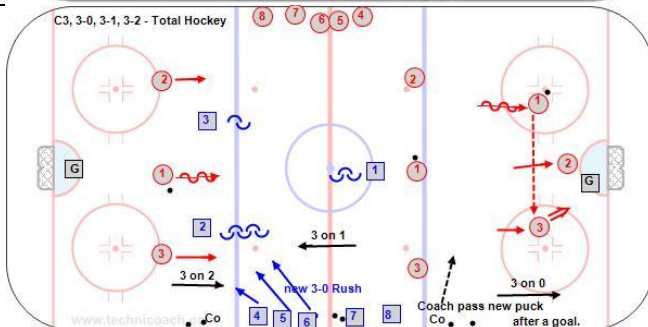


10'  
**B600 - Multiple One Touch Passes – Pro**

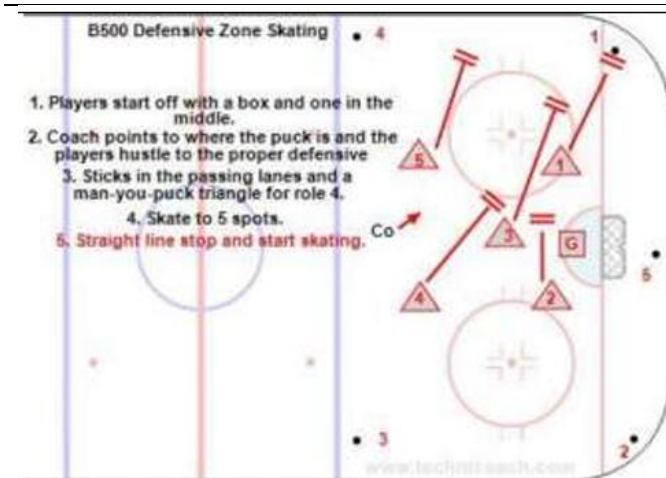
**Key Points:**  
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

**Add Dump in and Breakout after 5'**

<https://youtu.be/uCBsG4KORMI>



10'  
C3 - 1-0 - 2-1 - 4-2 - U15 G  
[https://youtu.be/4Am1JJ\\_HUkk](https://youtu.be/4Am1JJ_HUkk)

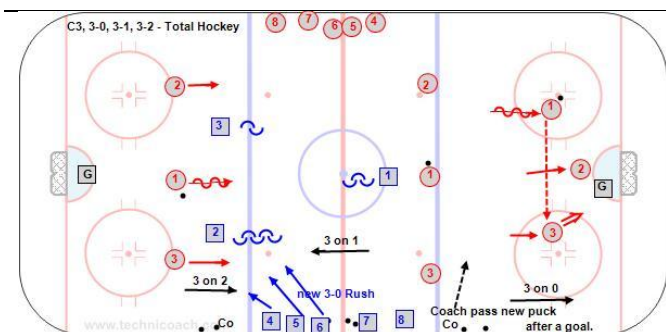


**10'**  
**T4 - Defensive Zone Skating**

Description:

1. Players start off with a box and one in the middle.
  2. Coach points to where the puck is and the players hustle to the proper defensive position.
  3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
  4. Skate to 5 spots.
  5. Straight line stop and start skating.
- T4 - Defensive Zone Skating - RB Pro

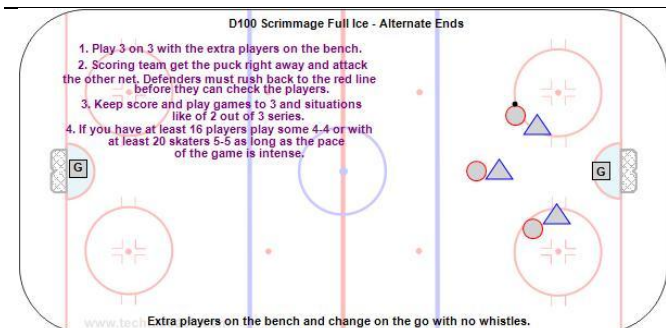
<https://youtu.be/SkXnlmn6IXk>



**10'**  
**C3, 3-0, 3-1, 3-2 - Total Hockey**

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).
2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).
3. Attack 3-2 in the original direction.
4. Three F from the other coloured team attack 3-0 on the vacant end.

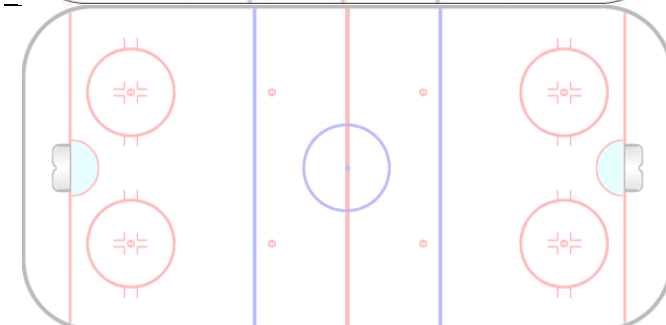
<https://youtu.be/OBtYaeTCSDA>



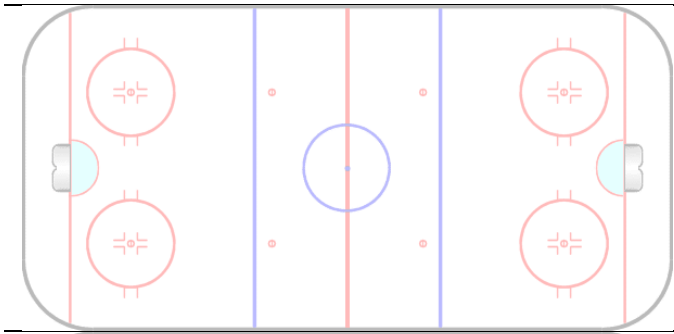
**10'**

**D100 - 3-3 - U15 G**

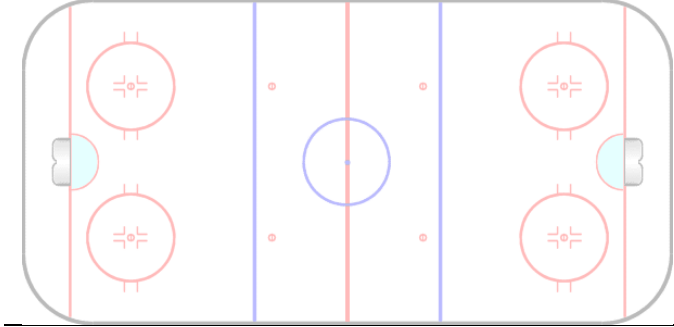
<https://youtu.be/j-5Znt-vO4>



**Cheer**



**Explanation/Notes:**



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