



Fire Black

Practice Plan

Date: 10-10-23

Time: 16:00-17:30

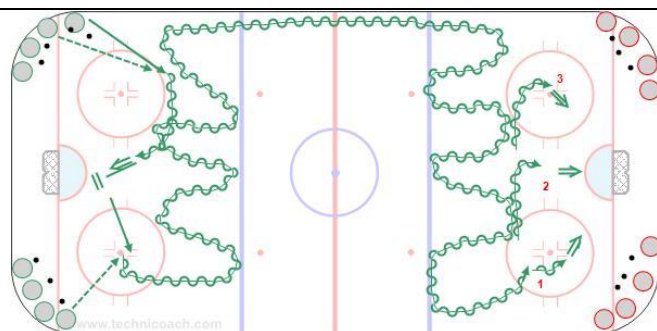
Arena: Crowchild

Lines:

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F
B6 - Carolina - 2 Cross and Drop - Regroup - 3-0
T2 - 5-0 BO - Wide Wing Slash - Stretch - Pro
D100 Two Second Game - 4-4 and 5-5 - College M

Notes:

D4 Two Pass - U15 Boy's
C6 - Pardy's 1-1 to 3-2 - Wally - U18 F
T2 - 5-0 BO - W Box Out Chip - Wide W Slash - Stretch - Pro
E1 Gambling Shootout - U18 F



3' Long Strides - Cutbacks

7'

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

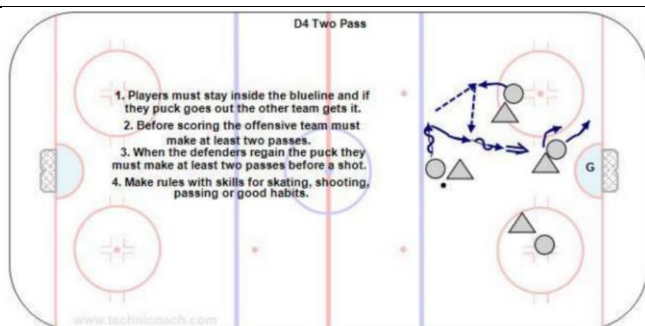
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

<https://youtu.be/SBxKxjOECyI>



10'

D4 Two Pass - U15 Boy's

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

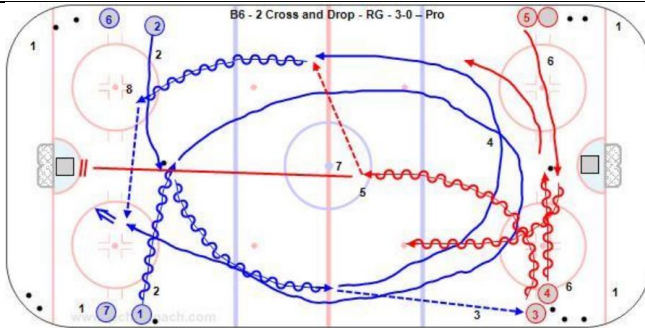
1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.

4. Make rules with skills for skating, shooting, passing or good habits.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104513276>

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>



10' Carolina

B6 - 2 Cross and Drop - Regroup - 3-0 – Pro

Key Points:

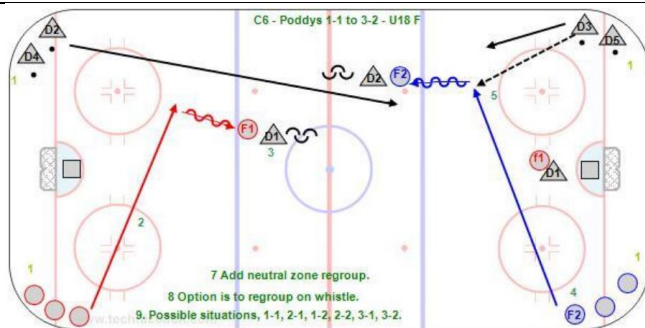
Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

Description:

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

** This is a core drill for warm up done by the same team in another arena.*

<https://youtu.be/lcaEbVO51MQ>



10'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

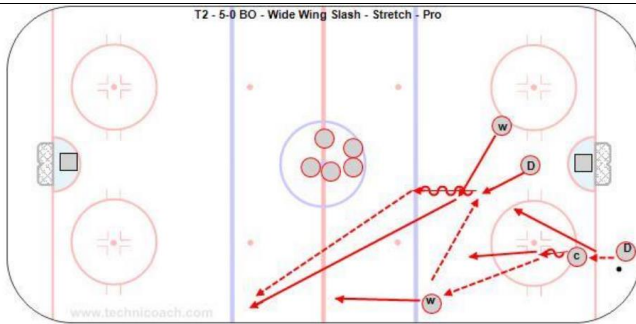
Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. *Another variation is regroup only if the coach blows a whistle.*
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

** Have the D join the attack and don't start the next rep until the puck is out of play.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180119120144934>

<https://youtu.be/NYAhiCwCA-4>



10'

T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

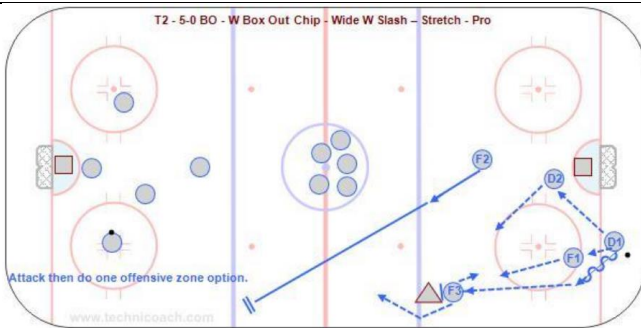
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/NfNPqFiZQA4>



10'

T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch - Pro

Key Points:

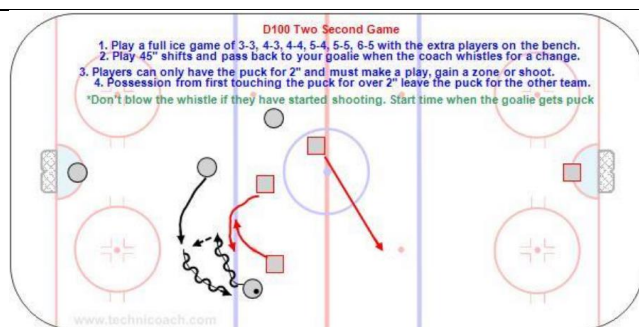
Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

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<https://youtu.be/WMzyLhRCVCg>



10'

D100 Two Second Game – College M

Key Points:

Great game for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
6. Scoring team must skate back to the red line before forechecking.

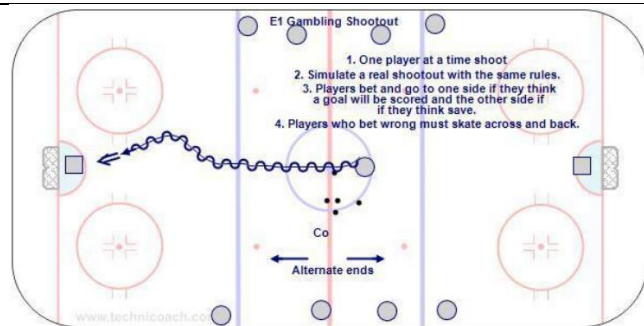
** Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.*

** An option is to pass back to your goalie on the whistle.*

** Another option is to give another 2" with the puck if the player makes an escape move.*

** The 2" rule can be used in SAG cross or half ice games as well.*

<https://youtu.be/PVv5NjFsV9w>



9'

E1 Gambling Shootout - U18 F

Key Points:

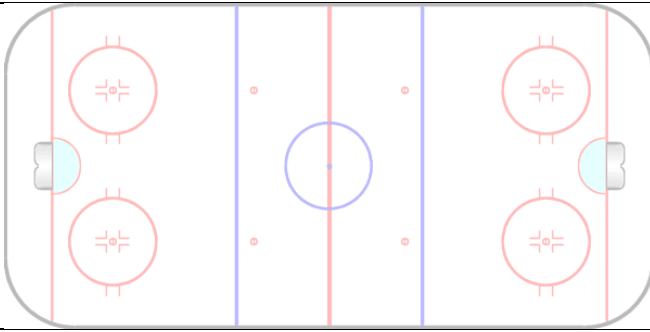
Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004080315971>

<https://youtu.be/vret0nryb0g>



Explanation/Notes:
