



Fire Black

Practice Plan

Date: 10-24-23

Time: 17:15-18:30

Arena: ECTAS

Lines:

Long Striding – forward and backward

Tomas continuous 3-3 nzone RG

B4 Outside and middle shots

D100 – Russian Scrimmage 2-2 to 5-5

Cheer

Notes: 12 F – 7 D – 2 G

Chaos and goalie warm up

Continuous 3-3 with dump in each end

B4 – Cross-Drop – one timers

E-Shootout race

Captains organize Halloween game



7' Kaylin with goalies

Long Striding – forward and backward

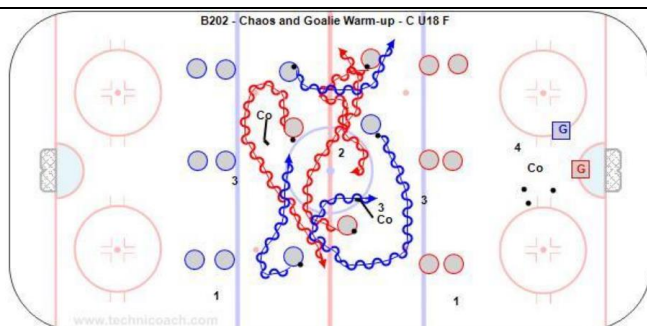
Cutbacks and three hard strides with puck

Pull back at dots

Push out

Push out pull across

Fake backhand and pull across to forehand



8'

B202 - Chaos and Goalie Warm-up - C U18 F

Key Points:

Protect the puck, make moves, fakes, pivots in all directions. Keep your head up and avoid the coaches poke check. Goalies work with a coach at one end.

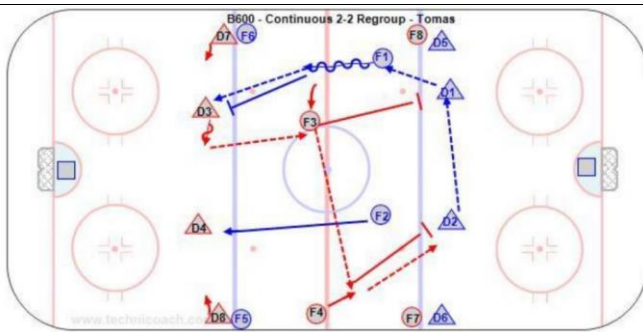
Description:

1. Players are in three lines on both sides of the neutral zone.
2. First player in each line handle the puck between the blue lines.
3. Coaches skate around and poke check at the puck.
4. Rotate every 15-20".
5. Goalie coach work on technique.

Options:

- * Add pass to the players at the front of the line.
- * Exchange pucks with the other players in the middle.
- * Knock the puck off other players sticks.
- * Do Overspeed intervals of 5-10".

<https://youtu.be/I9OmgC2cFL0>



10'

B600 - Continuous 2-2 Regroup – Tomas - U18 F

Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

<https://youtu.be/dB6DPGuHn3s>



10'

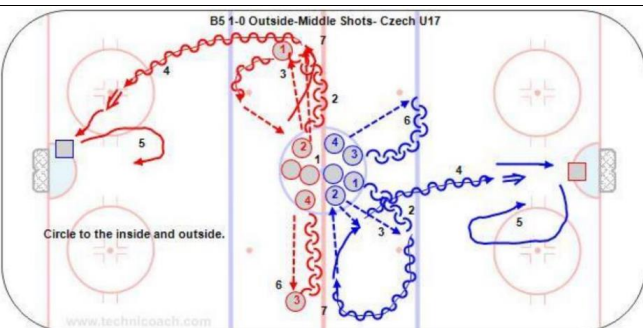
T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time.

Description:

1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. Red F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. Red D1-D2 go back for the puck.
5. White F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. Red D1-D2-F1-F2-F3 breakout and everyone must touch the puck up ice.
7. Red F1-F2-F3 shoot the puck in and forecheck vs. White D1-D2.
8. White F4-F5-F6 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.



8'

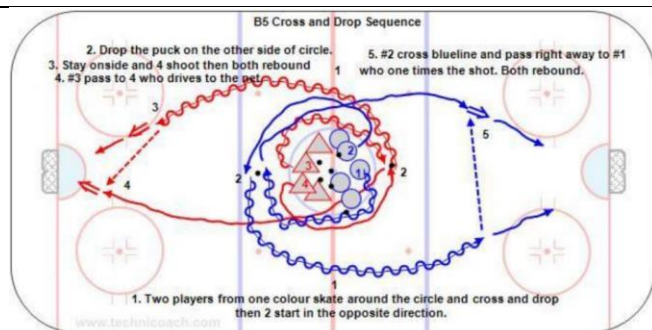
B4 1-0 Outside-Middle Shots - Czech

Key Points:

Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description:

1. All players and pucks are in the middle.
2. One player leave from each side.
3. Player 2 pass to player 1 who circles between the red and blue line.
4. Player 1 skate in and shoot after the third pass.
5. After shooting player 1 circle back and rebound for the next shooter.
6. Alternate sides and player 3 leaves after the first pass.
7. Circle left and right so shots come from both in



the middle and the outside lanes.

<https://youtu.be/j0lWhL0ARbw>

7'

B4 - Cross and Drop Sequence - College M

Key Points:

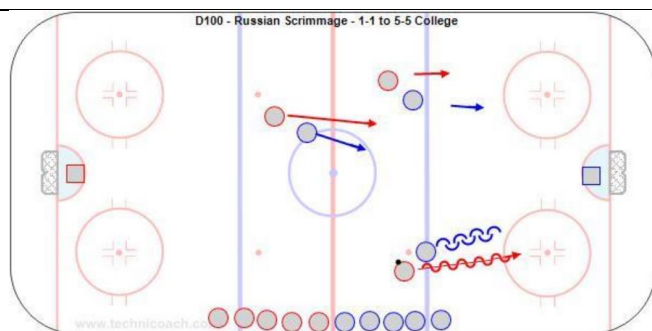
Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

Description:

1. Two players from one colour skate around the circle and cross and drop then 2 start in the opposite direction.
2. Drop the puck on the other side of circle.
3. Stay onside and 4 shoot then both rebound
4. #3 pass to 4 who drives to the net.
5. #2 cross blueline and pass right away to #1 who one times the shot. Both rebound.

B4 - Cross and Drop Sequence – College M

https://youtu.be/HHHs_8VNJwY



13'

D100 - Russian Scrimmage - 1-1 to 5-5 College M

Key Points:

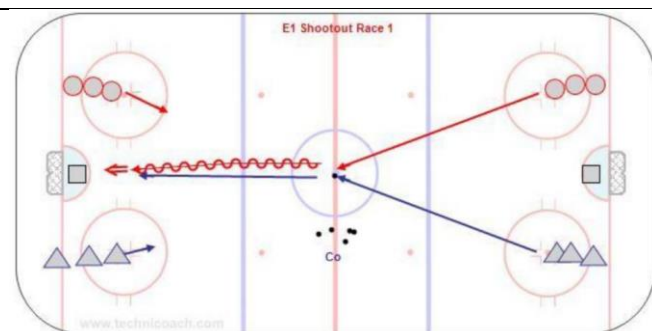
Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40".
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

** Play hard – 'Enjoy the Game', Let the 'Game be the Great Coach', Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>



10'

E1 – Shootout Race From Dots – U18 Boy's

Key Points

Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

**This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.*

Description

1. Players are lined up behind the face of dots at each end.
2. A player from each team race for the puck which

the coach puts on the middle dot.

3. Protect the puck and try to score vs. backchecking opponent.

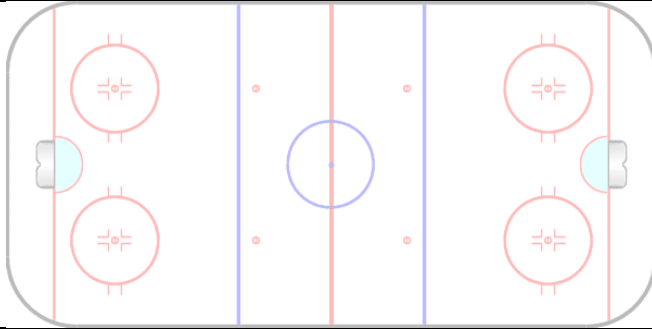
4. Place another puck near the dot and repeat the other way.

5. Allow goals on rebounds that come straight out.

* *Backchecker can't hook or hold but must take the stick on a rebound.*

* *Keep score!!*

<https://youtu.be/pWdBW5Z1TXM>



2' Pucks and cheer.

Captains select teams for Halloween game and teams decide on costumes.
