



Fire Black

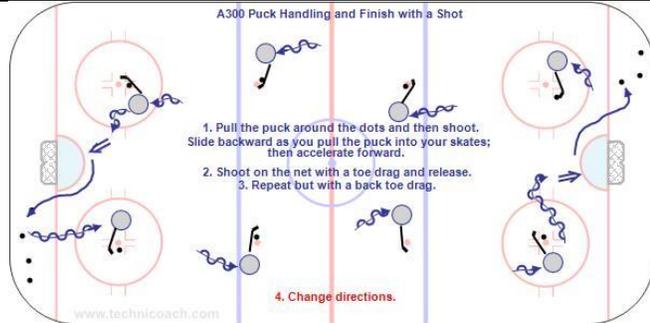
Practice Plan

Date: 11-02-23

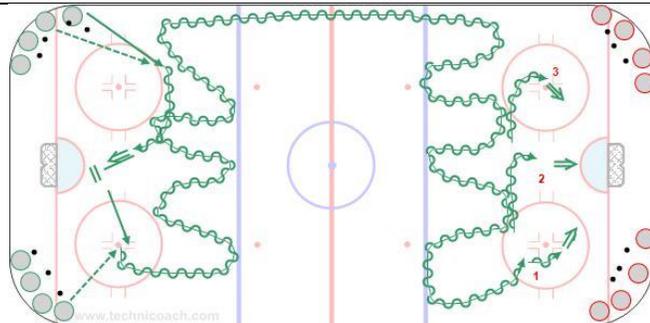
Time: 16:00-17:30

Arena: Henry Viney

Lines:	Notes:
Striding	Agility skate and shoot
2' game Russian scrimmage	Pass in every zone
Power play pk sequence	Continuous 3-2 to 5-5
Shootout puck carrier either direction	

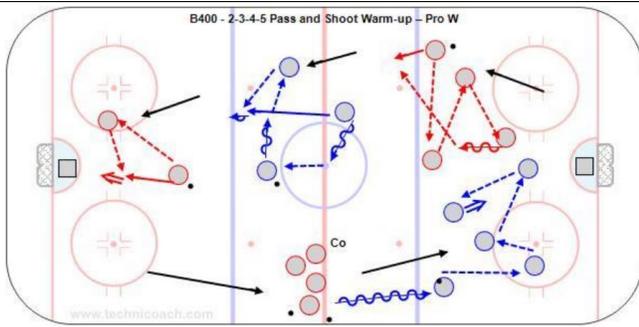


7'
 A2-300
 – Striding front and backward, cutbacks, various moves



10'
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.
 B6 - double zig zag

<https://youtu.be/DGzvB-HRt1s>



13'

B400 - 2-0, 3-0, 4-0, 5-0 Pass Every Zone – Pro W

Key Points:

Face the puck and pass on the forehand. Stay in each zone until all players have made a pass.

Description:

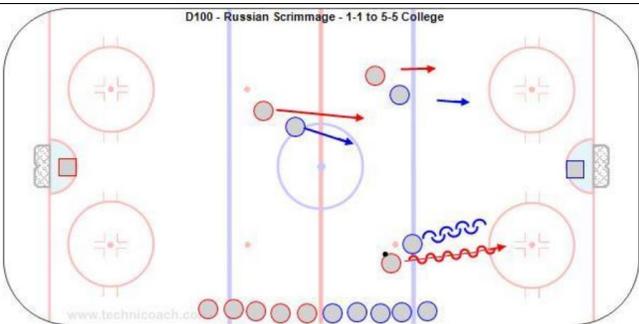
1. Two then three then four then five players leave.
2. Each player must make a pass in each zone.
3. Take a shot at each end.
4. Skate facing the puck and make forehand passes.
5. Possible sequence is reverse and 5-4-3-2 leave the other way.

Options:

Start with one player who touches both knees at each blue line. If less than 20 skaters i.e. 16 go 1-2-3-4 then start the other way and go 4-3-2-1.

Another option is to use one touch passes only, or do an escape move and then pass.

<https://youtu.be/VzaDDDXQ0f8>



15' Rule 2"

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

Key Points:

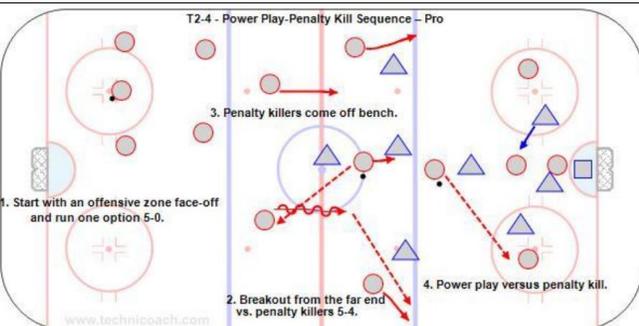
Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

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>



20' Jim do pp Play 45" live

T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.

2. Breakout from the far end vs. penalty killers 5-4.

3. Use controlled breakouts for each group.

4. Penalty killers come off the bench to defend against the breakout.

5. Power play versus penalty kill.

* Breakout with a double swing and five attack.

* Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.

* Aggressive penalty kill when the puck is loose or the attackers back is turned.

* Option one is to have the wide players on their forehand side for one timers.

* Option two is to have a passing PP with right and left handed shots on the right and left sides.

* Rotate positions and keep moving.

* Defender stay with the puck carrier but do not chase passes.

* Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.

* Many teams give the goalie the walk out player jam and cover the other four.

* Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.

* A coach can use this sequence to practice from 3-3 to 5-5.

<https://youtu.be/VadXPVkB4I>

13' Wide wing s;asj acrpss pr stretch

DT100 Continuous 3:2 to 5:5 – Dukla Czech U20

Key Points:

New players don't leave the line up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line. In Jihlava, Czech Republic the U20 is leaving from each side and in Turku, Finland they leave from the bench.

Description:

1. Attack 3:2 with D getting support from 3 F's and F's from 2 D.

2. Defending F1 support low to make it a 3:3 and F2:F3 cover the point.

3. New offensive D's join and play point.

4. On transition attack 3:2 thru nzone.

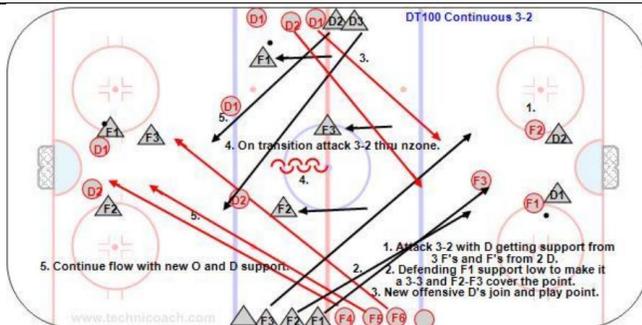
5. Continue flow with new O and D support.

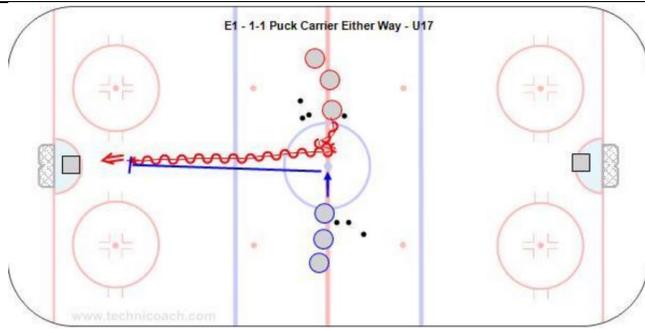
-Continue the flow of 3:2 in nzone and 5:5 at each end.

-Dump ins and regroup can be added.

Dukla U20 – Jihlava, Czech Republic

<https://youtu.be/xcbokEplsTQ>





10'

E1 - 1-1 Puck Carrier Either Way - U17

Key Points:

Puck carrier make deceptive moves and break to **either** net. Defender use controlled defensive skating and approach with toe caps facing the **puck carrier**, then chase without taking a penalty. Goals on a rebound in the slot count.

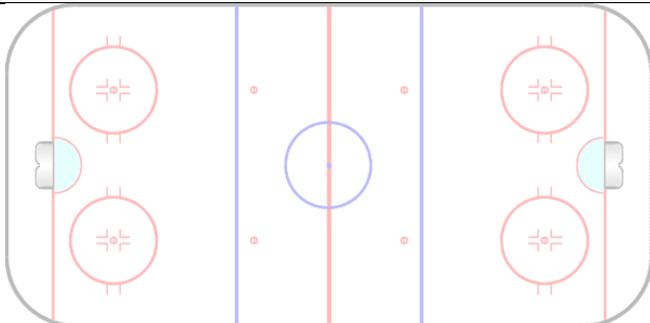
Description:

1. Red face the blue on the red line just outside of the circle.
2. Blue attacker skate into the circle with the **puck** and attack **either** net.
3. Red player defend and chase the attacker without taking a penalty.
4. Blue can score on direct rebounds.
5. Red defender box out attacker and tie up the stick on any rebound.
6. The next blue now is the attacker vs. the next red.
7. Continue alternating sides.
8. Keep score.

** Do this 1-1, 1-2, 2-2 as well.*

E1 - 1-1 Puck Carrier Either Way - U17

<https://youtu.be/YuEckedLbtU>



Pucks and team cheer



Explanation/Notes: