



Fire Black

Practice Plan

Date: 11-05-23

Time: 13:15-14:45

Arena: ECTAS

Lines:

Stride-cutbacks-moves at dots

2-0 x 2 skate to Big Ice

PP game 1-1 to 5-5

2/3 ice game with goals on one timer or touch

Notes: 10 F 2 G 6 D

D4 two pass FH and Gm 2 give and go goals

Breakout 2 F shoot D point shot x 2

Point shots and scissors x 2

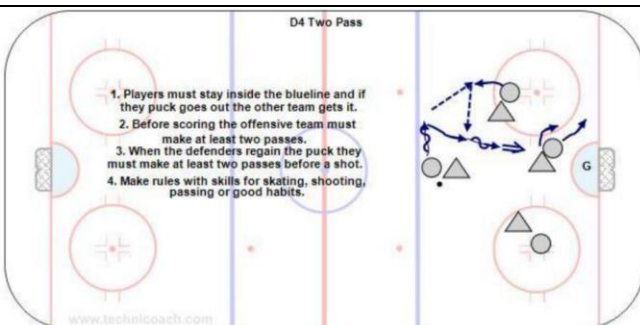
Speed scoring



5'

Striding – Cutbacks – Moves at Dots

Jim and Emily warm up goalies.



15' Two games – switch half way

D4 Two Pass – U15

8' gm 1 Must face play to pass

7' gm 2 Goals on give and go only

Key Points:

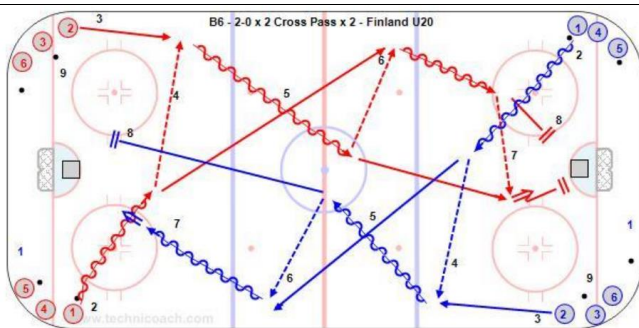
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice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

D4 Two Pass – U15 Boy's

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



10'

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

Key Points:

Attack with speed. Prepare to shoot by squaring up if on the off wing or give a target on the forehand. Shoot quickly with a 'one timer' or 'catch and release.' Always shoot hard.

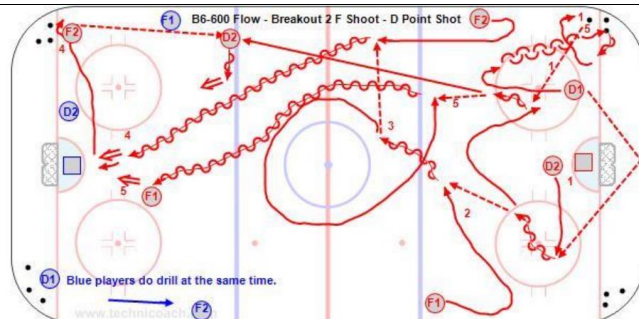
Description:

1. Players start from the four corners.
2. Player 1 leave from diagonal corners and cut across to the 'Big Ice' between the dots.
3. Player 2 leave from diagonal corners and skate up the ice.
4. Player 1 pass to 2.
5. Player 2 skate to the 'Big Ice' and 1 takes the ice behind to the wide lane.
6. Player 2 pass to 1 for a wide entry into the offensive zone.
7. Players 1-2 attack with speed and play 'Poker' with the goalie and either pass or shoot.
8. Only one pass in the offensive zone and both players crash the net for a rebound.
9. Alternate leaving from both corners.

** This is an unopposed drill that can be enhanced by passing to the previous shooters.*

** After shooting skate to the blueline and defend 2-1 or 2-2.*

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



10'

B6-600 Flow -Breakout 2 F Shoot - D Point Shot - Finland U20

Key Points:

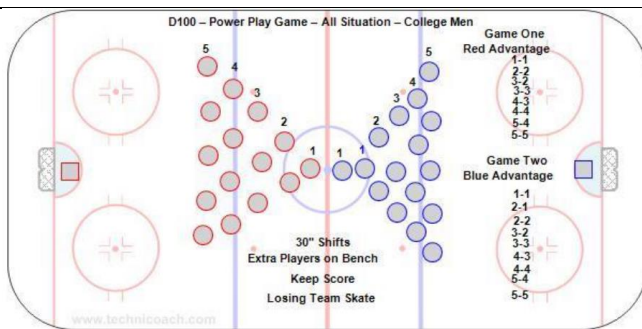
Pass hard, keep skating all the time. Pass and follow the pass. Screen, rebound.

Description:

This happens the same time from each end.

- 1 - D1 pass behind to D2.
- 2 - F1 get breakout pass from D2.
- 3 - F1 skate to big ice and pass to F2.
- 4 - F2 drop pass to F1 who attacks and shoot
- 5 - D1 pass to D2.
- 6 - D2 pass to F2 who skated around circle.
- 7 - F2 attack and shoot..
- 8 - D2 follow attack and get a pass from F1.
- 9 - D2 take a point shot and F2 while F1 move in for a shot pass and rebound.

https://youtu.be/567GJB_Cgpc



15'

D100 – Power Play Game – All Situation – College Men

Key Points:

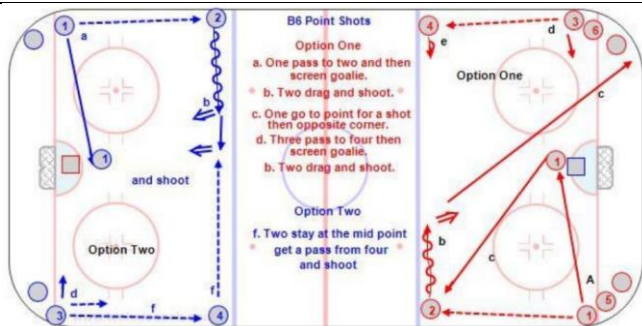
Teams take turns having the man advantage.

Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can play situations up to $\frac{1}{4}$ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
7. Keep Score and losing team skate or push ups

<https://youtu.be/7qLLlc30nbE>



10' Goals on one timer or one touch shots

B6 Point Shots - College W

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

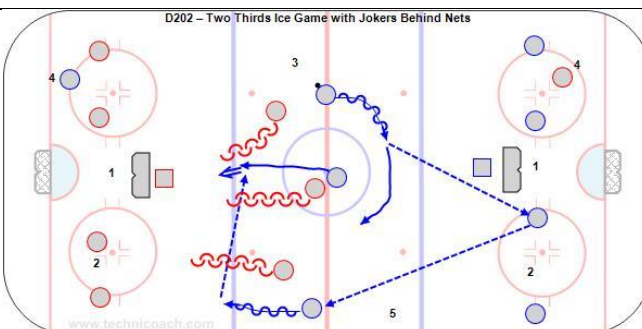
- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Forward skate up boards and D jump down when she reaches top of circle. Scissor pass to D then cycle into middle for a pass from D.

*The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.

<https://youtu.be/u4Dk45WNMfs>



13'

D202 – Two Thirds Ice Game with Jokers Behind Nets U18 F

Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a

great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>

10'

E1 Speed Scoring 2-1 to 2-2 – Finland

Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<https://youtu.be/CJeQogDhiAw>

2'

Get puck and team cheer in middle

