



## Fire Black

## Practice Plan

Date: 11-07-23

Time: 18:00-19:15

Arena: Village Square

### Lines:

Striding, cut backs, moves

Goalie technique

Cutbacks and escape moves

Continuous 2-2 Total Hockey

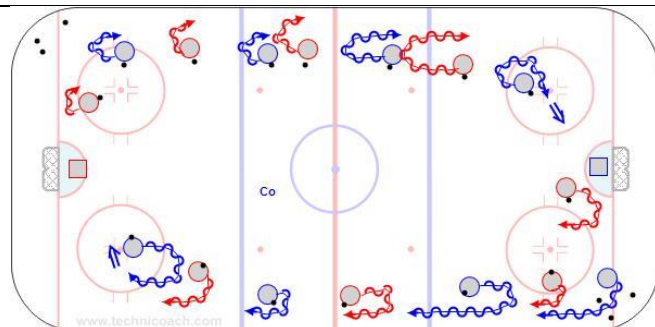
### Notes: 2 G 6 D 11 F

Tomas nzone regroups

Overspeed with a pass and shot

Game 1 vs 1 vs 1

Gambling shootout

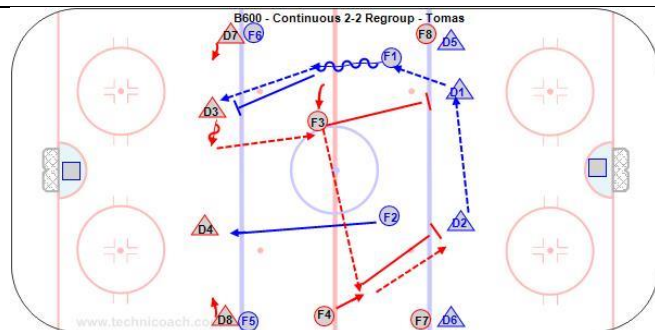


7'

A300

Striding, cut backs, moves

Kaylin with goalies 17'



10'

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

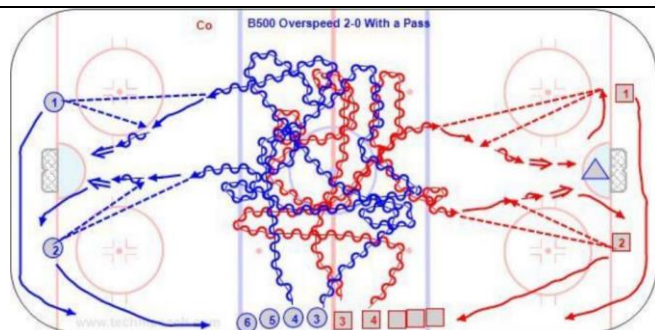
#### Key Points:

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'

### B200 Overspeed with a Pass - U18 F and U17

#### Key Points:

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

#### Description:

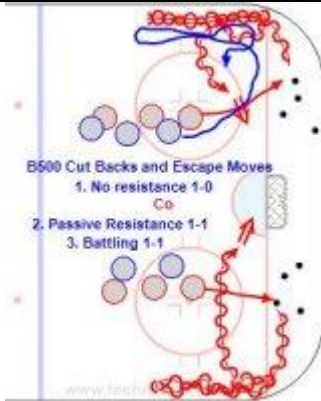
Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin. While the first group leaves the second group skates with a puck in the middle.

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Follow the shot, look for rebounds.  
You could add a give and go with the group ahead  
and a one timer or other situation at full speed.  
Whistle every 8 seconds.  
B500 Overspeed with a Pass - U18 W  
<https://youtu.be/ByBqQUu0jJ8>

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10'

### **C6 Cut Backs and Escape Moves**

Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.

2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.

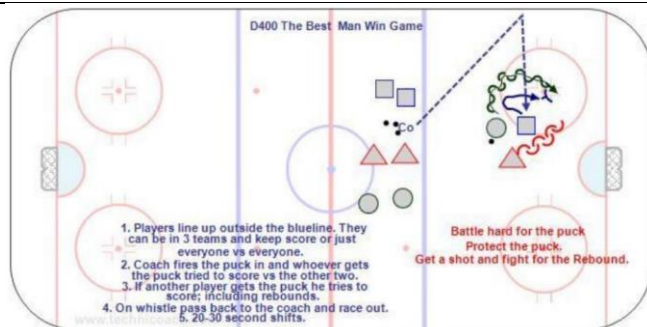
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

\*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

C500 - Cutbacks and Escape Moves 1-1 – Youth

<https://youtu.be/x0e9-Vn8W80>

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10'

### **D400 Best Player Wins the Game 1 on 1 on 1 - Jasper Camp**

Key Points:

-Battle hard for the puck.

-Protect the puck.

-Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.

2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.

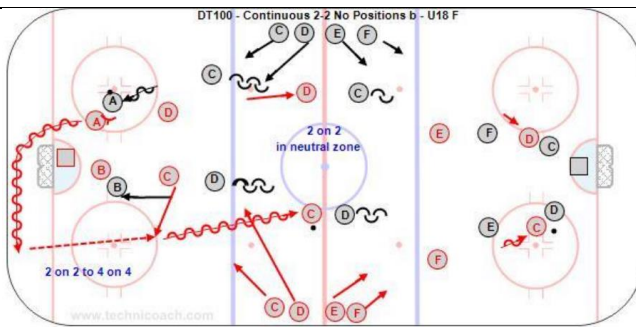
3. If another player gets the puck he tries to score; including rebounds.

4. On whistle pass back to the coach and race out.

5. 20-30 second shifts.

<https://youtu.be/4fzFD5CiTjs>

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13'

## DT100 - Continuous 2-2 No Positions - U18 F

### Key Points:

Everyone plays both forward and defence in this transition game. They have to FIO (figure it out) in the defensive and offensive zones so two players are deep on the attack and defending and two at the point on offense and two covering the point on defense. 'Keep Score', it is a 'Game' with no whistles and constant 'Changing on the Go.'

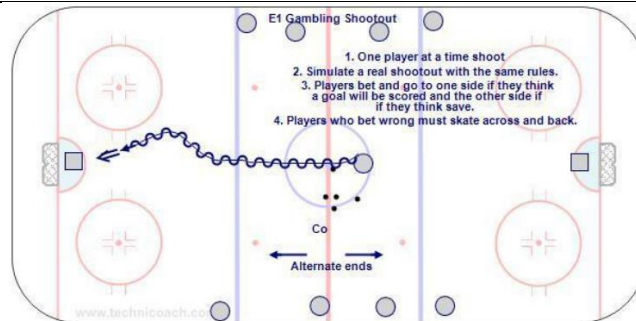
### Description:

1. Black A-B attack vs. Red A-B.
2. Black C-D follow when the puck crosses the blue line and support at the point.
3. Red C-D follow from the other side and cover the point.
4. Play 4-4 in the zone.
5. On a goal, frozen puck or change of possession Red C-D attack vs. Black C-D.
6. Red E-F support the attack at the point and Black E-F cover the point.
7. Continue this flow.

*\* This sequence can be done 1-1 to 2-2, 2-1 to 3-3, 3-2 to 5-5 or random combinations that create odd man advantages in the attacking or defending end.*

*\* Teach players to read the game situation by sending out 1-2 or 3 new attackers or defenders. This causes players to communicate and adjust how they defend or attack. It may be a power play or penalty kill; players have to read it and act. Dump the puck in to work on the forecheck or quick breakout. Use your imagination as a coach to develop players with 'Game Sense'.*

<https://youtu.be/lczCYMOjLuA>



13'

## 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.

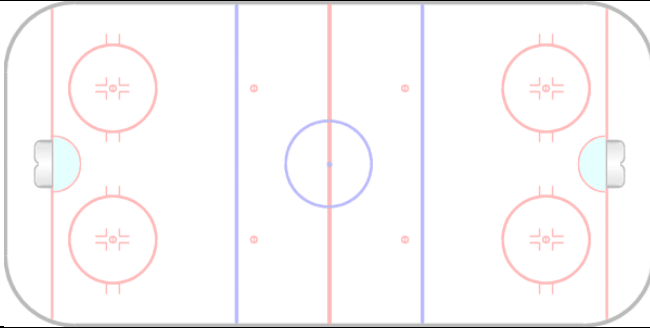
### Description:

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.

<https://youtu.be/vret0nryb0g>



**3'**  
**Team cheer**



**Explanation/Notes:**

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