



# Fire Black

## Practice Plan

Date: 11-09-23

Time: 16:15-17:45

Arena: Crowchild

Lines:

Notes: 12 F - 8 D - 2 G

Stride cutbacks moves

Agility skate-pass-shoot

Small horseshoe 10-2-03-0

Game of quick transition

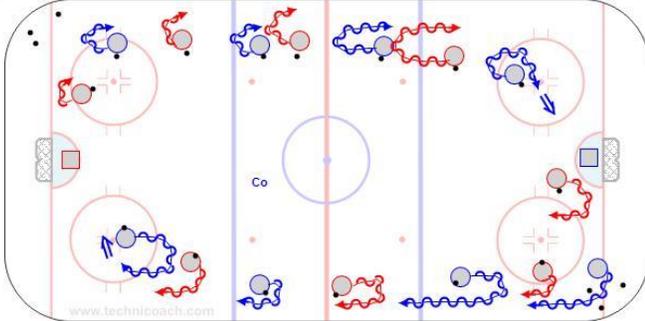
Tomas NZ Regroups 3 then Breakouts

Regroup and 5-0 attacks

Breakout 1-1 and 2-1 with regroup

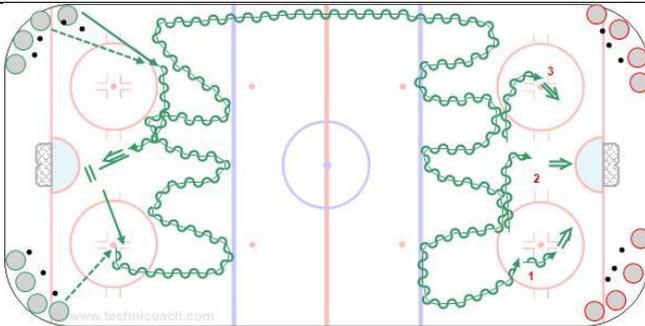
Cross ice game of 3-2-1 pucks

Tomas continuous 3-3 Rg then Breakouts



7'  
A300  
Striding, cut backs, moves

Kaylin with goalies 17'



10'  
**B6 - 3 Shots, 3 Zig zags, 3 Shots – U15 G**

Key Points:

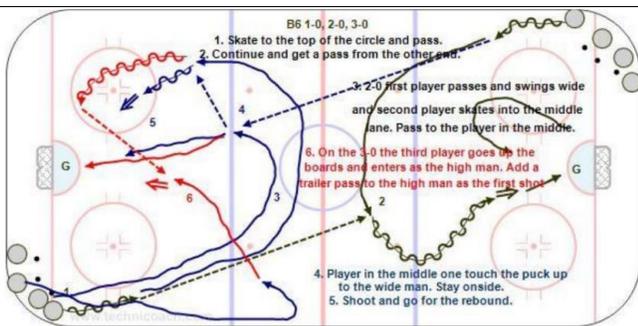
3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

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 - U15 G

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



10'

## B6 1-0, 2-0, 3-0 Small Horseshoe

### Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

### Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

B6 - Small Horseshoe 2-0 - U18 F

<https://youtu.be/SDCuSWSSuDE>



10' D 2-2 F 3-3 each end

## DT400 Game of Quick Transition – U15 B

### Key Points:

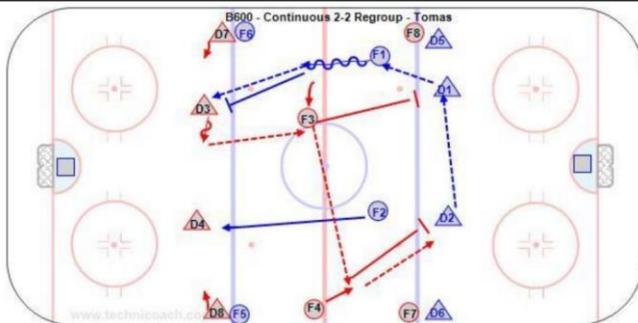
The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

### Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

DT400 Quick Transition Game - U15

<https://youtu.be/ecxLc1JGBVY>



15'

## B600 - Continuous 3-3 Regroup – Tomas - U18 F

6' Nz and then 7' Dump in and breakout

### Key Points:

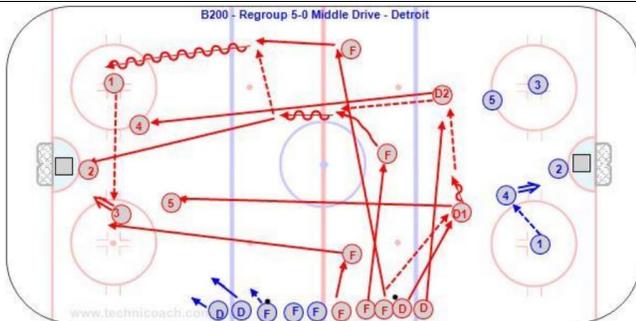
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

### 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.
- \* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.*
- \* Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

<https://youtu.be/dB6DPGuHn3s>



10'

### Attack with 4

### T2 - B200 - Regroup 5-0 Middle Drive – Detroit

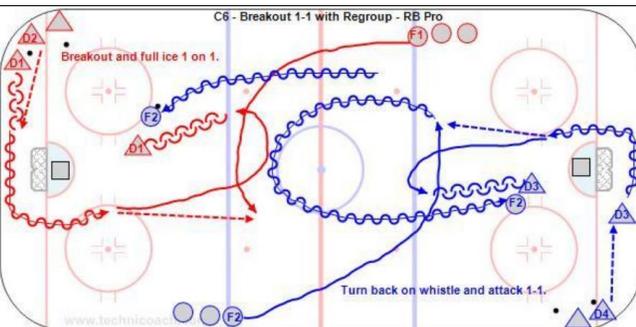
#### Key Points:

Everyone joins the attack. First player without the puck go to the net hard. Next two create a reverse triangle. 4th and 5th attacker join the rush.

#### Description:

1. Players line up on one side in the neutral zone.
2. Start with a forward passing back to a defenseman.
3. Forwards fill the three lanes.
4. Go D to D and pass up to the forwards.
5. Attack with all five players.
6. Next group of 5 repeat the other way when the rush crosses the blue line

<https://youtu.be/a8jyxwcoPHI>



12'

### C6 - Breakout 1-1 – 2-1 with Regroup - RB Pro

#### Key Points:

Do this drill from both ends. Defense leave from diagonal corners and forwards from the blue lines. Attack with speed. Defenseman has to skate to tighten the gap, especially when there is a regroup.

#### Description:

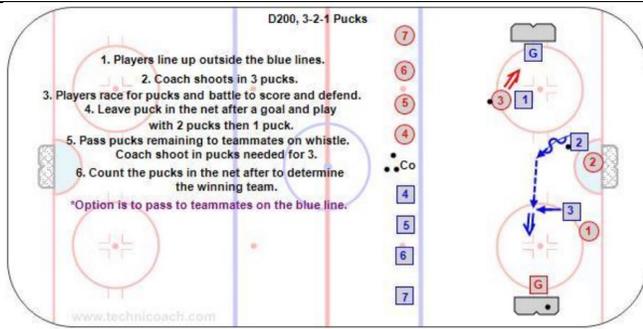
1. On whistle D1 get a pass from D2.
2. D1 Pass to F1 cutting across the middle.
3. F1 attack 1-1 vs. D3.
4. D1 defend 1-1 vs. F2.

#### Add Regroup:

5. **On the whistle F2 turn back and attack 1-1 vs. D3.**

*\* This can also be done 2-1. Another option is to send varying numbers of F or D so the opponent has to read the play and adjust.*

<https://youtu.be/r71SgRUnTGY>



14'

## D200 3-3 with 3-2-1 Pucks - College Wey Points:

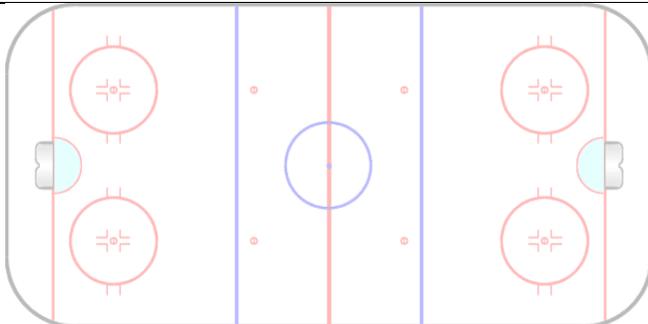
- Players can only shoot when the goalie is ready.
- No empty net goals.
- Situation continually changes as goals are scored and players have to read odd and even man numbers.
- College women are playing with the rule that goals must be on one touch shots.

### Description:

1. Players line up outside the blue lines.
2. Coach shoots in 3 pucks.
3. Players race for pucks and battle to score and defend.
4. Leave puck in the net after a goal and play with 2 pucks then 1 puck.
5. Pass pucks remaining to teammates on whistle.
4. Hustle out of the zone on the whistle and play 20-30 seconds only.
6. Count the pucks in the net after to determine the winning team.

*\*Option is to pass to teammates on the blue line.  
Another option is to skate behind the nets to start.*

<https://youtu.be/mVNWjdJAECY>



## 2'Team Cheer