



Fire Black

Practice Plan

Date: 11-11-23

Time: 19:45-21:00

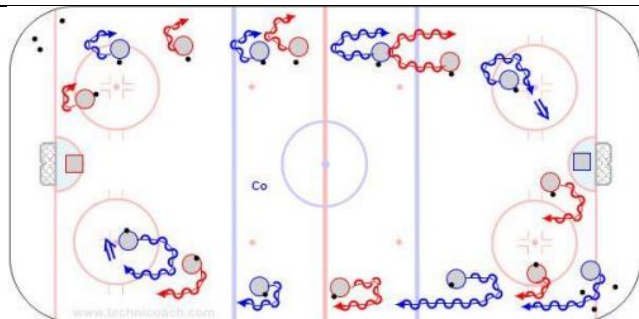
Arena: Bowness

Lines:

Striding, moves, cutbacks, linear crossovers
 Double Cross and drop and shot
 Jim/Emily Power play review
 Double swing pp breakout
 Specialty team sequence -pp vs pk

Notes: 10 F – 2 G – 6 D

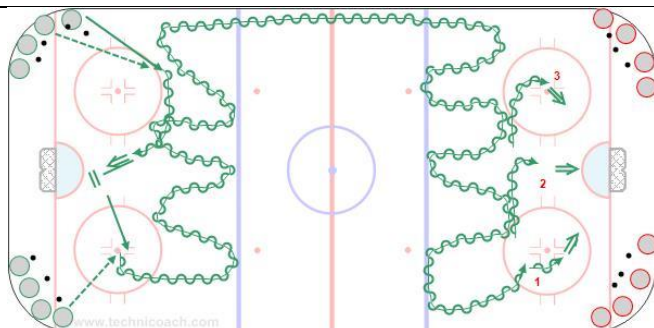
Agility skate and shots – transition - Crosby
 1-1 gap control defender no stick
 Tom Johnston pp game – rotate each 5'
 Face off play – offensive



7'

Warm up

2 x F stride then B stride
 Cutbacks
 Double Cutbacks
 One side moves at each dot
 One side linear crossovers



10'

B6 – 3 Shots, 3 Zig-zags, 3 Shots – U17-20 RB - U15 G
2 x Transition Skate and 2x Crosby

Key Points:

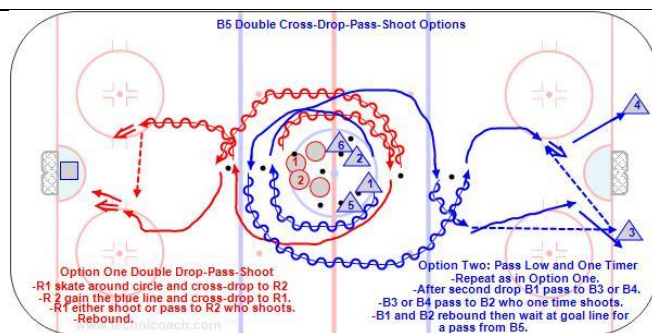
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
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'

B4 - Cross and Drop Sequence - College

Key Points:

Players are inside the middle circle. Two players skate around and **cross** and drop then 2 from the other group leave.

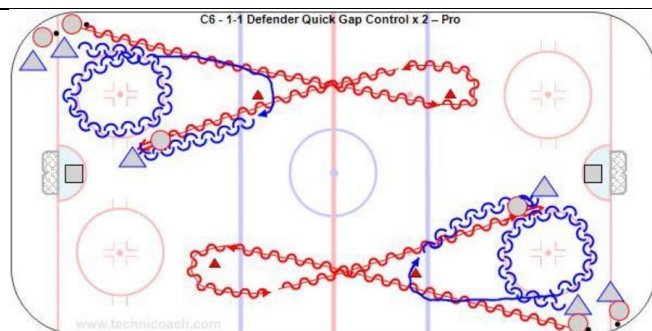
Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions.

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 Double Cross and Drop - Jihlava U20

https://youtu.be/ftT_KMohkl



10'

Defender has no stick

C6 - 1-1 Defender Quick Gap Control x 2 – Pro

Key Points:

Defender must have quick feet and use the edges well to close the gap on the attacker.

Description:

1. Two attackers and defenders both start from diagonal corners.
2. Attackers skate to the inside around a pylon near the far blue line
3. Defenders skate up and around the circle then up ice and turn backward at the pylon near the close blue line.
4. Attack 1-1 from the wide lane.

** Defender close the gap to a stick length and stay on the defensive side.*

** Attacker follow the shot for a rebound and defender box out and tie up the attackers stick.*

<https://youtu.be/a44dYgEZl5k>

[illegible]

**One end Jim/Emily take each line 5' for pp.
Tom other line for Johnston pp game.**

Description:

- <https://youtu.be/k-QN7-OHhYY>

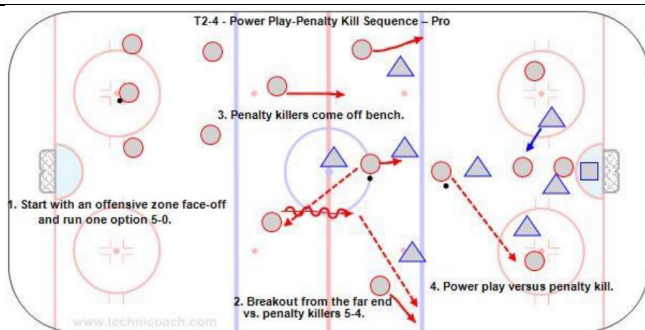
The diagram is titled "D100 Breakout PK and PP". It shows a top-down view of the game area. On the left, a grey rectangular paddle is positioned at the bottom. Several red triangles (balls) are scattered in the upper half. A grey circle (ball) is in the lower half, with a curved arrow indicating it is about to be hit by the paddle. A vertical red line separates the left and right halves. On the right, a blue circle (ball) is in the lower half, with a curved arrow indicating it is about to be hit by the paddle. A vertical blue line separates the right half from the far right. In the far right, a grey circle (ball) is in the lower half, with a curved arrow indicating it is about to be hit by the paddle. A wavy line is shown in the upper right, representing a ball's path. The URL "www.technicoach.com" is visible at the bottom left.

T2 - PP Breakout and Rotation - Slovakia U20

Double swing **breakout**. Usually C swing to forehand side and wings stretch at far blue line or red line and far blue line. High rotation with the F and D switching.

1. Five players wait in the neutral zone and D1 dump the puck in.
2. D1 skate up the middle lane while F1 and D2 swing to each side.
3. F2 and F3 are at the far blue line on each side.
4. D1 read the play and decide to carry or pas the puck.
5. Practice the 5v0 pplay with a high rotation between F1 and D1.

<https://youtu.be/hSksYujigE8>



10'

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

Run one offensive zone faceoff play instead of pp and then dump it in.

Key Points:

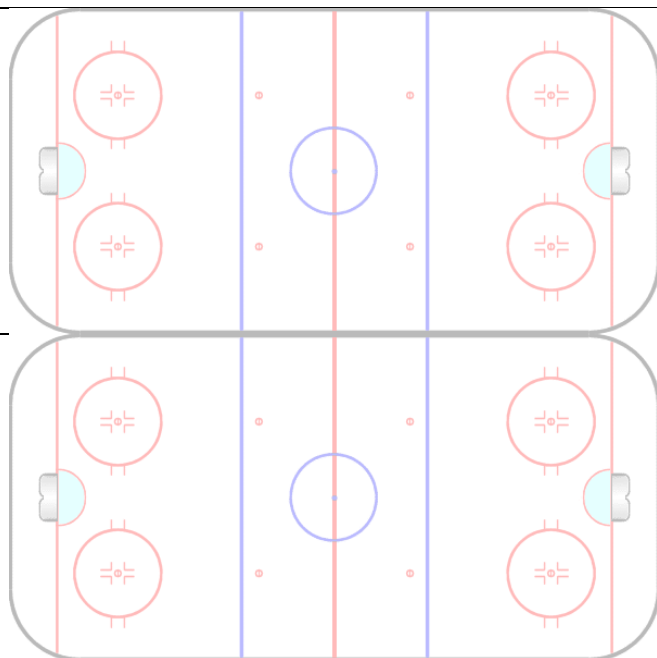
Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward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

<https://youtu.be/VadXPVkB4I>



Team Cheer in middle

Explanation/Notes: