



## Fire Black

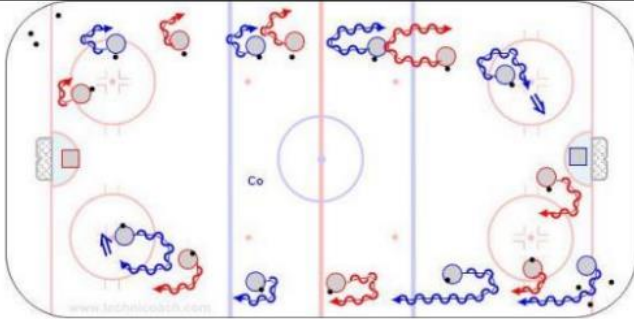
## Practice Plan

Date: 11-14-23

Time: 18:45-20:00

Arena: ECTAS

Lines:	Notes:
Skating and skill warm up	Kaylin with goalies
One timer shots	Double regroup pass and point shot
Double regroup 2-1	Continuous 2-2 – Total hockey
Russian Scrimmage – 2" Rule	Small power play game

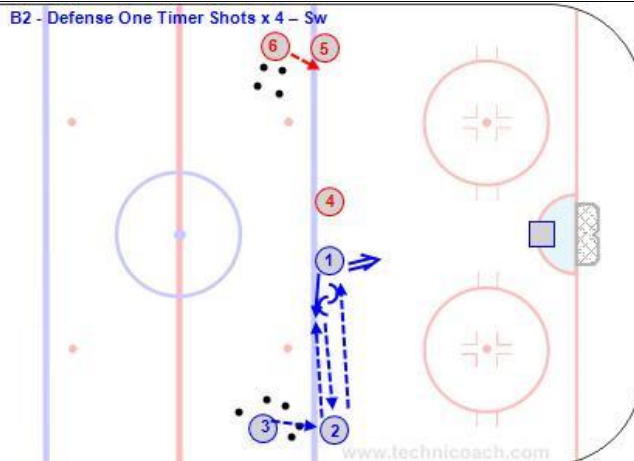


Kaylin with goalies

7'

### Skill Warm up

– Stride F and B, linear x overs, moves at dots – focus on skate fakes.

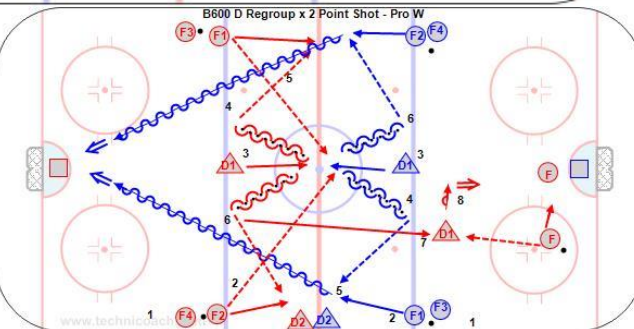


13'

### B2 - Defense One Timer Shots x 4 – Sw

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6971#6971>

<https://youtu.be/EHPwgBrs-HI>

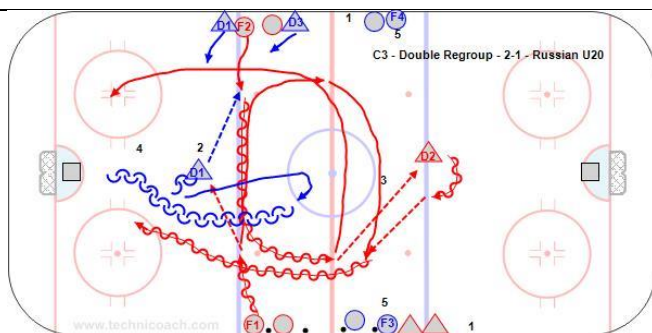


19'

### B600 D Regroup x 2 Point Shot - Pro W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7935#7935>

<https://youtu.be/HtBU5t6-hnl>

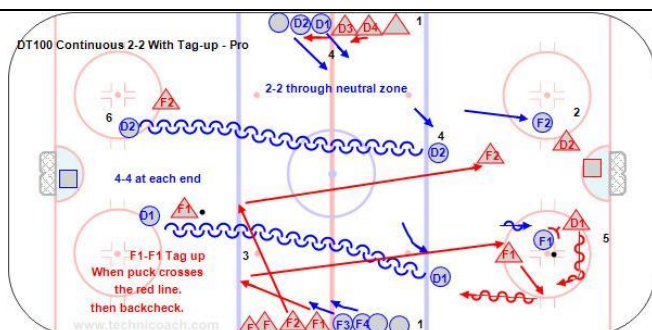


10'

### C3 - Double Regroup - 2-1 - Russian U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7943#7943>

<https://youtu.be/Ez8-vhYqB2k>



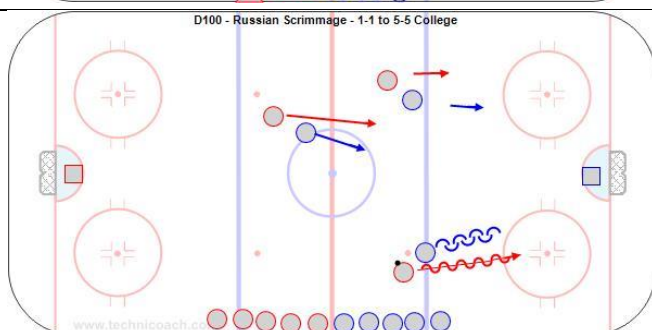
10'

### DT100 Continuous 2-2 With Tag-up – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7937#7937>

<https://youtu.be/pBE2B41Zklc>

Total Hockey - Everyone play F and D.



10'

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8207#8207>

<https://youtu.be/z5vxH8Z-iV8>

D100 Russian Scrimmage 2' with puck

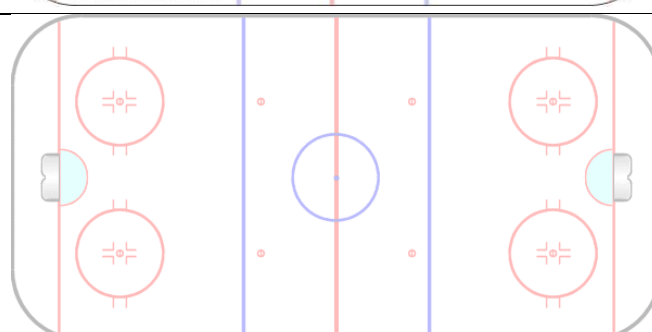


13'

### D200 - Small Power Play Game – U22 W

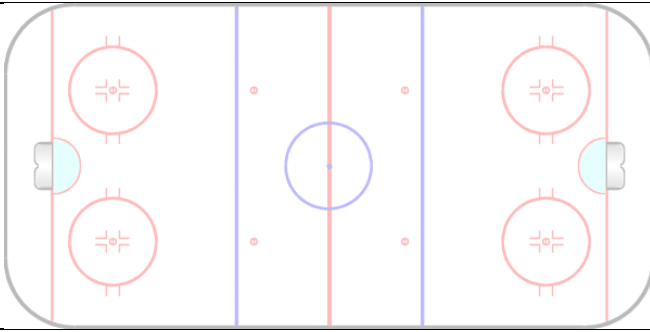
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7938#7938>

<https://youtu.be/skBqRY3xcf0>



2'

### Pucks Team Cheer in middle



**Explanation/Notes:**

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