



Fire Black

Practice Plan

Date: 12-11-19

Time: 18:00-19:15

Arena: Village Square12-19-23

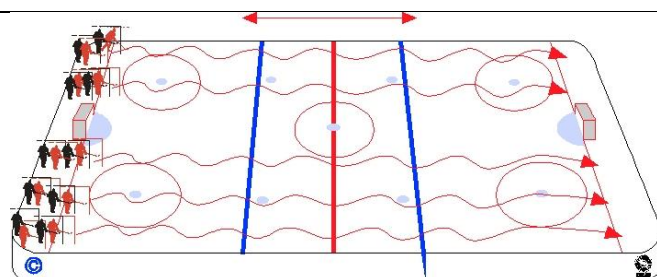
Lines:

A200 Puck Handling - U15 G

T1-3 - B2 - Point Shot Battle in Slot - U15 G

Notes:1 G, 11 F, 8 D

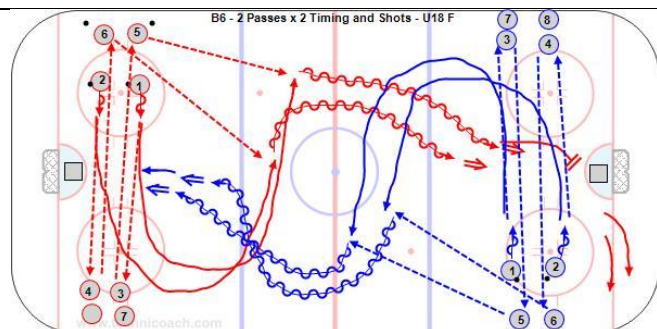
B6 - Machine Gun - 2 Pass x 2-Shot - U15 G



10'

A200 Puck Handling - U15 G

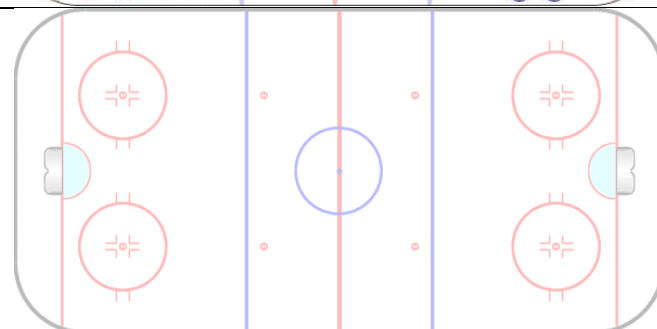
[A200 Puck Handling - U15 G.MOV](#)



10'

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

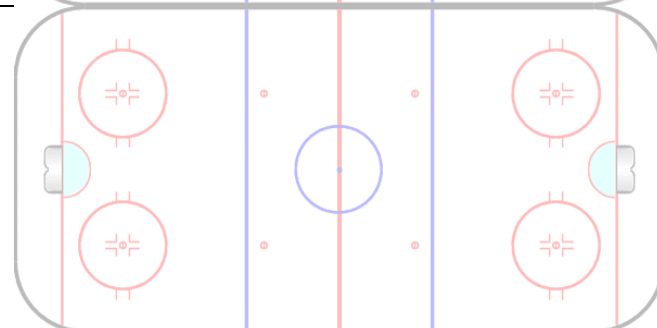
[B6 - Machine Gun - 2 Pass x 2-Shot - U15 G.MOV](#)



10'

T1-3 - B2 - Point Shot Battle in Slot - U15 G

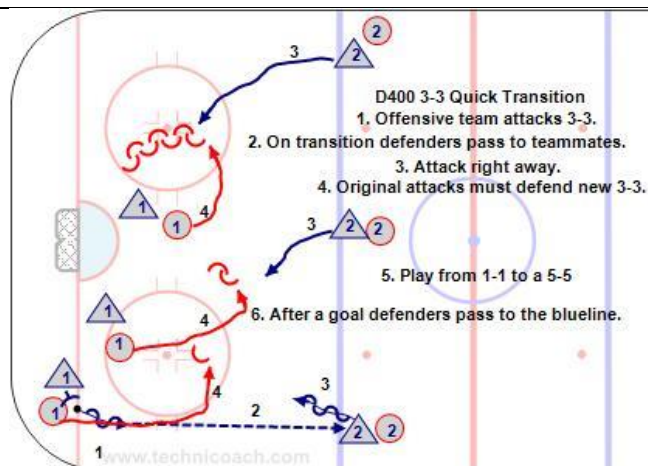
[B2 - Point Shot Battle in Slot - U15 G.MOV](#)



10'

D400 - Give and Go to Join the Attack - U15 G

[D400 - Give and Go to Join the Attack - U15 G.MOV](#)



15'

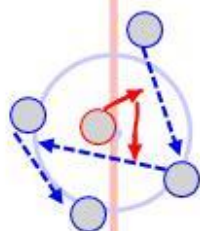
B5 - Monkey in Middle - Quick Transition - U15 G

7'

DT400 - 2-2 Game of Quick Transition - U15 G

[DT400 - 2-2 Game of Quick Transition - U15 G.MOV](#)

B300 - One Touch Monkey in the Middle Finland U20

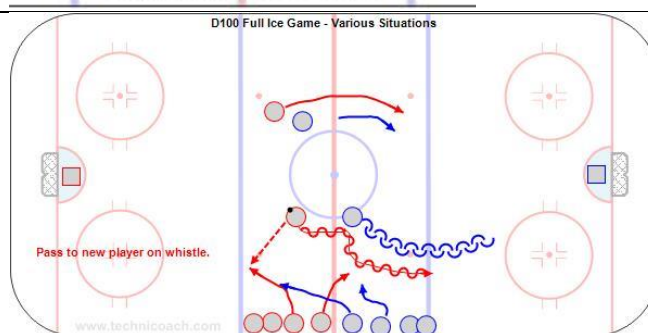


1. Choose monkey with Rock-Paper-Scissors
 2. Only one touch passes are allowed.
 3. Player making a bad pass goes into the middle.
 4. Add a second player as a monkey for advanced groups.
- www.technicoach.com

7'

B5 - Monkey in Middle

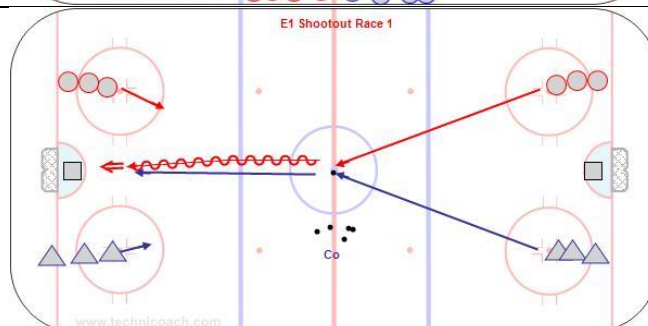
[Monkey in Middle - Quick Transition - U15 G.MOV](#)



10'

D100 - 3-3 - U15 G

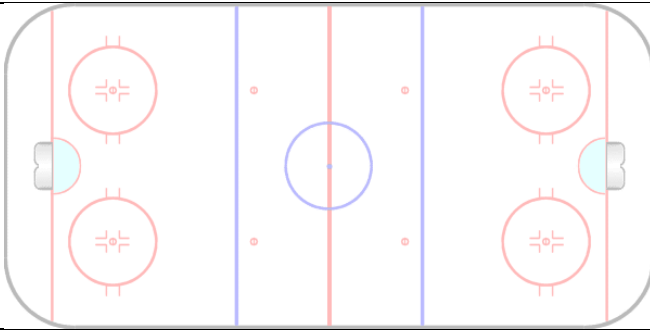
[D100 - 3-3 - U15 G.MOV](#)



10'

E1 - Race and Shoot - U15 G

[E1 - Race and Shoot - U15 G.MOV](#)



1'
Gets pucks and team cheer in middle
