



Fire Black

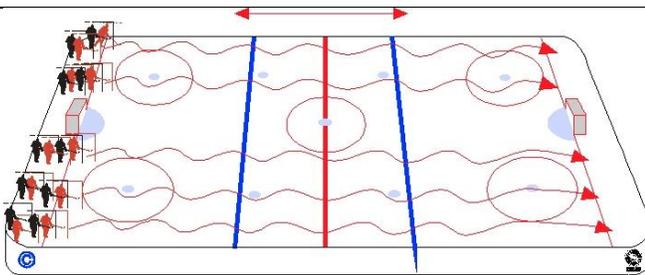
Practice Plan

Date: 12-11-19

Time: 18:00-19:15

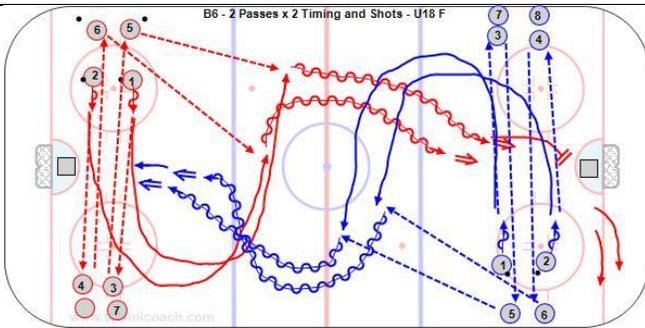
Arena: Village Square 12-19-23

Lines:	Notes: 1 G, 11 F, 8 D
A200 Puck Handling - U15 G	B6 - Machine Gun - 2 Pass x 2-Shot - U15 G
T1-3 - B2 - Point Shot Battle in Slot - U15 G	



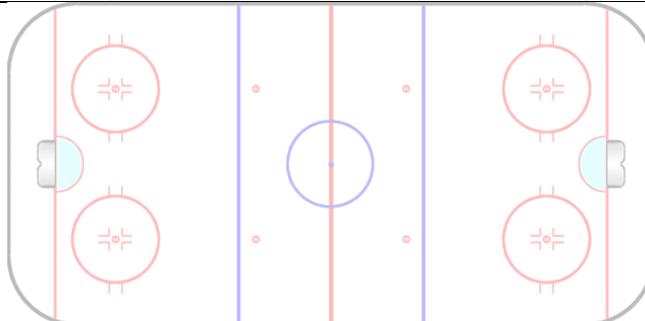
10'
A200 Puck Handling - U15 G

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



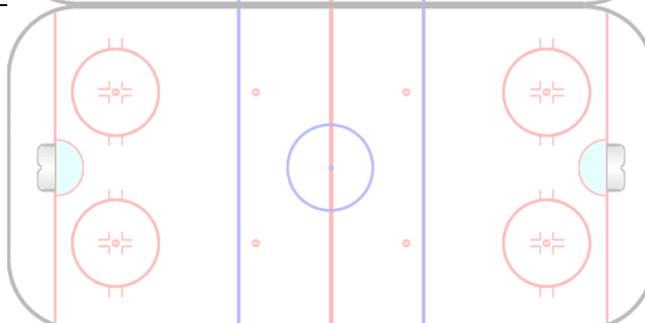
10'
B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

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



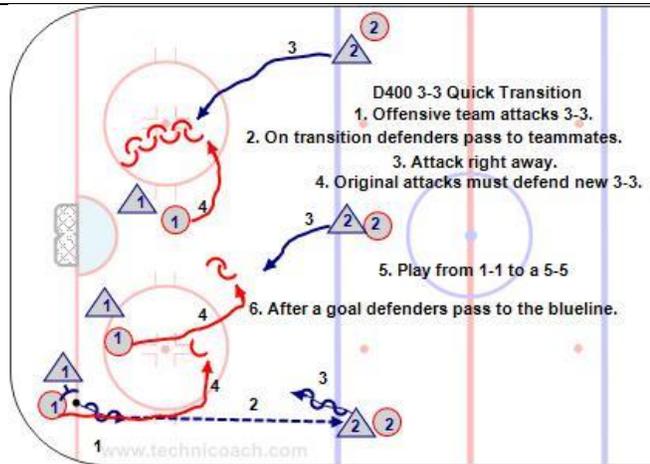
10'
T1-3 - B2 - Point Shot Battle in Slot - U15 G

[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](#)

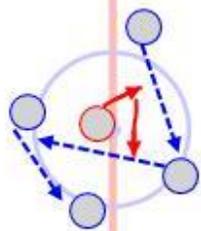


15'
B5 - Monkey in Middle - Quick Transition - U15 G

7'
DT400 - 2-2 Game of Quick Transition - U15 G

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

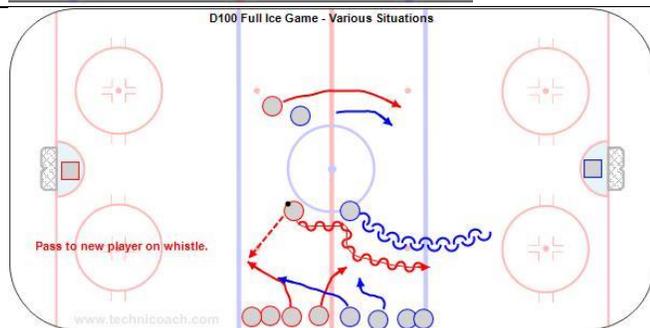
B300 - One Touch Monkey in the Middle Finland U20



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

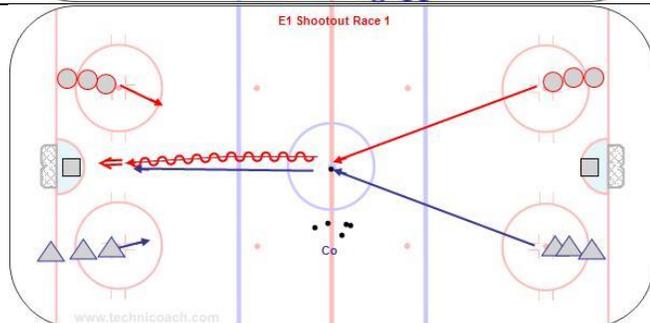
7'
B5 - Monkey in Middle

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



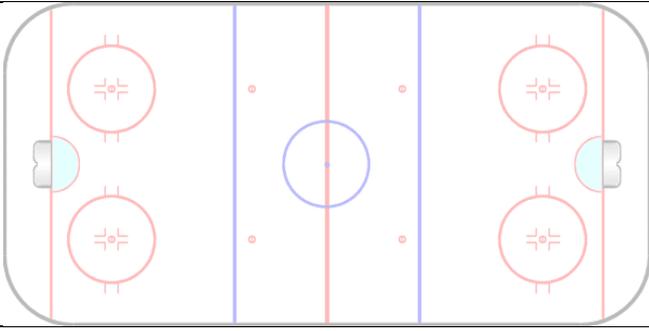
10'
D100 - 3-3 - U15 G

[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
