



Fire Black

Practice Plan

Date: 12-12-23

Time: 17:15-18:30

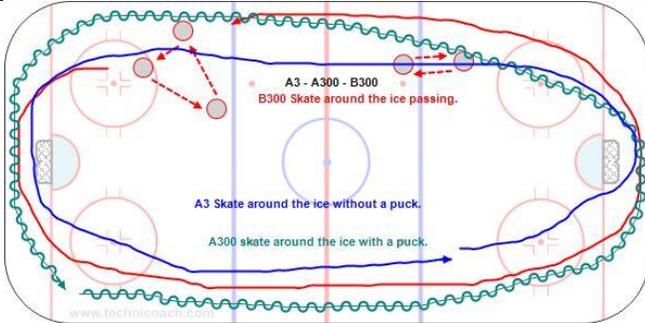
Arena: ECTAS

Lines:

- Defensive skating
- 2-0 pass to player driving net at back post
- 3-0 pass to trailer who shoots or passes

Notes:

- Fitness skating with shots
- 2-0 pass to trailer
- Full ice 3-3 goals from offensive triangle

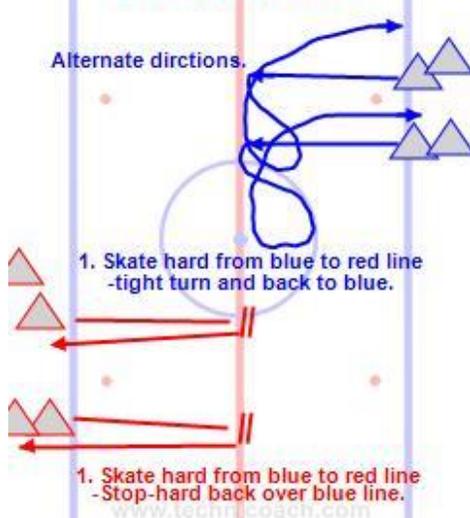


10'

Warm up around ice

- Long strides Fwd and Bkwd
- Moves at dots on one side
- Linear crossovers between top of circles

A2 Skating for Quickness

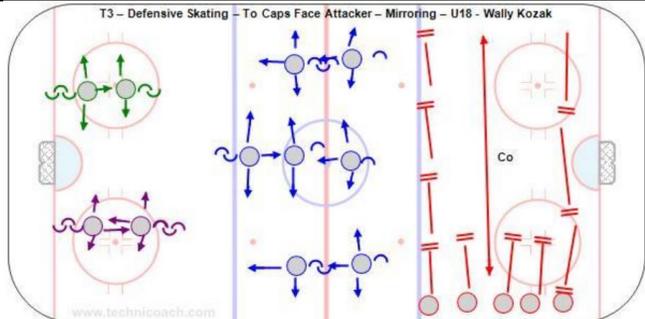


15'

B200 – Fitness skating with a shot

- Gold on one blueline and Black opposite blue Leave from opposite ends.
- Blue-Blue up and shoot
- Blue Red-Blue skate full speed and shoot
- Skate- Pass across and back – Blue Red-shoot

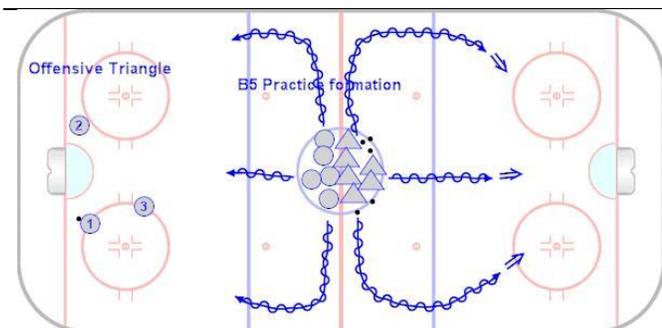
T3 – Defensive Skating – To Caps Face Attacker – Mirroring – U18 – Wally Kozak



15'

Defensive skating

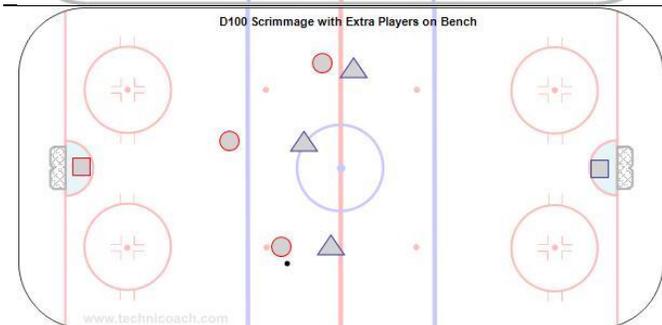
- **Sideways with no crossovers**
- **Forward and backward with inside edge control**
- Partner mirroring**



13'*

Offensive triangle

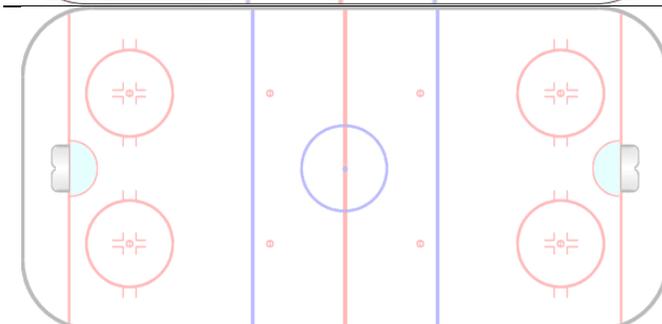
- 2-0 Pass to player going to net.
- 2-0 Pass to the trailer
- 3-0 Create a 2-1 on widest defender
- 3-0 Pass to trailer of net drive skater.



20'

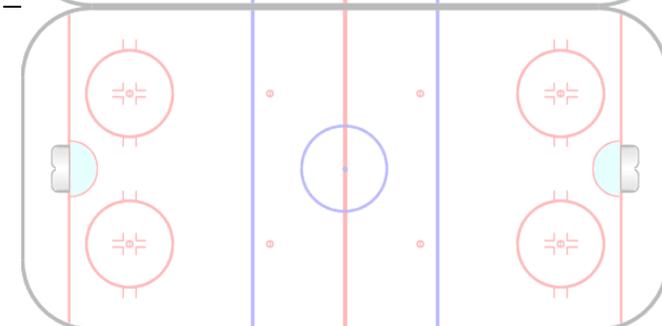
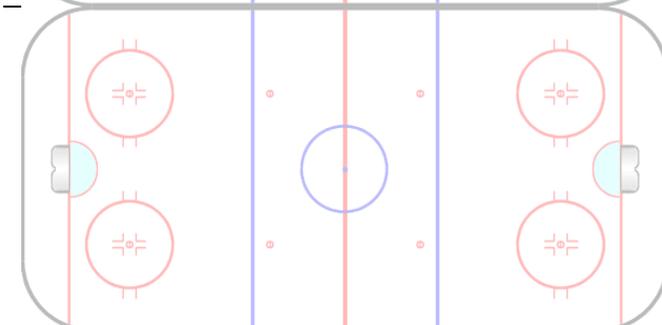
Full ice 3-3

- 40" shifts – change on whistle
- Goals must be the result of an offensive triangle play.
- Controlled scrimmage – stop the play to give input and how to play the game.

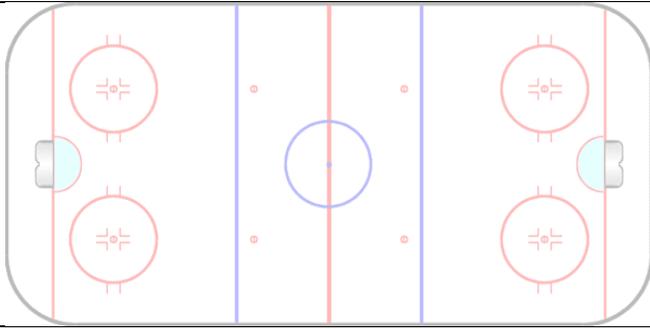


2"

Get pucks and cheer in middle.



Explanation/Notes:



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