



## 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

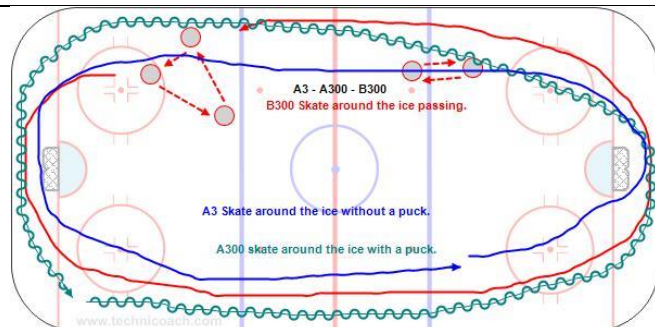
3-0 pass to trailer who shoots or passes

### Notes:

Fitness skating with shots

2-0 pass to trailer

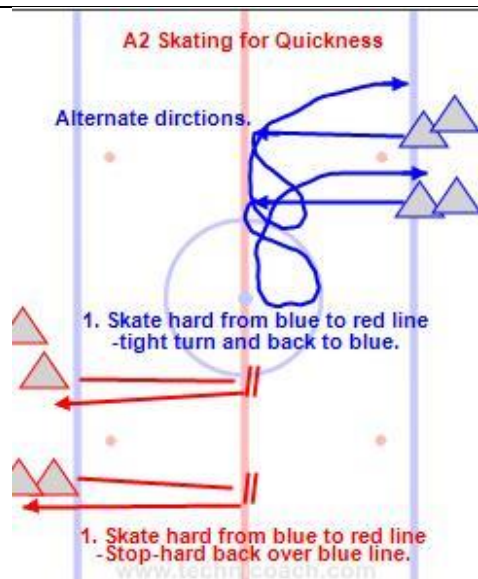
Full ice 3-3 goals from offensive triangle



10'

Warm up around ice

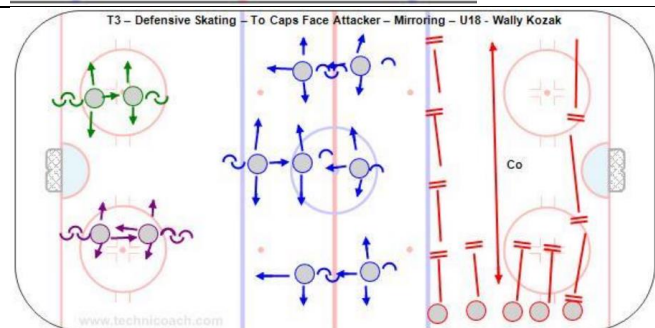
- Long strides Fwd and Bkwd
- Moves at dots on one side
- Linear crossovers between top of circles



15'

B200 – Fitness skating with a shot

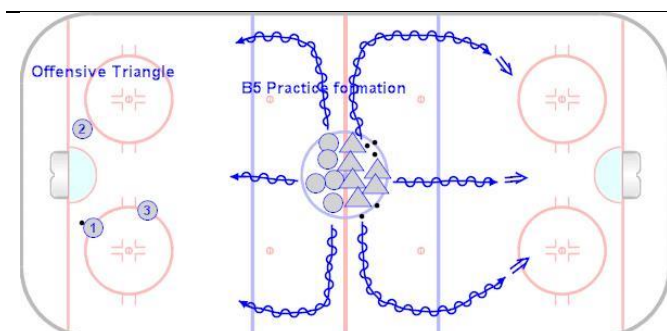
- Gold on one blueline and Black opposite blue Leave from opposite ends.
- Blue-Blue up and shoot
- Blue Red-Blue skate full speed and shoot
- Skate- Pass across and back – Blue Red-shoot



15'

Defensive skating

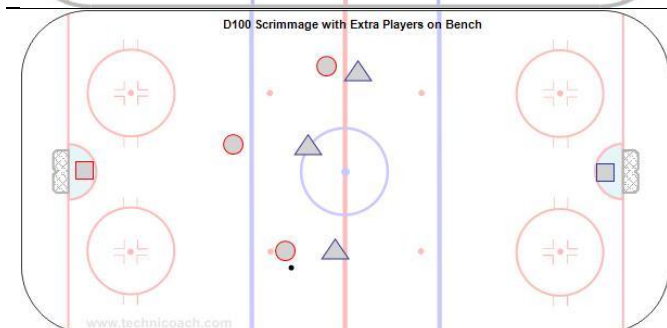
- **Sideways with no crossovers**
- **Forward and backward with inside edge control**
- Partner mirroring



**13'\***

### Offensive triangle

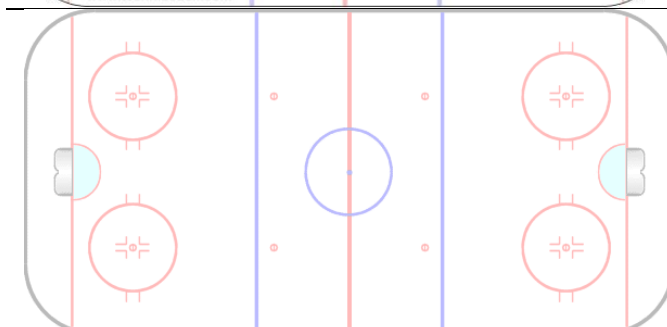
- 2-0 Pass to player going to net.
- 2-0 Pass to the trailer
- 3-0 Create a 2-1 on widest defender
- 3-0 Pass to trailer of net drive skater.



**20'**

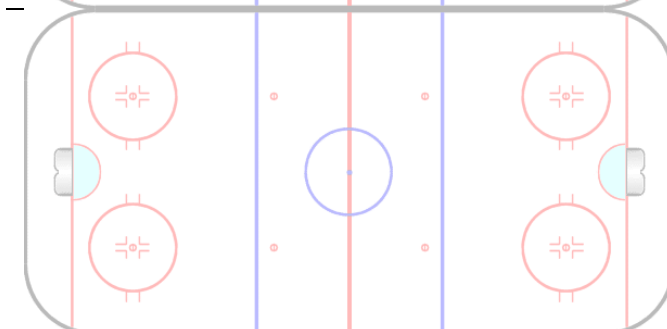
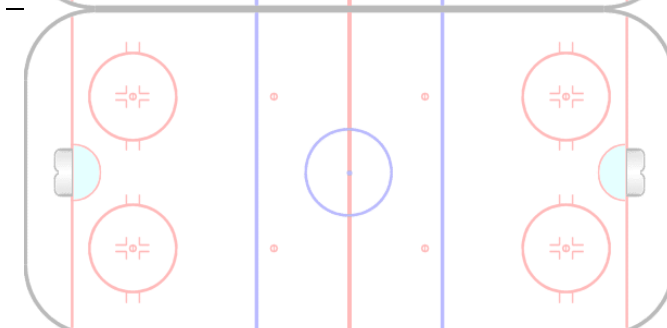
### Full ice 3-3

- 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.

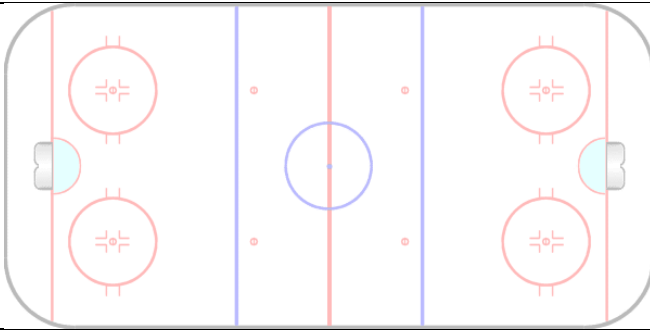


**2"**

Get pucks and cheer in middle.



**Explanation/Notes:**



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