



# Fire Black

## Practice Plan

Date: 12-11-19

Time: 18:00-19:15

Arena: Village Square12-19-23

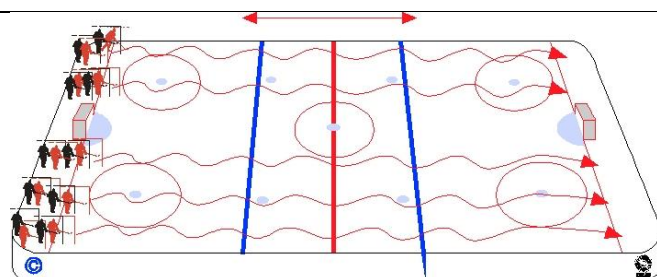
### Lines:

A200 Puck Handling - U15 G

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

### Notes:1 G, 11 F, 8 D

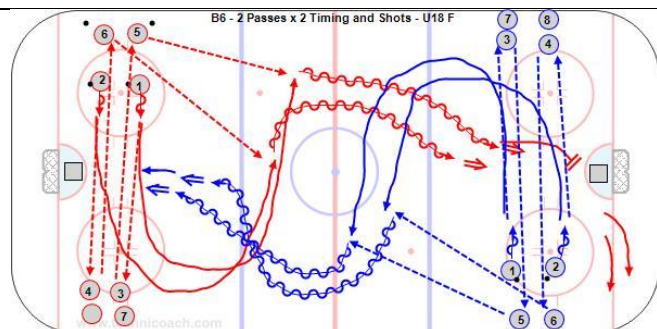
B6 - Machine Gun - 2 Pass x 2-Shot - U15 G



10'

A200 Puck Handling - U15 G

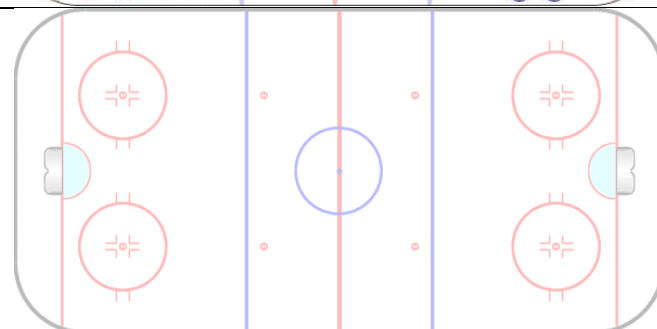
[A200 Puck Handling - U15 G.MOV](#)



10'

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

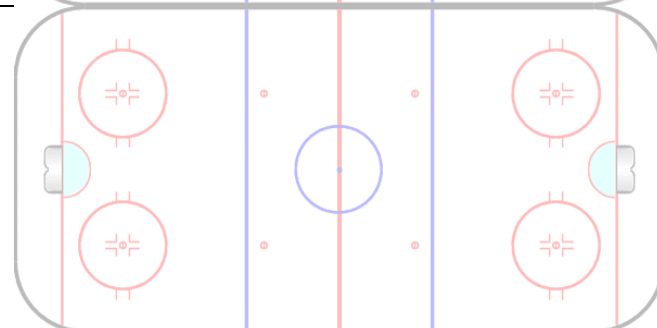
[B6 - Machine Gun - 2 Pass x 2-Shot - U15 G.MOV](#)



10'

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

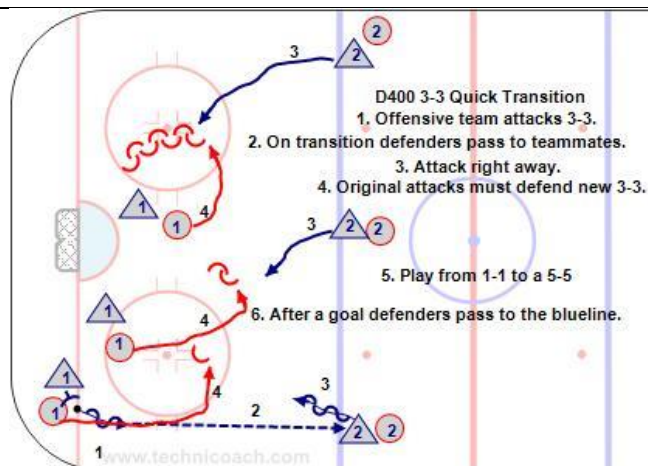
[B2 - Point Shot Battle in Slot - U15 G.MOV](#)



10'

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

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



15'

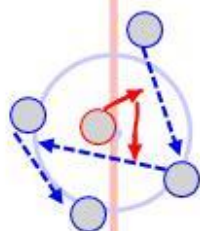
**B5 - Monkey in Middle - Quick Transition - U15 G**

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**

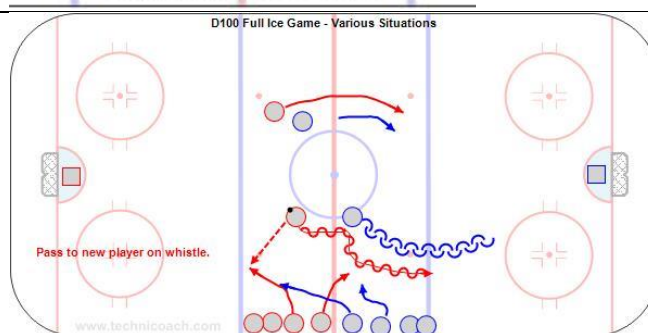


1. Choose monkey with Rock-Paper-Scissors
  2. Only one touch passes are allowed.
  3. Player making a bad pass goes into the middle.
  4. Add a second player as a monkey for advanced groups.
- www.technicoach.com

7'

**B5 - Monkey in Middle**

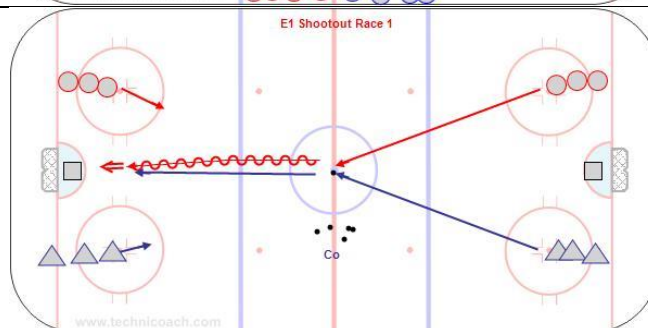
[Monkey in Middle - Quick Transition - U15 G.MOV](#)



10'

**D100 - 3-3 - U15 G**

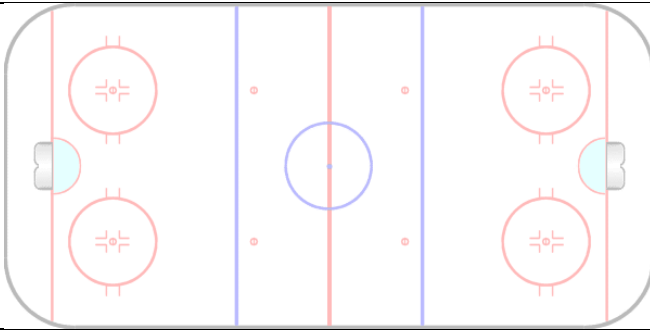
[D100 - 3-3 - U15 G.MOV](#)



10'

**E1 - Race and Shoot - U15 G**

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



**1'**  
**Gets pucks and team cheer in middle**

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