



**Fire Black**

## Practice Plan

**Date: 12-21-23**

**Time: 16:00-17:30**

**Arena: Henry Viney**

### Lines:

D1 – 3 Puck Game

Power Play Game

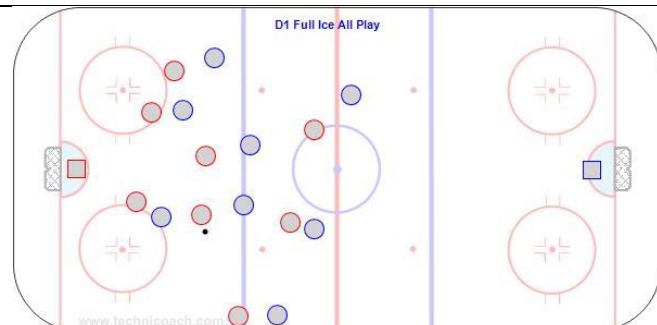
**B6 – Shots from Three Lanes**

### Notes:

**B3 – Overspeed with a Shot**

Christmas Game of 5-5

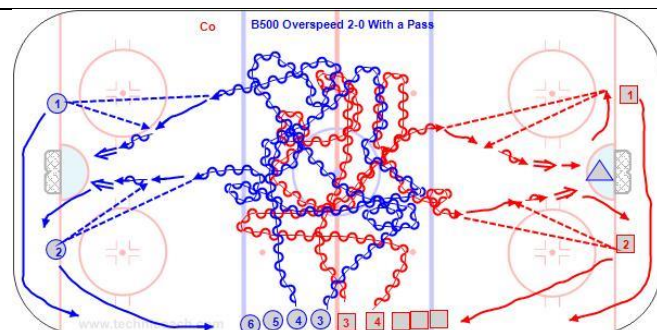
D100 – 5-5 Games to 5 goals



10'

D1 – 3 Puck Game

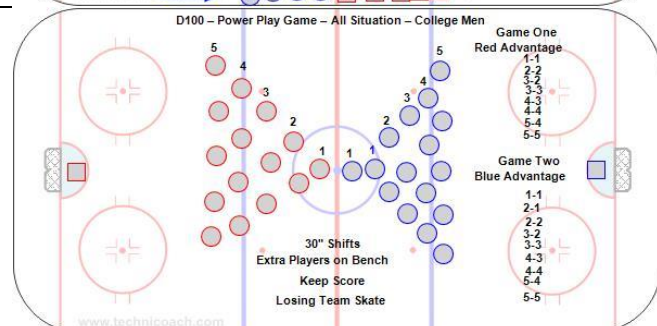
[D1 - Two Puck Game - U15 G.MOV](#)



10'

**B3 – Overspeed with a Shot**

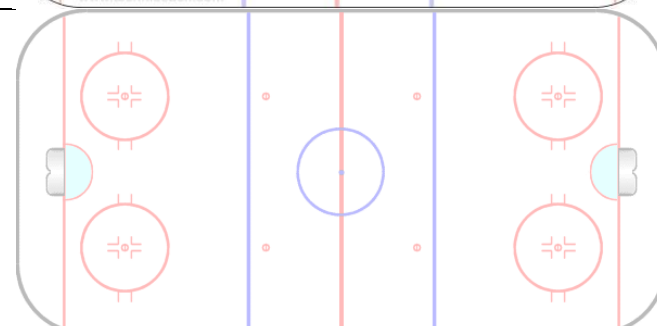
[B3 - Overspeed with Pass and Shot - U15 G.MOV](#)



15'

Power Play Game

[D100 - Power Play Game 1-1 to 5-5 - U15 G.MOV](#)



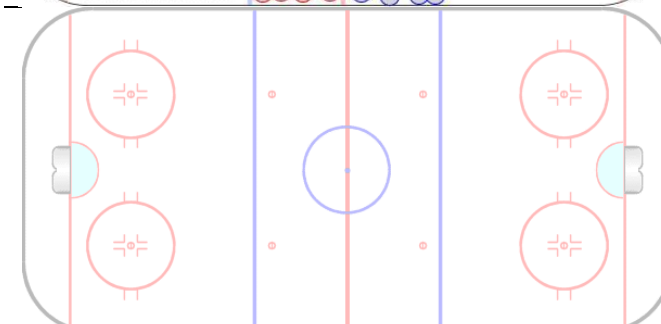
5'

**B6 – Shots from Three Lanes – U15 G**

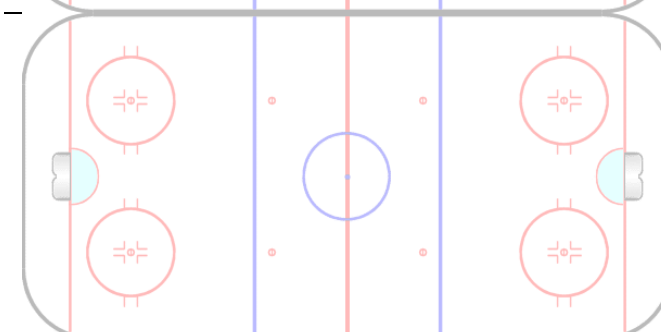
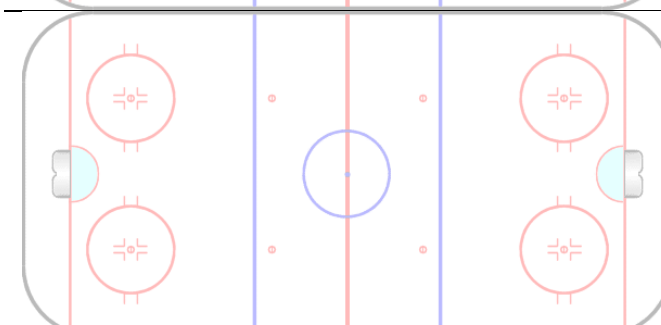
[B6 - Shots from Three Lanes - U15 G.MOV](#)



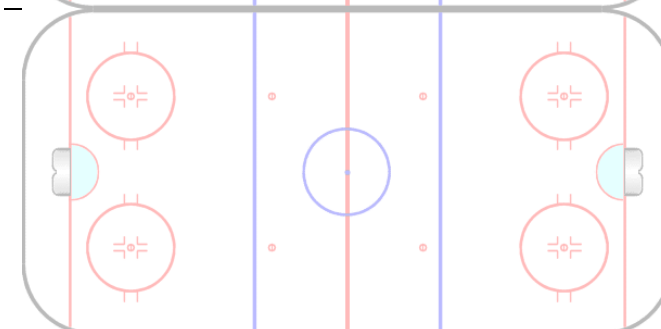
45'  
5-5 Game



Team Sheer



Explanation/Notes:



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