



Fire Black

Practice Plan

Date: 01-02-24

Time: 18:45-20:00

Arena: ECTAS

Lines: 11 F - 6 D - 2 G

Notes: Individual Defensive Skill Practice

B6 – 3 Shots, 3 Zig-zags, 3 Shots

B500 - Puck Battles 1-1

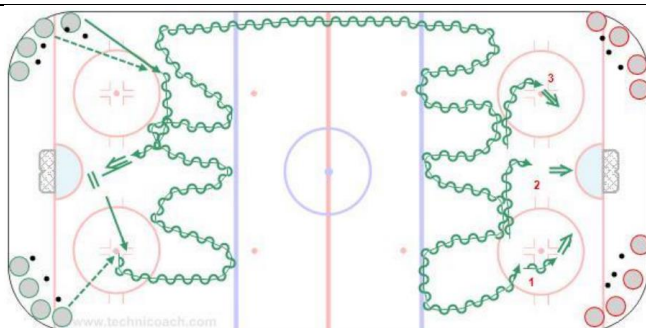
B600 - Continuous 2-2 Regroup

T3 – Continuous Angling Along the Boards

T3 – DT100 3-3 Backcheck Game

DT400 Quick Transition Game

E1 Speed Scoring 2-1 to 2-2



13'

3' Individual warm up

10'

B6 – 3 Shots, 3 Zig-zags, 3 Shots –U15 G

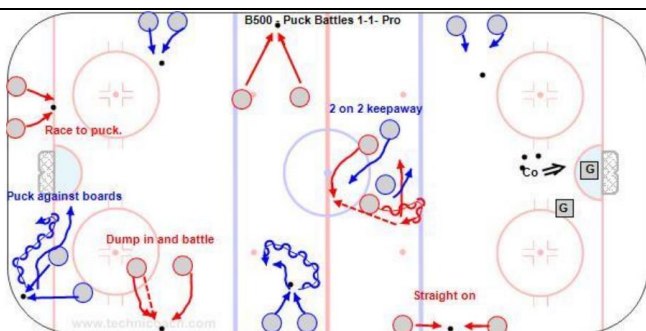
Key Points:

3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig-zagging 3 times such as:
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

<https://youtu.be/DGzvB-HRt1s>



10' Goalies with Kaylin

B500 - Puck Battles 1-1- Pro

Key Points:

Protect the puck by shielding with the body and moving it out of the defenders reach. Defender keep the stick on the ice and blade on blade.

Description:

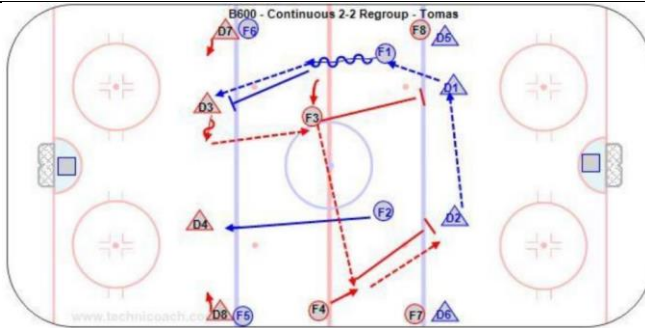
1. Pair up with a partner.
2. Start with a puck along the boards facing each other about 3 m. from the puck.
3. Battle for the puck in a small area on the whistle.
4. Go 10" and the player with no puck do push-ups.
5. Move the puck 3 m. from the boards and start from the boards.
6. Battle again for 10".

7. No puck do push-ups.

**Players can also start about 3m. from the boards (10 feet) with the puck against the boards.*

** A good progression is to play 2-2 keepaway with 1 point for 7 consecutive passes, then to 4-4 and have rules such as only backhand passes, or one hand only on the stick.*

<https://youtu.be/rzAB4Zz2gQs>



10' Kaylin goalies

B600 - Continuous 2-2 Regroup – U18 G

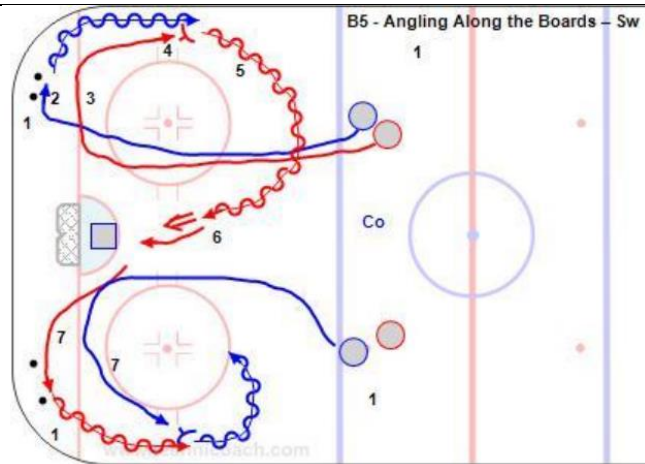
Key Points:

Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

<https://youtu.be/dB6DPGuHn3s>



10'

T3 – Continuous Angling Along the Boards – College M

Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

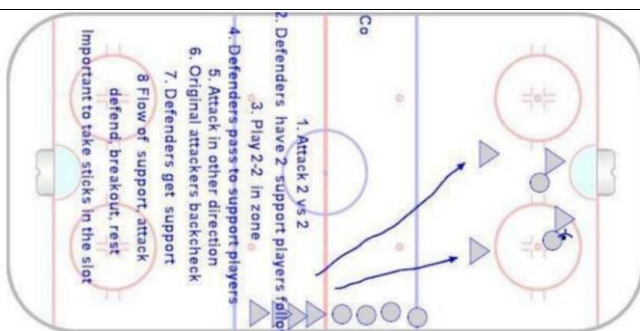
Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

** Repeat alternating sides.*

** Do this drill at both ends.*

<https://youtu.be/9x2B0bHkqfU>



10;

DT100 Backchecking Transition Game of 3-3

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

Description:

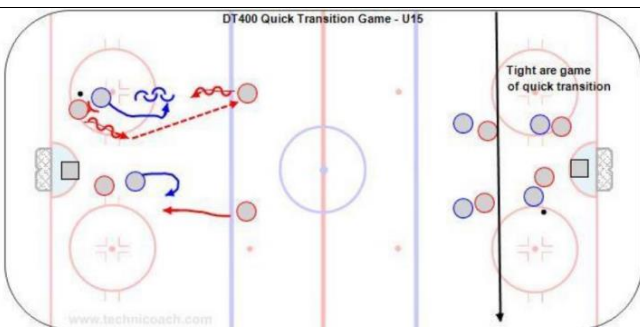
Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone.

This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

We played 3-3 and if team got scored on all players had to do push ups.

<https://youtu.be/wvYUcpT-6Ek>



10' Bpth ends

DT400 Quick Transition Game - U15 B

Key Points:

Players must quickly transition between the 4 game playing roles.

Offense:

Role 1. Puck carrier.

Role 2. Support puck carrier.

Defense

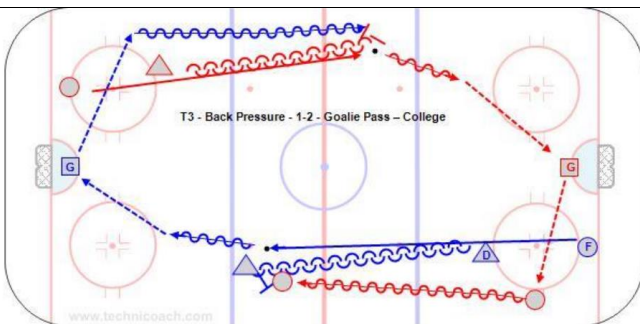
Role 3. Check puck carrier.

Role 4. Cover away from the puck.

Description:

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

<https://youtu.be/ecxLc1JGBVY>



10'

E1 Speed Scoring 2-1 to 2-2 - College M

Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle

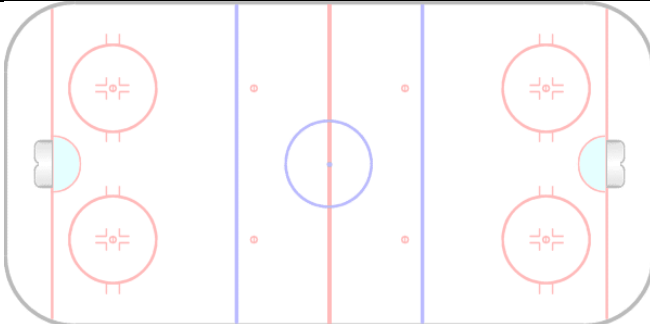
with his stick upside down start forward and turn to back skating.

4. Defender 2 start from below the circle and back check.

5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.

6. Keep score.

<https://youtu.be/qfdf9CFx0Ng>



2'

Team Cheer



Explanation/Notes:
