



Fire Black

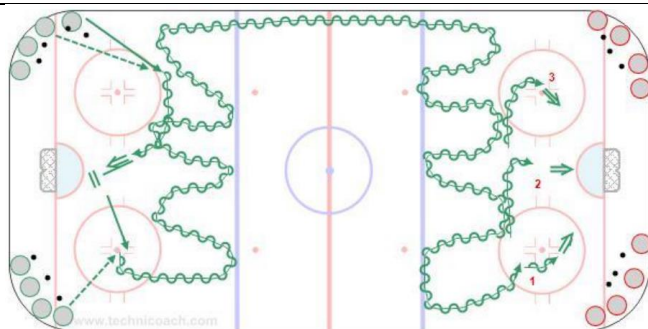
Practice Plan

Date: 01-09-23

Time: 17:15-18:30-19:45

Arena: ECTAS

Lines: 12 F, 6 D, 2 G	Notes:
B6 – 3 Shots, 3 Zig-zags, 3 Shots	B600 - Czech Quick Pass
PP One 1-3-1	Low Dice 2-1-2 pp
1-3 pk vs 1-3-1	PK vs Low Dice PP 4-5
C2 - Rexi 1-1, 2-2 – Pro	Full ice 3-3
Team cheer	Parent meeting 16:30



13'

3' Individual warm up

10'

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

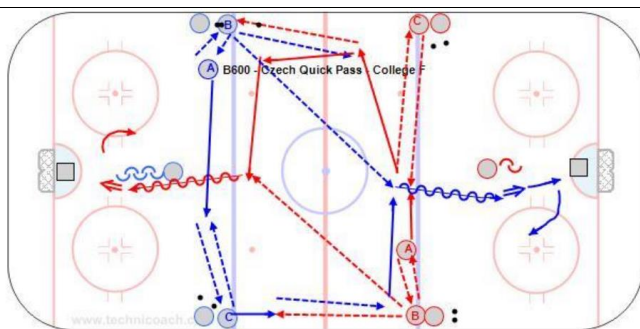
Key Points:

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'

B600 - Czech Quick Pass - College F

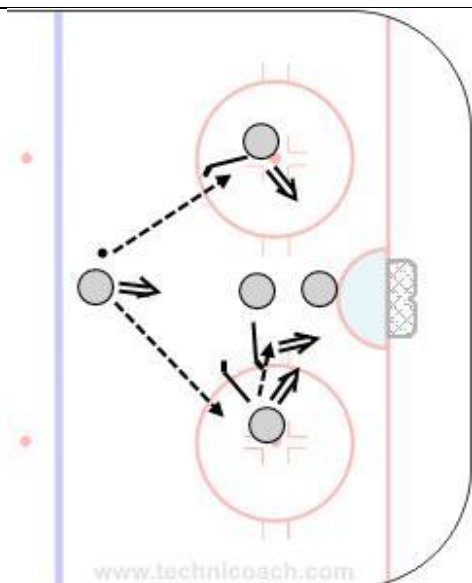
Key Points:

Give a target, one touch using a wrist pass, take the pass with the back third of the blade, especially on the backhand. Target with one had receive with two. No unopposed shots; either screen, circle back for the rebound, give and go with the next shooter or defend a 1-1.

Description:

1. Players on the four blue lines.
2. First player A leave from diagonal blue lines and exchange passes to the second player in line B.
3. A's skate across the blue line and exchange passes with C on the other side.
4. A's skate up the boards and exchange passes with the other B.
5. A's skate to the middle and receive a pass from B at the original starting place.
6. Skate in and shoot, get a pass or attack 1-1 vs. the last shooter.

<https://youtu.be/hTfbfmTPX8>



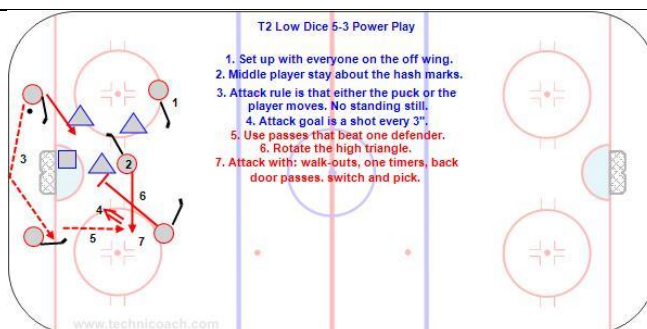
30' Two groups work PP at one end with Jim and Mila

15'

PP One 1-3-1

Other end with Tom and Emily

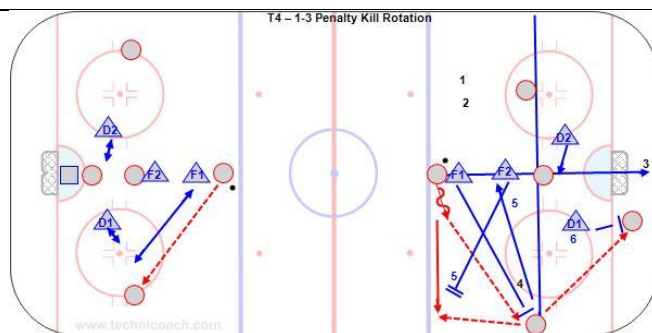
1-3 pk vs 1-3-1



15'

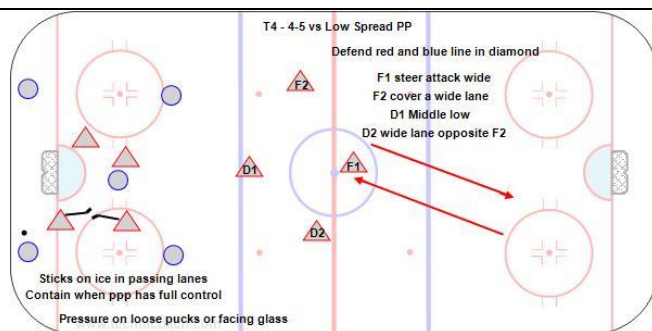
PP 2

Low Dice 2-1-2 pp

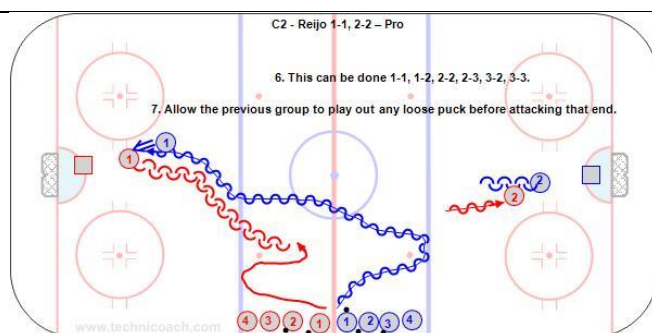


15;

1-3 pk vs 1-3-1



PK vs Low Dice PP 4-5



10'

C2 - Rexi 1-1, 2-2 – Pro

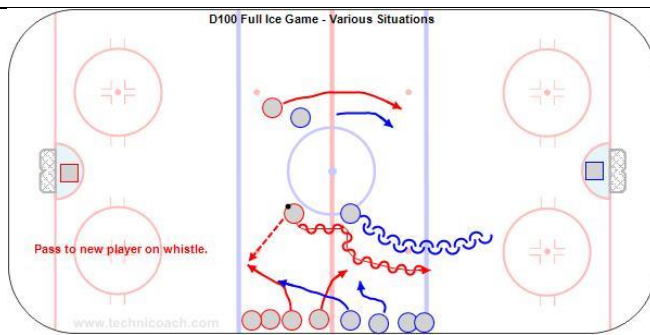
Key Points:

Attack with speed and fight to get on the offensive side of the defender and go to the net. Follow the shot for a rebound and play the loose puck if it is between the dots. Defend with a tight gap and stay between the attacker and goal. Box out the attacker after he shoots and fight for any rebound. If the defender gets the rebound skate the puck out of the zone.

Description:

1. Players line up along the boards in the neutral zone each colour on one side of red stripe.
2. Red 1 and White 1 leave from the front of the line, Red 1 has a puck.
3. Both players skate to the blue line and turn toward the middle.
4. Red 1 attack while White 1 skates forward to close the gap then defends skating backwards.
5. Red 2 now defend against White 2 in the other direction.
6. This can be done 1-1, 1-2, 2-2, 2-3, 3-2, 3-3.
7. Allow the previous group to play out any loose puck before attacking that end.

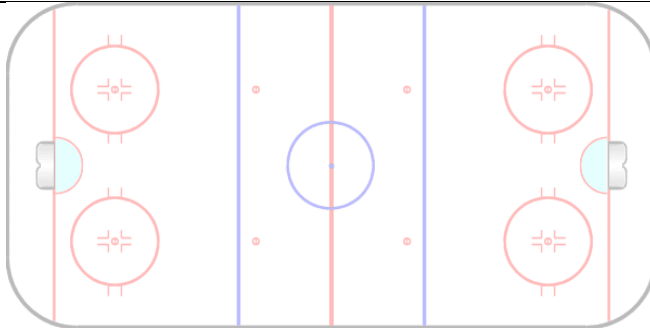
<https://youtu.be/PnBfqvdVy84>



10'

D100 - 3-3 - U15 G

Full ice 3-3.
Change on their own.
Man on man defense.
D play D and F play F
<https://youtu.be/j-5Znt-vO4>



2' get pucks

Team cheer.