



Fire Black

## Practice Plan

Date: 01-11-23

Time: 15:00-17:30

Arena: Max Bell

Lines:

Notes:

Striding – led by Myla

Individual with puck – Russian Warm up exercises

**Skating and Puck Handling Warm up**

**B202 - 4 x 2 Chaos Overspeed**

**B6 - Timing Around Circles - Dizzy**

**4 square passing one end.**

**F Rim Touch Back 2-1 – Pro**

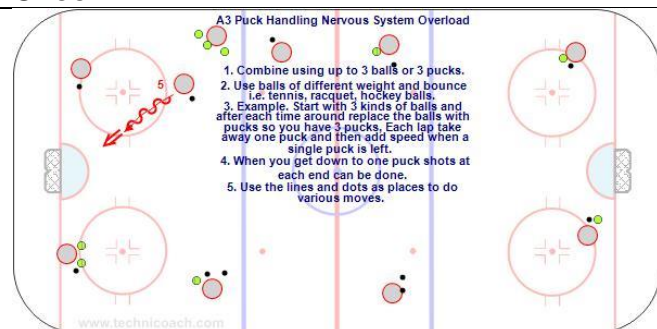
**B600 - Continuous 3-2 Regroup – Tomas - U18 F**

**DT100 Continuous 3-2 to 5-5**

**E1 - 1-1 Puck Carrier Either Way**

Cheer

Meet with players and parents



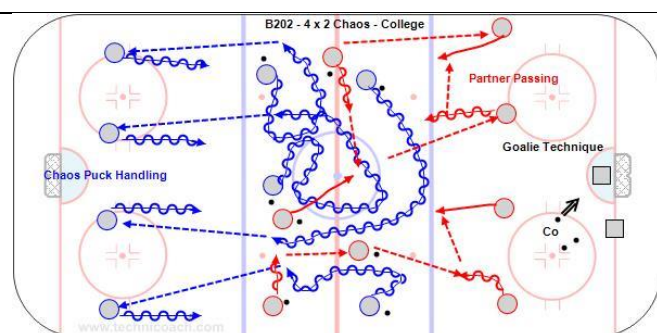
3' Individual with puck – Russian Warm up exercises

Kaylin with goalies

7'

**A300 - Skating and Puck Handling Warm up - U15 G**

<https://youtu.be/eykwvsQJhHg>



10' – Mila shoot on goalies

**B202 - 4 x 2 Chaos Overspeed – College**

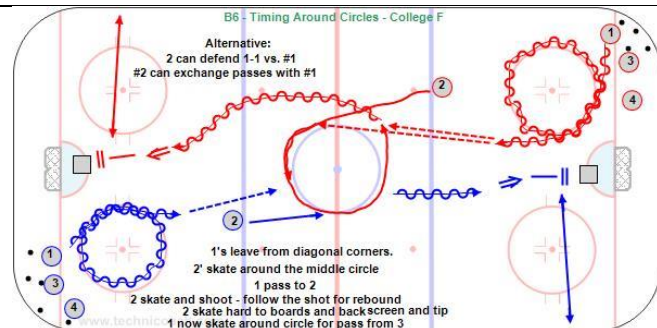
**Key Points:**

Overspeed with the puck. Go faster than usual making moves and cutbacks. Pass quickly always facing the partner.

**Description:**

1. Four players from each end leave and puck handle in the neutral zone as fast as possible.
2. On the whistle pass to the first player in the line you started in.
3. Break into two groups of two.
4. Pass quickly in the neutral zone.
5. One the whistle pass to the line you came from.
6. Goalie training with the coach at one end.

<https://youtu.be/fEGcEqZUQAE>



10'

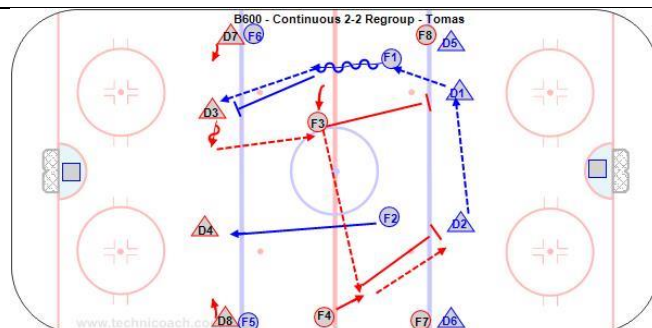
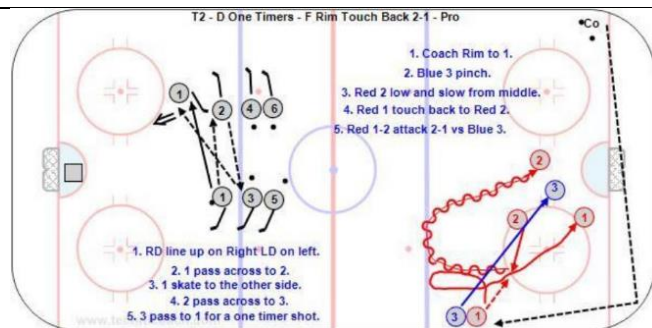
**B6 - Timing Around Circles - Dizzy**

**Key Points:**

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

**Description:**

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.



5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

#### Options:

*Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.*

<https://youtu.be/ckOiQ9QI72E>

#### 20' 10' x 2 Rotate after 10'

**Cassie 4 square passing one end.**

**Other end.**

#### F Rim Touch Back 2-1 – Pro

##### Key Points:

Box out the pinching D on the rim and share with a touch back to teammate supporting low and slow from the middle. Shoot on the forehand on the one timer shooting drill.

##### Description:

A. Forward touch back rim to low and slow support.

1. Coach Rim to 1.
2. Blue 3 pinch.
3. Red 2 low and slow from the middle.
4. Red 1 touch back to Red 2.
5. Red 1-2 attack 2-1 vs. blue 3.

<https://youtu.be/f6oQbADT8p4>

#### 13'

#### B600 - Continuous 3-2 Regroup – Tomas - U18 F

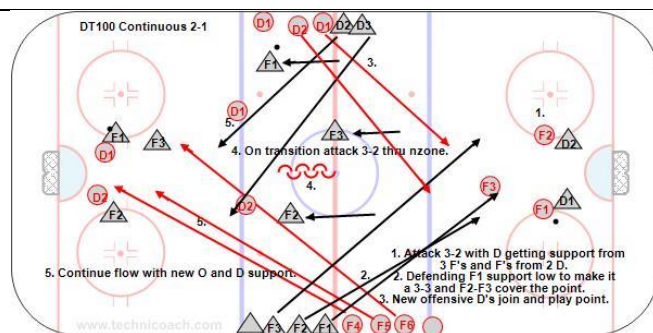
**Key Points:**  
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

##### 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.

*\* Add dump in, breakout with a low 3-2 where the attackers forecheck to get the puck and score.*

<https://youtu.be/dB6DPGuHn3s>



15'

3' review of D zone coverage

12'

## DT100 Continuous 3-2 to 5-5

### Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line. In Jihlava, Czech Republic the U20 is leaving from each side and in Turku, Finland they leave from the bench.

### Description:

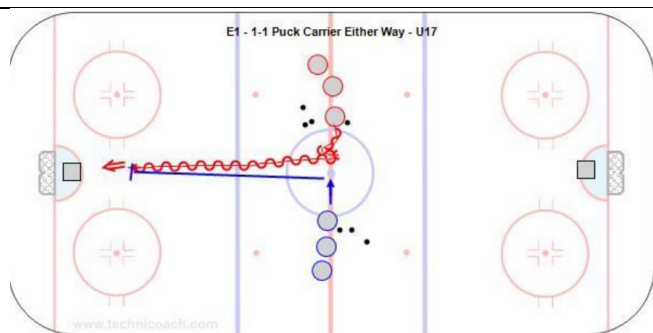
1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.
2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.
3. New offensive D's join and play point.
4. On transition attack 3-2 thru nzone.
5. Continue flow with new O and D support.

*-Continue the flow of 3-2 in nzone and 5-5 at each end.*

*-Dump-ins and regroupings can be added.*

Dukla U20 – Jihlava, Czech Republic

<https://youtu.be/xcbokEplsTQ>



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## E1 - 1-1 Puck Carrier Either Way - U17

### Key Points:

Puck carrier make deceptive moves and break to either net. Defender use controlled defensive skating and approach with toe caps facing the puck carrier, then chase without taking a penalty. Goals on a rebound in the slot count.

### Description:

1. Red face the blue on the red line just outside of the circle.
2. Blue attacker skate into the circle with the puck and attack either net.
3. Red player defend and chase the attacker without taking a penalty.
4. Blue can score on direct rebounds.
5. Red defender box out attacker and tie up the stick on any rebound.
6. The next blue now is the attacker vs. the next red.
7. Continue alternating sides.
8. Keep score.

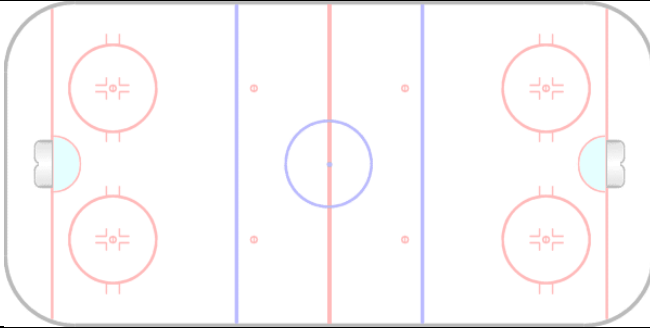
*\* Do this 1-1, 1-2, 2-2 as well.*

<https://youtu.be/YuEckedLbtU>



**2'**  
**Team cheer**

**Meet with 11-15-Parents**



**Explanation/Notes:**

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