



Fire Black

Practice Plan

Date: 01-18-24

Time: 16:00-17:30

Arena: Henry Viney

Lines:

Individual warm up

T2 - 5-0 BO - Wide Wing Slash - Stretch

Puck protection – Defensive skating x 2

Power play game

MRU 2 net shootout

Notes:

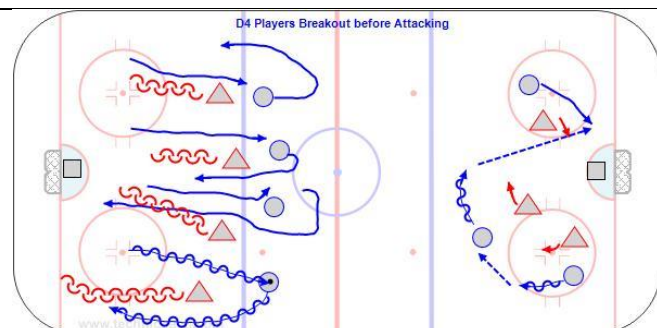
Zig zag pass, agility skate, shoot

T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch

T3-4 King/Kozak Defensive Zone

D200 good habits game

cheer

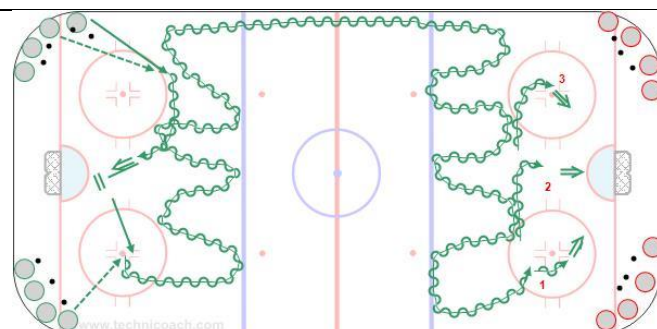


3' Individual Warm up

10'

D4 – 5-5 Clear Zone to Transition to Offense

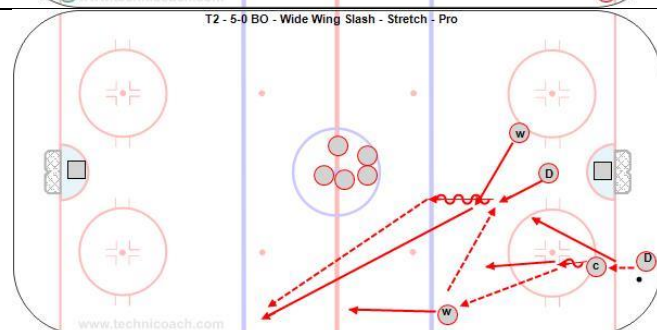
Players must make an escape move to open ice before passing or shooting.



10'

B6 - Double Zig zag - U15 G

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



8'

T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

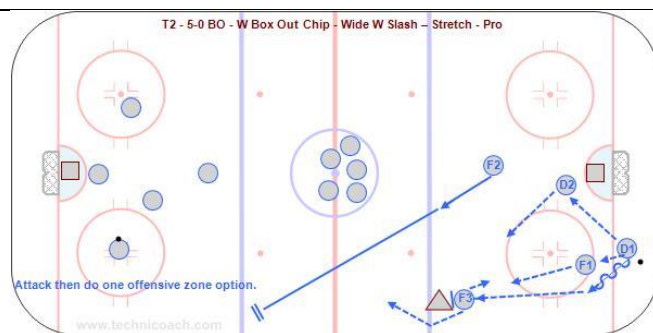
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/NfNPqFiZQA4>



7'

T2 - 5-0 BO - W Box Out Chip - Wide W Slash - Stretch - Pro

Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/WMzyLhRCVCg>

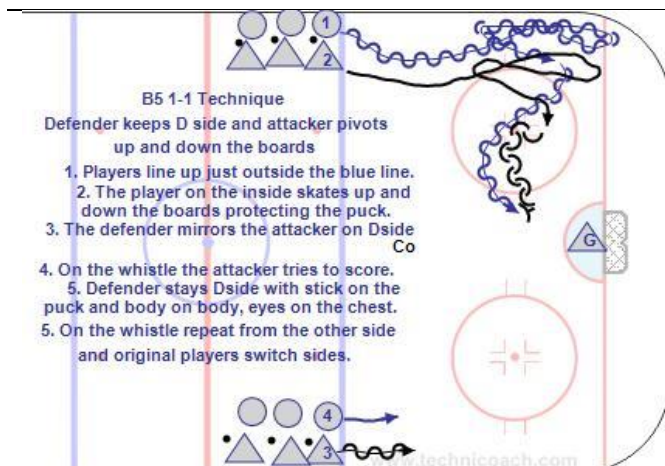
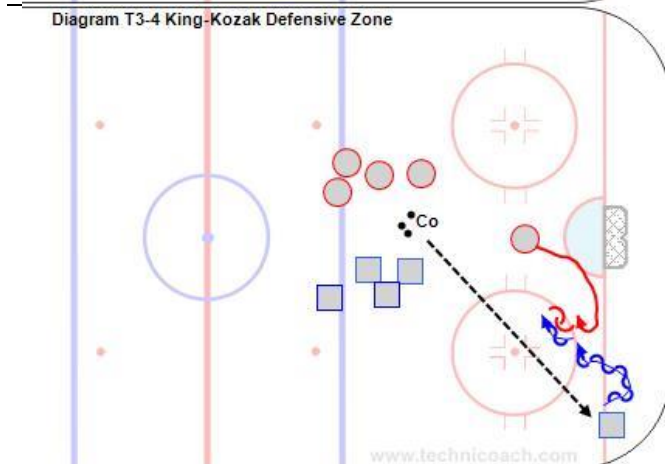


Diagram T3-4 King-Kozak Defensive Zone



10'

Puck protection - Defensive skating x 2

Toe caps face puck, stick on puck, stay D side while defending, box out after shot.

15'

T3-4 King/Kozak Defensive Zone - U15 Boy's

Key Points:

Defensive player must quickly close the gamp and maintain defensive side and with stick on the puck, body on body.

Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.

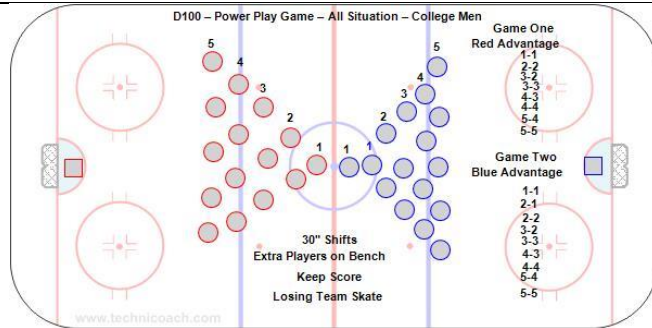
6. Add a third attacker.

7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

**Option is to have uneven situations and add attackers and defenders as you go.*

**To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.*

<https://youtu.be/3BOJrO7rjRU>



10'

D100 - Power Play Game - All Situation

Key Points:

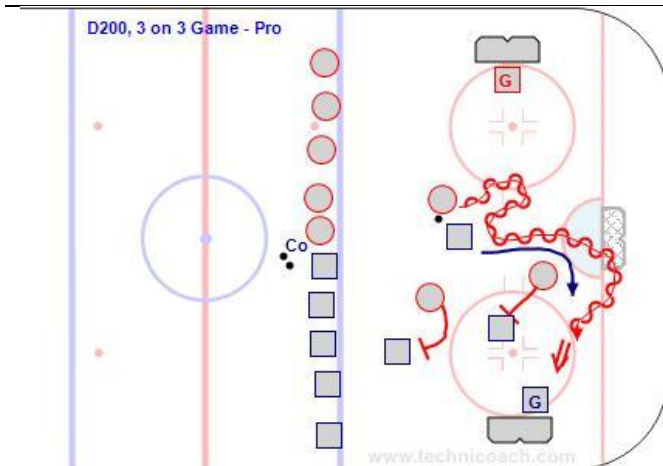
Teams take turns having the man advantage.

Players must read the situation and adjust.

Description:

1. Start with 1-1 and the extra players are on the bench.
2. You can **play** situations up to $\frac{1}{4}$ of your total amount of players. i.e. to get to 5-5 you need a total of 20 players. 4-4 needs 16 players, 3-3 at least 12.
3. One team gets the advantage first. In the diagram the Red gets the advantage first.
4. Change on the go about 30" shifts and pass to teammate coming on or back to the goalie.
5. Part One: Red, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
6. Part Two: Blue, 1-1, 2-1, 2-2, 3-2, 3-3, 4-3, 4-4, 5-3, 5-4, 5-5.
7. Keep Score and losing team skate or push ups

<https://youtu.be/7qLLlc30nbE>



10'

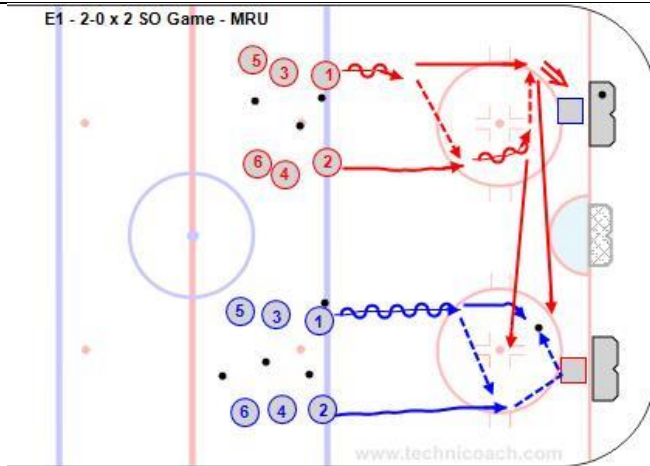
D200 good habits game

- Face puck
- Stay on defensive side
-

Coach whistles if he sees a bad habit.

Tell players that the offender does 3 puck ups and teammates 1.

E1 - 2-0 x 2 SO Game - MRU



10'

E1 - 2-0, 3-0 x 2 SO Game – U18 F

Key Points:

Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 20".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point.

E - 20" next rep.

F - First team to 20 wins.

<https://youtu.be/ss-rEHpfr5w>

2' Team cheer