



## Fire Black

## Practice Plan

Date: 01-23-24

Time: 18:45-20:00

Arena: ECTAS

### Lines:

Goalie training together and private.

Keepaway in 4 zones

Point shots-shot block-screen-box out

Full ice 5-5 – One pass in each zone

Team cheer

Focus – good habits, ind O and D skills

### Notes:

Machine gun pass, timing, shoot, screen

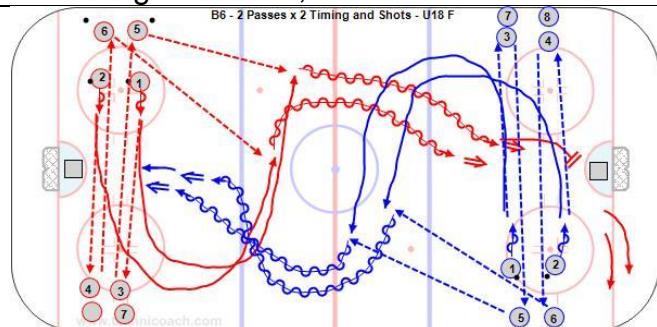
Scissors F to D

4-4 Perry Pern rotation

10 shot change on go shootout

Reviewed staying onside techniques

10 F, 6 D, 2 G



**Kaylin with Both goalies at one end**

10'

B6 – Machine Gun

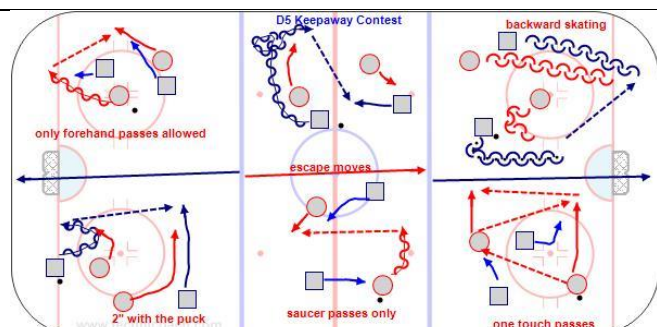
*Machine gun shooting. Two passes each end.*

*Pass up to F1. F2 around circle take pass shoot while F1 screens. Happens at each end.*

*\*Now I have the second player skate around middle circle then get the pass.*

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

[https://youtu.be/kjvc\\_kuhYsY](https://youtu.be/kjvc_kuhYsY)



15'

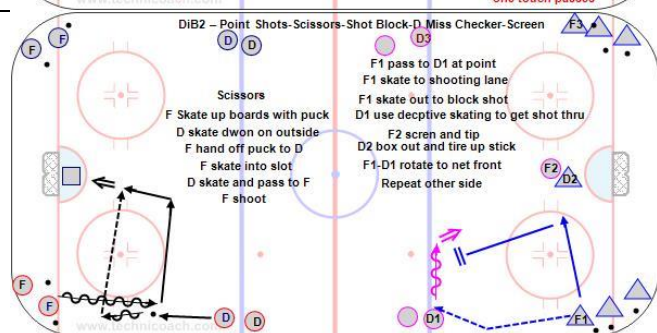
### 2-2 Keepaway in 4 Zones

Focus Points;

- Triple threat position face play
- Forehand passes
- Three hard strides to open ice
- Introduce scissoring

D500 - Four Games of Keepaway - U15 G

<https://youtu.be/wLnS0QLNiFQ>



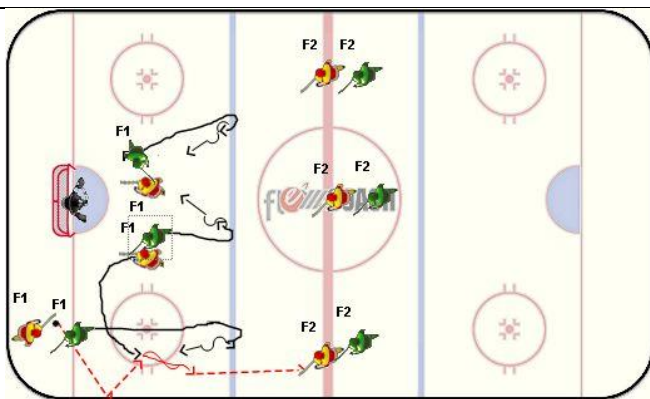
15' - **Kaylin work with one goalie**

### B2 – Point Shots-Scissors-Shot Block-D Miss Checker-Screen-Box Out

- F1-D1 scissors
- F1 pass to point and block shot
- D1 deceptive move to get shot thru
- F2 screen and tip
- D2 box out F2 and seal stick to outside

B2 – Point Shots-Scissors-Shot Block-D Miss Checker-Screen – U15 G

[https://youtu.be/Lwi84s\\_C0k](https://youtu.be/Lwi84s_C0k)



**15' Kaylin work with other goalie.**

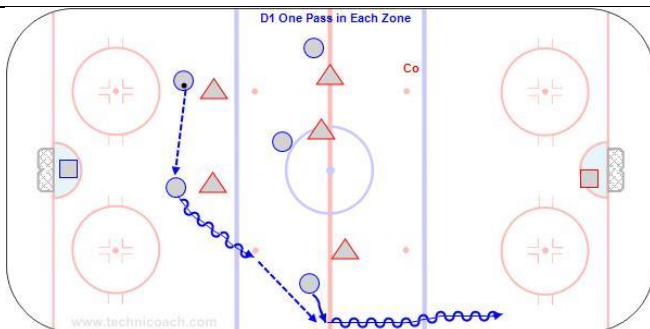
### 4-4 Perry Pearn Rotation

*Pass to teammate at red line to change possession. Rotation is.*

- Offense
- Defense
- Breakout pass
- Rest

DT400 - 4-4 Perry Pearn - U15 G

<https://youtu.be/QUTQ9ULsZRc>



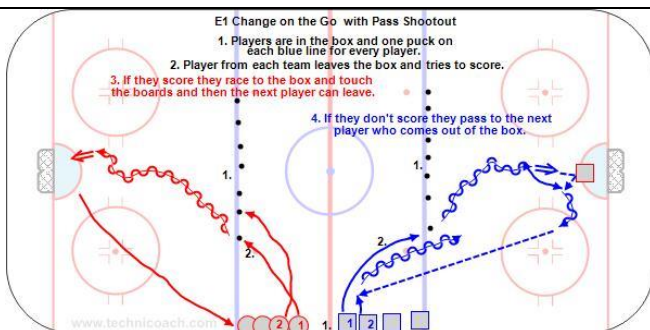
### 15' Full ice 5-5

**Rule:**

*There must be at least one pass made in each zone.*

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOl>

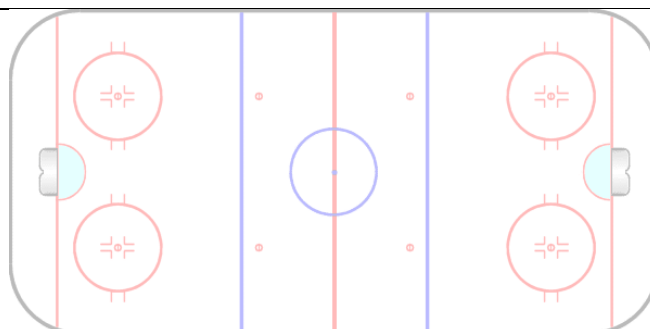


**10'**

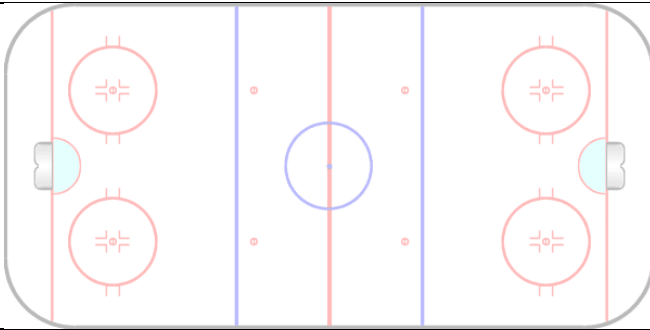
### Ten Puck Change on the Go Shootout

E1 - Ten Puck Shootout with a Pass - U15 G

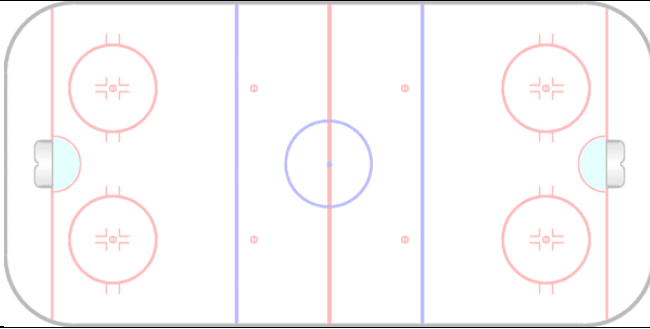
<https://youtu.be/XLAM35UUKvI>



**2' Team cheer**



**Explanation/Notes:**



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