



Fire Black

Practice Plan

Date: 01-25-24

Time: 16:15-17:45

Arena: Crowchild

Lines: 11 F, 6 D, 2 G

Notes: Surfing, 1-1, Dynamic Breakout

Individual Warm up

Transition Skate Shooting

Full ice Shinny

Zig zag agility skate and shots

Breakout with stretch

Breakout box out and chip

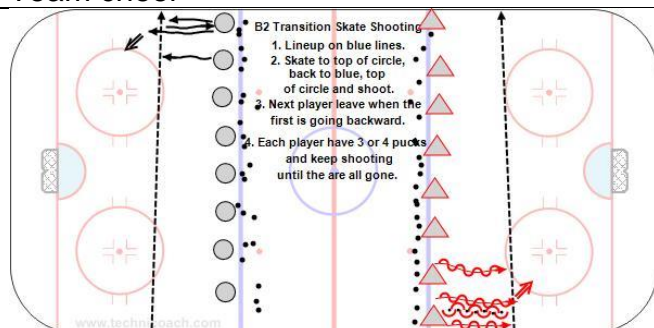
C202 – 1-1 Surfing

Backchecking game

1-1 D no sticks

Russian Scrimmage

Team cheer



3' Individual Warm up

5'

B2 - Transition Skate Shooting - College F

Key Points

Keep 2 hands on the stick and keep the feet moving. Hit the net.

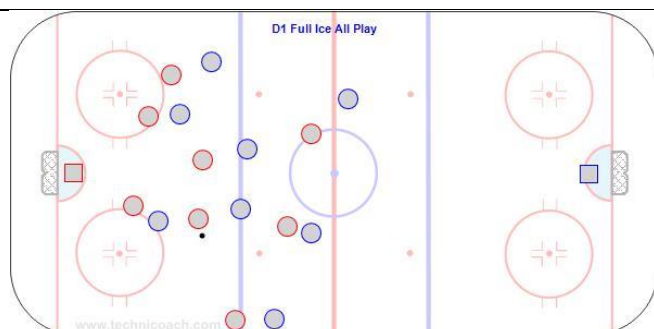
B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.

<https://youtu.be/uJfXMMQkfNo>

B2 - Transition Skate Shooting - U15 G

https://youtu.be/TXjoNn8_1TI

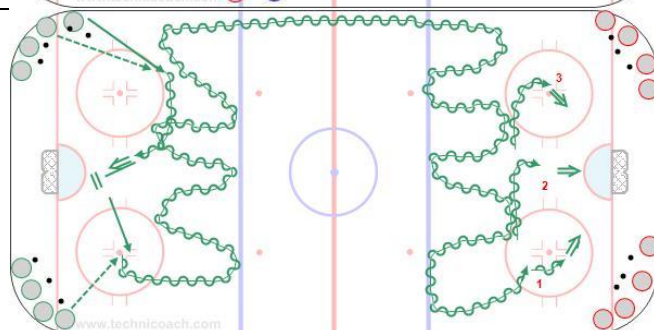


10'

Full ice Shinny

D1 - Shinny - All Play - U15 G

https://youtu.be/AETDZh47X_c



10'

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

Key Points:

3 Leave from diagonal corners about 2' apart, 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 the fill the 3 lanes and shoot.

Description:

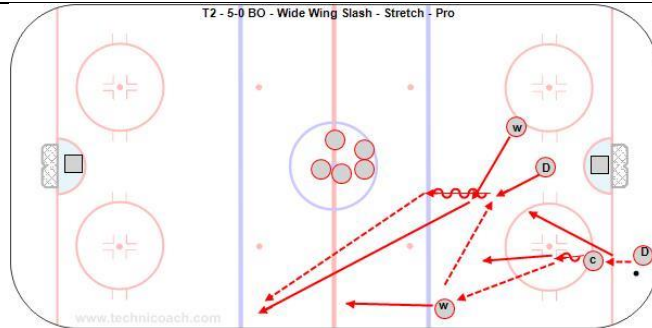
1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as; a, carry the puck with the hands and feet moving all the time.

- 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/SBxKxjOECyI>

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

<https://youtu.be/04Rz3o5fYfY>



7'

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

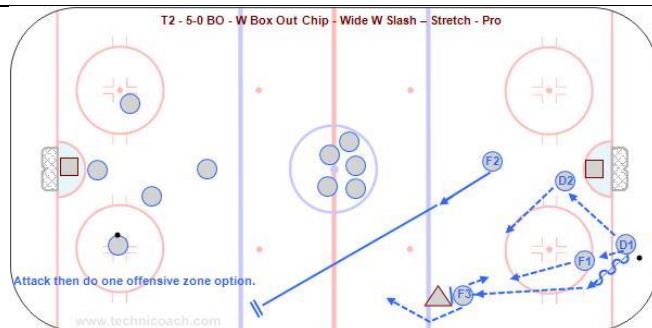
Key Points:

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 inside the 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>



8'

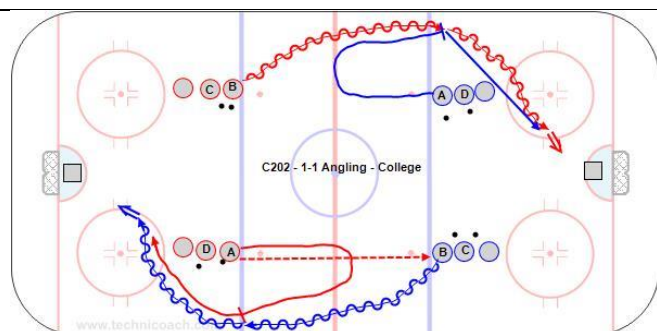
T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch - Pro

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>

10'

3 - C202 - 1-1 Angling - College M

Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

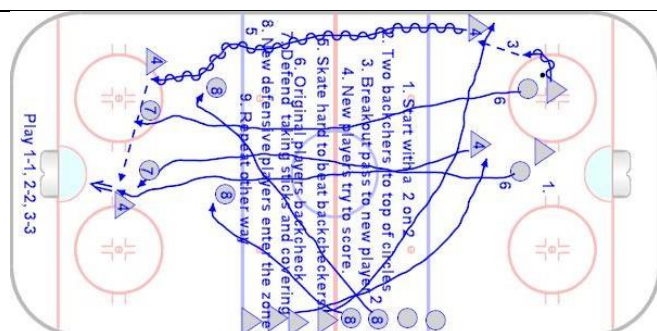
Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check A.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>

C202 - 1-1 Steer-Surf-Finish - U15 G

<https://youtu.be/dDijh65vVjo>



10'

DT100 Backchecking Transition Game - Czech

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.

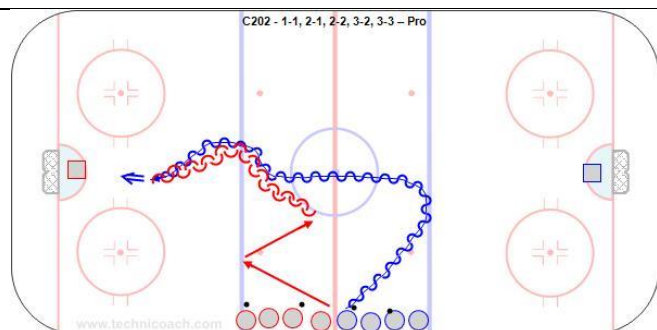
This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

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

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

DT100 - Backchecking Game 2-2 - U15 G

<https://youtu.be/R4T-CpejjnI>



10'

C202 - 1-1- Pro

Key Points:

Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

Description:

1. Players line up along the boards on one side and leave from the red line.
2. First blue is the attacker and then red.
3. Both players skate back to their blue line and then skate toward the red line.
4. Attacker can carry the puck or bounce it off the boards.
5. Defender close the gap and skate back if attack is

down the middle.

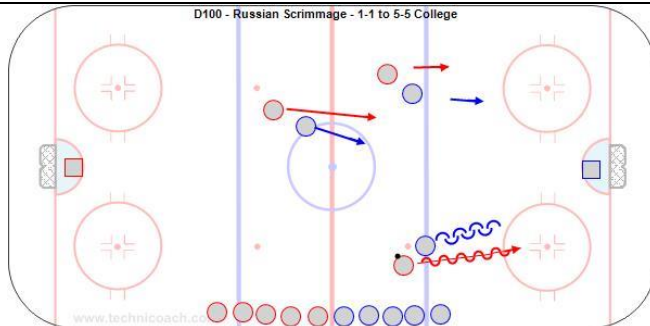
6. Angle from inside if the attacker goes wide.

7. Vary the number of attackers and defenders.

<https://youtu.be/kP35VIBpSwA>

C202 - 1-1 D No Stick - U15 G

<https://youtu.be/xYbG6-vu2g8>



15

D100 - Russian Scrimmage - 1-1 to 5-5 College M

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

1. Players line up against the boards along the boards on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40”.
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

** Play hard – ‘Enjoy the Game’, Let the ‘Game be the Great Coach’, Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>

D100 - Russian Scrimmage - U15 G

<https://youtu.be/zsbP8mH6aP0>

2' Cheer in middle
