



Fire Black

Practice Plan

Date: 01-28-24

Time: 19:00=20:15

Arena: ECTAS

Lines:

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

B6 - Carolina 2-0, 3-0 Weave

B6 - 2-0 x 2 Cross Pass x 2

DT100 - Continuous 2-2 - 3-2

Parent Meeting; Go over all our team play

Notes:

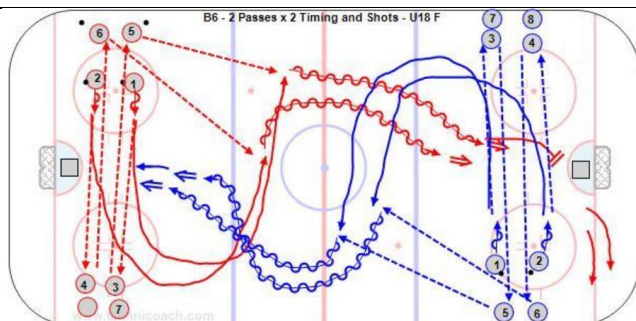
D4 - Clear Zone to Transition to Offense

D100 - Game-One Pass Each Zone

C6 – Poddy's 1-1 to 3-2

Team Cheer

Update parents on our bench management



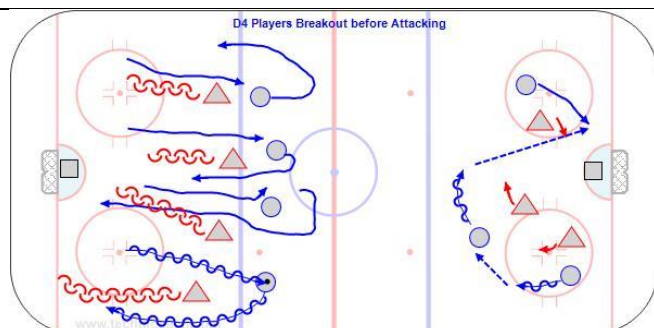
10'

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

https://youtu.be/kjvc_kuhYsY

Second player now goes around the middle circle then gets a pass and shoot.

Stop at net for a rebound and then screen for second shooter

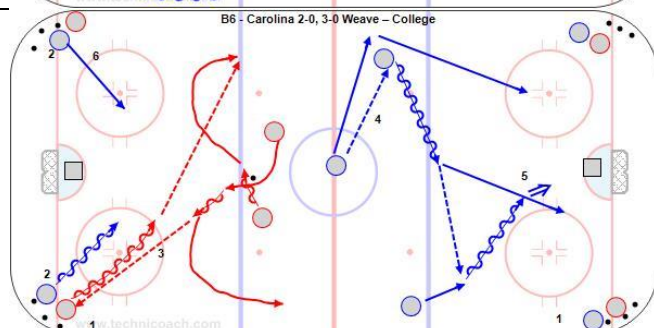


10'

D4 - Clear Zone to Transition to Offense - U15 G

<https://youtu.be/M3Trc43KIQc>

Rule: there must be at least one scissors before you can score.

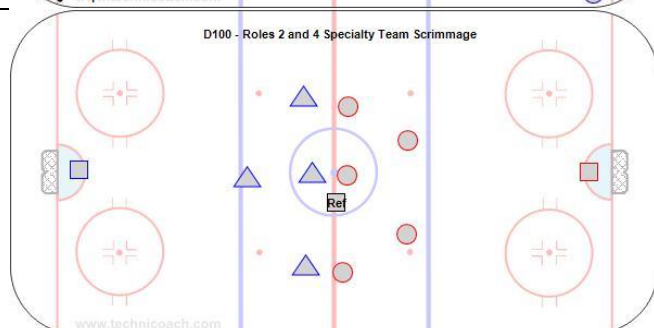


10'

B6 - Carolina 2-0, 3-0 Weave – College M

<https://youtu.be/rTaNDctDKtc>

Fill each lane and stay wide until you get a pass then skate between dots, pass and follow your pass. Shoot by the hash marks and crash net.

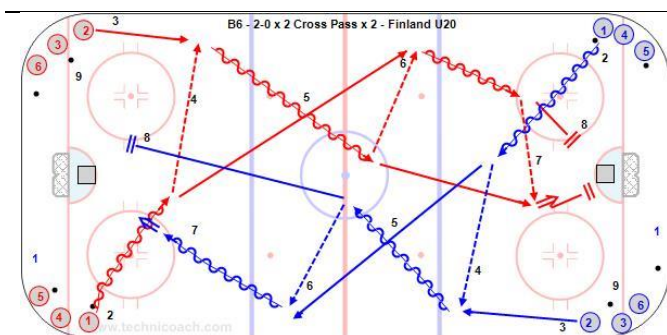


10'

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOl>

Game causes puck carrier to look around and teammates to get open for a pass.

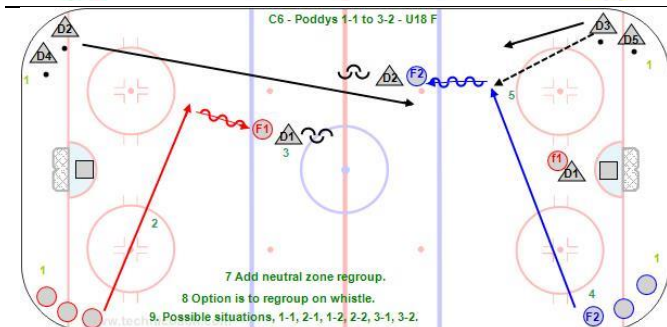


10'

B6 - 2-0 x 2 Cross Pass x 2 - U15 G

<https://youtu.be/HgKu9CvLmzM>

Pass wide then follow the pass
Pass receiver skate between dots
First player cross and take ice behind
Pass wide and go to net
Shoot before the hash marks and crash net.

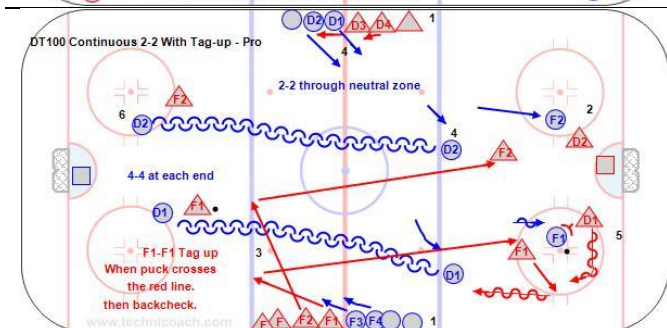


10'

C6 - Poddys 1-1 to 3-2 - Wally - U18 F

<https://youtu.be/NYAhiCwcA-4>

D1 pass and follow the play
D1 defend the next rush and D2 pass and follow
Add a F to make it 2-1
Add D to make it 2-2
Add another F to make it 3-2

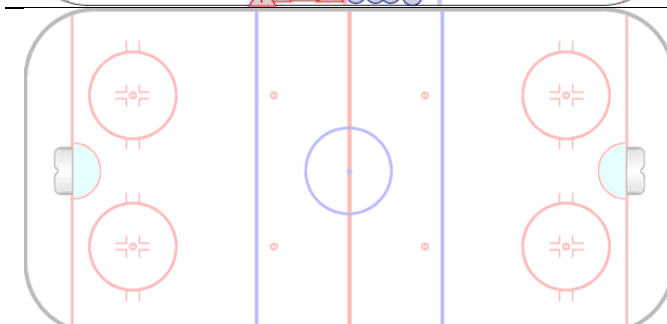


13'

DT100 - Continuous 2-2 - 3-2 - U15

<https://youtu.be/M7vsMMJ-87k>

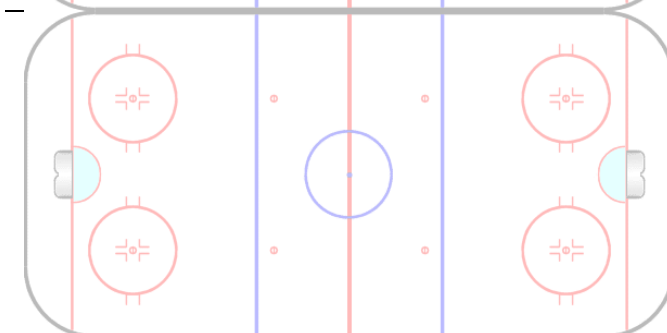
Start with 2-1
Add D to make it 2-2
Add F to make it 3-2



2'

Get Pucks

Team cheer



30'

Meet with parents to go over our team
play in each zone on offense, defense,
specialty teams.
Explain how we will manage the bench the
rest of the season.