



Fire Black

Practice Plan

Date: 01-30-24

Time: 17:15-18:30

Arena: ECTAS

Lines: 12 F, 7 D, 2 G

Notes:

B500 - Overspeed with Pass and Shot

Quick Transition Game of 2-2 x 2

B600 - Tomas Nzone Continuous Regroup

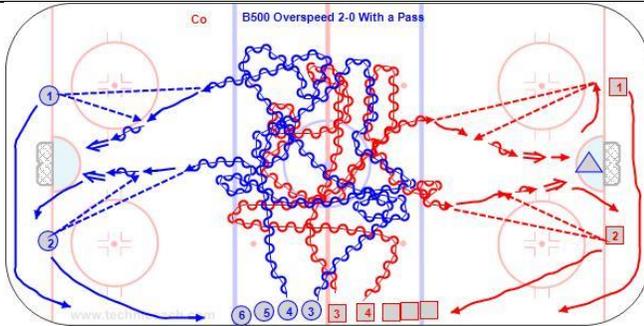
T - Circuit - Goalie - Skills - Power Play

Nzone 3-3 and 4-4 Keepaway-scissors

T2-4 - Power Play-Penalty Kill Sequence

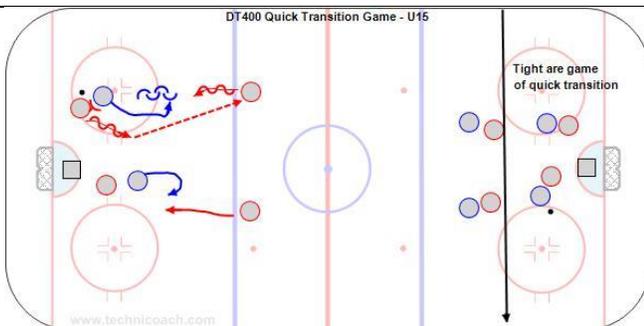
Nzone 2-2 game of quick transition

Nzone passing and saucer passing skills



10'
B500 - Overspeed with Pass and Shot - U15 G

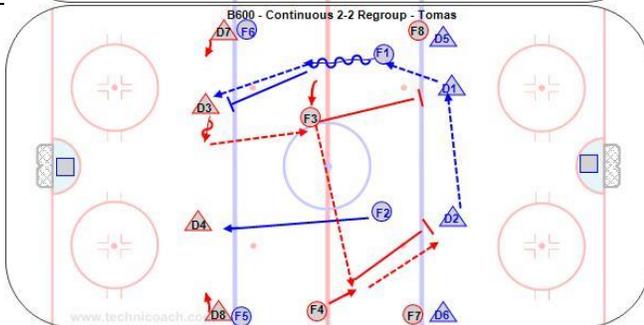
<https://youtu.be/3enXSaxsqL4>



10'
Quick Transition Game of 2-2 x 2

DT400 - Quick Transition 2-2 - 3-3 - U15 G

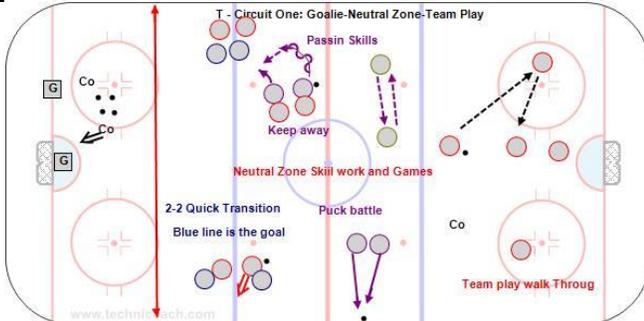
<https://youtu.be/pShI478NNA4>



10'
Kaylin work with goalies at one end.

B600 - Tomas Nzone Continuous Regroup - U15 G

<https://youtu.be/pJAnKFzvMtU>



15' x 2

T - Circuit - Goalie - Skills - Team Play - U15 G

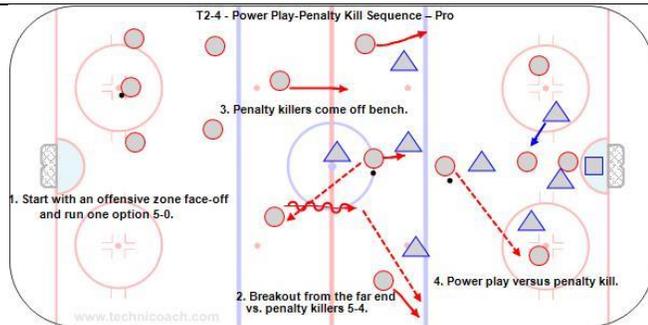
<https://youtu.be/cUnToZHlweA>

- Black PP 15' then Gold PP 15' with Jim. Other 14 players in neutral zone with Tom doing skill drills and games Kaylin had the goalies 40'' total.

- Nzone 3-3 and 4-4 Keepaway-scissors

- Nzone 2-2 game of quick transition

- Nzone passing and saucer passing skills



15'

T2-4 - Power Play-Penalty Kill Sequence - Pro

Key Points:

Develop a **power** play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. **Power** play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. **Power** play versus penalty **kill**.

* Breakout with a double swing and five attack.

* Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.

* Aggressive penalty **kill** when the puck is loose or the attackers back is turned.

* Option one is to have the wide players on their forehand side for one timers.

* Option two is to have a passing PP with right and left handed shots on the right and left sides.

* Rotate positions and keep moving.

* Defender stay with the puck carrier but do not chase passes.

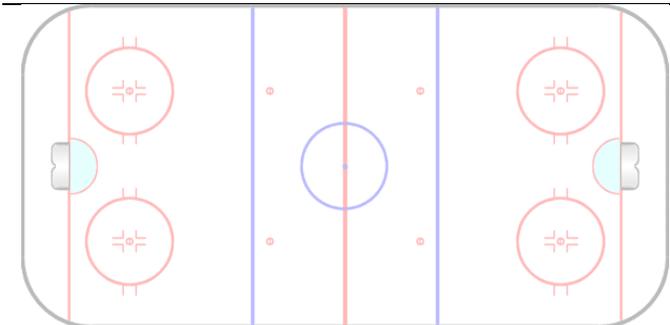
* Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.

* Many teams give the goalie the walk out player jam and cover the other four.

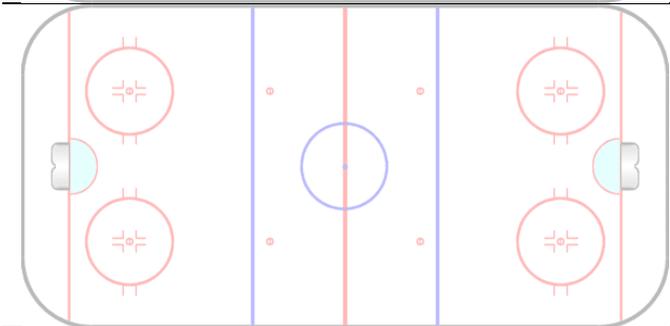
* **Power** play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.

* A coach can use this **sequence** to practice from 3-3 to 5-5.

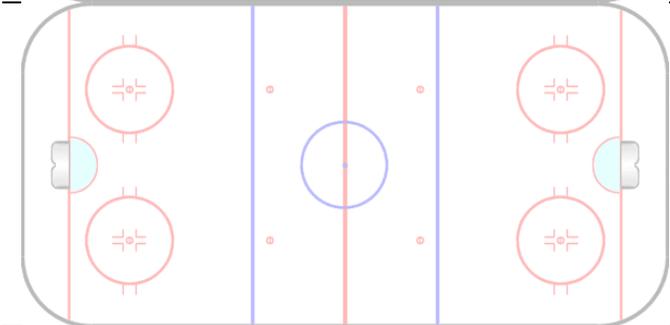
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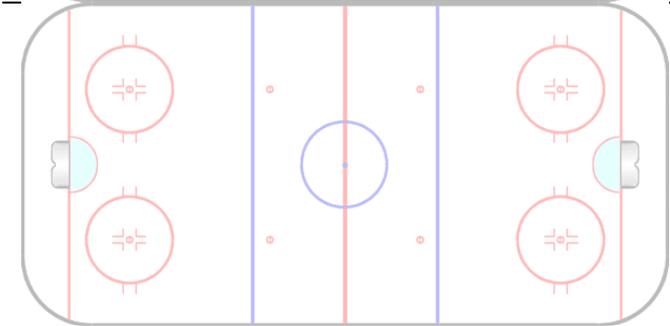
Team Cheer in middle circle



2'
Team cheer



Explanation/Notes:



Explanation/Notes:
