



## Fire Black

## Practice Plan

Date: 02-06-24

Time: 18:00-19:15

Arena: Village Square

Lines: 2 G, 6 D, 11 F

Notes: D-D, Wide Rim BO, Quick passing

B6 - Timing Around Circles

B600 - Continuous 2-2 Regroup – Tomas

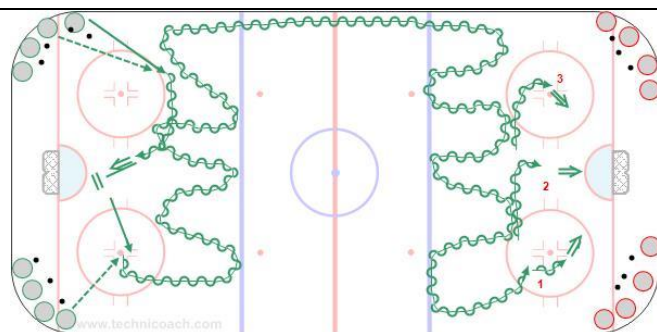
DT400 - 3-3 Krusel Battling Game

T2 - Breakout Sequence - Wally Kozak – College

D100 Two Second Game

B6 – 3 Shots, 3 Zig-zags, 3 Shots

Team compliments to each other



10'

**B6 – 3 Shots, 3 Zig-zags, 3 Shots**

### Key Points:

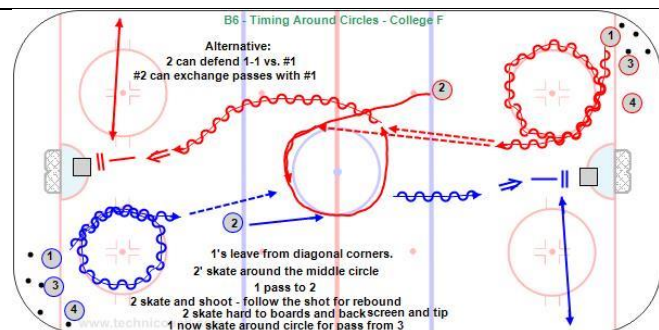
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

### Description:

1. Make sure to leave about 2 seconds between shooters so the goalie has time to get set.
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.

B6 - Double Zig zag - U15 G

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



10'

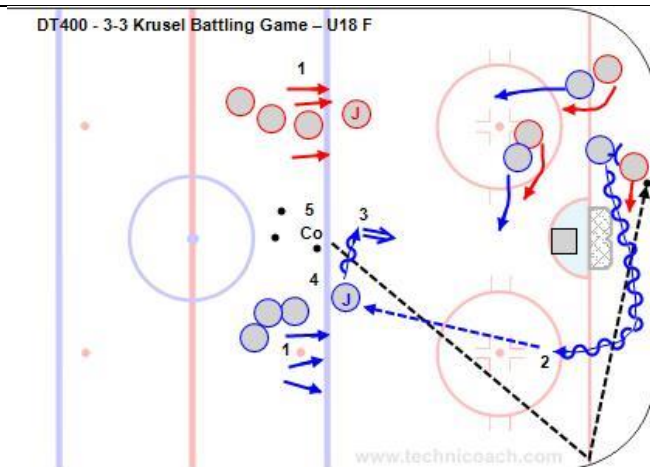
**B6 - Timing Around Circles - College F**

### Key Points:

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

### Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pass from player 3.



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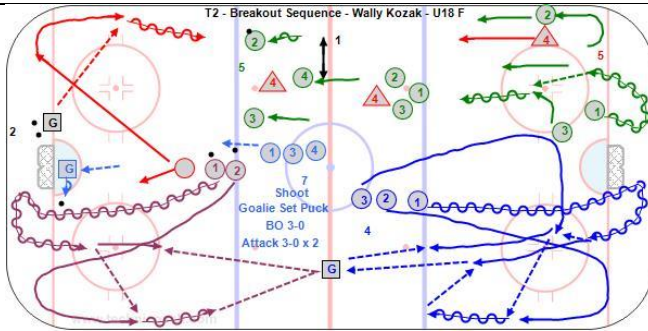
support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.

[https://youtu.be/wCXU\\_A25JZY](https://youtu.be/wCXU_A25JZY)

DT400 - Krusel Battling Game 2-2 - U15 G

<https://youtu.be/ToYTSGI18IQ>

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## 10' Kaylin other goalie

### T2 - Breakout Sequence - Wally Kozak – College

#### Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

#### Description:

##### Sequence One:

1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Players 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

##### Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
12. Regroup with the goalie who passes back to the other player.
13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<https://youtu.be/zD3G8WVzFDo>

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10'

## D100 Two Second Game – College M

### Key Points:

Great **game** for quick and close puck support and facing the play with the puck. Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

### Description:

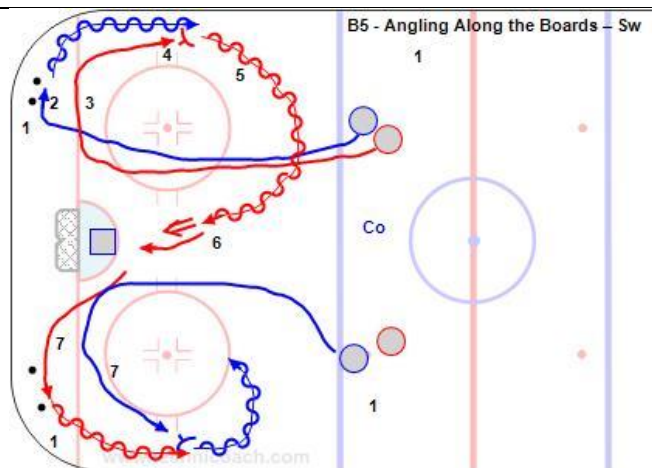
1. Play a full ice **game** of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 40-45" shifts and pass back to your goalie when the coach whistles for a change or players change on their own.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target, skate into passes and get open.
6. Scoring team must skate back to the red line before forechecking.

*\* An option is to pass back to your goalie on the whistle.*

*\* Another option is to give another 2" with the puck if the player makes an escape move.*

*\* The 2" rule can be used in SAG cross or half ice games as well.*

<https://youtu.be/PVy5NjFsV9w>



## 10" Do at both ends

### T3 – Continuous Angling Along the Boards – College M

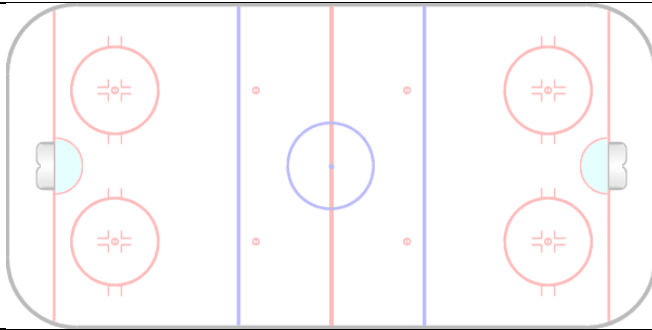
### Key Points:

Approach the puck carrier from slightly behind **angling** toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

### Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
  - 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
  - 3 - F2 follows from slightly behind and steers F1 along the boards.
  - 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
  - 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
  - 6 - F2 skates into the slot and shoot - rebounds.
  - 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.
- \* Repeat alternating sides.  
\* Do this drill at both ends.

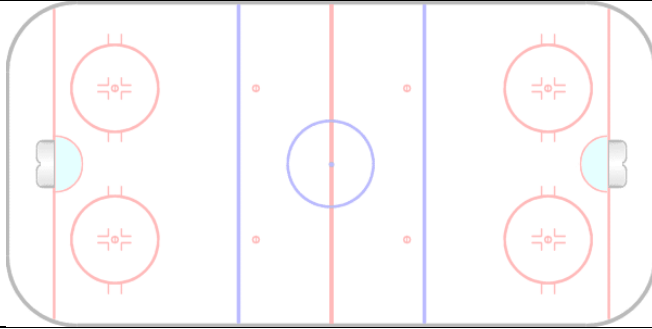
<https://youtu.be/9x2B0bHkqfU>



5'

**Team compliments to each other**

*Players gather in middle and make eye contact and tell a teammate what they did well during the practice.*



**Explanation/Notes:**

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