



Fire Black

Practice Plan

Date: 02-08-24

Time:

Arena:

Lines:

Edges and balance exercises

C3 - 1-0, 2-1, 4-2 Sequence

B6 - Small Horseshoe

Carolina 2-0 3-0

E1 Speed Scoring 2-1 to 2-2

Team compliment each other

Notes:

D4 - Clear Zone to Transition to Offense

Johnston pp game

2" game

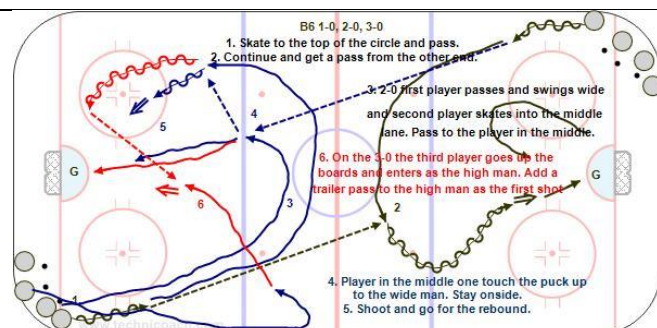
2/3 ice 2" game

F - Fitness Skating 4 Groups



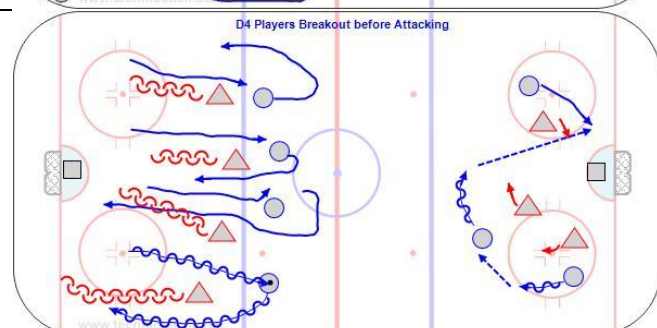
10'

A - Edges Warm-up Winsport Camp - U18 Girl's
<https://youtu.be/xfpdnoJKnTk>



10'

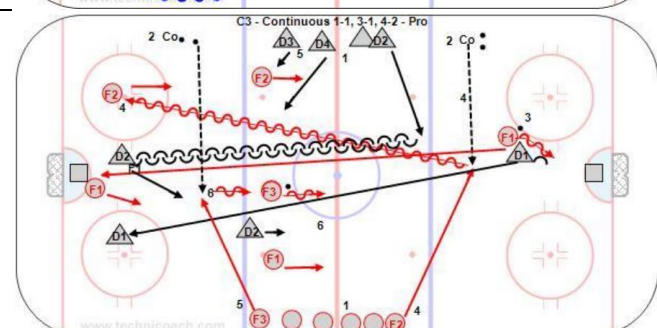
B6 - Small Horseshoe - U15 G 2
<https://youtu.be/3rvPI0BXEY4>



10'

D4 - Clear Zone to Transition to Offense -
<https://youtu.be/M3Trc43KlQc>

At least one scissor before scoring.



10'

C3 - 1-0, 2-1, 4-2 Sequence – Pro
 Key Points: Coach explains the drill on the ice without going to the board. Attack with speed and be sure to get a shot on each rush. Make a competition by keeping score red vs. white. D make a tight turn on the regroup and keep skating before passing.

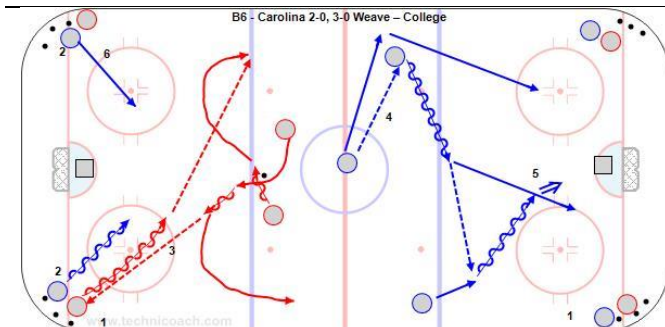
Description:

1. F1 regroup with D1 and attack 1-0.

2. F2-F3 cross and drop at the blue line and attack 2-1 vs. D1.
3. F1 comes back into the zone and joins F2-F3 attacking vs. D2-D3.
4. D1 joins the attack making it a 4-2.
5. Repeat the sequence. F4 regroup with D4 and attack 1-0.

C3 - 1-0, 2-1, 4-2 Sequence – Pro

https://youtu.be/6Vjf_BSQWjw

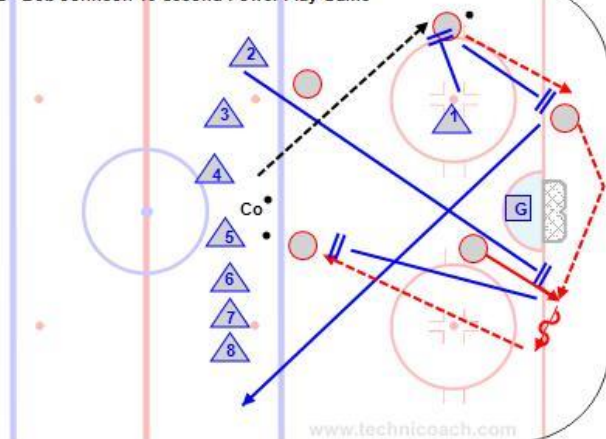


10'

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

<https://youtu.be/rTaNDctDKtc>

T2 - Bob Johnson 10 Second Power Play Game

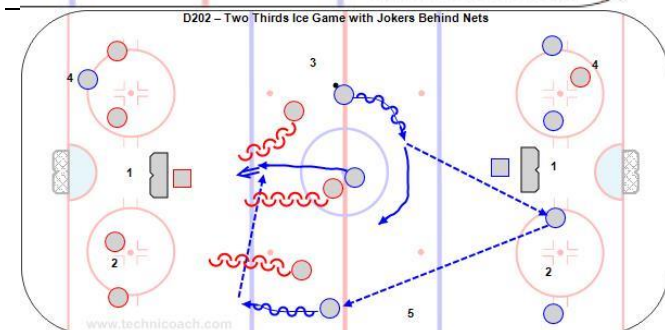


10'

Johnston pp game x 2

T2 - Johnston PP Game vs 1 or 2 PK – College

<https://youtu.be/k-QN7-OHhYY>

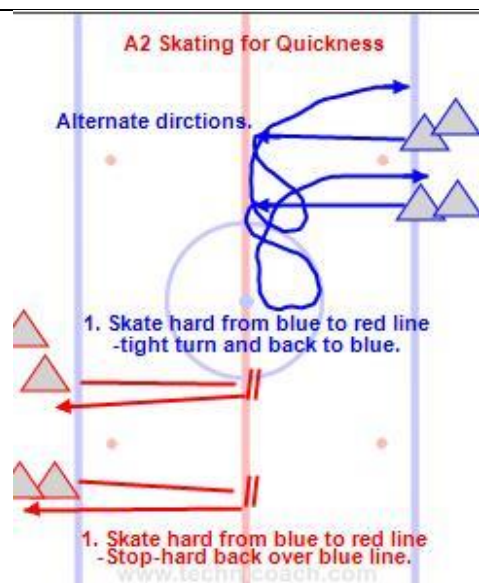


20'

D202- 2/3 ice game with Jokers at each end

<https://youtu.be/3VCe8b-97ug>

2" game



5'

F – Fitness Skating

Skate across ice and back rotating 4 groups

Close Dot

Middle Dot

Far Dot

Boards

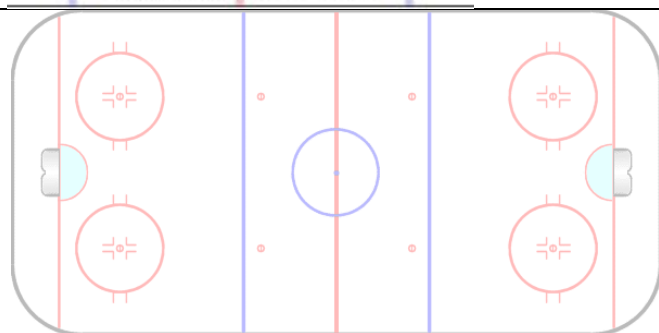
Reverse

Boards

Far Dot

Middle Dot

Close Dot



5'

Team compliments each other