



Fire Black

Practice Plan

Date: 02-20-24

Time: 17:15-18:30

Arena: ECTAS

Lines:

B6 – 3 Shots, 3 Zig-zags, 3 Shots

Johnston PP game x 2

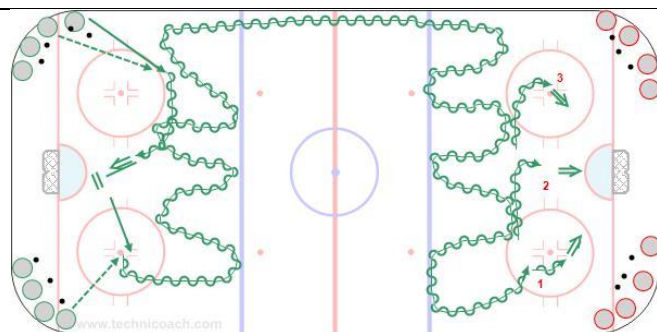
Full ice 5-5 F's play with their lines.

Notes:

B5 – Breakout and 1-1

Full ice 3-3 F's play with their lines.

C6 - Point Shot-Screen-Box Out-Block Shot



10'

B6 – 3 Shots, 3 Zig-zags, 3 Shots

Key Points:

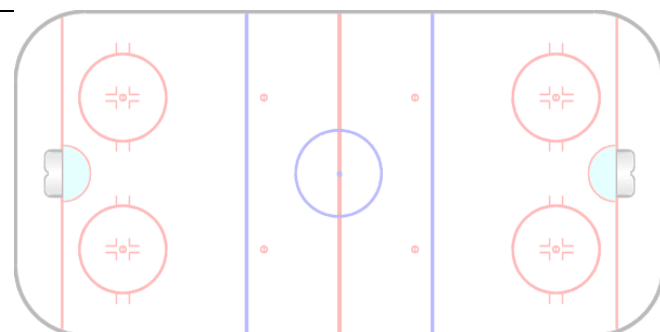
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

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.

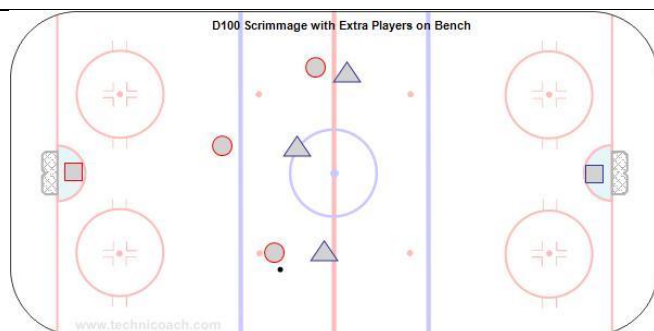
B6 - Double Zig zag - U15 G

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



19'

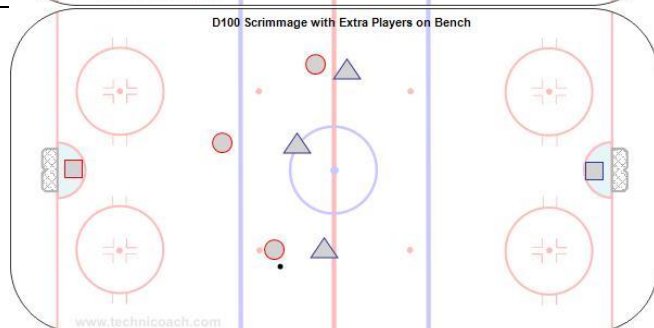
B5 – Breakout and 1-1



10'

Full ice 3-3 F's play with their lines.

45" Shifts. Pass to goalie on whistle.



10'

Full ice 5-5 F's play with their lines.

45" Shifts. Pass to goalie on whistle.



10'

D 1- Pt shot

D2 – Box out take stick

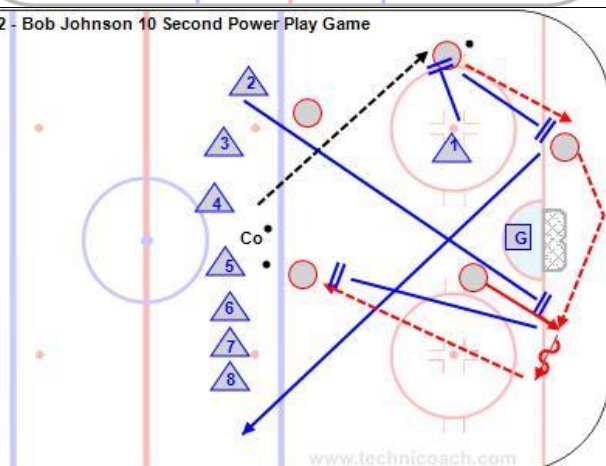
F1 – Pass to point then screen and tip

F2 – Go out to point to block shot

C6 - Point Shot-Screen-Box Out-Block Shot -

<https://youtu.be/xfMp4fPhynA>

T2 - Bob Johnson 10 Second Power Play Game



10'

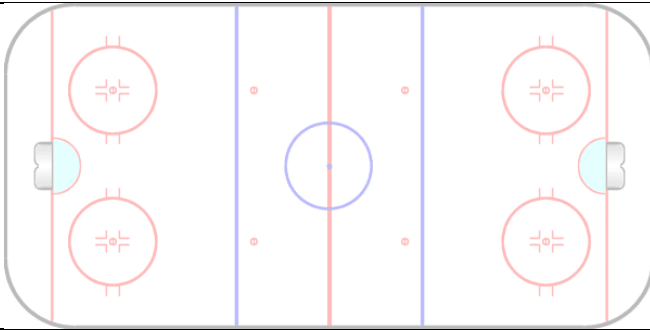
Johnston PP game x 2

Extra players defend for 10' with one then two at a time.



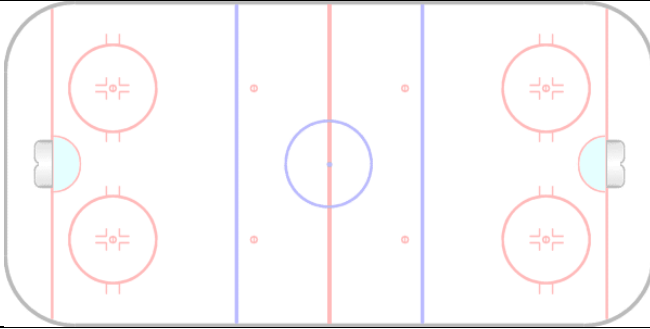
10'

1-1 Shootout race from dots



2'
Team, cheer

Winners circle in the dressing room



Explanation/Notes:
