



# Fire Black

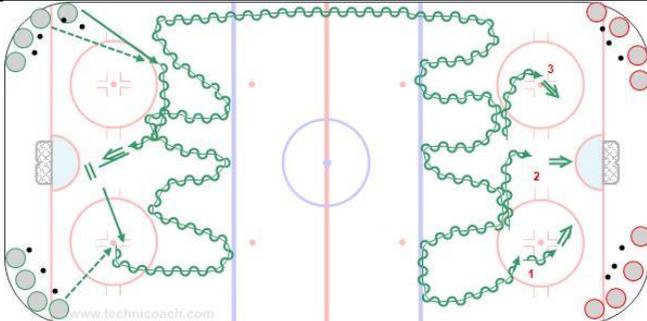
## Practice Plan

Date: 02-20-24

Time: 17:15-18:30

Arena: ECTAS

<b>Lines:</b>	<b>Notes:</b>
<b>B6 – 3 Shots, 3 Zig-zags, 3 Shots</b>	B5 – Breakout and 1-1
Johnston PP game x 2	<b>Full ice 3-3 F's play with their lines.</b>
<b>Full ice 5-5 F's play with their lines.</b>	C6 - Point Shot-Screen-Box Out-Block Shot



10'

### **B6 – 3 Shots, 3 Zig-zags, 3 Shots**

#### **Key Points:**

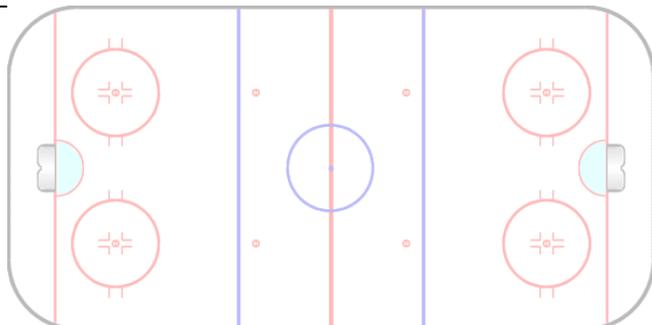
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

#### **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.

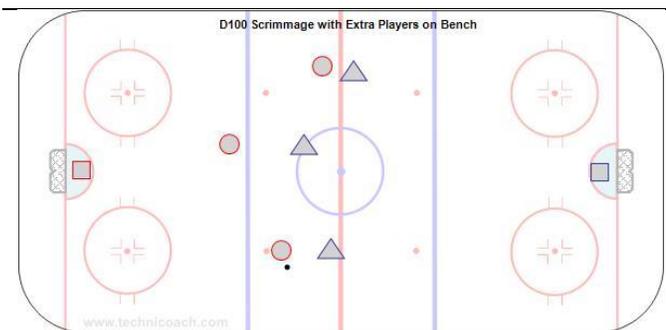
B6 - Double Zig zag - U15 G

<https://youtu.be/DGzvB-HRT1s>

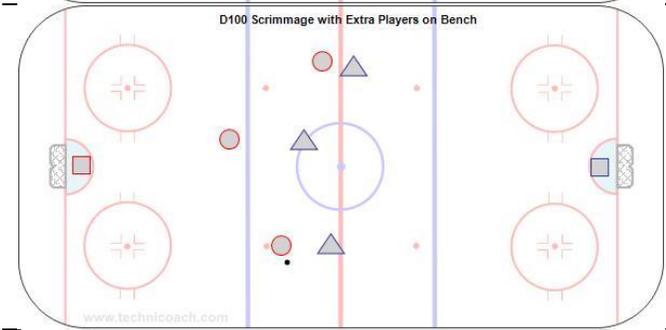


19'

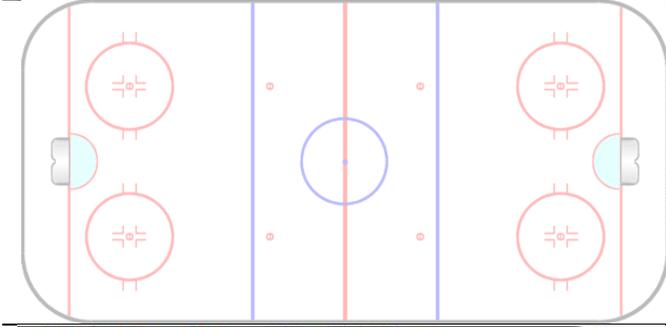
### **B5 – Breakout and 1-1**



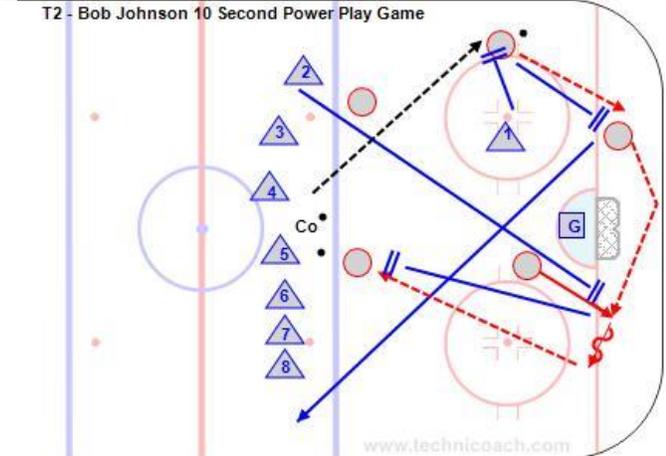
10'  
**Full ice 3-3 F's play with their lines.**  
 45" Shifts. Pass to goalie on whistle.



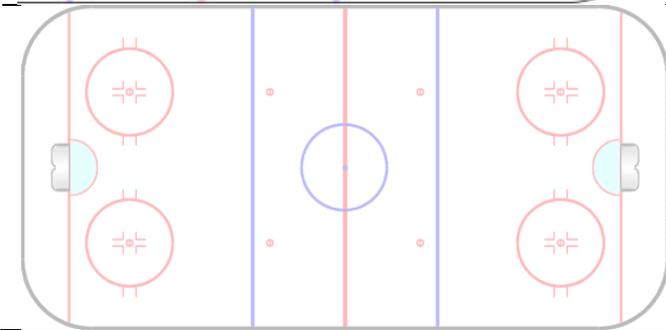
10'  
**Full ice 5-5 F's play with their lines.**  
 45" Shifts. Pass to goalie on whistle.



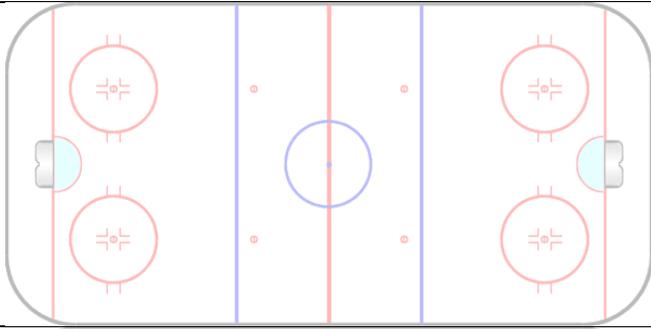
10'  
**D 1- Pt shot**  
**D2 – Box out take stick**  
**F1 – Pass to point then screen and tip**  
**F2 – Go out to point to block shot**  
 C6 - Point Shot-Screen-Box Out-Block Shot - <https://youtu.be/xfMp4fPhynA>



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:**

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