



Fire Black

Practice Plan

Date: 02-25-24

Time: 19:00-20:15

Arena: ECTAS

Lines:

A3-300 – Striding–Cut Backs-Puck Handling

Continuous 5-0 Cassie

T3-C600- Angling 1-1 x 2

Winners Circle

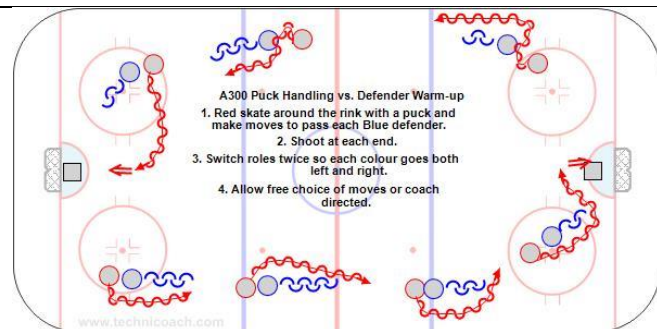
Notes:

B6 - Machine Gun - 2 Pass x 2-Shot -

C6 Regroup x 2, 1-1 and 2-1

D202 - 3-3 Regroup with Jokers to Attack

Cheer



12'

A3-300 – Striding–Cut Backs-Puck Handling

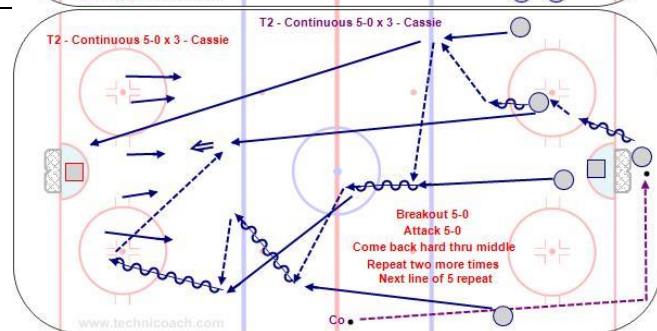
- Forward and backward long striding
- Both directions for all of the drills
- Single and double cut backs
- Toe drag at each dot
- Back pull at each dot
- Fake shot and push out at each dot.
- Partner work. One skate backward while other practice drawing defender toward them then putting puck across behind the stick and in front of the toes.. Each partner attack on one side and defend on other side



10'

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

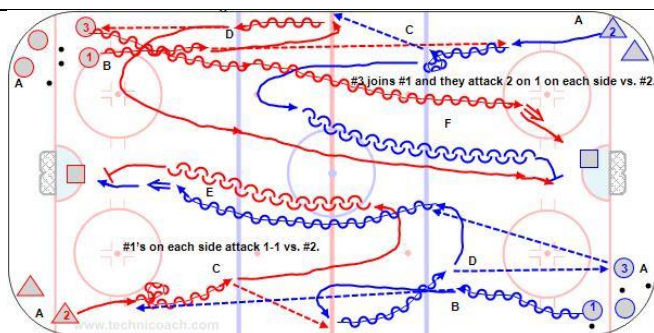
https://youtu.be/kjvc_kuhYsY



13'

T2 - Continuous 5-0 x 3 - Cassie

- Extra players on the bench
- Shoot puck in and breakout 5-0. All players should get a pass on the attack. Vary attack.
- Spring back through the middle lane and break out again.
- Repeat a third time.
- Each attack shoot and pursue any rebound for a second shot.



12'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

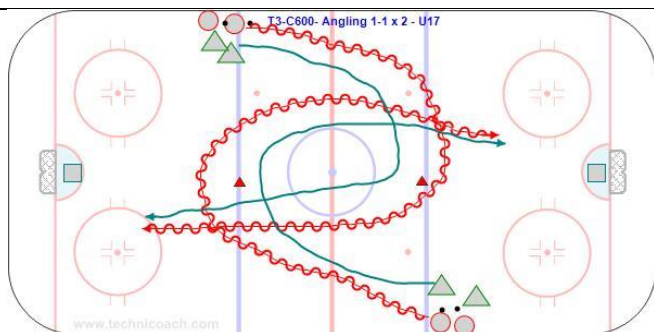
Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

* With younger players stagger the start so each corner leaves after the first pass.

<https://youtu.be/IBeStMukGQA>



10'

T3-C600- Angling 1-1 x 2 - U17

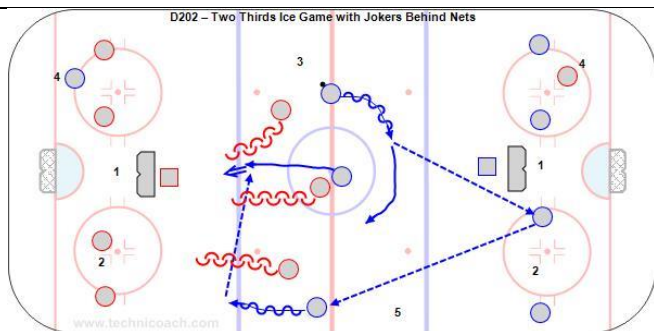
Key Points:

Steer the attacker wide. Keep the stick on the attacker stick. Angle from the back of the inside shoulder and if you are able skate through the hands, lift stick, take puck and seal attacker off with your body.

Description:

1. Players start at diagonal blue lines.
2. Player on the outside starts with a puck and skates towards his net and around far pylon.
3. Defender starts on the inside and mirrors attacker skating inside the far pylon.
4. Attacker drive for the net and try to score.
5. Defender surf from the inside and steer, angle and finish.
6. If there is a shot fight for the rebound.

<https://youtu.be/AhOt9lcbpOY>



13'

D202 - 3-3 Regroup with Jokers to Attack - U18 F

Key Points:

Jokers move around to get open. Make passes quickly. Coach can implement modified rules.

2" Rule

Description:

1. Two teams with half playing and half as Jokers.
2. Either timed rotation or switch on their own.
3. You must pass to a Joker to go on offense.

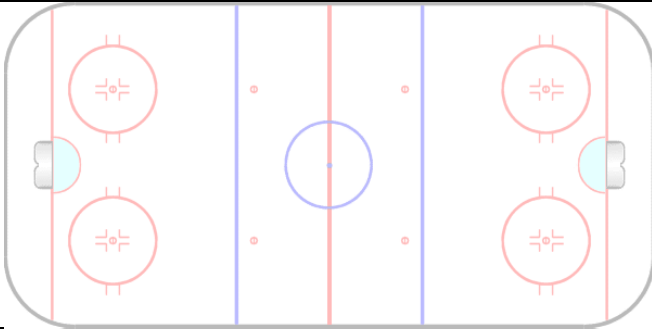
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- 4. Jokers can shoot or pass.
 - 5. Jokers can check Jokers.
 - 6. Keep score.

D202 - 4-4 Regroup with Joker - U15 G

<https://youtu.be/Mhxp7U8g40o>

5'

Winners Circle
Team Cheer



Explanation/Notes:



Explanation/Notes:

