



## Fire Black

## Practice Plan

Date: 02-27-24

Time: 18:00-19:15

Arena: Village Square

### Lines:

B6 - Pass-Agility-Zig-Shoot x 2

C202 - 1-1 Steer-Surf-Finish

PP1 then PP2 – one end 10' each

D500 - Four Games of Keepaway-nzone

D100 – 5-5 – 2": game

Team cheer around middle circle

### Notes:

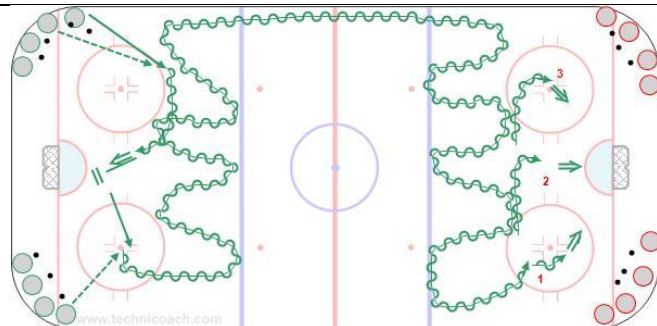
**B600 - Multiple One Touch Passes**

**Kaylin with both goalies 10' then one each**

**Dzone position skating**

D200 – Cross ice 3-3 and 1-1 games-nzone

**Winners circle**



10'

**B6 – 3 Shots, 3 Zig-zags, 3 Shots**

### Key Points:

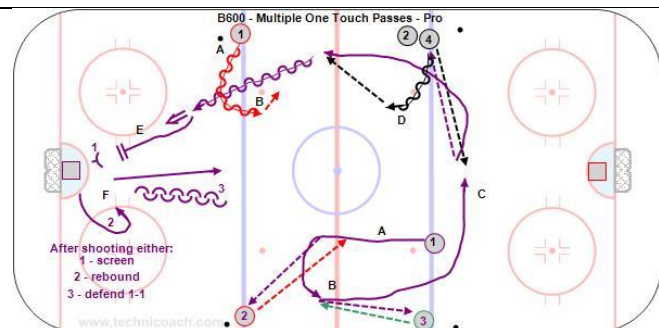
3 Leave from diagonal corners about 2" apart and get a pass from the second player. Skate around circle then shoot, get a pass from the other corner, skate 3 zig-zags between the blue line and the top of the circles at each end then fill the 3 lanes and shoot.

### 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.
  - e. skate backward.
  - f. 360 degree turns.

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

<https://youtu.be/04Rz3o5fYfy>



10'

**B600 - Multiple One Touch Passes**

### Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

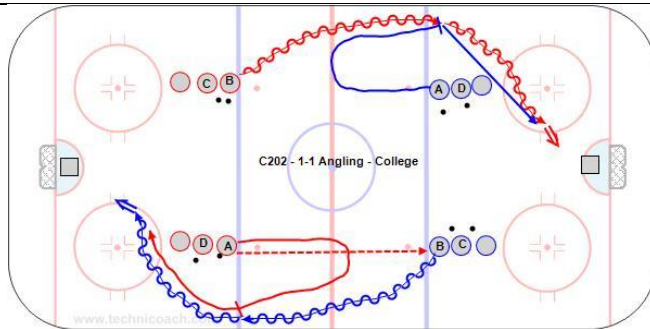
### Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot.
- F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<https://youtu.be/uCBsG4KORMI>

C600 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>



10'

### T3 - C202 - 1-1 Angling - College M

#### Key Points:

Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

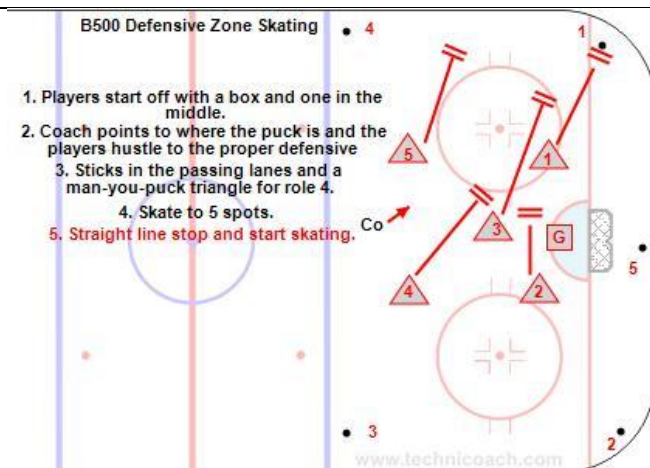
#### Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check A.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<https://youtu.be/iZ8q2L9cDRE>

C202 - 1-1 Steer-Surf-Finish - U15 G

<https://youtu.be/dDijh65vVjo>



10'

Kaylin with both goalies 10' then one each 10'

### T4 - Defensive Zone Skating - RB Pro

#### Key Points:

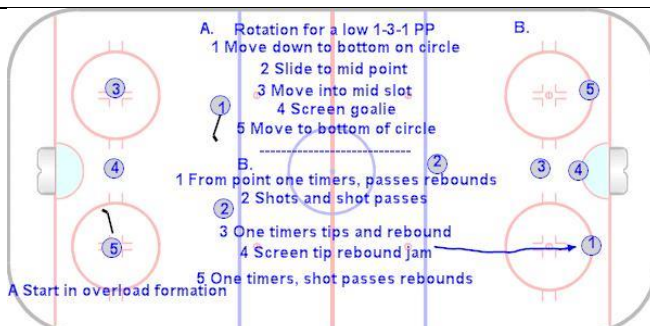
Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

#### Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

T4 - Defensive Zone Skating - RB Pro

<https://youtu.be/SkXnlmn6IXk>



10'

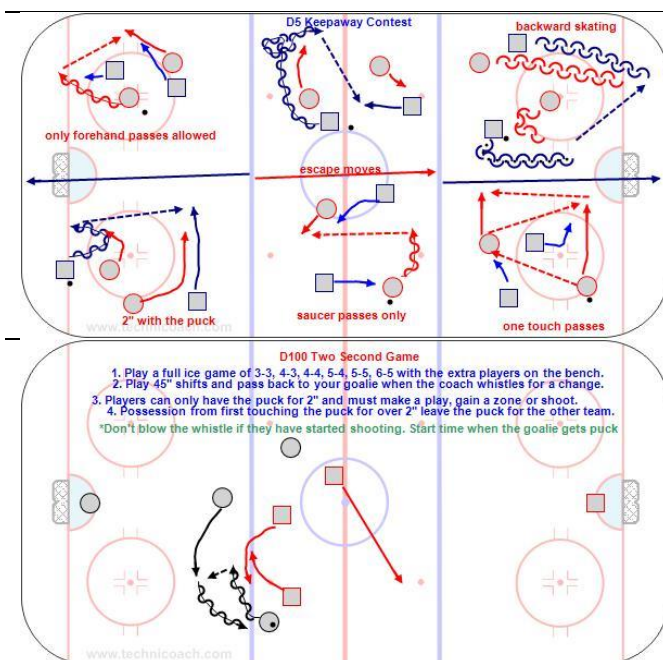
Kaylin one goalie

PP 1 with Jim

Other 14 players with Tom in nzone

D500 - Four Games of Keepaway - U15 G

<https://youtu.be/wLnS0QLNiFQ>



10'

**Kaylin one goalie**

**PP 2 with Jim**

**Other 14 players with Tom in nzone**

T - Circuit - Goalie - Skills - Team Play – U15 G

<https://youtu.be/cUnToZHIweA>

10'

**D100 Two Second Game - College**

**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.

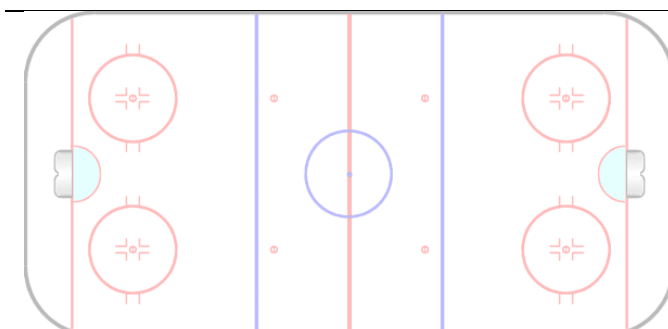
*\* Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.*

*\* 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>



5'

**Winners circle**

**Team cheer**



**Explanation/Notes:**

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