



Fire Black

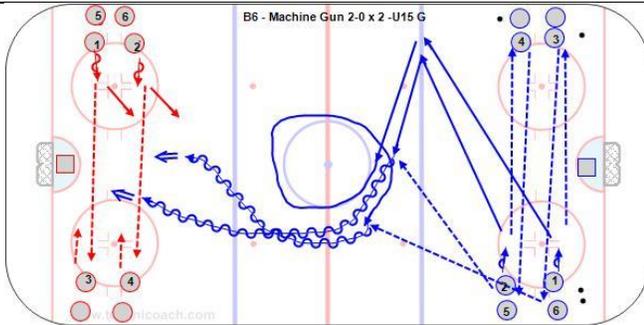
Practice Plan

Date: 09-10-24

Time: 20:15-21:30

Arena: Crowchild

Lines: 15 F, 3 G, 8 D	Notes:
A300 – Cut backs	B6 - Machine Gun - 2 Pass x 2-Shot
B600 - Continuous 3-2 Regroup -add dump ins	DT400 3-3 Krusel Battling Game
C2 - Rexi 1-1, 2-2 – Gap Control	T2 - B202 - Four Chamber Attack
D1 One Pass in Each Zone	



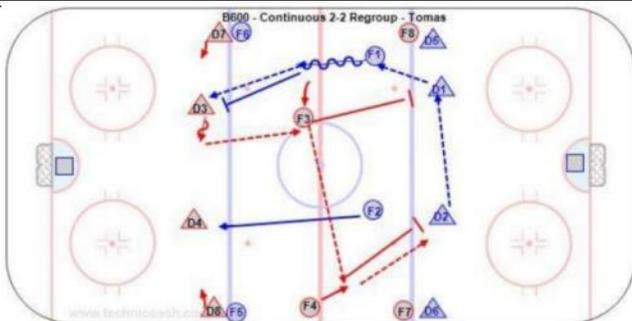
3' –

A300 – Cut backs

10'

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

https://youtu.be/kjvc_kuhYSY



10'

B600 - Continuous 3-2 Regroup – Tomas – Last 5 ' with dump ins

Key Points:

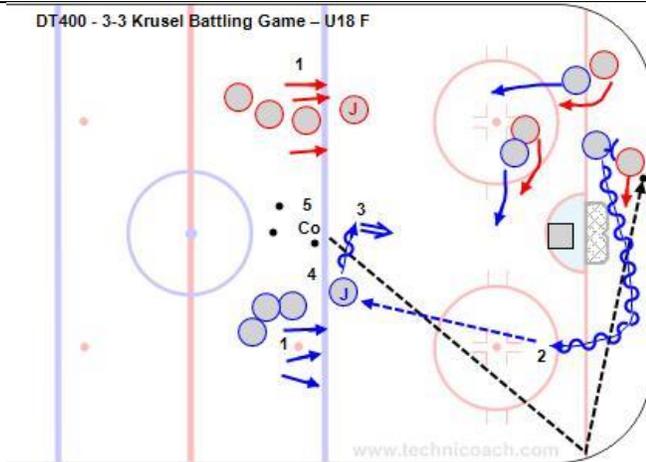
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2.
2. F1-F2 regroup with D3-D4.
3. F1-F2 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.
6. F3-F4 now regroup with D5-D6 and forecheck.
7. Continue the regroup and forecheck sequence.

* Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score.

<https://youtu.be/pJAnKFzvMtU>



13'

DT400 3-3 Krusel Battling Game - Coaches shoot other end 2 G

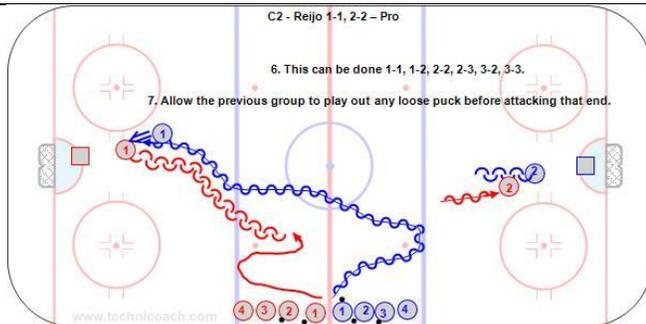
Key Points:

Transition happens when the defending team passes to their team mate at the point. The players must go from offense to defense when the puck is passed to the point and give support on both offense and defense.

Description:

1. Players line up behind the blueline in teams.
2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
3. The team that gains possession of the puck is on offense and tries to score.
4. The defending team must pass to their player at the point to be on offense.
5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
6. Play shifts of 20-30" then pass to the coach and hustle outside the blue line on the coaches whistle.
7. The coach dumps a new puck in for the next group.

https://youtu.be/e80Cod_L2So



12'

C2 - Rexi 1-1, 2-2 – Gap Control – Both Sides

Key Points:

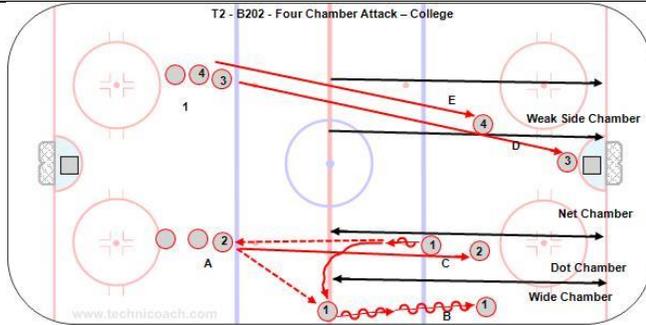
Attack with speed and fight to get on the offensive side of the defender and go to the net. Follow the shot for a rebound and play the loose puck if it is between the dots. Defend with a tight gap and stay between the attacker and goal. Box out the attacker after he shoots and fights for any rebound. If the defender gets the rebound skate the puck out of the zone.

Description:

1. Players line up along the boards in the neutral zone each colour on one side of red stripe.
2. Red 1 and White 1 leave from the front of the line, Red 1 has a puck.
3. Both players skate to the blue line and turn toward the middle.
4. Red 1 attack while White 1 skates forward to close the gap then defends skating backwards.

5. Red 2 now defend against White 2 in the other direction.
6. This can be done 1-1, 1-2, 2-2, 2-3, 3-2, 3-3.
7. Allow the previous group to play out any loose puck before attacking that end.

<https://youtu.be/PnBfqvdVy84>



13'

T2 - B202 - Four Chamber Attack – College

Key Points:

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

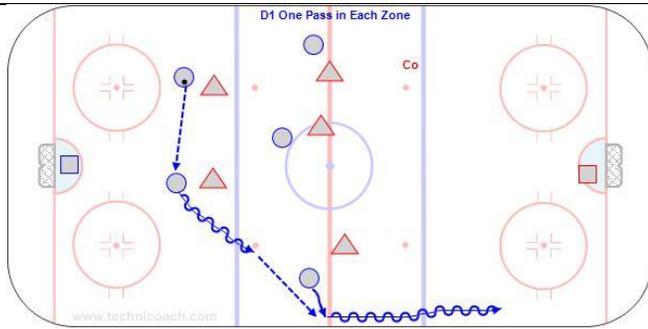
Description:

- A. Players are in two lines facing each other across the neutral zone.
- B. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.
- C. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.
- D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.
- E. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.
- F. Fifth attacker support from the point.
- G. Repeat the other way.

** Players 1-2 attack the widest defender and can cross and drop, 1 skate to the inside and pass to the outside to 2 who crosses and takes the ice behind, 1 chip and 2 chase, etc. Important that 2 skates hard and takes a defender with him.*

**In the drill this happens at both ends as shown in the video.*

<https://youtu.be/0gMqG3rkXzq>



10'

D1 One Pass in Each Zone - U18 F

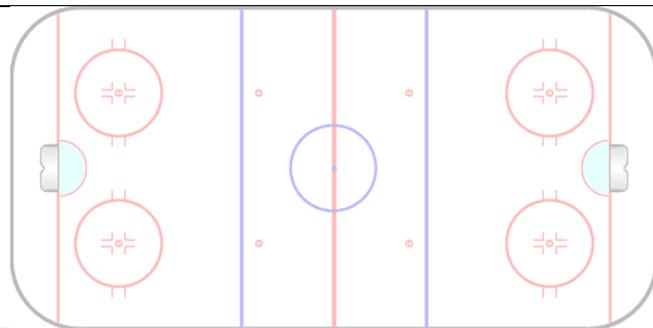
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

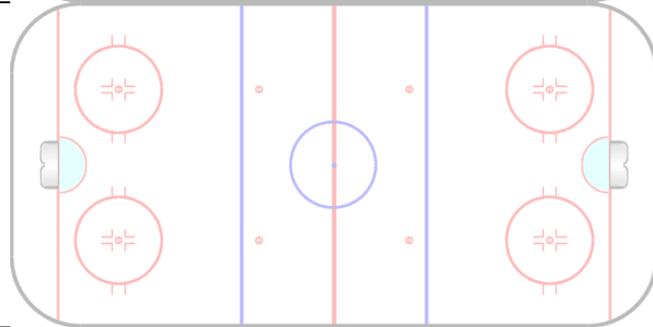
1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<https://youtu.be/EhbNMhICMSs>



2'

Team Cheer in Middle



Explanation/Notes:



Explanation/Notes: