



Fire Black Practice

Practice Plan

Date: 09-16-24

Time: 20:00-21:15

Bowness | Arena: Bowness

Lines: 12 F – 6 D – 2 G

Notes:

A200 - Big Moves Warm up – with shots - cutbacks

B200 Overspeed with a Pass - U18 F

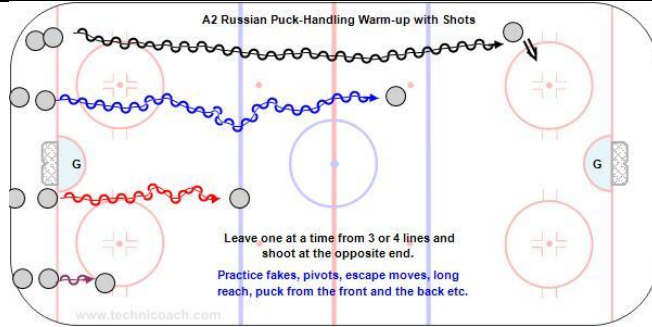
B6 1-0, 2-0, 3-0 Small Horseshoe

C1-C600 1-1 - Slovakia U20

D4 Two Pass Game x 2 – 4-4 - 5-5

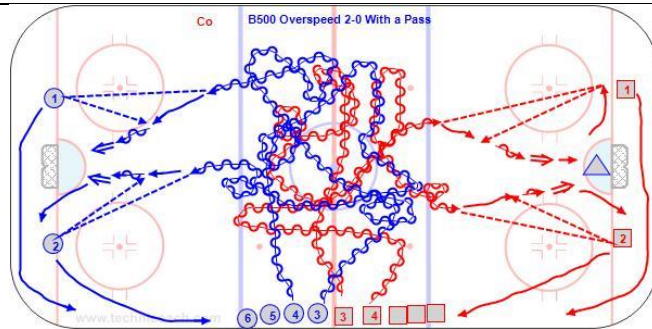
E1 Change on the Go with Pass Shootout

B6 - 2 Cross and Drop - Regroup - 3-0 – Carolina



5' Big Moves Warm up – with shots

2' review passing technique. Wrist or snap passes only. Get stick square and give a target to receive passes.



10'

B200 Overspeed with a Pass - U18 F

It is important to do some overspeed training where players skate and do all the skills at a top speed.

Key Points:

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

Description:

Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle.

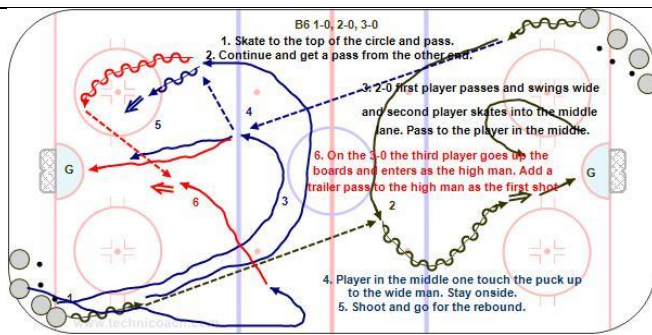
Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed.

Whistle every 8 seconds.

B500 Overspeed with a Pass - U18 W

<https://youtu.be/ByBqQUu0jJ8>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe

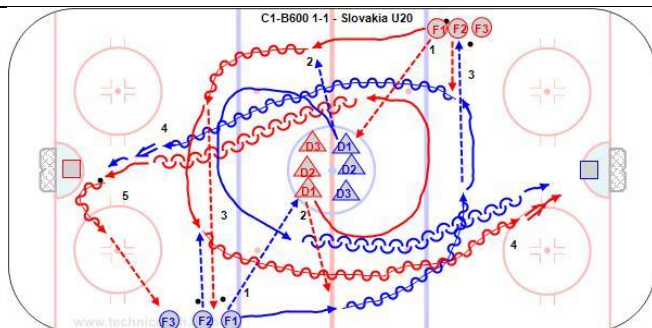
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<https://youtu.be/VqW3XTM1JXQ>



10'

C1-C600 1-1 - Slovakia U20

Key Points:

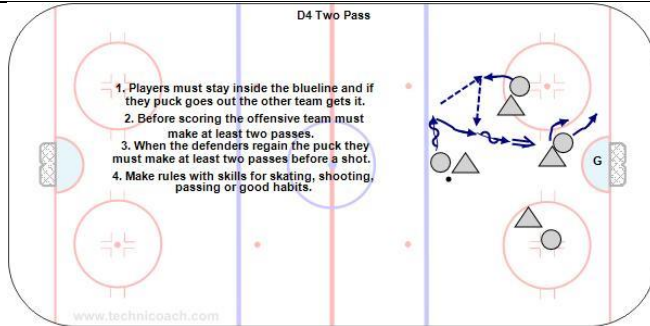
Make crisp passes and then skate and give a target. Hard fakes and try to beat the D. D always play the attack from the defensive side and get a close gap as soon as possible. D tie up the F stick after the shot and F follow the shot for a rebound. Always finish drills with the D tying up the stick after the shot and then pass a loose puck to the line up or a coach. The forward always goes for a rebound.

Description:

1. RF1 and BF1 pass to the opposite colour D1's.
2. RD1 and FD1 pass back to the opposite colour F1 and mirror their skating across.
3. RF1 and BF1 pass to the opposite colour F2 who return the pass.
4. RF1 attack vs. BD1 and BF1 attack vs. RD1.
5. Both forward and defense play the rebound. If the D get it they should pass to

the last forward lined up at the blue line to finish the play.

https://youtu.be/SJ_m8N511Fk



10'

D4 Two Pass Game x 2 – 4-4 - 5-5

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Skill Rules

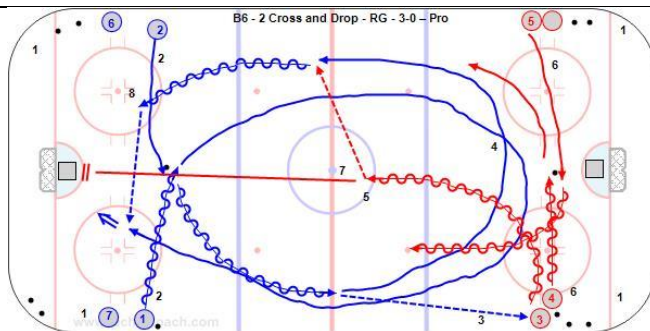
- Only forehand passes.
- Escape move before passing.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

D4 Two Pass – U15 Boy's

<https://youtu.be/3O8K3nNC3gc>



10'

B6 - 2 Cross and Drop - Regroup - 3-0 – Carolina

Key Points:

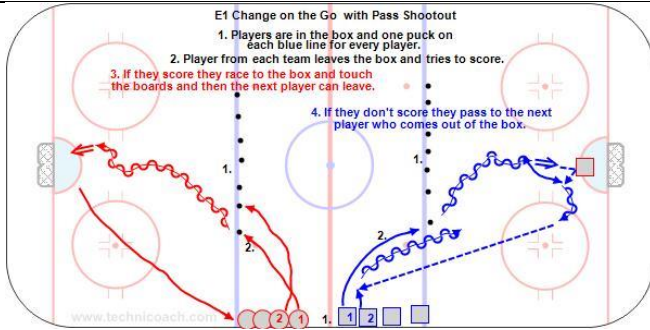
Pass and shoot while skating. Give a target and make crisp passes. Follow the shot and stop at the net for a rebound. Great drill to practice playing at a high tempo. Middle lane drive.

Description:

1. Players are lined up in all four corners.
2. Players 1 cross and drop the puck to player 2.
3. Player 2 pass to player 3 at the far end.
4. Player 1-2 cross and skate down the wings.
5. Player 3 carry the puck in the middle lane.
6. Players 4-5 follow and cross and drop then pass to 6.
7. Player 3 pass to 1 or 2 and drive to the net without the puck.
8. Puck carrier either shoot or pass across or to 3 driving the net.

** This is a core drill for warm up done by the same team in another arena.*

<https://youtu.be/lcaEbVO51MQ>



10'

E1 Change on the Go with Pass Shootout

Key Points:

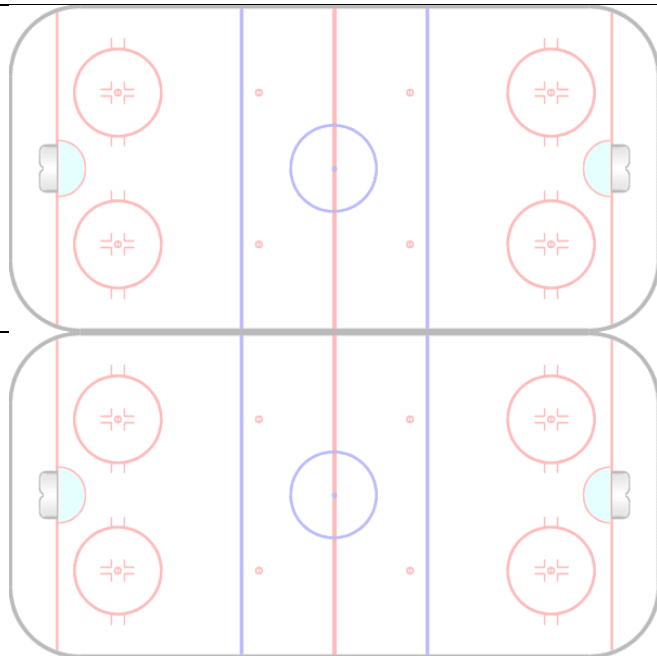
Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

**To make it realistic the goalie should practice starting from the goal line and coming out.*

<https://youtu.be/VRtwyRqRv2I>



Cheer in Middle

Give out practice jerseys before practice

Explanation/Notes:

