



Fire Black

## Practice Plan

Date: 09-26-26

Time: 19:30

Arena: ECTAS

### Lines:

B6 – Double Zig zag-Agility Skate and Shoot – U15 G

**T2 Spread Power Play 2 Below Goal Line**

T4 Penalty Kill Two Short vs. Diamond or Umbrella

**D100 One Pass in Each Zone**

Team cheer

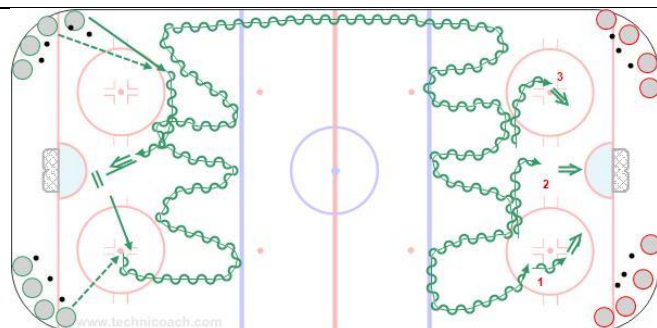
### Notes:

B600 - Continuous 2-2 Regroup – Tomas - U18 F

**T4 Penalty Killing 2 Short vs the Spread PP**

**T2-4 - Power Play-Penalty Kill Sequence**

Meet in room to discuss tournament



12'

**B6 – Double Zig - Agility Skate and Shoot – U15 G**

### Key Points:

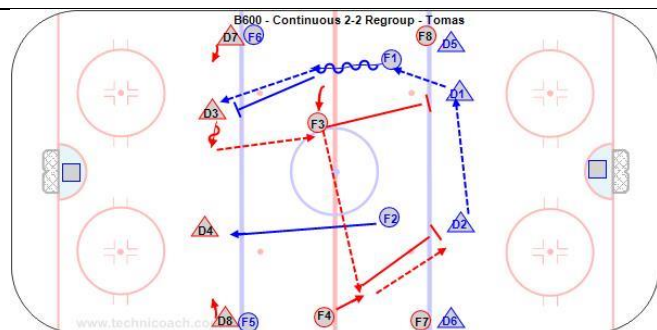
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

### Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and zig 3 more times between Blue and top of circles. 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.

[B6 - double zig zag.MOV](#)

<https://1drv.ms/v/s!AukXg5gWoW-9iJMQD9HAdpVcj2zHA?e=sT9ECD>



12'

**B600 - Continuous 2-2 Regroup – Tomas - U18 F**

### 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/dB6DPGuHn3s>



20' -

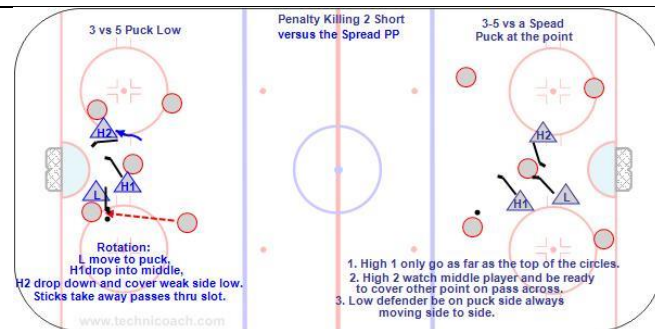
10; Each -Group One 5-3 PP – Group Two  
**T2 Spread Power Play 2 Below Goal Line -**  
**Key Points:**

A one timer power play. Players can rotate positions, walk out for back door plays, set pick and screens.

Description:

1. Set up with two players below the goal line and the high attackers just above the top of the circles.
2. Quick passes to make the defenders move.
3. Read when the defender has the 'Stare' looking low and find shooting seams.
4. Walk-out for back door plays to the other low player or a point man coming down.

<https://www.youtube.com/watch?v=LqnpJXI9Xxg>



Tom Penalty Kill 3-5

**T4 Penalty Killing 2 Short vs the Spread Power Play - Pro**

Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

Description:

-5 vs 3 versus a Spread with the Puck at the Point

1. High 1 only go as far as the top of the

circles.

2. High 2 watch middle player and be ready to cover other point on pass across.

3. Low defender be on puck side always moving side to side.

4. When puck is passed to low player.

Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low or if the middle player stays at the top of the crease cover him.

Sticks take away passes thru the slot.

**Magnetic Board**

<https://www.facebook.com/518555930/videos/pcb.759853768257756/10159633243990931>

10'

### **T4 Penalty Kill Two Short vs. Diamond or Umbrella**

#### Key Points:

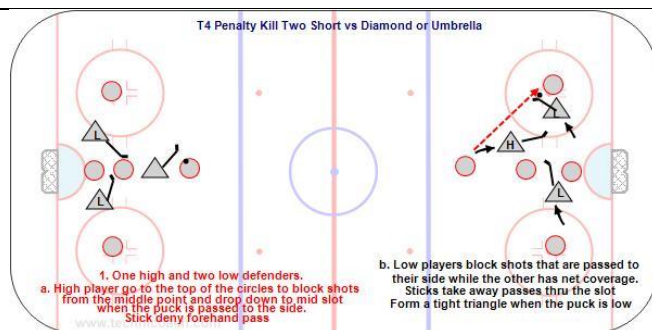
- Kill in a triangle facing the puck with 4 goalies. All three skaters must block shots.
- Skate in straight lines up and back. -Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots.
- Sticks take away passes thru the slot.
- Form a tight triangle when the puck is low.

#### Description:

1. One high and two low defenders.

2. High player go to the top of the circles to block shots from the middle point and drop down to mid slot when the puck is passed to the side. Stick deny forehand pass.

b. Low players block shots that are passed to their side while the other has net coverage.



<https://youtu.be/JXubaJ2XI0E>

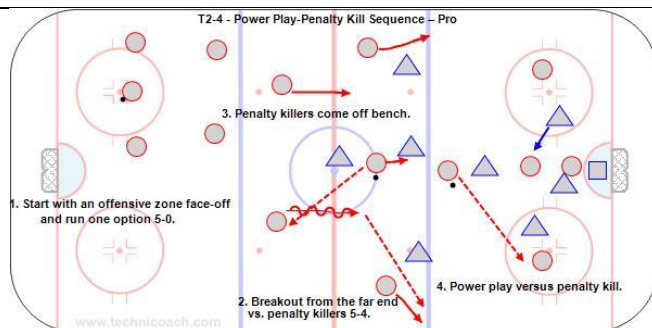
13'

### **T2-4 - Power Play-Penalty Kill Sequence – Pro**

#### Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

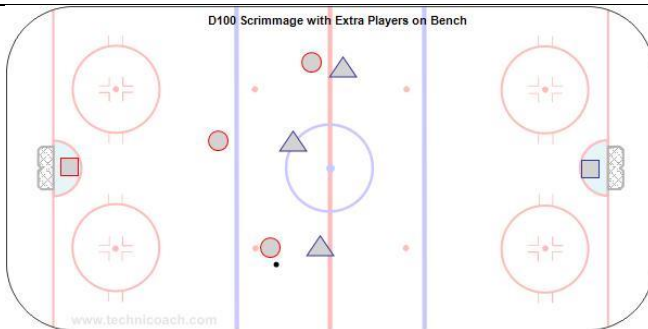
#### Description:



1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

*\* A coach can use this sequence to practice from 3-3 to 5-5.*

<https://youtu.be/VadXPVkB4I>



10'

## **D100 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.

Talk about tournament in dressing room



### **Explanation/Notes:**

