



Fire Black

Practice Plan

Date: 10-05-24

Time: 18:30-19:45

Arena: bowness

Lines: 11F – 2 G – 6 D

Notes:

A300 - Cutbacks

D1 Full Ice All Play - U18 F – 3 puck game

B300 - Tschumi Around the Clock One Touch Passing

B6 – Dizzy - Timing Around Circles

Goalies with Kaylin

T2 Overload PP Rotation

T4 Low Press PK Rotation

D100 – PP PK Scrimmage - Player in Neutral Zone

E1 Speed Scoring 2-1 to 2-2

Team Cheer in Middle



2'

A300 - Cutbacks

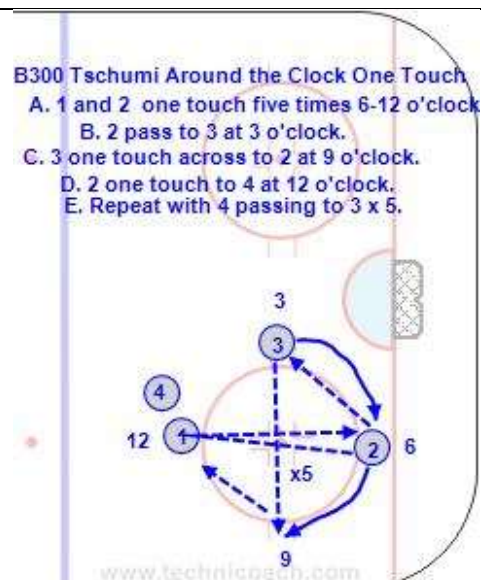
8'

D1 Full Ice All Play - U18 F

Three Puck Game

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6598#6598>

<https://www.youtube.com/watch?v=QcP0keeTXmw>

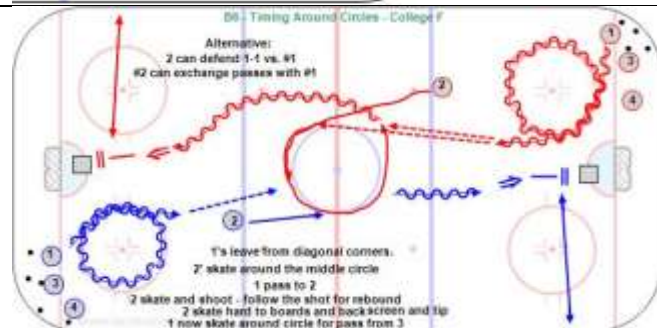


10'

B300 - Tschumi Around the Clock One Touch Passing - College W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4631#4631>

<https://youtu.be/hW741n4yGLQ>

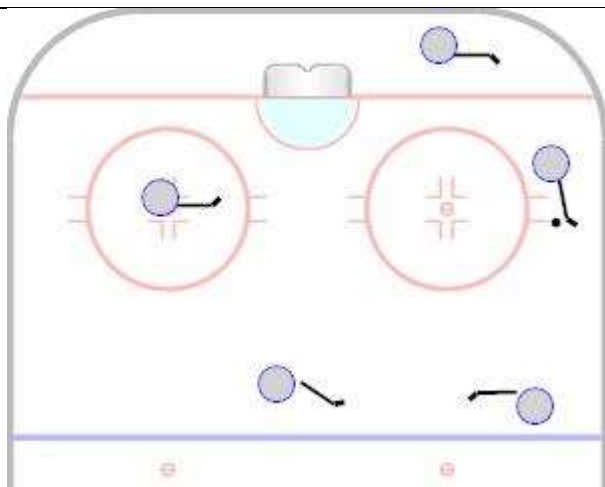


10'

B6 – Dizzy - Timing Around Circles - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8280#8280>

<https://youtu.be/ckOiQ9QI72E>



20'

Goalies with Kaylin

10'

T2 Overload PP Rotation – walk through

Key Points:

Three players rotate high and create options. Players should set up in one timer shooting positions and be on the off wing for passing.

Description:

Part A

- A. Start in a slot set with 1 on the half wall, 4 below the goal line, 5 in front.
- B. #1 shoot left, 2 left, 3 right. (play to goalies left-opposite if to goalies right)
- C. Start with 2 getting a pass in the middle from 1.
- D. #2 shoot if it is open.

Part B

- E. No shot then 1-2-3 rotate clockwise. 2 pass back to 1 who moves to the middle point while 3 move to a shooting position above the opposite dot.
- F. Options for 2. 1-Shoot, 2-Shot pass to 5, 3-one timer for 2 or 3, 4-Restart high rotation.
- G. Read what the defenders give and constantly attack the net.

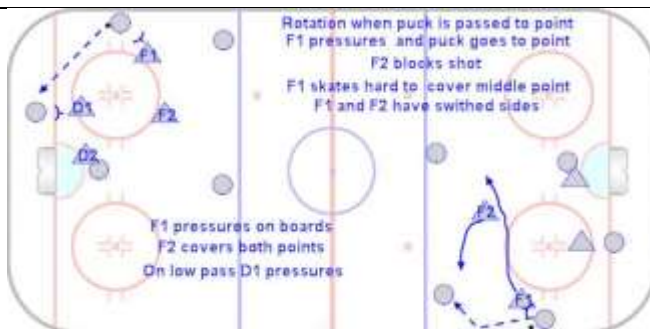
<https://youtu.be/PuHSgKqrCD4>

10'

T4 Low Press PK Rotation

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8036#8036>

<https://youtu.be/NJ21DSB2VEw>





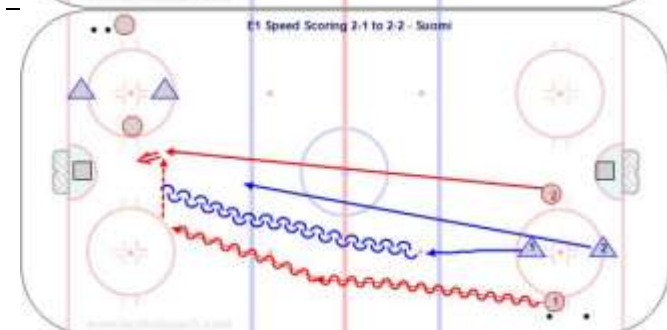
12'

D100 - Specialty Team Scrimmage - Player in Neutral Zone

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5987#5987>

D100 - PP Game 5-4 each end - U15 G

<https://youtu.be/MhzABvQHs50>

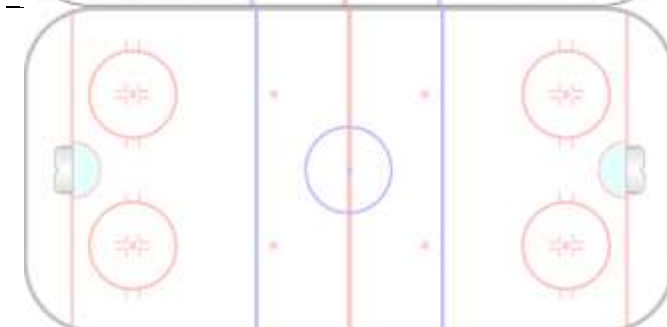


12'

E1 Speed Scoring 2-1 to 2-2 – College M

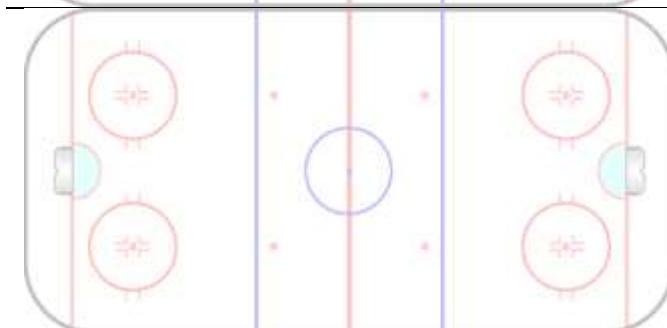
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8402#8402>

<https://youtu.be/qfdf9CFx0Ng>



1'

Team Cheer



Explanation/Notes:
