



Fire Black

Practice Plan

Date: 10-08-24

Time: 18:00-19:15

Arena: Village Square

Lines:

Notes:

Moves at dots

B6 - 3 Shots, 3 Zig zags, 3 Shots

Two Pass - Only Forehand Passes and Escape Move

Kaylin Goalies at one end

D200 Keepaway

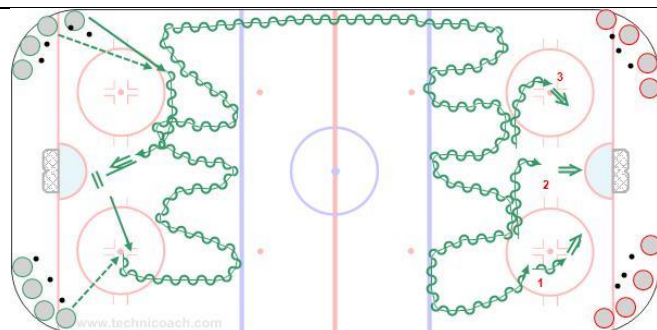
D200 Keepaway

Power Play-Penalty Kill Sequence

1-1 Both Sides - Gap Control - **D with no sticks**

D1 One Pass in Each Zone

Cheer in middle



2' Moves at dots

10'

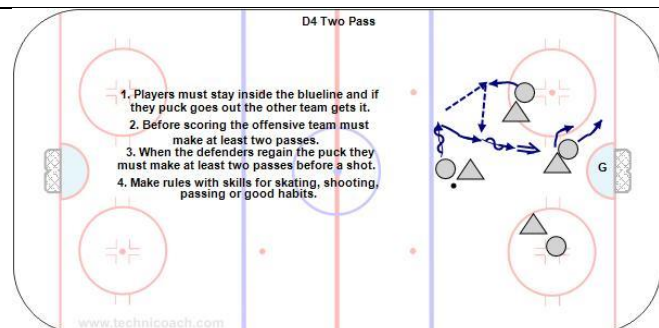
B6 - 3 Shots, 3 Zig zags, 3 Shots

D two transition and 2 backwards

F Transition, Crosby, backwards, quick feet

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=591#591>

<https://youtu.be/SBxKxjOECyI>

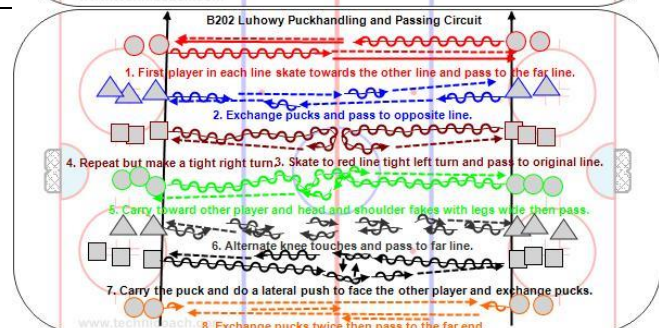


10'

D4 Two Pass - Only Forehand Passes and Escape Move

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2152&topic=2815#2815>

<https://youtu.be/5mUOjqmtKSQ>



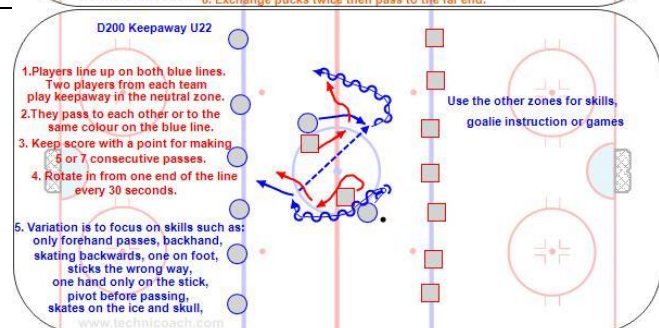
20' Kaylin Goalies at one end

10'

B202 - Luhowy Passing - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7633#7633>

<https://youtu.be/ILJlp747ZN4>

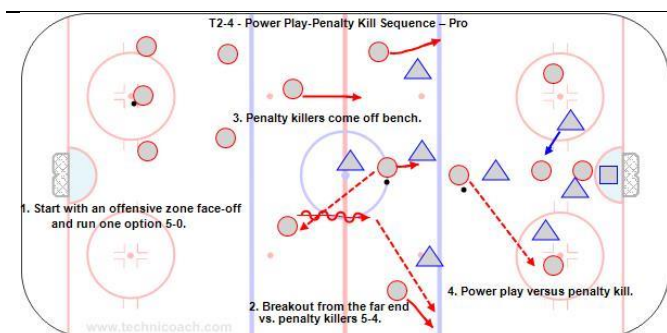


10'

D200 Keepaway U22 - Pro W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5913#5913>

https://youtu.be/jrwWio_apCo

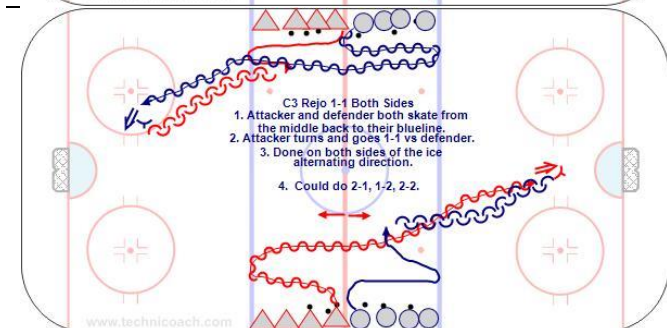


10'

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7907#7907>

<https://youtu.be/VadXPVkB4I>



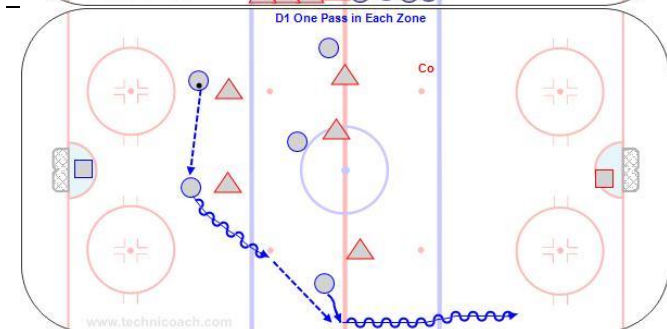
10'

C3 Rexi 1-1 Both Sides - Gap Control - RB Pro

D with no sticks

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=263&topic=901#901>

<https://youtu.be/8nzjC2xxIso>

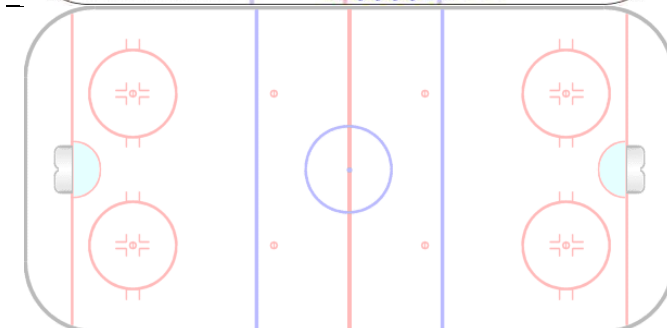


12'

D1 One Pass in Each Zone - U18 F

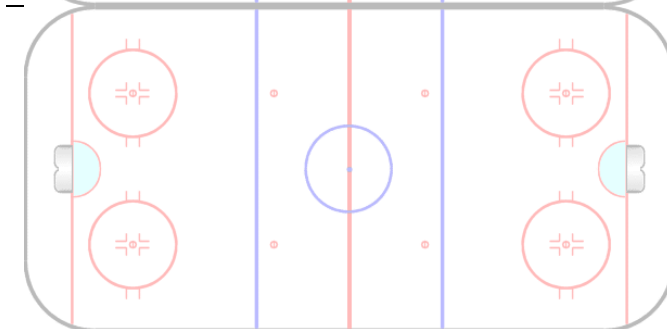
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1691#1691>

<https://youtu.be/EhbNMhICMSs>



1'

Cheer in middle



Explanation/Notes: