



Fire Black

Practice Plan

Date: 10-17-24

Time: 16:00-17:30

Arena: Henry Viney

Lines:

Puck Handling – Cutbacks

B600 - Continuous 2-2 Regroup – Tomas

B6 1-0, 2-0, Small Horseshoe

C3 Reijo 1-1 Both Sides - Gap Control

D100 – Full Ice Game of 3-3

Notes:

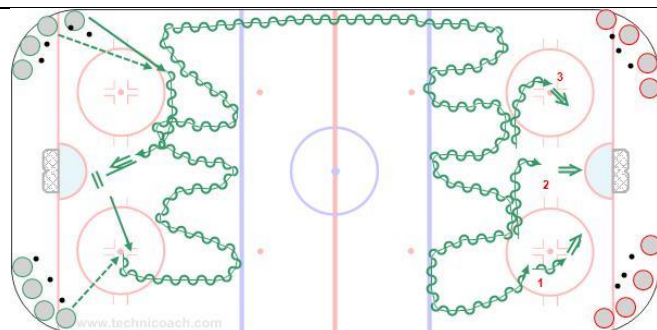
B6 - 3 Shots, 3 Zig zags, 3 Shots

D4 Two Pass

B6 Point Shots – Shot Blocking

C6 Regroup x 2, 1-1 and 2-1

Team Cheer



5' Puck Handling – Cutbacks

10'

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

Everyone 2 backward 2 transition skate

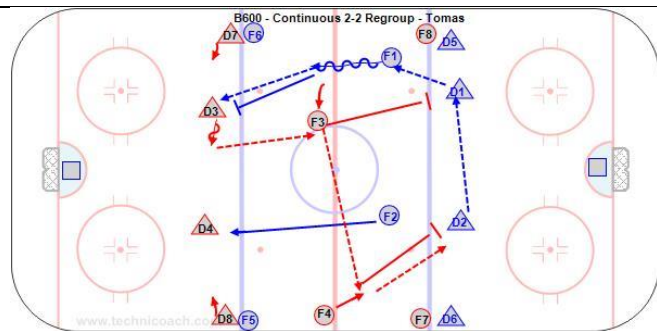
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

<https://youtu.be/Q4M4K-q7mGs>



10'

B600 - Continuous 2-2 Regroup – Tomas - 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.

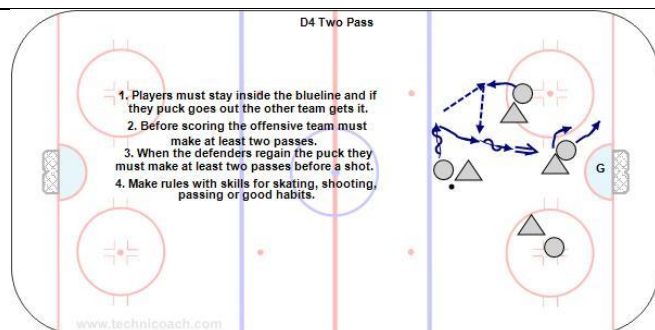
Description:

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.

* Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<https://youtu.be/dB6DPGuHn3s>



10' D4 Two Pass – U15 Boy's

Key Points:

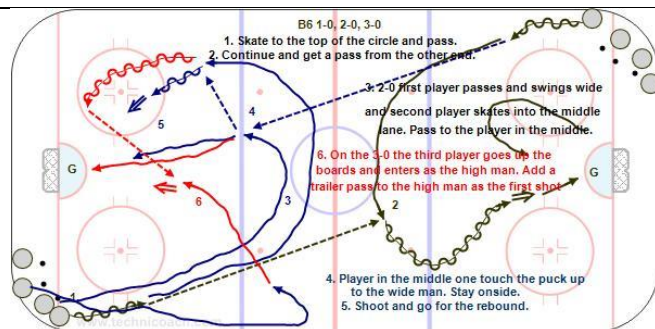
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice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

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 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:

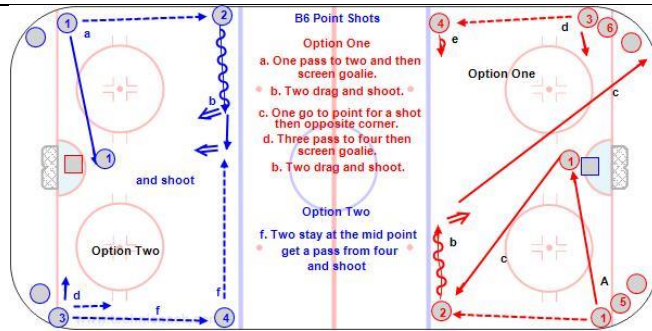
1. Skate to the top of the circle and pass.
 2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
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3. Progress to 2-0 first player passes and swings wide and 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'

B6 Point Shots – Shot Blocking

5' D fake, peek, shoot

5' F gain net lane and block shot

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

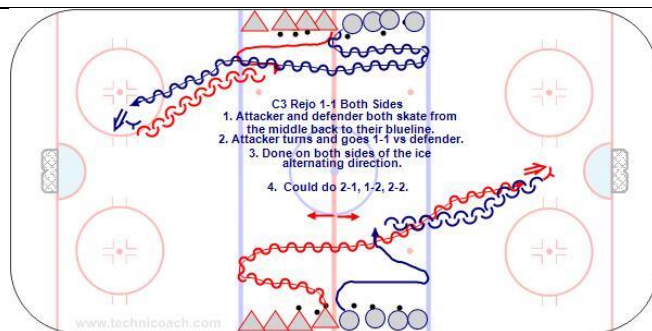
Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.
- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

<https://youtu.be/u4Dk45WNMfs>



10'

C3 Rejo 1-1 Both Sides - Gap Control

Defender no stick- all players take turns defending.

Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

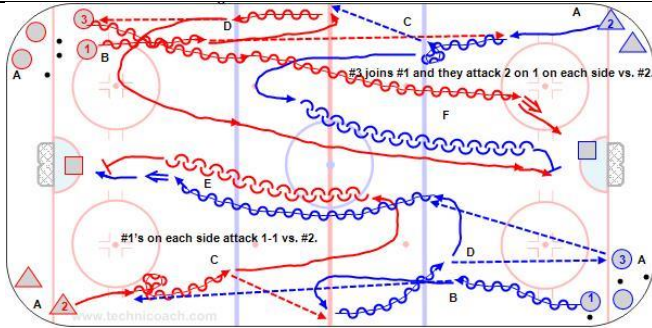
Description:

- 1. Attacker and defender both skate from the middle back to their blue line.
- 2. Attacker turns and goes 1-1 vs defender.

3. Done on both sides of the ice alternating direction.

4. Could do 2-1, 1-2, 2-2.

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



10'

C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

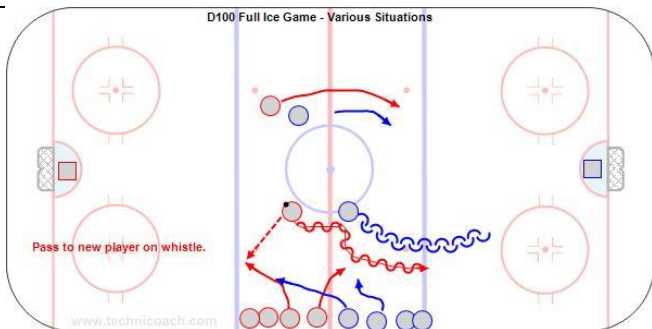
** With younger players stagger the start so each corner leaves after the first pass.*

<https://youtu.be/IBeStMukGQA>

13'

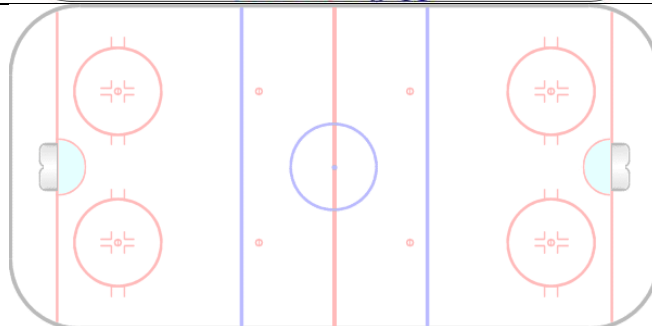
D100 – Full Ice Game of 3-3

**Rule – Must be at least ne Pass in the offensive zone.*



2'

Team Cheer



Explanation/Notes:

