



Fire Black

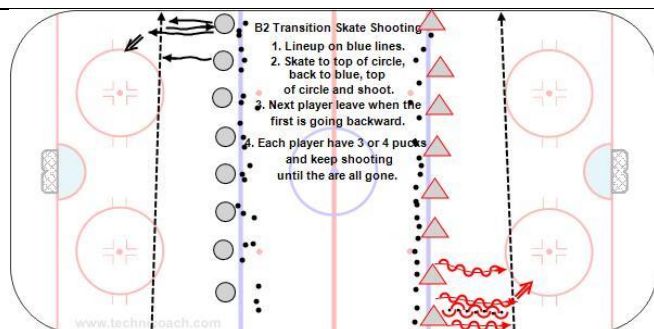
Practice Plan

Date: 10-31 - 11-02-24

Time:

Arena: Max Bell-Great Plains

| Lines: | Notes: |
|---|---|
| B2 - Transition Skate Shooting - College F | B4-B6 - Continuous Pass and Shoot Pro W |
| Three Team 6 Game 3-3 Tournament | E1 Change on the Go with Pass Shootout |
| B6 - 3 Pass-3-Shots-Agility Skate x 2 - 3 Shots | B6 - 2-0 x 2 Cross Pass x 2 - Finland U20 |
| T2 - 5-0 BO - Wide Wing Slash - Stretch | T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch - Pro |
| DT100 Continuous 2-2 With Tag-up – Pro | D202 – Two Thirds Ice Game with Jokers Behind Nets |



B2 - Transition Skate Shooting - College F

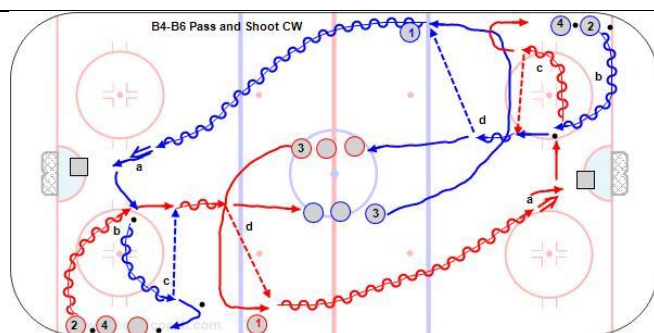
Key Points

Keep 2 hands on the stick and keep the feet moving.
Hit the net.

B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.

<https://youtu.be/uJfXMMQkfNo>



B4-B6 - Continuous Pass and Shoot Pro W

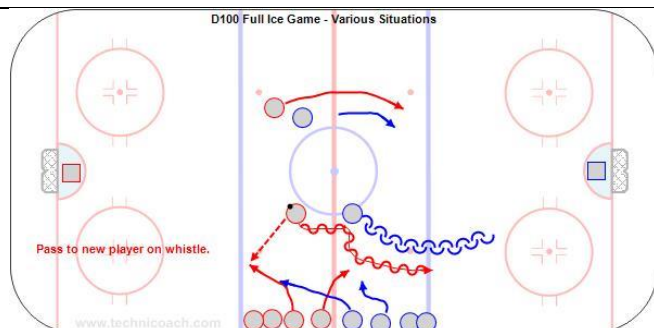
Key Points:

Face the puck and give a target. Shoot while skating and accelerate in corners.

Description: a. Start –

- 1 skate down the boards and shoot and follow the shot for a rebound. b.
- 2 leave from corner then cross and drop to 1. c. 1 carry the puck wide and pass back to 2. d. 2 pass wide to 3. e.
- 3 shoot and cross with
4. f. After passing 1 go to corner, 2 to the centre circle.

<https://youtu.be/H9N4O8tdrp8>



Three Team 6 Game 3-3 Tournament Six 10' Games

1-3

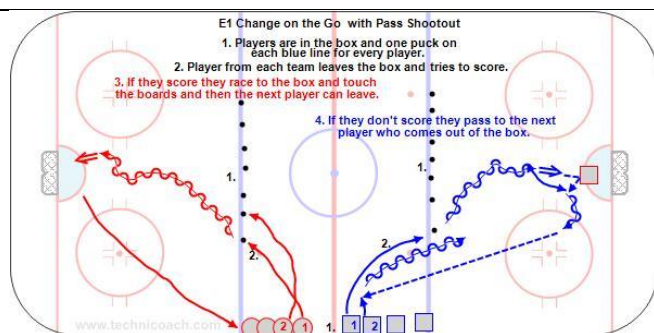
2-3

1-2

1-3

2-3

1-2



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.

<https://youtu.be/VRtwyRqRv2I>

Practice 11-02-24

10' B6 - 3 Pass-3-Shots-Agility Skate x 2 - 3 Shots

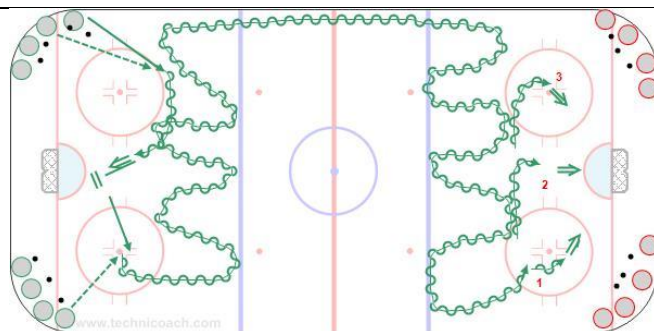
Key Points:

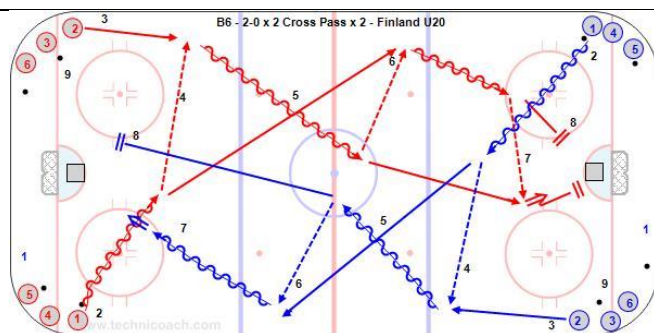
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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 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.

<https://www.facebook.com/518555930/videos/pcb.1584495879126870/575519741583976>





10'

B6 - 2-0 x 2 Cross Pass x 2 - Finland U20

Key Points:

Attack with speed. Prepare to shoot by squaring up if on the off wing or give a target on the forehand. Shoot quickly with a 'one timer' or 'catch and release.' Always shoot hard.

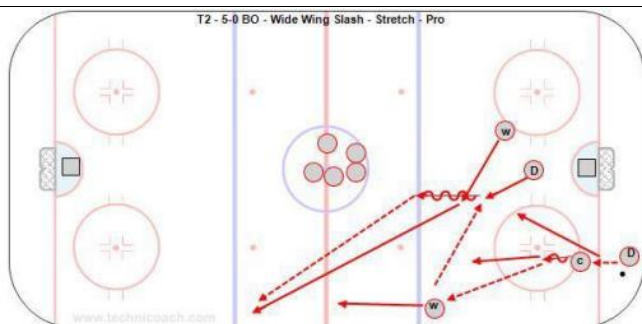
Description:

1. Players start from the four corners.
2. Player 1 leave from diagonal corners and cut across to the 'Big Ice' between the dots.
3. Player 2 leave from diagonal corners and skate up the ice.
4. Player 1 **Bounce pass off boards** to 2.
5. Player 2 skate to the 'Big Ice' and 1 takes the ice behind to the wide lane.
6. Player 2 pass to 1 for a wide entry into the offensive zone.
7. Players 1-2 attack with speed and play 'Poker' with the goalie and either pass or shoot.
8. Only one pass in the offensive zone and both players crash the net for a rebound.
9. Alternate leaving from both corners.

* This is an unopposed drill that can be enhanced by passing to the previous shooters.

* After shooting skate to the blueline and defend 2-1 or 2-2.

<https://youtu.be/1acEylHssWQ>



8' T2 - Breakout Sequence - Pro

T2 - 5-0 BO - Wide Wing Slash - Stretch - Pro

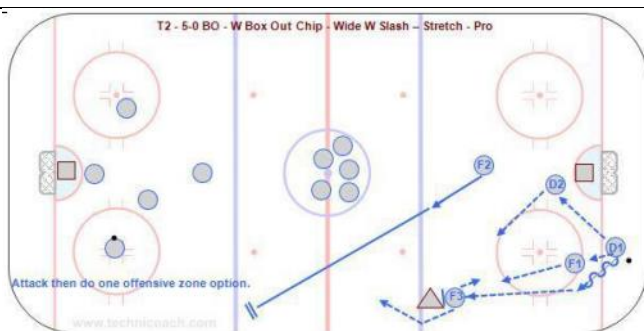
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/NfNPqFiZQA4>



7'

T2 - 5-0 BO - W Box Out Chip - Wide W Slash - Stretch - Pro

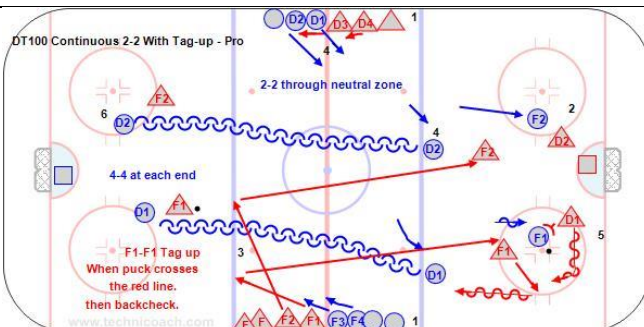
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<https://youtu.be/WMzyLhRCVCg>



10'

DT100 Continuous 2-2 With Tag-up - Pro

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

* Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.

<https://youtu.be/pBE2B41Zklc>

13'

D202 – Two Thirds Ice Game with Jokers Behind Nets

Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

<https://youtu.be/vE83XiyCS48>

2' Team Cheer

