



Fire Black

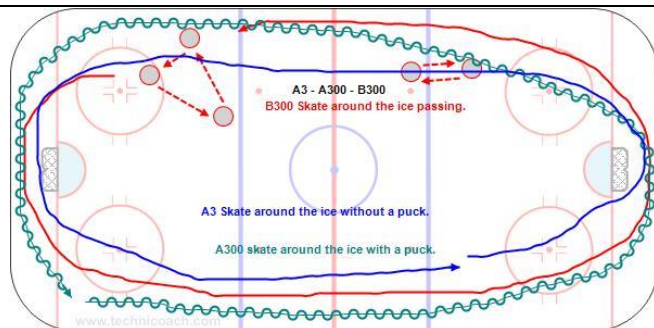
Practice Plan

Date: 11-05-24

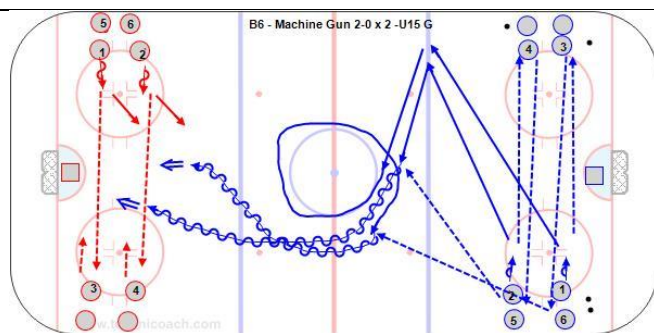
Time: 18:00-19:15

Arena: Village Square

Lines:	Notes:
Puck Handling around the body	B6 - Machine Gun - 2 Passes x 2 Timing and Shots
C6 - Rush Recognition x 2 – U18 F	T2 - B5 - F Take Rim-1-0, 2-0
B5 - D to D Hinges - U17	B2 - D to D Options x 4 - Point Shots - U17
B5 - Breakout Reps - Czech U20	T2 - B5 - Triangle - F1 Pass Behind F2 - F3 – Shoot
DT400 Game of Quick Transition	D1 One Pass in Each Zone - U18 F
Team cheer in middle circle	



7'
Puck Handling around the body
Partner work
Cutbacks



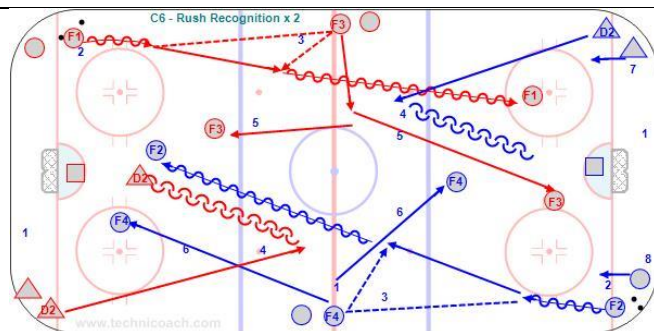
10;
B6 - Machine Gun - 2 Passes x 2 Timing and Shots
Key Points:

Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

- A. 1 and 2 leave from each end and pass across to 3 and 4.
- B. 3 and 4 pass across to 5 and 6.
- C. 5 and 6 pass up to 1 and 2 skating across the neutral zone.
- D. 1 shoot-rebound-screen.
- E. 2 shoot.
- F. 3 and 4 repeat in the other direction.

<https://youtu.be/WmpASHh7uL4>



10'
C6 - Rush Recognition x 2 – U18 F

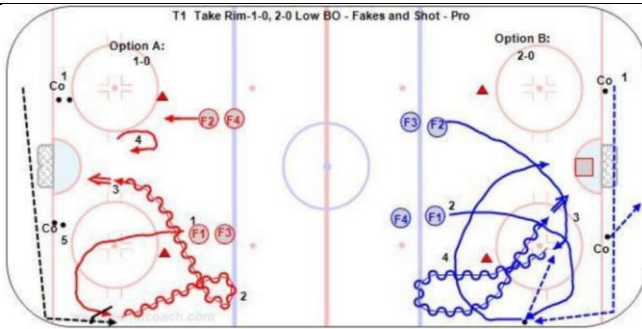
Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<https://youtu.be/0VnlOFNtoN0>



15'

T2 - B5 - F Take Rim-1-0, 2-0 Low BO - Fakes and Shot - Pro

Key Points:

Take the rim with the stick while skating. Do tight turns without crossing the hands, come out of the forehand tight turn in the triple threat position. 'Fast feet are happy feet.' F2 support from the middle lower than F1.

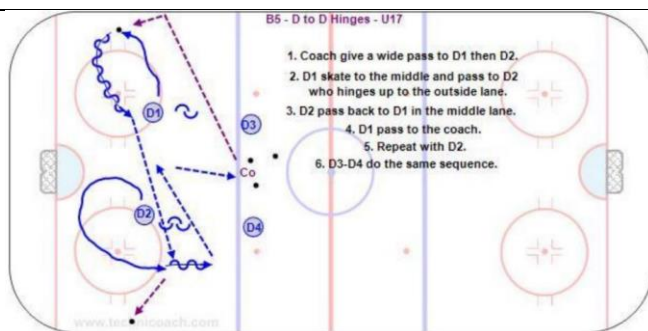
Description:

A 1-0: Coach on each side with pucks and players in two lines at the blue line.

1. Coach rim the puck while F1 swings low to pick it up on the boards.
2. F1 skate a tight figure eight at the top of the slot then skate in and shoot.
3. F1 follow the shot for a rebound.
4. F1 should circle back and rebound for the next shooter.
5. Coach 2 rim from the other side and F2 repeat the sequence.

T1 - B5 - F Take Rim-Fakes 1-0, 2-0 Low BO - Pro

<https://youtu.be/exqXbRIzNgw>



8'

B5 - D to D Hinges - U17

Key Points:

Shoulder check, skate and pass, D must stagger and not be parallel. Give a target and use head and shoulder fakes to freeze forecheckers.

Description:

1. Coach give a wide pass to D1 then D2.
2. D1 skate to the middle and pass to D2 who hinges up to the outside lane.
3. D2 pass back to D1 in the middle lane.
4. D1 pass to the coach.
5. Repeat with D2.
6. D3-D4 do the same sequence.

* Option: Use the same sequence to practice low breakout options.

<https://youtu.be/JNPLibZNWh0>

7'

B5 - Breakout Reps - Czech U20

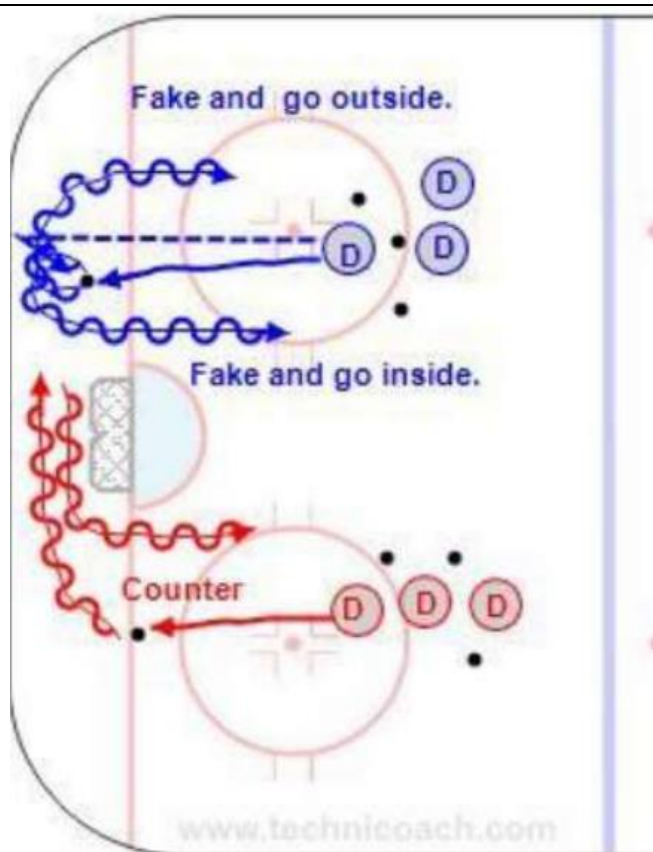
Key Points:

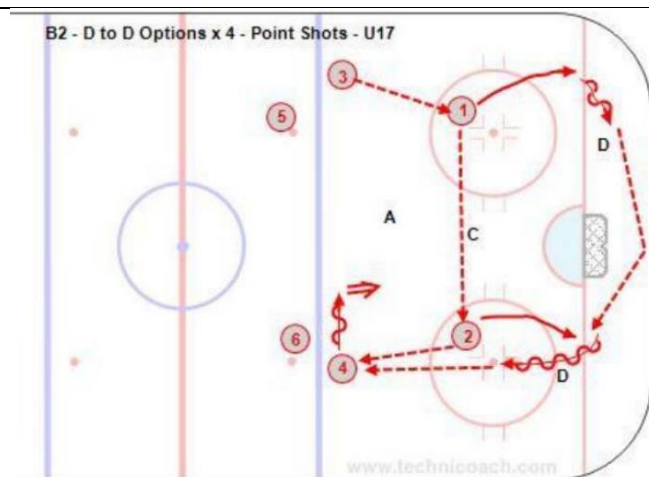
Defense go through the options for picking up a dump in. Shoulder check one way, fake, hard strides with the puck. It is great to put the players in charge of their own development. Instead of being robots they have to think of the options, good habits and skills required and then do them on their own.

Description:

1. Defense at one end and alternate options when they go back for a puck.
2. Shoulder check, fake turn right, left, counter, wheel.
3. The D to D options; over, reverse can also be done.

<https://youtu.be/-SvkPcX-6-M>





15'

B2 - D to D Options x 4 - Point Shots - U17

Key Points:

Give a target, make firm passes and keep the stick blade square when receiving passes.
Goalie direct the rebound to the corners.

Description:

A. Player 1 and 2 at the top of the circles.

B. Player 3 and 4 on each point.

C. Player 3 pass down to 1 across to 2 up to 4 who shoots.

D. 1 get a puck from the corner and pass behind the net to 2 up to 4 who shoots.

E. Player 4 pass down to 2, across to 1, up to 3 who shoots.

F. Player 2 get a new puck, pass behind to 1, up to 3 who shoots.

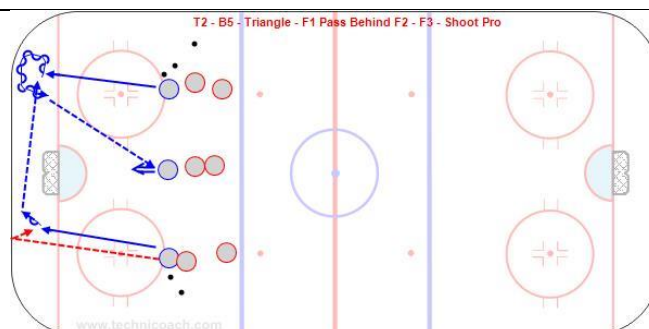
G. Rotate with 3-4 moving into the zone and 5-6 on the points.

* Players should practice passing and shooting from both sides and add D to D one timer point shots.

* Practice all of the breakout options: over, counter, reverse, wheel, quick up.

* Practice hinging outside and back and back to the outside

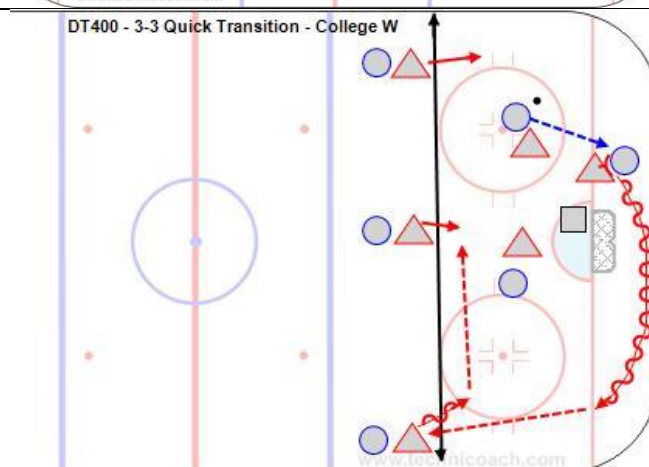
<https://youtu.be/tiW2TVE24Og>



7'

T2 - B5 - Triangle - F1 Pass Behind F2 - F3 - Shoot - Pro

F3 pass behind net to F1 who passes across to F2. Who passes in front to F3 who mirrors puck then shoots.



DT400 Game of Quick Transition

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Up to 5-5 is possible.

2. On transition to offense the defenders pass to their teammates waiting behind the blue

line.

3. Attack right away (don't have to wait for teammates to get onside in this game.)

4. Original attackers now defend and communicate with each other on how to stop the attack.

5. After a goal the defenders is allowed to pass to the new attackers. DT400 Quick

Transition Game - U15

<https://youtu.be/ecxLc1JGBVY>

12'

D1 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>

