



Fire Black

Practice Plan

Date: 12-10-24

Time: 18:00-19:15

Arena: Village Square

Lines:

A200 Russian Olympic Coach Teaches Puck Handling

B6 - Machine Gun - 2 Passes x 2 Timing and Shots

DT100 Continuous 2-1, 2-2 - Pro

T2-4, D4 – Reilly Team Play Rotation

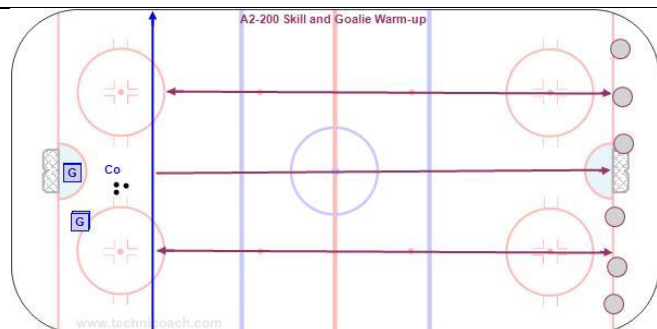
Notes: Kaylin goalies 20'

B600 - Continuous 3-2 Regroup – Tomas

D1 One Pass in Each Zone

T2 - Power Play Walk Through at Each End

Team cheer in middle



10' – Jim - Kaylin goalies 20'

A200 Russian Olympic Coach Teaches Puck Handling - U17-U20 - Goalie Technique

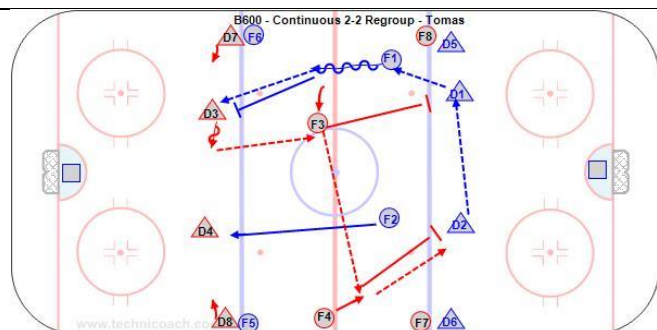
Key Points:

Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
- B. Practice moves and fakes while skating down the ice and finish with a shot on net.
 1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
 2. Fake the slapshot and accelerate around the defender on the forehand.
 3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck across to the backhand.
 4. Fake a backhand pass or shot and rotate the body in a convincing manner.
 5. Fake the backhand and pull the puck across to the forehand.
 6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
 7. Fake a wrist shot and spin on the backhand.
 8. Fake a wrist shot and spin to the forehand.
 9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
 10. Combine the moves.

<https://youtu.be/hWArS-S2qKQ>



10' Tom

B600 - Continuous 3-2 Regroup – Tomas -

Key Points:

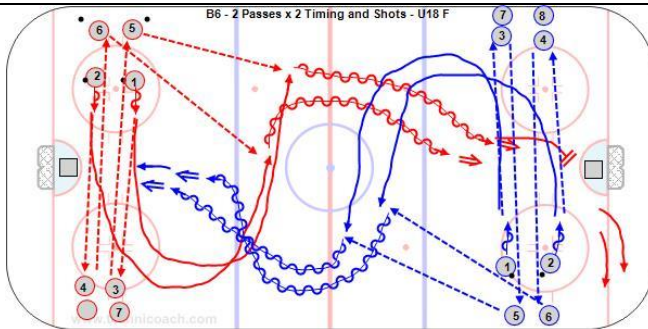
Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end.

Description:

1. D1-D2 pass to F1-F2-F3
2. F1-F2-F3 regroup with D3-D4.
3. F1-F2-F3 forecheck vx. D3-D4.
4. F3-F4 support D3-D4.
5. D3-D4 make a regroup pass to F3-F4.

6. F4-F5-F6 now regroup with D5-D6 and forecheck.
 7. Continue the regroup and forecheck sequence.
** Use one or two D and from one to three F. A great way to practice quick regroups and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.*

<https://youtu.be/dB6DPGuHn3s>



10' Emily

B6 - Machine Gun - 2 Passes x 2 Timing and Shots - U18 F

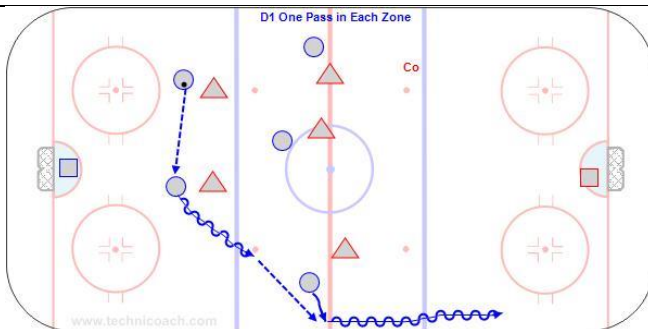
Key Points:

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' Jim

D1 One Pass in Each Zone - U18 F

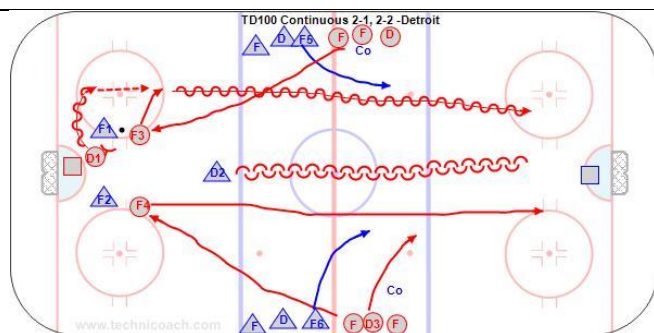
Key Points:

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>



10' Tom

DT100 Continuous 2-1, 2-2 - Pro

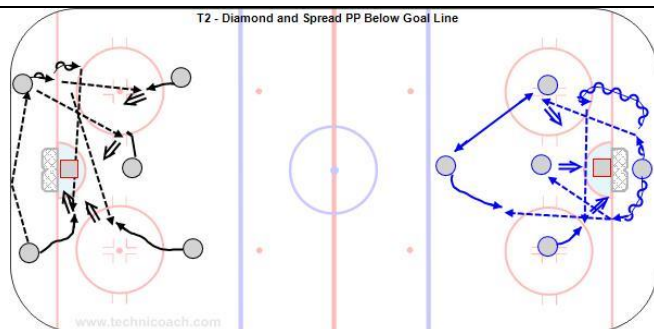
Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

<https://youtu.be/UqivSIngLsU>

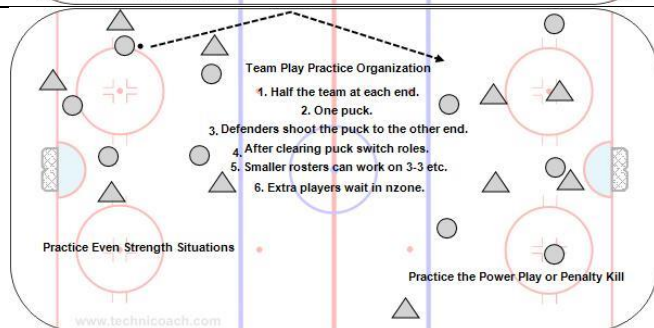


10'

T2 - Power Play Walk Through at Each End

5' PP 1 Jim – PP3 Tom

5' PP2 Jim – PP 4 Tom



13'

T2-4, D4 – Reilly Team Play Rotation

Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white

the pp.

3. The other end starts with the white on the offense first.

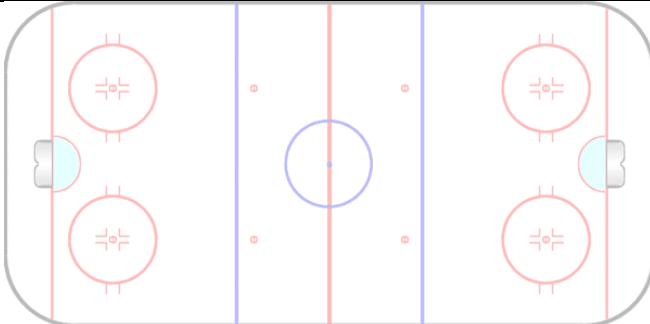
*The play rotates from end to end.

T2-4 - Reilly PP-PK Game – College

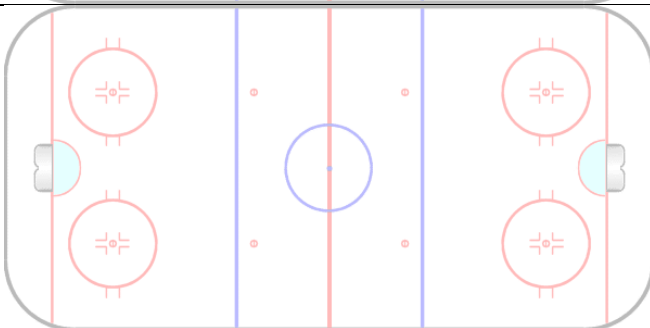
<https://youtu.be/uLF7yFsbGyg>

Pro Team

<https://youtu.be/AYIPjishwnw>



Team Cheer



Explanation/Notes:
