



Fire Black

Practice Plan

Date: 01-16-25

Time: 16:00-14:30

Arena: Henry Viney

Lines:

A300 - One Touch Warm-up - Slovakia U20

B600 Regroup x 2 - Hinge 2-0 U 18 F

13-1 pp

T2-4 - Power Play-Penalty Kill Sequence

Cheer in middle

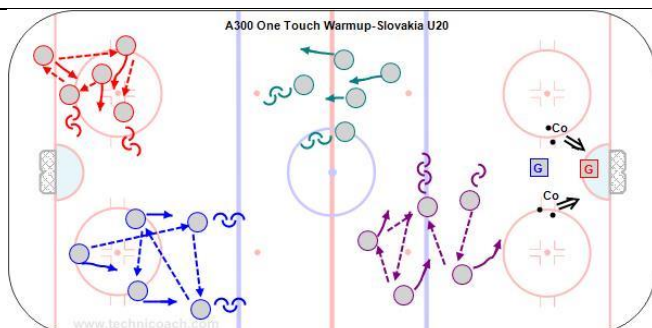
Notes:

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

C6 - Pardy's 1-1 to 3-2 - Wally - U18 F

High press to Diamond Pk

D100 One Pass in Each Zone - U15 F



10'

A300 - One Touch Warm-up - Slovakia U20

Key Points:

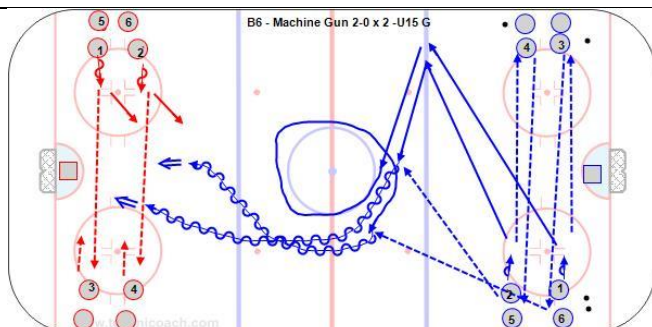
Move the puck to everyone in the group facing the puck at all times. Goalies warm up with the coaches. Do this instead of aimlessly skating around the ice with a puck at the start of practice.

Description:

1. Players skate around in their 5 man units.
2. One touch pass the puck to each other.
3. Coaches warm up the goalies at one end.
4. Do this for about 3 - 5 minutes.
5. Blocks of 5 players could move onto 3-2 Keepaway.

* Coaches warm up the goalies.

<https://youtu.be/SY8qDLKXXpk>



10'

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

Key Points:

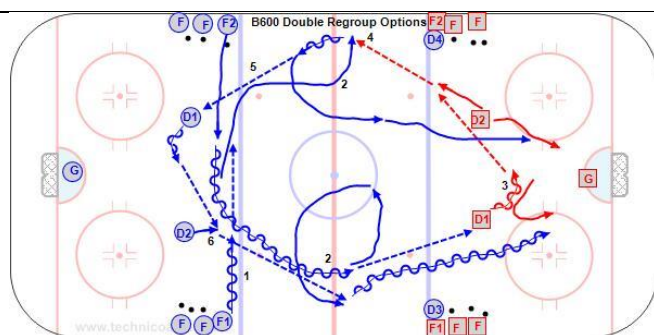
Pass and skate for a return pass. Keep skating while passing, receiving and shooting. Give a target. Handle the puck after receiving and use wrist passes.

Description:

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

B6 - Machine Gun - 2 Pass x 2-Shot - U15 G

https://youtu.be/kjvc_kuhYsY



10'

B600 Regroup x 2 - Hinge 2-0 U 18 F

Key Points:

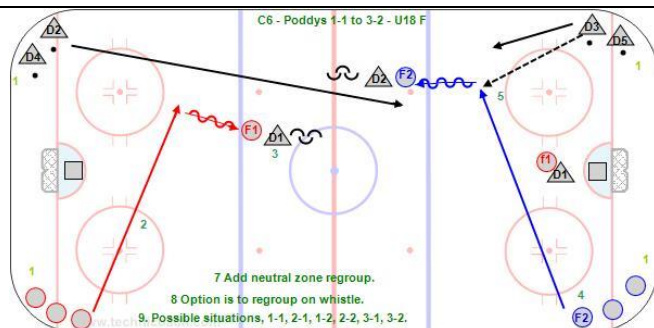
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net 2 on 0.

**Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.*

<https://youtu.be/KQH87ece6tA>



10'

C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroups. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

* Have the D join the attack and don't start the next rep until the puck is out of play.

<https://youtu.be/NYAhiCwcA-4>

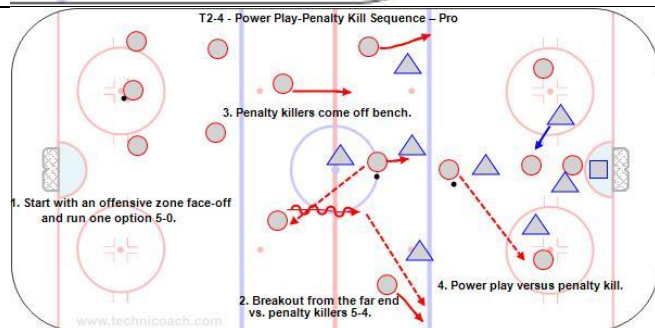
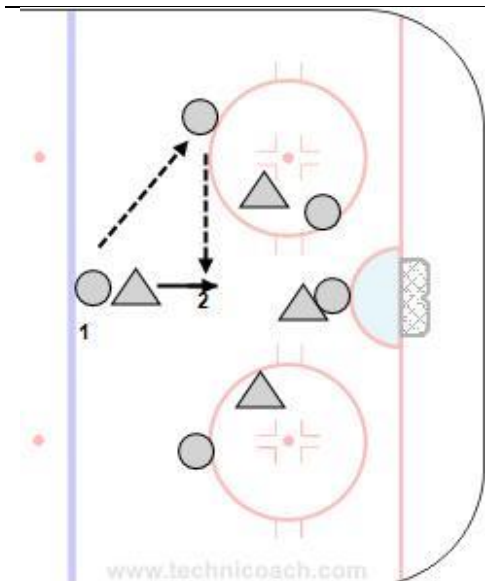
20'

Two groups

Jim group 1 one end 1-3-1

Tom Group 2 other – High press to diamond rotation.

Switch after 10 min.



15'

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

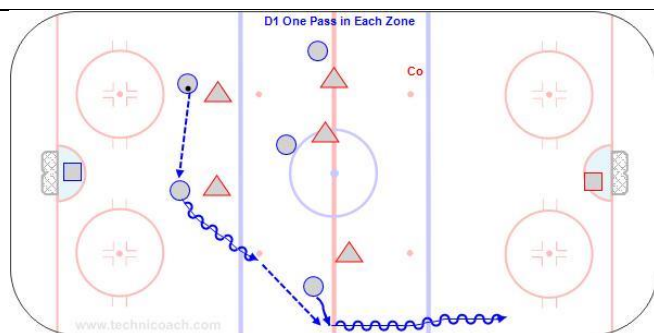
Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

<https://youtu.be/VadXPVkB4I>



13'

D100 One Pass in Each Zone - U15 F

Key Points:

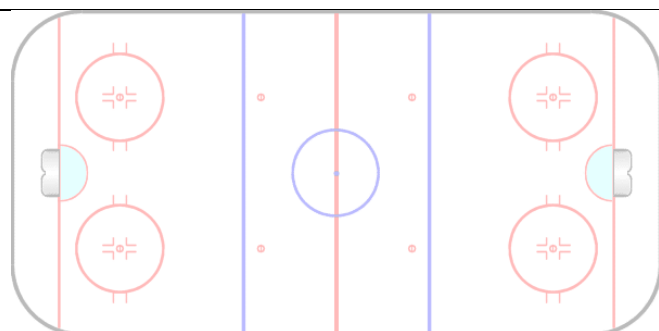
Close support, skate to open ice with the puck, give a target.

Description:

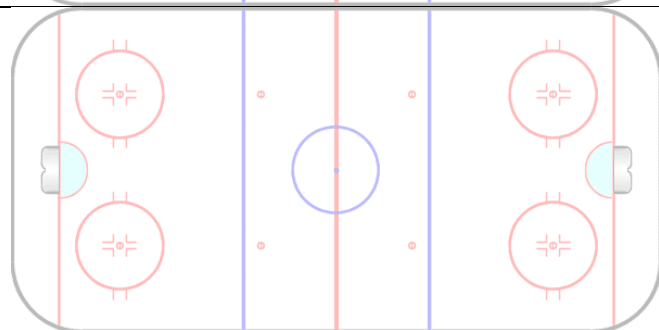
1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOnI>



Explanation/Notes:



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