



Fire Black

Practice Plan

Date: 03-13-25

Time: 16:15-17:30

Arena: Crowchild

Lines:

Puck handle and cutbacks around ice

B6 - Carolina 2-0 - 3-0 - U15 G

T2-4 – Team Play Sequence – Pro

D100 - Power Play Game 1-1 to 5-5 - U15 G

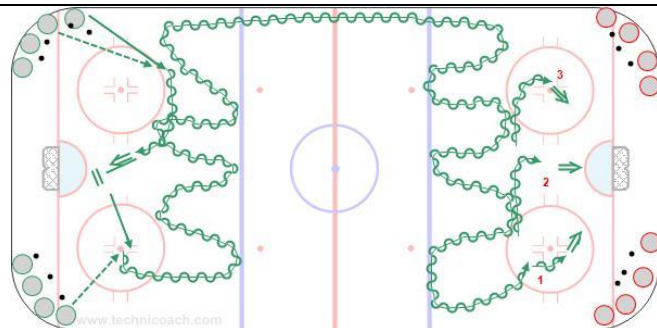
Notes:

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

T4 - Introduce Torpedo

C6 - 1-1 to 2-2. D join rush and F backcheck - U15 G

Team cheer

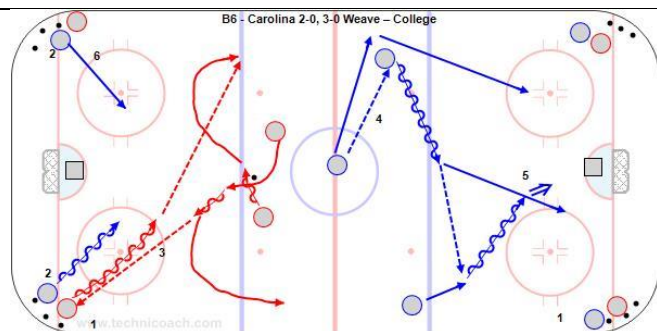


3-
A300

Puck handle and cutbacks around ice

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

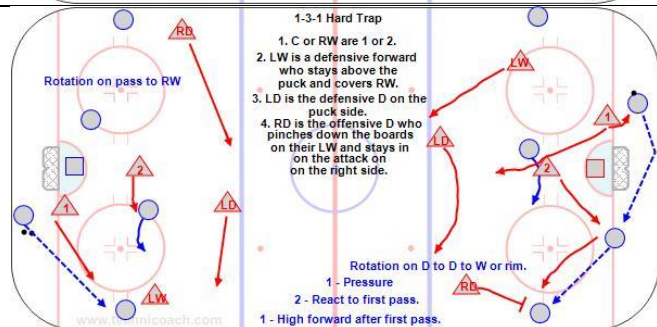
<https://youtu.be/vA4EchKwVhE>



10'

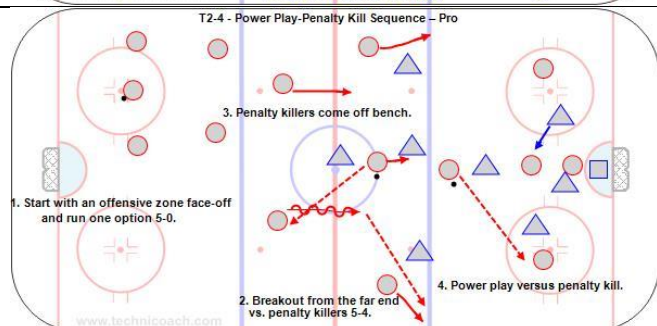
B6 - Carolina 2-0 - 3-0 - U15 G

<https://youtu.be/WMw04c6beHo>



12'

T4 - Introduce Torpedo



15'

T2-4 – Team Play 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:

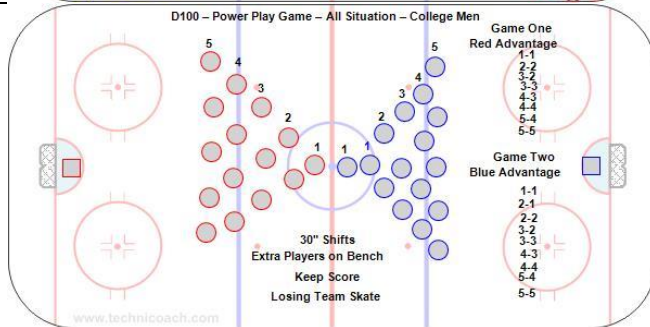
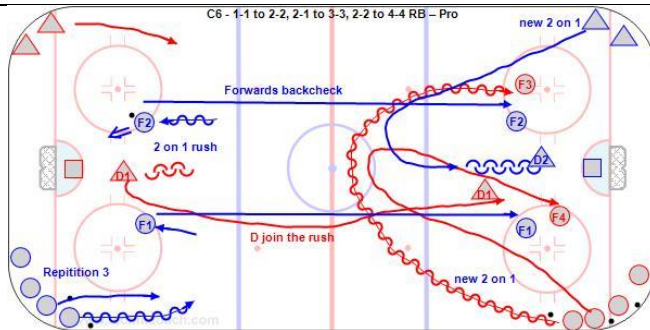
1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

<https://youtu.be/VadXPVkB4I>

10'

C6 - 1-1 to 2-2. D join rush and F backcheck - U15 G

<https://youtu.be/13wGZ0JRdhU>

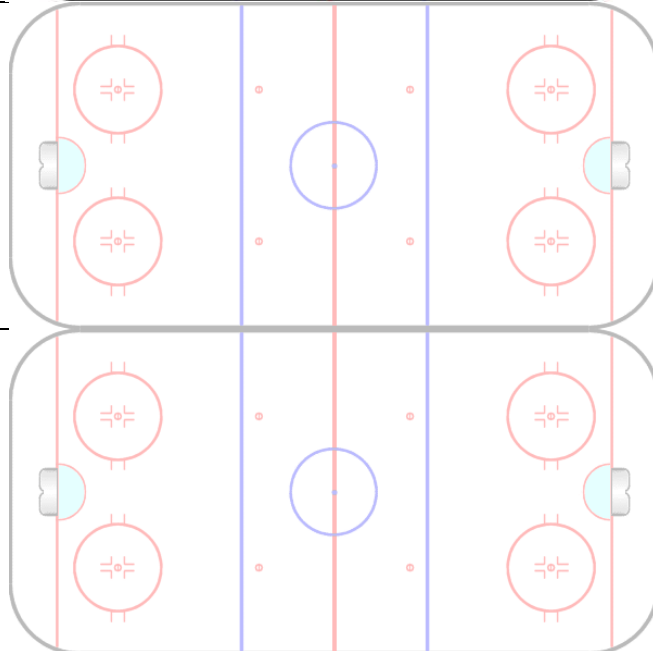


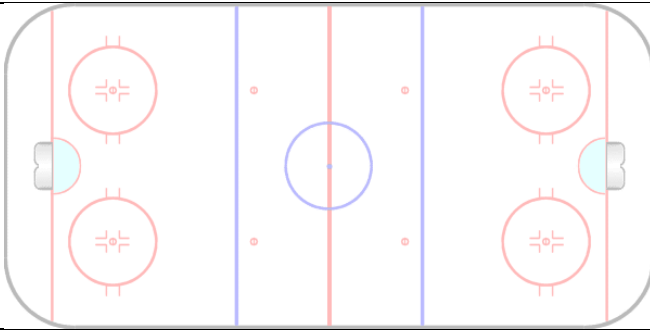
D100 - Power Play Game 1-1 to 5-5 - U15 G

<https://youtu.be/2QsKXbo1Cog>

Team Cheat

Explanation/Notes:





Explanation/Notes:
