



Fire Black

Practice Plan

Date: 03-14-25

Time: 20:30-21:15

Arena: Seaton

Lines: 12 F-6D-2G

Notes:

Puck handle – cutbacks – Toronto Scepter stick lift.

T2 - Breakout Sequence – Goalies Pass

C600 – Multiple One Touch Passes and 1-1

D4 Two Pass – Give and Go Rule

DT100 - Continuous 2-1 – Dump Ins

C3 - 3-0 - 3-1 - 3-2 Contest

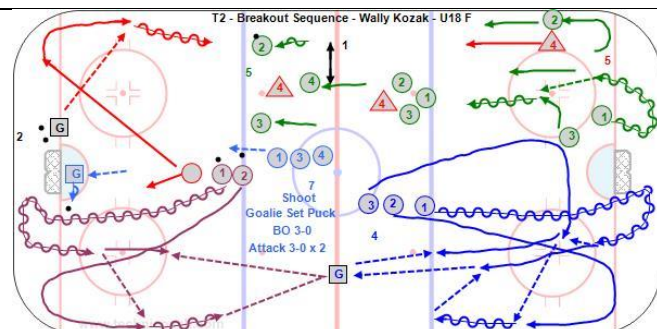
F-D202 – Bench Ball

Team Cheer in middle

Video examples of 5 drills and games from

The practice

<https://www.facebook.com/groups/631135947796206>



3'

Puck handle – cutbacks – Toronto Scepter stick lift.

15

T2 - Breakout Sequence – Goalies Pass

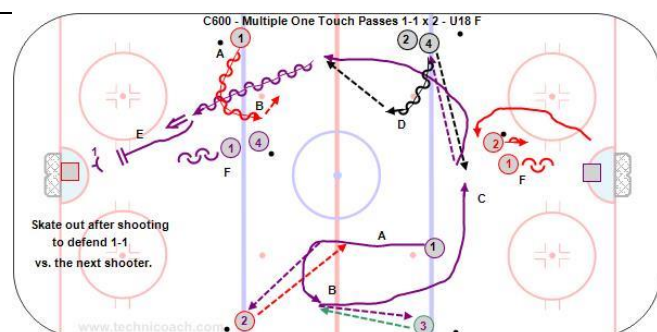
Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

1. Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.
2. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
4. Players take a slap shot at empty net.
5. D make BO passes, goalies at Red line and pass. F take one timers at far end.

<https://youtu.be/995uo789DdY>

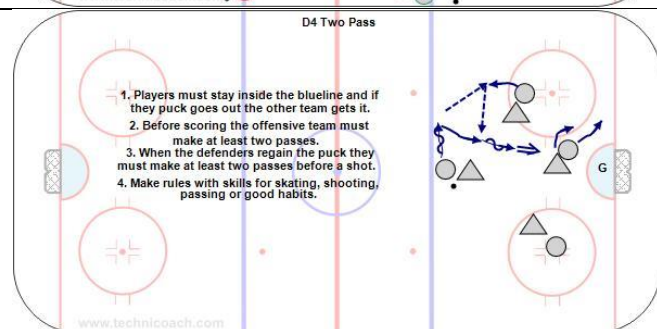


10'

C600 – Multiple One Touch Passes and 1-1

C600 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>



10'

D4 Two Pass – Give and Go Rule

Key Points:

Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they

produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. *Rule that goals only count after give and go passes.*

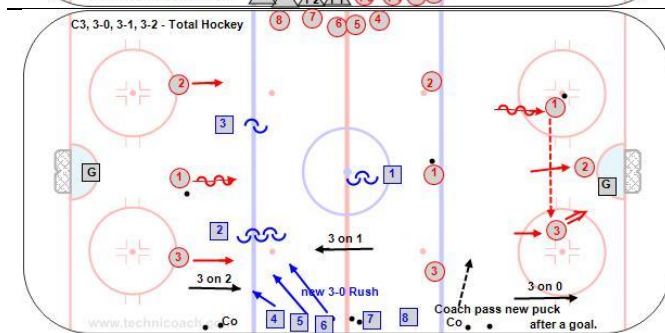
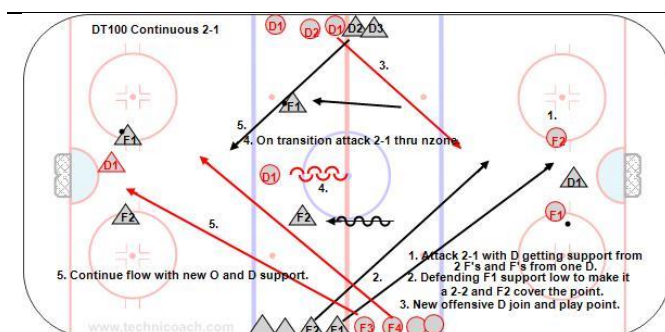
<https://youtu.be/3O8K3nNC3gc>

10'

DT100 - Continuous 2-1 – Dump Ins

Attackers must dump the puck in and forecheck and D must use escape moves to beat the first forechecker.

<https://youtu.be/9M7-bjqBk>



10'

C3 - 3-0 - 3-1 - 3-2 Contest - U18 F

Key Points:

Forwards create 2-1 situations with close support and speed. One player always hard to the net on a middle drive on a shooting play and a wide drive if they are open. Headman the puck and move through the neutral zone quickly and make the first pass in the offensive zone early.

Defenders must talk and identify coverage. Protect the middle of the ice and only play the puck carrier if he is vulnerable. Give the shot from the outside. Jam the trailer with legs in the shooting lane and stick in the passing lane. It is critical to have tight gaps and not just back in.

Description:

1. Three forwards take a puck and attack 3-0. The attack is over when the puck is over the goal line. (unless the coach wants a cycle and a shot).
2. Use the same puck and go the other way attacking 3-1 vs a D from the other colour (coach puts in a new puck if there is a goal).
3. Attack 3-2 in the original direction.
4. Three F from the other coloured team attack 3-0 on the vacant end.
5. Repeat sequence.
6. Coach count how many goals the team scores in 6 min. (or another time).
7. Keep a record of how many goals were scored.
8. F can score on rebounds above the goal line.
9. Next time if the F's score less goals the G and D win

and if they score more goals the F win.

<https://youtu.be/OBtYaeTCSDA>

15'

F-D202 – Bench Ball

Players on the benches have a number. Coach calls out numbers i.e. 1-4-5. Players race to touch far boards, then back touch near boards then fight for a loose puck and try to score. Nets are at the top of the circles.

Example of the game posted on my facebook coaching page.

<https://www.facebook.com/groups/631135947796206>

2'

Team Cheer in middle

Explanation/Notes:

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