



Fire Black

Practice Plan

Date: 03-16-25

Time: 12:30-13:45

Arena: Optimist

Lines:

20' G – Kaylin with Goalies

A500 - Protect Puck Inside Circle

C3 - Dump-Breakout 5-0-Regroup-3-2 – Continuous

D400 – Two Net 3-2 Each Side

cheer

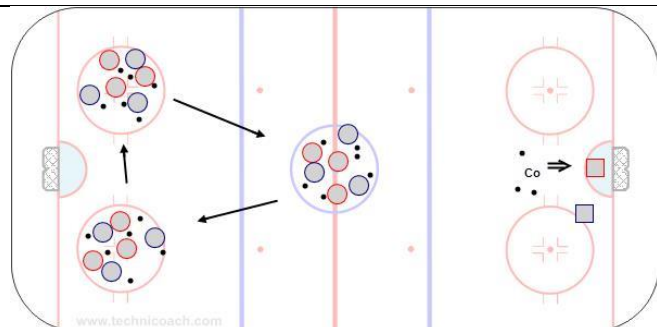
Notes:

3' Puck Handle and Cutbacks – Scepter check.

B600 - Tomas 3-2 NZ RG-Forecheck

C202 - 1-1 D No Stick - U15 G

D202 – Two Thirds Ice Game with Jokers Behind Nets



20' G – Kaylin with Goalies

3' Puck Handle and Cutbacks – Scepter check.

7'

A500 - Protect Puck Inside Circle

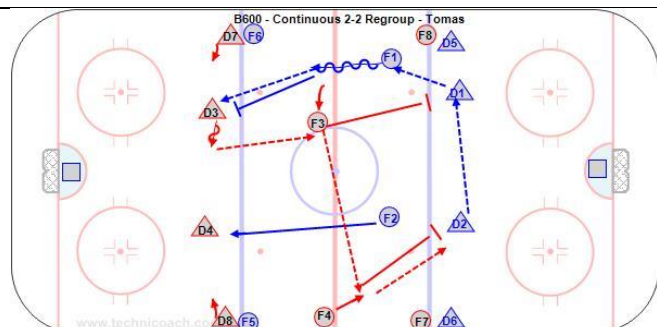
Key Point:

Protect puck inside the circle.

Description:

1. Start with one third of the teams in each circle.
2. Protect the puck and poke check other players puck.
3. If you lose the puck rotate to the next circle.

* Goal is to be in as few circles as possible.

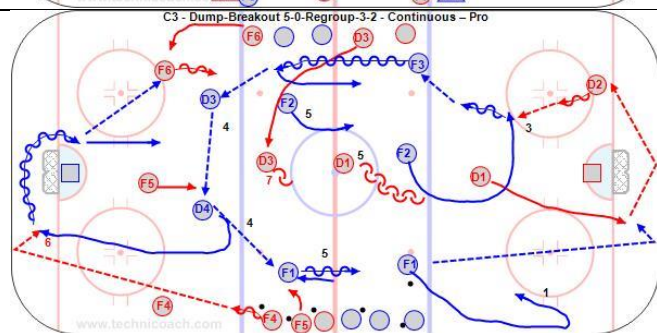


10'

B600 - Tomas 3-2 NZ RG-Forecheck - U18 M

B600 - Tomas Nzone Continuous Regroup - U15 G

<https://youtu.be/pJAnKFzvMtU>



10'

C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous – Pro
Key Points:

Defense shoulder check when going back for the puck.
Forwards support on the boards middle and far wing.
D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
2. D3 and D4 follow the play.
3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
4. Forwards regroup with D3 and D4 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2.
6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
7. F4-F5-F6 regroup with D5-D6 in the neutral zone

and attack 3-2 vs. D3-D4.

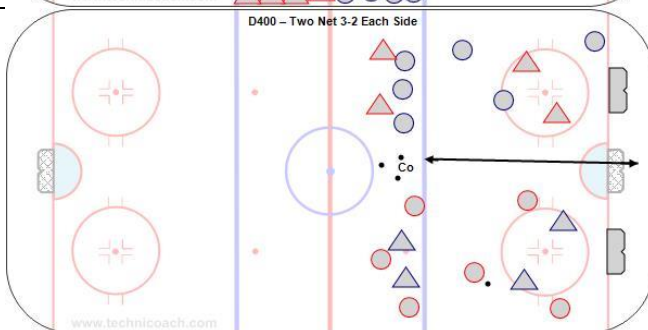
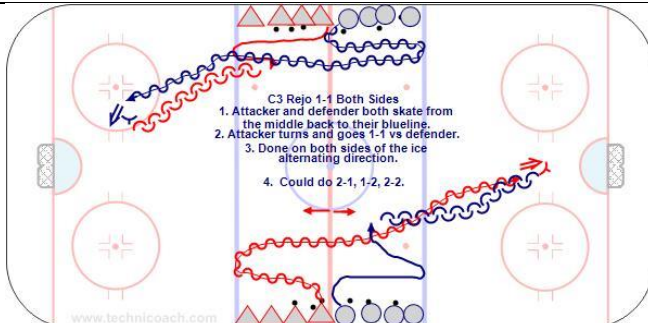
- Continue this flow.
- Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 break out again before the regroup and 3-2.

<https://youtu.be/87brHZATxfc>

10'

C202 - 1-1 D No Stick - U15 G

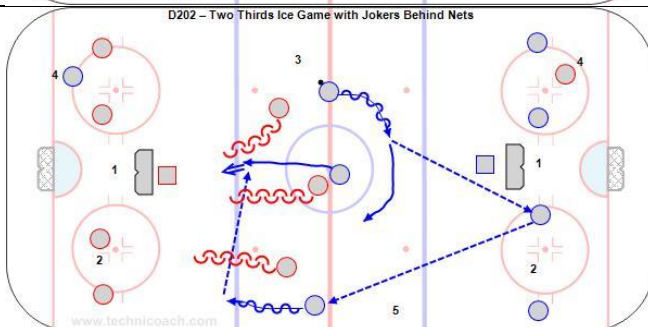
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10'

D400 - Two Net 3-2 Each Side

1. Each team has a 3-2 advantage on each side.
2. When defenders get the puck pass to the other offensive players on other side.
3. Keep score.

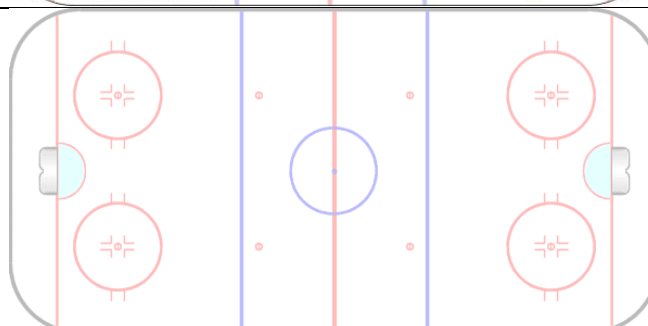


13'

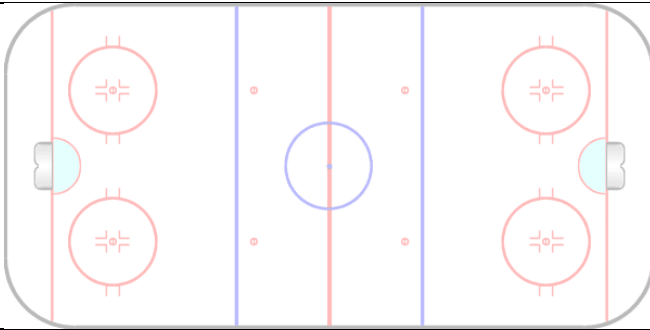
D202 - Two Thirds Ice Game with Jokers Behind Nets

D202 - 4-4 Regroup with Joker - U15 G

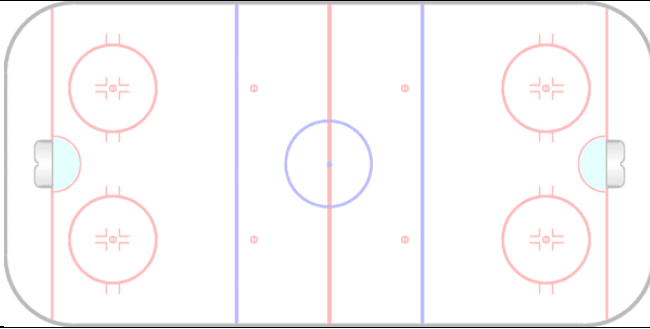
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Explanation/Notes:



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