



## Fire Black

## Practice Plan

Date: 03-18-25

Time: 17:00-18:30

Arena: Max Bell

Lines: 2G, 12 F, 6 D

Notes: Team Play Review

**Partner Pass**

**B6 - 2 Pass-Double Zig-Shot x 3 x 2**

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

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

**1-3-1 PP**

**Low Spread PP**

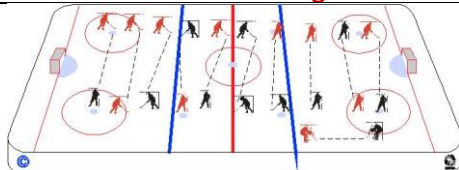
**6-5 with Goalie Pulled**

**High Press PK**

**PK Two Short**

PK vs Umbrella PP

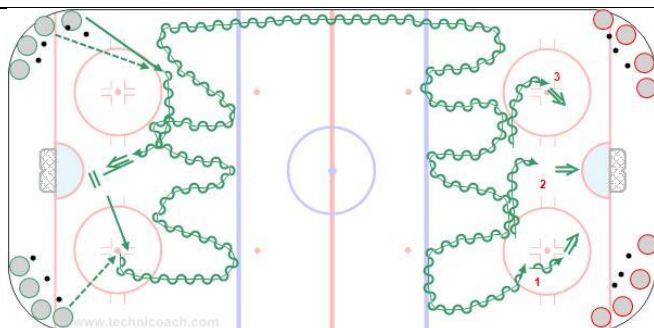
**E1 – 10 Puck – Change on the Go Shootout**



5'

**Partner Pass**

- Forehand
- Backhand
- Saucer
- One touch

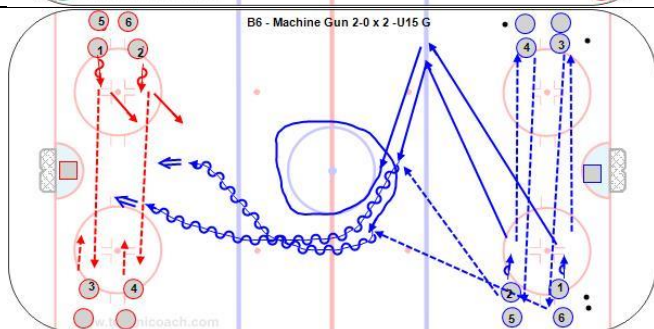


10'

**B6 - 2 Pass-Double Zig-Shot x 3 x 2**

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

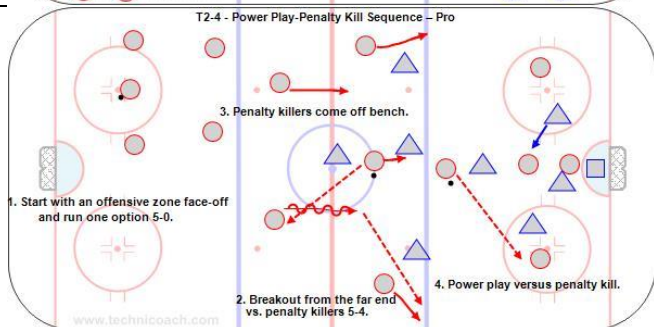
<https://youtu.be/vA4EchKwVhE>



10'

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

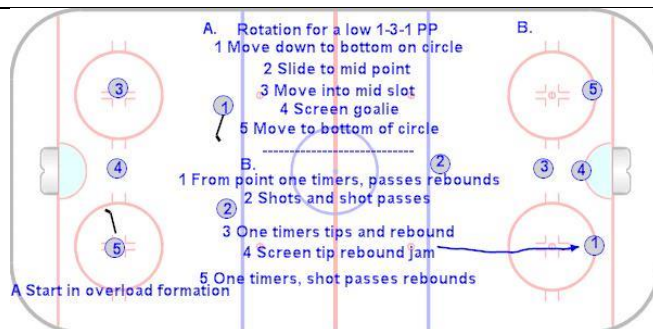
[https://youtu.be/kjvc\\_kuhYsY](https://youtu.be/kjvc_kuhYsY)



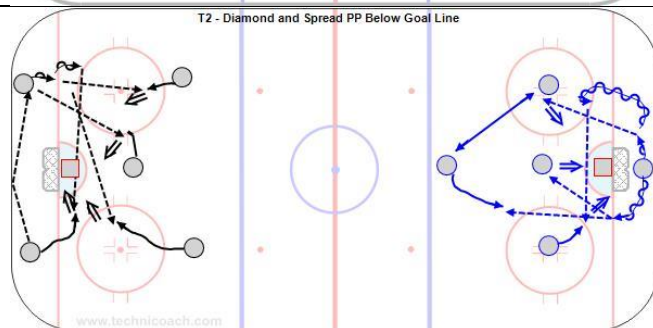
10'

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

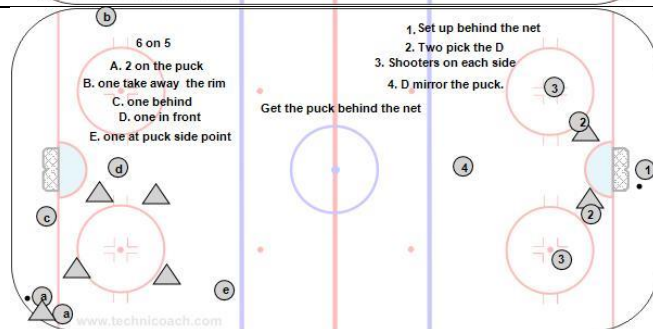
We did this sequence to review the 1-3-1, power play, high press pk as well as diamond PK, 3-3, 3-5, and 6-5



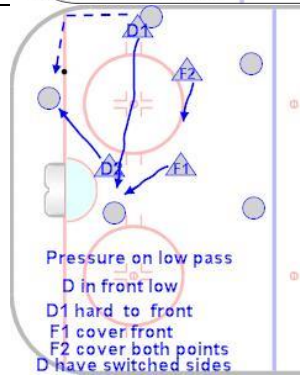
## 1-3-1 PP



## Low Spread PP



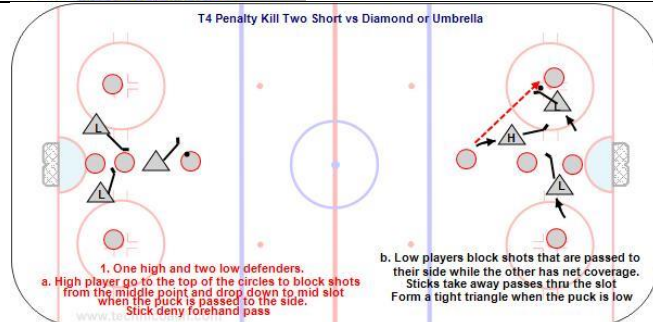
## 6-5 with Goalie Pulled



## High Press PK

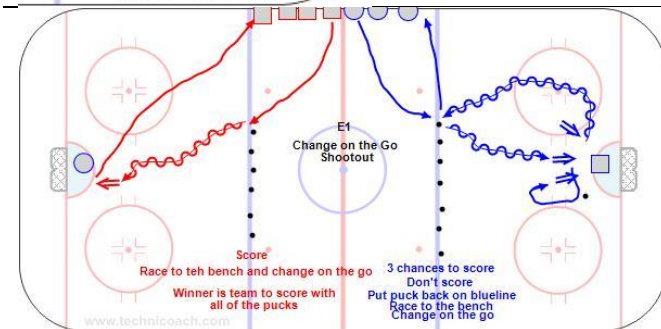
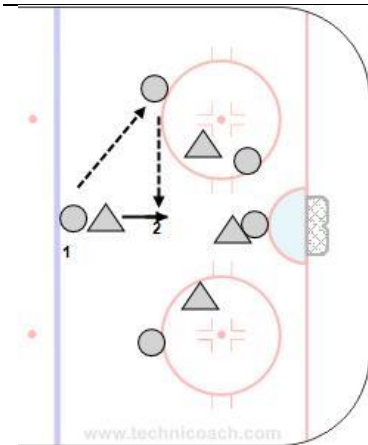
T2-4 – High Press PK vs Overload – U15 G

<https://youtu.be/z5BOmpNXhPM>



## PK Two Short

## PK vs Umbrella PP



10'

**E1 – 10 Puck – Change on the Go Shootout**

E1 - Ten Puck Shootout with a Pass - U15 G

<https://youtu.be/XLAM35UUKvI>