



# Fire Black

# Practice Plan

Date: 01-20-26

Time: 18:15-19:30

Venue: Village Square

Lines:

**B2 - Transition Skate Shooting**

**T4 – Forecheck Review**

**B4 - Double Cross and Drop**

**DT100 Continuous 3-2 to 5-5**

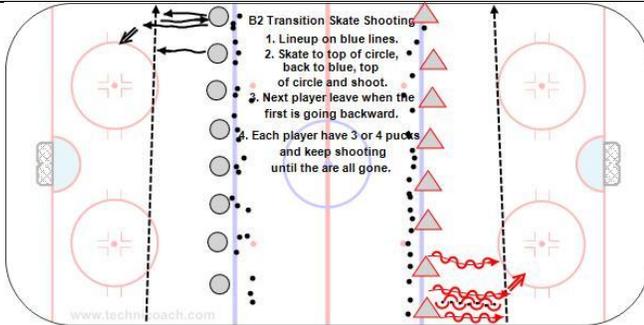
Notes:

**D500 – 4 Zones-Goalies-Keepaway**

**DT400 – 5-5 - 2-1-2 – Forecheck Review**

**C3 - 3-0 - 3-1 - 3-2**

Team cheer



5'

**B2 - Transition Skate Shooting** - College F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=271&topic=288#288>

<https://youtu.be/RRVp29xJRXQ>

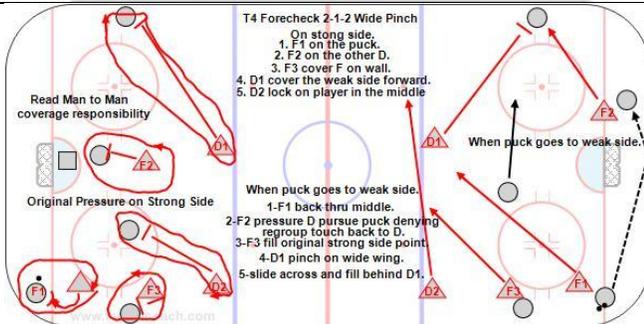


15' – Kaylin goalies

**D500 – 4 Zones-Goalies-Keepaway**

– Rules – Give and go-Forehand only – Pass 1-2-3 - 7 passes one point

<https://www.facebook.com/518555930/videos/pcb.1902787630631025/822061070815827>



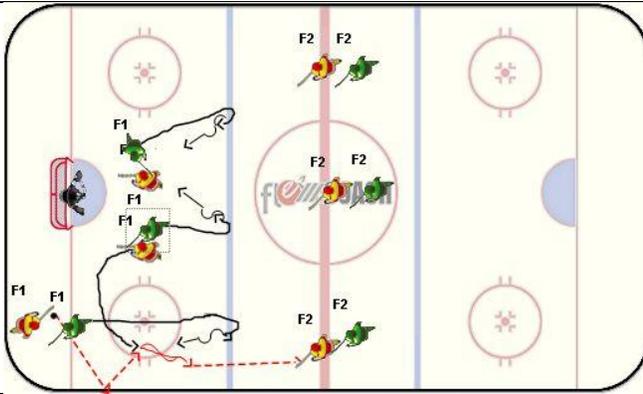
15'

**T4 – Forecheck Review**

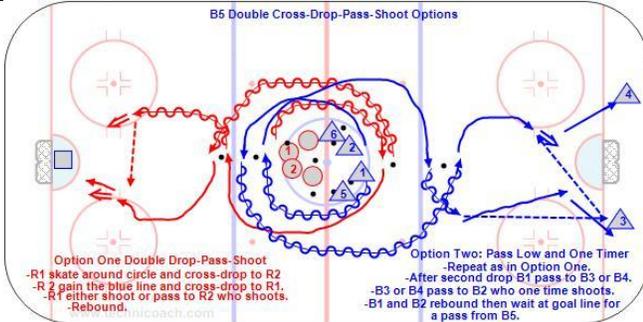
**2-1-2 – Pinch on a Wide Rim**

**T4 - Forecheck Review - Tom.wmv**

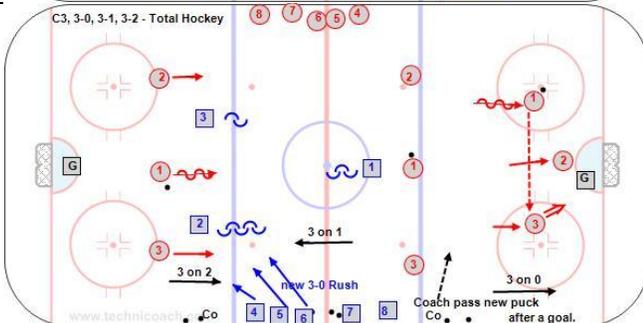
<https://1drv.ms/v/c/bd6fa116988317e9/IQDpF4OYFqFvllC9riwBAAAAATNEEA8wNL5zboRDrwCYGOk?e=1VuEpa>



**10'**  
**DT400 – 5-5 - 2-1-2 – Forecheck Review**  
**Controlled scrimmage. Stop on whistle.**

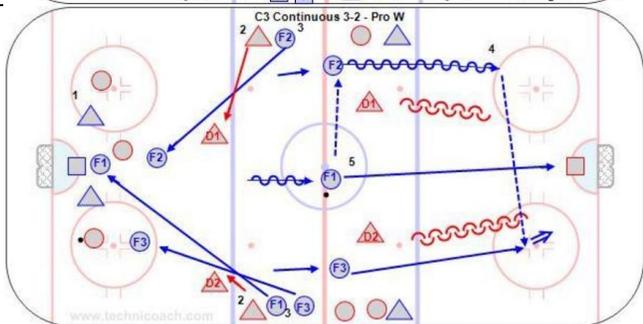


**10'**  
**B4 - Double Cross and Drop**  
 - Cross and drop  
 - Gain blue line and cross-drop again  
 - Pass across for one timer or catch and release shot. – follow for rebound  
 B4 - Cross and Drop Sequence – College  
[https://youtu.be/HHHs\\_8VNjwY](https://youtu.be/HHHs_8VNjwY)



**10'**  
**C3 - 3-0 - 3-1 - 3-2**  
<https://www.facebook.com/518555930/videos/pcb.1886497958926659/821739814054420>

Take a second shot if puck is in play.

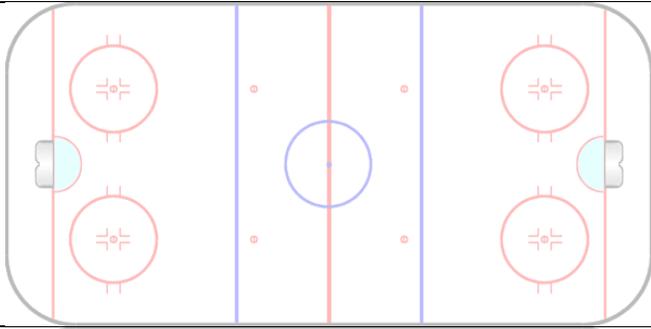


**10'**  
**DT100 Continuous 3-2 to 5-5 - Pro W**  
 Key Points:

Attack with speed. New point players support the attack and new forwards support the defenders.  
 Practice offensive and defensive team play concepts.  
 Description:

1. Start with a 3 on 2 attack. 2. When the puck crosses the blue line two new players join the attack supporting from the point. 3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.' 4. Attack with a middle drive and cycling until the whistle. 5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point. \* Regroups and dump-ins can be added to this drill. \* Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.

<https://youtu.be/ocvWDLZwnyQ>



2'

Team Cheer



Explanation/Notes:

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