



U16 ID camp

Practice Plan

Date: April 8

Time: 8:30, 9:45, 11:00

Venue: COP

Lines:

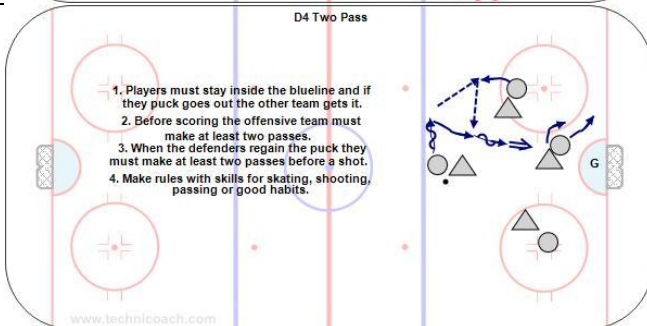
Notes:

Breakout and Regroup



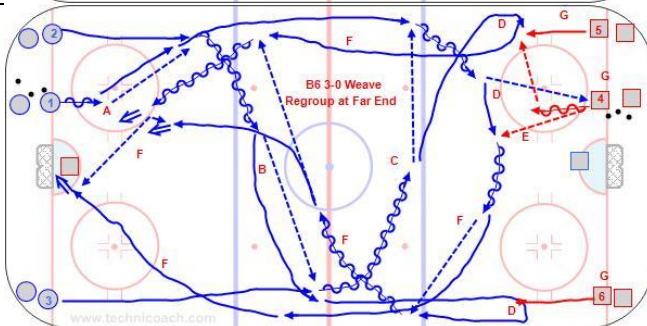
Transition Skate shooting

5 min.



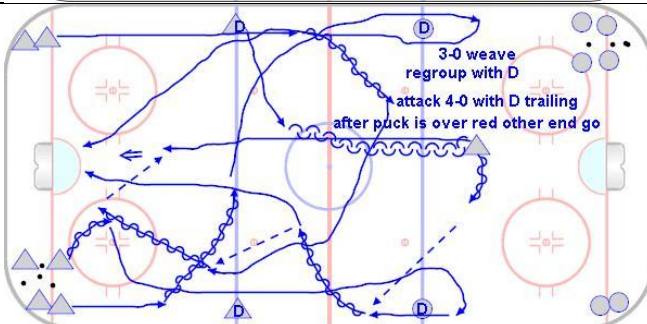
D4 2 Pass

5 min.



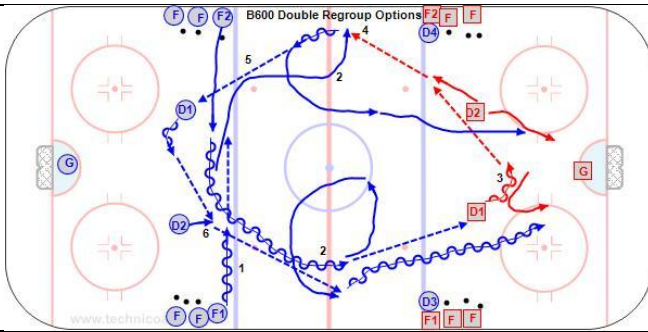
B6 3-0 Weave Regroup with other end.

5 min.



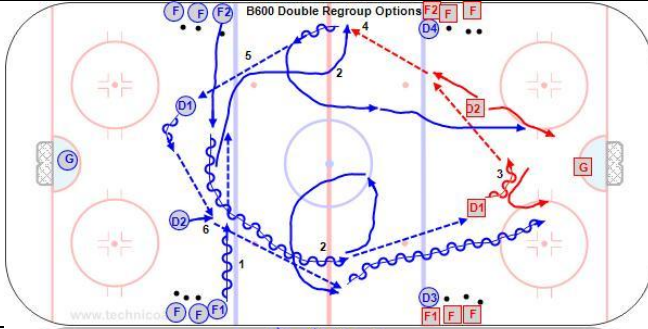
B6 Weave with Regroup with 2 D

5 min.



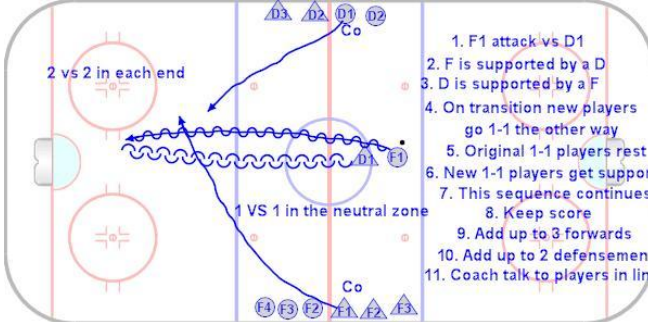
B600 Double Regroup

5 min.



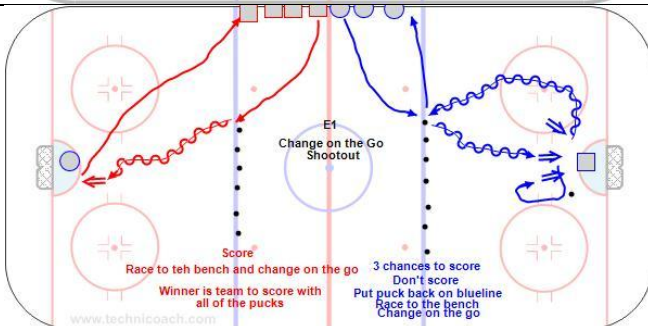
B600 Double Regroup Second Regroup Dump in and Breakout.

5 min.



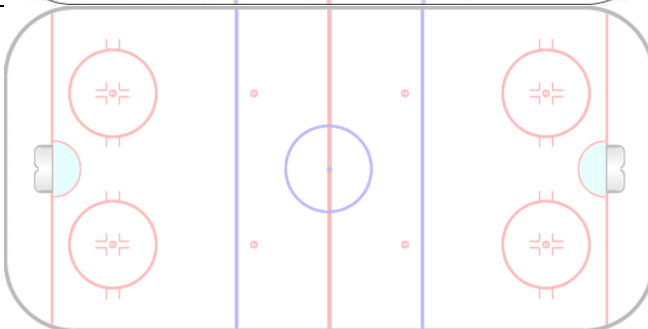
DT100 Continuous 1-1, 2-1, 2-2

12 min.



E1 Change on the go Shootout

8 min.



Explanation/Notes: