



U18 AAA Conditioning Camp

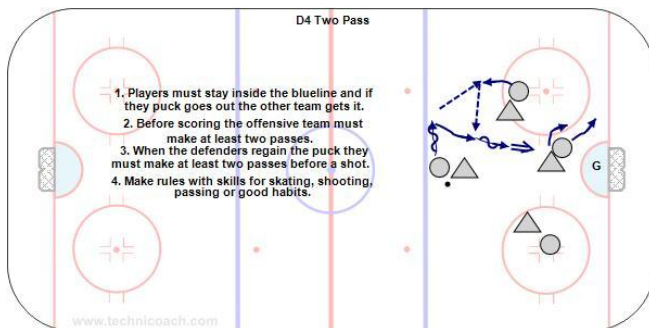
Practice Plan

Date: Aug. 13, 2012

Time: 6 and 7:30 pm

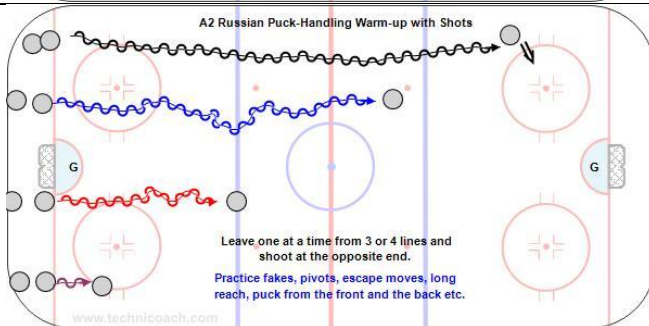
Venue: Fr. Bauer

Lines:	Notes:
	<i>All games keep score. Losers do forward roll for each goal lost by.</i>



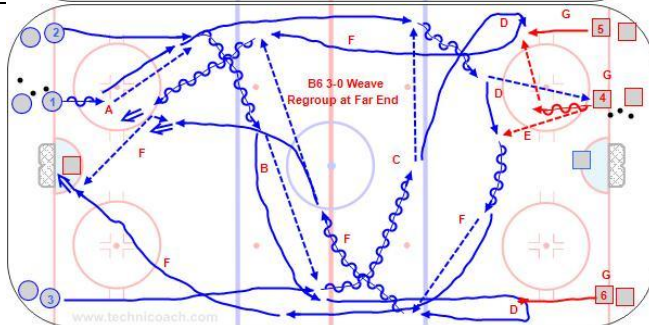
10 min.

D4- 2 games of 2 pass to warm up and get an idea of the skill levels.



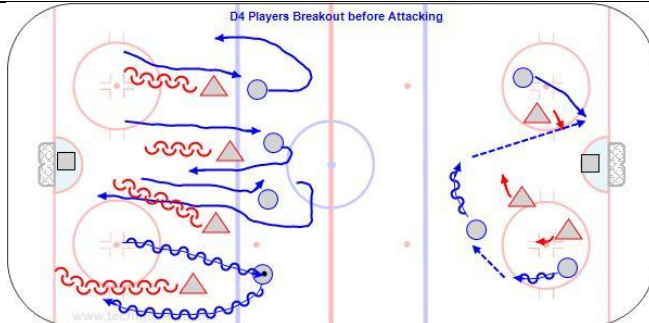
10 min.

A200 Russian puck handling routine in four lines and end with a shot.



10 min.

B6 – 3-0 weave and regroup with group at the other end.



11 min.

D4 – Round Robin Tournament 2 x 5 min. games at each end. Rotate teams after 5 min.

Rules:

Game one - everyone must face the puck.

Game two – must make 2 passes.

Game three – everyone must touch the puck.

