



U18 AAA Conditioning Camp

Practice Plan

Date: Aug. 13, 2012

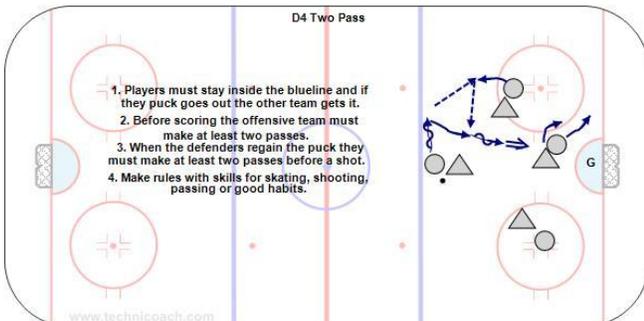
Time: 6 and 7:30 pm

Venue: Fr. Bauer

Lines:

Notes:

All games keep score. Losers do forward roll for each goal lost by.



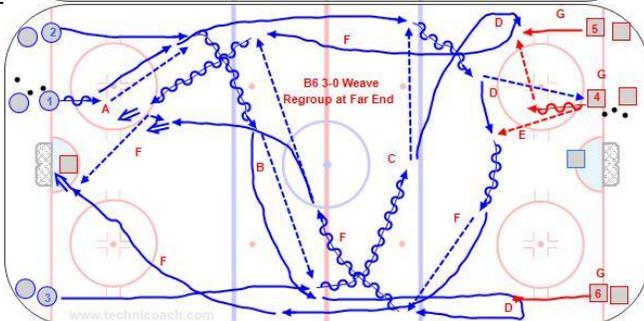
10 min.

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



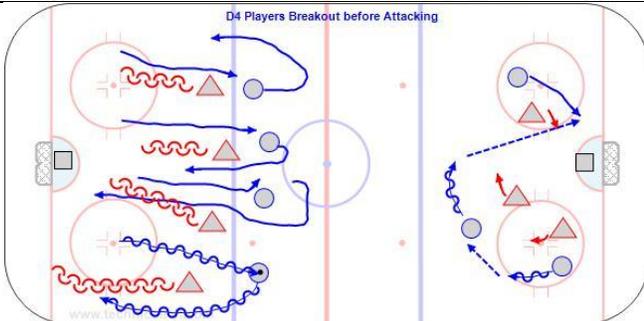
10 min.

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.

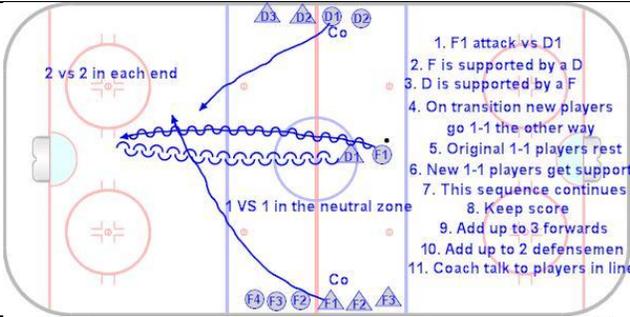
D4 – Round Robin Tournament 2 x 5 min. games at each end. Rotate teams after 5 min.

Rules:

Game one - everyone must face the puck.

Game two – must make 2 passes.

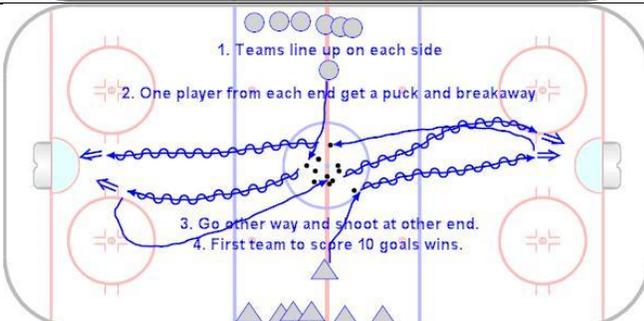
Game three – everyone must touch the puck.



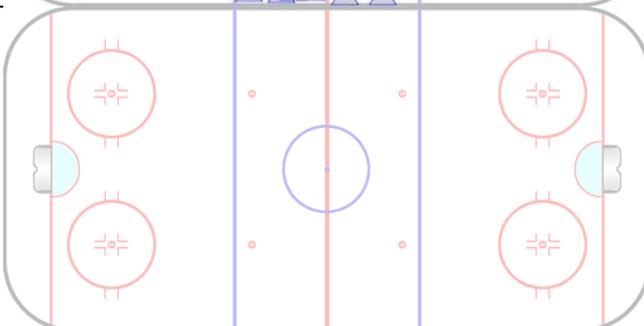
14 min.
DT100 Continuous 1-1, 2-1, 2-2.



13 min.
D100 full ice 4-4, rule one pass in each zone max. 40" shifts and pass to the goalie on the whistle.



7 min.
E1 - 2 shot shootout - one goal one lap, 2 zero laps, 0 two laps.



This session will give us an idea of the player level plus give the players many touches with the puck and a lot of movement.