

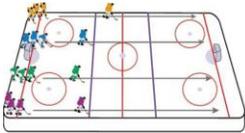


Date: 8-30-16

Time: 20:45-22:00

Venue: Fr. Bauer

Lines:	Notes:
Backward skating	Choctaw pivot front to back
Goalie work	Full ice scrimmage



60' Gaston Skating – Backward and Choctaw Finish with 1-1

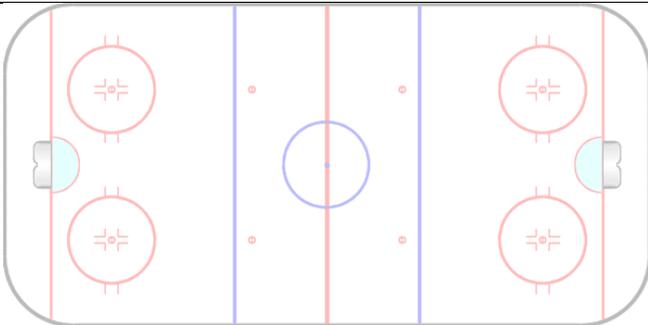
A2 Skating Warm up-Edges and Balance Position

Key Points:

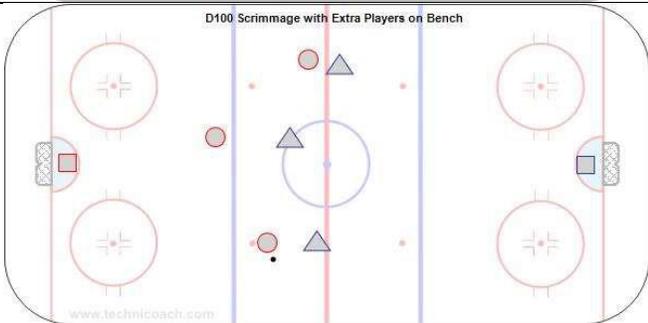
Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

Description: Gaston leads a skating warm up. Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges.

<https://youtu.be/PKGj99HYAYc>



Mel have goalies do the skating warm up then have them for 30' and Gaston does 1-1 for 15' then we will scrimmage 4-4.



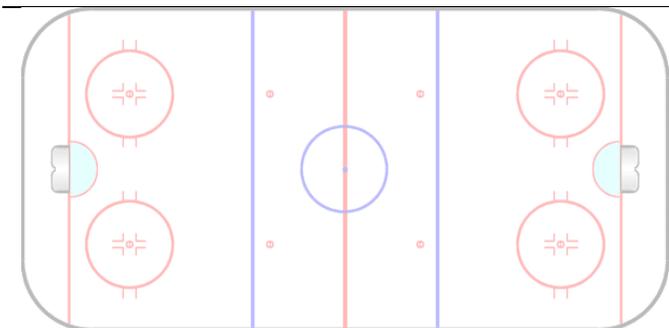
15-20' D100 Scrimmage with Extra Players on Bench

Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own. Pass back to the goalie when changing on the whistle.

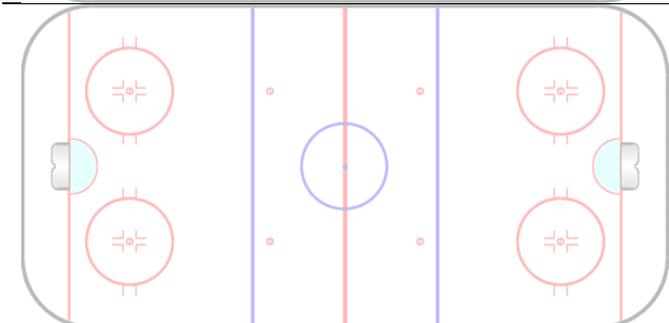
Description:

1. Play from 4-4. Rule: at least one pass in each zone.
2. Change of the whistle or players change on the go.
3. Keep score.
4. If no face-offs then scoring team touch the red line before checking.

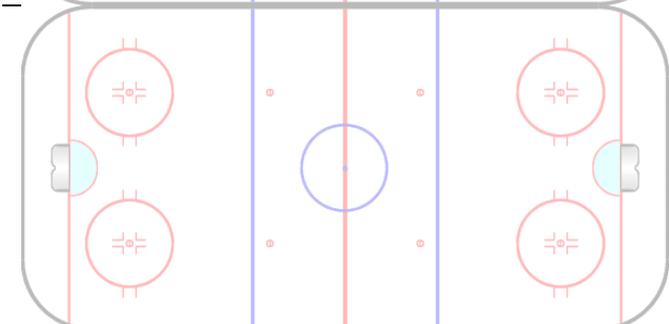


Cheer at centre ice.

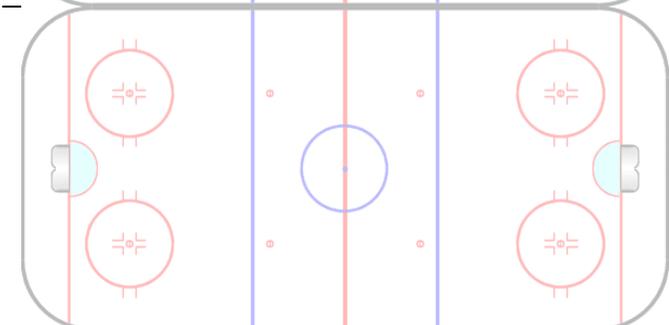
Meet in dressing room after practice.



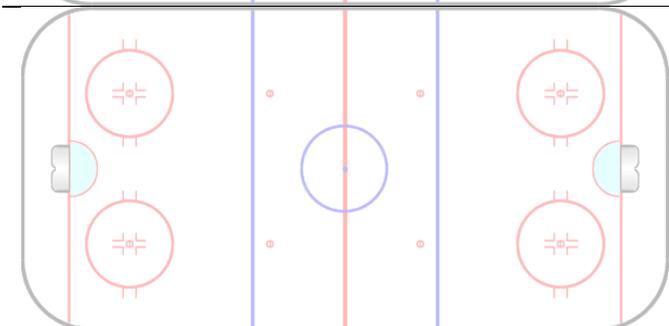
Explanation/Notes:



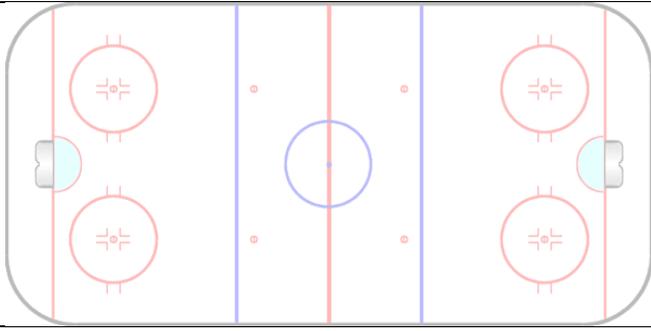
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
