



## Fire White

## Practice Plan

Date: 8-30-16

Time: 20:45-22:00

Venue: Fr. Bauer

### Lines:

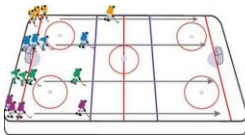
Backward skating

Goalie work

### Notes:

Choctaw pivot front to back

Full ice scrimmage



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

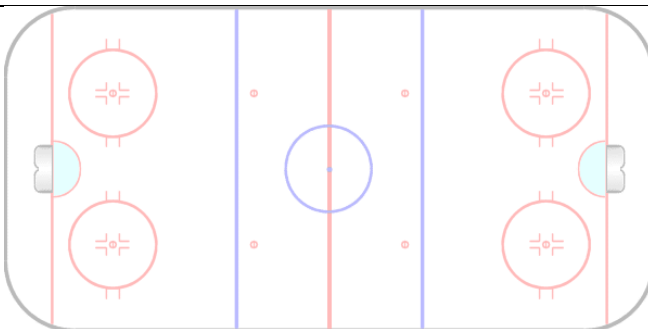
## A2 Skating Warm up-Edges and Balance Position

### Key Points:

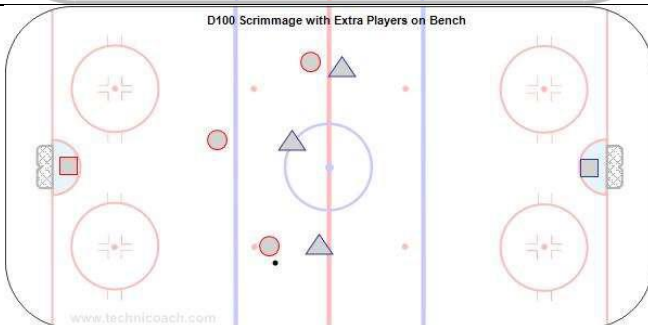
Be in a good athletic position with the knees bent, back upright and lead with the chest and head up. Use all of the edges.

**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'

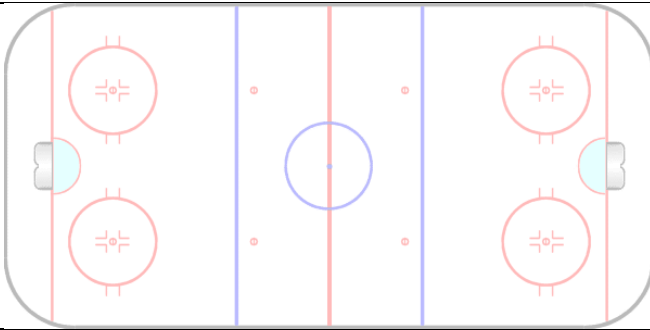
## D100 Scrimmage with Extra Players on Bench

### 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.

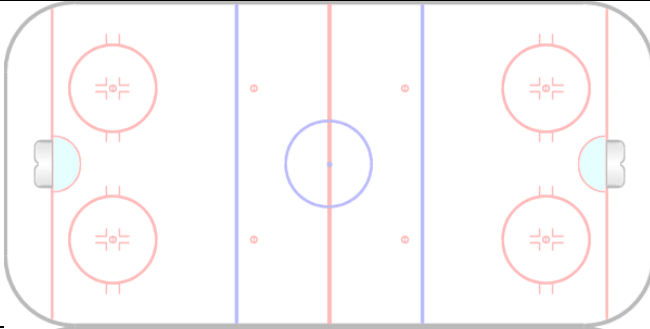
### Description:

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:**



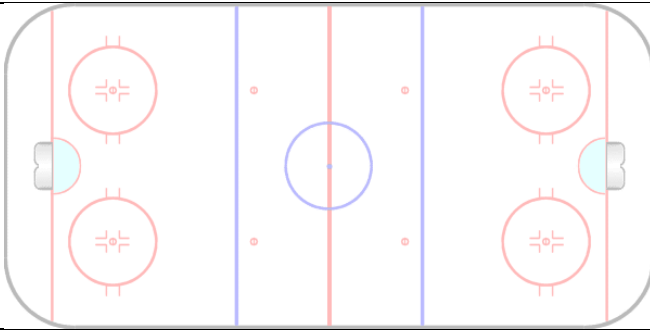
**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**



**Explanation/Notes:**

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