



Trojan W

Practice Plan

Date: 11-12-19

Time: 16:30-17:45

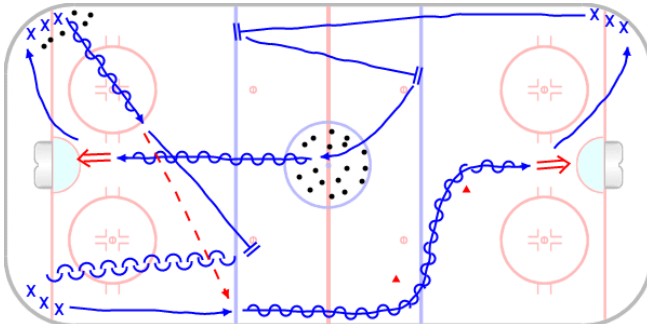
Venue: SAIT Arena

Lines:

Passing, 1-1, transition, D join rush

Notes:

Puck support and quick puck movement



10' Mike Around the clock.

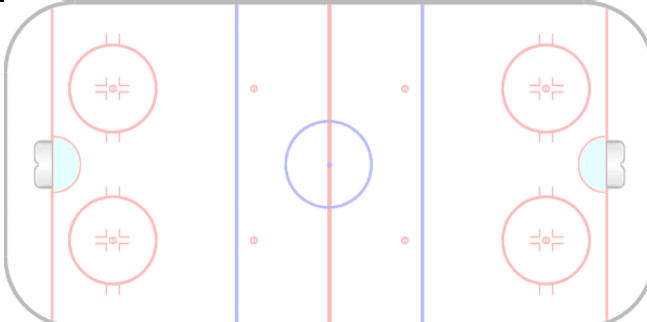
Kailey shoot on goalies



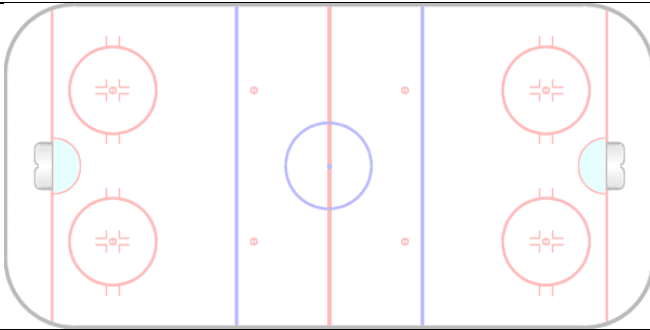
10' Mike - circle timing and 1-1



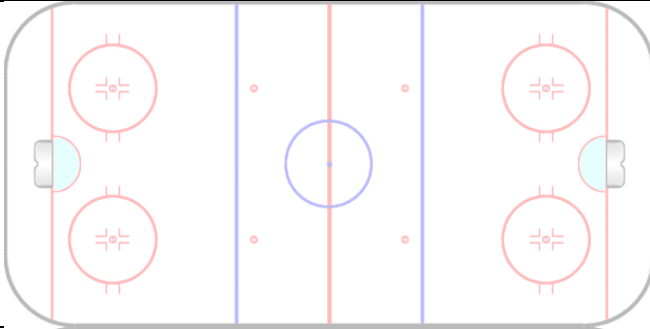
10' Mike passing



10' Kailey Czech quick up



10' – Tom – Dt100 2-1 with D joining the rush.



10' Tom- D100 Two second game.



10' Mike – faceoff play W off wall come behind and shoot.



Explanation/Notes:



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