

# PRACTICE PLAN



HOCKEY CALGARY

4:30 - 6:00 pm

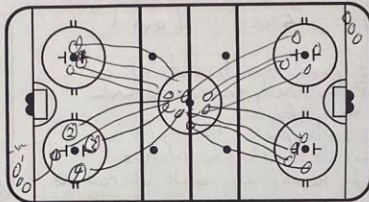
Wed. Sept 9

TIME 4:30 - 4:38 DRILL chaos stick handle

- Diagonal corners
- 1st whistle 4 players jump into circle and stick handle to head up
- 2nd whistle - both sides 4+4 jump into center circle & stick handle

KEY TECHNICAL POINTS

- 3rd whistle 4 players jump into for time and go out stick at goalie on forward



KEY EXECUTION POINTS

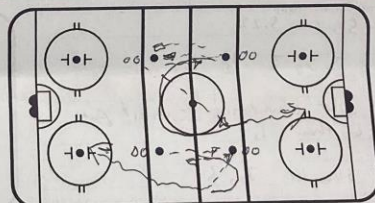
Circle - 4th whistle leave 1 at a

time and go out stick at goalie on forward

TIME 4:38 - 4:48 DRILL

- 1 - pass, pass, pass open to outside and get pass for shot
- 2 - 3 pass - open to inside for shot (around the circle)

KEY TECHNICAL POINTS



KEY EXECUTION POINTS

- rebound w stick on ice

TIME 4:48 - 4:58 DRILL

- pass to far side - D to D.
- follow puck for return pass
- drive wide for shot on net
- 2nd passer direct to net for rebound

KEY TECHNICAL POINTS



KEY EXECUTION POINTS

Shoot for rebound